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# The Real McCoy®

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## McCoy plays integral part in Patriot North 2018 exercise



A C-130 Hercules and crew complete a Container Delivery System airdrop over Badger Drop Zone on South Post for the Patriot North 2018 exercise July 17 at Fort McCoy.

STORY & PHOTOS BY SCOTT T. STURKOL  
Public Affairs Staff

Air Force C-130 Hercules aircraft completed airdrops at Badger Drop Zone, security forces Airmen and Wisconsin State Patrol troopers held exercise scenarios together at several training areas, and Young Air Assault Strip was a hub of activity for the National Guard's Patriot North 2018 exercise at Fort McCoy.

The exercise, held July 17-19 at Fort McCoy and Volk Field, Wis., is a joint agency civilian and military exercise, sponsored by the National Guard Bureau, states a press release by Patriot North 2018 Public Affairs. The exercise is designed for civilian emergency management and responders to work with military entities in the same manner that they would during disasters.

The exercise tested Wisconsin Emergency Management and the National Guard's abilities to support response operations based on simulated emergency scenarios, such as an earthquake creating collapsed buildings, mass casualties, and the need for search and rescue along with evacuations of injured, (See PATRIOT NORTH, Page 6)

## Thousands to train on post in August during CSTX, other training

STORY & PHOTO BY SCOTT T. STURKOL  
Public Affairs Staff

August will likely be one of the busiest training months of 2018 at Fort McCoy with thousands of troops coming to the installation for the 86th Training Division's Combat Support Training Exercise (CSTX) 86-18-02, Global Medic and Diamond Saber exercises; and weekend, institutional, and extended combat training.

"August is shaping up to be very busy at the installation," said Training Coordination Branch Chief

Craig Meeusen with the Directorate of Plans, Training, Mobilization and Security. "With the exercises alone, throughout the month, we could see nearly 11,000 troops come here."

All the training combined could possibly reach 14,000 troops completing training on post.

"While most will be here for the CSTX and Global Medic, many of our institutional training partners will also have courses going on," Meeusen said. "We will be busy here and the Fort McCoy team will be ready to support."

The 86th is conducting the August

CSTX as part of the 84th Training Command from Aug. 4-24. It is a multinational exercise, including Canadian armed-forces members, and a multiservice exercise as it will include Army, Navy, and Air Force troops participating, according to the 84th.

During fiscal year 2018, the 84th is hosting four CSTXs and a chemical, biological, radiological, and nuclear response exercise. CSTX 86-18-02 is the second of two CSTXs taking place at Fort McCoy this year.

Also according to the 84th, a (See TRAINING, Page 3)



Photo by Scott T. Sturkol

## Tracked Vehicle Recovery Course

Students in the Regional Training Site-Maintenance Tracked Vehicle Recovery Course pull out a cable on an M88A1 Medium-Tracked Recovery Vehicle while training at an area on North Post on July 19 at Fort McCoy. To see more about the course, go to Page 8.

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## NEWS

# New Army fitness test set to roll out in 2020

BY SEAN KIMMONS

Army News Service

FORT EUSTIS, Va. — Army senior leaders have approved a new strenuous fitness test designed to better prepare Soldiers for combat tasks, reduce injuries, and lead to ample cost savings across the service.

The six-event readiness assessment, called the Army Combat Fitness Test (ACFT), is intended to replace the current three-event Army Physical Fitness Test, which has been around since 1980.

Beginning in October 2020, all Soldiers will be required to take the new gender- and age-neutral test. Before that, field testing set to begin in October 2018 will allow the Army to refine the test, with initial plans for up to 40,000 Soldiers from all three components to see it.

“The Army Combat Fitness Test will ignite a generational, cultural change in Army fitness and become a cornerstone of individual Soldier combat readiness,” said Maj. Gen. Malcolm Frost, commander of the Army’s Center of Initial Military Training (CIMT). “It will reduce attrition, and it will reduce musculoskeletal injuries and actually save, in the long run, the Army a heck of a lot of money.”

At least six years of significant research went into the test’s development as researchers looked at what Soldiers must do fitness-wise for combat.

“Throughout that research and testing, the goal was to provide our leaders with a tough, realistic, field-expedient assessment of the physical component of their Soldiers’ individual readiness,” said Sgt. Maj. of the Army Daniel A. Dailey. “The ACFT is scientifically validated and will help better prepare our Soldiers to deploy, fight, and win on any future battlefield.”

Roughly 2,000 Soldiers have already taken the test, previously called the Army Combat Readiness Test. They also provided feedback as part of the Army Training and Doctrine Command and Forces Command pilots that began in 2017 at several installations.

“The current ... test is only a 40 percent predictor of success for performing in combat and executing warrior tasks and battle drills,” Frost said. “This test is approximately an 80 percent predictor of performing based on our ability to test the physical components of combat fitness.”

## Six events

While the ACFT still keeps the 2-mile run as its final event, it introduces five others to provide a broad measurement of a Soldier’s physical fitness. The events are completed in order and can take anywhere from 45 to 55 minutes for a Soldier to finish.

- **Strength deadlift:** With a proposed weight range of 120 to 420 pounds, the deadlift event is similar to the one found in the Occupational Physical Assessment Test, or OPAT, which is given to new recruits to assess lower-body strength before they are placed into a best-fit career field. The ACFT will require Soldiers to perform a three-repetition maximum deadlift (only one is required in the OPAT), and the weights will be increased. The event replicates picking up ammunition boxes, a wounded battle buddy, supplies, or other heavy equipment.

- **Standing power throw:** Soldiers toss a 10-pound ball backward as far as possible to test muscular explosive power that may be needed to lift themselves or a fellow Soldier up over an obstacle or to move rapidly across uneven terrain.

- **Hand-release pushups:** In this event, Soldiers start in the prone position and do a traditional pushup, but when at the down position, they release their hands and arms from contact with the ground and then reset to do another pushup. This



Photo by Scott T. Sturkol

Students with the Basic Leader Course at the Fort McCoy Noncommissioned Officer Academy walk to an area to complete physical-fitness training July 11 at the installation.

allows for additional upper body muscles to be exercised.

- **Sprint/drag/carry:** As they dash 25 meters five times up and down a lane, Soldiers will perform sprints, drag a sled weighing 90 pounds, and then hand-carry two 40-pound kettlebell weights. This can simulate pulling a battle buddy out of harm’s way, moving quickly to take cover, or carrying ammunition to a fighting position or vehicle.

- **Leg tuck:** Similar to a pullup, Soldiers lift their legs up and down to touch their knees/thighs to their elbows as many times as they can. This exercise strengthens the core muscles since it doubles the amount of force required compared to a traditional situp.

- **2-mile run:** Same event as on the current test. In the ACFT, run scores are expected to be a bit slower due to all of the other strenuous activity.

The ACFT gauges Soldiers on the 10 components of physical fitness: muscular strength and endurance, power, speed, agility, aerobic endurance, balance, flexibility, coordination, and reaction time. The current test only measures two: muscular and aerobic endurance.

## Test scoring

The vast majority of policies with the APFT will likely be carried over to the new test.

Scoring could be similar with 100 points for each event for a maximum of 600. Minimum scores, however, may change depending on a Soldier’s military occupational specialty (MOS). Soldiers in more physically demanding jobs may see tougher minimums, similar to how OPAT evaluates new recruits.

“The more physically challenging your MOS, the more you’ll be required to do at the minimum levels,” said Michael McGurk, director of research and analysis at CIMT.

Another difference is that there are no alternate events planned for this test, he said.

Soldiers will still get adequate time to rehabilitate from an injury. But under a new “deploy-or-be-removed” policy, Defense Secretary James Mattis said in February that troops who are nondeployable for more than 12 months will be processed for administrative separation or referred to the disability evaluation system.

“Generally speaking, somebody who has a long-term permanent profile that precludes taking a fitness test may not be retainable for duty in the Army,” McGurk said.

## Cost

At about \$20 million, the new test will cost more for the Army to conduct. A single lane of equipment at full retail value is about \$1,200. A battalion set of equipment will range from \$12,000 to \$20,000. Those prices will likely drop as the Army buys more sets at wholesale.

Equipment should last about 10 years, meaning it will cost less than \$3 per Soldier over time.

“If I have a femoral neck fracture in the hip of a Soldier, that injury will cost the government about \$1 million,” McGurk said. “So, if I avoid 20 of those injuries a year, I’ve paid for the program for the next 10 years for equipment. The potentials on return are very significant.”

The Army estimates \$4 billion is spent each year due to injuries, nondeployable Soldiers, accidents, and other health-related costs.

As part of its culture change, the Army is building a Holistic Health and Fitness System to produce healthier and fitter Soldiers. The new test is one piece of the system, in addition to the OPAT, the improvement of fitness centers, and healthier options at chow halls.

Army researchers studied foreign militaries that have rolled out similar holistic programs and found them to be highly successful. The Australian army, for instance, introduced it to their basic training and saw a roughly 30 percent reduction in injuries.

“Do I know we’re going to have a 25-30 percent reduction? No, but I certainly hope we will,” McGurk said. “We think (the test is) well worth it, and it’s the right thing to do for Soldiers in any case.”

Feedback from Soldiers so far has also been overwhelmingly positive.

“As we all know, physical fitness training can become rather monotonous if people train the same way,” McGurk said. “So, a lot of them saw this as a great change in how it required them to use different muscles.”

While some Soldiers may disagree with replacing the current test, McGurk said fitness has come a long way from 40 years ago when the APFT was first developed.

“In 1980, running shoes were relatively a new invention,” he said. “The Army was still running in boots for the PT test back then. Change is difficult, but we’re an Army that adapts well to change.”

## NEWS



Photo by Scott T. Sturkol

### Medical training at MSTC

Students in the Army's 68W career field complete training in a tactical evacuation class July 12 at the Medical Simulation Training Center, or MSTC, at Fort McCoy. The class is part of the center's 68W sustainment course called TC 8-800, which is a 48-hour Army medic refresher course. The MSTC holds several medical training courses, such as the Combat Lifesaver Course, and is one of the main training areas for Army medical personnel at the installation.

## TRAINING

from Page 1

CSTX is part of its Combat Support Training Program (CSTP). CSTP exercises are large-scale training exercises where units-of-action 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."

All the training activity planned for August follows a busy June and July at the installation. During June, CSTX 86-18-04 saw thousands of

Soldiers training in field conditions in multiple training areas on North Post and South Post as well as the cantonment area.

In July, the 2018 Patriot North exercise was held with hundreds of personnel from the National Guard Bureau and federal and state agencies training on South Post in several areas.

Also in July, two rotations of the military police-centric Guardian Justice exercise included hundreds of Soldiers training on Fort McCoy live-fire ranges and training areas.

"We're definitely on pace for another year of high training numbers on post," Meeusen said. During fiscal year 2017, a record 155,975 troops trained at Fort McCoy.



Troops at Fort McCoy for training prepare their equipment in a barracks area on the cantonment area July 12. Thousands of troops trained at the installation in July, and even more are expected in August.

## NEWS

# Multiple construction projects continue at Fort McCoy during summer

STORY &amp; PHOTOS BY SCOTT T. STURKOL

Public Affairs Staff

Work on numerous projects around Fort McCoy continues as summer moves forward.

Projects include construction on two dining facilities, placement of new sidewalks, repairs to bridges, building a new access control point, and more.

Construction on a new \$13.5 million, 1,428-person annual training/mobilization dining facility, which began in the 1800-block at Fort McCoy in April by contractor L.S. Black Constructors of St. Paul, Minn., is close to 100 percent complete, said Nathan Butts, contract oversight representative with the Fort McCoy Project Office of the U.S. Army Corps of Engineers.

As of mid-July, Butts said 70 percent of the structural concrete-masonry wall has been installed. Also, under-slab plumbing rough-in and under-slab electrical continues, metal door frames are being installed, and underground main electrical conduit excavation has started.

L.S. Black Constructors also has begun preparing an area for construction for a \$12.3 million 1,428-person annual training/mobilization dining facility in the 2400-2500 block on the cantonment area. The area is being cleared of debris, and a fence has been installed to begin construction.

Ken Green, also a contract oversight representative with the Fort McCoy Project Office of the U.S. Army Corps of Engineers, said work on the Access Control Point project surpassed the 60 percent completion point by mid-July.

Duct bank/hand-hole installation, latrine tile work, grounding of systems, and placement of canopy force protection walls continue, Green said. Placement of roofing on a search also started.

Fort McCoy's Directorate of Public Works (DPW) also coordinated earlier in the year for sidewalk work to be completed between the 1100 and 1400 blocks on the cantonment area. Allcon Construction of Milwaukee has been working on the new sidewalks through July, said General Engineer John Adams with DPW.

"The sidewalks are part of the concrete and gravel paving contract for DPW," Adams said. "The width of the new sidewalk was increased to 6 feet from the original 4 foot width. With increased pedestrian traffic by troops during training periods, the additional width provides more safety, pedestrian volume, and better mobility for troops to get to their destinations in the cantonment area."

Over near the Youth Center on West F Street, work on two new buildings for the installation's Child and Youth Services administration and storage was nearing completion. The contract for construction was awarded in June 2017 for \$1.87 million. In mid-July, contractors had the buildings mostly completed, and landscaping work to replant grass and related work was being finalized.

Also, in Constitution Park, contractors were completing road work that includes paving in the park where a new \$724,000 storage building for the Directorate of Family and Morale, Welfare and Recreation was built. The building was completed by Nuvo Construction of Milwaukee.

Work also was completed on two bridges on the cantonment area during July. (See related article, Page 5.)



A contractor prepares an area for a new sidewalk to be filled with cement July 12 near the 1100 block at Fort McCoy.



Contractors work on a new \$13.5 million, 1,428-person annual training/mobilization dining facility July 12 in the 1800-block at Fort McCoy.



Contractors prepare a driveway and roadway in Constitution Park for paving July 12 at Fort McCoy.

## NEWS

# Installation cantonment area bridges receive repairs, maintenance

Two bridges on Fort McCoy's cantonment area crossing over Tarr Creek received much-needed maintenance during July, said Contracting Officer's Representative/Project Manager Nick Perna with the Directorate of Public Works.

"The project takes care of deficiencies that were found during a routine bridge inspection in October 2016," Perna said.

Bridges receiving maintenance work are on South O Street and South 10th Avenue.

Work being completed on the South O Street bridge included:

- installing a guard rail on the east side of the bridge.
- repairing the guard rail on the southwest side of the bridge.
- repairing and replacing concrete sidewalks.
- repairing concrete spalling on the deck, edges, and underside of the bridge.
- repaving the asphalt approaches.

Work on the South 10th Avenue bridge included:

- repairing the guard rail on the southeast side of the bridge.
- removing concrete approach slabs and repaving with asphalt.
- repairing concrete spalling on the deck, edges, and the underside of the bridge.

"The cracks in the deck of the bridge require an epoxy-grout injection for repair, and this process requires static, vibration-free conditions to allow the epoxy grout to cure



Contractors work on a bridge July 12 near the Wisconsin State Patrol Academy that needed repairs following a 2016 inspection.

and develop its full strength," Perna said. "This is why we needed to shut the bridges down during the construction time. Also, in addition

to the epoxy-grout injection, we shut traffic down to ensure the safety of the contractors during construction."

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



## Lawn restoration

A contractor sprays water July 12 in an area where new grass was placed next to two new buildings that were constructed for the Fort McCoy Child and Youth Services, or CYS, on the cantonment area.

Contractor Relyant Global, which is headquartered in Maryville, Tenn., built the new buildings for CYS administration and storage.

The contract for the construction was awarded in June 2017 for \$1.87 million.

*Photo by Scott T. Sturkol*

## NEWS

## PATRIOT NORTH

from Page 1

the release states.

“Many Guardsmen haven’t had the opportunity to work in this type of environment and (Patriot North) gives our Soldiers and Airmen a chance to hone their skills to respond to a natural disaster and work with emergency-management agencies,” said Lt. Col. Roger Brooks, exercise director.

Nearly 900 civilians, volunteers, and National Guard Soldiers and Airmen from more than 20 states supported the exercise. Other partners include Mile Bluff Medical Center, Team Rubicon, the Salvation Army, Federal Emergency Management Agency, and the Civil Air Patrol.

Brooks said he was glad to see how the exercise came together and how all the agencies worked well together.

“During an exercise like this, if you can exchange business cards now, you’re not doing it during an incident,” Brooks said. “The partnership piece of this training is probably best thing about the exercise.”

Training Coordination Branch Chief Craig Meeusen with the Directorate of Plans, Training, Mobilization and Security said the

Patriot North exercise has had a presence at Fort McCoy for many years. The 2018 iteration, he said, had more participation at the post than in past exercises.

Preparation for this year’s exercise began many months ago. “We had representatives being a part of the planning for the exercise back in January,” Meeusen said.

While many training scenarios for Patriot North took place at Volk Field, where the exercise was headquartered, Brooks said Fort McCoy helped broaden the capabilities of the exercise.

“The training facilities at Fort McCoy are awesome,” Brooks said. “Here, our aircraft get to land on a dirt runway. The (training) village (areas) help us with learning through our scenarios. ... The installation really allows us to stretch our footprint.”

Meeusen added, “Particularly for an exercise like this, our training villages offer a perfect place for training in an urban environment. They can do search and rescue, and we have the ability to record all the action if they want to complete an instrumented after-action review.”



An aircrew of a National Guard UH-60 Blackhawk lifts off from a training area on South Post during a training scenario for the Patriot North 2018 exercise July at Fort McCoy.



Air Force security forces and Wisconsin State Patrol troopers participate in a training scenario July 17 at a training area on South Post at Fort McCoy.

## NEWS

# Airmen coordinate CDS airdrop during Patriot North action at McCoy

A pair of C-130 Hercules aircraft and their crews flew over Badger Drop Zone and completed a Container Delivery System (CDS) airdrop for the Patriot North 2018 exercise July 17 at Fort McCoy.

Patriot North is a joint agency civilian and military exercise, sponsored by the National Guard Bureau (NGB), that took place at Fort McCoy and Volk Field, Wis.

It is a training exercise designed for civilian emergency management and responders to work with military entities in the same manner that they would during disasters, according to the exercise organizers with the NGB.

The exercise tests the Wisconsin Emergency Management and National Guard's abilities to support response operations based on simulated emergency scenarios, such as an earthquake creating collapsed buildings, mass casualties, and the need for search and rescue along with evacuations of injured.

Container Delivery System bundles are the most commonly used method for the airdrop of supplies for contingency and humanitarian operations, according to Air Mobility Command officials.

CDS bundles are used as a means of delivering equipment and supplies that are too heavy for an individual parachutist to carry and are often used to supply ground units in forward-operating areas like Afghanistan.

In its configuration, a CDS bundle usually consists of a skid board built with plywood and energy-removing material such as honeycombed cardboard, an A22 container to rig equipment no taller than 83 inches, one cargo parachute, one pilot parachute, and various expendable supplies.

Badger Drop Zone also is regularly used for airdrop training, according to Fort McCoy's Directorate of Plans, Training, Mobilization and Security.

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



Two C-130 Hercules aircraft enter the airspace July 17 over Badger Drop Zone on South Post to complete a Container Delivery System airdrop as part of the Patriot North 2018 exercise.

*Photos by Scott T. Sturkol*



A combat controller with the 125th Special Tactics Squadron of the Oregon Air National Guard at Portland coordinates with a pair of C-130 Hercules aircraft prior to a Container Delivery System airdrop for the Patriot North 2018 exercise July 17 at Badger Drop Zone at Fort McCoy.



An airdropped bundle parachutes down to its designated landing area July 17 at Badger Drop Zone at Fort McCoy.



A Container Delivery System airdrop bundle is released from a C-130 over Badger Drop Zone on July 17 as part of the exercise.

## NEWS

# RTS-Maintenance students train in Tracked Vehicle Recovery Course

Students in the Army's 91-series military occupational specialties completed training in the Regional Training Site (RTS)-Maintenance's Tracked Vehicle Recovery Course in mid-July at Fort McCoy.

The course was the last of three sessions held during fiscal year 2018. The course provides the H8 additional skill identifier for 91-series Soldiers.

"The course consists of 134 hours of classroom, field, and hands-on training," said Staff Sgt. Matthew C. Squatrito, one of the course instructors.

The course focuses on determining recovery methods; operating metal-cutting equipment; tracked vehicle preventive maintenance checks and services and basic issue items; driving tracked recovery vehicles and operating the various winches on those vehicles; booms, hoists, and auxiliary equipment; recovering mired and overturned tracked vehicles; towing disabled tracked vehicles; and self-recovery of tracked vehicles, said Staff Sgt. Raymond Brand, also a course instructor.

Students learned how to operate the M88A1 Medium-Tracked Recovery Vehicle and the M88A2 Heavy Equipment Recovery Combat Utility Lifting Extraction System, or HERCULES.

The M88A1 is a diesel-powered, full-tracked armored vehicle used to perform battlefield rescue and recovery missions. It performs hoisting, winching, and towing operations supporting recovery operations and evacuation of heavy tanks and other tracked combat vehicles.

It also has a fueling-defueling capability and is fully equipped to provide maintenance and recovery support for the main battle tank family and similar vehicles.

The HERCULES is just as formidable for recovery operations, Brand said. It recovers mired tanks, removes and replaces tank turrets and power packs, and uprights overturned heavy combat vehicles, according to the Army Acquisition Support Center, or ASC. The main winch on the M88A2 is capable of a 70-ton, single-line recovery, allowing the HERCULES to provide recovery of the 70-ton M1A2 Abrams tank.

Also, the A-frame boom and hoist winch of the M88A2 can lift 35 tons, ASC statistics show.

The spade can be used to anchor the vehicle when using the main winch and for light earth moving to prepare a recovery area.

Students also are taught how to correctly tow and recover other disabled tracked equipment, such as the M113 Armored Personnel Carrier, and the M1A1 Abrams Tank.

Each session of the course includes approximately 12 students. RTS-Maintenance at Fort McCoy trains Soldiers from both active- and reserve-component forces.

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



*Photos by Scott T. Sturkol*

Course students pull a cable July 19 from an M88A1 Medium-Tracked Recovery Vehicle to hook up to a tracked vehicle while wading through waist-deep mud and water in a mire pit at a training area on North Post.



A tracked vehicle is pulled from a mire pit July 19 on North Post by an M88A1 Medium-Tracked Recovery Vehicle after it was "stuck" as part of course training.

## NEWS



Photo courtesy Installation Safety Office

A military vehicle is flipped on its side following a 2016 accident just off of Highway 21 at Fort McCoy. Installation Safety Office officials ask everyone to practice extra caution during high-volume training periods on post when accidents are more likely to take place.

## Stay safe during busy training action in August at McCoy

BY AIMEE MALONE  
Public Affairs Staff

Thousands of service members will be arriving on post for annual training and exercises like CSTX, Global Medic, and Diamond Saber in August, which means that everyone needs to use extra caution when operating in and around post.

Safety Manager Randy Eddy with the Installation Safety Office said it's important for both service members and civilians to pay extra attention during heavy training periods.

"One of the trends I've seen is inexperience with the tactical vehicles," Eddy said.

Eddy said giving Soldiers some road time with the vehicles before they have to convoy or perform other missions is helpful. The more familiar a driver is with a vehicle, the better he or she is able to handle it.

Soldiers should also be mindful of the posted speed limits, he said, and pay attention to road conditions.

"Our roads, especially out in the training areas, aren't that wide, and there are (almost) no shoulders," Eddy said. "If they get off the main, hardpan road and they get on the shoulders, especially after a rain when they're soft, we have had several vehicles that have rolled on their sides because of the soft shoulders."

Vetting a route before a mission is also very important, he said. Soldiers need to make sure their vehicles meet any height or weight restrictions on the roads they're taking.

"We've had four accidents in the last two years on Underpass Road with that low-clearance railroad bridge," Eddy said.

Another problem the safety office has encountered is that units will sometimes lack a

field-sanitation team for water.

"They draw these water buffaloes, but then they have nobody to certify them and nobody to test them," Eddy said. "Leaders should ensure that they're looking at those kinds of training opportunities and making sure they have that (covered.)"

Because August is usually very hot and humid, anyone who spends time outdoors needs to watch for signs of heat illness and take preventative measures. Eddy said it's especially important to keep an eye on Reserve Soldiers who may normally work inside out of the heat and humidity.

"It takes a few days to a week to acclimate to the heat and humidity," Eddy said. "For some Soldiers, that means they'll be getting used to it right about the time they have to head home."

Leadership and Soldiers should pay attention to work/rest cycles in order not to

strain themselves. Keep hydrated by drinking plenty of water and other fluids. Eddy said it's also important to make sure Soldiers eat regularly to replenish nutrients, even if they don't feel hungry after working in the heat.

More information on heat illness is available online at <https://safety.army.mil>.

Eddy reminded civilian employees, contractors, and service members who are stationed at Fort McCoy to be patient during heavy training periods, when they can expect to encounter longer lines at the gates, more pedestrian traffic, and drivers who are unfamiliar with the roads and sometimes with the vehicles.

"Just be extra cautious," he said.

For more information on safety, visit the U.S. Army Combat Readiness Center website at <https://safety.army.mil> or call the Installation Safety Office at 608-388-3403.

**ADS**

## FEATURE

# Fort McCoy ArtiFACT: Toy gun

Archaeologists with Colorado State University's Center for Environmental Management of Military Lands have conducted many digs at Fort McCoy and some have revealed toys.

Toys are some of the oldest known artifacts in archaeology. They occur in virtually every culture and have usually been inspired by everyday activities or human imagination.

Toys are more than things to help pass the time.

Objects used in play have been the subject of scholarly analysis as well as items that are to better understand child development and learning.

Occasionally, archaeologists come across lost or broken toys at sites. Examples of toys found at Fort McCoy include marbles,

porcelain dolls, wind-up toys, and toy guns.

One find on post is a toy gun, a Stevens cast-iron cap gun (pictured), manufactured by J & E Stevens Company of Cromwell, Ct., in 1890. The company existed between 1843 and 1950.

The Stevens cast-iron cap gun is inscribed with "U.S.A" on one side, "OK" on the other side, and "PAT J" on top of the barrel near the sight.

The cast-iron cap gun found is known as the "Mini Derringer" and may represent a child's version of the "Derringer," or miniature revolver of the time.

Toy cast-iron cap guns became particularly popular after the Civil War.

All archaeological work conducted at Fort McCoy was coordinated by the Directorate of Public Works

Environmental Division Natural Resources Branch.

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

Any person 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 Directorate of Public Works Environmental Division Natural Resources Branch at 608-388-8214.

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



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

**This toy gun is a Stevens cast-iron cap gun manufactured by J & E Stevens Company of Cromwell, Conn., in 1890 and was found on an archaeological dig at Fort McCoy. The company existed between 1843 and 1950.**



*Photo by Bill Coppernoll*

## Remembering history

Soldiers look over a World War II history display July 13 at one of the historical buildings at Fort McCoy's Commemorative Area. The Commemorative Area consists of six World War II-era buildings set aside to help tell Fort McCoy's unique story. These facilities are representative of the types found in the cantonment area when it was constructed in 1942. For more information about the area, call the Fort McCoy Public Affairs Office at 608-388-2407.

OUTDOORS**Fort McCoy part of annual statewide bluebird survey****STORY & PHOTOS BY SCOTT T. STURKOL***Public Affairs Staff*

Annually, 10 volunteers come to Fort McCoy and participate in a bluebird nest box and monitoring program to track the Eastern bluebird population at Fort McCoy.

The volunteers complete the survey for the Bluebird Restoration Association of Wisconsin (BRAW), said Kent D. Hall who coordinates data collection and analysis for Fort McCoy program.

“The (program) at Fort McCoy is sponsored by the Aldo Leopold Audubon Society of central Wisconsin,” Hall said. “And the data collected by the Fort McCoy volunteers is sent to BRAW.”

Wildlife Biologist David Beckmann with the Directorate of Public Works Environmental Division Natural Resources Branch said the survey has been conducted for many years.

“We have about 280 nest boxes that are monitored here on post,” Beckmann said.

BRAW monitors have checked 1,370 bluebird nest boxes statewide so far in 2018. Through June 24, the monitors reported more than 3,700 eggs were laid by nesting pairs of bluebirds in those boxes.

So why all the surveys? Hall addressed that need in a 2010 article with the Wisconsin Department of Natural Resources (DNR).

“In the late (19)70s and 80s, bluebirds plunged to alarmingly low numbers,” Hall wrote. “Ice storms on their wintering grounds, a loss of nesting habitat, and poor nesting success up north contributed to a 90 percent reduction in bluebirds here in less than 50 years.

“Alarmed about this situation, Wisconsin DNR’s Bureau of Endangered Resources approached citizen groups around the state ... in the winter of 1986 to stimulate interest in starting an artificial nest box program to bring back this imperiled species,” Hall said in the article.

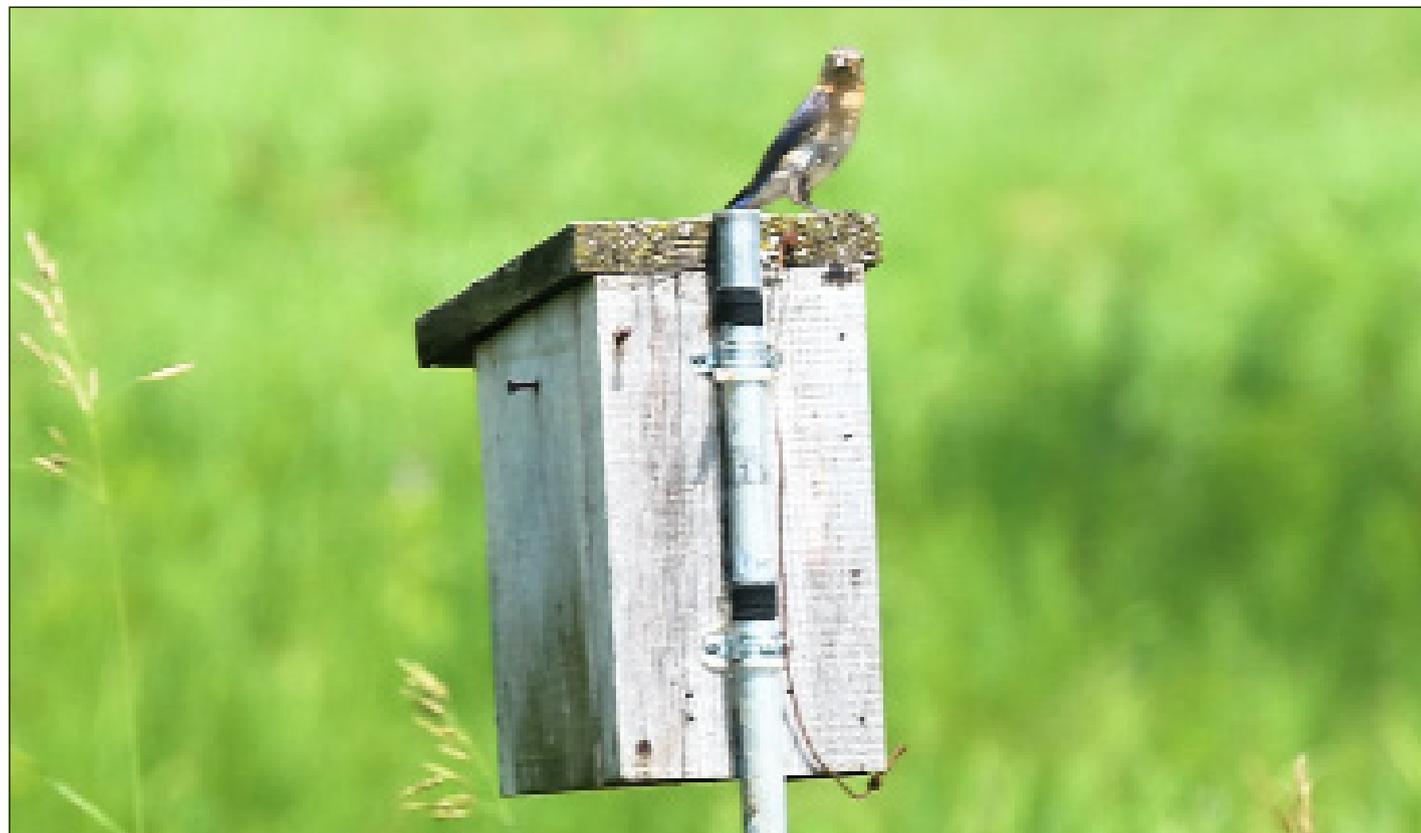
“As a result of that meeting, the Bluebird Restoration Association of Wisconsin formed in March 1986 to build some help for bluebirds.”

Hall notes that bluebirds are “brilliant and beautiful,” and they are easy to see and recognize.

“Many species are secretive and flit around in the bushes, but bluebirds are open-area birds that perch hunt for food,” Hall wrote. “They are amazingly tolerant of humans while they are nesting. They invite us into their lives and make it easy to seal a friendship.”

According to the Audubon Society, the Eastern bluebird is the most widespread of the three bluebirds in the United States.

“A high percentage of Eastern Bluebirds in North America today nest in birdhouses put up especially for them along ‘bluebird trails,’” states the Audubon’s web page for the Eastern bluebird at <https://www.audubon.org/field->



**A female Eastern bluebird stands on a nesting box July 12 at Fort McCoy. Hundreds of the boxes are located throughout the post.**



**A volunteer moves through the grass to check a bluebird nesting box June 22 on South Post.**

guide/bird/eastern-bluebird. “When they are not nesting, these birds roam the countryside in small flocks.”

The Audubon Society also states the bluebird does much foraging by “perching low and fluttering down to ground to catch insects, often hovering to pick up items rather than landing.” It “also catches some insects in mid-air, and may take some while hovering among

foliage, and feeds on berries by perching or making short hovering flights in trees.”

Though BRAW was formed in the 1980s, Beckmann said the organization’s volunteers didn’t start their work at Fort McCoy until much later.

“The installation wildlife program did the monitoring and banding (of the bluebirds) from the late 1970s until the volunteers

came in to (help with) it right around 2005,” Beckmann said.

And over the many years BRAW has worked throughout Wisconsin and at Fort McCoy, Beckmann said the bluebird numbers have been good and should continue to do well.

To learn more about the Bluebird Restoration Association of Wisconsin, visit [www.braw.org](http://www.braw.org).

## SPORTS

# Installation's Ten-Miler coach says team will be ready

The Fort McCoy 2018 Army Ten-Miler team finalized its roster in June, and now team members are preparing for the competition through regular practices.

The team's coach, Lt. Col. Mark Woommavovah with the 181st Multi-Functional Training Brigade, offered encouraging words to the team during their first meeting and practice in late June.

"You are the best of the best, and you are going to be a part of something bigger than yourself," Woommavovah said. "We are going to D.C. to represent Fort McCoy, your units, your families, and our surrounding communities."

"The first lessons running teaches us about success in running and in life is that there is no one else," he said. "No one else can do your workouts for you. You must do the work. You must do cross-training. You must be disciplined. You must be consistent."

Woommavovah said the secret of success for the team is hard work.

"Working really hard is what successful runners do," he said. "We are not just training for the Army Ten-Miler; we are training for life. We will go the extra mile."

The coach said they have established a team vision, purpose, and goal.

"We are going to use the training pyramid we used last year, with some improvements after reading and researching our after-action review from 2017," Woommavovah said. "The training pyramid will be divided into three phases: base phase, preparation phase, and peak phase."

The base phase develops endurance, the foundation of any distance-running plan," he said. "Phase two, preparation, adds a layer of speed by introducing tempo runs and long repeats. The peak phase is characterized by short, fast workouts that simulate racing."

Woommavovah said the team will continue to test their training effort by continuing to enter local running events in surrounding communities. He added that the team will meet regularly for training.

"Our team meets three days a week for our key workouts, and on the other days we have easy runs, cross-training, strength training, aqua running, and elliptical training," he said.

Fort McCoy will field two teams of eight runners for the 2018 Army Ten-Miler, which will be held at 8 a.m. Oct. 7 at the Pentagon. The team holds their regular practices at Rumpel Fitness Center – the team's unofficial headquarters.

In 2017, the Fort McCoy Ten-Miler team earned second place in the Army Reserve Mixed category.

*(Article prepared by the Fort McCoy Public Affairs Office and the Fort McCoy Army Ten-Miler team.)*



*Photo courtesy of Directorate of Family and Morale, Welfare and Recreation*

**Staff Sgt. Beatrix Sanchez with the 311th Expeditionary Sustainment Command crosses the finish line of the Summer Heat 5K race July 18 at Fort McCoy. Sanchez, a member of the Fort McCoy Army Ten-Miler team, finished first in the female category.**

## 2018 Fort McCoy fall hunting applications available online

Online applications for the 2018 cantonment archery, 9-day gun-deer, trapping, and gun hunt for hunters with disabilities seasons are available on the Fort McCoy iSportsman website.

Applications can be accessed by logging into your iSportsman account at <https://ftmccoy.isportsman.net>.

Customers should review the application information link

on the website prior to applying. Customers should review and update their account information as outlined in the application information.

Applications for the nine-day gun-deer hunt and cantonment archery will be available until Aug. 6, the gun hunt for hunters with disabilities until Sept. 7, and trapping until Sept. 21.

No application will be required for the 2018 fall turkey hunt

at Fort McCoy. The 2018 fall turkey permits will be sold over the counter and online for \$13 through the Wisconsin Department of Natural Resources GoWild system starting Aug. 18.

To check season dates and rules and regulations, visit the Fort McCoy iSportsman website at <https://ftmccoy.isportsman.net> or call the Fort McCoy Permit Sales Office at 608-388-3337.

## COMMUNITY

## Fort McCoy observes August as Antiterrorism Awareness Month

Headquarters, Department of the Army (HQDA) has declared the month of August as Antiterrorism (AT) Awareness Month.

HQDA has underscored the fact that “Terrorism is an enduring, persistent, worldwide threat to our nation and our Armed Forces, both in (the United States) and overseas.” HQDA stressed that the Army must seek to understand the threat, be able to detect terrorists and terrorism-related activities, and must be able to warn and defend against the full range of terrorist tactics.

Antiterrorism is the defensive element in the fight against terrorism, and its success or failure depends upon the entire Army community.

In support of Antiterrorism Awareness Month, Fort McCoy will disseminate public-service announcements and other antiterrorism-awareness products, including brochures, posters, and videos. Fort McCoy will execute random antiterrorism measures throughout August.

The Fort McCoy AT Office will also set up displays throughout August at various high-traffic locations with posters, brochures, handouts, and more.

Displays will be at the Exchange during the first week of August, McCoy’s Community Center during the second week, South Post Community Center during the third week, and outside a dining facility in building 50 during the fourth week.

Several videos on antiterrorism themes will play on the



Command Channel (TV6) during August.

Completion of the annual Antiterrorism Level 1 Awareness Training, which is offered online at <https://jkodirect.jten.mil/Atlas2/faces/page/login/Login.seam>, is required. As an alternative to online training, classes will be offered from 10-11 a.m. Aug. 1, 8, 28, and 30 at building 2113. Completion of either the computer-based or face-to-face training will meet the annual Antiterrorism Level 1 Awareness refresher training

requirement.

To report suspicious activity relevant to Fort McCoy, call the Police Department at 608-388-2000.

For more information about Antiterrorism Awareness Month, antiterrorism-awareness training, reporting suspicious activity, U.S. Army iWATCH, or other antiterrorism-related initiatives, call the AT Office at 608-388-4719/5107.

*(Article prepared by the Fort McCoy Antiterrorism Office.)*

## Strong B.A.N.D.S. 2018 campaign topped charts with participants

BY BRITTANY NELSON

*Installation Management Command*

SAN ANTONIO, Texas — The end of May marked the wrap-up of the annual Army Strong B.A.N.D.S. fitness campaign, which focuses on balance, activity, nutrition, determination, and strength.

In May, 68 garrison locations held a total of 394 programs with 69,807. Strong B.A.N.D.S. is hosted by Family and Morale, Wellness and Recreation division of Installation Management Command.

Events were held for all ages. Fort Polk, La., held a Child and Youth Services children’s run on Armed Forces Day. A total of 169 children took part of the fun run. The event had various competitions including long jump, jump rope, pull-ups and a 100-yard dash.

Jazmine Sartain signed her son up for the event to introduce him to competition and the joy of sports.

“I registered my son for the run because I wanted him to come out and have fun. I’m a runner, and I wanted him to have the chance to run in the event,” Sartain said. “It’s not about winning or the medals; it’s about having a good time.”

Children like Mylasia Johnson participated to find out their athletic abilities.



“I wanted to compete in all of the events today, especially the 100-yard dash. I wanted to see how fast my time was because I want to train to go to the Olympics to compete in that event,” Mylasia said.

Various gyms at garrisons teamed up with the Strong B.A.N.D.S. campaign to bring more awareness to the classes and programs offered at their facilities.

Fort Leonard Wood, Mo., held events all month long. At the end of the month, Davidson Fitness Center hosted the Strong Weekend, during which a variety of classes were offered such as yoga and body boot camp. A total of 64 patrons took part.

Karen Robinson, a recreation aide

with Family and Morale, Welfare and Recreation at Davidson Fitness Center, said the main point of the event is to get people to the gym to try a class.

Robinson said she understands the initial fears some people have of going to a gym. When she moved to Missouri five years ago, she had no idea what she was going to do until her husband suggested the gym.

“I never worked out,” Robinson said. “The classes are what brought me in here. So, what started as working out one day a week turned into six days a week.”

Ina Keazer De Aponte, a class instructor at Davidson Fitness Center, taught the “ripped” class, which covers cardio, weight training,

and martial arts, during Strong Weekend. She said she understands the importance of the Strong B.A.N.D.S. program.

“It is important to take care of our body, and the older you get, the better your eating habits need to be,” De Aponte said. “You need to be working out. Our body is like our house, so we need to take care of our house regardless of how old we are.”

Nutrition is another important part of the Strong B.A.N.D.S. program. Fort Campbell, Ky., held a Fueling for Health class at its Army Wellness Center. The Army Wellness Center has helped a number of patrons, including Army spouse Leah Hernandez.

“I think everybody should go through a nutrition class. Having the education on what you’re supposed to eat changes what it is you do eat,” Hernandez said. “It gives you a good sense of what you should be eating and what you shouldn’t.”

Hernandez said she has lost 20 pounds since she began using services at the wellness center. She discovered a routine workout schedule is not enough to help with weight loss.

“I used some of the different assessments at the center, and as it turned out, I wasn’t eating enough calories,” said Hernandez.

With the use of the center’s metabolic testing and nutrition and dietary information from the Fueling for Health class, Hernandez increased her calorie intake to 1,900 calories a day and began to lose weight.

Fort McCoy held two events in conjunction with the Strong B.A.N.D.S. program, said Julie Pressler, recreation programmer with the Directorate of Family and Morale, Welfare, and Recreation. The annual Wellness Fair, which includes a run/walk and an information fair about local health and wellness services, was May 16. The Armed Forces 5k Run/Walk, held at South Post Family Housing, was May 19. The event was also a qualifier event for Fort McCoy’s Army Ten-Miler team.

This year’s fitness movement educated and inspired many patrons nationwide at garrisons. The participation grew by 40 percent compared to last year. Strong B.A.N.D.S. will continue to spread fun fitness and health awareness next year.

*(Information for this article was contributed by Marti Yoshida, Maria Yager, and Angie Thorne of Installation Management Command and the Fort McCoy Public Affairs Office.)*

## COMMUNITY

# Hatch Act restricts military's political activities

BY KEITH D. WILBUR

Army News Service

FORT RUCKER, Ala. — Since 1939, military members and federal employees have been subject to restricted election season activities.

When questions arise about what is permissible and prohibited with regard to a specific political activity, the Hatch Act is the sole source of information.

Ignorance of the law does not excuse an employee's violation of the Hatch Act.

The political activity of government employees has been a concern of government officials since the earliest days of the republic. Thomas Jefferson, the nation's third president, was among the first to express concern about this issue.

In response to his concern, the heads of the executive departments issued an order that stated while it is "the right of any officer (federal employee) to give his vote at elections as a qualified citizen ... it is expected that he will not attempt to influence the votes of others nor take part in the business of electioneering, that being deemed inconsistent with the spirit of the Constitution."

However, despite the concerns of Jefferson and other statesmen, almost a century and a half elapsed before Congress began enacting a comprehensive law regarding the political activities of government employees.

The Hatch Act, a federal law passed in 1939, limits certain political activities of federal employees, as well as some state, D.C., and local government employees who work in connection with federally funded programs.

The law's purposes are to ensure that federal programs are administered in a nonpartisan fashion, to protect federal employees from political coercion in the workplace, and to ensure that federal employees are advanced based on merit and not based on political affiliation.

The law was named for Sen. Carl Hatch of New Mexico.

It was most recently amended in 2012, limiting the activities of certain state and local government employees

## Military member guidance

U.S. service members are limited when it comes to political activities. Some restrictions are based in federal law, others in military regulations. The main purpose for these restrictions is to avoid the implication or inference that military members represent some official point of view.

The major military prohibition is against any type of partisan activities. A partisan activity is defined as "activity directed toward the success or failure of a (particular) political party or candidate for a partisan political office or partisan political group."



Service members will benefit from reviewing this information to make sure they don't run afoul of the regulations while supporting their favorite causes or candidates.

So, what is the penalty for violating the Hatch Act?

For covered federal employees, the most severe penalty of violation is removal. The minimum penalty is suspension without pay for 30 days.

## Military members

A military member may register, vote, and express personal opinions. Military members may:

- encourage other military members to exercise voting rights.
- join a political club and attend political meetings and rallies as a spectator when not in uniform.
- make monetary contributions to a political organization.
- sign petitions for specific legislative action or place candidate's name on the ballot.
- write letters to the editor expressing personal views (so long as not part of organized letter writing campaign).
- place bumper stickers on private vehicles.
- participate in local nonpartisan political activities, so long as not in uniform and there is no use of government property or resources, no interference with duty, and no implied government position or involvement.

A military member may not use official authority to influence or interfere in elections. Military members may not:

- be a candidate for, hold, or exercise functions of a civil office.

- participate in partisan political campaigns, speeches, articles, TV, or radio discussions.

- serve in official capacity for or sponsor a partisan political club.

- conduct political opinion surveys.

- use contemptuous words against certain civilian leaders (10 U.S.C. 888), which applies to commissioned officers only.

- march or ride in partisan parades.

- participate in organized effort to transport voters to polls.

- promote political dinners or fundraising events.

- attend partisan events as an official representative of the armed forces.

- display large signs, banners, or posters on private vehicles.

- display a partisan political sign, poster, banner, or similar device visible to the public at one's residence on a military installation, even if that residence is part of a privatized housing development.

- sell tickets for or otherwise actively promote partisan political dinners and similar fundraising events.

## Federal employees

Federal employees may:

- be candidates for public office in nonpartisan elections.
- register and vote as they choose.
- assist in voter-registration drives.
- express opinions about candidates and issues.
- contribute money to political organizations.
- attend political fundraising functions.
- attend and be active at political rallies and meetings.

- join and be an active member of a political party or club.

- sign nominating petitions.

- campaign for or against referendum questions, constitutional amendments, and municipal ordinances.

- campaign for or against candidates in partisan elections.

- make campaign speeches for candidates in partisan elections.

- distribute campaign literature in partisan elections.

- hold office in political clubs or parties, including serving as a delegate to a convention.

Federal employees may not:

- use their official authority or influence to interfere with an election.

- solicit, accept, or receive political contributions unless both individuals are members of the same federal labor organization or employee organization and the one solicited is not a subordinate employee.

- knowingly solicit or discourage the political activity of any person who has business before the agency.

- engage in political activity while on duty.

- engage in political activity in any government office.

- engage in political activity while wearing an official uniform.

- engage in political activity while using a government vehicle.

- be candidates for public office in partisan elections.

- wear political buttons on duty.

To find out more about the Hatch Act, visit [www.oge.gov/Topics/Outside-Employment-and-Activities/Political-Activities/](http://www.oge.gov/Topics/Outside-Employment-and-Activities/Political-Activities/) or <https://osc.gov/Pages/HatchAct.aspx>.

## NEWS NOTES

### Family Fun Day set for July 28 at Pine View Campground

Pine View Campground will host Family Fun Day from 11:30 a.m. to 2 p.m. July 28.

All events are free and open to the public. Activities will include inflatable games, a dunk tank, a rock-climbing wall, a pie-eating contest, a raffle, and paintball. Food will be available to purchase.

The campground will also offer free miniature golf and canoe, paddle boat, and kayak rentals from 2 to 4 p.m.

No registration is required. For more information, call 608-388-3517.

### Summer Showers skeet shoot planned for July 28

The Summer Showers 100-bird skeet shoot is scheduled for 10 a.m. July 28 at Sportsman's Range.

The competition will be four rounds of 25 targets each. A prize will be awarded to the top shooter.

Firearms are available for rent at the range, and rented firearms must use ammunition purchased at the range.

Registration costs \$30 for members, \$35 for preregistration, and \$40 the day of the event. For more information, call 608-388-3517.

### Old World Wisconsin trip scheduled for Aug. 4

A trip to Old World Wisconsin, a historical recreation site and museum in Eagle, Wis., is scheduled for 7:30 a.m. to 6 p.m. Aug. 4.

Old World Wisconsin showcases life from the 1840s through the 1910s. It features more than 60 historic structures, ranging from farmsteads to small-town villages. The site gives visitors a hands-on approach to learning history.

Army Community Service (ACS) will do the driving and provide free transportation for the trip. Admission for military members and Family is free through the Blue Star Museums program. Admission fees for others are available online at [oldworldwisconsin.wisconsin-history.org](http://oldworldwisconsin.wisconsin-history.org).

Families may pack their own lunches or purchase food at the site.

Space is limited, and registration is required. ACS events are open to military members, retirees, civilian workers, Family members, and registered Fort McCoy volunteers.

For more information or to register, call 608-388-3505 or email [carrie.a.olson.civ@mail.mil](mailto:carrie.a.olson.civ@mail.mil).

### 'Connect the Tots' play group meets Aug. 7 on South Post

The "Connect the Tots" play group will meet at 9:30 a.m. Aug. 7 and 21 at Patriot Park on South Post.

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



Photo by Scott T. Sturkol

### Range road maintenance

**A heavy-equipment operator with roads and grounds contractor Kaiyuh Services LLC of Anchorage, Alaska, fixes a range road July 17 with a grader at Fort McCoy. Gravel roads are regularly graded throughout post to ensure they are ready for use for troops to access training areas.**

and stages, gain tools to help understand their children's behavior, and become empowered to prepare the Family and children to enter school ready to learn.

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

For more information or to register, call 608-388-2412.

### Commemorative Area open 3 dates in August

The Fort McCoy Commemorative Area will be open to walk-in visitors noon to 4 p.m. Aug. 10 and 24 and 9 a.m. to 3 p.m. Aug. 18.

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 Fort McCoy's inception in 1909 up to present day.

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

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

### Vernon Vineyards tour set for Aug. 12

The Vernon Vineyards winery tour is scheduled for Aug. 12.

The trip will depart from McCoy's Community Center at noon and return at 6 p.m. It costs \$15 per person, which includes transportation, the tour, and wine tasting. Dinner will be available at an additional cost.

The trip is open to all Fort McCoy employees and their guests who are at least 21 years old. Registration is required by Aug. 1.

For more information, call 608-388-3011.

### Army Arts & Crafts Contest ends Aug. 13

The 2018 Army Arts and Crafts Contest will accept submissions until Aug. 13.

Up to three submissions per artist will be accepted in each of nine categories: ceramic art, digital art, drawings, fiber art, glass art, metal and jewelry art, mixed media, paintings, and wood art.

All submissions must be original work completed within 12 months from the start of the current contest year. The contest is open to all authorized Directorate of Family and Morale, Welfare and Recreation patrons, excluding Army Arts and Crafts employees.

Visit [www.armymwr.com/programs-and-services/arts-and-crafts/2017-arts-crafts-contest](http://www.armymwr.com/programs-and-services/arts-and-crafts/2017-arts-crafts-contest) for more information.

### Women's Equality Day event scheduled for Aug. 16

Fort McCoy's Women's Equality Day observance is scheduled for 11:30 a.m. Aug. 16 at McCoy's Community Center, building 1571.

The guest speaker is Sylvia Carey-Butler, associate vice chancellor for academic support if inclusive excellence at University of Wisconsin-Oshkosh. She has a doctorate in higher education and administration and policy and has worked in education for more than 36 years.

She has addressed issues of diversity and inclusiveness within college and university communities and established partnerships to support access to higher education.

Women's Equality Day is Aug. 26 and celebrates the ratification of the 19th Amendment, which granted women the right to vote. Created in 1971, the observance has grown to include focusing attention on women's continued efforts toward gaining full equality.

The program starts at noon; participants may get lunch on their own.

For more information about Equal Opportunity events, call 608-388-6335.

### Blended Retirement class planned for Aug. 21

An overview of the Blended Retirement System for military members is scheduled for 1 to 3 p.m. Aug. 21 at Army Community Service (ACS), building 2111.

The Blended Retirement System went into effect Jan. 1.

ACS events are open to military members, retirees, civilian workers, family members, and registered Fort McCoy volunteers. Registration is required by Aug. 14.

For more information, call 608-388-3540.

### Thrift Savings Plan class scheduled for Aug. 22

An overview of the Thrift Savings Plan (TSP) for civilian employees is scheduled for 1 to 2:30 p.m. Aug. 22 at Army Community Service (ACS), building 2111.

The class will cover the basics of TSP, the five funds within TSP, and how to sign up for the plan.

ACS events are open to military members, retirees, civilian workers, family members, and registered Fort McCoy volunteers. Registration is required by Aug. 15.

For more information, call 608-388-3540.

### Stress resiliency workshop set for Sept. 20

"Building Stress Resiliency: Making Stress Work for You" is scheduled for 9 to 10:30 a.m. Sept. 20 at Army Community Service (ACS), building 2111.

The workshop will cover how the body responds to stress, how to manage different types of stress, and more.

ACS events are open to military members, retirees, civilian workers, family members, and registered Fort McCoy volunteers. Registration is required by Sept. 13.

For more information, call 608-388-3505.

### New employees at Fort McCoy

New employees started working in several post organizations in July.

Welcome to the following new employees:

- **Ashley Greeno** and **Wendy Johnson** — Civilian Personnel Advisory Center.
- **Joseph Buth** — Directorate of Emergency Services.
- **Mario Garcia** — Directorate of Plans, Training, Mobilization, and Security.
- **James Welch** — Equipment Concentration Site-67.

### Next issue of The Real McCoy

The next issue of The Real McCoy will be published Aug. 10. The deadline for submissions to be considered for publication is noon Aug. 1.

For more information, 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. 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. Open 8 a.m.-6 p.m. Sun.-Thurs. and 8 a.m.-9 p.m. Fri.-Sat. 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:** Open 12:30-4:30 p.m. Mon.-Fri. Reservations available. Call 800-531-4703.

**Dining**

**Fabrew Coffee:** Building 1538. Open 6 a.m.-2 p.m. Mon.-Sat. and 7 a.m.-2 p.m. Sun. Call 608-343-6257.

**McCoy'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 (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. Closed for the season. Chalet available year-round for private parties. Call 608-388-3517.

**Services**

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

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

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

**Car Wash:** Building 1568. Offers self-service and automatic bay. Open 24/7. Accepts cash, tokens, or credit cards. Token machine on site. Call 608-388-3544.

**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.

**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.

# facilities services

This schedule is projected through **Aug. 9, 2018**. **Bold, italic typeface** indicates a change since the last publication. Call facilities to verify hours. To report updates, call 608-388-2769.

**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:** Buildings 651, 755, 1671, 1735, 1856, 2002, 2568, 2671, 2763, and 2877. Open 24/7. Exclusively for use by Soldiers training on Fort McCoy pursuant to military orders. Civilians and retired military are not authorized to use these facilities. Call 608-388-3800.

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

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

**Permit Sales:** Building 2168. 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. Call 608-388-3505.

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

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

**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 608-469-1432.

**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 608-388-2414.

**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](http://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.

**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](http://www.mccoysusa.org).

**Friends and Spouses of Fort McCoy:** Meets third Wednesday of each month. For info, email [fsofmccoy@gmail.com](mailto:fsofmccoy@gmail.com).

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

**USO Wisconsin at Fort McCoy:** Building 1501. Open 10 a.m.-8 p.m. Mon., Wed., Fri. and 10 a.m.-4 p.m. Sat.-Sun. For more information or to volunteer, call 414-477-7279 or email [ehazlett@usowisconsin.org](mailto:ehazlett@usowisconsin.org).

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

GIANT VOICE EMERGENCY-NOTIFICATION SIGNALS			
CONDITION	IF YOU HEAR	THIS INDICATES	INDIVIDUAL ACTIONS
<b>Natural Disaster</b>	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.
<b>Attack</b>	30-sec. to 5-min. wavering tone or voice announcement	Attack imminent or in progress. Examples: Vehicle bomb, terrorist action, release of biological or radioactive materials.	Be alert. Ensure all personnel are warned. Implement force-protection condition (FPCON) procedures as indicated. Take cover by evacuating to a safe location or sheltering in place. Notify supervisor of location.
<b>All Clear</b>	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.

**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.

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