

Enews MWR Enews

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- Event Calendar
- ICE Comments

May 3, 2018 | www.mccoy.armymwr.com | 608-388-7400 | *No endorsement implied*





Call 800-531-8521

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SIT, SIP, PAINT CANVAS PAINTING

May 11 | McCoy's Community Center 5:30 pm Social Hour 6:30 Painting Begins Follow a step-by-step painting demonstration and leave with your own 16" x 20" masterpiece! Call 608-388-2065 or 608-388-3011.



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.



MCCOY'S LUNCH BUFFET

Monday - Friday
11 am - 1 pm
McCoy's Community Center
Buy 10 lunch buffets, get the 11th
buffet FREE! Ask for the cashier for
a punch card.



ARMY BIRTHDAY CELEBRATION

June 14

Join Fort McCoy MWR as we honor our Army's Birthday with a day full of activities. 5K Run, Breakfast, Lunch, Bowling, and Car Wash.

Enews

RUMPEL FITNESS CENTER Building: 1122 Phone: 388-2290



ARMY TEN-MILER TEAM TRYOUTS

Be part of Team Fort McCov!

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

3GUN MATCH

Please join us on May 19 for the Rifle Heavy 3Gun Match.

SPORTSMAN'S RANGE HOURS

Thru May 20 | Sat & Sun 9am - 5 pm May 25 - Sep 2 | Fri 3 - 7pm | Sat & Sun 9 am - 5 pm Sep 8 - Nov 10 | Sat & Sun 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



McCOY'S COMMUNITY CENTER **Building: 1571 Phone: 388-2065**

MAY BOWLING SPECIALS



Sunday Fun Day

1 Hour of Bowling, 1 Large Pizza, Pitcher of Soda. \$29.95 for 4 people.

Dollar Days \$1 Games | \$1 Shoes

\$2 Tuesdays \$2 Games | \$2 Shoes

Throwback Thursdays \$2.75 Games I \$2 Shoes

CINCO **DE MAYO** Sat, May 5

2 Hours of Bowling, Large Mexican Pizza.

S39.95

MOTHER'S DAY

Sun. May 13 Mothers Bowl FREE with



McCoy's Bowling Center (B1571)

Mon-Fri: 11 am - 11 pm Sat-Sun: 4 pm - 10 pm

www.mccoy.armymwr.com | 608-388-7060

MAY SPECIAL

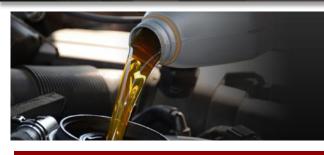
Chicken Quesadilla 1\$6 Eniov a flour tortilla filled with marinated chicken, sautéed peppers, onions and a blend of

cheese topped with lettuce and

pico de gallo and a side of sour cream.







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

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.

MILITARY SPOUSE APPRECIATION WORKSHOP

May 8 | 4:30 - 7:30 pm | B2161

Come and make your own custom wooden sign. Choose from 2 sizes (14" x 14" pallet sign or 12" round) and choose from 3 sayings. Call x3505 for more information and to register. Must be registered by COB May 7. Limited to the first 25 Military Families and 1 sign per Family. Come and join us to honor our Military Spouses!

FY 18 SHARP ANNUAL REFRESHER TRAINING

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.

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.

CONNECT THE TOTS

May 15, 22 and 29 | 9:30 - 11:00 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 socialemotional skill building though play.

PCS WITH CONFIDENCE

May 17 | 5:30 - 6:30 pm

South Post Community Center

Kids, pet, new duty station, finances, securing a new home...are you feeling stressed about the upcoming move? Join us for some family coping skills.

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.

VOLUNTEER OPPORTUNITY

Can You Help Us Out? **Volunteers** are needed for the **Mud Run** at Whitetail Ridge on June 9 from 7 am-2 pm. Help is needed registering runners for the race, handing out water to runners, medal distribution and more! Call Karl at 608-388-3200 or Lorie at 608-388-6507 for more information.

Email lorie.l.retzlaff.civ@mail.mil if you are a new volunteer to the Fort McCoy Community to complete paperwork. Thank you in advance!

DID YOU KNOW....

If you have been sexually assaulted a **Sexual Assault Forensic Exam (SAFE)** can only be completed at Mayo or Gundersen Hospitals in La Crosse. Find a supportive friend and contact the Fort McCoy SHARP 24-hour hotline at 608-388-3000. For more information please contact Jamie Cram at jamie.a.cram.civ@mail.mil or call 608-388-8989.

The **Army Family Action Plan (AFAP)** is a program where the Total Army Family can submit quality of life concerns to be discussed at the 7-8 Nov 18 AFAP conference. The deadline to submit issues or become a volunteer to review the issues is 7 Sep 18. Issues must be within the overarching authority of DA to resolve. Click here for more information.





HOSTED BY FORT McCOY MWR

Happy Days Musical Bus Trip

Get your friends together and enjoy dinner and a show at The Palace Theater in Wisconsin Dells

JUNE 3, 2018

\$70 PERSON

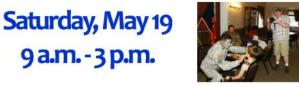
Includes show ticket, meal and transportation.



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



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.

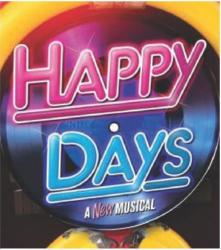
For details, call 608-388-2407 or send email to: <u>USARMY.MCCOY.IMCOM-CENTRAL.LIST.PAO-ADMIN@MAIL.MIL</u>

10 AM

5 PM

Pick up and drop off location: McCoy's Community Center (B1571)





REGISTER BY CALLING 608-388-3011 BY MAY 21

Open to all Fort McCoy employees and their guests. Must be 21 years or older,

www.mccoy.armymwr.com





ACTIVITY CALENDAR

May 2018

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
		1	2 Learn to Knit 12 pm	3	4 May Birthday 12pm Cinco De Mayo celebration	5
6	7 USO Rocks Craft Night 6 pm	8	9 Reading Readiness Storybook recording ALL DAY	10	11 Minute to win it Best time wins Grab bag! ALL DAY Mother's Day Drawing	12 Survival Bracelet workshop 5-8 pm
13	14 Poker night 6 pm	15	16 Puppy Play 12 pm	17	18	19 Fort McCoy Open House
20	21	22	23	24	25	26
27	28 Memorial Day – USO Closed.	29	30	31		

USO Rocks - Painted Rocks

Cinco De Mayo- Come by to get some chips and salsa and enjoy the Mexican music

Learn to knit Pearl and Knit stich. \$5 covers supplies to take home.

Reading Readiness- Record a DVD for your child.

Poker Night- Grab your friends and come down

Minute to win it- Come try your hand at today's game and win a grab bag

Puppy play time- Meet the pups and have some pet social time.

May Birthday-Come get a piece of cake if May is your birthday month!

Mother's Day Givenway! - Register to win a nice goodie bag to pamper your mom.

Paracord survival Bracelet-\$2 per bracelet Make a paracord bracelet and always have rope with you.

All Activities are Held at BLDG 1501 (414) 477-7279 Please call to RSVP for events.

To Volunteer visit www.usowisconsin.org

Hours

Mon-Wed-Fri 10 am – 8 pm Tues/ Thurs/ Saturday/ Sunday

USO is staffed by Volunteers and based on their availability.