

# 10TH MOUNTAIN LIFE

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10th Mountain Life features soldier shoutouts, photos of Fort Drum events, memories from post and more.

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Right: This Watertown Daily Times Archive photo shows the interior damage to a barrack on Fort Drum, then known as Pine Camp, following a fire in the early morning of Dec. 10, 1947.



HISTORIC DRUM



More than 600 Fort Drum community members participated in the annual Mountain Wellness 5K on April 2 outside Magrath Sports Complex at Fort Drum. The Mountain Wellness Month campaign covers child abuse prevention, alcohol awareness, disability awareness, financial literacy and sexual assault awareness and prevention.

Photos by Mike Strasser/Fort Drum Garrison Public Affairs



## Fort Drum runners support Mountain Wellness Month

Fort Drum Garrison Public Affairs

More than 600 community members supported the Fort Drum Family Advocacy Program's annual Mountain Wellness 5K on April 2 outside Magrath Sports Complex.

Tom Wojcikowski, Fort Drum FAP specialist, said the fun run was a way to introduce people to the Mountain Wellness Month campaign, which covers child abuse prevention, alcohol awareness, disability awareness, financial literacy and sexual assault awareness and prevention.

"It's really about spreading awareness and making sure Soldiers and their families know the resources that are available," he said.

To that end, Clark Hall will be illuminated with different colors each week in support of Mountain Wellness Month, and informational booths inside will have a variety of resource material for Soldiers and family members.

Other Mountain Wellness Month events include:

— 14th annual Baby Ploosa, 10 a.m. to 1 p.m. April 22 at The Exchange

— Game On, 4 to 7 p.m. April 30 at Youth Sports and Fitness Center

As part of Mountain Wellness



Month, dedicated days are set for Soldiers to complete training requirements. On April 17, FAP and Exceptional Family Member Program staff will host troop training and a command brief at the Multipurpose Auditorium.

"This allows Soldiers to complete

child abuse prevention and domestic violence training, which is an annual requirement for them," Wojcikowski said. "All Soldiers are mandated to report child abuse if they witness it or if there are indicators that it is happening. They take this training to learn how to identify and report."



Then on April 24, Soldiers can finish the ACE (Ask, Care, Escort) training, along with Army Substance Abuse Program, FAP and EFMP.

Mountain Wellness Month kicked off with a Family Pop in and Paint event for community members to relax, socialize and exercise their creativity.

"We had about 50 family members and Soldiers packed inside the Enrichment Center, having a really good time," Wojcikowski said. "Between that and hundreds of runners

out here this morning, I think Mountain Wellness Month is off to a good start."

To learn more about Mountain Wellness Month activities, call 315-772-5914 or visit [www.facebook.com/FortDrumSFRD/](http://www.facebook.com/FortDrumSFRD/).

Fort Drum community members can stay connected to all of the resources available on post and learn about upcoming events and activities through the My Army Post app (MAPA), available for download on the Apple App Store or Google Play.

## OUT AND ABOUT

■ The nonprofit VFW Foundation is committed to ensuring veterans and service members have access to the resources they need as they navigate life after the military. While VA claims process can be complex, the foundation supports programs like the VFW's National Veterans Service (NVS) program that provides veterans, families, and survivors with expert, no-cost assistance every step of the way.

Nancy Ortiz-Rodriguez began her job at the VFW's NVS program in 2018. It is funded by the VFW. She explained that locally, the U.S. government and the VFW have a memorandum of understanding in which her office is provided rent-free, while the VFW provides office essentials such as a laptop, a scanner and printer.

"We are guests of the installation," Ortiz-Rodriguez said. However, Ortiz-Rodriguez is here for anyone, on or off post, if they need assistance. A VFW Accredited Service Officer helps veterans, soon-to-be-veterans, their families, and survivors navigate the complex VA claims process.

"That representation is always free," she said. "We advocate for the veteran's benefits. We are like the middleman between veterans and the Veterans Administration."

Read more about Ortiz-Rodriguez at [nny360.com/news/fortdrum](http://nny360.com/news/fortdrum)



Ortiz-Rodriguez

■ The city of Watertown and the PGA of America will be taking veterans and Fort Drum soldiers to the links this spring to learn how to play golf. The city is waiving the \$300 an hour fee at the Thompson Park Golf Course to teach between four and six veterans and soldiers during three six-week sessions on Wednesday evenings under a national PGA HOPE program, beginning May 13. According to the PGA's Charitable Foundation website, the HOPE program can change lives "through the power of golf."

■ The Antique Boat Museum kicked off its annual Homer L. Dodge Lecture series on Friday with a program on the history of Fort Drum and the 10th Mountain Division. The speaker was Kent Bolke, director of the 10th Mountain Division & Fort Drum Museum. He explored the history of Fort Drum, beginning with the region's earliest inhabitants more than 13,500 years ago and tracing its evolution into the modern military installation it is today.