Appendix
September 8, 2023
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Thousands train at McCoy during CSTX 86-23-02

More than 7,000 troops made up the environment that was the 86th Training Division's Combat Support Training Exercise 86-23-02 at Fort McCoy from Aug. 12-26.

That group of troops included Army Reserve Soldiers with rotational training units as well as training partners from combined and joint forces from the Navy, Marines, and Air Force and international service members from Great Britain, Canada, and Estonia, 86th Training Division organizers said.

"There were approximately 46 rotational training units involved and 16 training partners in this exercise," said Maj. Jon Dahl, public affairs officer with the 86th.

All the rotational training units conducted simulated combat operations in "a dynamic and complex environment in support of live, constructive, and virtual maneuver forces with joint and coalition partners," Dahl said.

The Chief of the Army Reserve and Commanding General of Army Reserve Command, Lt. Gen. Jody Daniels, visited the training in mid-August. She stated on a Facebook post that visiting with hundreds of troops and seeing the training firsthand went well.

"Great to see our Soldiers flexing their skills and equipment," Daniels stated on the post.

The CSTX training environment falls in line with the 84th Training Command's training apparatus. According to the 84th, they are the executing agent for the Army Reserve's Combat Support Training Program, or CSTP.

"The CSTP is comprised of Warrior Exercises and Combat Support Training Exercises, which are large-scale collective training exercises designed to immerse units into tactical training environments that closely replicate what they might experience in operational deployments," the 84th website states at https://www.usar.army.mil/Commands/Functional/84th-TNG-CMD/About-Us. "The 84th (See CSTX, Page 4)



Top and bottom left photos by Sgt. Khylee Woodford/200th Military Police Command; bottom right photo by Spc. Addison Shinn/ 366th Mobile Public Affairs Detachment (Above) Army Reserve military police assigned to the 1367th Military Police Company located in Middletown, Conn., lead a convoy element during Combat Support Training Exercise (CSTX) 86-23-02 on Aug. 17 at Fort McCoy. (Bottom left) A Soldier traverses a wet gap crossing in a M1151 Enhanced Armament Carrier Humvee during CSTX ops Aug. 18 at Fort McCoy. (Bottom right) A Soldier with the 996th Engineering Company engages enemy fire during a convoy training event for CSTX on Aug. 23 at Fort McCoy.

Fort McCoy's food-service team has busy July, August supporting 2023 CSTX, XCTC training

BY SCOTT T. STURKOL Public Affairs Staff

Fort McCoy Food Program Manager Andy Pisney has often said that "food service is a training enabler." During July and August 2023 at Fort McCoy, it surely enabled thousands of troops as Pisney and his team provided tens of thousands of meals for troops training at the installation.

Though July was very busy, August was likely the busiest training month Fort McCoy has seen in some time with thousands of troops training at the installation for the Wisconsin National Guard's 2023 eXportable Combat Training Capability (XCTC) exercise as well as the

Pisney said the XCTC exercise received support from the Logistics Readiness Center (LRC) Food Program Management Office and LRC Supply Subsistence Management Office that included 5,757 cases of Meals, Ready-to-Eat (69,084 meals); 96 cases of Halal Meals, Ready-to-Eat (1,152 meals); 1,391 Unitized Group Rations (69,550 meals); 975 cases of milk (26,325 individual milk containers); \$15,000plus of food enhancements (cereal, fruit, salad mixes, and dressings); and 6,374 20-pound bags of ice.

The support for CSTX was even greater, Pisney said.

"For CSTX, we supported them in Dining Facility 1672



Unmanned aerial ops

Photo by Amanda Clark/Fort McCoy Multimedia-Visual Information Offic

(Above) Wisconsin National Guard Soldiers prepare an drone aircraft for operation July 26 on North Post at Fort McCoy during the 2023 eXportable Combat Training Capability (XCTC) exercise on post. (Below) The drone takes off for a training mission July 26 as part of the exercise. The XCTC exercise took place at Fort McCoy from July-August and the Wisconsin

86th Training Division's Combat Support Training Exercise (CSTX) 86-23-02.

"For XCTC we supported their Class I requirements only," Pisney said. "We didn't feed them in the dining facility." which fed 31,102 meals for those participants on the cantonment area," Pisney said.

Pisney said the CSTX received support from the LRC Food Program Management (See FOOD, Page 4)



Photo by Andy Pisney

Food is loaded on a military truck for the 2023 eXportable Combat Training Capability (XCTC) exercise in July at the Supply Subsistence Management Office at Fort McCoy. National Guard's 32nd Infantry Brigade Combat Team and its associated units practiced many capabilities while completing their training at the installation.



Reserve Soldiers complete training on Engagement Skills Trainer at McCoy

STORY & PHOTOS BY SCOTT T. STURKOL Public Affairs Staff

Dozens of Army Reserve Soldiers lined up Aug. 10 to complete a part of their M4 qualification training at the Engagement Skills Trainer (EST) II simulator at Fort McCoy.

"Soldiers are required to complete training on the Engagement Skills Trainer before actually going out to the range to complete their qualifications there, so this training facility is one of our busiest," said Fort McCoy Training Support Officer Rob Weisbrod with the Fort McCoy Directorate of Plans, Training, Mobilization and Security.

"The system is realistic, and it allows Soldiers that opportunity to hone their marksmanship skills," he said.

The training facility has two sides where Soldiers can complete their training. The trainer itself is unique, too, Weisbrod said.

And according to the EST II description from the U.S. Army Acquisition Center, the EST II is "designed to simulate live weapon training events that directly support individual and crew-served weapons qualification, including individual marks-(See TRAINER, Page 4)



Army Reserve Soldiers complete training on the Engagement Skills Trainer II simulator Aug. 10 at Fort McCoy. The Soldiers were completing qualification annual training for marksmanship on their rifle requirements.



LEARN MORE ABOUT FORT MCCOY ONLINE AT HOME.ARMY.MIL/MCCOY, ON FACEBOOK BY SEARCHING "FTMCCOY," AND ON TWITTER BY SEARCHING "USAGMCCOY."

EDITORIAL/NEWS

BY COL. STEPHEN T. MESSENGER Commander, Fort McCoy Garrison

It's official. We dropped our second child at college this week, and she's off on her own adventure 1,000 miles away from home. We're not worried. In the last 18 years, she's emerged as an incredibly independent woman who's ready to take on the challenges of life.

Right before we drove away, we imparted our last shot of wisdom upon her. In the end, my wife and I each gave her one, and she surprised us by giving herself one too.

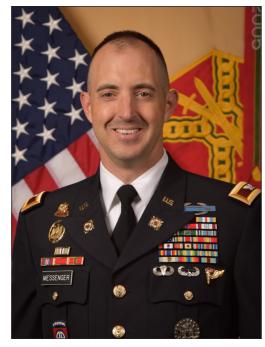
These three pieces of advice were great for a college kid. But they also resonated with me in my own leadership journey. I know this applies to all of us at Fort McCoy, as well.

1. Understand Your Big Rocks and Focus on Them — My advice came from a probably familiar story by author Stephen Covey about understanding the biggest, most important things that matter to someone in their life.

He calls these your big rocks and argues everyone must know what their big rocks are.

For my daughter, I argued her four big rocks were most likely these in order: God, grades, work, and exercise.

It's critical to prioritize your comprehensive fitness. This includes spiritual resiliency (God), mental acuity (grades), financial stability (work), and health (exercise). Both colleges and Fort McCoy offer a



lot of great activities that support holistic fitness to include the emotional and social components.

The environment also offers a lot of activities that distract students from achieving their goals: parties, alcohol, social media, unnecessary drama, the ability to sleep in, and a host of other ways to push to the side what's really important. We have some of those here too.

Focus on the big rocks above all else and don't get distracted from your end goals.

2. When You Make a Mistake, Don't Compound It with Another — My wife offered better advice than me (as usual); it was about messing up.

She said you're going to make a bad decision-it's going to happen. The key is to not compound that decision with another bad one.

I thought about this like my Spidey-sense. It's when I find myself in a situation that just doesn't feel right. I shouldn't be in that part of town, having to make this decision, or in a bad conversation that I knowingly walked into. Something in my gut knows it's wrong, and I was the one who put myself there.

There's no problem with that. Just make a better decision to get out of it.

Ask for help. Phone a friend. Call your parents (hint. hint.). Do something to accept the consequences of your mistake and prevent anything worse from happening.

We all mess up. It's what you do after which proves your character and demonstrates your leadership ability.

3. Take Charge of Your Life-Don't Let It Take Charge of You — My daughter's parting shot of wisdom to herself was that you have to run your life, or it'll run you. This was encouragingly profound coming from my 18-year-old daughter, and she certainly understands that life is going to pass us all by if we don't take control of it.

She's done this well in the last two years. Instead of going to a traditional high school, she's chosen a non-conventional route of college classes online and in-person.

She took ownership of her finances and got a job. And she's been involved in a number of activities to target career goals.

You can't wait until life knocks on the door one day and asks if you want to be successful. You have to go out and get it. It ties into the big rocks-go hunt what's important and don't get distracted.

"Be true to the game, because the game will be true to you. If you try to shortcut the game, then the game will shortcut you. If you put forth the effort, good things will be bestowed upon you. That's truly about the game, and in some ways that's about life too." - Michael Jordan

The beauty of advice

We all need advice from time to time. Whether we're a new college student or an established professional, there is so much to learn from others.

I started this conversation with my daughter thinking I was giving advice. I received two great pieces in return. Be great today!

LEADERS VISIT WITH TROOPS AT FORT MCCOY



Lt. Gen. Jody Daniels, Chief of the Army Reserve and commanding general of U.S. Army Reserve Command, talks with troops in the field Aug. 14 during the 86th Training Division's Combat Support Training Exercise 86-23-02 at Fort McCoy. Daniels visited with hundreds of troops during a brief visit to the installation. The lieutenant general also visited with troops participating in the 2023 Global Medic exercise.





<image>

Command Sgt. Maj. Andrew Lombardo (second from left), command sergeant major of the U.S. Army Reserve Command, visits with troops participating in the 2023 Global Medic exercise Aug. 16 at Fort McCoy.

Maj. Gen. Matthew Baker, commanding general of the 88th Readiness Division and Fort Mc-Coy senior commander, shakes hands with Soldiers with the 304th Public Affairs Detachment at Fort McCoy. The 304th Soldiers later deployed.

'BEHIND THE TRIAD' WITH THE GARRISON COMMANDER



"Behind the Triad" is an award-winning series of videos hosted by Fort McCoy Garrison Commander Col. Stephen Messenger that highlights the hard-working, behind-the-scenes employees around the installation who help make Fort McCoy the outstanding installation it is today.

In this episode of Behind the Triad available at https://www.dvidshub. net/video/894023/behind-triad-pine-view-campground, Fort McCoy Garrison Commander Col. Stephen Messenger checks out all the activities available at Pine View Campground with Recreation Assistants Skylar Pierce and Skye Audiss. Skylar and Messenger play a round of miniature golf and test their paddle board skills at the lake. Skye gives the garrison commander a tour of one Eastside Cabin and a new destination trailer available for rent. Messenger ends his day taking a hiking trail to the see Trout Falls.

Pine View Campground on Fort McCoy is open to the public. Learn more by visiting <u>https://mccoy.armymwr.com/programs/pine-view-camp-ground</u>.

Watch for new episodes on Fort McCoy's YouTube channel at https:// www.youtube.com/channel/UCUF0_BwU3d2p5j1rThTE_kw. Or, find it at the Fort McCoy Multimedia-Visual Information Office Defense Video and Imagery Distribution Service page at <u>https://www.dvidshub.net/</u> unit/FMMVIB. COL Stephen T. Messenger Garrison Commander

Recreation Assistant - DFM

Skye Audiss

Skylar Pierce Recreation Assistant - DFMWR

NEWS Fort McCoy's fitness center renovation continues; progress past 80 percent

STORY & PHOTOS BY SCOTT T. STURKOL Public Affairs Staff

By early September, workers with R.J. Jurowski Construction Inc. of Whitehall, Wis., continued to make steady progress on the renovation project of the Rumpel Fitness Center at Fort McCoy, Fort Mc-Coy Directorate of Public Works (DPW) officials said.

The project began Nov. 1, 2022, and was originally expected to be complete in fall 2023 but could go longer, officials said.

The project includes the exterior receiving new siding, roofing, and sidewalks as well as a storage addition.

The interior is receiving a full layout redesign that includes locker rooms, cardio/stretching/equipment areas, and offices, said General Engineer Gareth Ferguson with the Fort McCoy DPW. There will also be fresh paint throughout, a new entryway and vestibule, and a new redesigned pool, Fort Mc-Coy Directorate of Public Works officials said.

As of Sept. 1, the project was more than 80 percent complete, DPW officials said.

Ongoing work includes interior framing; drywalling; heating, ventilation, and air conditioning, and electrical installation; exterior siding; more entranceway construction; and more.

Overall, it's a multi-million-dollar renovation for the fitness center that's never been done before.

"The overall project includes the exterior receiving new siding, roofing, and sidewalks as well as a storage addition," Ferguson said in a previous article. "The interior is receiving a full layout redesign that includes locker rooms, cardio/stretching/ equipment areas, and offices. There will also be fresh paint throughout, a new entryway and vestibule, and a new redesigned pool."

Having construction projects like this completed with local contractors also supports local economies.

Fort McCoy's total economic impact for fiscal year (FY) 2022 was an estimated \$2.52 billion, above the \$1.93 billion reported for FY 2021, garrison officials announced in March 2023. The data was compiled by Fort McCoy's Plans, Analysis and Integration Office.

Workforce payroll, operating costs, and other expenditures totaled \$629.08 million for FY 2022 compared to \$481.6 million for FY 2021.

FY 2022 operating costs of \$391.46 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. Other expenditures accounted for \$52.25 million and covered \$339,994 in payments to local governments (including land permit agreements, school district impact aid, etc.) as well as \$51.91 million in discretionary spending in local communities by service members training and residing at Fort McCoy.

Patric McGuane, director of Fort McCoy Directorate of Family and Morale, Welfare and Recreation, said in 2022 right before the renovation began that it was needed. But, when it is all done it will be well worth it.

"The renovations will create a modernized, energy efficient facility," McGuane said.

Fort McCoy was established in 1909 and its mot-



Workers with R.J. Jurowski Construction Inc. of Whitehall, Wis., work on the renovation construction project of the Rumpel Fitness Center on Aug. 15 (above) and Sept. 6 (below) at Fort McCoy.



to 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 "usagmc-coy."

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

Work to build new foundations for relocated World War II-era barracks under way at Fort McCoy

STORY & PHOTOS BY SCOTT T. STURKOL Public Affairs Staff

Earlier in 2023, history was made at Fort McCoy when four World War II-era barracks were moved from the 1600-block to other areas of the cantonment area in an effort to save the

buildings for reuse in spaces in other blocks.

Contractor JMJ Construction of New Lisbon, Wis., and Heritage Movers of Blue River, Wis., successfully moved the first two of the four barracks on Feb. 24 and March 2. Then they moved the last two buildings from the 1600 block to the 1800 block and 2800 block on April 4 and April 6, respectively.

Once the buildings were moved, they were set on blocks and fenced off until further work could be completed in their new areas. Well, that work recently began this summer in early August with the building of the new foundations for the buildings, said Fort McCoy Directorate of Public Works (DPW) General Engineer Gareth Ferguson.

On Aug. 17, Ferguson said foundation footings were being poured for the first barracks foundation and the work would simultaneously continue for all the other building foundations.

"These will all go essentially along the same process — excavate, form and pour foundation footings, backfill/stub in utilities, foundation pour, and finally shift building onto the new foundation," Ferguson said.

The original contract amount to do the move of the four buildings and complete all the work was approximately \$1.7 million, DPW officials said.

The contract scope of work shows that in addition to moving the buildings to their new locations, the work includes building new concrete foundations, installing new furnaces, hot water heaters, and completing site work such as installing utilities and completing grading and sidewalks, said DPW Construction Inspection Branch Chief Dan Hanson.

The contract scope of work also includes repairs to anything damaged during transport.

And looking back at Fort McCoy's history, all four of the buildings were originally built 81 years ago in 1942 during the construction of Fort McCoy's cantonment area. An article in the Aug. 28, 1942, edition of The Real McCoy newspaper discussed the actual construction of the cantonment area and these buildings.

"Actual building and grading operations for the erection of the hundreds of buildings began March 20, 1942, although the original survey by a corps of engineers was made in July 1941. Authorization for construction was given by the War Department on Feb. 9, 1942."

The article also states, "Each of the new buildings is of the most modern military design for comfort and welfare of the Soldiers. All are equipped with the latest of scientific appliances. The first Soldiers to move into the new area were the Camp McCoy Military Police. Hundreds of mechanics of every type and description were employed to grade and construct the hundreds of buildings, warehouses, recreation centers, chapels, and other necessary buildings. A few months ago, this new camp site was a countryside consisting of beautiful hills and valleys studded with scrub oak, jack pine, and wild grass. Today it is one of the finest military camps in the world."

Ferguson said the plan is to have all the work completed on the new foundations and buildings placed on them before the end of 2023.

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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(Above and below) The construction area for a new foundation for a World War II-era barracks is shown Sept. 6 at Fort McCoy. The work is the next step after four World War II-era barracks were relocated from one block on the installation to new locations on post and have to be reset at their new locations with new foundations, utilities, etc. The effort to relocate barracks buildings in 2023 was the first time that effort was ever completed in Fort McCoy's history.



NEWS

CSTX

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TC provides mission-appropriate training events in accordance with Forces Command and U.S. Army Reserve Command directives, to enable commanders to achieve, improve, and sustain premobilization collective readiness.'

Troops were located across Fort McCoy. Quartermaster troops were operating at Big Sandy Lake on South Post. Other units were set up at Young Air Assault Strip, Logistical Support Area Freedom, and several other austere locations on South Post.

On North Post, troops conducted training out of Logistical Support Area Liberty as well as several training area locations in forested and open areas.

And while numerous variations of training was being conducted throughout the post each day of the exercise, there was also infrastructure improvement and construction getting done through troop projects during the exercise.

On the cantonment area, the 996th Engineer Company of Milwaukee completed a project to replace 140 feet of sidewalk.

"They came in and went to work right away," said Fort McCoy Troop Projects Coordinator Larry Morrow with the Fort McCoy Directorate of Public Works. "We appreciate all the work they're doing for us in improving Fort McCoy.'

The engineer company received the project on Aug. 14 and went to work right away. Project completion was Aug. 21. The 996th also worked on adding more metal siding to buildings to another troop project at Tactical Training Base Courage on South Post.

And at Logistical Support Area Liberty the 467th Engineer Battalion and 477th Engineer Platoon and others continued work on an ongoing troop project that began in 2022 to create new office buildings. During CSTX, engineers got a fifth building framed and mostly constructed.

"That was great to see," Morrow said.

And all throughout the exercise, participants also received support from Fort McCoy Garrison personnel within the Directorate of Plans, Training, Mobilization and Security; Directorate of Family and Morale, Welfare and Recreation; and more. Staff with the Fort McCoy Logistics Readiness Center's Food Service Team and Central Issue Facility also were crucial to the success of the exercise, officials said.

But the CSTX was about the training. Across the board, 86th Training Division planners said the exercise met or exceeded expectations, Dahl said.

And the Army Reserve's leader noted in another social media post on the Fort McCoy page that the CSTX was indeed a special event.

"Awesome training being conducted by the U.S. Army Reserve," Daniels stated.

Learn more about the Army Reserve by visiting https://www.usar. army.mil. Learn more about the 86th Training Division by visiting https://www.usar.army.mil/84thTC/86thTD.

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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86th Training Division Public Affairs Office.)

FOOD

Office and LRC Supply Subsistence Management Office that included 8,892 cases of Meals, Readyto-Eat (106,704 meals); 33 cases of Kosher Meals, Ready-to-Eat (396 meals); 154 cases of Halal Meals, Ready-to-Eat (1,848 meals); 2,250 cases of Sun Meadow Meals (40,500 meals); 2,366 Unitized Group Rations (118,300 meals); 4,380 cases of milk (118,260 individual milk containers); \$71,000-plus of food enhancements (cereal, fruit, salad mixes, and dressings); and 8,022 20-pound bags of ice.

"Meal kits are just a complete meal that requires no food-service preparation," Pisney said. "The Unitized Group Rations require food-service capability — a food-service specialist — to prepare. These rations are configured in 50-person modules and contain meat, starch, vegetables, condiments, and beverages.

Pisney said his team always works hard to meet mission requirements and wants the troops to always have what they need for food service and support.

"We don't ever want it to be a distractor," Pisney said in a previous article about supporting mission requirements. "The mission always comes first, and if we can support the mission without distracting – that's perfect.

from Page 1

Mary Hardie, Jim Gouker, Nancy Brown, Katie Olson, Kris Miner, Bill Weekley, Eric Devine, and Scott Molle.

Food service contractor, DCT Incorporated: Karyl Habeck, Amy Ely, Bryon Schuster, and the rest of their Warrior Restaurant management and staff

Veterinary Services Soldiers at Fort McCoy: Staff Sgt. Josue Vargas Perez, Sgt. Renthia Wreh, and Pfc. Courtney Williams.

"I appreciate everything this team does. We are here to support. It's our mission, and we always try to do the best we can," Pisney said.

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.

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Photos by Scott T. Sturko A training operations area for Combat Support Training Exercise 86-23-02 is shown Aug. 21 at Young Air Assault Strip on South



Soldiers participating in Combat Support Training Exercise 86-23-02 guard the entrance to Big Sandy Lake on Aug. 21 on South Post at Fort McCoy.



Combat Support Training Exercise 86-23-02 participants review a training session Aug. 16 on North Post at Fort McCoy.



Following are some of the people he said who are crucial to the success of the entire program.

- Food Program Management Office and LRC Supply Subsistence Management Office: Pisney,

TRAINER

coy."

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

Food is loaded on a military truck for the 2023 eXportable Combat Training Capability (XCTC) exercise in July at the Supply Subsistence Management Office at Fort McCoy.

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manship, small unit collective and judgmental escalation-of-force exercises in a controlled environment. It provides detailed feedback to the individual fire team/squad that covers the fundamentals of marksmanship, fire control and distribution of fires."

During the Aug. 10 training, the Soldiers each took their turns getting their training completed on the trainer through the direction of DPTMS employees like Heath Sayer who operate the trainer.

Sayer and other EST operators set up each round of operations for the Soldiers to get through their required training. "They do a great job," Weisbrod said.

During their training time Aug. 10, the Soldiers were also visited by a U.S. Senator from Wisconsin as well as the Fort McCoy Senior Commander Maj. Gen. Matt Baker, who is commanding general of the 88th Readiness Division, and the Fort McCoy Garrison Commander Col. Stephen Messenger.

After completion of their training, the Soldiers then participated in the 86th Training Division's Combat Support Training Exercise 86-23-02



Army Reserve Soldiers complete training on the Engagement Skills Trainer II simulator Aug. 10 in the 200 block at Fort McCoy.

Engagement Skills Trainer key to Soldier success for marksmanship

STORY & PHOTOS BY SCOTT T. STURKOL Public Affairs Staff

The Engagement Skills Trainer in the Fort McCoy Simulations Training Complex in the 200 block of the installation sees a lot of boots go through its doors every year - more than 11,000 sets as a matter of fact

That's right. More than 11,000 Soldiers complete marksmanship training on this simulations training platform every year at Fort McCoy, and it's only growing, said Fort McCoy Training Support Officer Rob Weisbrod with the Fort McCoy Directorate of Plans, Training, Mobilization and Security.

'Soldiers are required to complete training on the Engagement Skills Trainer before actually going out to the range to complete their qualifications there, so this training facility is one of our busiest," Weisbrod said. "The system is realistic, and it allows Soldiers that opportunity to hone their marksmanship skills."

The U.S. Army Acquisition Support Center's description of an Engagement Skills Trainer, available at https://asc.army.mil/web/ portfolio-item/engagement-skills-trainer-est, states the many capabilities of the system.

"The Engagement Skills Trainer (EST) II is designed to simulate live-weapon training events that directly support individual and crew-served weapons qualification, including individual marksmanship, small unit collective and judgmental escalation-of-force exercises in a controlled environment," the description states. "It provides detailed feedback to the individual fire team/squad that covers the fundamentals of marksmanship, fire control, and distribution of fires. The EST II simulator provides enhanced diagnostics with intelligent Automatic Coaching and Virtual Battle Space 3 based collective training enabled by the system's open architecture.

"The EST II provides an impressive array of functionality for both instructor and trainee - solid weapon handling and shot placement analytics, coaching tools that highlight trainee results in real-time for reinforcement of correction, and enhanced graphic capabilities for an immersive training platform," the description states

And as a benefit to the warfighter, the center's description further states, "EST II simulates weapons training events that lead to live-fire qualifications for individual or crew-served weapons. EST II provides weapons training in a controlled environment that reduces range/live-fire fees and provides the Soldier with more trigger time. Units utilize EST II to improve and excel at marksmanship skills, which improve performance during live-fire training and on the battlefield."

Simulations training is also a large part of operations during exercises and other training events at Fort McCoy, which includes the Engagement Skills Trainer, Weisbrod said. An example is when Reserve Soldiers completed training during the recent 86th Training Division Combat Support Training Exercise 86-23-02. And in years past, for example, there was Operation Cold Steel, which was the Army Reserve's first large-scale live-fire training and crewserved weapons qualification and validation exercise.

Simulations training also has improved overall in recent years on post, Weisbrod said, especially with the six new simulations



(Above) Heath Sayer with the Fort McCoy Directorate of Plans, Training, Mobilization and Security coordinates training Aug. 10 in the Engagement Skills Trainer II simulator at Fort McCoy. (Below) Army Reserve Soldiers complete training on the Engagement Skills Trainer II simulator Aug. 10 in the 200 block at Fort McCoy.



buildings built in the 200 block since 2020. The addition of all the new buildings have provided more opportunities to bring in more training

In a previous article, Weisbrod said the new buildings helped the garrison co-locate all installation simulators together to "provide a one-stop service for units conducting training on post." Additionally, he said, it allows Fort McCoy to fully support a "live-virtual-constructive integrated training environment."

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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Joint medical readiness training builds allied bonds at Exercise Global Medic

STORY & PHOTO BY SPC. RILEY ANFINSON U.S. Army Reserve

FORT McCOY, Wis. — Hundreds of U.S. Army Reserve Soldiers from across the country and their Canadian armed forces counterparts conducted a simulated medical evacuation training event here Aug. 18, 2023, as part of Exercise Global Medic 2023.

Global Medic is an annual multicomponent, multinational collective training exercise where forces from all components along with joint and international partners perform a collective medical training event to test their medical equipment and systems as well as treatment techniques and procedures to help increase medical readiness for future conflicts.

"Medical preparedness is one of the most essential things the military can have, especially with joint force training," said Spc. Selena Sanchez, an operating room specialist with the 7455th Medical Operations Readiness Unit. "It lets us know what we need to do when that time comes."

One way the team enhances the realism of the medical training is through the use and application of moulage. Moulage is the art of applying fake blood, faux splintered bones and a host of other simulated trauma injuries on mannequins and Soldiers.

"We apply moulage to simulate real injuries and real wounds," said Canadian Army Cpl. Mak, a medic from the 12th Field Ambulance out of Vancouver, Canada. "This gives our troops the most realistic training possible. It's as real as it gets."

This was Sanchez's first time teaching medical readiness. She stressed the importance of joint training and the interoperability between the services.

"Being able to share ideas between joint forces is incredible," said Sanchez. "Not only am I teaching them, I'm also learning from them as well."

Mak also emphasized the importance of joint training and expanding on each other's knowledge and experiences.

"I'm going to be able to take back a lot of information to my unit and pass it on to them," said Mak. "The members I serve with in the Canadian armed forces are my brothers and sisters and likewise within NATO."

Joint training exercises, such as Global Medic, establish and maintain strong relationships between the U.S. and NATO allies, fostering an alliance to build on for future exercises.

"This exercise helps us strengthen our working relationship, cooperation, and trust," said Mak. "Altogether it builds cohesion, and we're like a family."



Army Reserve Brig. Gen. Matt Metzel, deputy commanding general (operations), 200th Military Police Command, is fitted with a cut suit Aug. 18 by U.S. Army and Canadian army Soldiers as part of Exercise Global Medic 2023 — an annual multinational, joint force medical readiness exercise at Fort McCoy. The cut suit is a surgical simulation suit, allowing Army surgeons to practice making incisions on various human body parts during surgical simulations.

Specialized team of Army Reserve Soldiers hone skills during 2023 Global Medic

STORY & PHOTO BY SGT. 1ST CLASS AARON ROGNSTAD U.S. Army Reserve

FORT MCCOY, Wis. — Saving lives is no easy task, and it often takes a team of highly trained medical experts from various specialties working together to be successful.

One of those critical team members who often works behind the scenes is the laboratory technician or medical laboratory specialist.

Recently a group of Army Reserve Soldiers in this specialized military profession honed their skills at Fort McCoy during Exercise Global Medic 2023.

Global Medic is a multi-component collective training exercise where forces from all components along with joint and international partners perform a collective medical training event to test their medical equipment, systems and procedures to help



prepare for future conflicts.

"The important part about the lab is it takes the guesswork out of what nurses and doctors do," said Spc. Matthew Singletary, a lab specialist with the 345th Field Hospital. "Nurses and doctors are extremely educated people, but at the end of the day, the lab is giving them concrete facts about what is going on inside the body to help them make a further educated guess of how the patient is responding to treatment and what's wrong with them."

Singletary and a small team of Soldiers use their knowledge of hematology and blood work to collect blood and identify its type to match a donor to the recipient that may lead to saving a person's life. Medical lab specialists play a key role in the interoperability and success of the medical field.

"When it comes to lab work, I say nurses get most of the credit, and it takes quite a bit of time to become a tech," said Army Reserve Spc. Joseph Rodriguez, a lab specialist with the 345th Field Hospital. "It takes a year of coursework, and we go through rigorous courses like chemistry, hematology, blood, bank, urinalysis, and microbiology."

Sgt. Milton Quiroga, Spc. Joseph Rodriguez, and Pfc. Enrique Carrasquillo, participate in a mock blood draw Aug. 19 at Fort McCoy as part of Exercise Global Medic.

Medics, doctors, or nurses must first request blood sample testing to get the ball rolling. From there, medical laboratory specialists look at the requests submitted and the blood tests they perform.

"The accuracy and efficiency of the laboratory specialists, makes saving lives easier," said Army Reserve Sgt. Milton Quiroga, noncommissioned officer in charge of the lab team, 345th Field Hospital. "Even though laboratory specialists work in the shadows, without them, the Army wouldn't be able to save lives as quickly and efficiently as they do today."

When a Soldier needs life-saving medical care, they can rest assured that Soldiers like Quiroga and his team will continue to provide the most accurate and timely information possible.

"Physicians are providers who work in the background most of the time, in the silence and the shadows," said Quiroga. "But without the laboratory and my physicians, we cannot save lives properly and give a good diagnosis."

Army physical therapy eases pain, aids Soldiers during Global Medic

STORY & PHOTO BY SGT. MIKAYLA FRITZ

U.S. Army Reserve

FORT McCOY, Wis. — Staying in top physical condition and being able to perform a variety of duties when called is key to a Soldiers individual readiness, health, and well-being.

If a Soldier sustains an injury, it can negatively impact them, their unit and their assigned mission.

In order to minimize that negative impact, a specialized team of medical personnel here are tasked with making sure that Soldiers who have sustained an injury are able to return to their duties as quickly and as safely as possible.

That team is comprised of Army Reserve physical therapy Soldiers from the 311th Medical Surgical Detachment, who recently treated troops with acute and chronic pain here during Exercise Global Medic, 2023.

Global Medic is a multi-component collective training exercise where forces from all components along with joint and international partners perform a collective medical training event to test their medical equipment, systems and procedures to help prepare for future conflicts.

"A majority of the problems that Soldiers face when they get deployed are musculoskeletal," said Lt. Col. Tola Akomolafe, a physical therapist assigned to the 311th MSD. "We act as musculoskeletal medicine experts to help screen for functional impairment, things that potentially lead to disability, things that will stop the Soldier from performing."

Akomolafe and his team treat patients' needs and focus on prevention and long-term recovery. The group teaches patients different stretches independently and in austere environments.

"Showing them how to do treatments, and then convincing them as to why it's important to do those things, will enhance their performance on the battlefield," said Akomolafe. "That goes a long way toward their recovery, because physical therapy is crucial to helping Soldiers."

"The physical therapist here is phenomenal," said Army Reserve 1st Lt. Briana Rodriguez, who received physical therapy treatment for



Sgt. Jacquelyn Tserpelis and Lt. Col. Tola Akomolafe, both with the 311th Medical Surgical Detachment, treat a patient with physical therapy at Fort McCoy on Aug. 19 as part of Exercise Global Medic.

her hip during the training exercise. "Lt. Col. Akomolafe has been practicing physical therapy for 35 years and genuinely wants to help Soldiers feel better."

The physical therapy team here is comprised of several experienced Soldiers, but one member of the team is here learning valuable new skills before attending physical therapy school in the near future.

"This is the best hands-on training I could have asked for," said Sgt. Jacquelyn Tserpelis, who has an emergency medical technician background and an associate degree in kinesiology.

"Everybody here knows Akomolafe from over the years and loves him."

When he is not performing his military duties for the Army Reserve, Akomolafe runs a civilian physical therapy practice in Georgia and brings his extensive experience and expertise to his military assignment, assisting Soldiers with various musculoskeletal injuries and utilizing acupuncture techniques for pain management.

Noone ever expects to sustain an injury, but when it happens Soldiers here can rest assured that they will be in good hands with the highly skilled and caring physical therapy team.

"We can prevent bigger injuries by preventing unnecessary surgeries," said Tserpielis.

"We like to keep people healthy and fighting in top form."

NEWS Soldiers train in August session of Unit Movement Officer Deployment Planning Course at Fort McCoy

STORY & PHOTOS BY SCOTT T. STURKOL Public Affairs Staff

More than a dozen students in the Unit Movement Officer Deployment Planning Course learned about all aspects of transporting military equipment, vehicles, goods, and more in August during 10 days of training.

The course, taught by the 426th Regional Training Institute/Wisconsin Military Academy of the Wisconsin National Guard, a Fort McCoy tenant organization, provides 80 hours overall of training.

"Our overall mission is that we train selected noncommissioned officers, officers, and warrant officers," said course instructor Staff Sgt. Alexander Kilbane with the 426th. "It doesn't matter if they are active duty, National Guard, or Reserve. We teach them how to move or transport any of their unit's organic equipment, whether that's by boat, by plane, by train, or by trucks to anywhere in the world.

"And once they are done with our class, then they are certified to conduct training or movement related operations," Kilbane said.

The teaching of the course also goes regularly with any time a unit has a part in a rail movement at Fort McCoy, which in recent years there has been many. Kilbane's team has supported teaching Army transportation companies, engineer companies, and more. And that has included troops from not just the Wisconsin National Guard but from other states as well.

And, to complete their course training, Kilbane said they work regularly with the Fort McCoy Logistics Readiness Center (LRC) team.

"We coordinate with the LRC through their unit movements team every single month - multiple times a month," Kilbane said. "We also go into their building and go beyond rail and (complete) pallet mock-ups.'

Kilbane said LRC personnel also support the course as guest speakers to give a different perspective on transportation subjects as well.

Another aspect Kilbane said is helpful as well is a location on the installation, a rarely used rail-loading spur near building 50 on post, that offers great training for students. The area has a loading ramp and is set up with railcars and a locomotive.

"It's awesome ... it's excellent," Kilbane said. "I know a lot of other locations around the country that teach our course, and they use mock-ups. ... It's nice to have that ... mostly non-used spur that helps provide a reliable training experience. I think it really helps for the students to also get out there and see a truck on a railcar instead of some mockup. They actually get to go out there and tie a truck to a train. The students seem to love it."

Fort McCoy is one of few installations Armywide that operates and supports Army-owned locomotives and conducts rail operations in the level like it does. And in 2022, Fort McCoy supported three major rail movements for units that Kilbane's team also supported.

During those three movements, the Fort McCoy rail operations support team with LRC helped load and move 315 pieces of equipment on 116 railcars that was approximately the equivalent of 4,311 short tons of cargo. Military units trained and supported were the 485th Engineer Company, 411th Engineer Company, and 107th Support Maintenance Company, said Installation Transportation Officer Douglas "Terry" Altman with the LRC Transportation Division.

Kilbane said many people also might not think of the importance of the logistical abilities of the mobility side of the Army when it comes to winning wars, but it's just as important.

"If you think of the Army, your brain might focus in on the Soldiers, the fight, and the guns," Kilbane said. "But none of that can happen if you think of the old adage - 'bullets can't fly without supply.' And that's true for the entire logistics chain.



(Above and below) Students in the Unit Movement Officer Deployment Planning Course conduct field training Aug. 16 at a railroad spur on the cantonment area at Fort McCoy. The course is taught by the 426th Regional Training Institute/Wisconsin Military Academy at Fort McCoy.



said. "If you don't have that, there is no bullets to to is to be the "Total Force Training Center." fly at enemies ... there's no getting your people and

Located in the heart of the upper Midwest, Fort

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.'

Knowing the sustainment, and the logistics, and the importance of it is like the backbone," Kilbane

equipment to the places where they need to be."

Learn more about the Wisconsin Military Academy and the 426th by visiting https://ng.wi.gov/ about/wiarng/426rti.

Fort McCoy was established in 1909 and its mot-

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



September convoy

Photo by Scott T. Sturkol

Troops roll through the cantonment area in a convoy Sept. 5 at Fort McCoy. Training operations at Fort McCoy throughout the summer of 2023 have been steady and installation planners said September will also have thousands of service members training at the installation. Fort McCoy's motto is to be "The Total Force Training Center."



C-130 ops at Young Air Assault Strip

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

A C-130 Hercules taxis along the strip at Young Air Assault Strip on July 20 on South Post at Fort McCoy. The aircraft was part of an event for enlisted Airmen from Volk Field, Wis., that demonstrated airfield operations in austere conditions. The event was coordinated by the Wisconsin Air National Guard.

Navy meets Army history as Sailors pay visit to Fort McCoy's Commemorative Area

STORY & PHOTOS BY SCOTT T. STURKOL Public Affairs Staff

More than 150 Sailors who were supporting the 2023 Global Exercise at Fort McCoy made a special afternoon visit Aug. 24 to the Fort McCoy Commemorative Area.

Despite outside temperatures hovering about 90 degrees Fahrenheit, more than 150 Sailors visited the Commemorative Area for some post-exercise recreation fun.

The 900 block of Fort McCoy and the 11-acre area surrounding it are the hub of the fort's history-preservation efforts that make up the Commemorative Area.

The area consists of five World War II-era buildings set aside to help tell Fort McCoy's unique story, said Fort McCoy Public Affairs Officer Tonya Townsell, who hosted the visit for the Sailors. These facilities are representative of the types found in the cantonment area when it was constructed in 1942.

Three of the buildings — an administrative facility, a dining facility, and a barracks — are set up to depict Soldier life during the 1940s. Display items include a World War II chapel, bunk beds, footlockers, mannequins, and potbelly stoves. Another building highlights four different modern military training venues, and a separate facility shows various training aids.

The Commemorative Area also includes the Fort McCoy History Center. Since 1999, the Fort Mc-Coy History Center has been a go-to stop for learning about not only Fort McCoy's storied past but also that of the U.S. Army, the U.S. Army Reserve, and even the Army National Guard.

For more than a century, Fort McCoy, which was previously Camp McCoy, and before that Camp Robinson and Camp Emory-Upton, has had a stake on things that have affected the world stage to include World War I, World War II, the Korean War, the Vietnam War, Operation Desert Storm, the Global War on Terrorism and Operations Iraqi Freedom and Enduring Freedom, and more recently Operation Allies Welcome.

Through every major operation, and everything else supported, that history is remembered in the Fort McCoy History Center. In 2015, former Fort McCoy Public Affairs Officer Linda Fournier described how the History Center was improved after several months of work to renovate the interior and exterior of the facility. Fournier said then those interior renovations provided for expanded exhibit floor space, improved lighting, and installation of energy efficient heating and air-conditioning systems. Exterior improvements included new steps and a ramp to improve access for visitors.

During its reopening in 2015 on Sept. 11, visitors experienced the results of those improvements firsthand, especially the increased floor space, which allowed for the display of more of the installation's historical collection.

The History Center features exhibits as well as displays of artifacts, photographs, and memorabilia that tell the story of Fort McCoy since its founding in 1909. The center first was opened in 1999 in building 902 when the Fort McCoy observed its 90th anniversary.

Whether it's Maj. Gen. Robert B. McCoy's World War I gas mask, horseshoes from the early

camp stables, World War II-era uniforms, or items from the 1980 Cuban Refugee Resettlement mission, the History Center offers exhibits spanning from Fort McCoy's earliest beginnings to the installation's involvement in the war on terrorism.

In 2022, the center also received two new additions as well. In July 2022, Alan McCoy, grandson of Maj. Gen. Robert Bruce McCoy for whom Fort McCoy is named after had visited the installation with his family members, and with him he brought a century-old artifact he'd received in the form of a wood crate that included the words stamped on it: "CAMP EMERY UPTON" and "CAMP ROB-INSON.' Sailors visiting the area also toured Equipment Park, Townsell said. The Equipment Park is an outdoor display of historic and present-day equipment representative of the types used on the installation. The design of the park allows for display of 70 pieces of equipment, ranging from helicopters and howitzers to trucks and trailers. The visitors also checked out Veterans Memorial Plaza. Construction on Veterans Memorial Plaza began in 2006, as did the work to create the five Soldier statues on the memorial representative of each of the major conflicts that Fort McCoy had been involved with to that point in time: i.e., World War I, World War II, the Korean War, the Vietnam War, and the war on terrorism. Fournier also said in a past news article. Since then, this area has grown into a 10-acre site that now includes an Equipment Park, Veterans Memorial Plaza, and the History Center. With the expansion, the site was re-designated as the Fort McCoy Commemorative Area since it serves to tell the entire history of Fort McCoy from its founding in 1909 to the present day. The formal dedication of Veterans Memorial Plaza was June 13, 2009 - the date of Fort Mc-Coy's 100th anniversary. Several descendants of the installation's founder, Maj. Gen. Robert B. McCoy, attended this dedication. The dedication was the key event in a series of activities held during Fort McCoy's yearlong centennial observance. Ever since its dedication, the Veterans Memorial Plaza has been the center of more than a dozen annual Armed Forces Day Open House events, dozens of official events, dozens of tours, and met by thousands of people throughout the years. Townsell said she was glad to see so many Sailors visit the Fort McCoy Commemorative Area to see and learn about Fort McCoy's history and the Army's history. It was, to that day outside of the Armed Forces Day Open House, the largest tour of the area in 2023.



(Above and all photos below) Sailors who were participants in the 2023 Global Medic exercise at Fort McCoy look through the Fort McCoy History Center, historical buildings, and other areas of the Commemorative area on Aug. 24 at the installation. Overall, more than 150 Sailors took the chance to take in some Army history.





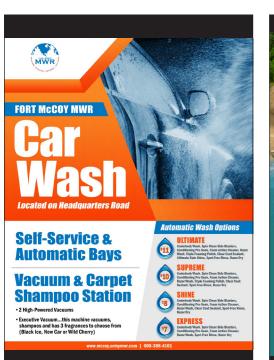
"It was a wonderful visit," Townsell said. "It was also great to talk with many of them and see how interested they were in everything."

For more information about the Commemorative Area, contact the Fort McCoy Public Affairs Office at 608-388-2407, by email at usarmy.mccoy. imcom-central.list.pao-admin@mail.mil, or go online to see the Commemorative Area section in the Fort McCoy Guide at https://www.dvidshub.net/ publication/issues/66725.

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.

NEWS NOTES/FACILITIES



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.

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.

Next issue of The Real McCoy

The next edition of The Real McCoy will be published Sept. 22, 2023.

The deadline for submissions or article ideas is Sept. 13, 2023.

For more information, call 608-388-4128.

connect the

Fort McCoy Playgroup

For Families with Children 0-4 Years Old

Our playgroup contains toys, books, and other materials to help strengthen each child's cognitive, physical, and creative selves, and to help promote social-emotional skill building. Through play, transitions, circle time and songs and activities, and informal conversations, parents learn about developmental ages and stages, gain tools to help understand their child's behavior and become empowered to prepare the family and child to enter school "ready to learn".

Fall is Here!

It's time for us to gather for a new round of fall-themed activities! Engaging with nature's seasonal offerings stimulates curiosity and a sense of wonder while fostering self-confidence and empathy for nature and others.

Fall Sal adula

Fail	Junequie
Sep 5:	Safe Sleep and Child Safety Awareness
Sep 12:	Story Time with Mr. Dave
Sep 19:	Bobbing for Apples/Apple Picking Field Trip
Oct 3:	Pine Cone Painting
Oct 10:	Story Time with Mr. Dave

- Oct 31: Tricks & Treats Sharing Activity
- Nov 7: Thank You Veterans Day Activity
- 14: Story Time with Mr. Dave Nov 21: Thankful Food Sharing Activity

Registration

To register, please call 608-388-2412 or email brittany.r.sonie.civ@army.mil

Playgroups held from 10am - 12pn at the ACS Family Building (B2161)

www.mccoy.armymwr.com | 608-388-3505



2023 FORT MCCOY GUIDE AVAILABLE: The 2023 Fort McCoy Guide is available throughout the installation in news stands and at the Fort McCoy Public Affairs Office. Call 608-388-2407 for extra copies. Also go online to https://www.dvidshub.net/publication/issues/66725 to see the online version.

Warrior Restaurants Building 50 operates April-September, Building 1362 operates October-March

- Offers full meal service - Military members, military family members, and Department of Defense (DOD) civilians on official orders for temporary duty training - DOD civilians working on Fort McCoy and retired military personnel may use Warrior Restaurants when MWR facilities are not open. - Units must coordinate through the Food Pro-gram Management Office at 608-388-6518/4739.

> 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 - \$4.30 Lunch - \$6.85 Dinner: \$5.95

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

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.

Other

Dining

Whitetail Ridge Chalet/Ten Point Pub: Open during regular ski area hours. Call 608-388-3517.

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/

facilities

This schedule is projected through Sept. 21, 2023. 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.

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 <u>https://vios.army.mil</u> or call 608-388-4520.

Child Development Center: Building 1796. Open: M-F: 6:30 am - 5:15 pm. Call: 608-388-2238. Childcare requests should be made at https://public.militarychildcare.csd.disa.mil/ mcc-central/mcchome

Housing Office: Building 6158. Open 7 a.m.-3:30 p.m. Mon.-Fri. Family Housing, Single Sol-dier 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

School Age/Youth Center: Building 1792. Activities for youth kindergarten through 12th grade. Offers after-school, non-school, and inclement weather care for eligible youth. Open: M-F: 6:30 am - 5:30 pm: Summer & Non-School Days; 2:3 pm - 5:30 pm. After School Call: 608-388-4373 Childcare requests should be made at https://public.militarychildcare.csd.disa.mil/

Health Care

Alcoholics Anonymous: For more information. call 608-388-5955/2441.

Fort McCov 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 Re-sponse & Prevention (SHARP): 24/7 hot-line: 608-388-3000.

Occupational Health Clinic: Building 1679 Open 8 a.m.-4 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; TRI-CARE for Life, 866-773-0404; or www.tricare.mil.

St., La Crosse, Wis. Call 608-784-2708 for options

Protestant: Chapel 1, building 2672. 11:30 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 Nor-walk; 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 avail-able. 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.

<u>Organizations</u>

American Federation of Government Employees (AFGE), Local 1882: Call 608-388-1882.

Reserve Officers Association, Fort Mc-Coy-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. 10th Ave.

Computer Lab: Building 50, room 100A. Open

iSportsman: Portal for outdoor recreational activities; registration and check-in required. Reg-ister, 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. 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 Equip-ment 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.

Running Track Fitness Facility: Building 1395. Open 5 a.m.-6 p.m. Mon.-Fri. and 6 a.m.-2 p.m. Sat. 24/7 access available. Limited capacity. Call 608-388-4475. Use designated parking areas.

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: Open for Season. Call 608-388-4498 or 608-388-3517 for more information.

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.

30 a.m.-4 p.m. Mon.-Fri. Computers, pi tor, 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 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.mi

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 a.m.-4 p.m. By appointment only

(by Gate 20). 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 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: usarmv.mccov.asc.mbx. Irc-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 (availbuilding 1538; and IHG Army Hotels, building 51 (available 24/7). Call 608-388-2171.

Station/Express/Class Service 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.

Military Family Life Counseling: Building 2111. MFLCs can provide short-term, nonmedical 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.

<u>Worship</u>

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

School year - Thurs-Fri 10 am -4 pm, Sat noon-4 pm

- Summer - Tues-Fri 10 am - 6 pm, Sat Noon -8 pm

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

KNOW SOMEONE EXPERIENCING ABUSE HELPP NFFNING

LOCAL RESOURCES

Fort McCoy Family Advocacy Program Brittany Sonie 608-388-2412/3505

Child Protective Services Monroe County

Report Child Abuse and/or Neglect 608-269-8854 *After business hours, call 911 and or Fort McCoy DES at 608-388-2000 to report Domestic Abuse or Child abuse

Victim Advocacy Services 608-630-7473 *After business hours, call 911 and or Fort McCoy DES at 608-388-2000 to report Domestic Abuse or Child abuse

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

www.endabusewi.org

NATIONAL RESOURCES

Domestic Abuse Hotline 1-800-799-SAFE (7233) or www.hotline.org

National Stalking Resources 1-800-394-2255

National Suicide and Crisis Lifeline: 988



Call ACS at 608-388-3505 for additional information

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-mate- rials release, wildfire.	Be alert. Ensure all personnel are warned. Take cover by evacuating to a safe loca- tion 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 in- structions on FPCON level. Report fires, injuries and other hazards.		

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Editorial Content	608-388-2769

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.

Fort McCoy's newest fisheries biologist is longtime supporter of installation's fisheries program

BY SCOTT T. STURKOL Public Affairs Staff

At the end of June, after more than three decades, Fort McCoy's lead Fisheries Biologist John Noble retired. Just weeks later, Fisheries Biologist Steve Rood began working in the same role and program as Noble, but it's a program Rood knows well because he's supported it since 2005.

Rood, who now works with the Fort McCoy Directorate of Public Works Environmental Division Natural Resources Branch, said he began working at Fort McCoy in 2005 as a seasonal employee for the Fort McCoy fisheries program with Oak Ridge Institute for Science and Education.

"After I graduated college in 2006, I was hired on full time," Rood said. "After three years, that position transitioned to an agreement with Colorado State University (CSU)."

Rood graduated from the University of Wisconsin- Stevens Point with a degree in biology that has an emphasis in fisheries management, he said. He said his education and experience of working in the program will help him in going forward in the position he now serves.

"I am very excited at the opportunity to be a part of the Fort Mc-Coy Natural Resource Branch, and to be able to build upon the ideas and management objectives that I have been a part of over the last 15-plus years," Rood said. "I have spent a lot of time working on and developing an understanding of the different watersheds and landscapes on Fort McCoy, and I am eager to put that knowledge to use in order to maintain a high-quality fishery and military training."

Rood has been a regular part of many different fisheries activities on post, including surveys and invasive plant removal from lakes. Rood described some of his favorite activities.

"Aside from getting outside and conducting surveys, I really enjoy working with the other natural resource program managers to understand what their priority projects are and how we can all work together to accomplish those goals," he said.

Fort McCoy is also a unique place for fisheries management. Fort McCoy has 10 installation lakes and impoundments and approximately 71.2 miles of coldwater streams and tributaries. Most 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.

Rood said he knows he has a challenge ahead to continue to maintain everything that is on the installation for fisheries and natural resources management.

"There is definitely a balance that has to be struck between natural resource management, military training, anglers and many other stakeholders," Rood said. "However, that balance is what we are all here trying to achieve — a high-quality military training landscape along with outstanding ecosystem that can support a wide array of recreational activities.

"Over the years I have conducted a lot of creel surveys, where I go out and talk to anglers about what they are catching and where they are from," Rood said. "I would always end the survey by asking if they had any questions for me. Probably the number one answer over all the years that I received from anglers, was them thanking me for the work that we do and for the ability to fish on Fort McCoy. That response shows how many of our anglers feel about the quality of fishing and habitat on Fort McCoy, and I will strive to keep it that way."

NRB Chief Tim Wilder said he's glad to have Rood as part of the team.

"The Natural Resources Branch is very fortunate to have had a candidate like Mr. Rood apply for this position," Wilder said. "Not only does he have a solid background in water quality and fisheries management, his years working on Fort McCoy for Colorado State University has given him direct knowledge on these subject matters as they relate to Fort McCoy. He understands that our main priority is to



Photo by Tim Wilde

(Above) Fisheries Biologist Steve Rood works on completing a fish shocking survey Aug. 8 in a stream at Fort McCoy. (Below) Rood, working as a contract watershed biologist, holds a demonstration for students in 2015.



Photo by Mark McCart

support the Soldier and their ability to train effectively while on Fort McCoy. From his time working for our partners at CSU, Mr. Rood has developed working relationships with Natural Resource Branch program managers and individuals from the Directorate of Plans, Training, Mobilization and Security that will allow him to transition into his new role as fisheries biologist."

Rood added that all anglers must have the appropriate Wisconsin licenses to fish on post. 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. All are available for purchase through the iSportsman website, https://ftmccoy.isportsman.net.

All permits for hunting, fishing, and firewood cutting at Fort Mc-Coy must be purchased through iSportsman and an iSportsman account is required to purchase any of these permits, Rood 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 their vehicle.

Additional items about the Fort McCoy fisheries program can also be found at the Fort McCoy iSportsman page.

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."

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

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



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Interested in learning how your youth could be awarded scholarships ranging from



\$2,500 - \$50,000?

If so, join us at the Youth of the Year Mandatory Meeting

Sept 29, 2023 5 - 6 pm Fort McCoy CYS Youth Center (B1792)

To register, please call 608-388-4373

Must be registered by September 22, 2023. Youth must be 14 years of age or older by January 31, 2023 and registered with CYS.



DIC

Youth of the Year is Boys & Girls Clubs of America's premier leadership development program that develops teens' leadership skills and abilities through experiences in and out of the Club.

Each year, youth who embody excellence in the areas of academics, character and citizenship, and healthy lifestyles are recognized at the local, state, regional and, finally, at the national level.

Being named Youth of the Year is the highest honor bestowed upon Club members. The National Youth of the Year serves as a role model and spokesperson for America's youth for one year. They have the opportunity, and the platform to educate millions of Americans about the power of the Club experience and elevate the national focus on key issues facing children and teens.

See reverse side for Youth of the Year descriptions and scholarship amounts.



TOURNAMEN

SEPTEMBER 13, 2023 THE GOLF CLUB AT **CEDAR CREEK**

IN ONALASKA, WI | HOSTED BY FORT McCOY MWR

12PM SHOTGUN START

Hole events include Hole-In-One Contests for a chance to win:

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