



# Fort McCoy MWR Enews

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April 19, 2018 | [www.mccoy.armymwr.com](http://www.mccoy.armymwr.com) | 608-388-7400 | *No endorsement implied*

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## Military Appreciation Luncheon

May 3, 2018 | 11 am - 1 pm  
McCoy's Community Center  
B1571 | Fort McCoy, WI

- Free lunch buffet & drink for current or retired Military members\*
- Chance to win door prizes

*This is an event  
to honor the men  
and women of our  
armed forces.*

\*Free buffet offered to the first 300 service members. Must show valid Military or retired Military ID (dependents not included). First come, first served. Please call 608-388-2065 for additional details.

Sponsors: No endorsement implied



### MUD ASSAULT TEAM REGISTRATION

Teams of 10 may enter thru May 1 for \$175.

The Army Mud Assault will take place June 9 at Whitetail Ridge. Adult races begin at 10 am. [Click here to register.](#) Call 388-3200 for more information.



### WELLNESS FAIR

May 16 | Rumpel Fitness Center  
9:30 - 1 pm: Red Cross Blood Drive  
10:15 am: 5K Run & 2 Mile Walk  
11 am - 1 pm: Area Business Showcase  
Learn about fitness and health services available at Ft McCoy and the local community.



### ARMED FORCES 5K RUN/WALK

May 19 | 7:30 am  
South Post Community Center  
Male, Female, Kids & Family with Stroller Divisions. Prizes awarded to the top participants in each division. Register at the Rumpel Fitness Center by May 18.



### NAF CASH & CARRY SALE

May 30 | Bldg 1560  
8 - 8:30 am - Military, Military Dependents and Military retirees  
8:30 - 9 am - DoD cardholders  
9 am - 1 pm - All buyers  
Cash & check only. First come, first served. Call 388-2232 for more details.



## RUMPEL FITNESS CENTER

Building: 1122 Phone: 388-2290

### ARMY TEN-MILER TEAM TRYOUTS

#### Be part of Team Fort McCoy!

Soldiers must qualify for the Army Ten-Miler by competing in at least one of the three Garrison MWR qualifying races. Open to all interested permanent party (male/female) Active Duty or Army Reserve Soldiers with Units at Fort McCoy. The top 8 runners will be selected for the team. Army Ten-Miler Race is scheduled for October 7.

#### TIME TRIALS:

Wellness Fair | May 16 at 10:30 am  
Armed Forces Day Run | May 19 at 7:30 am  
Commander's Run | June 14 at 7 am

#### QUESTIONS:

Call LTC Woommavovah at 608-388-4929

## OUTDOOR RECREATION

Building: 8053 Phone: 388-3517/4498

### SPORTSMAN'S RANGE

Season Opener has been rescheduled for Saturday, April 28 from 9 am - 5 pm.

#### STATE-OF-THE-ART RANGE INCLUDES:

- Rifle Range: Up to 200 Meters
- Pistol Range: Up to 50 Meters
- Shotgun Range
- Elevated Archery Range
- 3-D Archery Range

### 3GUN MATCH - CANCELLED

The 3Gun Match that was scheduled for Saturday, April 21 has been cancelled due to the inclement weather. Please join us instead on May 19 for the Rifle Heavy 3Gun Match.

## McCoy's COMMUNITY CENTER

Building: 1571 Phone: 388-2065

## ADMINISTRATIVE ASSISTANT DAY

*Balloon Bouquets*

APRIL  
**25**

### \$10 PER BOUQUET

*All bouquets include 2 latex balloons & 1 mylar balloon*



OPTION #1  
Candy-Filled  
Mug or Wine Glass



OPTION #2  
Assorted Snacks  
Package

OPTION #3  
One Dozen Assorted Cookies

Available at McCoy's Community Center.  
To place an order, please call 608-388-2065.

Available while supplies last. Delivery on Fort McCoy available for an additional \$3.



# PRIVATE SWIM LESSONS

Need to learn basic water skills? Or are you an advanced swimmer that needs to refine your technique. The Rumpel Fitness Center staff will help you meet your goals.

#### LESSON FEES (PER HOUR)

**Military \$20**  
**Civilians \$30**

Rate also available to immediate Family members.

**Register at the Rumpel Fitness Center for a time slot.**

**Questions - please call 608-388-2290.**



**The Real McCoy**

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# SURPRISE SOMEONE SPECIAL WITH A BALLOON BOUQUET

*Call x2065 to order. Delivery available on Fort McCoy for \$3.*

**ARMY COMMUNITY SERVICE**  
Building: 2111 Phone: 388-3505

## CONNECT THE TOTS: PLAY GROUP

**Apr 24, May 2 and 15 | 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 through play.

## DENIM DAY

**Apr 25**

In an effort to bring awareness to those that have been affected by sexual violence, Garrison Civilians are authorized to wear denim on this day.

## FY 18 SHARP ANNUAL REFRESHER TRAINING

**Apr 25, May 8 and 30 | 9 - 10:30 am | B2111**

FY18 SHARP Annual Refresher Training for all Soldiers and DA Civilians must be completed NLT Sep 30, 2018.

## RESILIENCY WORKSHOP

**May 1 | 8:30 am - 3 pm | ACS, B2111**

Topics include: Hunting the Good Stuff; Putting "It" in Perspective; Exploring Emotional Intelligence; Positive Self Talk; and Easy Ways to Save Money. Register by calling ACS at 608-388-6812.

## ORGANIC GARDENING

**May 2 | 6 - 8 pm | South Post Community Center**

Ever wanted to garden? How to you prepare your garden beds? What grows best in this area? Want to learn about organic gardening, then this class was tailored for you.

## GENEALOGY BASICS-TRACING YOUR ROOTS

**May 4 | 9 am - 3 pm | B2111**

Presentation time is 9 - 11:30 am. Individual appointments in 15 min increments available from 12:15 - 3 pm. Training topics include: Getting Started; Resources; and Organizing Data. Call ACS at 608-388-6712.

## NEWCOMER'S ORIENTATION

**May 9 | 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.

## SPONSORSHIP TRAINING

**May 10 | 10 - 11 am | B2111**

Sponsorship is a Commander's program that assists sponsors and sponsorship coordinators in providing a smooth transition to relocating Soldiers, civilian employees, and their Families.

## LEADERSHIP TRAINING

**May 23 | 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.

## DID YOU KNOW...

There are two types of reporting options available to you if you have been sexually assaulted. You can file a restricted report with a SARC, VA, or Military Healthcare Provider; this is a confidential report that does not initiate an official investigation. You can opt to change a restricted report to an unrestricted report at any time. If you choose to file either report you will have access to medical treatment and counseling services. An unrestricted report can be filed with chain of command, law enforcement, CID, SARC/VA, etc. Please contact Jamie Cram for more information [jamie.a.cram.civ@mail.mil](mailto:jamie.a.cram.civ@mail.mil) or call 608-388-8989.

**Military Kids Connect (MKC)** is an online community for military children (ages 6-17 years old) that provides access to age-appropriate resources to support children dealing with the unique challenges of military life. MKC offers informative activities, fun games, helpful videos, and an online community that can build and reinforce understanding, resilience, and coping skills in military children and their peers. To access the site, go to:

<http://www.militarykidsconnect.dcoe.mil/>

**MilitaryINSTALLATIONS** provides articles, photos, major unit listings and contacts for programs and services at installations worldwide. Find information on housing, education, child & youth programs, and Family Center resources to name a few. For more information, go to <http://www.militaryinstallations.dod.mil>





# Fort McCoy ARMED FORCES DAY OPEN HOUSE

## FUN FOR ALL AGES:

- Guided bus tours
- Military equipment displays
- Face painting
- Personalized dog tags
- Historic World War II buildings
- Sandbag-filling station
- Refreshments available
- Free & open to the public

**Saturday, May 19**  
**9 a.m. - 3 p.m.**



Learn about Fort McCoy's current missions & history.  
Invite your Family, co-workers, friends & neighbors!  
Located off of Hwy 21 between Sparta and Tomah.  
Enter at Gate 15. Adults must have photo ID.



For details, call 608-388-2407 or send email to: [USARMY.MCCOY.IMCOM-CENTRAL.LIST.PAO-ADMIN@MAIL.MIL](mailto:USARMY.MCCOY.IMCOM-CENTRAL.LIST.PAO-ADMIN@MAIL.MIL)



## South Post Community Garage Sales

**APRIL 27-29**

**8 am - 5pm**

**CALLING ALL TO COME, SELL AND SHOP**  
**(this event is open to the public)**

*PhotoGrid*

**Buy 10 Lunch Buffets,  
Get 11th Buffet FREE!**  
Ask for your punch card from the cashier.



Bldg 1571  
Buffet served Mon - Fri  
from 11 am - 1 pm



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Learn about the current events  
& activities at Fort McCoy!



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

**BOWLING**  
**FUN FOR**  
**EVERYONE!**



### FEATURES:

- 8 Lanes
- Automatic Scoring
- Bumper Bowling
- Birthday Parties

### LOCATED AT:

McCoy's Community Center  
Bldg 1571  
Mon - Fri: 11 am - 10 pm

Visit [mccoy.armymwr.com](http://mccoy.armymwr.com) or call 608-388-7060 for more information



Wisconsin

## ACTIVITY CALENDAR

April 2018

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
1 USO Pancake Breakfast 10-1 pm	2 Knit and Sip Learn to knit 12 PM	3	4 Puppy Play day 12 pm	5	6 USO Rocks Craft Night 6 pm	7 Movie Night 6 pm
8 April Birthday Celebration 6 pm	9 Bingo 6 pm	10	11 Reading Readiness Storybook recording ALL DAY	12	13 Board Game Night 6 pm	14
15 Coffee and Color Club 6 PM	16 Cheese ball day	17	18 Puppy Play 12 pm	19	20	21 Movie Night 6 pm
22 National Jelly Bean day! ALL DAY	23 Bingo 6 pm	24	25 Minute to win it Best time wins Grab bag! ALL DAY	26	27 Poker night 6 PM	28
29	30 Knit and sip learn to knit 12 PM					

All Activities are held at BLDG 1501. For more information call (414) 477-7279.