

Triad

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November 24, 2006

Tree Lighting Ceremony set for Nov. 30

The Fort McCoy Tree Lighting Ceremony will be held at 4:30 p.m. Thursday, Nov. 30 at the McCoy's Courtyard, building 1571.

The event includes entertainment by local school choirs, kids crafts, pictures with Santa Claus, and a Santa's Gift Shop, where children can purchase gifts for \$1 each for their parents.

A limited amount of free refreshments, including cookies, hot chocolate and coffee will be available. Food also can be purchased.

Kids crafts are free and include making picture frames, a reindeer hat, snowperson soup and reindeer food and also gift bag decorating.

Attendees who participate in the Fort McCoy Family Focus Program can earn bonus Franks.

Sponsors include Monroe County Publishers, Inc., Wal-Mart Distribution Center and Case Remanufacturing Center. No federal endorsement is implied.

For more information about the events, call the Morale, Welfare, and Recreation (MWR) Events Line at (877) 864-4969 or visit the MWR Web site at <http://www.mccoy.mwr.com>.

Christmas Dinner set for Dec. 20

The Fort McCoy Installation Dining Facility, building 50, will serve a traditional Christmas meal from 5 to 7:30 p.m. Wednesday, Dec. 20.

Family members and house guests of all Fort McCoy permanent party military personnel can come to the event with their sponsors. Fort McCoy civilian and contracted employees and their family members also are welcome to attend.

The cost per meal will be \$5.90 per person and \$5 for spouses and dependents of those in the pay grades of E-1 to E-4.

For more information or to make reservations, call (608) 388-2642/3508 prior to Thursday, Dec. 14.

McCoy site of Army Reserve dental test

BY LONI WITSCHERBER
Triad Contributor

Fort McCoy was the Army Reserve test-site tasked with the Dental Reset Pilot Project Program, in which demobilizing Soldiers underwent dental examinations the week of Nov. 12.

"The U.S. Army Surgeon General directed the U.S. Army Dental Command to do a Dental Reset Pilot Project Program,



This is an important study because it affects the readiness of Soldiers.

Col. Richard C. Roush,
Fort McCoy Dental Operations

which determines how many Soldiers returning from theater are in a dental class three status," said Col. Mark B. Bodenheimer, Individual Mobilization Augmentee (IMA) commander, United States Army Dental Command, who traveled from Fort Sam Houston, Texas, to be on-site for the program. "This information will be used to help analyze courses of action that will support the Army Force Generation (ARFORGEN) model reset of the force."

A dental class three condition is defined by the Army Dental Care System as any dental condition that will likely result in a dental emergency in the theatre during the next 12 months.

"During demobilization, we normally give a briefing at the Soldier Readiness Center to inform Soldiers of their Veterans Affairs benefits," said Staff Sgt. Mikel I. Bell, a noncommissioned officer in charge (NCOIC) of the Soldier Readiness Program (SRP) at Fort McCoy. "With this program,

we've been tasked by the Army Surgeon General to perform demobilization exams and X-rays on Soldiers returning from theater to identify their treatment needs."

Fort McCoy was notified during the first week of November that it was selected for the program, so a great deal of effort went into preparing the Dental Clinic for the demobilization of 271 members from the 2nd Battalion, 128th Infantry, Army National Guard unit, who were used to help provide the required project number of 200 to 250 Soldiers.

Approximately 25 Soldiers were processed per hour, said Bell.

Although the dental mobilization process is very similar to the demobilization process, exams and X-rays are not currently being conducted at Reserve installations during demobilization. Bell said it will be interesting to see the differences in the dental class between Soldiers mobilizing and

(See MCCOY, page 12)

Ordnance ANCOC adds tactical training as real-world preparation

BY ROB SCHUETTE
Triad Staff

Senior maintenance noncommissioned officers (NCOs) taking the Ordnance Advanced NCO Course (ANCOC) at Regional Training Site (RTS)-Maintenance at Fort McCoy, now will have more tactical training to prepare them for the real-world environments they might face.

Sgt. 1st Class Gerald Kjornes and Sgt. 1st Class James Hebert, the RTS-Maintenance ANCOC instructors, said the transformation began two years ago when the Chief of Ordnance and Regimental Sergeant Major believed that senior NCOs needed to go back to the basics with their warrior skills and enhance their knowledge in tactical tasks.

"It showed in theater," Kjornes said. "The Ordnance Center and School restructured ANCOC to focus on what senior NCOs need to know."

The course previously was about 80 percent technical Military Occupational Specialty (MOS) work and 20 percent field



Personnel from RTS-Maintenance train on reflexive firing techniques along with mobilizing Soldiers at the installation's MOUT site.

Photo by Rob Schuette

(See ORDANCE, page 10)

Safety

Software program to help track building concerns

BY ROB SCHUETTE
Triad Staff

The new Hazard Tracking System (HTS) software being incorporated into the Fort McCoy Installation Safety Office (ISO) program will allow the installation to keep better track of safety concerns in installation facilities, said Lt. Col. Randall Eddy.

Eddy, installation Safety officer, said the program, the Facility Management Assistant (FMA), helps inspectors, facility managers, safety managers, and others recognize, evaluate and control safety problem conditions or behaviors.

The ISO was made aware of HTS from an Army-sponsored contract team and Occupational Health and Safety Administra-

tion (OHSa) officials, who visited Fort McCoy in June and were promoting an Army-OSHA partnership program.

The FMA is a Web-based commercial software system that allows the users to enter information about hazards on a standardized document that is easy to use, Eddy said.

Among the benefits of the system is it allows users to track whether a hazard has been corrected or not, allows the users to complete risk assessments on violations and a method to prioritize the hazards that need to be corrected, he said.

Personnel from VT Griffin, the organization that operates the contract providing services for the Fort McCoy Directorate of Support Services (DSS), also has expressed interest in supporting the program, he said.

One of the DSS services is providing maintenance support services to keep installation buildings in good operating order.

"This will allow us to focus in on buildings that have faults," Eddy said. "We can put our money and resources where they are needed the most."

"It also gives us (or our higher headquarters) the option to go in and view actions to date," he said. "The system is very user friendly and will help us automatically generate Army-required reports. This will be a big time saver."

Another potential benefit to Fort McCoy is in the realm of assigning buildings.

Eddy said because the installation has a large, transient training population the system can help Fort McCoy personnel develop a plan to issue the most compatible

facilities to a unit's/organization's planned training uses.

The system also may have applications in helping the installation develop and evolve its master plans, he said.

Eddy said as the system evolves at Fort McCoy its applications may have many future benefits for the installation. For example, the FMA has the capability of matching up work orders with repairs needed, which would give Fort McCoy personnel a record of tracking how and when repairs are made, and creating a written report, he said.

For more information about the use of this software program at Fort McCoy, personnel can call the Fort McCoy ISO at (608) 388-6451.

Online survey reveals safety attitudes, concerns of garrison work force

Personnel in the Fort McCoy garrison, on the whole, believe safety is an important part of all operations at Fort McCoy, and they can report a safety violation without fear of reprisal.

Lt. Col. Randall R. Eddy, Safety officer for the Fort McCoy Installation Safety Office (ISO), said those were among the findings of a recent online safety assessment survey taken by members of the Fort McCoy garrison work force. The survey was designed for personnel in a battalion, but the Installation Management Command leadership encouraged Army installations to administer the survey, as well.

A total of 349 personnel in the installation's garrison work force responded to the survey.

"The survey responses indicated that we are doing a lot of good things in safety here," Eddy

said. "The installation commander was pleased with the number of responses, which was well above the minimum responses required to certify the survey was valid."

Eddy said the installation safety personnel are working on the areas where respondents believe improvements could be made.

Fort McCoy personnel, as a whole, believe the installation organizations do a good job in performing risk management assessments about safety in a given operation. Eddy said personnel also believe they are properly trained to safely conduct all of their missions.

The ISO works in conjunction with VT Griffin toward creating the safest possible working environment, he said. VT Griffin is the contracted firm that provides services for the Directorate of Sup-

port Services,

Several comments expressed by respondents had reoccurring themes. These were: work orders with risk assessment codes need to be completed in a timely manner, and the completion reported back to the originator of the work order and the ISO; planning decisions for construction projects need to include safety input; the installation commander needs to attend quarterly Safety Council meetings more frequently with his personal representative (who normally attends the meetings); and better communication needs to be made of the installation's Safety Program to the civilian work force.

Eddy said the survey responses indicated that a majority of garrison military personnel believed their unit's safety office kept them well informed about important

safety information. However, a majority of the garrison civilian work force responded they didn't believe they were well informed about important safety information.

"Safety information from civilian managers and supervisors doesn't always appear to be disseminated down to workers, according to the survey," Eddy said. "We have an installation Safety Council, but not all departments within the directorates are represented. We need to keep working to find ways to improve the communication of safety issues and solutions to the civilian work force."

If personnel don't have Safety Council representatives or don't know who their representatives are, they have other avenues to obtain information or to report potential safety violations, he said.

Anyone who believes they have witnessed a safety violation is encouraged to contact the ISO at (688) 388-3403 or e-mails can be sent to Safety@emh2.mccoy.army.mil.

"Feedback is very important to us. We appreciate people who take the time to call in acts they believe are unsafe, and we will respond to the situation and do what we can to correct it."

Safety issues also can be brought to the Safety Council meetings. A quarterly meeting was held Monday, Nov. 27, with the next meeting set for Wednesday, Feb. 21, 2007.

ISO personnel maintain a comprehensive Web site on the Fort McCoy Extranet that includes a lot of current safety information. Users must have an Army Knowledge Online account to access this information.

Severe Weather Announcements

During severe weather, a liberal leave policy is in effect. If the weather causes a travel concern the following day, employees should contact their supervisor to request approval of annual leave. Command decisions regarding the suspension of post operations due to severe weather will be announced via Triad Express and through supervisory channels during the duty day.

A public announcement will be provided to the following local media outlets only if the installation commander suspends post operations.

WKBT (TV) CH 8
WXOW (TV) CH 19
WWIS 99.7 FM
WCOW 97.1 FM

WEAU (TV) CH 13
WTMB 94.5 FM
WIZM 93.3 FM
WAXX 104.5 FM

After duty hours, a current announcement of liberal leave/post closure may always be heard by calling (608) 388-7777 locally, or toll-free (800) 982-3585 at Ext. 7777.

Mobilization

Red Horse Airmen complete combat skills training

BY STAFF SGT. BILL NICHOLLS
Triad Contributor

FORT McCOY, Wis. — Airmen from throughout the United States have wrapped up an Army training program at Fort McCoy, Wis., prior to a six-month Middle East deployment.

Known as "Combat Skills Training," the one-month exercise brought Active, Guard and Reserve Airmen together to form a composite unit — the 557th Expeditionary Red Horse Group (ERHG), commanded by Col. Jack Paschal, a former Army officer who transferred to the Air Force 13 years ago.

"There are some convoy missions going on, but very few," Paschal said. "Hopefully, everything we learned here at Fort McCoy won't be needed, but if it is, we're ready to be ground-serving Airmen, as opposed to being on a base."

"If we're caught outside of a base, we'll be able to handle ourselves in a convoy with weapons — having worn body armor most of the time at Fort McCoy," Paschal said. "It's definitely a different way of firing the



Photo by Allan Harding

Red Horse Air Force personnel from the Second Air Force, Detachment 8, Keesler Air Force Base, Biloxi, Miss., conduct grenade training exercises in preparation for their deployment.

(See **RED HORSE**, page 11)

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**VT
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DIRECTORATE OF SUPPORT SERVICES RECOGNIZES OCTOBER EMPLOYEE OF THE MONTH



Linda Deters, VT Griffin Work Control Clerk was selected the Fort McCoy VT Griffin Employee of the Month for October 2006. From left to right is Al Jardine the Work Control Center Manager R, Linda Deters receiving the Employee of the Month glass trophy, and Doug Bowman the VT Griffin Project Manager.

For Directorate of Support
Services and VT Griffin
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IMMA.....608/388-4662
Transportation.....608/388-3616
Troop Support.....608/388-3800
Troop Projects.....608/388-3551

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**Quality Control Hotline:
(608) 388-2807**

Health

Smoking cessation help available for Wisconsin Soldiers

BY ROB SCHUETTE
Triad Staff

Soldiers in the Fort McCoy community and those living or working in Wisconsin who are interested in quitting smoking are encouraged to participate in "Operation Quit Tobacco."

Melissa Moore, Fort McCoy Occupational Health Nurse, recently learned of a program that is being offered through the Center for Tobacco Research and Intervention (CTRI) of the University of Wisconsin School of Medicine and Public Health. The program began Nov. 15 in conjunction with the American Cancer Society's Great American Smokeout Day, which was held Nov. 16.

The program is available for all Wisconsin military personnel, including those on active duty, Wisconsin National Guard members, Reserve personnel and veterans. Moore said the quit tobacco program uses a combination of medication and coaching.

Interested personnel will receive a two-week starter kit, which includes a two-week supply of free nicotine patches or gum.

"Personnel must call the Wisconsin Tobacco Quit Line from a telephone with a Wisconsin Area Code to receive the kit," Moore said. "The Quit Line will offer free coaching to help people quit smoking or chewing tobacco."

Moore said the coaching, when combined with medications, dramatically increases smoking cessation rates. Personnel can call (800) QUIT-NOW (800-784-8669) to obtain the kit, which will be available as long as supplies last.

More information about the University of Wisconsin CTRI also is available at the Web site <http://www.ctri.wisc.edu>.

Soldiers also can write to Kris Hayden, Western Region Outreach Specialist, UW Center for Tobacco Research and Intervention, 610 Gibson Street, Suite 3, Eau Claire, WI 54701-3687, e-mailing her at kh4@ctri.medicine.wisc.edu, by calling her at (715) 855-7312 or by faxing her at (715) 836-6686.

Information about counseling through the military, civilian healthcare providers and Veterans

(See **SMOKING**, page 11)

Sports injuries can impact readiness

BY LACEY JUSTINGER
Triad Contributor

Sports injuries can have an impact on the physical status of Soldiers undergoing mobilization training at Fort McCoy.

Maj. Dean M. Strobel, Personnel Chief for Mobilization at Fort McCoy, said Soldiers are using sports as a fun activity to help them meet and maintain Army physical fitness requirements.

Sports like basketball, volleyball and ultimate Frisbee can provide a welcome and much needed break from the intensity of mobilization training, but also must be managed carefully because they can increase the risk of injuries to legs, ankles, knees and hips, Strobel said.

"We're not a quilting club," said Strobel. "We're active people. Sports events are a much more pleasant alternative to standard PT (physical training), but we do get more injuries from sports. We emphasize physical fitness; sports are the fun side of that."

William Hopkins, safety manager, a federally contracted employee with Eagle Sys-

(See **SPORTS**, page 12)

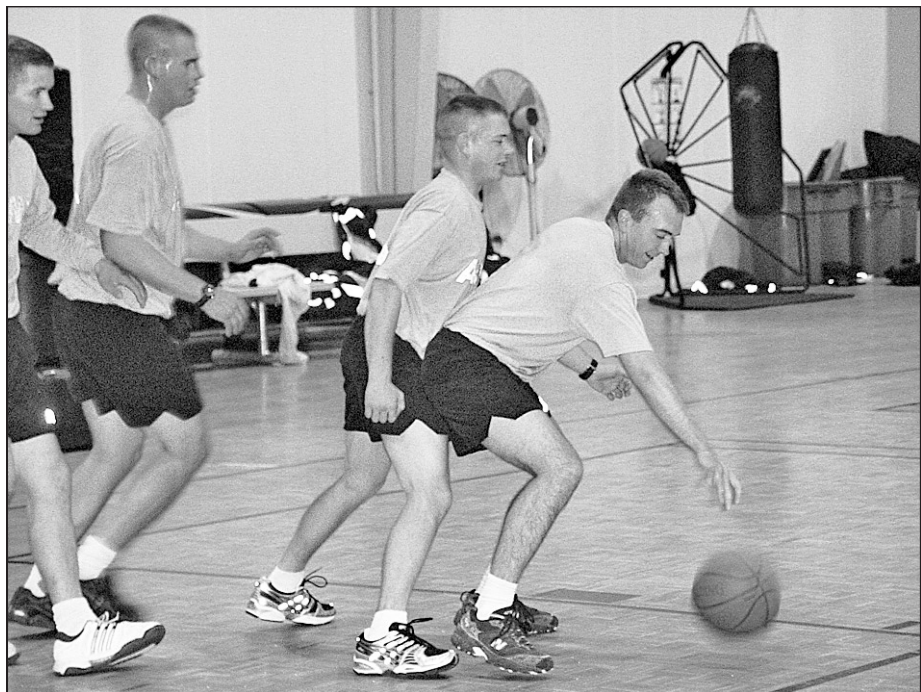


Photo by Lacey Justinger

Soldiers from the 2nd, 128th Infantry of the Army National Guard play basketball at the Rumpel Fitness Center.

National 3-D Month promotes drug-free driving

The Fort McCoy Army Substance Abuse Program (ASAP) encourages members of the installation's community to combat impaired driving during December, which is observed as National Drunk and Drugged Driving (3-D) Prevention Month.

Statistics show that impaired driving increases around the holidays with December ranking at the top of the list, said Rachel J. Verstegen, a contracted ASAP Risk Reduction coordinator from Aiken Global.

This year's slogan, "If you catch a Buzz, catch a Ride," again encourages the use of designated drivers. Verstegen said impaired motorists also should be aware their risks of being caught and prosecuted will increase because some communities will increase enforcement of impaired driving laws through sobriety checkpoints and saturation patrols in select areas.

And for anyone who thinks that bad things can't happen to impaired drivers/passengers in the Fort McCoy community, a male Soldier from the Fort McCoy community who was riding in a vehicle died earlier this year as the result of a suspected drunk driving accident near La Crosse.

This year, the 3-D Month Coalition will direct its messages in a variety of ways to reach young people and adult male drivers, Verstegen said. The campaign also will focus on impaired motorcyclists and pedestrians.

"When the different elements of a community work together to fight the war against impaired driving, great strides are



accomplished," Verstegen said. "Whether you are an impaired driver, rider or walker you still are affected by the catastrophes that can happen from intoxication."

"Fort McCoy's Army Substance Abuse Program encourages you to take a stand against drinking and drugged driving this holiday season. Help make our community a safer place for everyone," she said.

One out of every three Americans will be affected by an impaired driving incident in their lifetime, according to Department of Transportation statistics.

Since 1981, every president of the United States has demonstrated his com-

mitment to preventing impaired driving by proclaiming December as National 3-D Prevention Month.

Reducing the incidence of impaired driving requires a comprehensive approach, while recognizing that every community faces different challenges, Verstegen said.

More information about impaired driving can be found at the Web site <http://www.nhtsa.dot.gov/people/injury/alcohol/StopImpaired/HolidayPlanner/index.htm>.

For more information about the ASAP in the Fort McCoy community, go to the Web site <http://www.mccoymwr.com> or call the ASAP at (608) 388-2441/5955.

News

Select black boots approved for wear with ACUs

WASHINGTON, D.C. (Army News Service) — The Army has announced that in certain geographic areas for the next six months the black Intermediate Cold Wet Boot (ICWB) will be authorized for wear with the Army Combat Uniform (ACU) in lieu of the tan ICWB, which is currently in short supply.

Sgt. Maj. Katrina Easley, the Branch Chief for Uniform Policy at Army G-1 (Human Resources Command), Pentagon said that “the temporary policy affects Soldiers in cold regions of the continental United States, Korea, Europe, and Alaska.” Fort McCoy is included in the geographic areas where wear of the black ICWB with the ACU will be authorized, said Command Sgt. Maj. M. Kevin Dubois, Fort McCoy installation command sergeant major.

The policy “will ease short-term demands and allow the supply system time to

meet worldwide requirements,” Easley said.

The first version of the ICWB, a black boot fielded in the early 1990s, filled the void between the standard-issue leather combat boots and the extreme cold weather “Mickey Mouse” boots. All versions of the ICWB allow Soldiers’ feet to breathe and keep warm while operating in cold, wet environments.

Sgt. Maj. of the Army Kenneth Preston said that suppliers are working to get the new tan ICWB fielded as soon as possible. He added that “we do not want Soldiers to suffer through the winter months with their summer, lightweight tan boots.”

This temporary exception to policy is expected to last through April 2007 and allows Soldiers in the designated areas to wear the black ICWB with the ACU immediately.

Dubois also reminded Fort McCoy Soldiers about other recent changes to Army Regulation (AR) 670-1. He said that AR 670-1 has been changed to prohibit Wireless Bluetooth devices while wearing the Army uniform. (View AR 670-1 at http://www.usapa.army.mil/pdffiles/r670_1.pdf.)

He also reminds Soldiers that Combat Special Skill and Identification Badges ARE NOT AUTHORIZED to be worn on the ACUs in field or within deployed environments. In addition, black or foliage green ACU fleece CAN BE WORN as an outer garment with the ACU, Battle Dress Uniform and Desert Battle Dress Uniform UNLESS OTHERWISE DIRECTED BY A COMMANDER. This will be allowed at Fort McCoy, Dubois said. When worn, the zipper will be zipped. The wool knit (watch) cap is appropriate for wear only when in a unit area.

Online service to send packages to deployed troops

SANTA ANA, Calif., (American Forces Press Service) — Just in time for the holidays, Operation Homefront has launched “eCarePackage,” an online service that allows caring citizens to send care packages to deployed troops and their families.

Operation Homefront is part of CinCHouse.com, a community for military wives, and is a team member of America Supports You, a Department of Defense program connecting U.S. citizens with members of the military.

Servicemembers and families can register on <http://www.ecarepackage.org>, which protects their identity and location, and visitors can “adopt” them based on common interests.

Then visitors select individual items to create a customized care package for their chosen servicemember or family and include a personal message.

Operation Homefront’s team of volunteers takes the order, boxes the selected items and ships them directly to the servicemember or family — always protecting their identity and physical location.

“There’s nothing like a care package to cheer a deployed Soldier or a lonely military family, especially during the holidays,” said Amy Palmer, executive vice president of operations for Operation Homefront.

“With operational security for the troops so tight, we were

concerned that care packages weren’t getting through. So we built eCarePackage to ensure our troops and families continue to ‘feel the love’ from Americans.”



families they leave behind during deployments, and wounded warriors when they return home. Operation Homefront recently signed a Memorandum of Understanding with the Defense Department to ensure greater collaboration.

(From a CinCHouse.com news release.)

Holiday Giving Program seeking Christmas donations

The Fort McCoy Installation Chaplain’s Holiday Giving Program is accepting donations to assist families through Wednesday, Dec. 13.

Members of the Fort McCoy community can support the program in two ways — through a monetary donation for food or by donating a gift for a child through the “Angel Tree” program, said Installation Chaplain (Col.) Steven Colwell.

Monetary donations will be collected at the Religious Support Office (RSO) Chapel, building 2675 (South F Street), from 7:30 a.m.-4 p.m. weekdays.

Donations can be made by cash or check. Checks should be made payable to the “Fort McCoy Chaplain Fund” and annotated for “Holiday Food.”

Monetary donations for the Christmas/Hanukah season must be made to the RSO by 4 p.m. Dec. 13.

The “Angel Tree” has been set up or will be set up shortly in the Post Exchange (PX) Mini Mall lobby, building 1538.

Gifts are being accepted through Monday, Dec. 11.

Shoppers, including non-authorized personnel, can select an Angel ornament and purchase a toy in the PX Mini Mall at a 10 percent discount.

Shoppers can take gifts and the ornament to the PX Service Counter, where it will be wrapped free and placed underneath the tree.

Military and civilian (no contractors) families are eligible to be recipients in the program and can be nominated by/through their supervisors.

Recipients pick up gift certificates that can be used for food items (excluding tobacco and alcohol products) at a grocery store in Tomah or Sparta.

Food and Christmas gifts will be based on review of the submitted applications and total amount of donations.

Priority will be given to Soldiers of lower rank with children, military personnel of higher rank and Department of Defense civilian personnel in the Fort McCoy community.

For more information about the programs, call Linda Higbee at the RSO at (608) 388-3528.

Community Calendar

Monday Night Football: Held Monday nights at Religious Support Office, Chapel Center, building 2675. Doors open at 7 p.m. (or 30 minutes before game time except federal holidays). Free refreshments available. Call (608) 388-3528 for more information.

Holiday Stress Workshop: Army Community Service (ACS) will host a workshop designed to combat daily stress from 8 a.m.-4 p.m. Thursday, Dec. 14. Registration for the event is encouraged by 4 p.m. Friday, Dec. 8. For more information, call ACS at (608) 388-3505 or e-mail site5200@emh2.mccoy.army.mil.

News

TSP part of retirement planning

Federal personnel contributing to the Thrift Savings Plan (TSP) are encouraged to take advantage of the many new changes introduced in 2006, as well as the other TSP benefits available, to assist in their retirement planning.

Among the more important changes in 2006 was the lifting of the percentage limits personnel could contribute in employee contributions to their TSPs. Personnel are advised that Internal Revenue Codes (IRCs) still impose limits on what they may contribute.

For 2006, the IRC contribution limit is \$15,000. Personnel who are 50 or older can make up to another \$5,000 in catch-up contributions for a total of \$20,000.

Bryan Clarkin, Army Community Service Financial Readiness Program manager, said personnel need to be aware that there can be financial drawbacks to exceeding limits.

When the limits in a program are reached, no more money can be withheld. This will eliminate the tax advantages of having these contributions taken out of paychecks before state and federal taxes are levied.

In addition, those who receive matching government contribu-

tions — those in the Federal Employees Retirement System (FERS) — will not receive government matches to their contributions if they exceed IRC limits.

FERS employees receive matching government contributions on up to five percent of their basic salary per pay period. Clarkin said this is done on a dollar per dollar basis for the first 3 percent and 50 cents to dollar basis for the next 2 percent, for a total match of up to 4 percent. In addition, these employees receive an automatic 1 percent government contribution to their TSP account per paycheck.

As soon as employees reach the maximum IRC contribution limits, the government matching contributions are suspended. For example, if someone contributed more than \$15,000 in the first six months of a year (more than \$20,000 for those 50 and older with catch-up funds), they would lose the government matching contributions for the remainder of the year. This may well negate any advantages they could attain by receiving interest tax deferred on the excess funds, Clarkin said.

Personnel can manage their accounts in many ways to help ensure they maximize contributions,

matching funds and yields. Clarkin said with the elimination of TSP open seasons, employees can change their contributions and allocations (including government matches) choices at any time by going to the TSP Web site.

Access to the TSP Web site requires a Social Security number and a personal identification number. The TSP Web site is <http://www.tsp.gov>.

The Web site also includes current account statements and information about a number of other facets of the TSP system. These include TSP loan rates, historical fund return rates, TSP annuity yields, etc.

A calculator also is available to help personnel figure out potential TSP retirement account balances based on contribution rates, government matches (if applicable), and interest rates. Payouts can be determined on a monthly basis or through an annuity.

For more information about TSP, visit the Web site. Personnel seeking more information about financial planning matters in the Fort McCoy community, can call Clarkin at (608) 388-6812.

(Information in story compiled from Thrift Savings Plan Web site.)

Artifact donation can help tell McCoy's centennial story

Fort McCoy will mark its centennial anniversary in 2009.

As the post prepares to celebrate this milestone, installation officials request your help, asking that you comb your attics, basements, garages and other storage areas for pieces of Fort McCoy's history that may be hiding there and then consider donating these items.

These hidden treasures (i.e., photos, artifacts and other assorted meaningful memorabilia) can further enrich and expand the diversity of items currently in the collection at the installation's

History Center and help communicate the story of Fort McCoy's rich past during the centennial and to future generations, said Public Affairs Officer Linda Fournier.

"Guests will tour the Fort McCoy History Center and ask if they could donate artifacts. They are just so happy to know that their items will be properly preserved and available to all that visit," said Fournier.

While anything that relates directly to Fort McCoy's history can be considered for possible donation, according to Fournier, a wish list of items includes: dated, iden-

tified photographs; memorabilia pertaining to the WWII Prisoner of War Camps or Basic Training for Nurses; and the 1980 Cuban Resettlement Center.

Artifacts gathered will be displayed throughout the 100th anniversary celebration year and will become part of the permanent archive.

If you have materials that you would like to donate to the Fort McCoy History Center or would like more information, contact the Public Affairs Office at (608) 388-2407.



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Triad Online

Visit the Fort McCoy public Web site at <http://www.mccoy.army.mil> and click on Reading Room, Installation Newspaper to view the Triad Online.

Papers archived from Nov. 12, 1999.

Search function available and view photographs in color.

For more information, call the Fort McCoy Public Affairs Office at (608) 388-4128/2769.

AboutPost



Photo by Rob Schuette

Patriot Exercise

Active and reserve-component Army and Air Force personnel representing units that will participate in Patriot Exercise 2007 meet at the Wisconsin Military Academy at Fort McCoy to discuss the logistics and scheduling of the upcoming training.



Photo by Sheila Peterson

Comics on Duty Tour

James P. Connolly, a comic who is regularly seen and/or heard on HBO, Comedy Central, VH1, and XM Radio, entertains a sellout crowd at Fort McCoy. The Nov. 16 performance at McCoy's also featured nationally known comedians Scott Derenger, John Bizarre and Tom Foss. For more information about Morale, Welfare and Recreation (MWR) events call the MWR Events Line at (877) 864-4969 or visit the MWR Web site at <http://www.mccoymwr.com>.



Photo by Rob Schuette

Pilates Infusion

Authorized users of the Fort McCoy Rumpel Fitness Center participate in the Pilates Infusion Class. The 30-minute class is being offered at 5:15 a.m. and 7:15 a.m. Tuesdays as long as there is sufficient interest. For more information, call the Fitness Center at (608) 388-2290.

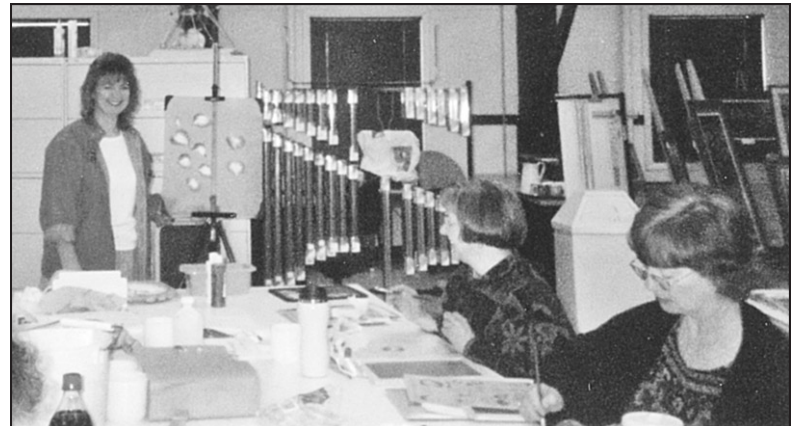


Photo by Amy Plummer

One-Stroke Painting

Personnel participate in a One-Stroke Painting class at the Arts and Crafts Center at Fort McCoy. The Arts and Crafts Center, building 2000, offers many classes for authorized personnel. Registration for classes is requested one week in advance. For more information, call (608) 388-4353/3213 or visit the Web site <http://www.mccoymwr.com>.

NewsNotes

Cell phone restrictions in place at Fort McCoy

The Fort McCoy Installation Command Sergeant Major reminds all drivers on Fort McCoy that Department of Defense (DoD) installations have begun implementing new cell phone restrictions for drivers on military bases.

Command Sgt. Maj. M. Kevin Dubois said the new regulation states anyone driving a motor vehicle on a DoD installation cannot use a cell phone unless the vehicle is safely parked or the driver is using a hands-free device.

Sgt. Domenic Modica, Fort McCoy Traffic sergeant, said the restrictions are listed in the Code of Federal Regulations (CFR) Title 32: National Defense, Part 634.25 Part 3 Driver Distractions.

Officers have the discretion to issue tickets if they think the situation warrants that action, Modica said.

Combined Federal Campaign under way

The Fort McCoy 2006 Combined Federal Campaign (CFC) drive is under way and donations will be accepted until further notice.

The CFC is the only authorized annual fund-raising drive in the federal government.

All military and civilian employees in the Fort McCoy work force are encouraged to contribute.

Key people have been designated for each unit/organization. Literature explaining the organizations that are accepting donations through this program has been distributed.

The CFC is an excellent opportunity to make a positive impact on the quality of life for military, civilians, and family members.

Additional information on this year's campaign or more information about literature/organizational points of contact can be obtained by contacting the campaign co-chairperson, Jobi Spolum, the Directorate of Morale, Welfare and Recreation (DMWR) at (608) 388-2362 or the other co-chairperson, Jeffrey Whitesell of DMWR, at (608) 388-2441.

Area Blood drives coming up in December

Installation personnel at Fort McCoy will have a number of choices to donate blood during the month of December.

The American Red Cross will offer the following blood drives: Dec. 5, Tomah, 11 a.m.-5 p.m.; Dec. 16, Wilton, 8 a.m.-11:30 a.m.; Dec. 19, Onalaska, 10:30 a.m.-3:30 p.m.; Dec. 21, Tomah VA Medical Center, 10 a.m.-3 p.m.; Dec. 28, La Crosse Area, 10 a.m.-2 p.m.; Dec. 29, West Salem, 10 a.m.-3 p.m.; and Dec. 30, Sparta, 8 a.m.-11:30 a.m.

Federal employees, including civilian and military, may be granted an excused

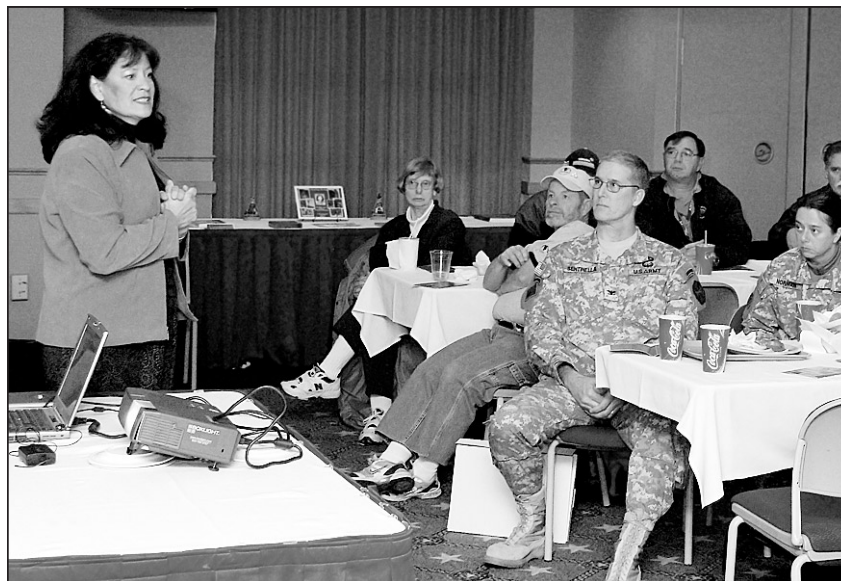


Photo by Allan Harding

Native American Heritage

Patty Loew, an assistant professor at the University of Wisconsin-Madison, speaks to the attendees at the Fort McCoy Native American Heritage Month Observance. During the Nov. 17 event, Loew showed portions of her video documentary about Wisconsin Native American Indians of World War I to the present that will air on Wisconsin Public Broadcasting Service stations in about May 2007.

absence to cover time for travel to and from the destination, the act of donating blood and recovery. Immediate supervisors may authorize up to four hours of excused time off for donating blood.

This provision is not intended to cover an employee whose donations will require a recurring absence over an extended period or for situations in which employees are storing blood for their own use.

For more information about this provision, visit the Web site <http://cpol.army.mil/library/permis/5012b.html>.

For more information or to make an appointment, call 800-GIVELIFE (800) 448-35433.

Health Benefits open season ends Dec. 11

The 2006 Federal Employees Health Benefits Program (FEHBP) open season is under way and will run through Monday, Dec. 11. New enrollments or changes in insurance will be effective in January 2007.

Also new for this year will be separate Supplemental Dental and/or Vision Programs that can be chosen in addition to the regular FEHBP coverage an employee already has.

National Dental Insurance Plans will include Aetna, Government Employees Health Association (GEHA), MetLife, and United Concordia.

Vision Plans will include BlueCross/BlueShield, Spectera, and VSP.

Employees can watch for future updates about this program by going to the Office of Personnel Management (OPM) official Web site at <http://www.opm.gov/insure>.

More information about the FEHBP, how to enroll and what services/costs are applicable in a certain area is available at the Web site <http://www.opm.gov/insure/06/spmt/plansearch.aspx> by typing in a ZIP Code.

For more information about FEHBP in the Fort McCoy community, call the Army Reserve Civilian Personnel Advisory Center at (608) 388-8748.

Defensive Driving Course offered at Fort McCoy

The National Safety Council's four-hour Defensive Driving Course will be offered seven times during the next five months.

Classes will be held at building 1421 from 7:30 a.m.-noon on the following dates: Tuesday, Dec. 5; Thursday, Jan. 11, 2007; Wednesday, Jan. 24; Tuesday, Feb. 13; Thursday, Feb. 22; Wednesday, March 7 and Thursday, March 22.

The course is open to members of the Fort McCoy work force. Preregistration is required; no walk-ins will be accepted.

Class sizes are limited to 28 people.

To preregister, authorized personnel must contact the VT Griffin Safety Office at (608) 388-6535 or e-mail DSS-GRIFFINSAFETY@emh2.mccoy.army.mil.

Wrapping Christmas presents set for Dec. 6

The American Society of Military Comptrollers Fort McCoy Green Tree Chapter is collecting holiday gift items to give to the veterans in the Homeless Veterans Program.

Approximately 75 males are registered in the program at the McCoy Veterans Assistance Center and the Tomah VA Medical Center. Among the items being sought are: winter hats, gloves, scarves, socks, T-shirts, flannel shirts, small hand-held electronic games, stamps, boxed candy and nuts, cookies, alarm clocks, watches, phone cards, gas cards, shaving kits, shoe shine kits, decks of cards, and like items. (For sized items, the majority wear a large or extra-large.)

Donations are requested by Wednesday, Dec. 6.

Donations can be brought to the Fort McCoy Community Activity Center, building 2000, at 11:30 a.m. Dec. 6, when the gifts will be wrapped.

People interested in donating items or seeking more information also can call Maureen Richardson at (608) 269-1912 or Mary Zink at (608) 269-3115.

Camping reservations through 2008 accepted

Reservations will be accepted through the end of 2008 at Fort McCoy's Pine View Recreation Area campgrounds, beginning Tuesday, Jan. 2, 2007.

Military personnel only, including retirees, can make reservations for 2008 from Tuesday, Dec. 26 through Monday, Jan. 1, 2007.

For more information or to make reservations, call Pine View (608) 388-3517/2619.

Soldier Show nomination tapes due by Dec. 31

ALEXANDRIA, Va. (Family and Morale, Welfare and Recreation Command Public Affairs Office) — Soldier-entertainers have until Dec. 31 to apply for an audition for the 2007 U.S. Army Soldier Show. Audio, video, lighting, costume and stage technicians also are needed.

Active-duty and reserve-component Soldiers are eligible to participate in the song-and-dance extravaganza that provides "entertainment for the Soldier, by the Soldier" during a six-month tour of Army installations.

Personnel must submit an application packet, which includes: a 10-minute DVD or VHS tape demonstrating their talent(s); a copy of the results of their most recent Army Physical Fitness Test, including height and weight; a copy of their updated Enlisted Record Brief; an entertainment resume; a Department of the Army photo or similar photo in uniform; and a letter of intent for release from their chain of command.

Army Entertainment officials encourage applicants to discuss auditions with personnel familiar with the process.

More information about the Soldier Show is available at <http://www.armyentertainment.net>. Specific questions e-mailed to soldiershow@cfsc.army.mil will be answered.

Recreation

Auto Crafts Shop: Building 1763. Open Mon., Thurs. and Fri. 1:30-8:30 p.m., Sat. and Sun. 10 a.m.-4:30 p.m. Call Ext. 3013.

Community Activity Center (CAC): Building 2000. Information, Ticketing and Registration Office. **Recreation Center** open daily 8 a.m.-11 p.m. **Arts and Crafts** open Thurs.-Mon. 8 a.m.-3 p.m. **Post Library** open daily 8 a.m.-11 p.m. Call Ext. 3213/2410/4353.

McCoy's: Building 1571. Bowling Center open Sun.-Sat. 11 a.m.-11 p.m. Call Ext. 7060. Arcade, and NTN trivia. Call Ext. 2065.

Pine View Recreation Area/Equipment Check-out Center: Building 8053. Open daily 9 a.m.-5 p.m. Call Ext. 3517/2619.

Rumpel Fitness Center: Building 1122. Open weekdays 5 a.m.-9 p.m., and Sat.-Sun. 5 a.m.-8 p.m. **Swimming pool:** Mon.-Fri. 6-8 a.m. and 11 a.m.-8 p.m.; Sat.-Sun. 11 a.m.-5:30 p.m. **Atrium:** Mon.-Fri. 6 a.m.-8 p.m.; Sat.-Sun. 11 a.m.-5:30 p.m. Call Ext. 2290/2625.

Woodshop: Building 1133. Open Tues., Wed. and Thurs. 5-8 p.m. Call John Timm, Ext. 6598 or 372-3698 for an appointment.

Dining

Installation Dining Facility: Building 50 (ARRTC-east end). Open daily 6-7:30 a.m. (break-fast), 11:30 a.m.-1 p.m. (lunch) and 5-6:30 p.m. (dinner). Call Ext. 4182.

McCoy's: Building 1571. Primo's Express open Mon.-Fri. 11 a.m.-10 p.m. (buffet 11 a.m.-1 p.m. Mon.- Fri.), Sat. 4-10 p.m. and Sun. 11 a.m.-10 p.m. Call Ext. 7673. Sports bar open Mon.-Sat. 4 p.m.-midnight, Sun. 11 a.m.-midnight. Catering/ Admin. ATM machine located inside. Call Ext. 2065. Manager has discretion on closing time. Call to verify hours.

Rustic Inn/Patio Cafe: Building 2000. Open Mon.-Fri., 6:30 a.m.-2 p.m., 6-10 p.m. and Sat.-Sun., 6:30 a.m.-2 p.m. **Closed Mon., Nov. 27-Wed., Nov. 29.** Mobile food truck available. Call Ext. 4968.

Special T Express: Building 1538. Mon.-Sat. 11 a.m.-6 p.m. and Sun. 11 a.m.-5 p.m. Call 269-5615.

Whitetail Ridge Chalet: Building 8061. Adult lounge and outdoor deck. Available for private parties. Call Ext. 2065.

Services

Alteration Shop: Building 1538. Open Mon.-Fri. 9 a.m.-5 p.m., Sat. 9 a.m.-3 p.m. Call (608) 269-1075.

ARRTC Store, Building 51, Room 136. Open Mon.-Thurs. 11 a.m.-1 p.m., 4-7 p.m. and Sun. 4-8 p.m. Call Ext. 7798.

Barber Shop: Building 1538. Open Mon.-Sat. 9 a.m.-5 p.m. Appointments available. Call 269-1710. Temporary Barber Facility, Building 1664. Open Mon.-Fri. 9 a.m.-5 p.m.

ARRTC Barber Shop, Building 51, Room 119:

Note: Hours may change at facilities to meet operational requirements. Call ahead to verify hours.

Open Mon., Tues., and Thurs. 4-7 p.m. Call Ext. 3690 to verify hours.

Car Rental: Information available at Main Exchange Office, Building 1538. Call (608) 786-1801 or 1-800-325-8007.

Car Wash: Building 1568. Self-service and automatic bays. Open 24 hours. Change and token machines. Call Ext. 3213/4161.

Commissary: Building 2132. Open Tues.-Fri. 10 a.m.-6 p.m. and Sat. 9 a.m.-5 p.m. Call Ext. 3542/3543.

Education/Learning Center: Building 50, Rm. 123. Open Mon.-Thurs. 7 a.m.-7 p.m., Fri. 7 a.m.-4 p.m. Call Ext. 7311.

Launderette/Dry Cleaning: Building 1538. Open Mon.-Fri. 9 a.m.-5 p.m., Sat. 9 a.m.-3 p.m. Call 269-1075 to verify hours of operation.

Main Exchange: Building 1538. Open Mon.-Sat. 9 a.m.-7 p.m. and Sun. 10 a.m.-6 p.m. Call 269-5574 or Ext. 4343.

Military Clothing Sales: Building 1538. Open Mon.-Sat. 9 a.m.-7 p.m. and Sun. 10 a.m.-6 p.m. Call 269-5574.

Permit Sales: Building 2101. Open weekdays 7 a.m.-3:30 p.m. Call Ext. 3337.

Post Office: Building 1654 (rear entrance). Open weekdays 10 a.m.-3:30 p.m. Call Ext. 3825. **Closed Wednesdays until further notice.**

RIA Credit Union: Building 2105. Open Mon.-Wed. 9:30 a.m.-12:45 p.m. and 1:15-2 p.m., Thurs. and Fri. 9 a.m.-12:45 p.m. and 1:45-5 p.m. ATMs are located in the Welcome Center, Building 35, in McCoy's, Building 1571, and in the PX Mini Mall, Building 1538. Call Ext. 2171.

SatoTravel: Building 2180. Open weekdays 7:30 a.m.-4 p.m. Call Ext. 2370, or 269-4560, or 1-800-927-6343.

Service Station/Shoppette: Building 1538. Open Mon.-Sat. 6 a.m.-8 p.m., Sun. 8 a.m.-6 p.m. Call 269-5589. **GAS PAY AT THE PUMP OPEN 24 HOURS. ATM Machine located inside. Cash transactions available during Shoppette and Main Store hours.**

Shoppette/Class VI: Building 1538. Open Mon.-

Sat. 6 a.m.-8 p.m., Sun. 8 a.m.-6 p.m.

Vehicle Resale Lot: (Next to Auto Crafts Shop, Building 1763). Call Ext. 3013/4161.

Worship

Bible Encounter: Building 51, Room 111. Wed. 11:30 a.m.-noon. Call Ext. 3528.

Bible Study: Chapel Center, Building 2675. Wed. 7 p.m. Call Ext. 3528.

Catholic: Chapel 10, Building 1759. Mass, Sun., 9:30 a.m. Call Ext. 3528 by Friday to confirm.

Fellowship: Chapel Center, Building 2675. 10:30 a.m. Sun. following Services at Fort McCoy.

Gospel Prayer and Praise: 7 p.m. Fri. Chapel 1, Building 2672. Call Ext. 3528.

Jewish: Service Sat., 10:20 a.m.-noon at La Crosse. Call Ext. 3528.

Mormon: Church of Jesus Christ of Latter Day Saints, 702 E. Montgomery St., Sparta, Wis. Sunday services 10 a.m.-1 p.m. Phone (608) 269-3377 for additional information.

Muslim: Islamic Center of La Crosse, Ottomanbenaffan Mosque. Fri. Prayer, 1-2 p.m. Call Ext. 3528.

Protestant: Chapel 1, Building 2672. Protestant Worship Sunday, 9:30 a.m. Call Ext. 3528.

Protestant Women of the Chapel Bible Study Group: 9-11 a.m. Wed. Childcare provided. Call (608) 388-3528.

Spanish Language: Worship services held in Norwalk (Catholic); Tomah (Seventh-Day Adventist). Call Ext. 3528.

For information about Chapel or worship schedules in the surrounding communities, call Ext. 3528.

Family Support

Army Community Service: Building 2111. Open weekdays 7:30 a.m.-4 p.m. Call Ext. 3505.

Child Development Center: Building 1747. Open weekdays 6:30 a.m.-5:15 p.m. Call Ext. 3534 or 2238.

Red Cross: Fort McCoy active-duty Soldiers and

their family members can call (877) 272-7337 for emergency assistance. For other Red Cross services, call (800) 837-6313, (608) 788-1000 or call the installation operator at Ext. 2222 and request Red Cross assistance.

School-Age Services: Building 1751. Activities for youths grades kindergarten through sixth. Offers after-school, nonschool and inclement-weather care for eligible youths. Open weekdays 6:30 a.m.-5:30 p.m. Call Ext. 4373/2238 weekdays.

Supplemental Programs and Services/Family Child Care: For occasional baby-sitting services or in-home care for Military Family Housing, cal Child Development Services at Ext. 4124.

Health Care

Alcoholics Anonymous: AA meetings, Thursday noon, Building 2000. For more information, call Ext. 5955/2441.

Counseling Services: Building 2111. Open weekdays 7:30 a.m.-4 p.m. For information about assessment and referral concerning substance abuse counseling, employee assistance program and related services, call Ext. 5955/2441.

TRICARE Liaison: Building 1679. Call (608) 388-2246/7879 for more information. The following also are points of contact: TRICARE Humana-Military, 1-877-TRICARE (874-2273) or http://www.mytricare.com, http://www.tricare.osd.mil or http://www.TRICARE.mil.

Occupational Health Nursing Office: Building 1679. Open weekdays 7:30 a.m.-4 p.m. Blood-pressure screenings and military audiograms. Call Ext. 3209/2414.

Troop Medical Clinic: Building 2669. Medical treatment for active Army and reserve-component members. Open weekdays 7 a.m.-3:30 p.m. Sick call sign-in for Soldiers 7-9 a.m. weekdays. Sat. sick call 7-9 a.m. Pharmacy telephone is Ext. 2842. Call Ext. 3025/3128. Call 911 for after-hour emergencies.

Organizations

American Federation of Government Employees, Local 1882: Building 1411. Office hours 8 a.m.-4 p.m. weekdays. Meets second Tues. of each month, 7 p.m., at American Legion Post 201 in Tomah. Call Ext. 1882.

American Society of Military Comptrollers: Meets several times throughout the year. Watch the Weekly Bulletin for meeting details or call Maureen Richardson at (608) 269-1912 or Mary Zink at (608) 269-3115.

BOSS: Better Opportunities for Single Soldiers Committee. Call Michael Napsey, BOSS adviser, at 388-6588.

Noncommissioned Officers Association, Chapter 1586: Call SSG Billy C. Montgomery at 269-3025.

Reserve Enlisted Association: Organizing new chapter at Fort McCoy representing active/retired enlisted military from all services. Call MSG Troy Falardeau (414) 708-9031.

Warrant Officers Association, Chapter 317: Call (608) 372-1058, (608) 372-7260, or (715) 333-2266 for more information.

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■ Ordnance ANCOC adds tactical training as real-world preparation

From page 1

training. Kjornes said the restructured course now has about 70 percent field-related tasks and about 30 percent technical classroom material.

NCOs attending the course now go through an annex called Project Warrior. It is focused on 12 critical areas with an emphasis on in-depth weapons training. Students learn to maintain and operate all of the basic weapons systems found in units today.

The weapons training culminated with the Soldiers going through the installation's Engagement Skills Trainer systems and operating them during computer-generated simulations.

NCOs receive training on mounted and dismounted land navigation while using a global positioning system. The students participate in modern Army combatives training instead of the standard Army physical training. They train on military operations on urbanized terrain (MOUT) and improvised explosive device (IED) training, he said.

Sgt. 1st Class Jonathon Scholl and the Urban Operations team from the 2nd Brigade, 85th Division (Training Support Brigade) operate the MOUT training. The Ordnance ANCOC class went through the same course with mobilizing Soldiers.

This provided more relevant training for both the ANCOC students and the RTS-Maintenance staff.

"This will help Soldiers taking ANCOC get ready for deployments, arming them with the skill sets they need to take into combat," Hebert said.

In addition, the Soldiers attending the course still have portions dedicated to their MOS skills needed to be an Ordnance NCO.

Sgt. 1st Class Edward Youngblood, a maintenance Soldier from the 89th Regional Readiness Command (RRC), said the course covered the administrative areas well and helped prepare them to take care of Soldiers.

Sgt. 1st Class Tyrone Smith of Company C of the 634th Battalion Support Battery



Photo by Rob Schuette

Students in an Ordnance ANCOC course train on MOUT assault procedures at the MOUT training sites at Fort McCoy.

of the Illinois National Guard said the course covered a number of Army regulations needed to run a motor pool and handle maintenance tasks.

"I can take this back to the unit and implement new training," Smith said. "It's important to pass on this knowledge because most Soldiers don't know the purpose of all of these things, and this helps them see the big picture."

Sgt. 1st Class Jeff Campbell of the

232nd Combat Sustainment Support Battalion of Springfield, Ill., said the training was good because it covered both Army regulations governing the support battalion and training that the NCOs need in the field.

It gives course students a lot more field work, where before in these types of courses the only time students might have spent outside a classroom was going into a maintenance bay and turning a wrench, Campbell said.

The implementation of this new courseware was made possible because Fort McCoy has a lot to offer and has a lot of people that support RTS-Maintenance training, said Master Sgt. Neil LaChance, the RTS-Maintenance chief instructor.

"Along with a wide variety of ranges and help from the motivated trainers in the 85th, all the pieces come together, and we were able to provide a great new course that was fun to be a part of," LaChance said.

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Red Horse Airmen complete intensive skill training

From page 3

rifle when all that gear is surrounding you, protecting you.”

The 557th ERHG is part of an overall program entitled “In Lieu Of” Training, in which 1,600 Airmen routinely are trained at 13 different Army posts before going overseas.

Airmen from the 557th ERHG will be serving in multiple locations in Iraq, Afghanistan and Qatar.

The Army and Air Force evolved into separate branches in 1947, with different cultures and different warfighting philosophies. But the Global War On Terror has rolled back the clock, with Army and Air Force back together again.

As one Army instructor put it, “Air Force ain’t just the wild blue yonder anymore.”

Being trained in basic infantry tactics was a culture shock for some Airmen, particularly those who had never worked with the Army before. Airmen spent more than a week at a Forward Operating Base, encountering numerous simulated mortar attacks. During the first attack, an Army instructor greeted Airmen in a bunker with a cheery, “Welcome to hell, boys!”

At Fort McCoy, there was no evidence of the interservice rivalry that previously affected all branches.

All instructors had the same goal: bring everyone home alive.

With an initial focus on medical and fire-arms qualification, subsequent training expanded into radio procedures, Global Positioning Systems, land navigation, ground assault convoy tactics, with particular emphasis on defeating improvised explosive devices (IEDs) — the biggest threat to U.S. forces in Southwest Asia.

2nd Brigade, 85th Division (Training Support Battalion) Commander Col. Patrick Warren briefed Airmen for more than an hour.

“I’m passionate about defeating IEDs!” Warren said. “We need to find new ways to defeat and/or avoid IEDs. We’ve provided Red Horse Airmen with Army skills they’ll need as they accept a traditional Army mission. You’re now highly skilled Airmen.”

Warren said new high-tech devices can jam enemy radio signals, and emphasized the importance of obtaining the latest local intelligence reports, to detect patterns in enemy tactics. Also new to Airmen was the concept of dealing with civilians overseas.

The Army advocated use of interpreters, and the need to cooperate with the citi-



Photo by Allan Harding

Airmen from Keesler Air Force Base, Biloxi, Miss., conduct M-16 Lanes Training drop and cover maneuvers at Fort McCoy.

zens of Iraq and Afghanistan.

Red Horse troops received culture briefings on how not to offend people overseas.

The goal: to win the hearts and minds of people in the Middle East, instead of generating fear and animosity.

But when trouble arises, Airmen need to know how to defend an area.

Perimeter Defense is a two-day block of instruction culminating in a “live-fire” exercise at a mock-up of an Iraqi village.

Students play multiple roles, including quick-reaction force, command post, ammunition resupply, casualty evacuation, and tower duty. The range has “pop up” and moving targets — not all of which are the enemy. Instructors emphasize the importance of “positive identification” before shooting, and the use of lethal force only as the last resort.

Commander of the Florida Air Guard, Brig. Gen. Joseph G. Balskus, paid a visit to Fort McCoy Nov. 8.

“What we’re seeing here is an example of real-world training,” Balskus said. “Three years ago, we were unfamiliar with weapons, convoy procedures, etc. Now, there’s a tremendous improvement — people carrying an M-4 rifle, knowing how to clear it, load it, position themselves, getting comfortable with the helmet, body armor. We’ve come a long way in three years. We’re becoming battlefield Airmen. I’m proud of the Red Horse.”



Photo by Allan Harding

Airmen participating in Red Horse training receive instruction for conducting grenade training exercises.

Florida Air Guard Command Chief Susan E. Shonka said morale of the Airmen inspired her.

“They’re just so eager, absorbing all this intensive training — with no complaints,” she said. “They have a job to do. We’re just so proud of them. It restored my patriotism.”

The 557th ERHG will undergo two weeks of additional training in Kuwait, and then proceed to multiple engineering assignments in the Middle East for six months.

(Nicholls is a member of the 557th Expeditionary Red Horse Group.)

Smoking cessation help available for Wisconsin Soldiers

From page 4

The Department of Deployment Health Services is looking into developing a smoking cessation program using current Department of Defense/Veterans Affairs tobacco cessation guidelines.

If instituted, the program will serve permanent party Soldiers and mobilizing Soldiers who have more than 60 days on ground, Moore said.

For more information at Fort McCoy

about the Deployment Health Services Occupational Health and Environmental Services, call (608) 388-3871 or (608) 388-6143.

Affairs also is available.

■ McCoy site of Army Reserve dental test

From page 1

those demobilizing.

"When Soldiers go to Iraq, they don't always have the best access to dental care due to mission operations and tempo," said Staff Sgt. Monique S. Collins, NCOIC of the Fort McCoy SRP. "We want to see who went to sick call while they were in theater, and whether or not they have problems to be addressed at the demobilization site."

"We upgraded Fort McCoy's dental station with a lot of new electronics, such as new X-ray machines, computers, and radiograph printers," said Bodenheim.

Col. Paul J. Warden, commander of the U.S. Army Dental Activity, located in Fort Knox, Ky., said Soldiers at Fort McCoy will really benefit from the clinical enhancements.

Bodenheim said the U.S. Army Surgeon General will hopefully know by early next year how this program may support the ARFORGEN model.

Candace J. Hendersin and Lisa K. Smith, federally contracted dental assistants with Reliable and Loyal Management (RLM), checked Soldiers in and out of the



Photo by Loni Witscheber

A Soldier with the 2nd Battalion, 128th Infantry of the Army National Guard has a panoramic X-ray taken during the Dental Reset Pilot Project Program at Fort McCoy.

Dental Clinic at Fort McCoy.

"Upon completion of a Soldier's exam, I enter his/her information into the Corporate Dental Application, which monitors and keep tracks of a Soldier's dental class," said Hendersin.

Col. Richard C. Roush, a retired U.S. Army Reserve dental officer who volunteered to be recalled to active duty as the acting OIC of the Fort McCoy dental operations, processed and reviewed

records.

He stated it was a privilege and honor to participate in the program, as well as work with an excellent staff.

"This is an important study because it affects the readiness of Soldiers," said Roush.

(Witscheber is a public affairs specialist for Eagle Systems and Services Inc., contractor for CONUS Support Base Services.)

■ Sports injuries can impact readiness

From page 4

tems and Services, Inc., contractor for CONUS Support Base Services, explained that approximately 35 percent of all injuries to mobilizing Soldiers at Fort McCoy are sports related. Very few injuries are associated with organized PT and most of those are from controlled team sports, not running or calisthenics, he said.

"Generally, Reservists don't exercise or have as much activity as an active-duty Soldier does," said Hopkins. "They get here with organized daily activity, mentally thinking they're 18, but their physical conditions are a few years older."

Injuries happen to all Soldiers no matter what their age or rank. The most common injuries are jammed fingers, bruises, abrasions, twisted ankles, stretched ligaments, strains and sprains; although there is an occasional broken or dislocated bone.

"Sports lead to a lot of accidents; not good, but that's just the way that it is," said Hopkins. "Sliding into second base tears up more knees than you'd believe."

"Most Soldiers would rather suffer bumps, bruises and jammed fingers then spend another day in PT," said Strobel.

The time to heal depends on the injury. Some Soldiers may be back in training the next day, while others have to deploy with a different unit. Strobel said only a very small percentage of injuries result in non-deployment; a Soldier's deployment is more likely to be delayed.

Delays run from a couple of days to wait for tests like MRIs up to a couple months with broken bones. Soldiers may be sent home, to Fort Knox, Ky. or stay at Fort McCoy to complete physical therapy.

Some critical positions can hold an entire unit back from deployment, but only if that Soldier is seriously injured and no replacement can be found. Due to

this, many units are forbidden to play contact sports within 10 days of departure.

Daniel Westphal, a safety specialist for Eagle Systems and Services, said many of the same types of injuries also happen in-theater. A Soldier can reduce the chance or extent of an injury with warm-up and stretching exercises, he said.

If a Soldier is injured, an Accident/Incident Report needs to be filled out as soon as physically possible. Medical documentation is needed for all injuries to process line-of-duty injuries.

"We're not saying don't play basketball or volleyball," said Hopkins. "Just think about it before you do. Remember you're not 18 anymore and may have a previous lack of physical activity. Don't jump into doing everything at once. Walk back into being in physical shape."

(Justinger is a public affairs specialist for Eagle Systems and Services Inc., contractor for CONUS Support Base Services.)

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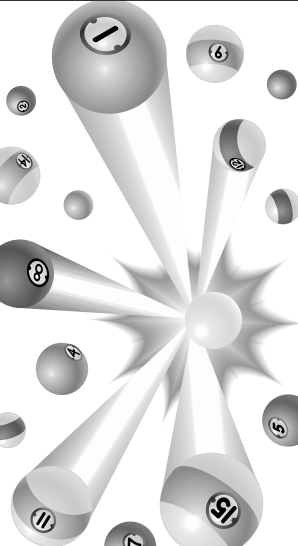
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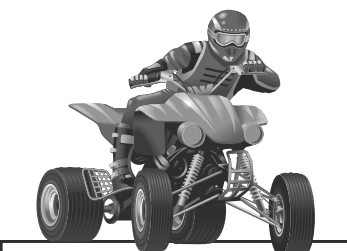
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