



January 8, 2021
Vol. 14, No. 01

The Real McCoy®

Published for Fort McCoy, Wis. — Proudly Serving America's Army Since 1909

Cold-Weather Operations Course graduates 19 students in class 21-01

STORY & PHOTOS BY SCOTT T. STURKOL
Public Affairs Staff

Nineteen Soldiers and ROTC cadets trained in cold temperatures and more to graduate from Fort McCoy Cold-Weather Operations Course (CWOC) Class 21-01 in mid-December after 14 days of training.

“Our first class of the 2020-21 training season had a great mixture of active-duty Soldiers, Reservists, and a few ROTC cadets, as well,” said CWOC Instructor Hunter Heard, who coordinates training with fellow instructors Manny Ortiz, Brian Semann, and Joe Ernst. All are with contractor Veterans Range Solutions, which works with Fort McCoy’s Directorate of Plans, Training, Mobilization, and Security to complete the training.

“Even though we were unable to ski and snowshoe due to no snow, this was still a really great course session,” Heard said. “We were able to get some good fieldcraft training with the students out in the training areas. And even with the COVID-19 precautions in place, the students performed well and kept their motivation high. All in all, it was a great start to our training season.”

Despite the lack of snow, students completed nearly 40 kilometers of marches during training, Heard said. They also learned how to pack and use ahkio sleds to carry and move gear, and they practiced extensively in building the Arctic 10-person cold-weather tent as well as improvised shelters.

Cpl. Nicholas Lauterbach, team leader with



First Lt. James Wong, a civil-affairs officer with the Army Reserve's 432nd Civil Affairs Battalion in Green Bay, Wis., and a Fort McCoy Cold-Weather Operations Course Class 21-01 student participates in cold-water immersion training Dec. 15, 2020, at Big Sandy Lake on South Post at Fort McCoy.

the 4th Battalion, 9th Infantry Regiment at Fort Carson, Colo., said he especially liked learning how to build improvised thermal shelters and

the cold-water immersion training.

“All the (fieldcraft) training leading up to field training was great,” Lauterbach said. He added

that learning more about the Army’s Extended Cold-Weather Clothing System (ECWCS).

“This course taught me how to properly wear my ECWCS gear and the sleep system that goes with it,” Lauterbach said. “This will help me to train my troops in my unit on the correct way to use the system.”

Course objectives also include focusing on terrain and weather analysis, risk management, developing winter fighting positions, camouflage and concealment in a cold-weather environment, cold-water immersion reaction and treatment, and injury prevention.

First Lt. James Wong, a civil-affairs officer with the Army Reserve’s 432nd Civil Affairs Battalion in Green Bay, Wis., said the course helped him build his cold-weather operations skills.

“This course increased me familiarity with operating in a cold-weather environment ... and mitigating risk with knowledge of effects from exposure, such as hypothermia,” Wong said. “One of the best things about this course is the creative freedom the course allows in solving problems in a cold environment. ... Also, gaining knowledge on the effects of cold weather on the body, vehicles, and equipment will be valuable for planning considerations.”

This class of students also started a second season of training in a specialized cold-water immersion scenario, Heard said. The scenario includes having one of the squad members go through a cold-water immersion event in the lake, and then other squad members have to (See **CWOC**, Page 3)

2020 in review: COVID-19 caused changes, but post persevered

Between changing training requirements and COVID-19 pandemic restrictions, Fort McCoy had an eventful 2020.

But the pandemic didn’t stop the Fort McCoy team, which resumed the training mission in a big way, and more.

January

In January, Fort McCoy hosted a dozens of service members for its Cold-Weather Operations Course (CWOC). The season started in mid-December 2019 before taking a break for the holidays and resuming in January 2020 where one 14-day class session was completed and another started.

CWOC Instructor Hunter Heard said the Wisconsin winter really made an appearance for the second class of the training season in January 2020.

“This was this first class this season where the temperature dropped below zero for both thermal shelter-building nights of training,” Heard said. “The class performed well through it all and really did a great job looking out for and checking on one another. This class also had colder temps at the start of the cold-water immersion scenario, but every squad performed well.”

Fort McCoy community members also celebrated Martin Luther King Jr. Day on Jan. 16. Rev. Everett Mitchell was the guest speaker at Fort McCoy’s observance of the holiday. He is a juvenile court judge for Wisconsin’s Dane County Circuit Court.

Everett said sharing time, helping others, and “spreading light” are the most important ways to honor the memory of Dr. Martin Luther King Jr.

Toward the end of the month, then-Garrison Commander Col. Hui Chae Kim shared updates with the workforce during the annual workforce briefing. Kim highlighted some of the awards



Photo by Scott T. Sturkol

Soldiers with the 123rd Engineer Battalion of the Illinois National Guard operate at a tactical training area Aug. 6 on North Post at Fort McCoy. August was the busiest training month at the installation in 2020.

received by the installation and workers in past years, including Army Communities of Excellence awards in 2017-2019; operational security awards in 2016-18; environmental awards in 2016, 2017, and 2019; humanitarian awards for Directorate of Emergency Services personnel; public affairs communications awards in 2016-18; and a 2018 “High Flyer” award for the Directorate of

Human Resource’s ID Card Section.

He also spoke about improvements and achievements that don’t garner awards, such as a wide array of infrastructure improvements, international accreditation for the Directorate of Emergency Services Fire Department, Child and Youth Services (See **REVIEW**, Page 2)

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facilities accreditation, creating inter-governmental support agreements with area agencies, and high scores in the Installation Management Command Organizational Inspection Program and Higher Headquarters Assessment.

February

Fort McCoy's fiscal year (FY) 2019 economic impact was released in February 2020 at an estimated \$1.184 billion.

The data was compiled by Fort McCoy's Plans, Analysis and Integration Office. Workforce payroll, operating costs, and other expenditures totaled \$296 million for FY 2019 compared to \$283.7 million for FY 2018. A total of 2,622 personnel worked at Fort McCoy in FY 2019 — 1,538 civilians, 523 military, and 561 contract employees.

CWOC training also continued in February with Soldiers, Marines, and for the first time — Airmen — graduating the course.

More than 20 Airmen with the Tennessee Air National Guard's 164th Security Forces Squadron (SFS) at Memphis were among the trainees for CWOC Class 20-04.

"I would be lying if I said there were no concerns for us going into the course," said Master Sgt. John C. Hogue, class 20-04 student and the 164th SFS training manger. "Our Airmen have been in locations that have tested their willpower and determination. However, most of these locations are your standard hot, dry locations. Being from the southern states, that was not too much of a challenge. On the other hand, sustained single-digit temperatures we saw in this course took some adjusting."

The Fort McCoy Sgt. Audie Murphy Club chapter also was established. The first meeting of the chapter was held Feb. 19 to elect chapter officers and forge a plan for the way ahead for the post's newest noncommissioned officer-affiliated organization.

March

The Army and Fort McCoy began taking the first steps to combat the COVID-19 pandemic. Many employees began teleworking as much as possible, and strict sanitation, social-distancing, and mask requirements were

implemented throughout the installation.

One on-post employee discussed adjusting to teleworking.

"I'm grateful to be able to telework in these trying and stressful times," said Deana Caswell, senior technician with the U.S. Army Reserve Pay Center at Fort McCoy. "It is a welcomed challenge. I'm very happy that my organization has, first, has the capabilities to telework and, secondly, has authorized teleworking from home to do our part to be safe and keep others safe due to the stay-at-home order put in place. It allows us to carry out the very important mission to pay America's Soldiers."

Most training was canceled due to Department of the Army restrictions, however CWOC Class 20-05 was able to wrap its training.

"The changing conditions of our operating environment required us to change up some of the training," said Heard. "But the students did well responding to the changes and completed their training successfully."

After completing the course, many students said they learned a lot about cold-weather operations that will help them and their units be successful.

"The days and nights that were spent in the field going from location to location was the best part of the course," said student Pfc. Bryce Hutton with the 950th Engineer Company at Superior, Wis. "Also, being taught the little things that can save you from freezing was also helpful. Additionally, learning fire starting and shelter building are the main skills I will take away from this training to bring back to my home station."

April

Fort McCoy essential services continued to adjust to pandemic restrictions in order to provide services during April 2020.

The Directorate of Emergency Services (DES) held training sessions to augment the force with service members if needed, while Fort McCoy Commissary, Exchange, and dining services implemented new safety measures to help keep both employees and customers safe.

DES held the five-day, 40-hour augmented standby force training in early April for 24 service members at

the installation.

"The training is for borrowed military manpower (BMM) to be used as an augmented standby force to cover down on a potential law-enforcement staffing reduction as a result of the COVID-19 pandemic," said Lt. Benjamin Finn with the DES Police Department. "The course of instruction included classroom and range operations. Topics covered vary from access control point (ACP) procedures, to handcuffing and qualifying with a weapon — a 9mm pistol."

Other offices on post switched to providing as many services as possible either virtually or over the phone in April. Volunteers, coordinated by Army Community Service, sewed masks for installation staff and family members. The masks were, and continue to be, available through the Installation Safety Office.

Construction resumed on post as the weather improved, with progress made on new barracks and a new shipping and receiving/mail freight facility as well as new housing units.

The post also held a very small outdoor Arbor Day observance April 24 in front of McCoy's Community Center where a single maple tree was planted to represent the importance of the day. Kim read the Arbor Day proclamation to recognize Fort McCoy's commitment to preserving forest lands and more.

"The Department of the Army is the steward of the land and the natural resources at Fort McCoy, which are being held in trust for the American people," Kim said in the proclamation. "Trees are one of the most important natural resources contained on Fort McCoy, either singularly, in groups, or forests."

"These trees benefit Fort McCoy by providing quality training, watershed protection, wood products, food and shelter for wildlife, outdoor recreation opportunities, clean air, noise buffers, and beautification," Kim said. "Fort McCoy has been designated as a Tree City USA, and Arbor Day is a time of national observance for the recognition of the importance of trees to all locations."

May

Construction continued on new simulations buildings in May, while renovation began on building 2880,



Photo by Scott T. Sturkol

Pine View Campground guests are shown May 24, 2020, next to Suukjak Sep Lake at Fort McCoy.

which will be used as garrison offices for the Directorate of Public Works and Directorate of Plans, Training, Mobilization and Security (DPTMS).

The annual Armed Forces Day Open House was canceled due to the COVID-19 pandemic. Many local Memorial Day observances were also curtailed.

The Fort McCoy Religious Support Office conducted its annual Memorial Day observance online. The guest speaker was retired Command Sgt. Maj. Jenny Bryan, who currently serves as the Casualty Operations Branch chief for the 88th Readiness Division at Fort McCoy.

Bryan started by sharing how, when she visits and speaks to children, she'll ask them if they know what certain symbols mean, such as the stars and stripes on the U.S. flag. She then asks if they know what the various parts of her uniform mean. While the children usually don't, Bryan said she tells the children that they don't have to memorize the meanings behind all the pieces of her uniform, they should know that each piece tells part of a story.

"What's important to remember is that the uniform tells a story. The stripes mean something. The unit crest means something. The cords and the ribbons mean something, and even our hats mean something," Bryan said. "Unfortunately, our uniform doesn't always tell that we went above and beyond the call of duty — that we were injured or even killed."

Pine View Campground reopened May 22 with limited services, and the campground was filled with campers looking to socially distance over Memorial Day weekend. Campground staff had implemented numerous pandemic safety protocols that helped keep guests safe.

Other installation offices began to offer limited in-person hours while conducting most business virtually. Large-scale planning also was going on at DPTMS and across the Fort McCoy team to return training to the installation by July.

June

Fort McCoy welcomed its new garrison commander, Col. Michael D. Poss, on June 10 at a virtual change of command ceremony.

Only minimal attendance was allowed at the ceremony as required by health and safety requirements for the COVID-19 pandemic. Installation Management Command Readiness Director Brenda Lee McCullough officiated the event from a virtual setting. Maj. Gen. Jody Daniels, commanding general of the 88th Readiness Division and senior Fort McCoy commander, also participated in the event.

Fort McCoy hosted a drive-thru Army Birthday celebration June 12 in honor of the Army's 245th anniversary.

"While this wasn't our usual Army birthday celebration, the overwhelming community support from our patriotic sponsors allowed us to still celebrate this important occasion," said Directorate of Family and Morale, Welfare, and Recreation Director Patric McGuane. "The incredible DFMWR team here at Fort McCoy was determined to celebrate our Army's birthday. Their adaptability, flexibility, and agility was on full display as we were able to modify the event to safely have a real celebration."

DFMWR's Child Development Center and School-Age Center/Youth Center (SAC/YC) also reopened a few days later to offer services to essential personnel.

Poss later said the installation needed to reopen the CDC and SAC/YC because those facilities directly support military and civilian workforce members on post.

"We wanted to look at opening up the CDC, and I was there on opening day to see how it would go. Prior to that, we had visited the center quite extensively and talked with the staff. ... It was great to see the employees bringing the children," Poss said. "It was a new environment, but we adapted." (See REVIEW, continued on Page 5)

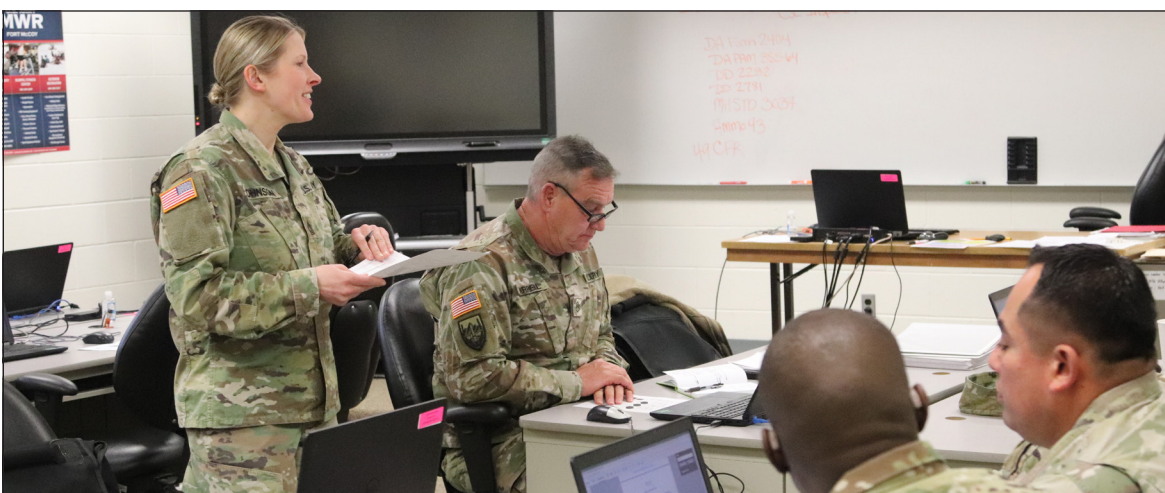


Photo by Scott T. Sturkol

Master Sgt. Sarah Johnson teaches a class in the 89B Senior Leader Course on Jan. 28, 2020, in building 50 at Fort McCoy. The 89B training on post falls under the Fort McCoy Regional Training Site-Maintenance umbrella of training operations.

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take what they learned during the course to help the wet squad member warm up and recover. This includes having the squad member take off most outer clothing and then climb into a sled lined with dry blankets. At the same time, other squad members erect an Arctic cold-weather tent with a heater where the affected squad member then warms up and recovers to prevent injury.

It's training like the cold-water immersion scenario that helped ROTC Cadet Tyler Mertes with the Marquette University ROTC Program gain an appreciation for the course.

"I learned a lot from the instructors and my peers," Mertes said. He also enjoyed "having more freedom and flexibility" while being in the field.

The new season of training also has required COVID-19 safety requirements be built in. In addition to social distancing, hand washing/sanitizing, and mask requirements, Heard said they also reduced class size. "Since the pandemic started, we have all learned a lot about how to increase the safety measures in our training program, and what we have in place should help us have a successful training season," he said.

CWOC training for the 2020-21 season continues until late March with five full classes for the season.



Students participate in a training scenario Dec. 15 at a training area on South Post at Fort McCoy.



Cold-Weather Operations Course Class 21-01 students set up an Arctic 10-person tent Dec. 15 at a South Post training area at Fort McCoy.



Instructor Hunter Heard teaches a class as part of the Fort McCoy Cold-Weather Operations Course on Dec. 4.



A student tightens a tent line for an Arctic 10-person tent Dec. 15 at a South Post training area at Fort McCoy.

NEWS

Students fight chill factor for cold-water immersion training

STORY & PHOTOS BY SCOTT T. STURKOL

Public Affairs Staff

During the first class of the 2020-21 training season for the Cold-Weather Operations Course at Fort McCoy, 19 students participated in cold-water immersion training Dec. 15 at Big Sandy Lake on Fort McCoy's South Post.

Though there was a thin layer of ice, students weren't able to complete the training through a hole in the ice, but rather by wading icy waters and then submerging and coming back up under the careful watch of course instructors.

Surface temperatures during the two hours of training were between 15 and 20 degrees Fahrenheit. Practically every student had a slightly shocking reaction when entering the ice-cold water.

"Cold-water immersion, just like the course itself, tests the students both mentally and physically," said CWOC instructor Hunter Heard, who coordinates training with fellow instructors Manny Ortiz, Brian Semann, and Joe Ernst. All are with contractor Veterans Range Solutions, which works with Fort McCoy's Directorate of Plans, Training, Mobilization, and Security to complete the training.

Heard said the training is just a small part of the overall curriculum for CWOC. Normally for the cold-water immersion, a large hole is cut in the ice at the lake by CWOC staff, then a safe and planned regimen is followed to allow each participant to jump into the icy water. Emergency response personnel are always nearby in case they're needed when the training takes place. For this class the staff cleared a pathway to safely walk in and out of the lake.

Heard said students get fully immersed while doing the training. Once they are in the water, they will stay in anywhere from one to three minutes but never longer than three minutes.

Ernst said cold-water immersion is critical to the ability to survive and operate in a cold-weather environment.

"The experience of someone being introduced to water in an extreme-cold environment is a crucial task for waterborne operations and confidence building," Ernst said. "For a person to fall into water in that environment, the onset of panic generally introduces itself quickly. For our service members who will be operating in an extreme-cold environment, it is a task that, if not trained for, can produce unnecessary casualties."

The human body's reaction to falling through ice and into frigid water starts with the mind, Ernst said.

"The shock to the system generally results in an immediate response of a heightened rate of breathing," Ernst said. "Visual limitations like tunnel vision, and confusion and muscle tension are common reactions. The ability of a person to regain control and composure after getting in this situation is possible."

During CWOC, Ernst said the experience and guidance of the course's cadre are critical to direct students to a slower rate of breathing and to advise students on regaining physical and mental control.

"Assessing the environment and situation can only serve as a life-saving technique," Ernst said.

Also, for the second season, students learn in a special cold-water immersion training scenario before every student completes their immersion, Heard said. The scenario includes having one of the squad members go through a cold-water immersion event in the lake and then their squad, as a team, has to take what they learned during the course to help the affected squad member warm up and recover.

This includes having the squad member take off most clothing and then climb into a sled lined with dry blankets. At the same time, other squad members erect an Arctic cold-weather tent with a heater where the squad member then warms up and recovers to prevent injury.

Ernst said the most important aspect of training is the techniques of extraction and recovery from the cold water.

"Quickly building a fire, should a heated structure or vehicle not be available, is one skill set we teach," Ernst said. "We also teach the medical training that covers the effects of cold-water immersion and the timelines of recovery to prevent further injury."

In addition to cold-water immersion, CWOC students are trained on a variety of cold-weather subjects, including snowshoe training and how to use ahkio sleds and other gear. Training also focuses on terrain and weather analysis, risk management, cold-weather clothing, developing winter fighting positions in 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.



(Above and below) Students in the Cold-Weather Operations Course Class 21-01 participate in cold-water immersion training Dec. 15, 2020, at Big Sandy Lake on South Post at Fort McCoy.



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ed with new procedures. The children seemed to be excited. The parents seemed to be excited. That did help us on our goal of starting to bring back employees to the workplace in a safe and effective manner.”

July

Training resumed at the installation in July with new safety measures in place after having stopped in April. Units were required to be cleared medically before traveling to the installation and screen service members daily. Unit members were also required to follow proper social distancing, masking, and sanitation measures to help mitigate the possibility of an outbreak.

For Larry Sharp, the chief of the Fort McCoy DPTMS Training Coordination Branch, getting the training back on track was not easy.

“It (was) a herculean effort by everyone on our team to get this training back and to keep it going,” Sharp said. “After we stopped the training, we were busy getting units rescheduled and back here starting in July. We’ve had to work with travel restrictions in mind as well as COVID-19 safety precautions.

“Our (DPTMS) scheduling people (were) working and working, our ammunition supply people have been very busy, and we have people who have been working nearly full time just ensuring units are following the established COVID-19 precautionary measures,” Sharp said.

Fort McCoy also hosted Bishop Richard Spence of the Archdioceses of Military Services in July. The bishop visited Fort McCoy from July 18-19 to meet and talk with leadership about the religious community and services offered at the installation.

Spencer is one of five auxiliary bishops for the Archdioceses of Military Services, which endorses all Roman Catholic priests serving in federal organizations. He supports 97 military installations across the United States.

During his visit, Spencer met with Chaplain (Maj.) Robert Rand, garrison chaplain; Staff Sgt. Pritchett, RSO noncommissioned officer in charge; and Col. Michael Poss, garrison commander, to discuss the scope of the ministry at Fort McCoy.

August

Training kicked into high gear in August at Fort McCoy as units rescheduled training that had been canceled earlier in the year.

The 228th Combat Support Hospital prepared for a deployment, the 86th Training Division tested new training measures to account for pandemic restrictions, and ROTC cadets from several universities hosted training events at the installation.

The last week of July and the first week of August saw more than 4,000 troops training on the installation each week, and that number is grew to more than 6,000 troops per week during the last two weeks of August.

“We have Operation Ready Warrior exercise training going on as well as ROTC summer training planned for mid-August and beyond,” Sharp said in August. “Plus we have weekend training and battle drill training going on throughout the month.”

In early August, units completing training at Fort McCoy included the 123rd Engineer Battalion of the Illinois National Guard; 2nd Battalion, 24th Marines (2nd, 24th) of the Marine Corps Reserve, and the 33rd Military Police Battalion of the Army Reserve.

Soldiers with the 123rd operated remotely at a tactical training base on North Post for extended training with their heavy equipment and more. The 2nd, 24th Marines also completed numerous kinds of training near Range 18, also on North Post. And the 33rd Soldiers completed training from tactical training areas on South

Post.

The Navy’s Recruit Training Command of Great Lakes, Ill., also worked with the Army at Fort McCoy so the post could serve as a restriction-of-movement (ROM) site for Navy recruits prior to entering basic training.

Additional personnel support from the Navy’s Great Lakes, Ill., Millington, Tenn., and Washington, D.C., sites deployed to McCoy to assist RTC in conducting the initial 14-day ROM to help reduce the risk of bringing the coronavirus to RTC should any individual be infected. This is also the first time Fort McCoy has supported the Navy in this capacity.

September

Fort McCoy hosted the Army Reserve’s Best Warrior Competition in early September.

In a story by Spc. Olivia Cowart about the competition, it states the Reserve’s Best Warrior Competition is an intense and brutal challenge for only the most skilled Soldiers. Competitors put their warrior skills to the test across more than a dozen demanding events, including weapons qualification, a 12-mile ruck march, and ambush scenarios.

“We were just very honored as a community and as an installation ... that Fort McCoy was chosen for the Best Warrior Competition,” Command Sgt. Maj. Paul Mantha, Fort McCoy Garrison command sergeant major said in the article. “This is an Army Reserve installation. This is an Army Reserve competition.”

Garrison leadership also hosted a remembrance ceremony for Patriot Day on Sept. 11 at Veterans Memorial Plaza in Fort McCoy’s historic Commemorative Area.

About 20 people participated in the socially distanced ceremony recalling the 19th anniversary of the attacks. The leaders participating in the ceremony included Poss; Garrison Deputy Commander Lt. Col. Alexander Carter; Deputy to the Garrison Commander Brad Stewart; Mantha; Maj. Eddie Woody, commander of Headquarters and Headquarters Company, U.S. Army Garrison Fort McCoy; and Chaplain Rand.

Poss opened the ceremony right at 9 a.m. “I know we have busy schedules and a lot of things going on; we thought it was important to take a few moments (to remember) here in this special setting,” Poss said.

A virtual observance was also hosted for Hispanic Heritage Month. Additionally, the fall class of cadets with the Wisconsin Challenge Academy participated in several clean-up and beautification projects both on and off post.

October

Training numbers for fiscal year 2020 were released in October. While the total of 60,054 was significantly down from previous years, it was due to training and movement restrictions due to the COVID-19 pandemic. Training resumed at a brisk pace in the fourth quarter.

Of the 60,054 troops who trained on post,



Photo by Scott T. Sturkol

Students participate in a class at the Regional Training Site-Maintenance facility Oct. 15, 2020, at Fort McCoy.



Photo by Scott T. Sturkol

World War II veteran Donald Whitaker of Elk Grove, Wis., and originally from DuPage County, Ill., is pictured with medals he earned in the war July 16, 2020, while visiting the Fort McCoy Commemorative Area. A special visit was set up for Whitaker, who outprocessed from Fort McCoy in 1946.

29,160 were Army Reserve Soldiers, 22,117 were National Guard service members, and 8,777 were active-duty Soldiers or troops from other services such as the Navy, Marine Corps, and Air Force.

Training statistics reflect many types of training opportunities that take place at the installation by active- and reserve-component forces and other governmental agencies, according to DPTMS.

During the fiscal year, training included several CWOC sessions; battle-drill (weekend) training; annual training; mobilization; institutional training; and numerous exercises, including the Army Reserve’s Operation Ready Warrior that brought more than 1,000 troops to train at Fort McCoy.

Sailors and recruits recognized the 245th Navy birthday with a cake-cutting ceremony Oct. 13 at an installation dining facility specifically in use for the Navy. Navy personnel coordinated the ceremony with the Fort McCoy Logistics Readiness Center’s Food Services Division.

Fort McCoy also hosted a socially distanced Army Ten-Miler event, drawing 78 runners. Team Fort McCoy did well in the on-post event as well as in the virtual competition held Army-wide.

The team earned a second-place finish the Fort McCoy event and a second place in the Reserve-Mixed Division during the larger Ten-Miler. Fort McCoy held its part of the Army Ten-Miler, Virtual Edition, on Oct. 11. Because of the COVID-19 pandemic, organizers cleared the way for installations and teams to hold their own races through the Army Ten-Miler Runner Experience.

The Army Ten-Miler is usually conducted by the U.S. Army Military District of Washington and is a 10-mile race that normally starts and finishes near the Pentagon and takes runners through the streets of Washington.

The race’s virtual edition called for teams to compete in a race between Oct. 11 and 18. Team McCoy Coach Tony Steinhoff, director of Mission Installation Contracting Command-McCoy and an Army Reserve lieutenant colonel with the 88th, said he was happy the team did well.

“I thought the team put in a great effort, and I had a great time running with the team,” Steinhoff said.

“And even though we did not have any competitions to determine team members, or even train as a team one time, I was proud to see the team show up on race day with positive attitudes giving it their all, especially considering the environment we’re living in right now with the pandemic.”

Renovation also continued on 11 World War II-era buildings on post to bring them into 21st century standards with new siding, windows, concrete work, and more.

November

On Nov. 7, Fort McCoy hosted a Make-A-Wish Foundation event for 8-year-old Chicago resident Miguel Garcia, whose wish was to be an Army Soldier.

Garcia, along with several family members, was able to experience a variety of activities during his visit to Fort McCoy, which was coordinated through the Wisconsin and Illinois Make-A-Wish Foundations with support from Fort McCoy members and the Wisconsin National Guard.

The activities included assisting in landing a helicopter over the radio, touring a variety of military equipment, and hands-on simulation training at the Fort McCoy simulations training area in the 200 block of the installation.

Ana Garcia, Miguel’s sister, passed on the family’s appreciation for the event.

“I talked to Miguel,” Ana said. “He said ... everything was perfect. He enjoyed on getting on the tanks and helicopter and looking inside of them. He enjoyed being with the Soldiers. He loves each of the gifts he got, and he is thankful for everything. My family enjoyed everything and learning about the Army. Thank you for making Miguel’s wish come true on being a Soldier.”

Fort McCoy began its holiday food drive, dropping off its first round of donated food to local food pantries in time for Thanksgiving. More food was collected and donated in advance of the Christmas holiday season.

On Nov. 19, Fort McCoy held a special Thanksgiving meal for service members and their families. The event, also organized by the Logistics Readiness Center Food Services Division, served dozens of diners in a way consistent with all necessary pandemic safety measures built in.

Also by early November, the construction of a new \$20.6 million barracks building by contractor L.S. Black Constructors was at more than 30 percent completed, according to Ken Green with the U.S. Army Corps of Engineers Resident Office at Fort McCoy.

The planned completion date for the barracks is currently August 2021. The barracks, which is being built in the 1600 block on the cantonment area, will be different than the traditional barracks located throughout the installation. This new building will be four stories and be able to house 400 people in approximately 60,000 square feet, Green said. The building will be built with the latest in construction materials and include state-of-the-art physical security and energy-saving measures.

December

The first CWOC class of the 2020-21 season began in early December before snow fell at the installation.

This season, the CWOC training team of instructors — Heard, Joe Ernst, Manny Ortiz, and Brian Semann — is holding five, 14-day training sessions of CWOC as well as two, three-day sessions.

At the end of the 2019-2020 CWOC training season at Fort McCoy in March, the CWOC staff and students experienced the start of the COVID-19 pandemic and had to adapt and adjust training, Heard said. In addition to social distancing, hand washing/sanitizing, and mask requirements, Heard said they reduced the class size from 50 students per class to 30.

“We will do everything we can to ensure our students are safe,” Heard said. “Since the pandemic started, we have all learned a lot about how to increase the safety measures in our training program, and what we have in place should help us have a successful training season.”

Fort McCoy Child and Youth Services was recognized in December for receiving a perfect score during its annual inspection. And Whitetail Ridge Ski Area opened Dec. 19 for the 2020-21 season.

(Article prepared by Aimee Malone and Scott Sturkol with the Fort McCoy Public Affairs Office.)

NEWS

Eagle Brigade serenades veteran with Alzheimer's

BY STAFF SGT. RYAN RAYNO

181st Multifunctional Training Brigade Public Affairs

Soldiers of the 181st Multifunctional Training Brigade did some early caroling for Walter Haag, a 37-year Army Reserves veteran, when they sang "The Army Goes Rolling Along," to him Dec. 17 at Fort McCoy, Wis.

Even though Haag has Alzheimer's disease and has lost nearly all capability to communicate verbally, it didn't stop him from enjoying the singing.

"The Army has been his whole life so this has meant a lot," Evelyn Haag, Haag's wife, said, while her husband stood next to her beaming. "To see him go through this, the honor they gave him...it means a lot. He's been out of the Army for quite some time, but to recognize him and his 37 years, I just can't tell you how much I appreciate it."

The Sparta Area Chamber of Commerce coordinated the intended surprise event with Haag's wife, but that proved to be too difficult to hide.

"This didn't start until 11 a.m., but Walt was up early and fully dressed by 7:15 a.m.," Mrs. Haag said with a big smile. "I tried to tell him that he might spill something on his nice clothes, but he wanted to make sure he was good to go."

As excited as Haag was, the Eagle Brigade Soldiers were just as eager to be a part of the event.

"When the Sparta Area Chamber of Commerce came to us with this opportunity, there wasn't a doubt in our mind that we wanted to participate," Col. Dave Woodruff, the commander of the 181st Multifunctional Training Brigade, said.

Continuing the thought, Woodruff stressed the need to work with the brigade's surrounding communities to build and strengthen working relationships.

"It's important that we support our local communities, and it's important that we honor those that served before us," Woodruff said. "To have the opportunity to do both at the same time...it was an easy decision to make and even easier to find volunteers to join in the event."

For Woodruff, this event meant more than singing the Army song or handing out a coin.

"Once you put on this uniform, you're a Soldier for life, and your family is forever a part of the Army family," Woodruff said. "I couldn't think of a better way to demonstrate that than honoring Mr. Haag."

For the Haags, that couldn't be truer.

"It's very emotional for the both of us," Mrs. Haag said while holding back tears. "I am so grateful; I'm just dumbfounded of what they did for my husband. I just can't tell you how much I appreciate it."

Along with the Eagle Brigade and the Sparta Area Chamber of Commerce, the 88th Readiness Division, the Fort McCoy Sergeant Audie Murphy Club and the Monroe County Veterans' Services office participated in the event.



Photos by Sgt. 1st Class John Freese/88th Readiness Division

(Above and below) Soldiers with the 181st Multi-Functional Training Brigade, gathered for a brief ceremony with members of the Sparta Area Chamber of Commerce and other organizations to pay tribute to retired Col. Walter Haag for his 37 years of service to the U.S. Army Reserve on Dec. 17, 2020, at Fort McCoy.



Remagen' battalion holds unit training building cold-weather awareness, skills

BY SCOTT T. STURKOL

Public Affairs Staff

More than 50 Soldiers with the 1st Battalion, 310th (1-310) Brigade Engineer Battalion held a foundational training day Dec. 9 at Fort McCoy focusing on cold-weather safety and skills and more.

The 1-310 "Remagens", a sub-unit of the 181st Multi-Functional Training Brigade (MFTB) at Fort McCoy, holds a foundation day every month, said Staff Sgt. James Dean, 1-310 battalion operations noncommissioned officer.

"For this training day, we focused on equal opportunity, the Army's Sexual Harassment/Assault Response and Prevention (SHARP) program, diversity, and inclusion," Dean said. "We also focused on cold-weather training and equipment familiarization."

Battalion Commander Lt. Col. Bob McTighe said foundational training days for his unit foster a "people first" environment built on trust and inclusion.

"Our foundational training days routinely include challenging physical training, counseling, team building events, and scenario-based, small-group discussions on current events pertaining to sexual assault, sexual harassment, racism, extremism, diversity, and equal opportunity."

The December training was completed in round-robin format where Soldiers went to dif-



Contributed photo

Soldiers with the 1st Battalion, 310th Brigade Engineer Battalion participate in training Dec. 9, 2020, at Fort McCoy. The day's events were foundational day training for the unit to focus on multiple subjects, including cold-weather operations.

ferent stations to complete and learn tasks.

Subjects covered in the training included learning about the Army Extended Cold Weather

er Clothing System, cold-weather injury prevention and treatment, cold-weather risk management, planning considerations for over snow

movement, snowshoeing, Arctic 10-person tent and stove drill, cold regions patrol base considerations, cold-weather vehicle maintenance and Humvee tire chain installation, weapons maintenance in cold weather, and individual camouflage in a snow-covered environment.

The day of training also included a ruck march where each Soldier stopped at stations and responded to equal opportunity/SHARP training scenarios.

"It was a full day of raising awareness on important SHARP and equal opportunity ideals as well as an excellent chance for our battalion Soldiers to further their skills for cold-weather operations," Dean said.

As a training unit with many experienced Soldiers who serve as observer-coach/trainers, Dean said they have to maintain high readiness within the unit to be at their best.

"These foundation days allow us to have everyone well trained with Warrior tasks and other skills," Dean said. "And for every month's foundation day we bring in different subjects and exercises to build those skills."

As part of the 181st MFTB, 1-310 Soldiers and staff partner with Army Reserve and National Guard units to advise, assist, and train Army personnel throughout their complete Sustainable Readiness Model cycle to achieve collective training readiness in support of worldwide requirements, the 181 mission statement shows.

NEWS

Quick action by 88th Readiness Division employee helps save man’s life

BY CHERYL PHILLIPS
88th Readiness Division Public Affairs

If you had to choose someone who didn’t want a spotlight focused on them, a person who might come to mind is Dianna Bauman.

The 14-year Army civilian employee, who currently serves as a program analyst for the 88th Readiness Division’s Directorate of Public Works, was recently placed in the spotlight when she helped save a life.

Bauman was shopping at a local Onalaska, Wis., retailer on Dec. 3 when she heard someone cry out in one of the nearby aisles.

“I turned around and saw that a man had fallen from a motorized cart onto the floor,” she recalled. “He had slammed onto the floor and was pinned next to a product display. He had a gash on his head and his glasses were on the floor.”

She ran to the man and found that he wasn’t breathing. “I yelled for help, called for someone to dial 911, and talked to him,” Bauman said.

When another store customer arrived, she told him that the man needed to be rolled over. “At this point he wasn’t breathing and was turning blue,” she continued.

Bauman took off his mask and opened the man’s jacket so chest compressions could be administered. A store worker brought a defibrillator to use on the man. All the while, Bauman spoke to the man to encourage him to respond and to reassure him. Following these efforts, the man started breathing again and began to wake up.

He told Bauman his name and that he was 71 years old. When the emergency response crew arrived, one of the technicians asked the man his name. The man said he is sometimes mistaken for Clint Eastwood, but that his name was Ronald. That humor was a good sign.

Bauman credits her quick and steady response to the CPR training she took in the past. However, this was the first time she put the training to the test in a real-world situation.

The first thing that went through Bauman’s mind when she heard the man cry out was, “Oh my god, he’s hurt. I’ve got to help,” she said. She also thought, “It’s almost Christmas, you can’t



Photo by Zachary Mott/88th Readiness Division Public Affairs

Dianna Bauman, a program analyst officer with the 88th Readiness Division’s Directorate of Public Works, is shown Dec. 9, 2020, at the 88th’s headquarters at Fort McCoy.

die. You need to be here for your family.”

For Bauman, this was personal, as her father passed away Dec. 26, 2012.

Stories have been told of people turning away from providing assistance in this type of situation because those people don’t want to get involved.

That wasn’t the storyline here. This story had a happy ending and a life was saved.

ADS

NEWS

Last of 6 new simulations buildings under construction

STORY & PHOTO BY SCOTT T. STURKOL
Public Affairs Staff

Contractor MDM Construction Supply of Rockford, Ill., has construction underway for a sixth new simulations training building in the 200 block at Fort McCoy.

The same contractor has nearly completed five other buildings that began construction more than a year ago.

“The sixth building foundation and floor is poured and the block laying for walls has begun,” said Construction Inspector Zach Skrede with the Fort McCoy Directorate of Public Works. “The current completion date for this sixth building is set for Sept. 14, 2021.”

When completed, all of the new simulation buildings will be managed by the Fort McCoy Directorate of Plans, Mobility, Training and Security (DPTMS).

The new simulation buildings will offer more opportunities to bring in more training, said DPTMS Training Support Officer Rob Weisbrod.

“We are continuing seeing the first five buildings have interior work finished,” Weisbrod said. “Once flooring and furniture placement is completed in the first five buildings, we will start relocating some of simulators and simulations equipment to the facilities.”

Simulators and trainers in use at Fort McCoy include: the Home Station Instrumentation Training System; Virtual Battle Space Simulation; Call-For-Fire Trainer; Individual and Collective Engagement Skills Trainers; Virtual Clearance Training Suite; HMMWV (High Mobility Multipurpose Wheeled Vehicle) Egress Assistance Trainer; Mine-Resistant, Ambush-Protected Vehicle Common Driver Trainer; and more, Weisbrod said.

Throughout the past decade, Fort McCoy has



Work on a new simulations building is shown Dec. 10, 2020, in the 200 block of the cantonment area at Fort McCoy. The construction of this facility is by Contractor MDM Construction Supply of Rockford, Ill.

experienced unprecedented facility modernization, according to the 2020 Fort McCoy Executive Summary, which is produced by the Fort McCoy Garrison.

The improvement effort also has included

training-area development and expansion, increased training and customer-support capacity, and improved quality-of-life opportunities.

Construction projects like this contributed to the installation’s \$1.18 billion economic impact

to local communities near the post in fiscal year 2019, according to the executive summary.

Data shows \$27.6 million was invested in new construction was at Fort McCoy during fiscal year 2019.

ADS

NEWS

469th Engineer Company Soldiers hone shooting skills at Fort McCoy

BY CHERYL PHILLIPS

88th Readiness Division Public Affairs

Soldiers with the 469th Engineer Company spent the first weekend in December qualifying and familiarizing themselves with various individual weapons at Fort McCoy.

While the sun sank in a clear sky over Range 100 on Fort McCoy’s South Post, the Soldiers, whose unit headquartered in Dodgeville, Wis., lined up at the firing line to test their skills with the M9 pistol. They had 40 rounds to hit 30 pop-up targets in a specified amount of time during the various tables.

For example, for Table 2, the shooters had two magazines which they changed out on their own. For Table 5 the shooters had to practice ejecting and inserting a one-, seven- and five-round magazine. The shooters were also challenged by taking half steps toward the target, stopping when it popped up then firing without going beyond the red safety marker.

Later in the same weekend, the 12B combat engineers familiarized themselves with the M17 pistol, and conducted primary marksmanship instruction on the new M4/M16 rifle qualification table.

One of the Soldiers qualifying on the range was Sgt. Genaro Fontanez-Acevedo. He said he enjoyed spending the afternoon on the range.

“Practicing the M9 is always a vital skill to learn,” Fontanez-Acevedo said. “It’s a key task to be sharp on. The M9 is easy to handle, but at the

same time, you don’t want to lose the skills.”

Fontanez-Acevedo further said the training positively affects unit and individual training. “It’s important to make sure our skills are always sharp. If we’re slipping in our skills that’s not good for anybody and a lot of things can go bad,” he said.

The University of Wisconsin-Milwaukee sophomore learned a few important lessons during the training. He said there is the necessity of making sure he’s warm as the temperature was in the lower 40s with a slight breeze. Additionally, he said, “I need to make sure I can eject the magazine better and make sure there is no cleaning oil on the weapon. Otherwise it can slip.”

Despite the cold, Fontanez-Acevedo said the training went well, and the cold didn’t prevent him from performing well on the firing line. “Of course I’m my own worst critic, but I would say I did pretty well,” he said.

Fontanez-Acevedo also said the next time he fires the M9 he’ll focus on the lining up the sights better along with doing better with his basic shooting skills. The 469th Engineer Company leadership also did spend a lot of time ensuring that the COVID-19 safety requirements set out by the Army Reserve, 88th Readiness Division, and Fort McCoy were followed.

First Sgt. Bradley Schmoll with the 469th said that a number of Soldiers weren’t able to attend the training at Fort McCoy because they either had COVID-19 or had been exposed to others who had the virus.



Photo by Zachary Mott/88th Readiness Division Public Affairs

Soldiers with the U.S. Army Reserve’s 469th Engineer Company of Dodgeville, Wis., shoot an M9 pistol qualification table Dec. 4, 2020, at a range at Fort McCoy.

ADS

FEATURE

This Month in Fort McCoy History

30 Years Ago — Jan. 6, 1991

The second group of Fort McCoy civilian employees who volunteered for duty in support of Operation Desert Shield arrived in Saudi Arabia on Jan. 6, 1991, and more were scheduled to depart Jan. 20.

Seven civilian volunteers departed the post Dec.16, 1990; seven more left Jan. 6, 1991; and two were scheduled to depart Jan. 20.

The 16 employees were among 51 post Department of the Army civilian employees who volunteered for Saudi duty in response to an Army Materiel Command request for civilian volunteers with certain skills and occupational specialties.

25 Years Ago — Jan. 14, 1996

Jan. 14 was a very good day for Fort McCoy Snowfest '96. More than 1,000 people attended despite the fact it was relatively cold and the event unexpectedly found itself competing with a Green Bay Packers playoff football game.

Doug Anderson, Community Recreation Division outdoor recreation specialist, said Snowfest attendees enjoyed a full schedule of events with slalom races for both skiers and snowboarders, as well as horse-drawn wagon rides, a six-legged board race, a candlelight cross-country ski tour and hot-air balloon rides.

Skiing was the most popular event with 580 people taking advantage of reduced prices to ski or go snowboarding. A total of 22 medals were awarded in the slalom competitions.

Another popular event was the hot-air balloon rides, where participants could get a bird's eye view of the day's events from a tethered height of 20 to 40 feet, Anderson said. Thirty-six people took the ride, while about 25 more were on deck when winds caused the event to be shut down.

15 Years Ago — Jan. 13, 2006

Naval Reserve personnel with the Operational Health Support Unit of Great Lakes, Ill., Fleet Hospital, Detachment P of La Crosse, trained on cross-country skiing at Fort McCoy's Whitetail Ridge Recreation Area from Jan. 13-15, 2006.



U.S. Army file photo

Navy personnel with a Reserve unit in La Crosse train on cross-country skiing Jan. 13, 2006, at Whitetail Ridge Ski Area at Fort McCoy.

The medical personnel went through several training areas to improve their Soldier skills.

5 Years Ago — January 2016

Defense Secretary Ash Carter announced that beginning in January 2016, all military occupations and positions would be open to women, without exception.

For the first time in U.S. military history, as long as they qualify and meet specific standards, the secretary said women will be able

to contribute to the Department of Defense mission with no barriers in their way.

“They’ll be allowed to drive tanks, fire mortars, and lead infantry Soldiers into combat,” Carter said.

“They’ll be able to serve as Army Rangers and Green Berets, Navy SEALs, Marine Corps infantry, Air Force para-jumpers, and everything else that was previously open only to men.”

(Article prepared by The Real McCoy newspaper staff from the archives.)

FEATURE

New technicians take on challenge for post's extensive forestry program

Forestry Technicians Tim Parry and Nick Randall were both hired in 2020 as the newest members of the Forestry Office at the Directorate of Public Works Environmental Division Natural Resources Branch (NRB).

The forestry program at Fort McCoy covers tens of thousands of acres of forested land. Fort McCoy Forester Charles Mentzel said the mission of the forestry program plays an important role at the installation.

"From a forestry perspective, our mission here, first and foremost, is to serve the Army and create training environments that better serve our Soldiers who support future missions in defense of this country," Mentzel said. "By thinning trees, for example, the ones left will grow larger faster. This gives troops overhead cover and again allows for better maneuver space.

In doing their duties, both Randall and Parry must help determine timber harvests, mark boundaries and trees for harvest, support the delivery of timber sale contracts, assist with appraising the value of timber products, inspect harvest activities, and much more.

Parry said he is looking forward to everything his job entails.

"I'm really looking forward to creating and managing Fort McCoy's forests for not just the military, but wildlife, too," said Parry, who's lived in Seattle and Menomonee Falls, Wis. "I'd also like to become more involved with the prescribed burns and possibly wildfires that occur on Fort McCoy."

Parry said he also likes the part about the job where he gets to work outdoors.

"My main office isn't in a building — it's half-mile back in the woods," Parry said. "I also really enjoy the impact my job has on the landscape, ecosystem, and habitats. Knowing that my job is benefiting all aspects of natural resources, it's a rewarding field to be in. Exploring all the good hunting spots is a bonus too."

Randall said he's looking forward to spending a lot of days setting up timber sales to meet the military's goals and to manage for future timber value and wildlife when possible.

"I am fresh out of college, so I look forward to getting more experience and using what I have learned at the University of Wisconsin-Stevens Point and working summer jobs from different agencies. I am also looking forward to getting more prescribed burn experience and training to

help maintain training areas."

Like Parry, Randall said he is looking forward to a career in forestry.

"In this field, I get to manage some forests and trees that will be around a lot longer than I will be, and I like to think, at the end of the day, I am making it a lot better place. And, also, these forest lands will be used for generations of training, wildlife, and recreating," said Randall, a native of New Berlin, Wis. "Every day is a little different. . . . I also like to think that not a lot of people can say their 'office' is out in the woods."

Working with Mentzel and others in NRB, both Parry and Randall will be around some very experienced people who are fisheries and wildlife biologists, archaeologists, and more. They both hope to use that experience to their advantage.

"When I went to school and at my other summer jobs, a lot of the people I worked with were foresters, and we only really cared about forestry," Randall said.

"I think it's nice to have the different programs like we have in the NRB because you get to see what other people are doing, and if you notice something or have a questions, you can just hop on down to the next cubicle and ask instead of trying to look it up online. Another nice thing is that, for the most part, everyone on our side of the office went to University of Wisconsin-Stevens Point, so we have a similar background in education."

Parry said he wants to learn as much as he can from everyone around him.

"The fact that everyone on the team has so much experience just gives me the best opportunity to learn from them," Parry said. "Not only will I be learning about forestry, but also wildlife, invasive species, fisheries, archaeology, and how they all interact with each other. I think the best part is that I'll be able to get some hands-on experience in many of the different fields."

Both of the technicians said they look forward to making a difference through forestry because they know how important it is to having healthy forests on post as well as excellent training areas.

"Forestry is definitely important," Parry said. "Trees and forest land provide so many services, many of which are overlooked or not even appreciated. Many people see forestry as just cutting and removing trees. In reality, our goals are to improve the health and quality of trees, for-



Photos by Scott T. Sturkol

Forestry Technicians Nick Randall (left) and Tim Parry measure the circumference of a tree while working on a forestry survey on the cantonment area Dec. 4, 2020, at Fort McCoy.

ests, and more."

"I believe forest management is important for not just timber value and wildlife, but also for the overall health of the forest," Randall said. "Helping slow down the spread of disease and preventing the buildup of insects are examples of good management practices. Also, as there are ranges of diseases, insects, and invasive species around affecting forests, we must always stay vigilant to help prevent the spread of them and manage for diversity and the future."

Mentzel said he believes the new technicians will do well at Fort McCoy.

"While it is a challenge working with one new

employee, two is even more challenging," Mentzel said. "However, it is great working with two enthusiastic and intelligent recently college-educated guys. They have been learning quickly picking up the job duties. I have been enjoying every day with them."

Learn more about Fort McCoy online at www.mccoy.army.mil, on Facebook by searching "ftmccoy," and on Twitter by searching "usag-mccoy."

(Article prepared by the Fort McCoy Public Affairs Office and the Fort McCoy Directorate of Public Works Environmental Division Natural Resources Branch.)



Forestry Technician Tim Parry uses a clinometer to measure the height of a tree while working on a forestry survey on the cantonment area Dec. 4, 2020, at Fort McCoy.

ABOUT POST



Contributed photo

Garrison leadership visits NCO Academy

Command Sgt. Maj. Paul Mantha, Fort McCoy Garrison command sergeant major, is shown speaking to graduates of the Battle Staff Noncommissioned Officer (NCO) Course on Dec. 22, 2020, at the Fort McCoy NCO Academy on post. Mantha was joined by Garrison Commander Col. Michael D. Poss as they honored the graduates. The NCO Academy is a tenant organization on post and a part of overall Team McCoy.



Contributed photo

DES visit

Officer Emanuel Brown with the Directorate of Emergency Services (DES) Police Department receives a commander's coin for excellence Dec. 25, 2020, from Garrison Commander Col. Michael D. Poss at the department. Brown was one of several DES personnel to receive coins. Poss and his family visited DES personnel working on Christmas Day to thank them for their service to the community.



Contributed photo

Spreading cheer

Santa and his elves visited Fort McCoy's South Post Housing area Dec. 20, 2020, with the support of the Directorate of Emergency Services Fire Department to bring Christmas cheer to military families. Santa rode a fire engine through the housing area to distribute candy canes & bells to children while they lined the streets adhering to COVID-19 pandemic safety protocols. This visit was planned and coordinated by the South Post Housing mayoral team of Staff Sgt. Jerod Meyer, Sgt. 1st Class Gordon Bruenning, Holly Carlson with the assistance of 1st Sgt. Juana Saucedo, and the Fort McCoy Fire Department.



Photo by Christopher Hanson

Distinguished visitor

Fort McCoy Garrison Commander Col. Michael Poss and Command Sgt. Maj. Paul Mantha, garrison command sergeant major, meet with Rear Adm. Jamie Sands, commander of Naval Service Training Command, and Command Master Chief Rick Mengel, also with the command, on Dec. 21, 2020, at Fort McCoy. The admiral was on the installation to visit with Navy Recruit Training Command restriction-of-movement (ROM) mission personnel before the holidays. Sands stopped in to thank the garrison command team for the support Fort McCoy has offered to the Navy team. Col. Poss took the opportunity to outline some of the additional training opportunities available to Navy personnel and welcomed the admiral to tour the installation soon.

Recruit training

Hull Technician 1st Class Erik Grob, a Recruit Division Commander (RDC) attached to Recruit Training Command (RTC), instructs a recruit how to properly lace his boots Dec. 17, 2020, during training at Fort McCoy. Grob is preparing the new recruits to wear their boots should the base experience inclement weather during the winter months.

Photo by Chief Mass Communication Specialist Dominique M. Lasco



NEWS NOTES

Repayment period extended for Social Security tax deferral

The Consolidated Appropriations Act 2021 was passed in December 2020 and extended the period for collecting deferred 2020 Social Security taxes.

The amount of Social Security taxes that were deferred in 2020 will be collected in 24 installments between pay periods ending Jan. 16 and Dec. 4.

The normal 6.2 percent Social Security tax withholdings will also be deducted from paychecks beginning in January.

Beginning in January, myPay Leave and Earnings Statement Remarks section will show the 2020 deferred OASDI collection amount as well as the remaining balance to be collected.

Employees who separate or retire before Dec. 4 and prior to the deferred Social Security tax being collected in full will still be responsible for the remainder of the Social Security tax repayment.

The unpaid balance will be collected from their final pay.

If there are insufficient funds to collect the full amount, employees may receive a debt letter with instructions for repayment.

Pursuant to IRS Notice 2020-65 and at the direction of the Office of Management and Budget and Office of Personnel Management, Social Security (Old Age, Survivors, and Disability Insurance) or "OASDI" tax withholdings were temporarily deferred from September through December 2020 and will be collected from wages paid between Jan. 1, 2021, and Dec. 30, 2021, for employees who had wages subject to OASDI of less than \$4,000 in any given pay period.

These actions were in response to the presidential memorandum issued Aug. 8, 2020.

For additional information, visit www.dfas.mil/taxes/Social-Security-Deferral/.

Woodworking workshops planned for January-March

Army Community Service (ACS) has several woodworking workshops available for families in January through March.

Salt and pepper mill workshops are scheduled for Jan. 12 and 26, Feb. 2 and 16, and March 2 and 23.

Wooden pen workshops are scheduled for Jan. 21 and 28; Feb. 4, 11, and 25; and March 11 and 18.

All classes are 4 to 6:30 p.m. at the ACS Building Bonds Workshop, building 1133.

Due to social-distancing requirements, each class size is limited to six families. Masks are required, and children must be accompanied by an adult (one adult per child).

Registration is required one week before each workshop.

ACS events are open to Fort McCoy military members, family members, civilian employees, and registered volunteers.

For more information or to register, call 608-388-3505.

Sewing workshop scheduled in January

A sewing workshop is scheduled for 9 a.m. to noon Jan. 16 at Army Community Service's (ACS) Family Building, building 2161.

The class will make face masks; all materials will be provided.

Due to social-distancing requirements, each class size is limited to six families.

Masks are required, and children must be accompanied by an adult (one adult per child).

Attendees must be at least 12 years old for the sewing class.

Registration is required one week before each workshop.

ACS events are open to Fort McCoy military members, family members, civilian employees, and registered volunteers.

For more information, call 608-388-3505.

SHARP training dates available for January-March

Dates are available for Sexual Harassment/Assault Response and Prevention training for fiscal year 2021.

This class counts for the annual face-to-face training requirement. Classes are scheduled for 9-10 a.m. Jan. 19, Feb. 2, and March 2.

Sessions are being conducted virtually through Microsoft Teams due to the COVID-19 pandemic and social-distancing requirements. Class size is limited, and registration is required.

Check with your supervisor, training coordinator, or designated SHARP personnel (SARC/VA) to see if training is scheduled for your organization/unit before registering.

To register, call 608-388-8951 or email ryan.f.harvey.civ@mail.mil.

Publication dates for The Real McCoy

Fort McCoy organizations and community members can submit materials for consideration for inclusion in The Real McCoy and Command Information Channel TV6.

Articles must be written for the internal Fort McCoy audience, which includes military members, family members, civilian employees, and retirees.

PAO staff members reserve the right to verify the clearance of stories/photos, determine suitability for publication, and to edit material to match Associated Press Stylebook standards, etc.

All photos must have captions that include names of the individuals photographed (unless the photo has more than five people in it), the date and location of the photographed event, and a description of what is happening in the photograph.

The Real McCoy is published the second and fourth Fridays of the month, excluding December. Deadline exceptions may be made, with advance coordination, for events that occur between the submission deadline and publication date.

Publication dates for 2021, followed by deadlines in parentheses, are:

- Jan. 8 (Dec. 30, 2020).
- Jan. 22 (Jan. 13).
- Feb. 12 (Feb. 3).
- Feb. 26 (Feb. 17).
- March 12 (March 3).
- March 26 (March 17).
- April 9 (March 31).
- April 23 (April 14).
- May 14 (May 5).
- May 28 (May 19).
- June 11 (June 2).
- June 25 (June 16).
- July 9 (June 30).
- July 23 (July 14).
- Aug. 13 (Aug. 4).
- Aug. 27 (Aug. 18).
- Sept. 10 (Sept. 1).
- Sept. 24 (Sept. 15).
- Oct. 8 (Sept. 29).
- Oct. 22 (Oct. 13).
- Nov. 12 (Nov. 3).
- Nov. 26 (Nov. 17).
- Dec. 10 (Dec. 1).

In addition, the Fort McCoy Guide will be published in May 2021. Coordination for updates and contents will begin in February 2021.

Programming and content for command channel TV6 are updated upon request.

Videos should be submitted at least two weeks before a requested air date to allow time for review and processing. Slides and fliers for the Community Bulletin Board should be submitted one week before a requested air date to allow time for review and reformatting.

Federal holidays may affect submission deadlines.

For more information or to coordinate coverage, call the Public Affairs Office at 608-388-4128/2769.



Photo by Aimee Malone

National Disability Employment Awareness Month

Jennifer Evans, a vocational rehabilitation specialist with Tomah Veterans Affairs Medical Center, speaks to Fort McCoy community members at the National Disability Employment Awareness Month observance Dec. 15, 2020, at McCoy's Community Center. Evans spoke about the various programs available to disabled veterans at the medical center as well as how to hire people with disabilities for government programs.

National Disability Employment Awareness Month is celebrated in October. The 2020 observance was rescheduled due to safety precautions resulting from the COVID-19 pandemic. The rescheduled event was held for a limited in-person audience. It was also broadcast on Facebook and can be viewed at <https://www.facebook.com/532177346941060/videos/473993256923137>.

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Bring in your current report card with at least one A (or equivalent)

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Dining Facility

Dining Facility 1362 open. Military members and Department of Defense civilians on official orders for temporary duty training may use dining facilities. Units must coordinate through the Food Program Management Office at 608-388-6518/4739.

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

Rates
Breakfast — \$3.50
Lunch — \$5.65
Dinner — \$4.90

Recreation

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

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

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

McCoy's Community Center: Building 1571. Offers books, arcade, gaming area, and bowling. Open 11 a.m.-8 p.m. Mon.-Tues., 11 a.m.-9 p.m. Wed.-Sat. and 11 a.m. to 4 p.m. Sun. Call 608-388-7060.

Bowling Center: By appointment only. **Leisure Travel Services Office:** Open 10 a.m.-5:30 p.m. Mon.-Fri. Call 608-388-3011. **Sports bar:** Open 4-9 p.m. Wed.-Sat.

Pine View Campground/Recreational Equipment Checkout Center: Building 8053. Cabins only. Call 608-388-2619.

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

Indoor swimming pool, atrium, sauna and steamroom: Reservations required. Open 6 a.m.-1 p.m. Mon.-Fri. and 3:30-5:30 p.m. Mon., Wed., and Fri.

Sportsman's Range: Closed for the season.

Tactics Paintball/Laser Tag: Closed for the season.

Whitetail Ridge Ski Area: Open 4-9 p.m. Thurs., 3-9 p.m. Fri., 11 a.m.-9 p.m. Sat., and 11 a.m.-5 p.m. Sun. Masks required. Call 608-388-4498.

Dining

McCoy's Community Center: Building 1571. Catering/administration, call 608-388-2065.

Food: Open 11 a.m. to 8 p.m. Mon.-Tues., 11 a.m.-9 p.m. Wed.-Sat. and 11 a.m. to 4 p.m. Sun. Limited menu. **Sports bar:** Open 4-9 p.m. Wed.-Sat.

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

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

Whitetail Ridge Chalet/Ten Point Pub: Open 4-9 p.m. Thurs., 3-9 p.m. Fri., 11 a.m.-9 p.m. Sat., and 11 a.m.-5 p.m. Sun. Masks required. Call 608-388-4498.

Services

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

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

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

Car Wash: Building 1568. Offers self-service and automatic bays and vacuums. Open 24/7. May close during extremely cold weather. Accepts cash or credit cards. Call 608-388-4161.

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

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

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

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

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

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

ID Card/DEERS Section: Building 35. Open 8 a.m.-4 p.m. Mon., Wed., Fri. By appointment only. Face masks required. Call 608-388-4563 to verify ID Section is operational.

IHG Army Hotels: Building 51. Open 24/7. Call 608-388-2107 or 877-771-TEAM (8326). Some services suspended/limited.

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

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

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

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

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

Personnel Automations: 608-388-4842. **Reassignments:** 608-388-4746.

COMMUNITY facilities services

This schedule is projected through Jan. 21, 2021. *Most offices closed Jan. 18 for Martin Luther King, Jr.'s Birthday. Hours of operation and services may be affected by COVID-19 precautions and are changing frequently. Call facilities to verify hours before traveling. Bold, italic typeface indicates a change since the last publication.*

Records Update: 608-388-5677. **Centralized Promotions:** 608-388-5677.

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

Official Mail Distribution Center: Building 1654. Open 7:30 a.m.-3 p.m. Mon.-Fri. No mail delivery; pickup only. Call 608-388-3205.

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

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

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

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

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

Service Station/Express/Class VI: Building 1538. Open 8 a.m.-5 p.m. Mon.-Sat. and 9 a.m.-4 p.m. Sun. Call 608-388-4343. Pay-at-the-pump gas is open 24/7.

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

Visitor Control Center: Building 35. Open 6 a.m. - 2 p.m. Mon.-Fri. Face masks required. Passes issued at Main Gate outside of VCC hours. Physical Security open for fingerprints Thur. only; call 608-388-3702. See ID/DEERS section for its hours.

Family Support

Army Community Service: Building 2111. Closed until further notice. For emergencies, call: 608-630-7473, Family Advocacy Program; 608-388-3000, SHARP; 877-272-7337, Army Emergency Relief, or 608-487-4663, other ACS emergencies.

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

Health Care

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

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

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

Occupational Health Clinic: Building 2669. Open 7 a.m.-3 p.m. Mon.-Fri. By appointment only. Call 608-388-3025.

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

Troop Medical Clinic: Building 2669. Call 608-388-3025 for available services or assistance locating local services while training at Fort McCoy.

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

Worship

Catholic: Chapel 10, building 1759. 9:15 a.m. Sun. Limited capacity. No fellowship. Services also available through Facebook Live at <https://www.facebook.com/FtMcCoyRSO>. Call 608-388-3528.

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

Mormon: Church of Jesus Christ of Latter-day

Saints, 702 E. Montgomery St., Sparta, Wis. Call 608-269-3377 for options.

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

Protestant Women of the Chapel: Building 1792. Canceled until further notice. Call 608-388-3528.

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

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

If you have an emergency, call 608-388-2266, and the on-call duty chaplain will be contacted.

Organizations

American Federation of Government Employees (AFGE), Local 1882: Call 608-721-7401.

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

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

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

USO Wisconsin at Fort McCoy: Building 1501. Open 10 a.m.-6 p.m. Mon.-Fri. Special events Saturdays. 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.

STOP THE SPREAD OF GERMS Help prevent the spread of respiratory diseases like COVID-19.

When in public, wear a mask over your nose and mouth.



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.

In addition, information regarding liberal leave/post closure can be obtained after duty hours by calling 608-388-7777.



<https://home.army.mil/mccoy>



www.facebook.com/FtMcCoy



www.twitter.com/USAGMcCoy



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

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

FIREARM REGISTRATION POLICY

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

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

COMMUNITY

Fort McCoy personnel make third food donation to local food pantries

STORY & PHOTOS BY KALEEN HOLLIDAY
Public Affairs Staff

Fort McCoy leadership and Headquarters and Headquarters Company (HHC) Soldiers visited Couleecap Monroe County Food Pantry in Sparta, Wis., and Neighbor-for-Neighbor, Inc. in Tomah, Wis. on Dec. 21 for a third and final drop-off of food donations from the post.

The donations were part of the Fort McCoy Holiday Food Drive that started in October. In total, Soldiers delivered more than 2,500 pounds of donations collected over the two months since the drive started.

COVID-19 measures have limited volunteer opportunities in 2020, but the Fort McCoy Holiday Food Drive seemed like the ideal chance to give back during the pandemic, said Fort McCoy Garrison Commander Col. Michael D. Poss. Poss said he's looking forward to increased volunteer opportunities for Soldiers and civilians from Fort McCoy in 2021.

"We encourage our Soldiers and civilians to volunteer and be active in our communities, but that obviously was restricted a bit in 2020," Poss said. "I am hopeful we can be much more involved in the coming year."

The pandemic has taken its toll on community programs as well, local food pantry personnel said. Couleecap is working with limited staff and Neighbor-for-Neighbor has a dire need for volunteers to unload and stock. If interested in volunteering to assist these organizations, they continue to ask for volunteers. Interested volunteers should call ahead for more information.

Maj. Eddie Woody, company commander for HHC, Fort McCoy Garrison, said the food drive was just one way Fort McCoy is embracing opportunities to give back to the surrounding communities.

"I'm very proud of this team's efforts to pull together and help those in need," he said.

Woody encouraged others to get involved. "Find different ways to connect and wherever you live, be engaged," he 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.

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



(Above and below) Fort McCoy personnel drop off food donations at food pantries in Sparta and Tomah, Wis., on Dec. 21, 2020. It was delivered in time for the holidays.

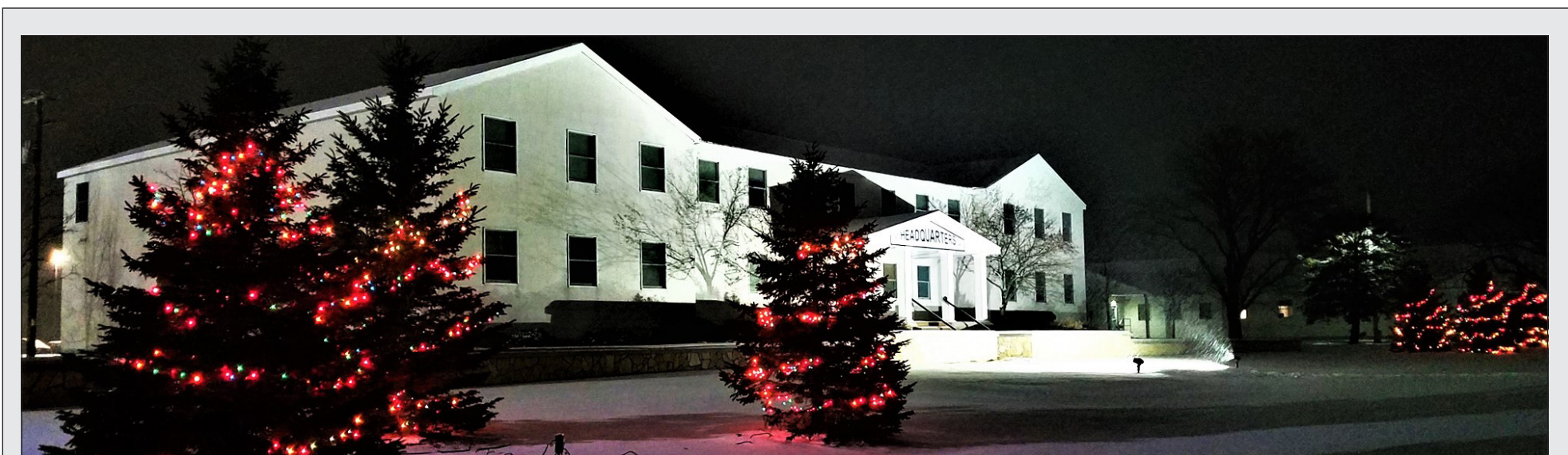


Photo by Aimee Malone

Headquarters lights

Colorful lights are shown on evergreens Dec. 29, 2020, in front of the Fort McCoy Garrison Headquarters, building 100. The lights were even more noticeable after some fresh snow fell Dec. 27 and 29.

10 Tips

to avoid winter slips, trips & falls

1. Walk slowly and carefully in appropriate footwear.

2. Use special care when getting in and out of vehicles.

3. Watch for slippery floors when entering buildings.

4. Avoid walking with your hands in your pockets, or carrying items in your hands. Try a backpack.

5. Watch out for black ice.

6. Check potentially slick areas by tapping them with your foot.

7. Walk as flat-footed as possible on very icy areas.

8. Avoid uneven surfaces, like steps or curbs.

9. Report any untreated public areas

10. Remember: "Ice and snow mean take it slow!"

Don't Slip on Safety

this fall and winter

U.S. ARMY

U.S. ARMY COMBAT READINESS CENTER

For more information visit

<https://safety.army.mil>

Beat the Silent Killer:

make sure your household is safe from carbon monoxide poisoning

Don't Slip on Safety

this fall and winter

U.S. ARMY

U.S. ARMY COMBAT READINESS CENTER

For more information visit

<https://safety.army.mil>

Carbon Monoxide: The Facts

What is it? A gas that is:

- Odorless

- Colorless

- Tasteless

Who is at risk?

- Carbon Monoxide can affect anyone including pets

Where is it in my home?

- Space Heaters

- Ducted Heating Systems

- Hot Water Systems

- Gas Ovens

- BBQs

- Portable Stoves

- Cars

- Gas or Wood Fires

Symptoms:

Not every single symptom will always be present

- Headaches

- Nausea

- Dizziness

- Breathlessness

- Collapse and loss of consciousness

Tips:

- Install a CO alarm

- Ventilation is key

- Chimney checks

- Professional Repairs

In an Emergency:

- Move the victim to an open area with fresh air

- Open all Windows and Doors

- Switch off the appliance

ADS