



The Real McCoy

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Photo by Kevin Clark/Fort McCoy Multimedia-Visual Information Office

Patriot Warrior action at Fort McCoy

Multiple Air Force Reserve personnel with the 908th Aeromedical Evacuation Squadron, 433rd Airlift Wing, 934th Airlift Wing, 349th Air Mobility Wing, and 514th Air Mobility Wing participate in an aeromedical evacuation training event Aug. 11 by loading a simulated patient on a C-130 Hercules aircraft while two helicopters fly overhead at Sparta-Fort McCoy Airport at Fort McCoy as part of both the 2022 Global Medic exercise and the 2022 Patriot Warrior exercise on post. Patriot Warrior is Air Force Reserve Command's premier exercise providing Airmen an opportunity to train with joint and international partners in airlift, aeromedical evacuation, and mobility support. Hundreds of Airmen deployed to Fort McCoy in August 2022 to conduct the training. See more Patriot Warrior photos on Page 7.

Illinois Guard aircrews test Army's newest helicopter upgrade at Fort McCoy

**BY CHIEF WARRANT OFFICER 4
STEVEN M. MELVIN**
Aviation Test Program Officer
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Aviators, crewmembers, and support personnel with the 106th Aviation Regiment, Illinois Army National Guard, were at Fort McCoy in early August operationally

testing the UH-60V Blackhawk helicopter while preparing for an upcoming deployment. The 106th completed their testing operations from the Sparta-Fort McCoy Airport. As the newest helicopter introduced into the Army's inventory, the UH60-V began fielding to the 106th during 2021 following the (See [UPGRADE](#), Page 2)



Photo by Scott T. Sturkol

An aircrew with the 106th Aviation Regiment, Illinois Army National Guard, takes part in Army modernization efforts at Fort McCoy on Aug. 4 by operationally testing the UH-60V Black Hawk helicopter while preparing for an upcoming deployment.

CSTX 86-22-02 helped enhance realistic environments for training of its forces, more

BY STAFF SGT. ERIKA WHITAKER
85th Support Command

The Army Reserve's 86th Training Division facilitated Combat Support Training Exercise (CSTX) 86-22-02 at Fort McCoy from August 6 to 20 where training focused on the sustainer. Various scenarios helped both the training units and observer-coach/trainers (OC/Ts) improve their readiness capabilities. The multiday exercise consisted of home-station training lanes where conveying rotational training units were assessed on their ability to successfully complete four injects, or scenarios. The injects challenged Soldiers to perform first-aid amid hostile civilian crowds, react to opposition force ambushes, react to chemical, biological, radiological, and nuclear attacks, and navigate difficult terrain during indirect and sniper fire. "We are building an environment that replicates what it will be like when we're dealing with peer-to-peer conflicts in austere environments," said Lt. Col. Charlie O'Connell, chief of operations, 86th Training Division. "We have the rotational training units (RTUs) and the 86th Training Division training partners who come in to help build that environment for the RTUs." The 86th Training Division's commander also explained how Army Reserve Soldiers' civilian skills enhanced their training experiences. "Our Soldiers combine their real-world education and



Photo by Spc. Lukas Sparks/Exercise News Day.

Pvt. Ubaldo Rodiles, a master gunner with the 84th Training Command who attended Combat Support Training Exercise 86-22-02, prepares for a M240B machine gun crew served qualification course as part of Task Force Railgun provided by the 84th Training Command at Fort McCoy on Aug. 16.

experience with their assigned duties as Soldiers," said Brig. Gen. Robert E. Guidry, commanding general, 86th Training Division. "We bring to the table an evaluation of their respective skillsets."

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unit's selection as the Army's first unit equipped.

"Victor" model testing completes a 24-month process from conception to reality for the Illinois Guard unit.

Chief Warrant Officer 3 Brennon Links, a maintenance test pilot (MTP) from Mulberry Grove, Ill., said it was challenging, "Being a part of the first unit fielding for the Army. The 60V is a better version of what I like and am used to."

The UH-60V pairs a recapitalization of the combat proven UH-60L with the latest technologies available to provide enhanced information and capabilities to support the warfighter, according to James Adams, the aviation test officer tasked with developing and running the UH-60V test.

Adams, with the Aviation Test Directorate of the Fort Hood, Texas-based U.S. Army Operational Test Command, spent two months establishing and conducting the test, under operationally realistic conditions.

He said the data collected during testing will support an independent evaluation by the U.S. Army Test and Evaluation Command's Army Evaluation Center at Aberdeen Proving Ground, Md.

"Their training provides an opportunity to improve unit readiness; and the user-level feedback the operators provide is critical for the Army's decision whether or not to initiate full-rate production," said Adams.

The helicopter test is the first time several members of the unit have seen or worked with each other, flying 192 hours during four weeks.

"Transitioning the Illinois fleet from analog to digital — learning the new components and systems — I enjoyed the challenge of learning something new that will provide a new capability to Soldiers and the unit," said Staff Sgt. John Bahena, an avionics technician from Waukegan, Ill.

Links and Bahena both agreed fielding and operationally testing the UH-60V has brought their unit's personnel together.

Links said, "Being an MTP, if I ever had a problem, I could reach out to the large UH-60 community for answers. However, being the only Victor model unit, we've had to figure out a lot of issues on our own."

"The 60V provides Lima-model safety, reliability, and trustworthiness, only better," he added.

Bahena said the cohesion from different facilities, focusing on success, has been rewarding.

The 106th Aviation Regiment has facilities in Kankakee and Decatur, Ill.



Photo by Mark Scovell/U.S. Army Operational Test Command

While also preparing for an upcoming deployment, aviators with the 106th Aviation Regiment, Illinois Army National Guard, operate inside the cockpit Aug. 2 during an operational test of the UH-60V Black Hawk helicopter at Fort McCoy. Data collected during testing will support an independent evaluation by the U.S. Army Test and Evaluation Command's Army Evaluation Center at Aberdeen Proving Ground, Md.



See more photos at: <https://www.dvidshub.net/news/428254/photo-essay-uh-60v-black-hawk-testing-held-106th-aviation-regiment-fort-mccoy-part>.

Photos by Scott T. Sturko

Aircrew personnel with the 106th Aviation Regiment, Illinois Army National Guard, operate UH-60V Black Hawk helicopters Aug. 4 at Sparta-Fort McCoy Airport on South Post.

NEWS

CSTX

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Nearly 3,500 Soldiers from transportation companies, movement control teams, quartermaster, hospital, and other logistics units received training from about 1,000 86th Training Division Soldiers and training partners, according to the 86th. These partners included OC/Ts from the 85th Support Command's 2nd, 361st Training Support Battalion, operationally controlled by the 181st Multi-Functional Training Brigade.

Lt. Col. Victoria Richie, commander of the 2nd, 361st, explained how she integrated her OC/Ts into the 86th's mission.

"My OC/Ts contacted the RTUs and picked the tasks they would evaluate the units on. The 2-361st then sent the evaluation tasks to the 86th to see how they would be integrated within the exercise platform and ensure everyone was supported," said Richie.

The OC/Ts' feedback helped units accomplish their commanders' goals.

"RTUs pick the commanders training objectives, and the 86th Training Division builds the exercise around those training objectives," said Col. Ryan Brzezinski, mission support officer in charge, 86th Training Division. "The OC/Ts then observe the units, collect data, and train, if necessary, to make sure they are meeting those objectives based on the commander's intent."

The OC/Ts' training support assisted commanders to prepare for current real-world missions.

"As a (multi-functional medical battalion), we need to know how to go out to the field and to an austere environment," said Lt. Col. Robert Vincent, commander, 49th MMB. "Our unit also conducted Hurricane Rita relief under the Defense Support of Civil Authorities. The CSTX will only increase our proficiency to conduct future DSCA missions."

Soldiers in the training audience also found a great deal of value in the training opportunities. "This has been high-speed and good hands-

on training," said Sgt. Eric Borski, Transportation Management Coordinator, 888th Transportation Company Detachment. "I'll probably learn more during this annual training than in most full, fiscal years, and the OC/Ts have been very patient and helpful as they train and evaluate our unit."

Foreign military partners viewed the CSTX as an opportunity to work with the United States military and improve their servicemembers' readiness, as well.

"The Canadian Armed Forces have come to the CSTX to see how we can work in a combined environment with United States military branches," said Maj. Terry Larson, deputy commanding officer, 15th Field Ambulance, Canadian Armed Forces. "We are looking for better ways to leverage our countries' relationship, ensure we provide good, appropriate manpower and provide the best experience for our people and nation."

A representative from the British Army also praised the exercise.

"The CSTX is a real opportunity to explore what the reservist army can deliver in terms of operations and capability," said Maj. Brian Davies, company commander, Army Training Unit North, British Army. "This exercise has really tested the service people, and it'll give them a good opportunity to be ready for deployment."

CSTX 86-22-02 helped Soldiers expand on relevance and become more cohesive teams in accordance with the Army Reserve.

"The 86th Training Division is always in compliance with the Chief of the Army Reserve's goal of being ready and relevant," said Col. Carl Timothy Tyler, G3, 86th Training Division. "The more ready we are, the more lives we save. Not only are we preparing and training Soldiers on their individual proficiencies, but we're also training them to work together as a team."

The 86th Training Division is also a tenant organization at Fort McCoy.



Photo by Spc. Caitlinn Belcher/362nd Mobile Public Affairs Detachment

Soldiers with the 851st Transportation Company respond to simulated direct fire during a convoy training exercise as part of the Combat Support Training Exercise 86-22-02 on Aug. 15 at Fort McCoy. See more CSTX-related photos [here](#), [here](#), [here](#), and [here](#).



Photo by Spc. Caitlinn Belcher/362nd Mobile Public Affairs Detachment

Soldiers with the 851st Transportation Company respond to simulated direct fire during a convoy training exercise as part of the Combat Support Training Exercise 86-22-02 on Aug. 15 at Fort McCoy.



Photo by Staff Sgt. David Lietz/85th Support Command

Soldiers with the 888th Movement Control Team of Cranston, R.I., assist a simulated injured Soldier during convoy operations lane training Aug. 16 at Combat Support Training Exercise 86-22-02 at Fort McCoy. In this scenario, Soldiers trained on reacting to small arms fire and evacuating a casualty.

NEWS

New medical technology released to Army Reserve Soldiers during Global Medic

BY SPC. FRANK ALCALA
Exercise News Day

See more [here](#)

An Army Reserve medical unit was selected to be among the first to test a new technology Aug. 12 that allows supervisors to monitor Soldier health during exercise Global Medic at Fort McCoy.

“Ten Soldiers from the 901st Minimal Care Detachment (MCD) of West Virginia have been selected to participate in a 72-hour test trial,” said Maj. Sanjay Krishnaswamy, commander of the 901st MCD.

The U.S. Army Reserve Command realized the potential benefits with utilizing technology to monitor its Soldiers, while using tracking applications. The Army Reserve partnered with LifeLens Technologies to test trial the Health Readiness and Performance System (HRAPS).

“Our brigade commander, Col. Suarez of the 338th Medical Brigade, suggested that the 901st MCD might be a good unit to test out these eight trap sensors,” said Krishnaswamy. “And you see, I’m wearing one of the heart monitors today.”

Krishnaswamy has his undergraduate degree in biochemistry and English literature from Harvard University and his doctorate in physics and biophysics from University of California-Berkeley. As an Army Reserve officer, Krishnaswamy specializes in military acquisitions for helping develop new technology. Under the medical research and development command, he has developed new tools for Soldier medical readiness and Soldier fitness tracking.

“Talking to the developers, I understood the product,” said Krishnaswamy. “As a new commander, the idea of having technology helps me better track my Soldiers’ well-being and make sure they don’t overexert or overheat is great.”

“It can track several things, but we’re only looking at some of the data,” said Krishnaswamy. “It tracks the Soldier’s electrocardiogram, and it uses the information through an algorithm. It was developed at the Walter Reed Army Institute for Research to relay the Soldiers’ body temperature and core temperature. It also relays information about their heart rate, exertion level, and variability in their heart rate. The device pairs with an application that can be downloaded on any cell phone and relays geographical locations for all Soldiers wearing the HRAPS,” said Krishnaswamy.

“The device is not FDA approved yet, so it’s not giving a diagnostic readout, but it gives the nurses a heads up that a specific Soldier needs to be checked out. So, he has chosen to have his nurses monitor the device, because they will have a better idea of



Photos by Sgt. 1st Class Debrah Sanders/366th Mobile Public Affairs Detachment

Capt. Kayla Corob, a medical surgical nurse with the 901st Medical Detachment, displays the Health Readiness and Performance System (HRAPS) on Aug. 12 at Fort McCoy. The Army Reserve is testing the HRAPS as a potential new technology to aid in the readiness of Soldiers.

what to do when something happens,” Krishnaswamy said.

Capt. Kayla Corob, medical surgeon nurse with the 901st MCD, was among the 10 Soldiers who wore the HRAPS as well as monitored the data collected.

Corob joined the Army seven years ago as a medical officer and received her undergraduate degree in 2010. She is originally from Morgantown, W.V., and works in the medical profession on the civilian side.

“I think it’s a great idea medically, for those who are predisposed to heat injury, and those who have a family history of any cardiac issues,” said Corob. “Soldiers historically have such a hard time maintaining any type of health fitness levels internally. I was very excited when I heard about this project. In general, I think it’s going to have a lot of good that it can do in prevention.

“Soldiers don’t go to their checkups unless they are forced to, and they don’t take advice from their doctors or their providers of any kind,” she said. “So, the fact that this might be able to track a

little better is very exciting.

“I think it reflects well that the military is adapting with times, there are a lot of different applications that this device can be used for,” said Corob. “I do think that the military will investigate and invest in all those avenues. I understand and recognize that quantifying those can have pros and cons and can be right and wrong, but I think it would be a really good general guideline to make sure people are safe.

“For nursing, particularly, we were very invested in prophylactic treatment. We’re taught from the beginning, that an ounce of prevention is worth a pound of cure. So, I was very excited and felt very privileged that I was able to participate,” said Corob.

Technology has played a big part in the way the Army Reserve tracks medical readiness and safety among Soldiers. Soldiers like Krishnaswamy and Corob said they help promote and participate to show that this new technology can pave the way to a more successful Army in the future.



A Soldier with the 901st Medical Detachment displays the Health Readiness and Performance System (HRAPS) application Aug. 10 at Fort McCoy during the Global Medic exercise. The HRAPS utilizes bluetooth technology to monitor health data. Soldiers of the 901st and other medical units that attended Global Medic which was conducted by the Medical Readiness and Training Command tested the HRAPS.

NEWS

Drones at CSTX 86-22-02: Unmanned aircraft systems part of 2022 ops for exercise

BY CAPT. JESSICA MODIQUE

Exercise News Day

See more [here](#)

FORT MCCOY, Wis. — The Army Reserve is heading into a direction in which readiness, people, and modernization are the complete focus to success for defending the country and defeating the nation's adversaries.

To accomplish this, Soldiers provide combat-ready units and personnel across the full spectrum of conflict worldwide. In conjunction with this effort, the Army persistently trains to stay up to date as a new era of warfighters and enemy forces become more technologically focused in their tactics. This calls for a need for enhanced training and readiness against aerial threats.

Through the emergence of technology, the unmanned aircraft systems (UAS) operator, conducts air reconnaissance by providing a birds-eye view to friendly forces below. The UAS identifies enemy strategies, locations, and capabilities while adhering to the Army's #1 policy of taking care of its people. Though the Army Reserve has the offensive and defensive skill set with operating drones, Soldiers are learning how to react to the threat of an enemy drone through training.

Phillip Mason and Trevor Licorish, contractors with the U.S. Army's Combat Capabilities Development Command, or DEVCOM, were both subject-matter experts in charge of the Unmanned Aerial Surveillance drone portion of the 86th Training Division's Combat Support Training Exercise (CSTX) 86-22-02.

This training scenario was implemented to give Soldiers on Fort McCoy's Improved Tactical Training Base (ITT) Freedom a chance to react to a drone within their base of operations.

Mason said that with the world changing, technological advancement is becoming more of a lethal dynamic that today's warfighter has to adapt to.

"The Army has doctrine as to how to react to enemy drones and aerial combat," said Ma-

son. "Since recent wars have been fought on the ground, it is our priority to train and advise our Soldiers, warfighters, and leaders on how to adapt to these situations that are now unmanned threats."

The training gives an exclusive look as to future capabilities enemy forces are proficient in producing.

While training for a defensive attack of a UAS drone, using the proper standard-operating procedures and doctrine to eventually use this technology increases the lethality within the Army Reserve. The features and components a UAS drone has is not only capable of reconnaissance, air superiority, and overwatch, but is also equipped to converge with multiple UAS systems in order to coordinate a centralized attack on one objective, said Licorish.

"The military needs to implement force protection measures to keep areas of operation safe," Licorish said. "Which is why we are helping to produce both defensive and offensive incitement as well as guidance. UAS has built-in tracking capabilities and is equipped to use a plethora of modernized technology and artificial intelligence to enhance the abilities of the drones and its lethal dynamic."

As a test to see how Soldiers would react to a UAS drone, Mason and Licorish flew a drone onto ITTB Freedom. This exercise was implemented to not only put stress on the Soldiers, but to subsequently provide guidance for future exercises and real-world missions.

The more knowledge and feedback our Soldiers receive on fighting with future technology as well as how to properly defend against it, the more combat ready and efficient our forces will be when Soldiers deploy, Mason said.

The cost effectiveness in procurement, maintenance, training, deployment, and logistics could insinuate that all conflicts going forward will be dominated by a form of drone technology, research shows.

The Army serves a vital role in defending America and one way of doing that is through



Photo by Sgt. William A. Parsons/214th Mobile Public Affairs Detachment

A small quadcopter drone lifts off to conduct a simulated convoy attack during Warrior Exercise 86-21-03, at Fort McCoy, Wis., on July 18, 2021. Training with drones like this was also used in the 86th Training Division's Combat Support Training Exercise 86-22-02 in August 2022 at Fort McCoy.

Project Convergence. This project is the Army's campaign of learning — designed to aggressively advance and integrate Army's contributions to the Joint Force which could lower the number of lives lost while actively sustaining the Army's readiness.

Drone training was also used by the 86th Training Division in 2021 during Warrior Exercise 86-21-03. See more about that training by visiting <https://www.dvidshub.net/news/401898/new-army-training-addresses-emerging-drone-threat>.

Grecian Firebolt 2022 at Fort McCoy — Signal Corps' contribution to readiness through modernization

BY PFC. NOAH CARLSSON

368th Public Affairs Detachment

A career as an Army Signal Corps officer wasn't 1st Lt. Micah Good's intended path; however, he found it to be exactly what he needed.

Good is a senior information systems officer in the 86th Training Division who is stationed in Arlington Heights, Ill. He participated in training exercise Grecian Firebolt at Fort McCoy in August 2022.

Grecian Firebolt is designed to test the Signal Corps' ability to install and maintain communication lines in the field, along with providing computer support for other units on the ground.

"The reason I wanted to go into information technology (IT) is, on the civilian side, I'm an accountant," he said. "The direction that finance and accounting is headed is very reliant on IT. The systems that provide accounting information ... I thought would help bolster my civilian career by having that fundamental IT knowledge that the Army gave me."

Good found out that this sharing of knowledge was a two-way street, aiding him with both his civilian career and in military operations, such as participating in Grecian Firebolt.

"I've found now that I've got about five years under my belt as an officer in the Reserve," Good said. "There's what I call cross-pollination — where

the skills the Army teaches me — I bring back to my civilian world — allowing me to be better at my job as an accountant.

"Then the skills that my civilian job teaches me, I can bring back to the Army and better my trade in the Reserve and better my team," Good said.

This 'cross-pollination' of experience has enhanced Good's capability to maintain the U.S. Army Reserve's readiness through modernization of technology and leadership.

During the training exercise, Good oversaw field logistics, making sure communication lines were available in a timely manner, providing communication support to all the Reserve exercises taking place there.

"We run fiber optic lines, and ensure that occupied buildings have network connectivity," he said.

"We work with resources at Fort McCoy to ensure the training audience is successful in setting up their network. We're also getting valuable training by ensuring there's a good live network and systems they can connect to."

Good's responsibilities include modernization of technology as much as they do field efficiency of current technology.

"It's an ever-changing environment," said Good.

"There's so many different systems and applications and things that

See more [here](#)

Photo by Scott T. Sturkol

Army Signal Corps troops have an area of Fort McCoy set up Aug. 4 to support communications for the 86th Training Division Combat Support Training Exercise 86-22-02 and for exercise Grecian Firebolt 2022.

are just constantly moving in the IT realm. A good example is the DOD's (Department of Defense's) implementation of Microsoft Teams. In the grand scheme of things for how long I've been in the Army, that's a very new thing."

Good has worked on the implementation of not only Microsoft Teams, but also migration of Microsoft 365 accounts. This modernization that Good, and others like him are pioneering, is a vital step towards maintaining readiness in the Army Reserve.

Good said he leads Soldiers with a servant mindset that drives those who follow him to excel at what they do in

the Reserve.

"From a readiness perspective, it's been just an absolute treat for me to see just how effective and efficient the Soldiers (who) I've worked with here can switch off their civilian mode and do their jobs effectively," said Good.

"That speaks testaments to the Reserve's readiness. You don't even know half the time if you're working with a Reserve Soldier or active-duty Soldier because the Reserve Soldiers are just so squared away and so proficient in their jobs and tasks that you would never know unless you ask them."

Grecian Firebolt is an annual training exercise that allows signal units to keep pace with communication trans-

formations, and link communication support to identified U. S. Army Reserve Command-sponsored exercises.

In a previous 2015 article about Grecian Firebolt, the article states that "in a combat environment, warfighters must have a way to communicate at all times, whether providing critical real-time communications or sending sensitive files from the field back to the command.

"Without signal, communications break down and the mission fails," the article states. "Therefore the primary mission ... is to provide that tactical communications network."

(The Fort McCoy Public Affairs Office contributed to this article.)

NEWS

'Eagle Brigade,' 88th RD lead success of 2022 Paralegal Warrior Training Course

STORY & PHOTOS BY STAFF SGT. RYAN RAYNO
181st Multi-Functional Training Brigade Public Affairs

See
more
[here](#)

More than 35 Soldiers from more than 30 Army commands participated in the annual Paralegal Warrior Training Course (PWTC) from July 14 to 29 at Fort McCoy.

The PWTC allows paralegal Soldiers the opportunity to achieve unit training readiness requirements by demonstrating individual and collective task proficiency across peace and wartime missions.

"The PWTC is critical in ensuring reserve component commanders have capable paralegals ready to support their missions," said Sgt. 1st Class Dexter Taylor, chief paralegal for the 88th Readiness Division (RD). "Generally, paralegals come to the reserve component ready to support the active Army component when called upon. However, there are some differences between the way the active component and the reserve component operates. PWTC takes the knowledge paralegals obtained during advanced individual training and shows them how it applies in the reserve component."

For the 88th RD, the PWTC gives it the opportunity to fulfill its responsibilities as one of only four geographical region commands responsible for the synchronization of Army Reserve activities.

"One way the office of the staff judge advocate for the 88th RD can get after this mission is to assist in providing quality training to Army Reserve legal personnel," Taylor said. "The PWTC provides an excellent opportunity for us to interface with paralegals in our region and ensure they are ready and capable of supporting their Reserve Command's missions as well as the larger Army mission both in peacetime and wartime."

Similarly, the PWTC gives the 181st Multi-Functional Training Brigade (MFTB), as part of First Army, the opportunity to partner with Army Reserve units and Soldiers to build and maintain readiness.

"The purpose of the 181st MFTB is establishing routine relationships, building trust and enabling the Army Total Force Policy," Sgt. 1st Class Nicholas Huebbe, a paralegal observer coach/trainer for the 181st MFTB, said. "About 30 percent of the paralegals, both as students and cadre, are assigned to 181st MFTB partner units, so I am able to establish and continue the relationship with our partner units."

Participants of the PWTC spent approximately a week in the classroom learning about core paralegal competencies, and then approximately another week conducting field training exercises that ranged from assaulting an objective to detainee operations.

For Sgt. Ryan Lamb, a paralegal specialist with the 76th Operational Response Command, the PWTC has been a great training opportunity for him and his classmates.

"This has been a type of education that has focused not only on the paralegal side, but also on the combat side, so you can integrate both of those practices together," he said. "We're able to see where things come together. It's one thing to think about it in a classroom setting and hear about how ideally things are supposed to happen, but out in the field, things are not ideal, problems happen, and you have to overcome and adapt to those situations."

The field training exercise portion also gave participating Soldiers the opportunity to build camaraderie with Soldiers outside of their home units under stressful and fast-paced conditions.

"Most of the paralegals here are go-getters, are smart and like to be right, and have strong personalities," Spc. Anna Pauletta, a paralegal specialist for the 352nd Military Police Company, 333rd MP Brigade, 200th MP Command, said. "It has been a process of overcoming those things, becoming more cohesive and understanding, and we have all of these different unit cultures and norms clashing together, so it has been fun adapting and blending all of those things together."

Having fun while building camaraderie and cohesiveness amongst the Soldiers is one of the things that instructors of PWTC enjoy watching.

"What I enjoy most about PWTC is working with junior Soldiers," Taylor said. "I enjoy seeing their eyes light up when they learn something new and the confidence they build in their skills and abilities from the start of the course to the end."

In the eyes of Pauletta, the cadre of the 88th RD and 181st MFTB ran a successful training environment and would recommend it to all paralegal Soldiers.

"There is so much to learn here," she said. "You can never learn enough when it comes to the Judge Advocate General's Corps, and the material we use to help advise commanders. Regardless of your component, this is definitely a class worth taking.



(Above and below) Soldiers participating in the 2022 Paralegal Warrior Training Course conduct detainee operations as part of the field training exercise portion of the course July 25 at Fort McCoy. The course aims to train and challenge paralegals to conduct peace and wartime missions in accordance with current law, policy and doctrinal guidance.



Not only do you get to learn about a lot of great material we use to do our jobs, but you get a really great experience out in the field practicing battle drills to tie it all together."

The PWTC has been held at Fort McCoy annually since 2009. The 181st MFTB and the 88th RD are also tenant organizations at Fort McCoy.

NEWS

Airmen support Patriot Warrior, Global Medic training at McCoy



Photo by Kevin Clark/Fort McCoy Multimedia-Visual Information Office

(Above and lower left) Multiple Air Force Reserve personnel with the 908th Aeromedical Evacuation Squadron, 433rd Airlift Wing, 934th Airlift Wing, 349th Air Mobility Wing, and 514th Air Mobility Wing participate in an aeromedical evacuation training event Aug. 11 by loading a simulated patient on a C-130 Hercules aircraft during Patriot Warrior/Global Medic exercise training at Fort McCoy.



Photo by Kevin Clark/Fort McCoy Multimedia-Visual Information Office



Photo by Scott T. Sturkol

An air transportation Airman moves cargo at Sparta-Fort McCoy Airport on Aug. 4 as part of operations for the Patriot Warrior exercise at Fort McCoy. See more Patriot Warrior pics [here](#).

NEWS

2022 troop project creating office buildings at Fort McCoy's LSA Liberty sees work by multiple units

STORY & PHOTOS BY SCOTT T. STURKOL
Public Affairs Staff

One of the newest troop projects for 2022 was to create new office buildings for training at Fort McCoy's Logistics Support Area Liberty on North Post, said Troop Projects Coordinator Larry Morrow with the Fort McCoy Directorate of Public Works.

Through the end of July after the end of Warrior Exercise 78-22-02, one building had been mostly constructed, the floor of a second one had been installed, and foundation footings for others had been created at Liberty, which previously was an improved tactical training base.

"We intend to build a total of six buildings," Morrow said. "Each one of these office buildings will be divided into two 24-foot by 30-foot spaces and have a 9-foot by 10-foot office."

Work first began on the buildings in June with members of the Army Reserve's 372nd Engineer Company of Pewaukee, Wis., working on getting the project started. Some Soldiers with the 389th Engineer Battalion of Des Moines, Iowa, also contributed to the project as well.

Then, in July, Soldiers with the Army Reserve's 412th Engineer Vertical Construction Company of Scranton, Penn., and 390th Engineer Battalion of Chattanooga, Tenn., furthered the project while they were deployed to Fort McCoy for Warrior Exercise 78-22-02.

Engineering Officer 2nd Lt. Donovan McCaskill with the 390th said working on troop projects like the Liberty office building project helped his unit's Soldiers "become proficient in our Warrior tasks and our engineer tasks."

Now into August, during the 86th Training Division's Combat Support Training Exercise 86-22-02, two more Army Reserve engineer companies are working on the project — the 716th Engineer Vertical Construction Company of Summersville, N.H., and 996th Engineer Company of Milwaukee.

"By the time they are all done we should have close to two buildings completed," Morrow said.

"The 716th was completing a lot of interior work on the first building, and the 996th will work more on the second building as well."

From June through August, the office buildings troop project wasn't the only project that Army Reserve engineer units supported, Morrrow said.

"But this project at Liberty is one of the biggest to see progress this year," he said.

Morrow said the continuing support he receives to improve Fort McCoy through troop projects is always appreciated.

"If we didn't have these projects, many of these engineer troops wouldn't get the training they need, and the installation wouldn't benefit from the work they do to improve Fort McCoy training ranges and quality-of-life programs," he said.

Sgt. Tyler Goodman with the 389th Engineer Battalion said he knows his unit's Soldiers were happy to come to Fort McCoy in June and help complete troop projects. "It's exciting to know that we're doing something good for McCoy," he said.

Learn more about Fort McCoy online at <https://home.army.mil/mccoy>, on the Defense Visual Information Distribution System at <https://www.dvidshub.net/fmpao>, on Facebook by searching "ftmccoy," and on Twitter by searching "usagmccoy."



Soldiers with the 412th Engineer Vertical Construction Company of Scranton, Penn., work on a troop project July 26 to build office buildings at Logistical Support Area Liberty on North Post at Fort McCoy.



(Above and below) Construction progress on two of planned six buildings is shown Sept. 2 at Logistics Support Area Liberty on North Post at Fort McCoy. Several Army engineer units worked to raise the two buildings in 2022 as part of troop project work.



See more information and photos [here](#) and [here](#).

NEWS

716th Engineer Company supports large troop project at Fort McCoy with fill movement

STORY & PHOTO BY SCOTT T. STURKOL
Public Affairs Staff

See
more
[here](#)

Soldiers with the 716th Engineer Company (Vertical Construction), an Army Reserve engineer unit based in Summersville, N.H., worked on the base operations support site troop project at Fort McCoy on Aug. 17 by moving fill dirt from the site.

The 716th's Soldiers were at Fort McCoy to be a part of the Army Reserve's and 86th Training Division's Combat Support Training Exercise 86-22-02. Larry Morrow, Fort McCoy's troop project coordinator with the Directorate of Public Works (DPW) for Fort McCoy Garrison, said the 716th moved fill on the site as the area gets reworked one step at a time.

The 716th was the fourth unit of 2022 to complete some work at the project and the sixth since 2021 when the project began. The project work is in an area of land near the old Gate 20 and Logistical Support Area Liberty and the cantonment area fence, Morrow said.

The site plan is to make it into a base operations support site for installation service contractors, such as facility maintenance, roads and grounds, solid waste, custodial, pest management, and more.

Fort McCoy DPW Operations and Maintenance Division Chief Nate Sobojnski said in 2021 when the project started that DPW is combining all its service contractors to one location near commercial gate access to keep suppliers from having to drive around post bringing supplies to various locations.

Sobojnski also said that while the post is developing this site for contractors, a lot of the material at the site can be taken from the site in the future for other projects.

"We will have ample material to use the site as a borrow fill site," Sobojnski said. "This site allows easy access for North Post range work and other project areas."

For the 716th fill movement, the company used military dump



Soldiers with the 716th Engineer Company, an Army Reserve engineer company based in Summersville, N.H., work at the base operations support site troop project at Fort McCoy on Aug. 17 by moving fill dirt from the site.

trucks and a loader. "They moved a lot of material," Morrow said. Work will continue to be ongoing in the entire area in 2023 as well.

Learn more about Fort McCoy online at <https://home.army.mil/mccoy>, on the Defense Visual Information Distribution

System at <https://www.dvidshub.net/fmpao>, on Facebook by searching "ftmccoy," and on Twitter by searching "usagmccoy."

Also try downloading the Digital Garrison app to your smartphone and set "Fort McCoy" or another installation as your preferred base.

716th Engineer Company Soldiers build unit readiness through dual mission training

STORY & PHOTO BY 1ST SGT. TRACY KORFF
Exercise News Day

See more [here](#)

Army Reserve Soldiers with the 716th Engineer Vertical Construction Company, based in Summersville, N.H., performed the dual mission of improving community relations and validating mission operations for an upcoming deployment while participating in Combat Support Training Exercise (CSTX) 86-22-02 at Fort McCoy on Aug. 13.

For validation, the company commander highlighted a list of tasks he would like the company evaluated on prior to deployment.

Since the CSTX is a deployment-validating exercise, a platoon from the 716th led by 1st Lt. Matthew Gendron and noncommissioned officer in charge Staff Sgt. Bronson Durate were evaluated on key collective tasks, such as convoy operations, area defense, and troop-leading procedures while building new infrastructure on base.

Staff Sgt. Joshua Joseph, a combat engineer and observer-coach/trainer (OC/I) with the 1st Brigade Engineer Battalion, 310th Infantry Regiment, 181st Multi-Functional Training Brigade, was identified to certify the unit and selected the tasks to evaluate them on from the list received by the commander.

"The OC/I's might choose the tasks, however the ultimate decision on whether the unit is trained and ready to deploy is up to the commander, we just provide feedback," Joseph said.

"CSTX is 100 percent valuable when preparing for deployment because it gives the commander an assessment of where the unit stands," said Durate. "Attending battle assembly once a month gives you bits and pieces of training, but with 18 straight days of training, the commander can really take a good look at his unit and focus on where improvements need to be made."

In addition to deployment validation, the engineers worked closely with Fort McCoy's Directorate of Public Works (DPW) Troop Project Coordinator Larry Morrow to identify projects the unit would complete while training.

Fort McCoy DPW regularly allocates these tasks to Army Reserve Soldiers who attend an-



Spc. Christian Reed, a carpenter with the 716th Vertical Construction Company, measures a window Aug. 13 while working on a troop project to verify that the product meets building specifications during Combat Support Training Exercise 86-22-02 at Fort McCoy.

nual training at Fort McCoy.

The engineers of the 716th worked on several new structures at Logistics Support Area Liberty.

The unit was also using a horizontal engineer platoon element to improve and repair roads around the training areas.

The troop project support served as a win-win for the Army Reserve and Fort McCoy.

"The partnership with DPW is very valuable for the Soldiers," said Durate. "It provides the installation with needed new structures while also sharpening Soldiers skills and providing a significant cost savings."

Participating in this type of joint training also possibly highlights the U.S. Army Reserve's emphasis on people by building a culture of cohesive teams that are highly trained, disciplined, and fit.

See more about Exercise News Day at <https://www.dvidshub.net/unit/USAREND>.

NEWS

Fort McCoy observes 2022 Women's Equality Day with special event

STORY & PHOTOS BY SCOTT T. STURKOL

Public Affairs Staff

See more
coverage
[here](#)

Fort McCoy held its observance of Women's Equality Day on Aug. 25 with a special event featuring guest speaker Carolyn Colleen at McCoy's Community Center.

The event, organized by Equal Opportunity Advisor Master Sgt. Ana Guzman with the Fort McCoy Garrison Equal Opportunity Office, recognizes the day the 19th Amendment of the U.S. Constitution was passed on Aug. 26, 1920, giving women the right to vote.

At the United States Census Bureau website, www.census.gov, a snippet of the original Congressional Resolution for Women's Equality Day from Aug. 26, 1973, was shared to provide a better idea about the day.

"Resolved by the Senate and House of Representatives of the United States of America in Congress assembled, that August 26, 1973, is designated as 'Women's Equality Day,' and the President is authorized and requested to issue a proclamation in commemoration of that day in 1920 on which the women of America were first guaranteed the right to vote. Approved August 16, 1973."

At the 2022 Fort McCoy observance of Women's Equality Day, author and domestic-violence survivor Colleen shared her personal story of perseverance and more.

Colleen's FIERCE 5 blueprint for domestic-violence recovery and future success is well known. In Colleen's book, "F.I.E.R.C.E., Transform Your Life In The Face of Adversity 5 Minutes At A Time!," it describes what the FIERCE acronym means.

- Focused breath: take a deep breath, face fear, and focus.
- Identify one goal; name three things required to achieve that goal.

- Examine barriers to the goal.
- Reflect and visualize your truths; co-create your own reality.
- Courage: recognize that you have the courage.
- Engage — take action.

"Thank you for having me (here)," Colleen said. It's an honor to stand before you and be here today. ... As a woman, as a CEO, as a leader, ... life was not always that way. We all have different adversities in life. Getting out of bed might be one of those adversities. Figuring out what to eat for lunch could be an adversity. Who knows what's gonna happen after this? We have no idea because in life, a lot of times, you're either in a storm, coming out of a storm, or you're heading into one. It's not necessarily that life gets easier — we just learn how to navigate better."

Colleen added: "So the women (who) have come before us have experienced different kinds of adversities. Navigating those adversities, realizing the strength that we come to the table with, and repurposing them (is) in which you move forward. So how do we repurpose the tools that we have in which to create a more resilient, more FIERCE, more powerful movement heading forward?"

Colleen further discussed her life journey to where she is today and how it has been a long one.

She grew up in a home where her mother was a hoarder with mental health issues. Her father wasn't around and was away at work all the time.

At an early age, she was physically and sexually abused by others and had a troubled youth. She even tried to commit suicide at one point. As an older teen, she became involved in an abusive relationship that became a marriage with a child born from it. During her years in this relationship, she endured further emotional, physical, and sexual abuse.

Her daughter also was nearly inconsolable with colic after birth. About a year and a half after her daughter was born, Colleen said she had a life-changing moment.

She said she prayed for strength, and suddenly, her daughter stopped her constant crying. She said she looked into her daughter's eyes and at that moment learned about unconditional love. That moment, she learned she had to leave the abusive relationship and improve her life.

In her own words, through much hard work, Colleen was able to create a life "that changed the cycle." Colleen also honored all the women who "have come before us and the trailblazing that (was) done by so many before us" for Women's Equality Day.

Fort McCoy Garrison Commander Col. Stephen Messenger thanked Colleen for her presentation.

"That was just a really powerful story, and thank you so much for sharing that," Messenger said. "I took a couple of notes myself. I wrote leadership, and I talk about this all the time. It's not one who consumes, it's one who provides, and we have so many leaders out there who like to consume, and it's about them versus providing and the servant leadership aspect and that really resonated with me. That was awesome. The second one ... leadership is a journey. It's not about your accomplishments, it's about the accomplishments of the people who are around you. It's like you



(Above and below) Author and domestic-violence survivor Carolyn Colleen shares her personal story of perseverance and more during the 2022 Fort McCoy Women's Equality Day observance held Aug. 25 at McCoy's Community Center at Fort McCoy. The event featured many displays about women's equality. The event, organized by Equal Opportunity Advisor Master Sgt. Ana Guzman with the Fort McCoy Garrison Equal Opportunity Office, recognizes the day the 19th Amendment of the U.S. Constitution was passed on Aug. 26, 1920, giving women the right to vote.



were talking about — what a strong, powerful example of a woman ... thank you Carolyn. That was an amazing story."

Fort McCoy's senior enlisted leader, Command Sgt. Maj. Raquel DiDomenico, also appreciated Colleen's presentation.

"Thank you for sharing your story and all of those words of wisdom," DiDomenico said. "Absolutely loved that you were able to turn your negative into such a positive for everybody."

In addition to Fort McCoy, Women's Equality Day was celebrated across the Army and the Department of Defense.

Fort McCoy's motto is to be the "Total Force Training Center." Located in the heart of the upper Midwest, Fort McCoy is the

only U.S. Army installation in Wisconsin.

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

Learn more about Fort McCoy online at <https://home.army.mil/mccoy>, on the Defense Visual Information Distribution System at <https://www.dvidshub.net/fmpao>, on Facebook by searching "ftmccoy," and on Twitter by searching "usagmccoy."

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COMMUNITY

Observing September as Suicide Prevention Month

September is Suicide Prevention Month and Sept. 10 is World Suicide Prevention Day.

It's important for everyone to work to keep awareness strong about suicide and to always be there for each other all throughout the year.

Warning signs of suicide, suicidal behavior

The Department of Veterans Affairs official site lists a variety of warning signs for military members, veterans, and their families to look out for in times of crisis, stress, and situations leading up to or following such periods.

These warning signs include:

- Feelings of hopelessness.
- Feeling like there's no way out of a problem or circumstance.
- Anxiety and agitation.
- Sleeplessness.
- Mood swings.
- Feeling like there is no reason to live.
- Rage and anger.
- Risky behavior.
- Increasing alcohol or drug use and abuse.
- Withdrawing from family and friends.

[See more here](#)

Other important information

The VA also advises immediate attention in cases where:

- There are thoughts about self-harm.
- A person is researching ways to die or commit suicide.
- A person is talking about death, dying, or suicide.
- Self-destructive behavior is taking place.

There are many situations where military members and their families are more vulnerable to problems with suicidal feelings, thoughts, or actions.

These can include time leading up to or coming back from a deployment, times of personal upheaval and uncertainty, and situations where major life changes are occurring.

Conversely, none of these things needs to be happening for people to struggle with suicidal thoughts or actions.

Other conditions can also contribute to suicidal feelings such as traumatic brain injury, post-traumatic stress disorder, alcohol abuse, and other medical or medically-related problems.

The approach to suicidal feelings in these cases may start with counseling or other talk-based therapies but a medical approach may also be required depending on the cause of the problems and the severity of the condition.

Always reach out for help if you or a friend or loved one struggles in any way with suicidal feelings.

The Military/Veterans Crisis Line can be reached at 988, then press 1. Call this number if you or someone you know is struggling with suicidal feelings. One can also text 988 for assistance.

People can also visit the 988 Suicide & Crisis Lifeline at <https://988lifeline.org> or by dialing 988. According to the website, "The 988 Lifeline: 988 is now active across the United States. This new, shorter phone number will make it easier for people to remember and access mental health crisis services. (Please note, the previous 1-800-273-TALK (8255) number will continue to function indefinitely.)"

The website also states: "The 988 Suicide & Crisis Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week in the United States. We're committed to improving crisis services and advancing suicide prevention by empowering individuals, advancing professional best practices and building awareness."

(Article prepared by the Fort McCoy Public Affairs Office and the Fort McCoy Suicide Prevention Program Manager Terry Rogalla.)

WHAT DOES SUICIDE LOOK LIKE?

IT LOOKS LIKE THE FRIENDS, FAMILY MEMBERS AND CO-WORKERS WHO ARE LEFT BEHIND.

MILITARY
ONE
SOURCE

PRODUCED BY THE DEFENSE HEALTH AGENCY

Veterans
Crisis Line



DIAL 988 then
PRESS 1



Connect to Protect:
Support is Within Reach

Suicide Prevention

Signs of Concerning Behavior

- Hopelessness or feeling like there is no way out.
- Anxiety, agitation, sleeplessness or mood swings.
- Feeling like there is no reason to live.
- Rage or anger.
- Engaging in risky activities.
- Increasing alcohol or drug use.
- Withdrawing from family and friends.



What You Can Do

- Reach out. Start a conversation.
- Listen. Express concern and reassure the individual.
- Create a safety plan.
- Seek help. Call the Veterans Crisis Line or call 911 if the situation is severe.



COMMUNITY

Wester plays free concert for Fort McCoy community

BY SCOTT T. STURKOL
Public Affairs Staff

[See more here](#)

Entertainers with the group Wester performed a free concert Sept. 3 for the Fort McCoy community at Whitetail Ridge Ski Area at Fort McCoy.

The concert was a continuing celebration of the 50th birthday of the Pine View Recreation Area. It was also a highlight event at Fort McCoy for Labor Day Weekend as Pine View Campground was full of campers once again, and the concert gave the campground's many guests a place to enjoy some of Nashville's newest country sounds with Wester.

Pearl Clarkin took the lead singing duties for the concert for Wester as her brother was unable to participate due to illness.

"She put on a great performance," said Liz Faber, marketing director with the Fort McCoy Directorate of Family and Morale, Welfare and Recreation (DFMWR) — the organization on post that coordinated the event.

According to newmusicweekly.com, "Wester is a new brother and sister country music duo comprised of Pearl Clarkin and Rafe Wester. Born and raised on the Redneck Riviera on Pensacola Beach, Florida, they pack a fun, fresh and explosive punch for the young country music audience. Pearl brings the glitter, Rafe brings the grit, and together they bring the party wherever they go. With 40 shows performed around the country and 40 new songs written in a year, they released their debut single 'Redneck Roller Coaster' on Aug. 13, 2021."

DFMWR's Business and Recreation Division Chief Scott Abell said it was great that Wester performed the free concert for the Fort McCoy community and the public.

"We were really excited to have them here from Nashville," Abell said. "This sort of begins a tradition of a concert environment we want to have at Whitetail in the future."

DFMWR had staff members on site to offer support for the entertainers and offer refreshments for sale to event-goers.

Whitetail Ridge is within walking distance or short driving distance of Pine View Campground and offers plenty of open space



Photo by Liz Faber/Fort McCoy Directorate of Family and Morale, Welfare and Recreation

Performer Pearl Clarkin with the country duo/group Wester sings Sept. 3 during a concert at Whitetail Ridge Ski Area at Fort McCoy.

for outdoor concerts and has facilities for other activities with the chalet available, Abell said. "More concerts may be planned," he said.

Learn more about Fort McCoy DFMWR programs by visiting their Facebook page at <https://www.facebook.com/mccoymwr> or their website at <https://mccoymwr.com>.

New commandant takes charge of Regional Training Site-Maintenance at Fort McCoy

Maj. James L. Frangenberg became the new commandant for Regional Training Site (RTS)-Maintenance at Fort McCoy during a ceremony Aug. 11 in building 50 at the installation.

As commandant, Frangenberg is responsible for overseeing 12 separate ordnance-specific courses that support training of students of both active- and reserve-component forces annually.

Frangenberg was commissioned in 2009 through Federal Officer Candidate School at Fort Benning, Ga., according to his biography. Upon completion of Transportation Officer School, Frangenberg was assigned to 87th Combat Sustainment Support Battalion (CSSB), 3rd Sustainment Brigade, 3rd Infantry Division at Fort Stewart, Ga.

While serving in and under the 3rd Sustainment Brigade from 2009-2015, Frangenberg served in the following positions — platoon leader with the 24th Modular Ammunition Company and mobility officer with the 495th Movement Control Team deployed forward to Afghanistan.

Upon his return, he was selected to serve as the 87th CSSB HHD company commander, followed by serving as the chief of current operations in the 3rd Sustainment Brigade under the 3rd Infantry Division.

Frangenberg was released from active duty on June 1, 2015, and began serving in the Army Reserve in August 2016 where he was given command of the 455th Expeditionary Terminal Operations Element, his biography states.

He also served in support of De-

ployment Support Command and Surface Deployment Distribution Command

In 2018, Frangenberg was mobilized under the theater security agreement and served in the 4th Expeditionary Sustainment Command Early Entry Command Post in Joint Base San Antonio, Texas, as a logistics plans and operations officer in support of U.S. Army North and related support operations, his biography shows. Upon acceptance into the Active Guard Reserve in 2019, Frangenberg served as S2/S3 for the 3rd Battalion, 397th Observer Coach/Trainer Regiment under the 86th Training Division responsible for training, assessing, and execution of culminating Combat Support Training Exercises.

Frangenberg's education includes U.S. Army Officer Candidate School, U.S. Army Transportation Basic Officer Leadership Course, U.S. Army Logistics Captains Career Course, Department of Defense Support of Civil Authority, Department of Defense Joint Operations Planning Execution Contracting, and he is currently enrolled in Command and General Staff College.

Frangenberg's military awards and decorations include the Bronze Star Medal, Meritorious Service Medal, Joint Service Commendation Medal, Army Commendation Medal, Army Achievement Medal, Army Reserve Component Achievement Medal, National Defense Service Medal, Armed Forces Service Medal, Afghanistan Campaign Medal with two bronze star devices, Global War on Terrorism Service Medal, Army Service Rib-

[See more here](#)



Photo by Kevin Clark/Fort McCoy Multi-Media-Visual Information Office

Maj. James L. Frangenberg (right) receives the unit flag to take charge of Regional Training Site-Maintenance on Aug. 11 at Fort McCoy.

bon, Army Overseas Service Ribbon, NATO Medal (ISAF), and Meritorious Unit Citation.

RTS-Maintenance at Fort McCoy

aligns under the 3rd Brigade (Ordnance), 94th Division of the 80th Training Command, and is centrally located in the cantonment area with

an entire complex to hold training. (Article prepared by Regional Training Site-Maintenance and the Fort McCoy Public Affairs Office.)

NEWS NOTES

Burma Road construction affects hunting areas

From the Fort McCoy Directorate of Public Works Environmental Division Natural Resources Branch: "Attention hunters: Because of the continued expansion and improvement of Burma Road and the absence of safety barriers, Burma Road will be closed to all traffic until further notice. Areas north of the North Impact Area (including the North Flowage and Lost Lake) can be accessed by alternate routes.

"For safety reasons, training areas D-7 and M-7 will be closed to all activities during this period. These areas will be listed as closed on the Game Line. At this time, the closure of D-7, M-7, and Burma Road is projected to run into early 2023. Any changes will be provided through iSportsman and the Game Line."

For more information visit <https://ftmccoy.isportsman.net>.

Archery licenses available on iSportsman

The 2022 archery season is open soon, concurrent with the Wisconsin archery season. Hunters must have the appropriate Wisconsin licenses to hunt on post, as well.

This includes a general Wisconsin archery license, and the Fort McCoy archery permit. All are available for purchase through the iSportsman website, <https://ftmccoy.isportsman.net>.

Stop by to visit Army Community Service

The Army Community Service (ACS) Center is located in building 2111. ACS provides services that assist in maintaining the readiness of individuals, families, and communities within America's Army.

ACS is open 7:30 a.m. to 4 p.m. Monday through Friday. Authorized patrons only. Call 608-388-3505 for more information.

Learn more about Employee Assistance Program

The Employee Assistance Program (EAP) is located in building 1344. For information on EAP screening and referral services for substance abuse or other concerns and prevention education, call 608-388-2441. EAP services are provided for Department of Army civilian employees, military and Army civilian dependents, and retirees.

Fort McCoy Guide available throughout post

Copies of the 2022-23 Fort McCoy Guide are available around the installation. Copies were mailed to all workcenters and are available throughout the post at common areas such as the Fort McCoy Commissary, Fort McCoy Exchange, McCoy's Community Center, and Pine View Campground.

Call the Fort McCoy Public Affairs Office at 608-388-4128 with any further questions about the guide. An electronic version of the guide is also available online at the Fort McCoy Defense Visual Information Distribution System page at <https://www.dvidshub.net/publication/issues/63864>.

RSO offers religious education, more

The Fort McCoy Religious Support Office (RSO) builds community and provides opportunities for Fort McCoy personnel and families to experience growth in their faith, support in the midst of change, and opportunities to meet new people.

The RSO provides religious support through programs and events such as the Centershot Archery Program, Financial Peace University (FPU), Protestant Women of the Chapel

(PWOC), Walk to Mary, Easter and Christmas ecumenical services and fellowship events, community prayer luncheons for Memorial Day and Veterans Day, spiritual resilience retreats and training, and the RSO Winter Tubing Party.

A religious education library is available to all at the RSO; some books are free to keep while others are available check-out.

Also, for information about chapel and worship schedules in the surrounding communities, call 608-388-3528. The RSO is also on Facebook at www.facebook.com/FtMcCoyRSO.

And if you have an emergency, call 608-630-6073 (on-call duty chaplain). If you are not able to reach the on-call duty chaplain, call the Directorate of Emergency Services at 608-388-2266, and they will contact the on-call duty chaplain for further assistance.

Family Housing information

Family Housing is located in building 6158 on South Post. Single-family government homes, unaccompanied personnel housing, and Housing Service Office relocation/rental information is available there. They are open 7:30 a.m. to 4 p.m. Monday through Friday. Call 608-388-3704 or email usarmy.mccoy.imcom-central.list.dpw-housing@army.mil for more information.

Cabins at Pine View Campground always available

The Fort McCoy Directorate of Family and Morale, Welfare and Recreation (DFMWR) has many cabins available for rent near a popular fall colors viewing area at Pine View Campground.

All cabins at the campground are near Suuk-jak Sep Lake which is stocked annually with thousands of rainbow trout, plus also has many native species of fish available.

The cabins are also located near the La Crosse River, which has various species of trout available for trout fishing. Pine View Campground, and the lake, and more in the Pine View Recreation Area — all managed by DFMWR.

Following are the cabin rental rates:

- duplexes — military or Department of Defense (DOD) employee rate, \$105 a night; general public, \$125.
- one-bedroom cabins with a loft — military or DOD employee rate, \$110 a night; general public, \$130.
- lakeside two-bedroom cabins — military or DOD employee rate, \$120 a night; general public, \$145.
- east side two-bedroom cabins — military or DOD employee rate, \$135 a night; general public, \$160.

Get additional information about cabin rates by stopping by the campground office or calling the office.

New Soldier Experience Inspection

The Army will conduct an all-encompassing special inspection called the New Soldier Experience, which will look at the process of integrating new Soldiers into the Army's ranks.

The New Soldier Experience inspection will assess the Army's ability to transform civilian volunteers into professional Soldiers with common core values, ethical reasoning, motivation and discipline. This inspection supports three of the Secretary of the Army's priorities, which are to build positive command climates at scale across all Army formations, reduce harmful behaviors in our Army and strategically adapt the way we retain talent into the Army in order to sustain the all-volunteer force.

Learn more by visiting www.army.mil/ig.

Next issue of The Real McCoy

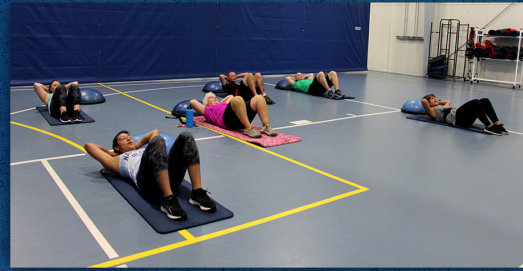
The next edition of The Real McCoy will be published Sept. 23. The deadline for submissions or article ideas is Sept. 14. For more information, call 608-388-4128.

RUMPEL FITNESS CENTER

FITNESS CLASSES

All classes are free!

Must pre-register at the front desk or call 608-388-2290.



BODY BLAST
Tuesdays
3:30 pm - 4:00 pm

ABS
Wednesdays
11:30 am- 12:00 pm



CYCLING
Thursdays
3:30 pm - 4:00 pm

608-388-2290 | www.mccoy.armymwr.com

OIL CHANGES

\$15*

Thursdays from 1 - 8 pm
Automotive Skills Center
Building 1763

Know How to
Change Your Oil?

Rent a bay for \$4 an hour

*Must provide own oil & filter



Call 608-388-3013 to schedule an appointment

facilities services

Warrior Restaurants

Designated Warrior Restaurants (Dining Facilities) are open at Fort McCoy. Military members and Department of Defense civilians on official orders for temporary duty training may use Warrior Restaurants. Units must coordinate through the Food Program Management Office at 608-388-6518/4739. Call them to learn which facility is available as well.

General Open Hours

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

Rates per meal

Breakfast — \$3.85
Lunch — \$6.15
Dinner — \$5.35

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://ftmccoyisportsman.net>.

McCoy's Community Center: Building 1571. Offers books, arcade, gaming area, and bowling. Open 11 a.m.-10 p.m. Tues.-Fri. and 4-10 p.m. Sat. (Bar, food, bowling). Call 608-388-7060.

Bowling Center: Open 11 a.m.-10 p.m. Tues.-Fri. and 4-10 p.m. Sat.

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. 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. 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. Call 608-388-9162 for information.

Tactics Paintball/Laser Tag: By appointment only; 2-day notice required. Call 608-388-3517.

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. Building 1571. Open 11 a.m.-10 p.m. Tues.-Fri. and 4-10 p.m. Sat. Call 608-388-7060.

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 608-388-3517.

Services

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. 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 8:11-30 a.m. and 12:30-3:30 p.m. Mon.-Wed. and Fri. and 9:30-11:30 a.m. and 12:30-3:30 p.m. Thur. By appointment only. Call 608-388-4563.

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

Installation Legal Office: Building 1644. 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.

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

This schedule is projected through Aug. 11, 2022. Hours of operation and services can change frequently. Call facilities to verify hours before traveling.

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

a.m.-4 p.m. By appointment only.
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. DA/command photos are by appointment only. Schedule at <https://vios.army.mil> or call 608-388-4520.

Official Mail Distribution Center: Building 1654. Open 7:30 a.m.-4 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 firewood permits. Open 7 a.m. to 3:30 p.m. Check ftmccoyisportsman.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.-Fri. 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. Passes issued at Main Gate outside of VCC hours. Physical Security open for fingerprints Thur. only; call 608-388-2266. 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 noon-3:30 p.m. Wed. and 8 a.m.-noon Fri. Call 608-388-2804.

Military Family Life Counseling: Building 2111. MFLCs can provide short-term, non-medical counseling at no cost and augment existing military support programs. Services can be provided on or off post. Call 608-388-8068 or 352-598-4972 or email fischert@magellanfederal.com 7:30 a.m.-4 p.m. Mon.-Fri.

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 in-clement-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 hot-line: 608-388-3000.

Occupational Health Clinic: Building 1679. Open 7 a.m.-3 p.m. Mon.-Fri. By appointment only. Call 608-388-8461.

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.

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 608-388-1882.

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

Reserve Officers Association, Fort McCoy-Readiness 43: For more information, call 920-535-0515 or email jstvdave49@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.

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MONTHLY BENEFITS BRIEFING

2022 DATES

- July 12
- August 9
- September 13
- October 11
- November 8
- December 13

SESSIONS HELD AT ARMY COMMUNITY SERVICE (LDWG 2111)

9-10 am: Tricare Humana Briefing

10-11 am: Monroe County Veterans Service Officer (CVSO) Briefing

To register, please call ACS at 608-388-2359 or send an email to dianne.l.sommers.civ@army.mil

Soldiers, Spouses, Retirees, and Family Members are highly encouraged to attend.

What is required to receive benefits in the states? How much are my military allowances? What are the rules for my military health insurance? How do I get my military ID card? How do I get my military commissary card? How do I get my military ration book? How do I get my military ID card? How do I get my military commissary card? How do I get my military ration book?

mccoy.armymwr.com | 608-388-3505

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

Send advertising inquiries to kyle@evansprinting.com or call 608-377-4296.

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Editor/Public Affairs Specialist.....Scott T. Sturkol
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Commemorative Area CaretakerRobin Michalski
Editorial Content608-388-2769

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

FIREARM REGISTRATION POLICY

All privately owned firearms brought on the installation must be registered through the Directorate of Emergency Services (DES) Police Department. Firearm registration is required by Army Regulation 190-11, 4-5, "Privately owned weapons and ammunition."

Firearms are required to be registered prior to entrance or immediately upon entering any lands identified as Fort McCoy property. For more information, call 608-388-2266.



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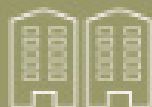
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