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# The Real McCoy®

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## Cold-weather operations training begins in December

**STORY & PHOTOS BY SCOTT T. STURKOL**  
Public Affairs Staff

Cold-weather operations training returns to Fort McCoy in December with new instructors and hundreds of students planning to attend from the Marine Corps, Navy, and Army.

Fort McCoy will hold the first of six, 12-day sessions of the Cold-Weather Operations Course, or CWOC, on Dec. 2 with more than 50 students.

"The number of students we expect for this winter training season for CWOC is nearly quadrupled over last winter," said Course Instructor Bill Hamilton, who works for contractor Veterans Range Solutions, which supports the Directorate of Plans, Training, Mobilization and Security, or DPTMS.

"We've also added three additional instructors" (See **COLD**, Page 3)



Soldiers participating in the Fort McCoy Cold-Weather Operations Course practice snowshoeing with ruck sacks during training in the first class Jan. 26 at the installation.



Photo by Greg Mason

Soldiers with Alpha Company, 287th Infantry, 2nd Brigade Combat Team of Fort Drum, N.Y., conduct live-fire training at a range on North Post during operations for the Vigilant Shield exercise Nov. 3 at Fort McCoy.

## Vigilant Shield brings Fort Drum Soldiers to McCoy

**BY SCOTT T. STURKOL**  
Public Affairs Staff

More than 100 Soldiers with 10th Mountain Division units of Fort Drum, N.Y., deployed to Fort McCoy in late October to participate in the emergency deployment readiness exercise Vigilant Shield '18.

According to U.S. Northern Command and the North American Aerospace Defense Command, both of which sponsored the exercise, the exercise was designed to practice the rapid deployment of Soldiers to support protection of critical sites.

While at Fort McCoy, the Soldiers trained mainly at the Combined Arms Collective Training Facility, or CACTF, on South Post and at Range 6 on North Post, said Larry Richardson with the Directorate of Plans, Training, Mobilization and Security's Range Scheduling.

CACTF Manager Tom Hoff with contractor Advanced Systems Technology said the CACTF complex is an ideal location for all types of training, including the urban-terrain training taking place during the exercise.

"The CACTF is set up to be as realistic a training environment as possible so the people who train here can train in ways that are as close to a real-world situation as possible," Hoff said.

The support buildings in the CACTF complex represent multi-story residential, commercial, government, business, and industrial operations, Hoff said. Underground tunnel and sewer training areas also are on site. The complex includes a subway station building and a Structure Collapse Venue Site, which can support rescue training by firefighters and other emergency responders.

Range 6 is a multi-use live fire range that allowed the Soldiers participating in the exercise a change to complete the tactical site exercise" (See **SHIELD**, Page 3)

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## NEWS

# ■ COLD (From page 1)

tors who will help Joe (Ernst) and me meet the demand for the training.”

Hamilton said the courses held during the 2016-17 winter were proof-of-principle courses and were quite successful.

“Those all went very well, and since the word got out that we teach this here, we had to expand our program to meet the interest of people wanting to be in this course,” Hamilton said.

“This winter, in this course, we will have students from active-duty, Guard, and Reserve units, and they come from multiple services. We’re all very much looking forward to what we have planned for this training.”

The CWOC is modeled on the Cold-Weather Leader Course taught by the Army Northern Warfare Training Center (NWTC) at Black Rapids, Alaska, Hamilton said.

“Our program of instruction is nearly identical with the exception that we don’t teach certain skills, such as mountaineering and related topics that are better served in mountainous areas,” he said.

Students learn on a variety of cold-weather subjects, including skiing and snowshoe training as well as how to use ahkio sleds and the Arctic 10-person cold-weather tent, Ernst said. Training also focuses on terrain and weather analysis, risk management, cold-weather clothing, developing winter fighting positions in



Cold-Weather Operations Course instructors move skis into place in preparation for upcoming classes Nov. 15 at Fort McCoy.

the field, camouflage and concealment, and numerous other areas that are important to know in order to survive and operate in a cold-

weather environment.

“With this next course and with subsequent courses, we’ll now be using all of the installation,” Hamilton said. “Using the sleds and hauling all of their equipment, students will be traversing through more than 37 miles of terrain starting on North Post and ending at Big Sandy Lake on South Post.

“Our curriculum has us spending the majority of our time outdoors, where more hands-on training and instruction can take place,” Hamilton said.

New course instructors include Hunter Heard, a former Army infantry noncommissioned officer (NCO); Manny Ortiz, a retired Army medic and computer specialist; and Mike Nguyen, former Marine Corps infantry NCO.

“Hunter brings us experience from his time teaching at NWTC in Alaska, and Mike adds his experience from teaching at the Marine Corps’ Mountain Warfare Training Center in Bridgeport (Calif.),” Hamilton said. “Manny brings his extensive senior experience as a medic. ... Injury prevention is a big part of this course.”

“I’m really looking forward to getting back to teaching and being around (service members) in a training environment once again,” Heard said.

“I look forward to training and instructing our future military leaders,” Nguyen said.

“I really want to share my experience and teach all the ways to prevent cold-weather injuries,” Ortiz said.

“If you can prevent injuries, especially in a cold-weather environment, then the mission can continue.”

After the December course is completed, Hamilton said they’ll take feedback from the students to continue improve the course.

“We’re doing this next course a little differently, so we expect a lot of feedback along the way,” Hamilton said. “We’ll always keep on refining the course and making it even better than it is.”

DPTMS Director Brad Stewart said the success of the CWOC indicates there’s a growing need for that type of training as the military continues planning for future operations.

“The more we talk about the CWOC as we go out to places, we are finding that more and more units want to participate or they want to send students to be a part of this course,” Stewart said.

“By holding this training here, we’re filling a niche that’s helping prepare our warfighters for future operations that could take them to anywhere in the world.”

Stewart said the CWOC also contributes to the installation’s strategic goal to be that year-round Total Force Training Center.

“Fort McCoy is having a direct impact by helping service members train in a four-season climate,” Stewart said. “We have the capability and capacity here to continue to grow that idea.”

After the December CWOC session, the next session will begin in early January and will include a large contingent of Marines from the 2nd Marine Air Wing. Throughout all of the courses, Hamilton said Soldiers with the 181st Multi-Functional Training Brigade will also assist with the training.

“We’ll be ready to teach all of them,” Hamilton said.



Mike Nguyen, former Marine Corps infantry noncommissioned officer and one of three new instructors for the Cold-Weather Operations Course, puts an ahkio sled into place Nov. 15 while setting up equipment for training at Fort McCoy.

## NEWS



Photo by Greg Mason

Vigilant Shield participants complete a live-fire event on North Post during exercise operations Nov. 3.

## ■ SHIELD (From page 1)

exploitation training and other training events, Richardson said. Both the CACTF and Range 6 were mainly used from Nov. 1-4.

As part of the exercise, Fort Drum Soldiers also went to White Sands Missile Range, N.M. According to an article by John Hamilton with White Sands Missile Range Public Affairs, more than 100 Soldiers deployed to the range.

"The training event ... included several different scenarios to help prepare the Soldiers for a possible mission that might take place within the U.S., and require close cooperation with police, local special security guards, and others that might not be as familiar with military operations, but still be in need of Soldiers and Army support," the article states. "For the exercise (at White Sands), the Soldiers conducted security sweeps and patrols, set up observation points and ran through specialized training scenarios that represented possible real-world occurrences the Soldiers might see on a infrastructure defense mission. Scenarios like suspicious persons, lost hunters, and guard shift changes were played out, giving the Soldiers a chance to practice handling situations that are likely to occur during a real domestic defense operation."

The Vigilant Shield exercise was the first of many for fiscal year 2018. And even though it was a smaller exercise, its success demonstrates the flexibility of the Fort McCoy team to successfully support any type of training at the installation.

"This training support system enterprise that we have at Fort McCoy comes together every year to work this training synchronization in a superb manner," said DPTMS Director Brad Stewart. "Everyone involved in this enterprise across the installation should be proud of the work that's been done."

# New \$1.8 million CYS admin, storage facilities under construction

**STORY & PHOTO**  
**BY SCOTT T. STURKOL**  
Public Affairs Staff

A new \$1.8 million set of facilities for the Directorate of Family and Morale, Welfare and Recreation's Child and Youth Services (CYS) program is under construction near Fort McCoy's Child Development Center and School-Age Center/Youth Center.

A contract of \$1,871,209 was awarded in June to contractor Relyant Global LLC, which is headquartered in Maryville, Tenn., said Construction Inspector Mark Nelson with the Directorate of Public Works.

"The project is located on West F Street and is now about 20 percent complete," Nelson said. "It's scheduled for completion in July 2018."

There are two new buildings being constructed.

One will house administrative personnel for Fort McCoy's CYS programs and another will provide additional storage space.

"These facilities will consolidate storage by replacing three older facilities," Nelson said.

Mark Siple, chief of Management Support Services for DFMWR, said the

new building will make a huge difference for the entire CYS program.

"One of the biggest bonuses of this construction is it will bring the CYS administrative staff much closer to their facilities," Siple said. "And our CYS customers also will have easier access to staff as well."

Having the closer and newer storage capabilities for the Child Development Center and the School-Age Center/Youth Center also will modernize the installation's overall CYS program completely, Siple said.

Both centers are some of the newer facilities on post, having been constructed in the past 10 years.

"It's going to really help with storing all of their equipment," Siple said. "It will have more modern storage capabilities that are really needed."

The new facility will be a brick-faced structure and built with the latest and best materials available, Nelson said.

The new construction also aligns with Fort McCoy's strategic objectives in the installation's five-year Strategic Business Plan, including to "sustain and modernize Fort McCoy's cantonment, range complex, strategic mobility, physical security, quality of life and information technology infrastructure."



Employees with contractor Relyant Global, which is headquartered in Maryville, Tenn., work on constructing a new building for the installation's Child and Youth Services administration and storage Oct. 26 at Fort McCoy.

## NEWS

## National Terrorism Advisory System bulletin updated, extended

The Department of Homeland Security has updated its National Terrorism Advisory System (NTAS) bulletin, which describes current developments or general trends regarding threats of terrorism.

"After careful consideration of the current terror threat environment — and with input from intelligence and law-enforcement partners — I have made the decision to update and extend the NTAS bulletin for six months," Acting Secretary of Homeland Security Elaine Duke said.

"Our enemies remain focused on attacking the United States, and they are constantly adapting," she said. "(The Department of Homeland Security) and its partners are stepping up efforts to keep terrorists out of America and to prevent terrorist recruitment and radicalization here at home, and we urge the public to remain vigilant and report suspicious activity."

The bulletin highlights the increasing use of technology in coordinating terrorist attacks and recruiting. It also states that terrorists are focusing on easily obtained and used items to target public places and events. The bulletin can be viewed at [www.dhs.gov/advisories](http://www.dhs.gov/advisories).

The Fort McCoy Antiterrorism Office reminds people that an informed, vigilant, and engaged community is the main way to identify potential terrorists and prevent attacks.

It is always better to report suspicious behaviors, whether they turn out to be a threat or not. You are the first line of defense against terrorism. Be aware of your surroundings. Report anything unusual to your chain of command,

local authorities, or the FBI.

Here are examples of behaviors and activities to report:

- people drawing or measuring important buildings.
- strangers asking questions about security forces or security procedures.
- briefcases, suitcases, backpacks, or packages left behind.
- vehicles left in "no parking" zones in front of important buildings.
- intruders found in secure areas.
- people wearing clothes that are too big and bulky and/or too hot for the weather.
- unusual chemical smells or fumes.
- people asking questions about sensitive information such as building blueprints, security plans, schedules, or VIP travel.

• purchasing supplies or equipment that can be used to make bombs or weapons or purchasing uniforms without the proper credentials.

Report as much information as possible to police. Some good information to take note of includes:

- What type of activity was it? Describe it.
- When did the suspicious activity occur?
- Where did the activity occur?
- How many people are involved?
- How many vehicles are involved?

Suspicious behavior or activities should be reported to local law enforcement. On Fort McCoy, call 608-388-2000. In an emergency, always call 911.

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

## No-fee passports available on post for official overseas assignments

The official passport office at Fort McCoy processes no-fee passports for Soldiers, Family members, and/or government workers going overseas for the express purpose of working for the U.S. government.

These no-fee passports are issued by the Special Issuance Agency of the U.S. State Department.

There are three types of passports available through the office, and which is issued is determined by the nature of the applicant's work: regular no fee, diplomatic, and official.

The State Department makes the final determination on the type of no-fee passport issued for overseas assignments based on the traveler's duty assignment; destination shown on official orders; and Foreign Clearance Guide, which is the authority for travel clearance to enter foreign countries on official business.

Requirements vary by country and the applicant's status (military, dependent, or civilian).

Official travel or permanent change of station orders must accompany each application.

For military personnel, the orders must show that a no-fee passport is necessary by listing the name of each destination requiring a passport and/or visa (per the Foreign Clearance Guide).

If not listed on the applicant's orders, a

memorandum from an O7 or higher listing destinations that require a no-fee passport (per the Foreign Clearance Guide) with original signature will be accepted in lieu of orders.

A no-fee passport is for use during the commission of official duties only, and it is prohibited for use in personal travel.

Personnel who plan on doing personal travel while on an official overseas assignment must use a tourist passport for their unofficial travel.

To apply for a tourist passport, visit [www.travel.state.gov](http://www.travel.state.gov).

If a no-fee passport is required, the Fort McCoy Passport Office will accept the application and will complete a DD Form 1056, Authorization to Apply for a No Fee Passport, and submit it — along with the application and required documents — to the State Department for processing and approval.

For dependents, contact the Fort McCoy Passport Office upon receiving notice or once dependent travel is approved.

Passport application acceptance is done by appointment only.

For more information or to request an appointment, call 608-388-4464 or -4363 or email [usarmy.mccoy.asc.list.dol-passenger-travel@mail.mil](mailto:usarmy.mccoy.asc.list.dol-passenger-travel@mail.mil).

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



## Health Benefits Fair

Members of the installation workforce meet with representatives of health insurance companies Nov. 13 in building 2187 during a Health Benefits Fair at Fort McCoy.

Workforce members were able to see numerous health insurance options.

The 2017 Federal Employees Health Benefits Program open season continues through Dec. 11.

Photo by Scott T. Sturkol

## NEWS

# Installation observes Veterans Day with prayer luncheon

BY AIMEE MALONE  
Public Affairs Staff

The Fort McCoy community celebrated Veterans Day with a prayer luncheon Nov. 9 at McCoy's Community Center.

The guest speaker was Elder Darren Price, a co-founder of the Tomah Pentecostal Assembly Church and retired major with the Wisconsin State Patrol.

Price spoke about some of the qualities needed in those who serve, whether in military, law enforcement, or government positions: commitment, loyalty, faithfulness, selflessness, and focus.

"It's not easy, but it's in you to serve," Price said. "I believe that every human being, God has put something in you that other people don't possess. That's why you feel the way you feel."

"That's why you put the time in. That's why you work with people. That's why you get up in the middle of the night. That's why you pack your bags and get on a plane, and you go over to the hinterland on our behalf," he said. "That's why you do it. Because there's something in you that is very special."

Prayers were conducted by Chaplain (Lt. Col.) Ike Eweama, Fort McCoy Garrison; Chaplain (Maj.) Amy Noble, 88th Regional Support Command; Chaplain (Maj.) Erik Spicer, 181st Multi-Functional Training Brigade; Pastor Scott Mann, Gloria Dei Lutheran Church in Tomah, Wis.; Father Peter Augustine, St. John's Lutheran Church in Sparta, Wis.; and Pastor Jef Skinner, chaplain for Sparta Police Department, Monroe County Sheriff's Office, and Wisconsin State Patrol.

Karen Birkeness provided the music for the event and led the community in singing "Amazing Grace," "My Country 'tis of Thee," and "It is Well." MaryKristy Eweama sang the national anthem.

The prayer luncheon was coordinated by the Religious Support Office, which also provided lunch for attendees. For more information, call 608-388-3528.



Photos by Scott T. Sturkol

Elder Darren Price, a co-founder of the Tomah Pentecostal Assembly Church and retired major with the Wisconsin State Patrol, gives his presentation during the Veterans Day Prayer Luncheon on Nov. 9 at Fort McCoy.



Retired Fort McCoy employee Karen Birkeness plays a song selection during the luncheon.



Fort McCoy community members sing one of the song selections during the event.

## NEWS

# Veterans Day 5k brings together military, community members

On Nov. 9, personnel from Fort McCoy conducted the Veterans Day 5k run/walk in Tomah, Wis.

Members from throughout the armed forces and local communities came together to honor veterans during the run.

This event was coordinated by 1st Battalion, 310th Brigade Engineer Battalion, part of the 181st Multi-Functional Training Brigade (MFTB), and was hosted by the Tomah Veterans Affairs Medical Center.

Despite cold and snowy weather, almost 450 people participated in the 5k run, which was preceded by an awards ceremony and comments by Lt. Col. Arieyeh J. Austin, commander for the 1st, 310th.

"Today is a day of tribute and of reflection but also, and perhaps most importantly, of celebration. Veterans Day is a triumph of all those who served and kept us free and continue to do so today," Austin said.

"It is important for us as a nation to both stop and reflect on all that has been achieved, and which could also still be lost," he said. "Working with, supporting, and empowering

our local communities is what selfless service is all about. Fort McCoy and our Soldiers are proud of what we can achieve when provided an opportunity to do so. ... Helping the community and our veterans, particularly as we approach the holiday season, is essential to the values we all hold dear."

Dozens of organizations participated in the event, including the University of Wisconsin-La Crosse Eagle ROTC Battalion, Tomah High School track and cross-country teams, Tomah fire and police departments, Wisconsin Challenge Academy, Staff Sgt. Todd R. Cornell Noncommissioned Officer Academy, 86th Training Division, Fort McCoy Headquarters and Headquarters Company, and other units within the 181st MFTB.

The event was also supported by local veterans organizations, such as the Military Officers Association of America; Veterans for Foreign Wars; Team Red, White, and Blue; and American Legion.

*(Article prepared by the 1st Battalion, 310th Brigade Engineer Battalion and Fort McCoy Public Affairs Office.)*



Contributed photo

Soldiers with various units at Fort McCoy stand in formation prior to the start of the Veterans Day 5k run/walk Nov. 9 at the Tomah Veterans Affairs Medical Center.

## Fort McCoy members support local observances



Contributed photos

Soldiers from Fort McCoy make up a color guard during the Veterans Day observance at Sparta High School on Nov. 10 in Sparta, Wis. Fort McCoy, overall, supported 10 major local observances for Veteran's Day.



Sgt. Maj. Eduardo Velez, chief operations noncommissioned officer with Regional Training Site-Maintenance, provides a Veteran's Day speech Nov. 10 at Melrose-Mindoro High School.



Lt. Col. Arieyeh J. Austin, commander of the 1st Battalion, 310th Brigade Engineer Battalion at Fort McCoy, speaks about veterans during an observance at Sparta Meadowview School on Nov. 10.



Michael Modawell with the Fort McCoy Plans, Analysis, and Integration Office gives a Veterans Day speech at Holmen High School.

## FEATURE

# This month in Fort McCoy history

## 71 Years Ago — Nov. 1, 1946

Under the direction of Capt. John Sills, then-Camp McCoy's Separation Detachment was able to discharge six enlisted men and four officers within one to three days. Every Monday and Wednesday, about 15 separates received their final medical examinations. Five of these men were discharged that same day, and five each day thereafter.

## 30 Years Ago — Nov. 5, 1987

A vacant Fort McCoy building targeted for demolition burned to the ground Nov. 5.

The installation fire chief said the structural fire at building 2215 caused approximately \$22,000 in damages and is believed to have started about 11:35 a.m. The fire was reported by an employee in a neighboring facility at 11:50 a.m.

The Fort McCoy fire inspector said prior removal of some siding from the building caused the building to burn faster because of increased ventilation to the fire. Equipment lost in the building included a welding torch unit and various tools.

Because the building was scheduled to for demolition, the department focused its efforts on controlling the blaze and preventing spread of the fire to neighboring buildings.

An investigation into the cause of the fire revealed that workmen preparing the building for demolition were using welding equipment to cut pipe inside the structure. The fire started shortly after the workers left the area for lunch. The pipe being worked on was near wooden rafters, and conduction and metal slag from the cutting operation combined forces to cause the fire.

## 20 Years Ago — Nov. 14, 1997

Deputy Chief of the Army Reserve Brig. Gen. James R. Helmly spoke with media representatives at Fort McCoy. Helmly, on post to support a Fort-McCoy Retiree Council



File photo

**Soldiers stop for a photo at then-Camp McCoy prior to a Thanksgiving dinner at the installation in November 1937.**

seminar, used the visit as an opportunity to tell the story of the Army Reserve.

## 10 Years Ago — Nov. 1, 2007

Members of the Fort McCoy community gathered at Woodridge Community Center on Nov. 1 to witness the signing of the Army Family Covenant by Fort McCoy senior leaders.

The Army Family Covenant recognizes the hardships that Families face in support of their Soldiers and pledges to support Army Families and improve their quality of life. The covenant recognizes that while Soldiers defend the nation, their strength is in their Families.

Leaders putting pen to paper at the covenant-signing ceremony were Maj. Gen. James R. Sholar, commanding general of the 88th Regional Readiness Sustainment Command; Installation Commander Col. Derek J. Sentinella; and Command Sgt. Maj. M. Kevin Dubois, installation command sergeant major.

These signatures joined those of Secretary of the Army Pete Geren, Army Chief of Staff Gen. George W. Casey Jr., and Sgt. Maj. of the Army Kenneth O. Preston.

Signatures of Army leadership already were in place on the documents.

Signing ceremonies similar to the one held at Fort McCoy occurred at installations throughout the country.

(Article prepared by the Fort McCoy Public Affairs Office from The Real McCoy and Triad archives.)

# Fort McCoy ArtiFACT

## Rock Island Arsenal military spur

Archaeology work has been ongoing at Fort McCoy for more than 30 years.

One artifact found is a military spur that can be traced back to the installation's origins.

An "R.I.A." military spur engraved with "R.I.A. 1903" and "48" was found on a past dig. The initials "R.I.A." stand for Rock Island Arsenal, and the "1903" represents Model 1903 (M1903).

The M1903 spur was produced by Rock Island Arsenal from 1903 to 1911. This particular spur is an enlisted model due to the R.I.A. stamp location on the outside of the spur.

The number "48" would have been added to the spur at a later date by the specific unit or depot, potentially for inventory purposes. The Ordnance Price List in 1903 for one pair of enlisted spurs was 74 cents, according to the U.S. Army Sustainment Command History Office.

Rock Island Arsenal encompasses 946 acres located on Arsenal Island (formerly known as Rock Island) in Illinois on the Mississippi River between Davenport,

Iowa, and Rock Island and Moline, Ill. It was established by an act of Congress in 1862.

The arsenal served as a prison camp during the Civil War; produced infantry, cavalry, and artillery equipment during the Spanish-American War; produced arms, ammunition, and personal equipment during World War I; and manufactured machine guns and disintegrating belt links for machine guns during World War II.

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

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

The discovery of any archaeological artifact should be reported to the Directorate of Public Works Natural Resource Branch at 608-388-4793.

(Article prepared by Colorado State University Center for Environmental Management of Military Lands and Directorate of Public Works Natural Resources Branch.)



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

**Pictured is a military spur that originated at Rock Island Arsenal, Ill., and was later found at Fort McCoy.**

ADS

## ABOUT POST



Photo by Scott T. Sturkol

### Thanksgiving meal

Senior leaders with installation units as well as representatives with the Wisconsin USO serve an early Thanksgiving meal for troops in dining facility 1362 on Nov. 15 at Fort McCoy. The meal included turkey, numerous side dishes, and dessert options. Hundreds of troops took part. The Logistics Readiness Center Food Service Program coordinated the meal.



Photo by Scott T. Sturkol

### 'Ready ... pull!'

Students with the Sparta (Wis.) Innovations Science, Technology, Engineering and Math Academy visit with instructors at Regional Training Site-Maintenance on Nov. 7 at Fort McCoy. Dozens of students visited the facility to learn about what Regional Training Site-Maintenance does to train Soldiers and how science, technology, engineering, and math are applied to that training. The academy is a sixth- through eighth-grade school that focuses on real-world problem solving and experiences.



Photo by Scott T. Sturkol

### Training time

Soldiers drive military vehicles in a convoy on Highway 21 on Nov. 3 en route to Fort McCoy for battle-drill training. Thousands of troops trained at the installation in November for battle-drill, institutional, and exercise training events.

## FEATURE

# RUNNER'S WORLD: McCoy major, installation's top Ten-Miler finisher, has history of athletic success

STORY &amp; PHOTOS BY SCOTT T. STURKOL

Public Affairs Staff

As he was finishing the last mile in the 2017 Army Ten-Miler in Washington D.C. on Oct. 8, Martin Wennblom said all he could think of was the last line in the Army officer oath of office — “So help me God.”

“I just had to get there and finish the best I can,” said Wennblom, an Army major with the 181st Multi-Functional Training Brigade (MFTB) at Fort McCoy. “I told myself, ‘So help me God, I’m going to do this.’”

Wennblom did finish and finish well. Whether or not he had divine intervention is anyone’s guess. But, out of the more than 35,000 athletes who registered for the race, the 5-foot, 11-inch, 157-pound Wennblom cruised to the 39th overall finish with a time of 55:49. His finish also garnered him a first-place finish in the age 35-39 category.

This was his best individual placement ever in an Army Ten-Miler race, he said. It was even better than the time he helped the staff team from the U.S. Military Academy at West Point, N.Y., win the Army Ten-Miler active-duty mixed category in 2012. Wennblom’s 2017 time also anchored Fort McCoy’s team success, helping the team earn second place in the Reserve mixed category.

“He’s our work horse and an elite runner,” said Lt. Col Mark Woommavovah, 181st MFTB deputy commander and the Fort McCoy Army Ten-Miler team coach. “He’s been an inspiration to all of us to do well.”

## A memorable finish

From the 2017 Army Ten-Miler, Wennblom said he’ll look back at his performance as a major accomplishment and a great memory — from start to finish.

“It was pretty warm during the race,” Wennblom said. “The humidity was pretty high. It had rained before and even a little bit during the race. You would think it would have been nice and cool, but it was 75 degrees and humid. It definitely wasn’t ideal conditions.”

At the start of the race, Wennblom was able to work his way toward the front of the pack pretty quickly. He didn’t race to the front — he just set his 5:30-mile pace immediately.

“At 5 miles, halfway through the race, I heard someone yell out to the guy in front of me that he was in 60th place,” Wennblom said. “So I knew I was 61st. As the race went on, I could see there were a lot of people who were slowing down. I did a re-evaluation and figured out that I need to pick it up as some folks had slowed after starting off too hard.

“It’s a pretty challenging to maintain the pace I had going on,” he said. “Also, if you see others struggling, it’s easy to get distracted. Thankfully, I was able to stay focused on run-



**Maj. Martin Wennblom with the 181st Multi-Functional Training Brigade goes on a morning run Oct. 18 near Rumpel Fitness Center at Fort McCoy.**

ning my own race and not necessarily worry about what other people were doing.”

As he reached the 7-mile point, Wennblom said he got with a pack of six runners who were running his pace.

“As we crossed the Potomac, there was a south wind coming and we would each exchange the lead,” he said. “We actually ran pretty well together. At the 9-mile mark, there were three of us together still.”

Among those in the pack with Wennblom was Capt. Tim Nelson with the 2nd Battalion, 34th Armored Regiment of Fort Riley, Kan.

“He actually passed me a couple of times on that stretch,” said Nelson, a native of Augusta, Wis., and a four-time Division III national cross-country and track champion at the University of Wisconsin-Stout in Menomonie.

“He’s a stellar athlete and a great runner,” said Nelson, who finished 38th overall in 55:42. “I think we fed off of each other as we headed toward the finish. ... Personally, this was the best I’ve ever done in this race.”

Wennblom said he appreciated having Nelson be there to help push him through that last mile. He only learned of their Wisconsin connection after the race was over.

“I just managed to hang on with Capt. Nelson,” Wennblom said. “As I hung on with him, I was able to come in with a pretty good time.”

Finishing a 10-mile race with a 5:30 average per mile is not an easy thing to do, Nelson said.

“I actually thought he was younger than he is,” said the 27-year-old Nelson. “I was im-

pressed at what he accomplished, especially finishing where he did.”

Looking back at Wennblom’s history as a runner, it appears he’s impressed a lot of people along the way.

## Early success

As a youth, Wennblom said he’d hoped to become a star basketball player. He wanted to star for the Indiana Hoosiers and live in that limelight.

“That was a dream, but dreams can change,” Wennblom said.

In 1993 during his freshman year at Newport High School in his hometown of Bellevue, Wash., Wennblom joined 100 other athletes to try out for the Newport cross-country team.

“I joined because I wanted to get in better shape to play basketball,” Wennblom said. “I ended up making the team and doing well because I was rated within the top 35 of 100 runners. ... At the time, I completely had no idea what running was all about.”

It was about that time where Wennblom started becoming addicted to running, so to speak. “I just enjoyed it and the challenges of doing well in this sport.”

After his first cross-country season ended, Wennblom said he joined a city cross-country team — the Cascade Striders youth boys team. The team was “packed with talent,” he said, and went on to win a national title in the Junior Olympics.

“That’s the only national title team I’ve ever been a part of,” Wennblom said. “I haven’t won a national title since. But, I have been on some incredible teams since then and have had great success with all of them.”

Through four years of high school, Wennblom participated in cross-country every year as well as in track and field. In cross-country, he ran a 5,000-meter race at every meet. In track, he ran 800-meter, 1,600-meter, and 3,200-meter races. “I also played some basketball in there, too,” he said.

The success from his high school running career then helped him earn a spot on the college cross-country team at South Dakota State University in Brookings, S.D.

“I had some opportunities to run for several different colleges, but I decided that I wanted to be back in the Midwest so I chose the South Dakota State ‘Jackrabbits,’” said Wennblom, who was born in Sioux Falls, S.D. “Going there meant I had the opportunity to run for a very historic program. In 1997, when I went there, they had just come off of a national championship, so I wanted to win a championship and be a part of that history.”

In college cross-country, runners completed a 10,000-kilometer race, and that proved to be strong challenge for him.

(See **SUCCESS**, Page 11)

## FEATURE

## ■ SUCCESS

(From page 10)

"You could say I was running an Army Ten-Miler back then," Wennblom said. "Seriously though, when you're an 18- or 19-year-old kid, the adjustment to that longer race is pretty tough. It really takes a couple of years to get adjusted and really do well."

In three of the four years Wennblom was at South Dakota State, Wennblom was on teams that participated in national championship meets.

"We actually did well every year I was there," he said. "Our best finish in those national meets was ninth."

Paul Danger, the former head coach for the South Dakota State cross-country team, said Wennblom was leader on the team when he coached him in the late 1990s.

"In our program, running was a byproduct of the entire program," Danger said. "Character and attitude were solidified first among our team members because we knew that would help provide a foundation for success. Marty knew that back then."

Danger said Wennblom became a bonafide leader for the college team, something he really appreciated. When Danger became the coach in 1998, he said the team had seven members. By 2001, when Wennblom graduated, Danger said Wennblom helped him recruit more people and the team grew to 21 members.

"He was never our No. 1 (runner)," Danger said. "I suppose the best runner could be a leader, but Marty was and is more than that. It takes a well-defined spirit to have people follow you because they see your dedication and work ethic. He has that and has carried that great enthusiasm he has into his Army career."

### Joining the Army

Every year that he was a competitive runner for South Dakota State, Wennblom also was prepping himself to join another team after

graduation — the U.S. Army team.

"When I got there, I joined the ROTC program," Wennblom said. "And by 2001, I received a commission as an officer in the Army and went to my first duty station at Fort Carson, Colo."

Once in the Army, Wennblom said the focus on fitness and running was different than in college or high school.

"I've always tried to stay active," Wennblom said. "Fort most of my time now in the Army, running has always been just a part to all the things we have to do. The running we do, as Soldiers, is about whether or not you can carry the load required of a Soldier. It's about battle fitness, resiliency, and strength."

In the 16-plus years he's been in the Army, Wennblom said he's enjoyed it tremendously even though he's had 37 months of deployment time in Iraq between 2003 and 2007. Through it all, he's kept on running.

"In recent years, I've tried to be on the Ten-Miler team at every installation where I have been stationed," Wennblom said. "I was on the Fort Irwin (Calif.) team, then I was on the West Point, and now I've been a part of the team at Fort McCoy."

Wennblom said he will remain a part of the Fort McCoy team as long as he's here, but he's also working on competing in other running events. With the support of his brother Matt Wennblom, who has been his coach since 2013, Martin is planning to run his seventh marathon in 2018.

"My brother has been my coach since we trained for the Boston Marathon in 2013," Wennblom said. "I was able to improve 22 minutes and run 2:37:39 at Boston. He and I also started focused training this past June, and we've been able to accomplish some great workouts over the last six months with our short-term goal of running a fast half mara-



Maj. Martin Wennblom with the 181st Multi-Functional Training Brigade stretches before running Oct. 18 at Fort McCoy. The major works out several times a week and maintains a strict approach to his training for running.

thon this coming spring and running a full marathon in California in December 2018. In between those races, I look to run in some local races to keep my speed sharp against those younger runners."

### Future in coaching?

Wennblom not only likes to run with younger runners, but he also enjoys coaching them.

"I love coaching — I would love to do that after the Army," Wennblom said. "Coaching at South Dakota State would actually be a dream job for me."

Teammates on the Fort McCoy Army Ten-Miler team said he was a great help too. And, his old college coach also said he has what it takes to be an excellent coach.

"His enthusiasm and dedication is contagious," Danger said. "He was a leader on our teams and would make a great coach."

Wennblom said his possible plan to coach is just a plan right now. For now, he said he'll continue to encourage, support, help, and build up fellow Soldiers and others to do well with running and in other things in life.

"I'm really into teaching and sharing my experiences about running, track and field, cross country, and the Army," Wennblom said. "I could probably talk anybody's ear off if they are interested about the sport of running."

"But I also have future leaders to help mold and that will include the sport of running with many of my fellow Soldiers," he said. "I'm just getting started, so help me God."



Wennblom gets in a workout on a treadmill Oct. 18 at Rumpel Fitness Center.

## NEWS NOTES

### Hours limited at Gate 20 through Jan. 15

Per the Fort McCoy Police Department, Gate 20 will reduce hours of operations.

Following is a list of dates and times of the reduced hours and/or closures:

- Nov. 23-26: Closed.
- Nov. 27 - Dec. 15: 6 a.m. to 5 p.m.
- Dec. 16 - Jan. 1, 2018: Closed.
- Jan. 2-15: 6 a.m. to 5 p.m.
- Jan. 16: Back to full 24-hour operations.

E-Gates are available for those personnel who have authorized access. Any personnel who would require access after hours to Gate 20 for special mission requirements that can't be met using the Main Gate and/or E-Gates should contact the Police Department.

For more information, call 608-388-2266.

### 'Connect the Tots' play group meets Nov. 28

The "Connect the Tots" play group will meet at 9:30 a.m. Nov. 28 at the Army Community Service Family Building, building 2161.

The play groups are for children 5 years old or younger. Through play, transitions, circle time, songs, activities, and informal conversations, parents learn about developmental ages and stages, gain tools to help understand their children's behavior, and become empowered to prepare the Family and children to enter school ready to learn.

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

Additional play groups are scheduled for Dec. 5 and 12. For more information or to register, call 608-388-2412.

### Trees for Troops available Dec. 1

Trees for Troops is offering free Christmas trees starting 10 a.m. Dec. 1 at South Post Community Center, building 6158.

The trees are for active-duty, National Guard, and Reserve Soldiers. Trees are available while supplies last and cannot be held for later pickup. Only one tree per Family.

For more information, call 608-388-3704.

### Digital Photography Contest starts Dec. 1

The Army is hosting its annual Digital Photography Contest to showcase the creative and artistic talents of the military community.

The contest, run by U.S. Army Installation Management Command's G9 Family and Morale, Welfare and Recreation (MWR) Directorate, is open to active-duty military members and MWR authorized patrons.

Contest entries will be accepted Dec. 1 through Jan. 31, 2018.

Participants can submit photos for the following categories: animals, design elements, digital darkroom, military life, nature and landscapes, people, and still life. Participants



Photo by Lt. Col. Mark Woommavovah

### Fowl 5k finishers

A pair of finishers in the Fort McCoy Fowl 5k Run/Walk celebrate at the end of the race Nov. 15 near Rumpel Fitness Center. T-shirts were provided to the first 25 registrants, and prizes were awarded to the fastest male and female participants. The event was coordinated by the Directorate of Family and Morale, Welfare and Recreation.

may enter up to three photos per category.

Prizes are \$300 for first place, \$200 for second place, and \$100 for third place.

Participants may submit entries online at the contest website, <https://www.armymwr.com/programs-and-services/arts-and-crafts/digital-photo-contest>.

### Holiday card workshop scheduled for Dec. 2

A Family Christmas Card Workshop is scheduled for 9:30 a.m. to 4 p.m. Dec. 2 at the Army Community Service Family Building in building 2161.

Families may create personalized holiday cards using stickers and stamp art. Supplies will be available for other seasonal holidays.

Class size is limited, and children must be accompanied by an adult. Exceptional Family Member Program participants may start one hour earlier than the scheduled time.

ACS events are open to military members, retirees, DOD and NAF civilians, contractors, registered volunteers, and Family members. Registration is required by Nov. 27. For more information, call 608-388-3505.

### Family Workshops planned for December

Family Workshops are scheduled during December at the Army Community Service Wood Shop in building 1133.

Families may create pallet trees or a snowman Family. All materials and instructions are supplied.

Workshops are 4 to 7 p.m. Dec. 5, 12, and 14 and 9 a.m. to noon or 12:30 p.m. to 3:30 p.m. Dec. 9

Class size is limited, and children must be accompanied by an adult. Exceptional Family Member Program participants may start one hour earlier than the scheduled time.

Singles and geographical bachelors are also welcome

ACS events are open to military members, retirees, DOD and NAF civilians, contractors, registered volunteers, and Family members. Registration is required by Dec. 1. For more information, call 608-388-3505.

### SHARP training dates available for FY 2018

Training dates have been scheduled for fiscal year 2018 Sexual Harassment/Assault Response and Prevention (SHARP) training.

The class is required for both military members and government civilians.

Classes are 9 to 10:30 a.m. Dec. 6 and 14, 2017; Jan. 25, 2018; Feb. 15; March 7 and 20; April 25; May 8 and 30; June 6; July 17; Aug. 9 and 23; and Sept. 5 and 18. All classes will be at Army Community Service, building 2111. Onsite training is also available.

To register or for more information, call Jamie Cram at 608-388-8989.

### Christmas Tree Lighting set for Dec. 7

Fort McCoy's annual Christmas Tree Lighting will be held from 4:30 to 7 p.m. Dec. 7 at McCoy's Community Center, building 1571.

The free event is open to Fort McCoy Soldiers, employees, and their Families.

Activities will include carols sung by the Fort McCoy Child and Youth Services youth; crafts and activities for children; photos with Santa; door prizes; and Santa's Gift Shop.

Volunteers are still needed for activities. For more information, call 608-388-3200.

### Breakfast with Santa scheduled for Dec. 9

Breakfast with Santa is scheduled for 9 to

11 a.m. Dec. 9 at South Post Community Center, building 6158.

Children can have breakfast with Santa Claus and tell him what they want for Christmas. Breakfast will be French toast sticks, scrambled eggs, sausage, and juice or coffee. Breakfast costs \$7. Meals for children ages 5 and younger cost \$3.

Reservations are required by Dec. 5. Call 608-388-2065.

### Commissary gift cards available year-round

The Defense Commissary Agency offers gift cards to those looking to give service members or their Families gifts for the holidays.

While the gift cards are only usable by military members, retirees, and dependent Family members, they can be purchased by anyone through [www.commissaries.com](http://www.commissaries.com).

Gift cards can be shipped anywhere in the United States or to APO, FPO, or DPO addresses overseas.

Gift cards are also available at the Fort McCoy Commissary, building 1537. For more information about the Fort McCoy Commissary, call 608-388-3542.

### Army Community Service provides Family games

Army Community Service (ACS) is offering Family games in honor of Month of the Military Family. Families may select a game to take home and keep.

For more information, stop by ACS in building 2111 or call 608-388-3505.

### Post welcomes new employees

New employees started working in several post organizations in November.

Welcome to the following new employees:

• **Dana Elmhurst, Kira Kaufmann, and Matthew Varner** — Directorate of Public Works.

• **ReShandra Taylor** — U.S. Army Reserve Pay Center.

### Correction

An article in the Nov. 10 issue of The Real McCoy was in error when it stated that injured workers can go to their own medical providers and file a claim for reimbursement.

Correction: Injured workers who choose to go to their medical providers should say the injury was incurred at work, and the bill will be processed through the Department of Labor. There are no out-of-pocket costs to the employee.

For more information about worker's compensation benefits, call Renee Herman at 608-388-2904.

### Next issue of The Real McCoy

The next issue of The Real McCoy will be published Dec. 8. The deadline for submissions to be considered for publication in the Dec. 8 issue is noon Nov. 29.

## Recreation

**Automotive Skills Center:** Building 1763. Open 1-9 p.m. Thurs.-Fri. and 9 a.m.-5 p.m. Sat. **Closed Nov. 23-25.** Call 608-388-3013.

**Better Opportunities for Single Soldiers (BOSS):** Meets 4:30 p.m. third Thurs. of each month at McCoy's Community Center. Call 608-388-3200.

**McCoy's Community Center:** Building 1571. Offers books, arcade, gaming area, and bowling. Manager has discretion on closing time. **Closed Nov. 23-24.** Call 608-388-7060.

**Bowling Center:** Open 11 a.m.-10 p.m. Mon.-Fri. Extreme bowling 4-9 p.m. Fri.

**Leisure Travel Services Office:** Open noon-8 p.m. Mon., 2-8 p.m. Tues., and noon-8 p.m. Wed.-Fri. Call 608-388-3011.

**Pine View Campground/Recreational Equipment Checkout Center:** Building 8053. Open 8 a.m.-5 p.m. Mon.-Fri. Call 608-388-2619. For weekend/night assistance, call the camp host at 608-633-1044.

**Rumpel Fitness Center:** Building 1122. Open 5 a.m.-8 p.m. Mon.-Thurs., 5 a.m.-7 p.m. Fri., and 6 a.m.-2 p.m. Sat.-Sun. Call 608-388-2290.

**Indoor swimming pool, atrium, sauna and steamroom:** Open 6 a.m.-7 p.m. Mon.-Thurs., 6 a.m.-6:30 p.m. Fri., and 9 a.m.-1:30 p.m. Sat.-Sun.

**Sportsman's Range:** Closed for the season. Call 608-388-9162/3517.

**Tactics Paintball & Laser Tag:** Open 12:30-4:30 p.m. Mon.-Sat. and 9 a.m.-2:30 p.m. Sun. Reservations available. Call 800-531-4703.

**Whitetail Ridge Ski Area:** Building 8061. Closed for the season. Call 608-388-3517.

## Dining

**McCoy's Community Center:** Building 1571. ATM located inside. **Closed Nov. 23-24.** Catering/admin., call 608-388-2065.

**Primo's Express:** Open 11 a.m.-10 p.m. Mon.-Fri. Buffet 11 a.m.-1 p.m. Mon.-Fri. Limited menu after 2 p.m. Call 608-388-7673.

**Sports bar:** Open 4 p.m.-midnight Mon.-Fri. Manager has discretion on closing time.

**Snack Avenue:** Building 1538. Located

inside Express. Open 6 a.m.-7 p.m. Mon.-Fri., 7 a.m.-7 p.m. Sat., and 10 a.m.-5 p.m. Sun. Call 608-269-5604 or 608-388-4343.

**Specialty Express Food Court:** Building 1538. Open 7:30 a.m.-4 p.m. Mon.-Fri. Breakfast available 7:30-10:30 a.m. Call 608-269-5615, ext. 303.

**Whitetail Ridge Chalet:** Building 8061. Closed for the season. Call 608-388-3517.

## Services

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

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

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

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

**Commissary:** Building 1537. Open 10 a.m.-6 p.m. Mon.-Sat. Early bird/self-checkout open 9-10 a.m. Mon.-Fri. Call 608-388-3542/3543.

**CWT (Carlson Wagonlit Travel) SatoTravel:** Building 2180. Open 7:30 a.m.-4 p.m. Mon.-Fri. Call 608-388-2370, 608-269-4560, or 800-927-6343.

**Education/Learning Center:** Building 50, room 123. Open 8 a.m.-4 p.m. Mon.-Fri. Call 608-388-7311.

**Exchange:** Building 1538. Open 8 a.m.-7 p.m. Mon.-Sat. and 10 a.m.-5 p.m. Sun. Call 608-269-5604, ext. 101 or ext. 4343.

**ID Card/DEERS Section:** Building 35. Open 7:30 a.m.-3 p.m. Mon.-Fri. Call 608-388-4563 prior to any visit to verify the ID Section is operational.

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

**Launderette/Dry Cleaning:** Building 1538. Open 10 a.m.-5 p.m. Mon.-Fri. and 10 a.m.-2 p.m. Sat. Call 608-269-1075.

**Laundry Facilities:** Buildings 1671,

# facilities services

This schedule is projected through **Dec. 7, 2017.**  
**Most offices closed Nov. 23 for Thanksgiving Day.**  
***Bold, italic typeface*** indicates a change since the last publication.  
Please call facilities before visiting to verify hours.  
To report updates to this page, call 608-388-2407.

2763, and 2877 open 24/7. Exclusively for use by Soldiers training on Fort McCoy pursuant to military orders. Civilians and retired military *are not authorized* to use these facilities. Call 608-388-3800 (Troop and Installation Support Branch, building 490).

**Military Clothing:** Building 1538. Open 8 a.m.-7 p.m. Mon.-Sat. and 10 a.m.-5 p.m. Sun. Call 608-269-5604, ext. 203.

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

**Permit Sales:** Building 2168. Open 7 a.m.-3:30 p.m. Mon.-Fri. Call 608-388-3337.

**Retirement Services Office:** Building 35. Open 7:30 a.m.-3 p.m. Mon.-Tues. and Thurs.-Fri. Call 608-388-3716.

**R.I.A. Credit Union:** Building 1501. Open 9 a.m.-1 p.m. Mon.-Wed. and 9 a.m.-1 p.m. and 2-5 p.m. Thurs.-Fri. ATMs are located in building 1501 (available 24/7); McCoy's, building 1571; Exchange, building 1538; and IHG Army Hotels, building 51 (available 24/7). Call 608-388-2171.

**RV Storage Lot:** Next to building 2880. Short- or long-term storage. Fees charged. Authorized patrons only. Call 608-388-2619/3517.

**Service Station/Express/Class VI:** Building 1538. Open 6 a.m.-7 p.m. Mon.-Fri., 7 a.m.-7 p.m. Sat., and 10 a.m.-5 p.m. Sun. Call 608-269-5604 or ext. 4343. Pay-at-the-pump gas is open 24/7. ATM located inside. Cash transactions available during Express hours.

**Visitor Control Center:** Building 35. Open 6-10 a.m. Mon.-Fri. Call 608-388-4988.

## Family Support

**Army Community Service Center:** Building 2111. Open 7:30 a.m.-4 p.m. Mon.-Fri. or by appointment. **Closed Nov. 23-24.** Call 608-388-3505.

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

**Child Development Center:** Building 1796. Open 6:30 a.m.-5:15 p.m. Mon.-Fri. **Closed Nov. 23-24.** Call 608-388-3534/2238.

**Military and Family Life Consultant Program (MFLC):** Building 2111. Provides education, information, and support for anyone affiliated with the military. MFLC services are confidential. Available 8 a.m.-4 p.m. Mon.-Fri. or by appointment. Call 608-469-1432.

**Red Cross:** Fort McCoy active-duty Soldiers and Family members can call 877-272-7337 for emergency assistance. For other Red Cross services, call 800-837-6313 or 608-788-1000.

**School Age/Youth Center:** Building 1792. Activities for youth grades kindergarten through 12. Offers after-school, nonschool, and inclement-weather care for eligible youth. Open nonschool days 6:30 a.m.-5:30 p.m. or 2:30-5:30 p.m. Mon.-Fri. for After School Program. **Closed Nov. 23-24.** Call 608-

388-4373.

**SK/ESUnlimitedInstructionalProgram:** Building 1668. Provides instructional classes for children and youth from infancy through the end of their senior year in high school. Register at Parent Central Services. Call 608-388-8956.

## Health Care

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

**Fort McCoy Civilian Employee Assistance Program:** Screening and referral services for civilian employees and Family members experiencing difficulties due to problems related to substance abuse, mental health, marital/Family discord, or other causes. Call 608-388-2441/5955.

**Fort McCoy Sexual Harassment/Assault Response & Prevention (SHARP):** 24/7 hotline: 608-388-3000.

**Occupational Health Clinic:** Building 2669. Open 7 a.m.-3 p.m. Mon.-Fri. Call 608-388-2414.

**TRICARE:** TRICARE North Region, 877-874-2273; TRICARE West Region, 877-988-9378; TRICARE South Region, 800-444-5445; TRICARE for Life, 866-773-0404; or visit [www.tricare.mil](http://www.tricare.mil).

**Troop Medical Clinic:** Building 2669. Open for sick call 7-8 a.m. and appointments 8 a.m.-3 p.m. Mon.-Fri. Authorized use only for Extended Combat Training Soldiers on orders of less than 30 days. Personnel on orders for more than 30 days are eligible for TRICARE Prime Remote and will see off-post providers. Call 608-388-3025.

## Worship

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

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

**Mormon:** Church of Jesus Christ of Latter-day Saints, 702 E. Montgomery St., Sparta, Wis. Services from 10 a.m.-1 p.m. Sun. Call 608-269-3377.

**Protestant:** Chapel 1, building 2672. Protestant worship at 9:30 a.m. Sun. Fellowship follows service from 10:30-11:30 a.m. at building 2675.

**Protestant Women of the Chapel Bible Study:** Building 2675. 8:30-10:30 a.m. Wed. Call or text Amber Bailey at 325-280-9380 or visit [www.facebook.com/groups/PWOCFortMcCoy/](http://www.facebook.com/groups/PWOCFortMcCoy/).

**Spanish Language:** Catholic services in Norwalk at 4 p.m. Sun.; call 608-823-7906. Seventh-Day Adventist services in Tomah; call 608-374-2142.

Call 608-388-3528 for more information about Chapel and worship schedules in the surrounding communities. The RSO is on Facebook at [www.facebook.com/FtMcCoyRSO](http://www.facebook.com/FtMcCoyRSO). If you have an emergency, call 608-388-2266, and the on-call duty chaplain will be contacted.

## Organizations

**Adjutant General Corps Regimental Association, Spartan Chapter:** Meets monthly. For more information, visit [www.facebook.com/AGCRASpartan](http://www.facebook.com/AGCRASpartan) or call Staff Sgt. Cassandra Ross at 251-327-8400.

**American Federation of Government Employees (AFGE), Local 1882:** Building 1411. Open 7 a.m.-4 p.m. Mon.-Fri. Meets at 5 p.m. second Tuesday of each month. Call 608-388-1882.

**American Society of Military Comptrollers:** Meets several times throughout the year. For more information, call Maureen Richardson at 608-269-1912 or Bonnie Hilt at 316-209-2787.

**Association of the United States Army - AUSA (Robert B. McCoy Chapter):** For information on meetings, visit [www.mccoyausa.org](http://www.mccoyausa.org).

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

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

**USO Wisconsin at Fort McCoy:** Building 1501. Open 9 a.m.-4 p.m. Mon.-Fri. by appointment. For more information or to volunteer, call 414-477-7279 or email [ehazlett@usowisconsin.org](mailto:ehazlett@usowisconsin.org).

**Warrant Officers Association, Chapter 0317:** For more information, call 608-609-2212 or 785-979-7370, or email [usawoamccoy@outlook.com](mailto:usawoamccoy@outlook.com).

### DAILY BUGLE CALLS

5:50 a.m. – First Call • 6 a.m. – Reveille • 6:45 a.m. – Assembly • 7 a.m. – Breakfast • Noon – Mess Call (Dinner) • 5 p.m. – Retreat/To the Colors • 5:45 p.m. – Mess Call (Supper) • 10:30 p.m. – Tattoo • 11 p.m. – Taps

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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.mccoyimcom-central.list.pao-admin@mail.mil](mailto:usarmy.mccoyimcom-central.list.pao-admin@mail.mil)

## SEVERE WEATHER ANNOUNCEMENTS/PROCEDURES

During any severe winter weather situation, a liberal leave policy will automatically be in effect.

This policy affords supervisors and employees flexibility in addressing an individual request for leave or a work schedule adjustment due to weather, accommodating a late arrival, and/or an employee's request for an early departure due to weather conditions.

Annual leave may be requested and approved in 15-minute increments. If the Garrison Commander should deem that due to an extreme weather situation all post operations would need to be suspended during the duty day, then that announcement will be made via a command-approved, postwide email communication, with employee notifications then disseminated through their supervisory channels.

If such a decision were to be made outside of the normal duty day, then a Fort McCoy Public Affairs Office authorized announcement will be released through Fort McCoy's Facebook page at [www.facebook.com/FtMcCoy](http://www.facebook.com/FtMcCoy).

In addition, information regarding liberal leave/post closure can be obtained after duty hours by calling 608-388-7777 or dialing toll-free 800-982-3585, extension 7777.



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