



# Fort McCoy MWR Enews

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February 22, 2018 | [www.mccoy.armymwr.com](http://www.mccoy.armymwr.com) | 608-388-7400 | *No endorsement implied*

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## MINI BIATHLON



**February 24 | 12 pm**  
**Sportsman's Range**

**Cross-country ski through the 3D archery  
range and then target shoot with a .22 rifle.**

- Children & Adult Categories
- Prizes awarded to the participants with the quickest times.  
Time will be added for missing the target.

**Register at Pine View Campground or Whitetail Ridge  
or call 608-388-4498.**

*Cross-country skills will be available at the Sportsman's Range.*



For details, visit [www.mccoy.armymwr.com](http://www.mccoy.armymwr.com) | 608-388-4498/3517



### YEAR OF TRANSFORMATION

Now - March 5 | \$25 per card

Rumpel Fitness Center

Attend fitness classes and get your  
card punched; return it for a Golden

**ticket and a chance to win a \$75 Dick's  
Sporting Goods Gift Card!**



### DJ TRIVIA

Every Thursday | 5 - 7 pm

**McCoy's Community Center**

Get your team together and join us for  
some trivia fun! Free to play. Prizes  
awarded weekly to the top 3 team.  
No registration required.



### INTRODUCTION TO PARENTING THE LOVE & LOGIC WAY

Mar 1 | 6 - 8 pm

South Post Community Center

Love and Logic is a way of working  
with children that puts parents back in  
control. Register by Feb 23. Call  
608-388-2412 for more information.



### AER CAMPAIGN KICK-OFF

March 6 | 8:15 - 9:30 am

**McCoy's Community Center**

**AER is dedicated to "Helping the Army  
Take Care of its Own" by providing  
financial assistance to Soldiers with  
money donated by Soldiers.**

## MILITARY SAVES WEEK

26 February - 3 March 2018

JOIN US FOR A WEEK  
FOCUSED ON SAVINGS

START SAVING TODAY!





**RUMPEL FITNESS CENTER**  
Building: 1122 Phone: 388-2290

**MARCH BASKETBALL COMPETITIONS**

**Super 8 | March 19**  
**Hot Shots | March 20**  
**Free Throw Contest | March 21**

**ALL EVENTS HELD AT THE RUMPEL FITNESS CENTER**

## APRIL FOOLS SWIM CHALLENGE

Apr 2 - 11

Pick up your punch card and swim the stoke and distance listed for each day. Register at the fitness center.

## APRIL SHOWERS 5K RUN/WALK

Apr 18 | 2:30 pm

Bringing awareness to child abuse and sexual assault. Event is free and open to all MWR authorized patrons. Medals awarded to the top 3 male & females in each age category. Must be registered by April 11, 2018. Dress in blue or teal to show your support! Register by calling 388-3200 or complete registration form at Rumpel Fitness Center.

# WEIGHT LOSS FOR WELLNESS

**March 5 - May 11, 2018 | Rumpel Fitness Center**  
**A 10 week slim-down team challenge! The 2 person team with the highest percentage of weight lost will win prizes!**

**Contact Julie at 608-388-3200 to set up a weigh-in time.**

Participants will be weighed on March 5 and then again on May 11. Winners will be announced at the Wellness Fair on May 16 at noon.



**OUTDOOR RECREATION**  
Building: 8053 Phone: 388-3517/4498

**WHITETAIL RIDGE**

# 2018 SEASON Specials

**TUBING PARTY RATE**  
**Public: \$22 / Military: \$17**  
*Price per person. Includes tubing pass, pizza, cookie & soda. Groups of 8 or more. Saturday or Sunday only.*

**SUPER SAVER SUNDAY**  
**Public: \$58 / Military: \$51**  
*Lift ticket with equipment rental.*

**GROUP RATES & BIRTHDAY PARTY PACKAGES ARE AVAILABLE**  
*Reservations required - please call 608-388-3633 for more details.*

## PINE VIEW CAMPGROUND CABIN SPECIALS

Mar 1 - Apr 15

Spring is on the way! Get out of the house and come stay at one of our cabins. Take \$15 off each night of your reservations. Offer applies to cabins only.

Now - March 31

Rent a 2 night cabin stay - get a FREE Whitetail Ridge snow tubing pass for each guest. Maximum of 8 passes.

**McCoy's COMMUNITY CENTER**  
Building: 1571 Phone: 388-2065

# Mushroom & Swiss BURGER

**\$6** **Make it a combo for only \$2.50 more!**  
SANDWICH ONLY Includes fries or chips and a drink

## UNIVERSAL ORLANDO TICKETS

2 Park 4 Day Park to Park \$179 adult/\$174 child  
3 Park 4 Day Park to Park \$219 adult/\$214 child

## DISNEY WORLD TICKETS (FLORIDA)

4 Day Ticket with Park Hopper \$216  
4 Day Ticket with Park Hopper & Water Park \$252

## DISNEYLAND TICKETS (CALIFORNIA)

3 Day Ticket with Park Hopper \$163  
4 Day Ticket with Park Hopper \$181

**The Real McCoy**

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# 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

## BLENDED RETIREMENT

Feb 27 | 1 - 3 pm | B2111

The new Blended Retirement System went into effect Jan 1, 2018. This class will be on understanding, what is a 20-year cliff-vested defined-benefit annuity. Goes over monthly retired pay with a defined-contribution plan and how Service members are allow to contribute to a portable Thrift Savings Plan, receives Government Matching contributions and much more. Call 608-388-3540 to register.

## CONNECT THE TOTS

Feb 27 | 9:30 - 11 am | B2161

Our playgroups contains toys, books, and other **materials to help strengthen each child's cognitive, physical, and creative selves, and to help promote social-emotional skill building** though play. Call 608-388-2412 to register.

## LEADERSHIP TRAINING

Feb 28 | 8 - 11 am | B2111

Attention: New Commanders and Command Senior NCO Advisors. For convenience, the training block will fulfill all of the cited requirements in one training: Army Substance Abuse Program Brief, Family Advocacy Brief, and SHARP Leadership Brief. Call 608-388-3505 to register.

## INTRO TO LOVE AND LOGIC

Mar 1 | 6 - 8 pm | B2111

Raise children who are self-confident, motivated, and ready for the real world with this win-win approach to parenting. Your children win because they learn to solve their own problems while gain-

**ing confidence to meet life's challenges. You win by establishing healthy control—without resorting to anger, threats, nagging or exhausting power struggles.** Call 608-388-2412 to register.

## ARMY EMERGENCY RELIEF CAMPAIGN KICK-OFF BREAKFAST

Mar 6 | 8:15 - 9:30 am

**McCoy's Community Center, B1571**

**AER is dedicated to "Helping the Army Take Care of its Own" by providing financial assistance to Soldiers with money donated by Soldiers.** AER is a valuable resource for commanders in assuring the morale and welfare of Soldiers and their Families. *Never leave a Soldier in need. By donating to AER, you help the Army take care of its own.* Call 608-388-3540 to register.

## PARENTING SUPPORT GROUP

Mar 7 | 10 am | B2161

Mar 21 | 5 pm | South Post Community Center  
Do you think of strong willed child when thinking of your family? Come and meet other parents faced with similar parenting challenges. This group is for parents with children who have challenging behaviors who are seeking support from others in similar situations. Call 608-388-2412 to register.

## NEWCOMER'S ORIENTATION

Mar 14 | 8:15 am - 12:30 pm | B2111

**The Fort McCoy Newcomer's Orientation is open to all new installation personnel and their spouses.** Newcomer Orientations provide briefings by representatives from various installation activities regarding the services they offer and includes a tour of the installation. Call 608-388-2359 to register.

## **Mark Your Calendar**

### MILITARY SPOUSE PREFERENCE WORKSHOP

Mar 21 | 9 - 10:30 am | B2111

## **DID YOU KNOW...**

February is Random Acts of Kindness Month! Have you **heard the saying: "Kindness begins with yourself"? For the month, we are sharing information on "The Happiness Project", i.e., ideas and encouragement to identify the things that bring you joy.** Stop into ACS (Monday-Friday, 0730-1600) during the month of February and pick up a book and journal to aid in this process. Please note supplies are limited. While you are here, browse our lending library for many other resources. You are always welcome at ACS!

**Volunteers: Save the Date:** The annual Fort McCoy **Commander's Volunteer Recognition Banquet is scheduled for May 3** (social beginning at 5 pm), recognizing volunteers contributing to hours donated to Fort McCoy in 2017. Call 608-388-6507 with questions or visit <http://mccoy.armymwr.com/us/mccoy/programs/volunteer/> to learn more about volunteering on Fort McCoy.

**PLAN MY MOVE** provides access to information about benefits and entitlements, points of contact, checklists, and other planning tools. Check out [Plan My Move](#) for a smooth transition to your new duty assignment.

The eSponsorship Application & Training (eSAT) course is designed to provide information and resources needed to be a good sponsor and ensure your newcomer's successful move. To take the training, go to <https://myhub.militaryonesource.mil> and get registered.



# Sit, Sip, Paint

## CANVAS PAINTING PARTY

*Follow a step-by-step painting demonstration  
by professional artist Linda Oldenburg....  
leave with your own 16" x 20" masterpiece!*

*No artistic ability required, all art supplies provided.*

**March 23, 2018**  
**McCoy's Community Center**  
**B1571, Fort McCoy, WI**

**5:30 PM SOCIAL HOUR**

**6:30 PM PAINTING BEGINS**

*Wine, beverages and food available  
for purchase.*

*Open to the public!*

**\$35 PER PERSON**

**Register by calling 608-388-2065 or 608-388-3011.**

*Space is limited. Must be registered by March 16.*



*Example of painting shown above*



**HELP  
WANTED**

Fort McCoy MWR is now hiring for  
**Child & Youth  
Program Assistants**

**APPLY TODAY!** Go to [www.USAJOBBS.gov](http://www.USAJOBBS.gov)  
or call NAF Personnel at 608-388-3773.



**“LIKE” US  
On Facebook**

Learn about the current events  
& activities at Fort McCoy!



[facebook.com/mccoymwr](https://facebook.com/mccoymwr)

**Buy 10 Lunch Buffets,  
Get 11th Buffet FREE!**

**Ask for your punch card from the cashier.**

**McCoy's**

Bldg 1571

Buffet served Mon - Fri  
from 11 am - 1 pm

