



Fort McCoy MWR Enews

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January 7, 2020 | www.mccoy.armymwr.com | 608-388-7400 | *No endorsement implied*

RUMPEL FITNESS CENTER

BASKETBALL RESERVATIONS AVAILABLE

Mon - Fri: 6 am - 5 pm
Sat: 6 am - 1 pm



Guidelines

Maximum group of
3 people

Masks not required
but highly encouraged

Pick up and drop off
the basketball with
front office staff

Not available during
24/7 hours



Reservations required - please call 608-388-2290



STAY & PLAY at Pine View Campground



Rent a cabin on Friday & Saturday night and receive
4 FREE lift/tubing passes
to Whitetail Ridge Ski Area
plus an introductory ski/snowboard lesson.
Offer valid Jan 1 - Mar 14, 2021. Not valid with any other promotion or discount.

800-531-4703 | mccoy.armymwr.com

SEXUAL HARASSMENT/ ASSAULT RESPONSE AND PREVENTION (SHARP)

FY21 ANNUAL REFRESHER TRAINING

This training will count as your Annual SHARP Refresher Face to Face Training

THIS TRAINING WILL:

- Examine strategies to prevent sexual harassment and sexual assault.
- Examine all of our roles in intervening when sexual harassment or sexual assault is present.
- Thoroughly explain reporting processes and procedures for reporting sexual harassment and sexual assault.
- Discuss support resources available.



FY21 GARRISON TRAINING DATES

**Jan 19, Feb 2 or
Mar 2 at 9 am**

All classes are held virtually
via Microsoft Teams.

Limited to 25 participants per class.

**To register, please call Garrison
SHARP Victim Advocate Ryan at
608-388-8951 or send an email
to: ryan.f.harvey.civ@mail.mil**

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

Fort McCoy 24/7 Hotline: 608-388-3000 | DoD Safe Helpline 877-995-5247

OUTDOOR RECREATION

Building: 8053 Phone: 388-3517/4498

WHITETAIL RIDGE SKI AREA'S

GRADE SNOW DAY

ATTENTION STUDENTS

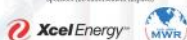
Bring in your current report card with at least one A (or equivalent)

Get a FREE Tubing Pass!

VALID FRIDAY EVENINGS FROM 3 - 9 PM
THROUGHOUT THE 2021 SEASON AT
**Whitetail Ridge Ski Area
Fort McCoy, WI**

One free pass per child per season (Grades K-12).
Begins Friday, January 8, 2021. Not valid with any other offer or promotion.

(Spouses (no endorsement implied))



608-388-4498/3517 | www.mccoy.armymwr.com

WHITETAIL RIDGE PRICE LIST

2020-21 Season

DAILY PASSES

	Public	Mil/DoD
LIFT + TUBING		
Friday	\$27	\$20
Saturday	\$37	\$30
Saturday Evening (3 - 9 pm)	\$27	\$20
Sunday	\$27	\$20

TUBING

Anyone under 38" tall must have a waiver signed by a legal guardian

Friday or Sunday	\$12	\$10
Saturday	\$17	\$15

EQUIPMENT RENTAL

Snowboards, Skis, Snowshoes or Cross Country Skis	\$10	\$10
Helmets, Boots, Poles	\$5	\$5

SEASON PASSES

Season passholders receive an Intro to Skiing/Snowboarding Class.

	Public	Mil/DoD
Single Lift + Tubing	\$250	\$150
Additional Family Member Lift + Tubing	\$125	\$75

INTERESTED IN HAVING A PARTY AT WHITETAIL RIDGE?
Ask a staff member about our Group Rates.



HOURS OF OPERATION

Thursday: 4 - 9 pm (Ski Hill open. Tubing Hill open for group parties only)
Friday: 3 - 9 pm | Saturday: 11 am - 9 pm | Sunday: 11 am - 5 pm



Open to the Public! | 800-531-4703 | www.mccoy.armymwr.com

RUMPEL FITNESS CENTER

Building: 1122 Phone: 388-2290

TEMPORARY EXPANSION OF POOL HOURS

Mon - Fri: 6 am-1 pm

Evening Hours: Mon, Wed & Fri

3:30-5:30 pm

Sat & Sun: CLOSED

One hour lap swimming reservation by appointment only. Call 608-388-2290 to reserve your lane.



RUMPEL FITNESS CENTER FITNESS CLASSES

Guidelines

- Maximum group of 9 people
- Social distancing rules will apply (masks not required)
- Must register to attend classes
- Open to all fitness levels



ABS

Targets the core.

Monday & Wednesday
11:30 am - 12:00 pm

BODY BLAST

Hits upper and lower body.

Monday
3:30 pm - 4:00 pm

Reservations required - please call 608-388-2290



TEN POINT PUB

Located inside the Whitetail Ridge Chalet

HOURS OF OPERATION

Thursday:
4 pm - 9 pm

Friday:
3 pm - 9 pm

Saturday:
1 pm - 9 pm

Sunday:
11 am - 5 pm

Need a ride? Call x2260 to have our shuttle pick you up!
(Only available to patrons on the installation)

TEN POINT PUB MUG

Purchase a beer stein for \$25 and get craft beer refills for \$5.25, which is 20 ounces for the price of a pint. The Ten Point Pub will store the mugs so it will always be available whenever you visit Whitetail Ridge.



Home | Facility Hours | Newspaper Archives | Search

>> CLICK HERE to view the latest edition



OIL CHANGES \$15

Every Thursday from 1 - 8 pm | Automotive Skills Center (B1763)

Call x3013 to schedule an appointment

Oil and filter must be supplied by customer

ARMY COMMUNITY SERVICE

Building: 2111 Phone: 388-3505

ACS HOLIDAY HOURS:

Jan 18: Closed

FAMILY CALENDARS

Jan 4 - Feb 26 | B2111

Design and create a personalized 2021 calendar with your Family! Spending time together working on a project is a great way to build communication and resilience skills. [Click here](#) to send an e-mail or call x6507 to learn how to receive your calendar kit. Kits available beginning Jan 4. Limited supplies available.

NEWCOMER ORIENTATION

Jan 13 | 8 am – 12 pm | McCoy's Community Center

The Fort McCoy Newcomer Orientation is resuming. Masks are required in accordance with Fort McCoy health and safety guidelines. Attendance is limited to the first 20 registered. Breakfast will be provided beginning at 8 am. To register, please call x2359.

FAMILY ADVOCACY TRAININGS*

Annual Troop Education Training | Jan 12 | 9 – 10 am

Offered for all Soldiers to be aware of the Family dynamics of spouse and child abuse as well as the Army's policies regarding Family violence.

*Training will be offered virtually via Microsoft Teams. An active Teams account recommended.

LIFE SKILLS: BEGINNING SEWING WORKSHOP

Jan 16 from 9 am – 12 noon | Feb 11 from 4:30 – 7:30 pm | Feb 20 from 9 am – 12 noon | B2161

Designed for the beginner, this class will cover sewing basics to include hand-sewing, sewing machine set-up and completion of a face-mask. Other projects available

if time allows. Register by calling ACS at x6507 or [click here](#) to send an e-mail. Must register at least one week before the workshop.

FY21 FORT MCCOY GARRISON SHARP TRAINING

Jan 19 | 9 am | Via Microsoft Teams

This training will count as your annual SHARP Refresher Face to Face Training. To register, please call x8951 or [click here](#) to send an e-mail.

RESILIENCE & THE "GOOD STUFF" WORKSHOPS

Jan 20 | 9 - 11 am | B2111

Join us to learn how to build your resilience at a series of workshops to teach specific skills. Come to a few or come to them all. Hunting the Good Stuff on Jan 20 will focus on how to counter the negativity bias, create positive emotion and notice and analyze what is good thereby increasing optimism. To register call x6507.

SFRG FOUNDATIONS TRAINING 3RD TUESDAY OF EVERY MONTH

REQUIRED TRAINING FOR ALL SFRG MEMBERS: All Command Teams, SFRG Liaisons and SFRG volunteers are encouraged to attend.

ATTENDEES WILL: Define and understand mission essential activities as outlined in the regulation, Understand SFRG roles and responsibilities, Recognize non-mission essential activities, resources, & professional development opportunities and obtain mandated certification IAW Army Regulation. Register by calling ACS at x6712.

REDUCING STRESS THROUGH SELF-CARE

Learn how to maintain a healthy mind & body through

this self-paced online training! TOPICS INCLUDE: The difference between normal stress and unhealthy stress AND Healthy coping strategies for stressful situations. To register, call or text 608-630-7473 or email jennifer.l.morris169.civ@mail.mil. Training available now - August 31, 2021.

TEEN DATING VIOLENCE AWARENESS MONTH

Every February, people across the country join together to show support for teens and raise awareness about the issues they face in relationships. Let's help stop abuse before it starts! Show your support for spreading awareness by wearing orange. Post a picture to the ACS Facebook page during the first week of February! www.facebook.com/fortmccoyacs

Join us for a special virtual presentation of "Dealing with Teen Dating Abuse: Crossing the Line" on February 17 at 5:30 pm. Presentation will be approximately 30 minutes. Shown via Microsoft Teams - an active Teams account is not required to participate. Presentation will be approximately 30 minutes. Participation in at least one of the above activities will allow teens or parents to pick up a Teen Dating Violence Awareness bonus bag with info and goodies!

To register, please contact Family Advocacy Program Manager by calling 608-630-7473 or [click here](#) to send an e-mail.



FAMILY WORKSHOP

Make Your Own Wooden Pen or Salt & Pepper Mill

SALT AND PEPPER MILL

February 2 or 16; March 2 or 23

WOODEN PEN

February 4, 11 or 25; March 11 or 18

All classes held from 4:00 pm - 6:30 pm
ACS Building Bonds Workshop | B1133



Spend time with your Family making memories!

Relieve some COVID stress by creating your own wooden pen or salt & pepper mill. Start with a blank block of wood, use the lathe to customize and finish with a high gloss coat of wax.

- All materials and instruction supplied
- Class size is limited to 6 participants per day
- Masks are required
- Children must be accompanied by an adult (one adult per child)



Have your own special piece of wood you would like to use? Call 608-388-3840 for specific sizing details.

TO REGISTER, PLEASE CALL ACS AT 608-388-3505

Must be registered one week prior to the class.

ACS events are open to Military, Retirees, Civilian workforce, Family Members and registered Fort McCoy Volunteers, unless otherwise stated.



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

KNOW SOMEONE EXPERIENCING ABUSE OR NEEDING HELP?

LOCAL RESOURCES

Fort McCoy Family Advocacy Program
Jen Morris 608-630-7473

Brighter Tomorrows

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

Department of Human Services

Report suspected child abuse and/or neglect
608-269-8854 (8 am - 4:30 pm)

*After business hours, call local law enforcement for emergency concerns

www.endabusewi.org

NATIONAL RESOURCES

Domestic Abuse Hotline

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

National Stalking Resources

1-800-394-2255

National Suicide Hotline

1-200-273-TALK (8255)



Call ACS at 608-388-3505 for additional information

ENTER FOR A CHANCE TO WIN A \$100 Exchange e-giftcard



Download the NEW Digital Garrison app to connect with your Army Community!



Follow these 3 Easy Steps

1. Download the Digital Garrison App & create your profile
2. Link your shopmyexchange.com account on the app
3. Enter the sweepstakes online @ shopmyexchange.com/sweepstakes

December 16, 2020 - February 10, 2021

AER

2020 COVID-19 STATUS REPORT

What's driving requests for
pandemic relief?

- | Spouse Loss of Income
- | DOD Travel Ban
- | Childcare Costs

Did you know?

AER provided COVID-19 Assistance to **over 200 Retired Soldiers** AND expanded eligibility for **USAR & ARNG Soldiers** seeking COVID-19 relief

The AER COVID-19 landing page:
ArmyEmergencyRelief.org/COVID19

1,000+ Soldiers
have received COVID-19
support from AER.

That's
over \$2 million
in pandemic relief.

AER has provided **over \$1 million**
to Soldiers who came to us for help.

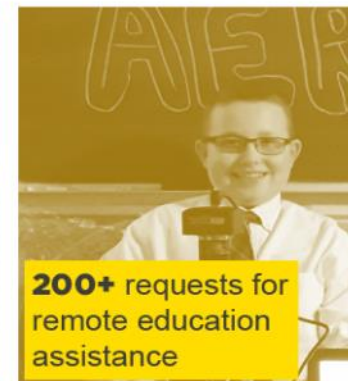
To reach even more Soldiers and Families,
we partnered with The **PenFed Foundation**
and **National Military Families Association**
to provide an additional **\$1 million** in
financial relief.



800+ requests for
emergency travel



700+ requests for basic
living expenses such as
utilities and food



200+ requests for
remote education
assistance

AER has provided **thousands** of
zero-interest loans in pandemic relief.

By the end of the year,
more than 500 of those loans
will be converted to grants, totaling more
than **\$1 million.**

In 2020, AER supported
more than
20,000
Soldiers and Families
with over
\$50 million
in Assistance

WE'RE ALL IN THIS *Together*



Fort McCoy Blood Drive
McCoy's 1571 S. 9th Ave.
Wednesday, January 20th
10:30 a.m. - 3:30 p.m.

APPOINTMENTS PREFERRED!
MAKE AN APPOINTMENT ONLINE AT REDCROSSBLOOD.ORG
ENTER SPONSOR CODE: ARMYSTRONG
OR CALL (1-608-609-0385)

ALL BLOOD DONATIONS ARE TESTED FOR COVID-19 ANTIBODIES.
SPECIAL OFFER FROM NFL/AMERICAN RED CROSS PARTNERSHIP: Come to give Jan.1-31 and automatically be entered for a chance to win an exciting Super Bowl LVI (2022) getaway in LA for you and a guest! **PLUS**, chance to win a Big Game at Home package between Jan. 1-20.
 Terms apply, visit RedCrossBlood.org/SuperBowl.

Schedule a blood donation appointment today:
 Download the Blood Donor App | RedCrossBlood.org | 1-800-RED CROSS | 1-800-733-2767

*Offers and items are non-transferable and are not redeemable for cash. Items are available while supplies last. ©2020 The American National Red Cross | 287501 W



TEEN DATING VIOLENCE AWARENESS MONTH

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To register, please contact Family Advocacy Program Manager

P: 608-630-7473

E: jennifer.l.morris169.civ@mail.mil

National Dating Abuse Helpline

Call 1-866-331-9474

Text LOVEIS to 22522

Chat Live: www.loveisrespect.org



ACS events are open to Military, Retirees, Civilian workforce, Family Members and registered Fort McCoy Volunteers, unless otherwise stated. Employees must contact their supervisors regarding dismissal from work centers. For information on upcoming training opportunities through ACS please go to <https://mccoy.armymwr.com/categories/community-support>