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# The Real McCoy

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## Ground-breaking ceremony held for newest barracks project

STORY & PHOTOS BY SCOTT T. STURKOL  
Public Affairs Staff

Fort McCoy senior leaders, Army Corps of Engineers and contractor representatives, and other distinguished guests participated in a special ground-breaking ceremony April 15 to highlight the start of the construction of a second modern transient training barracks on post.

Fort McCoy leaders participating included Maj. Gen. Darrell Guthrie, 88th Readiness Division commanding general and Fort McCoy senior commander; Garrison Commander Col. Michael Poss; Fort McCoy Directorate of Public Works Director Liane Haun; Sean Giese, resident engineer with the Omaha District Corps of the Army Corps of Engineers; and James French, chief operating officer with LS Black Constructors. Also attending were Wisconsin State Rep. Nancy VanderMeer and staff personnel for other state and federal lawmakers.

Haun opened the ceremony discussing the \$18.8 million project that was awarded to L.C. Black Constructors in September 2020. It is also the contractor building the first barracks building, according to the U.S. Army Corps of Engineers Resident Office at Fort McCoy. The contract duration is scheduled for completion in 780 calendar days. Currently contract completion is scheduled for December 2022.

Guthrie followed Haun to discuss the importance of the construction of only the second and third brick-and-mortar barracks at Fort McCoy since the 1940s.

See CEREMONY, page 2



(From left) Fort McCoy Garrison Commander Col. Michael Poss; Maj. Gen. Darrell Guthrie, 88th Readiness Division commanding general and Fort McCoy senior commander; Sean Giese, resident engineer with the Omaha District of the Army Corps of Engineers; and James French, chief operating officer with contractor LS Black Constructors, each dig in for a shovel full of dirt April 15 during a special ground-breaking ceremony in the 1600 block at Fort McCoy. The ceremony recognized the construction of a second transient training barracks beginning on post. The \$18.8 million project was awarded in 2020 and work began in March.

## Pine View Campground reopens April 30

STORY & PHOTOS BY SCOTT T. STURKOL  
Public Affairs Staff

In 2020, Fort McCoy's Pine View Campground successfully reopened to the public after several months of being closed due to the installation response to the COVID-19 pandemic and ended up having one of the best years ever seen at the area.

For 2021, the campground reopens April 30 and officials hope to see that continued success.

"Last year was one of the busiest and best seasons we've experienced at Pine View," said Scott Abell, chief



Recreational vehicles are shown June 18, 2020, at Pine View Campground at Fort McCoy.

of the Business and Recreation Division for the Directorate of Family and Morale, Welfare and Recreation. "We expect the same this summer. We'll be opening up the Ten Point Pub at the Whitetail Ridge chalet as well for food and beverage and recreational activities when the season gets going as well."

Pine View Campground is part of the Pine View Recreation Area. The recreation area includes acres of publicly accessible land with hiking trails, Pine View Campground, Whitetail Ridge Ski Area, and Sportsman's Range. Pine View Recreation Area offers year-round activities to include camping, hiking, fishing, and more.

Abell said the 2021 season mirror the 2020 season pretty closely.

"Sites will open officially on April 30 to start the camping season as that weekend is also the opening of fishing season," Abell said. "We'll operate under the same basic COVID-19 mitigation measures as last year, such as masks required inside the campground office, encouraging social distancing, and more. The equipment-issue operation at Recreational Equipment Checkout also will be fully available like last year. We also will rent out pavilions this summer when we didn't last year."

Some of the services that will be available include:

- full-service campsites and cabins, including many new cabins.
- fishing and hiking trails (for guests only).
- lake/beach (no lifeguards on duty).
- rental equipment.

See CAMPGROUND, page 12



Photo by Scott Sturkol

## Sexual assault prevention

Obbie West, chief executive officer of Words of West LLC, shares his experiences and advice April 14 during a special Sexual Assault Awareness and Prevention Month event in building 60 at Fort McCoy. His poetry offers a unique and captivating angle from an uncut and straight forward approach. See more about West on page 4.

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## NEWS

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“Projects like the transient training barracks complex are a direct result of the continued support for Fort McCoy,” Guthrie said. “And they enhance the ability of the Army, and especially the Army Reserve, to train here at Fort McCoy. The United States Army Reserve is the key customer for Fort McCoy. Its economic impact alone in Wisconsin is \$323 million a year.”

Poss followed Guthrie and highlighted how construction projects like the barracks projects add to a big economic impact in the local area. Fort McCoy’s total economic impact for fiscal year 2020 was an estimated \$1.479 billion, above the \$1.184 billion reported for fiscal year 2019.

Poss also said that despite the difficulty the pandemic presented, Fort McCoy trained more than 60,000 troops in fiscal year 2020 and continues to strive forward with continued training and infrastructure improvements like the barracks projects.

“Fort McCoy continues to demonstrate its resolve to be a preferred training location for the Army Reserve, the National Guard, active Army, and joint services,” Poss said. “Our efforts today ensure that Fort McCoy’s relevance as a Total Force Training Center are here for many years to come.”

Guthrie, Poss, French, and Giese also performed a ceremonial breaking of the ground with shovels at the construction site. Numerous attendees also received a tour of the construction site of the first barracks project, which is more than 80 percent complete. A ceremony for the first project was not held in 2020 because it would have happened just as the COVID-19 pandemic began.

Ground preparation and infrastructure construction for the second barracks has been ongoing since early March. Like the first barracks project, the second also will be four stories and will be able to house 400 people in approximately 60,000 square feet. The building also will be built with the latest in construction materials and will include state-of-the-art physical security and energy-saving measures.



Directorate of Public Works Director Liane Haun provides opening remarks April 15 during the barracks project ground-breaking ceremony at Fort McCoy.



An excavator operator uses an excavator to move dirt while working on the newest barracks project April 15 in the 1600 block at Fort McCoy.



Ceremony attendees receive a tour of the first transient training barracks project April 15 that began in 2020 to see what the barracks buildings will look like.



(Above) Maj. Gen. Darrell Guthrie, Fort McCoy senior commander and 88th Readiness Division commanding general, provides remarks April 15 about the project. (Below) Garrison Commander Col. Michael Poss also gives a short presentation April 15 for the ceremony.





## NEWS

# First barracks construction project surpasses 80 percent complete

STORY &amp; PHOTOS BY SCOTT T. STURKOL

Public Affairs Staff

Thanks to cooperative spring weather and steady progress, construction of a new multimillion-dollar barracks continues at a smooth pace at Fort McCoy.

Through April 16, the construction of the new barracks by contractor L.S. Black Constructors was more than 80 percent completed, said Ken Green with the U.S. Army Corps of Engineers Resident Office at Fort McCoy in a weekly update.

Lots of interior and exterior work has been done over the past 30 days, Green said. Construction work has included masonry, interior sheet rocking and finishing continues, bathroom Dura-rock installation for tile continues, and a lot of painting is getting accomplished. Other work includes placing in more windows and ceiling grid installation.

The planned completion date for the barracks is currently later in 2021. The barracks, which is being built in the 1600 block on the cantonment area, is different than the traditional barracks located throughout the installation.

This new building is four stories and will be able to house 400 people in approximately 60,000 square feet, Green said. The building is being completed with the latest in construction materials and will include state-of-the-art physical security and energy-saving measures.

The project is part of the Fort McCoy master plan that looks at continuously upgrading the installation's infrastructure to be prepared for the future, said Master Planner Brian Harrie with the Directorate of Public Works (DPW). The project is the first of eight new buildings planned for the entire 1600 block. The plan is to build three more barracks with the same specifications, three 20,000-square-foot brigade headquarters buildings, and one 160-room officer quarters.

"The 1600 block will be completely transformed when all of this construction is completed years from now," Harrie said. "The 1600 block is a great location for this transformation, too, because it places these facilities for transient training troops near the post's service-related facilities, such as the commissary, Exchange, and McCoy's Community Center."

Harrie said this project and future projects for the 1600 block are a great example of how DPW and the Army Corps of Engineers work together to improve quality of life at Fort McCoy.

During an official groundbreaking ceremony for a second similar barracks project that began in March, Fort McCoy Garrison Commander Col. Michael Poss said projects like this are significant to the installation's future and have an impact on local economies.

"Fort McCoy's economic impact to the local area in fiscal year 2020 was nearly \$1.5 billion," Poss said.

"Fort McCoy's consistently large economic impact ensures the state and surrounding communities of the installation's value to the region. ... Our economic impact increased last year due in large part to construction projects like this barracks project."

By the numbers, Fort McCoy's total economic impact for fiscal year 2020 was an estimated \$1.479 billion, above the \$1.184 billion reported for FY 2019, garrison officials announced.

The data was compiled by Fort McCoy's Plans, Analysis and Integration Office. Fiscal year 2020 operating costs of \$194.4 million included utilities, physical plant maintenance, repair and improvements, new construction projects, purchases of supplies and services, as well as salaries for civilian contract personnel working at Fort McCoy.

Learn more about Fort McCoy online at <https://home.army.mil/mccoy>, on Facebook by searching "ftmccoy," and on Twitter by searching "usagmccoy."



Workers continue construction on a transient training barracks project April 15 at Fort McCoy. The building is now 80 percent complete.



An open bay room is shown April 15 in the first transient training barracks project in the 1600 block at Fort McCoy.



Workers complete interior project work April 15 in the first barracks project. Work has continued at a steady pace since 2020.



## NEWS

# Vet shares poetry, advocacy message for SAAPM

BY AIMEE MALONE  
Public Affairs Staff

Army veteran Obbie West shared his poetry and advocacy messages with Fort McCoy community members April 14 during an observance for Sexual Assault Awareness and Prevention Month.

West describes himself as “an unapologetic spoken words artist and entrepreneur.” He’s an Army veteran and retiree, sexual-assault and harassment prevention and victim advocate, and author of the poetry book “Blossom.”

His signature poem, “The Perpetrator’s Perspective,” was recognized by the Department of the Army, MG Keith L. Ware Communications Awards with first place in the category “Long Form Production Video.” His website, [www.obbiewest.com](http://www.obbiewest.com), features several videos of his poetry and upcoming events.

West shared several of his poems and his personal experiences with Fort McCoy community members with a small in-person audience in building 60 and a wider audience over Microsoft Teams.

“I was raised in South Central (Los Angeles), where the streets were significantly violent,” he said. “I also grew up in an abusive household. So there was violence outside the house, and there was abuse inside the house.”

West said he grew up watching his mother being beaten but still hearing words of love spoken. He said he grew up with a confused picture of love and had to decide whether he believed that was real love or if he could pursue a different path.

He joined the military at 17, and about 10 years later, he first discovered his love for poetry.

“Instantly, poetry became my voicebox. It became my primary form of communication, my liberation,” West said. “I was able to use poetry in order to highlight some of those things I went through when I was younger.”

West said his poems are often sensitive or uncomfortable to hear, but it’s necessary. The poems are written as a call to action. An emotional impact is required in order to motivate people to take action and make changes.

“In the military, we train by data,” West said. “Everything is measurable by score. ... I can take a diagnostic test, figure out my weak points, and work on those weak points, then get better.”

“With sexual assault and harassment, there’s no rehearsal. The only time you learn your inefficiencies is right before or during or after a victim has been claimed. So you can’t train those things the same,” West said. “You can’t train sexual assault and harassment (prevention) with data. Until you attach some type of emotion to the data, it never becomes a call for action.”

West shared four of his poems, following each poem with a talk about what the poem meant and what it’s supposed to teach people. For example, one poem was from the perspective of a perpetrator. West said it’s one of his most difficult poems to perform, but it’s important to consider a perpetrator’s perspective in order to learn from it, especially how to inter-



Photo by Scott Sturkol

Obbie West, an Army veteran and poet, speaks to Fort McCoy community members April 14 during the Sexual Assault Awareness and Prevention Month observance. West shared some of his poetry related to sexual violence and spoke about the message of advocacy behind his poems.



Photo by Scott Sturkol

Obbie West, an Army veteran and poet, shares some of his poetry April 14 during the Sexual Assault Awareness and Prevention Month observance.

vene if you see similar behavior.

“Perpetrators have a toolbox ... they use to identify potential victims. It’s great if we know what that toolbox looks like,” West said. He compared it to police officers interviewing killers to learn their methods or an officer investigating someone because of suspicious items in his or her backseat.

One method perpetrators use is identifying what’s considered normal behavior in a group or region and use it to their advantage, West said. They notice if casual touch or inappropriate jokes are considered acceptable and press the boundaries. Changing these behaviors can make it more difficult for perpetrators to operate.

Other topics his poetry covered during this session included male victims of sexual assault and how sexual assault can affect the friends and fam-

ily members of victims.

Clips from West’s presentation are available at [www.dvidshub.net/unit/FMPAO](http://www.dvidshub.net/unit/FMPAO).

Sexual Assault Awareness and Prevention Month is recognized in April by both civilian and military communities.

The Department of Defense observes the month by focusing on creating the appropriate culture to eliminate sexual assault and requiring a personal commitment from all service members.

The event was organized by Sexual Harassment/Assault Response and Prevention employees from across the organization.

Information about Fort McCoy SHARP programs is available online at <https://mccoy.armymwr.com/programs/sharp> or by calling 608-388-3505.

## Protecting Our PEOPLE Protects Our MISSION

Each of us has a role to ensure we live and work without the threat of sexual assault

### Clothesline Project

Army Community Service is promoting the Clothesline Project throughout April.

The first Clothesline Project started in Massachusetts in 1990 when a member of the Cape Cod’s Women’s Defense Agenda learned that during the same time 58,000 Soldiers were killed in the Vietnam War, 51,000 U.S. women were killed by men who claimed to love them. The Clothesline Project was developed to raise community awareness for survivors of assault and abuse.

Paper shirts will be available at McCoy’s Community Center, the Exchange, and dining facilities. Participants are encouraged to write a message, name, and/or quote on the shirt and to display it on the display’s clothesline.

### Denim Day

Fort McCoy community members can participate in Denim Day on April 28.

The first U.S. Denim Day was in April 1999. The event began in Italy after a judge overturned a rape conviction “because the victim wore very, very tight jeans, she had to help him remove them, and by removing the jeans it was no longer rape but consensual sex.” Female members of the Italian Parliament protested by wearing jeans to work.

Participants are encouraged to wear denim to draw attention to sexual assault survivors and the difficulties they face in getting justice.

Fort McCoy community members should check with their chain of command or supervisors for approval to participate.



## NEWS

# Fort McCoy Garrison welcomes new HHC commander



Maj. James Lavelle takes the flag for Headquarters and Headquarters Company, U.S. Army Garrison Fort McCoy, from Garrison Commander Col. Michael Poss on April 14 to become the new company commander during a change of command ceremony in building 905 at Fort McCoy. Lavelle takes command of the company from Maj. Eddie Woody. Woody moves on to a new assignment as professor of military studies at Southern Illinois University in Edwardsville, Ill. Lavelle takes over as company commander after previously having served with the 86th Training Division, which is a Fort McCoy tenant organization.



Photos by Scott T. Sturkol

Maj. James Lavelle, Garrison Commander Col. Michael Poss, and Maj. Eddie Woody arrive April 14 to start the change of command ceremony for Headquarters and Headquarters Company, U.S. Army Garrison Fort McCoy, in building 905 at Fort McCoy.



Chaplain (Maj.) Robert Rand, garrison chaplain with the Religious Support Office, provides an invocation April 14 during the Headquarters and Headquarters Company, U.S. Army Garrison Fort McCoy change of command ceremony in building 905.



Headquarters and Headquarters Company, U.S. Army Garrison Fort McCoy, personnel line up April 14 to complete the ceremonial passing of the flag during the ceremony.



Col. Michael Poss, garrison commander, provides comments about the outgoing and incoming company commanders April 14 during the ceremony at Fort McCoy. See video coverage of the ceremony by going online to <https://www.dvidshub.net/unit/FMPAO>.



NEWS

# Fort McCoy DPTMS holds first training workshop



Photos by Scott T. Sturkol

Brad Vieth, range safety officer with the Fort McCoy Directorate of Plans, Training, Mobilization and Security (DPTMS), briefs 23 service members attending the DPTMS Training Workshop on April 8 in building 905 at Fort McCoy. This was the first workshop held by the directorate to assist unit representatives with the processes and requirements to schedule and hold training at Fort McCoy. The workshop took place April 7-8 and participants learned about range safety, range operations, range maps, and more.



Workshop attendees listen to a speaker April 8 in building 905 during the second day of the workshop at Fort McCoy.



Range Officer Reynaldo Vellido talks to workshop attendees about range operations April 8 at Fort McCoy.



NEWS



Distinguished visitor

Garrison Commander Col. Michael Poss (right) greets 95th Training Division-Initial Entry Training Commanding General Brig. Gen. Susie Kuilan on April 15 at Fort McCoy.

Kuilan was at the installation to visit Soldiers and attend training briefings.

Kuilan and Poss talked briefly about the installation's training capabilities and how Fort McCoy can help the 95th Training Division with future requirements.

Photo by Christopher Hanson



A 'Real McCoy'

Garrison Commander Col. Michael Poss is pictured Feb. 25 with Al McCoy, grandson of Maj. Gen. Robert Bruce McCoy for whom Fort McCoy is named after, in Sparta, Wis. Poss met up with McCoy at a local event. Fort McCoy was previously named Camp McCoy and the McCoy designation for the installation was made in the 1920s.

Contributed photo



O-6 selection

Garrison Commander Col. Michael Poss (right) congratulates Deputy Garrison Commander Lt. Col. Alexander Carter on April 8 after learning that Carter was been selected for promotion to colonel (O-6) at Garrison Headquarters at Fort McCoy.

Being selected for O-6, Carter now has further leadership and command opportunities open to him.

Photo by Scott Sturkol

ADS



NEWS

Army Reserve recognizes Soldier for off-duty heroics

STORY & PHOTOS BY MAJ. JEKU ARCE  
Military Intelligence Readiness Command

Spc. Justice McBain, an Army Reserve Soldier, received the Soldier’s Medal, the Army’s highest award for heroism outside combat, on April 11.

McBain was presented with the Soldier’s Medal for heroic actions back in 2019 following a multivehicle crash that resulted in two fatalities on Interstate 94 in Racine, Wis. McBain saved the lives of a civilian and Wisconsin Air National Guardsman Senior Airman Kelvin Yde.

When McBain arrived on the scene of accident, he found Yde pinned between his seat and the steering wheel with the front windshield collapsed. Without hesitation, McBain sprang into action by moving the windshield over to the side.

He cut Yde’s seatbelt and extracted Yde from the car with the assistance of other motorists. All of this occurred while a fire from the semi-truck involved in the crash began to spread to the other vehicles.

Before rescuing Yde, McBain assisted an individual in another vehicle by helping her get out of the passenger side of the vehicle because flames were present on the driver’s side.

Maj. Gen. Darrell Guthrie, commanding general of the 88th Readiness Division headquartered at Fort Snelling, Minn., and Fort McCoy, Wis., presented the Soldier’s Medal certificate to McBain on behalf of the Chief of Army Reserve and Commanding General Lt. Gen. Jody J. Daniels.

McBain’s mother, Heather McBain, had the honor of pinning her son with the Soldier’s Medal during the presentation ceremony.

“(McBain) disregarded danger to himself and acted,” said Guthrie during his ceremony remarks. “I’m truly honored to be here to meet a hero.”



Heather McBain pins the Soldier’s medal on her son Spc. Justice McBain during a ceremony April 11 in Milwaukee. McBain received the award for helping rescue two motorists, one of whom was a Wisconsin Air National Guardsman, after a multivehicle crash on an interstate near Racine, Wis., in 2019. McBain also received the Carnegie Medal, the highest honor for civilian heroism in the United States and Canada, in 2020.

Brig. Gen. David May, deputy adjutant general of the Wisconsin Air National Guard, presented McBain with a miniature replica of a KC-135 Stratotanker tail flash as a special token of their appreciation for saving Yde’s life.

“There’s a lot of gratitude for what you did from the families and from the people you saved and that gratitude also comes from us,” said May. “The Air National Guard is a family, and you saved one of our very valuable family members in that (crash).”

“I helped them because that’s what you’re



Brig. Gen. David May (far left), deputy adjutant general of the Wisconsin Air National Guard, presents his remarks during the presentation ceremony of the Soldier’s Medal to Spc. Justice McBain on April 11 in Milwaukee.

supposed to do,” McBain said in an interview with the Milwaukee Journal Sentinel. “I don’t see myself as a hero. I just did what was right and helped someone that needed it.”

Also in attendance for McBain’s ceremony were Soldiers from his unit, Charlie Company, 337th Military Intelligence Battalion; friends and family members; and leadership from the brigade Theater Support Command and the higher headquarters Military Intelligence Readiness Command.

The next steps of McBain’s career became common theme of the ceremony by most of the speakers.

“The Army has always been looking for a good few leaders,” said Command Sgt. Major Brian Bertazon, senior enlisted adviser at Military Intelligence Readiness Command, during his remarks. “I think everyone in this room today knows that Spc. McBain is ready for leadership.”

McBain was also awarded the Carnegie Medal in 2020, the highest honor for civilian heroism in the United States and Canada.

ADS



NEWS

Fort McCoy ArtiFACT: Projectile point

It is important to remember that no one is perfect. Archaeologists, like anyone, can miss something at first glance.

A small scattering of artifacts that was observed atop a hill on the south side of Silver Creek in Training Area B-03 back in 1993. The small number of artifacts at the site were interpreted to be insufficient to merit further investigation or consideration for the National Register of Historic Places (NRHP).

The area was visited again several years later in 1998, and once again, investigators determined that it was unlikely that the area could have any significant research potential. In essence, they asserted that the location was unlikely to yield anything more than small chips of stone left behind after creating or refining stone tools at some point in the last 10,000 years.

The primary task for archaeologists at Fort McCoy for many years was guided by the directives of the National Historic Preservation Act (NHPA). The NHPA directs federal land-management agencies to make an effort to identify historic properties within the lands they hold in the public trust.

Fort McCoy, in its role as steward for the American people, has employed hundreds of people over several decades exclusively to satisfy the directives of the NHPA and has surveyed tens of thousands of acres of land. Even with approximately 60,000 acres of land to wander around, sometimes archaeologists end up inadvertently retracing the steps of their predecessors.

That was the case in 2013, when two adjacent archaeological surveys unintentionally intersected the area of the small scatter of artifacts on the hill first identified 20 years earlier. These investigators found artifacts more interesting and numerous than were observed by the two previous investigators combined, which led to a recommendation for additional, more intensive investigations to re-evaluate the site against NRHP eligibility criteria. This recommendation for additional investigations was fulfilled in 2016, and the site yielded far more than a few pieces of chipped stone.



Contributed photo

A projectile point found at a Fort McCoy archaeological site is shown in this photo.

In fact, there were hundreds of pieces of chipped stone, more than a dozen formal tools, ceramic vessel fragments that are likely at least 1,500 years old, a few copper artifacts that could be as much as 6,000 years old, and a stone spear point that is almost certainly more than 8,000 years old.

Investigators also encountered the remains of an old campfire with bits of charcoal that were submitted for radiocarbon dating. Two different samples came back with roughly the same age of 1,000 years ago.

The results of the re-evaluation led investigators to modify the boundary definitions for the site to more accurately reflect the total area that contained artifacts. Investigators also changed the original recommendations for the site area to show that the site is eligible for listing in the National Register of Historic Places because of its significant research potential.

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

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

Any person who excavates, removes, damages, or otherwise alters or defaces any historic or prehistoric site, artifact, or object of antiquity on Fort McCoy is in violation of federal law.

The discovery of any archaeological artifact should be reported to the Directorate of Public Works Environmental Division Natural Resources Branch at 608-388-8214.



File photo by the Chicago Times

Haircutting time

Japanese prisoner of war Pvt. N. Miyaji gives fellow prisoner Pvt. T. Yayashiro a haircut July 9, 1942, at the POW camp at Camp McCoy, Wis.

Camp McCoy operated a prisoner-of-war camp during World War II in the 1940s, in addition to training and processing U.S. Soldiers who deployed overseas and returned home.

The camp housed German, Japanese, and Korean prisoners of war. The first prisoners of war housed at the camp were captured at Pearl Harbor, Hawaii. The POW camp was torn down after World War II, but a plaque announces its approximate location on South Post.

ADS



## NEWS

# Check your drinking habits during Alcohol Awareness Month

April is Alcohol Awareness Month, which makes it the perfect time to learn more about the warning signs of alcohol abuse and learn how to get help if you're worried you or a family member may not be using alcohol responsibly.

For most adults, moderate drinking is pretty harmless. Moderate drinking is defined as up to two drinks a day for men and up to one drink a day for women.

However, drinking too much can cause problems. If you down too much alcohol and lose control or put yourself or others at risk, it may be time to think about your drinking. Your alcohol use may be a problem if your drinking behaviors harm your health, relationships and/or ability to do your job.

Ask yourself if anything on this list applies to you.

Do you:

- Believe alcohol is necessary to have fun?
- Drink more or longer than you planned?
- Blow off friends or family to drink alcohol?
- Miss work or school often because of alcohol (or its effects, like hangovers)?
- Lie about how much you drink?
- Have to drink more to get the "effect" that smaller amounts of alcohol used to give you?

• Feel depressed, anxious or on edge during or after drinking?

• Get drunk alone regularly?

• Have frequent hangovers?

• Experience blackouts (periods of memory loss for events that happened while drinking)?

• Put yourself in dangerous or harmful situations while drunk?

• Get in trouble with the law or the military police because of something you did while drinking?

Still wondering if your drinking is a problem? The next time you go out:

Keep track of how many drinks you have in a night. Make a tally in your phone or write it on your hand. When you realize just how many drinks you throw back on a typical night out (as well as the costs), you may decide it's time to cut back.

Make a list of pros and cons. Weigh the pros and cons of drinking to see if cutting back might benefit you.

Take note of how drinking makes you feel. Do you get sad or angry? Do you feel sick the next day? If you are not sure, ask a friend what they notice. Maybe drunk you isn't the best you out there.

If you can relate to anything above, it may be time to get help with your drinking habits. Luckily, many resources are out there to help you. Visit [www.ownyourlimits.org](http://www.ownyourlimits.org) for resources and articles about cutting down on alcohol use or helping those around you do so. Own Your Limits is a Department of Defense campaign to help service members drink responsibly and serve honorably.

Local resources are available for people struggling with alcohol or worried about a friend or family member. The Fort McCoy Army Substance Abuse Program and Employee Assistance Program can provide assistance or help finding available resources. For more information, call 608-388-5955.

(Article prepared by the Defense Health Agency.)

## WHAT'S IN A STANDARD DRINK?



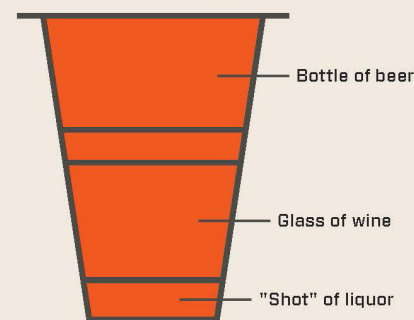
Each of the drinks above is a "standard drink."  
Because beer, wine and liquor all have different amounts of alcohol in them, standard drinks come in various sizes.

## DID YOU KNOW?

- A standard 16 oz plastic drinking cup can help you measure a "standard drink." The lines on the cup show you how much to pour of beer, wine or liquor without overdoing it.
- Be aware that the drink you order at the bar could be equal to two or three "standard drinks." It depends on the type and amount of alcohol in the drink.

LEARN MORE AT  
[ownyourlimits.org/responsible-drinking](http://ownyourlimits.org/responsible-drinking)

### Plastic Cup



# Raise awareness in May for Mental Health Month

May is Mental Health Month around the globe. Although mental health is crucial the whole year through, every May, we take time to highlight the vital importance of mental health in every aspect of our lives and our communities.

According to Mental Health America, while one in five people will experience a mental illness during their lifetime, everyone faces challenges in life that can affect their mental health.

The current pandemic has had profound effects on the mental wellness of people of all ages. It is crucial to reduce stigma surrounding mental-health struggles and encourage help-seeking behaviors as they are a true sign of strength, not of weakness.

There are practical tools that everyone can use to improve their mental health and increase resiliency, regardless of the situations they are dealing with.

One way to check in with yourself is to take a mental health screening at [MHAScreening.org](http://MHAScreening.org). It's a quick, free, and private way for someone to assess their mental health and recognize signs of mental health problems.

Mental health is essential to everyone's overall health and well-being, and mental illnesses are common and treatable.

In honor of May as Mental Health Month, the Monroe County Mental Health Coalition invites everyone to join in the "Mindful Movement for Mental Wellness" event happening virtually, the entire month of May. It is an opportunity to combine mindfulness with activities you enjoy doing, be it walking, running, cycling, stretching, yoga, meditating, or a multitude of other things. Sign up at <https://form.jotform.com/210464415191146> and follow

us on Facebook at "Mindful Movement for Mental Wellness."

Set a goal and track your minutes of movement for the month. Individuals that complete their mindful movement goal will be entered into a drawing for a chance to win a prize provided by local sponsors.

For more information about this event, email [april.anderson@wisc.edu](mailto:april.anderson@wisc.edu), [katie.lellonek@co.monroe.wi.us](mailto:katie.lellonek@co.monroe.wi.us), or [sierra.phillips@va.gov](mailto:sierra.phillips@va.gov).

If you are struggling with mental health, a number of resources exist to help. At Fort McCoy, the Employee Assistance Program can provide short-term counseling or provide resources to seek long-term. Call 608-388-2441 for information.

The Religious Support Office provides pastoral and spiritual counseling. Call 608-388-3528 for information.

MilitaryOneSource offers confidential help 24/7 online or by phone. Visit [militaryonesource.mil](http://militaryonesource.mil) or call 800-342-9647.

Many insurance programs now offer online counseling options. Check with your insurance company for their providers. The websites [www.mentalhealth.gov/get-help](http://www.mentalhealth.gov/get-help) and [www.nami.org](http://www.nami.org), among others, also provide several resources to get you started in finding help.

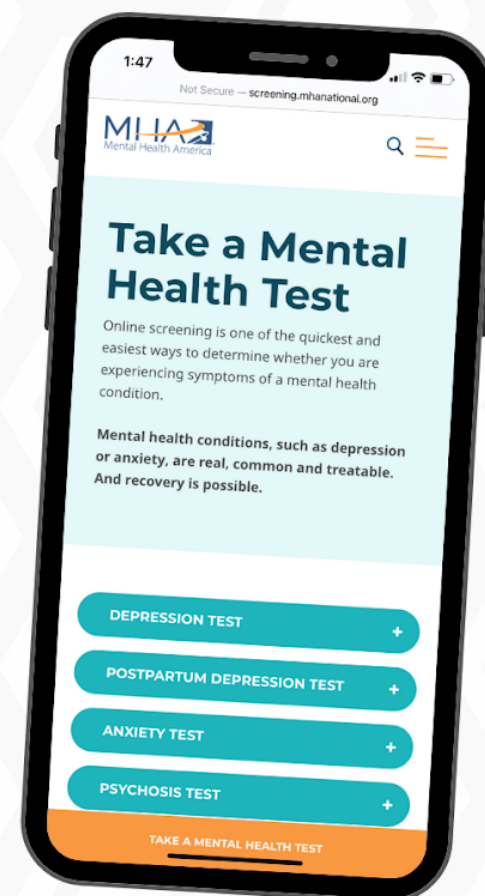
If you're thinking about suicide, 24/7 help is available through the National Suicide Prevention Hotline. Call 800-273-8255 to speak to someone immediately. The hotline also operates the Veterans Crisis Line specifically for current and former service members, available through the same number.

(Article prepared by Monroe County Mental Health Coalition and Fort McCoy Public Affairs Office.)



## Screening is a tool you can use as you work on your mental health.

Visit [mhascreening.org](http://mhascreening.org) to check your symptoms. It's free, confidential, and anonymous.





## NEWS

# 181st MFTB Soldiers hand out food to local families

**STORY & PHOTOS BY  
STAFF SGT. RYAN RAYNO**  
86th Training Division

Soldiers with 1st Battalion, 337th Brigade Support Battalion (BSB), and 1st Battalion, 291st BSB, 181st Multifunctional Training Brigade, delivered boxes of food and dairy products to community members of Sparta, Wis., on April 7 at Sparta Memorial Park.

In total, 24 pallets, with approximately 50 boxes per pallet, were distributed, which contained items such as milk, yogurt, cheese, potatoes, onions, and other produce.

Boxes were prepared and delivered by the regional U.S. Department of Agriculture.

According to the USDA website, the USDA Farmers to Families Food Box program is part of the Coronavirus Food Assistance Program.

“This community event, it helps a lot of families, especially families in need, and we hope we can continue this community outreach throughout the years,” said Capt. Russ Cuajunco, the alpha company officer in charge for 1-337th BSB.

“As long as the USDA is funding this and helping with the program, we will provide the man power to help support this.”

The two battalions were given the opportunity to help support the Sparta community through an Eagle Brigade Soldier who is a member of the Sparta Gospel Baptist Church.

“I have a major who is a member of my church, Maj. Philip Jorgensen of 1-337th BSB, and I asked him if there might be any potential to work with some folks in his unit, so he was the one primarily who set all this up,” said Jef Skinner, pastor for the Gospel Baptist Church.

Along with volunteers of the Gospel Baptist Church, Soldiers handed out food boxes to help address the pandemic-related spike in food insecurity among local families.

“I cannot imagine having better partners than Fort McCoy to come and partner with us to serve our community,” Skinner said. “I’m extraordinary grateful for all the folks who came here to help us today. What a great opportunity for us to serve people and serve our community.”

Staff Sgt. Ny Han Lam, an automated logistical specialist with 1-337th BSB, said it’s important that the Eagle Brigade continues to help support and strengthen bonds with the surrounding communities.

“For me, it was an easy decision to volunteer to pass out these boxes of food to the Sparta community,” Lam said. “You just never know when one will need support from the other, so we are here showing that we support Sparta just as it support us.”

Capt. Natanael Maria, a logistics officer with 1-291st BSB, also stressed the importance of serving the community.

“There are unfortunately people in need, people that don’t have a lot of food in their refrigerator, and this helps to bring some food to their house,” Maria said.

“To me, it’s very important that we, and the Army, give some of our time to the community and volunteer.



**Staff Sgt. Jeffrey Miller (left), unit supply specialist with 1st Battalion, 337th Brigade Support Battalion, 181st Multifunctional Training Brigade, and Sgt. 1st Class Sean Elwin, infantryman with Headquarters and Headquarters Company, U.S. Army Garrisons Fort McCoy, place U.S. Department of Agriculture food boxes in the van of a Sparta, Wis., community member April 7 at Memorial Park in Sparta.**



**(Left) The contents of a food box, prepared by the U.S. Department of Agriculture, are shown April 7. More than 1,000 of these boxes were handed out to Sparta, Wis., community members by Fort McCoy Soldiers. (Right) Twenty-four pallets of food boxes are lined up, waiting to be handed out, April 7 in Sparta.**

As of April 8, the USDA Farmers to Families Food Box program has delivered 155 million boxes of food nationwide since May 2020 according to the USDA website.

For more information about the Farmers to Families Food Box program, visit [www.ams.usda.gov/selling-food-to-usda/farmers-to-families-food-box](http://www.ams.usda.gov/selling-food-to-usda/farmers-to-families-food-box).





## OUTDOORS

## 2021 Fort McCoy fishing season begins May 1

STORY &amp; PHOTO BY SCOTT T. STURKOL

Public Affairs Staff

The 2021 Fort McCoy fishing season opens May 1, concurrent with the Wisconsin general inland fishing season opener.

Fishing on installation lakes and flowages is allowed May 1 through March 6, 2022, said Fisheries Biologist John Noble with the Directorate of Public Works Environmental Division Natural Resources Branch. The general inland trout season on post and in Wisconsin is from May 1 to Oct. 15.

Fort McCoy has 10 installation lakes and impoundments and approximately 71.2 miles of Coldwater streams and tributaries, Noble said. The majority of the streams are class I trout waters maintaining naturally reproducing brook and brown trout. The impoundments on Fort McCoy cold-water streams provide a variety of uses for recreation, military training, and habitat for fish and wildlife.

Anglers must have the appropriate Wisconsin licenses to fish on post, as well. This includes a general Wisconsin fishing license, a trout stamp if fishing for trout, and the Fort McCoy fishing permit.

The cost of a Fort McCoy annual fishing permit is \$13 for people age 16 and older. Permits for youth under 16, seniors, and disabled anglers and four-day fishing permits are \$8. Again, all are available for purchase through the iSportsman website, <https://ftmccoy.isportsman.net>.

“All permits for hunting, fishing, and firewood cutting at Fort McCoy must be purchased through iSportsman and an iSportsman account is required to purchase any of these permits,” Noble said. “Anglers are also asked to please remember to display a card or sheet of paper with your iSportsman account number on the dashboard of your vehicle.”

Anglers have plenty of options for fishing too, Noble said. North Flowage and Lost Lake on Fort McCoy's North Post are open year-round for panfish, such as bluegill, and are available for the Wisconsin bass catch-and-release season held April 1 through May 1.

For trout fishing, with the exception of Silver Creek, there is a bag limit of five trout with no size restrictions. “There is a special regulation



Pine View Campground guests fish and relax on docks at Suukjak Sep Lake on June 11, 2020, at Fort McCoy. The lake is stocked annually with hundreds of rainbow trout and is a favorite recreation spot for campground guests.

for trout caught at Silver Creek from the western installation boundary to the bridge at the West Silver wetland (bag limit is three trout, no minimum length, artificial lures only),” Noble said.

The Fort McCoy fishing map, also available on the Fort McCoy iSportsman website, is highlighted in orange along Silver Creek to distinguish the special regulation area.

There also will be a Free Fishing Weekend on June 5-6 in Wisconsin and at Fort McCoy. No licenses or permits are needed, but all bag limits and other rules apply. Fort McCoy rules and regulations can be found online using the Fort McCoy iSportsman web site, <https://ftmccoy.isportsman.net>, and selecting the “Regulations” tab from the menu. Rules and regulations and maps are also available at the Hunter Information Point (HIP) located along State Highway 21 at the intersection of South J Street and State Highway 21 and will be open year round.

“The Free Fishing Weekend is an excellent time for people to come out and see all the fantastic fishing areas we have here,” Noble said. Anglers are required to call the iSportsman Game Line at 866-277-1597 or visit the iSportsman website for updated fishing

area closures before going out.

People interested in renting fishing equipment at Fort McCoy can do so through Recreational Equipment Checkout with the Directorate of Family and Morale, Welfare and Recreation at Pine View Campground. Available equipment includes fishing poles, kayaks, canoes, and boats. Varying rates apply.

To find out more, visit <https://mccoy.armymwr.com/us/mccoy/programs/recreational-equipment-checkout-outdoor-recreation> or call the Pine View Campground office at 608-388-3517/2619.

Other additional items for anglers to remember as the fishing season begins include:

Fish Consumption Advisory: The latest information on fish consumption advisories can be found at <https://widnr.widen.net/s/mjmvtrwp2j/choose-wisely-2021-april-15>.

- Access to Fort McCoy waters: If a lake is listed as open on the game line, 866-277-1597, but is within a closed training area and military training is not taking place at the lake, anglers can use the marginal area around the lake (i.e., mowed area or 50 feet from shore if the lake perimeter is not mowed) if it will not conflict with military training, as well as access the lake

by the main access roads.

If a stream runs through a training area, or is used as a boundary of the training area, and the training area(s) are closed for the day, anglers can still access and fish those streams, but must stay within the stream corridor/floodplain, avoid military training, and access those streams at main road crossings. Exceptions to this rule, as shown on the fishing map in appendix E and includes training areas M-3, G-3, M-4, M-5S, which are restricted for entry when closed on the Game Line for safety issues related to weapons firing on adjacent ranges.

An angler is not allowed to walk or drive through a closed training area to access streams. Parking of vehicles to access those streams should occur at main road/stream crossings. Silver Creek has a designated parking area along the main road in Training Area B-2. Anglers should refer to the fishing map in appendix E, available on the iSportsman website. Anglers are responsible for knowing if the lakes are closed due to training, and this can be checked on the iSportsman Game Line posting.

- Activity Information Card: All anglers within a vehicle are required to display a Fort McCoy Activity Information Card. The card must show

the iSportsman permit number for each permit holder associated with the vehicle for that given day's activity. The card must be placed on the vehicle dashboard and be easily readable through the windshield from the outside of the vehicle.

The card should not be obstructed by any other papers, materials, or items on the dash or windshield. Hand-printed information must be legible and large enough to easily read through the windshield.

- No motorized transportation/equipment (defined as any motorized cart, carrier, or wheeled machine aiding a permit holder to maneuver more easily) may be utilized while fishing on Fort McCoy.

These include all-terrain vehicles, utility-terrain vehicles, side-by-sides, golf carts, lawn tractors, motorized carriers, and related vehicles.

To see the latest Wisconsin fishing regulations, go to <https://dnr.wi.gov/topic/fishing/documents/regulations/FishRegs1819Web.pdf>. And for more about Fort McCoy fishing rules, review the fishing regulation at <https://ftmccoy.isportsman.net>.

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

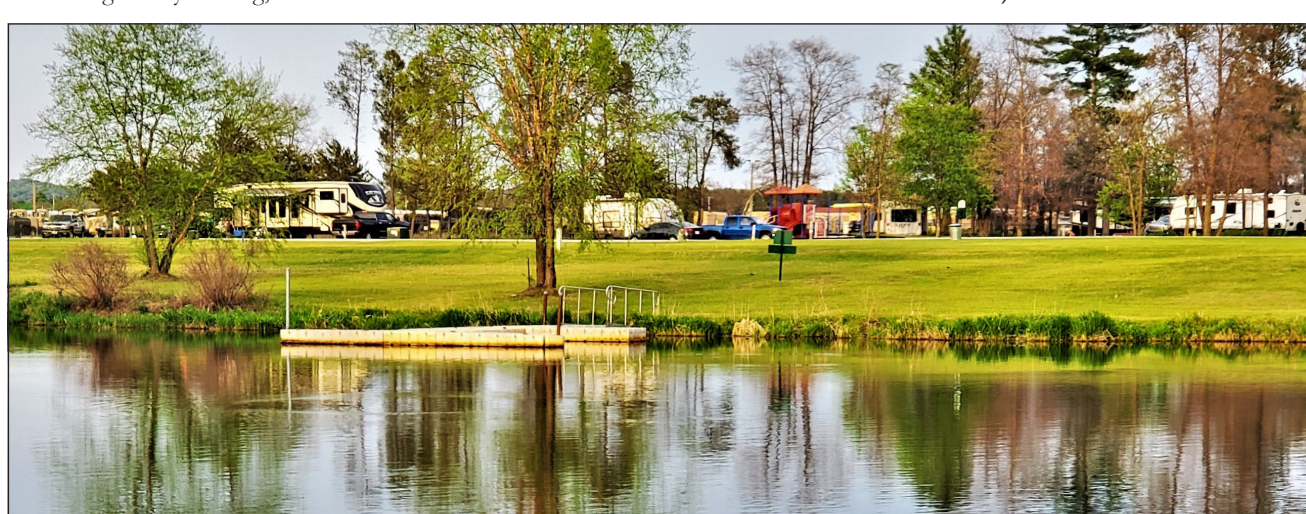
## CAMPGROUND from Page 1

- shuffleboard.
- miniature golf.
- comfort stations (toilets/showers).
- camp store (retail items, such as wood, are available via delivery to sites).
- yurts, tent sites, and basic electric sites.
- playgrounds and pavilions.
- basketball, volleyball, and horseshoes areas.
- Sportsman's Range.

“Again we look forward to another great year,” Abell said. “We have exceptional camp sites, cabins, and more. I encourage everyone to pay us a visit this year.”

The campground reservation office is open seven days a week from 9 a.m. to 5 p.m. To reserve a site or a cabin, call 608-388-3517. For additional information, such as rates and fees, go to <https://mccoy.armymwr.com/programs/pine-view-campground>.

*(The Directorate of Family and Morale, Welfare and Recreation contributed to this article.)*



Guests of Pine View Campground are shown May 24, 2020, set up next to Suukjak Sep Lake at the campground at Fort McCoy. The lake is stocked each year with thousands of rainbow trout for licensed anglers to fish for with plenty of access.



## NEWS NOTES

### April is Month of the Military Child

April is Month of the Military Child, and Fort McCoy Child and Youth Services (CYS) has events planned to help celebrate it.

Events include special workshops, family activities, and more. Some events are available only to families registered with CYS.

The schedule is available at [www.facebook.com/mccoymwr/](http://www.facebook.com/mccoymwr/). Events and specials are planned throughout the month.

For more information about Month of the Military Child, visit [www.dodea.edu/dodeaCelebrates/Military-Child-Month.cfm](http://www.dodea.edu/dodeaCelebrates/Military-Child-Month.cfm).

### Resiliency workshops planned throughout 2021

Army Community Service (ACS) has resiliency workshops scheduled throughout 2021.

Topics include:

- May 5: Detect Icebergs.
- June 16: Problem Solving.
- July 7: Put It In Perspective.
- Aug. 4: Mental Games.
- Sept. 1: Real-Time Resilience.
- Oct. 6: Character Strengths.
- Nov. 3: Assertive Communication.
- Dec. 1: Effective Praise & Constructive Responding

All workshops will be 9 to 11 a.m. at ACS, building 2111. Registration is required one week prior to the event. Space is limited.

ACS events are open to Fort McCoy military members, family members, civilian employees, and registered volunteers. For more information or to register, call 608-388-6507.

### Military Appreciation Lunch scheduled for May 7

A Military Appreciation Lunch — Drive-Thru Edition is scheduled for 11 a.m. to 1 p.m. May 7 at McCoy's Community Center.

A free to-go lunch will be available to the first 300 current or retired military members. A valid current or retired military ID is required.

For more information, call 608-388-2065.

### Drive-thru craft kit available May 13 for kids

Fort McCoy Child and Youth Services is offering a drive-thru craft kit for registered students May 13.

The free kit includes an emergency-management resilience skill packet, a piece of wood, a vinyl stencil, paint, a sponge, and plastic cup for paint. Participants are asked to share a picture of their completed signs with CYS.

Registration is required by April 28 by calling 608-388-4373 or emailing [tammie.j.noel.naf@army.mil](mailto:tammie.j.noel.naf@army.mil).

Craft kits will be available to pick up noon to 5 p.m. May 13 at the School Age Center/Youth Center, building 1792.

### Exchange hiring for seasonal positions

The Army & Air Force Exchange Service (AAFES) at Fort McCoy is now hiring for seasonal positions.

Seasonal positions help cover the summer training surge at Fort McCoy. The Exchange is hiring people for the following positions: cashiers, stockers, food-service workers, and mobile delivery assistants.

Those interested can apply online at [www.applymyexchange.com](http://www.applymyexchange.com) or can call 608-269-4862 from 9 a.m. to 3 p.m. Monday through Friday.

### ACS offers online stress-reduction training

Army Community Service (ACS) is offering an online stress-reduction class.

Learn how to maintain a healthy mind and body through this self-paced online training. Topics include the difference between normal stress and unhealthy stress and healthy coping strategies for stressful situations.

To register, call or text 608-630-7473 or email [jennifer.l.morris169.civ@mail.mil](mailto:jennifer.l.morris169.civ@mail.mil).

The training is available through Aug. 31.

### Exchange shoppers donate \$1.5 million to AER in 2020

The Fort McCoy Exchange is family serving family — and Soldiers can help their battle buddies in need by donating to Army Emergency Relief (AER) at the Exchange register.

In 2020, Exchanges worldwide donated nearly \$1.5 million to AER, an increase of more than 1,000 percent over 2019 donations. Beginning last year, shoppers were able to donate to the organization at checkout year-round. The record donations were critical in seeing Soldiers and families through tough times due to the COVID-19 pandemic.

"The Exchange is grateful to our shoppers for supporting Army Emergency Relief, which does incredible work for our Soldiers and their families," said Exchange Director/CEO Tom Shull, an Army veteran. "As the need increased, so did our shoppers' generosity."

The Exchange has partnered with AER since 2017. AER provides financial assistance, sponsors educational scholarship grants for military family members and offers community programs that make life better for Soldiers and their families.

"Since 2020, the Exchange has been one of the top donors to AER, helping to support Soldiers facing challenging times," said retired Lt. Gen. Raymond V. Mason, AER director. "Shoppers' donations have made it possible for AER to help even more members of the Army family."

Fort McCoy Exchange shoppers can make their donation while checking out at the PX in increments of \$1, \$5 and \$10 or can enter in a custom amount. Online shoppers can donate in \$5 increments during checkout at [ShopMyExchange.com](http://ShopMyExchange.com).

"Exchange shoppers' generosity was the helping hand many Army families needed this past year, especially with the COVID-19 pandemic," said Fort McCoy Exchange General Manager Donald Basil. "The Exchange is honored to continue our partnership with Army Emergency Relief and support the wonderful work they do."

### Digital Garrison app available for Fort McCoy

The Army has launched the new Digital Garrison mobile app that provides information and facilitates access to a full array of on-post services, as part of a partnership with the Army & Air Force Exchange Service, or AAFES.

The app, which can be downloaded on Android and Apple devices by searching "Digital Garrison," provides users with secure access to facility information and other quality-of-life services by consolidating data from three related networks.

Within the easy-to-use app, Soldiers, families, veterans, and civilians living or working at a Digital Garrison-enabled post can access resources about their local exchange; Army Family and Morale, Welfare and Recreation program; and other services.

More than 60 installations are represented on the app, with plans to add more in future updates. Joint bases operated by other services and select garrisons without sites on the networks that feed the app will not be incorporated in the initial launch.

Users can customize the app to meet their needs. Digital Garrison will include an installation directory, gate locations and hours, fitness and recreation options, weather, event information, and more.

### Publication date for next The Real McCoy

The next issue of The Real McCoy will be published May 14. The deadline for submissions is May 5.

For more information about submissions, call 608-388-2769.



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

### Birthday bash

Strong Beginnings students celebrate the 41st birthday of Army Child and Youth Services with frozen custard April 9 at the Fort McCoy Child Development Center. April is Month of the Military Child, underscoring the important role military children play in the armed forces community.



Wisconsin National Guard

## CHALLENGE ACADEMY

MAKE A DIFFERENCE IN THE LIVES OF WISCONSIN YOUTH  
NOW HIRING TEAM LEADERS!

Apply Today @ [wisc.jobs](http://wisc.jobs)

#### FULL STATE OF WISCONSIN BENEFIT PACKAGE

Health Insurance- Paid Vacation & Sick Leave

Wisconsin Retirement System

\$20.56/Hr

#### WHAT IS THE CHALLENGE ACADEMY:

A quasi-military, residential, alternative education program that offers students to replace negative habits with positive ones, and develop the life skills necessary to be a successful citizen.

[challengeacademy.org](http://challengeacademy.org) or 608-269-9000 for more information



### LOCAL RESOURCES

#### Fort McCoy Family Advocacy Program

Jen Morris 608-630-7473

#### Brighter Tomorrows

Monroe County Domestic Violence Shelter Crisis Hotline: 1-888-886-2327

#### Department of Human Services

Report suspected child abuse and/or neglect 608-269-8854 (8 am - 4:30 pm)

\*After business hours, call local law enforcement for emergency concerns

[www.endabusewi.org](http://www.endabusewi.org)

### NATIONAL RESOURCES

#### Domestic Abuse Hotline

1-800-799-SAFE (7233) or [www.hotline.org](http://www.hotline.org)

#### National Stalking Resources

1-800-394-2255

#### National Suicide Hotline

1-200-273-TALK (8255)





Dining Facility

Dining Facility 2674 open. Military members and Department of Defense civilians on official orders for temporary duty training may use dining facilities. Units must coordinate through the Food Program Management Office at 608-388-6518/4739.

Hours  
Breakfast: 5:30-8 a.m.  
Lunch: 11:30 a.m. - 1 p.m.  
Dinner: 5-7 p.m.

Rates  
Breakfast — \$3.65  
Lunch — \$5.85  
Dinner — \$5.10

Recreation

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

Better Opportunities for Single Soldiers (BOSS): Call 608-388-3200.

iSportsman: Portal for outdoor recreational activities; registration and check-in required. Register, apply for permits, and sign in or out of recreation areas at https://ftmccoy.isportsman.net.

McCoy's Community Center: Building 1571. Offers books, arcade, gaming area, and bowling. Open 11 a.m.-9 p.m. Tues.-Fri. and 4-9 p.m. Sat.-Sun. Call 608-388-7060.

Bowling Center: Open 11 a.m.-9 p.m. Tues.-Fri. and 4-9 p.m. Sat.-Sun.  
Leisure Travel Services Office: Open 9 a.m.-4 p.m. Mon.-Fri. Call 608-388-3011.

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

Recreation Accommodations: Open 11 a.m.-4 p.m. Tues.-Fri. Mon. by appointment only. Call 608-388-2029.

Rumpel Fitness Center: Building 1122. Open 5 a.m.-8 p.m. Mon.-Fri. and 6 a.m.-2 p.m. Sat.-Sun. 24/7 access available. Limited capacity; masks required. Call 608-388-2290.

Indoor swimming pool, atrium, sauna and steamroom: Open 6 a.m.-6 p.m. Mon.-Fri.

Sportsman's Range: Closed for the season.

Tactics Paintball/Laser Tag: Closed for the season.

Whitetail Ridge Ski Area: Closed for the season. Call 608-388-4498.

Dining

McCoy's Community Center: Building 1571. Catering/administration, call 608-388-2065.  
Food: Open 11 a.m.-9 p.m. Tues.-Fri. and 4-9 p.m. Sat.-Sun.  
Bar: Open 4-9 p.m. Wed.-Sat.

Snack Avenue: Building 1538. Located inside Express. Open 8 a.m.-5 p.m. Mon.-Sat. and 9 a.m.-4 p.m. Sun. Call 608-269-5604 or 608-388-4343.

Specialty Express Food Court: Building 1538. Open 11 a.m.-4 p.m. Mon.-Fri. Limited seating available. Delivery available to South Post and in cantonment area. Call 608-269-5615, ext. 303.

Whitetail Ridge Chalet/Ten Point Pub: Closed for the season. Call 608-388-4498.

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. Call 608-269-1710.

Car Rentals (Enterprise): Information 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 or credit cards. Call 608-388-4161.

Commissary: Building 1537. Open 10 a.m.-6 p.m. Mon.-Sat. 100 percent ID check. Limited to 20 patrons at a time. No reusable bags. Call 608-388-3542/3543.

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

CWT (Carlson Wagonlit Travel) SatoTravel: Building 2180. Open 7:30 a.m.-4 p.m. Mon.-Fri. No walk-ins. Call 608-388-2370, 608-269-4560, or 800-927-6343.

Education/Learning Center: Building 50, room 123. Open 8 a.m.-2 p.m. Mon.-Fri. No walk-ins. Email darrel.l.hawkins.ctr@mail.mil to schedule tests. Email connie.j.schauer.civ@mail.mil for other services.

Equal Employment Opportunity: Open 7 a.m. - 4:30 p.m. Mon.-Fri. No walk-ins. Call 608-388-3106/3107 or email usarmy.usarc.usarc-hq.mbx.eeo@mail.mil.

Exchange: Building 1538. Open 8 a.m.-5 p.m. Mon.-Sat. and 9 a.m.-4 p.m. Sun. Call 608-269-5604.

ID Card/DEERS Section: Building 35. Open 8 a.m.-4 p.m. Mon., Wed., Fri. By appointment only. Face masks required. 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). Some services suspended/limited.

Installation Legal Office: Building 1644. Limited walk-ins accepted. Call 605-388-2165.

Launderette/Dry Cleaning: Building 1538. Open 9 a.m.-5 p.m. Mon.-Fri. Call 608-269-1075.

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

facilities services

This schedule is projected through *May 13, 2021.*  
*Hours of operation and services may be affected by COVID-19 precautions and are changing frequently. Call facilities to verify hours before traveling.*  
*Bold, italic typeface* indicates a change since the last publication.

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.

Military Personnel: Building 2187. Open 7:30 a.m.-4 p.m. Face masks required. By appointment only.  
Soldier In & Out-processing: 608-388-4822.

Personnel Automations: 608-388-4842.  
Reassignments: 608-388-4746.  
Records Update: 608-388-5677.  
Centralized Promotions: 608-388-5677.

Multimedia/Visual Information: Building 2113. Open 7:30 a.m.-4 p.m. Mon.-Fri. By appointment only. No DA/command photos until further notice per DA policy. Call 608-388-4520.

Official Mail Distribution Center: Building 1654. Open 7:30 a.m.-3 p.m. Mon.-Fri. Call 608-388-3205.

Patriot Outfitters: Building 1538. Closed until further notice. Call 608-269-1115.

Permit Sales: Building 2168. Hunting, fishing, and firearm permits. By appointment only. Check ftmccoy.isportsman.net for updates. Call 608-388-3337.

Personal Property Processing Office: Building 200. Open 8 a.m. - 4 p.m. Call 608-388-3060, fax: 608-388-5634, email: usarmy.mccoy.asc.mbx.lrc-pppo@mail.mil.

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

R.I.A. Credit Union: Building 1501. Open 9 a.m.-1 p.m. Mon.-Fri. and 2-4 p.m. Tues. and Thurs. 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 8 a.m.-5 p.m. Mon.-Sat. and 9 a.m.-4 p.m. Sun. Call 608-388-4343. Pay-at-the-pump gas is open 24/7.

Transition Service Center: Open 7:30 a.m.-4 p.m. Mon.-Fri. By appointment only. Call 608-388-7956.

Visitor Control Center: Building 35. Open 6 a.m. - 2 p.m. Mon.-Fri. Face masks required. Passes issued at Main Gate outside of VCC

hours. Physical Security open for fingerprints Thur. only; call 608-388-3702. See ID/DEERS section for its hours.

Family Support

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

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

Child Development Center: Building 1796. Open with reduced capacity. Call 608-388-3534/2238.

Housing Office: Building 6158. Open 7 a.m.-4 p.m. Mon.-Fri. Family Housing, Single Soldier Housing, and referral services. Self-Help Warehouse open open noon-3:30 p.m. Wed. and 8 a.m.-noon Fri. Call 608-388-2804.

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 kindergarten through 12th grade. Offers after-school, nonschool, and inclement-weather care for eligible youth. Call for options for distance and year-round schooling. Open with reduced capacity. 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. By appointment only. 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. By appointment only. Call 608-388-3025.

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

*If you think you have been exposed to COVID-19 and develop a fever and symptoms, such as a cough or difficulty breathing, call your health care provider for medical advice.*

Worship

Catholic: Chapel 10, building 1759. 9:15 a.m. Sun. Limited capacity. No fellowship. Services also available through Facebook Live at https://www.facebook.com/FTMcCoyRSO. Call 608-388-3528.  
The Church of Jesus Christ of Latter-Day Saints: 702 E. Montgomery St., Sparta, Wis.

Call 608-269-3377.

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

Protestant: Chapel 1, building 2672. 10:30 a.m. Sun. Limited capacity. No fellowship. Services also available through Facebook Live at https://www.facebook.com/FTMcCoyRSO. Call 608-388-3528.

Spanish Language: Catholic services in Norwalk; call 608-823-7906 for options. Seventh-Day Adventist services in Tomah; call 608-374-2142 for options.

Face-to-face services are not currently available. Call RSO at 608-388-3528 for options and assistance.

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: Call 608-721-7401.

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

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

Sgt. Audie Murphy Club: Email michael.p.gibson.mil@mail.mil for information.

USO Wisconsin at Fort McCoy: Building 1501. *Open 10 a.m.-8 p.m. Tues.-Fri. and noon-8 p.m. Sat. Mobile services available noon-4 p.m. Fri.-Sat. on ranges.* For more information or to volunteer, call 414-477-7279 or email ehazlett@usowisconsin.org.

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



GIANT VOICE EMERGENCY-NOTIFICATION SIGNALS

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

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Public Affairs Specialist .....Kaleen Holliday  
Editorial Assistant.....Aimee Malone  
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Read this publication online at home.army.mil/mccoy.

FIREARM REGISTRATION POLICY

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



## FEATURE

# WWII veteran recalls liberation of Dachau

BY SGT. 1ST CLASS DEBRALEE BEST  
86th Training Division

Soldiers of the 86th Training Division glimpsed the past during a Days of Remembrance observation April 9.

"We observed, pursuant to our Army's equal opportunity Days of Remembrance program, the Holocaust, by having the good fortune and high honor of Mr. Tom Sitter coming to join us," said Lt. Col. Jenő Berta, command judge advocate, 86th Training Division, and the coordinator of the event.

Days of Remembrance was established by Congress as the nation's annual commemoration of the Holocaust. Observances and remembrance activities were held nationwide from April 4 to 11.

Sitter is a 97-year-old World War II veteran and one of the Soldiers who liberated the Dachau Concentration Camp.

Dachau was a Nazi concentration camp in southern Germany opened in March 1933, initially intended to hold political prisoners. By 1944, approximately 30,000 prisoners were held in the camp. On April 29, 1945, the United States entered the camp and liberated thousands of prisoners.

Sitter spoke with Soldiers of the training division about his enlistment, his time with the Army, including the liberation, and his life after the Army.

"What Mr. Sitter had to say resonated and I think that was the uniform reaction of everyone in that room," said Berta.

Sitter recalled entering Dachau during this presentation saying, "As we were heading south, toward Munich, 10 miles northwest of Munich was a town we had never heard of, the infamous town of Dachau."

"We were not prepared for this," he continued. "This was one of the most sickening and frightening, not that we were afraid of ourselves, but we were not prepared for this. We didn't know what to do. All we saw were bodies piled on flatcars and people were streaming out when we got there."

Eventually a medical clinic and soup kitchen was set up and trips were made back to headquarters for blankets and sleeping bags for the displaced persons.

Sitter said he wasn't able to stay long as his unit was called forward in a race to be the first to capture Adolf Hitler as he was rumored to be nearby.

While he may not have been in Dachau long, those displaced persons who were liberated that day are grateful for his contribution. Due to that, Berta coordinated a surprise for Sitter.

Berta reached out to a personal contact, Tomaz Jardim, PhD, associate professor, Ryerson University, Canada, and the author of "The Mauthausen Trial: American military justice in Germany," and inquired if he was familiar with any Dachau survivors.

Elly Gotz was a survivor of Dachau. Gotz and his father were in the concentration camp when it was liberated, weighing 75 and 65 pounds respectively. Gotz believes had they been liberated even a day later that his father would not have survived.

Sitter and Gotz were able to communicate for the first time via Zoom while on stage at the remembrance. The two men spoke at length, Gotz thanking Sitter for his part in the liberation and the two subsequently promising to share their books and keep in touch.

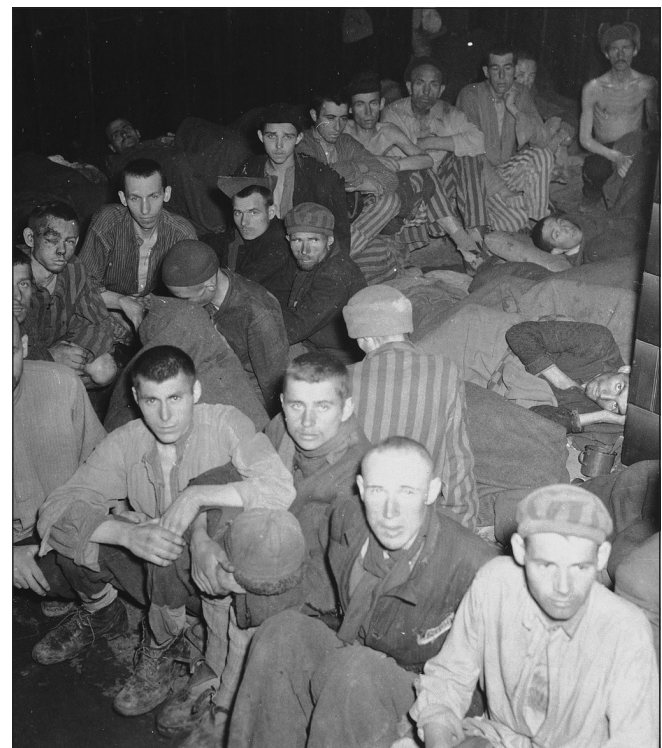
While they share such a connection, Sitter said he has never returned to Dachau as his memories are too graphic for him. However, Gotz said he has returned multiple times.

Today, the Dachau Concentration Camp Memorial Site resides in the location of the original camp. A virtual tour is available online at <https://www.kz-gedenkstaette-dachau.de/en/>.



Photo by Sgt. 1st Class Debralee Best/86th Training Division

**Tom Sitter, World War II veteran and Days of Remembrance speaker for the 86th Training Division, is surprised with a teleconference meeting with a Dachau survivor, Elly Gotz, April 9 at Fort McCoy. Sitter was one of the Soldiers who liberated Dachau.**



U.S. Army file photo

**Survivors sit on the floor of a crowded barrack in the Dachau concentration camp in 1945.**

## ACKNOWLEDGE PRESERVE HONOR

**DAYS OF REMEMBRANCE**  
APRIL 4 - APRIL 11

*"For the  
dead and the living,  
we must bear  
witness."*



COMMUNITY

# 2021 Fort McCoy Armed Forces Day Open House canceled

After much consideration, Fort McCoy leadership has determined that, because of ongoing safety precautions for the COVID-19 pandemic, this is not the time to host an Armed Forces Day Open House.

Instead, the installation will focus on other smaller community outreach opportunities this year.

The Armed Forces Day Open House is held annually on Armed Forces Day, the third Saturday in May. The heart of the celebration is the installation's Commemorative Area, which features the History Center, five World War II-era buildings, the Equipment Park and Veterans Memorial Plaza.

While Fort McCoy never closed for training during the COVID-19 pandemic and continues to promote resiliency through programming and activities, the risk for such a large-scale event that draws thousands of visitors to the post was deemed to be too great. Risk-mitigation measures remain in place as Fort McCoy prepares for a robust and vibrant 2021 training season.

Fort McCoy Commemorative Area will be open for extended operational hours every Friday and Saturday from Memorial Day weekend through Labor Day weekend. All Commemorative Area and History Center open hours are available in the events section of Fort McCoy's Facebook page. Small groups are encouraged to reach out and schedule personal tours during normal business hours Monday through Friday. For more information, call 608-388-2407.

Additionally, people are encouraged to take advantage of Fort McCoy's many recreational activities, including the Pine View Campground that offers swimming, mini golf and hiking trails, as well as McCoy's Community Center that offers a good meal and a game of bowling.

Also, Fort McCoy Public Affairs staff members are already working on adding virtual tour opportunities this year and preparing for an exciting Armed Forces Day Open House in 2022.

Learn more about Fort McCoy online at [home.army.mil/mccoy](https://home.army.mil/mccoy) on Facebook by searching "ftmccoy," and on Twitter by searching "usagmccoy."

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



Photo by Scott Sturkol

Veterans Memorial Plaza is shown April 16 at the Commemorative Area at Fort McCoy. Though there will be no 2021 Armed Forces Day Open House at the installation, the Fort McCoy Commemorative Area will be open for extended operational hours in 2021 for people to visit and see all the area has to offer.

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