

# Fort McCoy MWR PROPERTY OF THE PROPERTY OF THE

- Facebook
- Event Calendar
- ICE Comments

January 10, 2019 | www.mccoy.armymwr.com | 608-388-7400 | No endorsement implied

Sprint Salutes
Members and
Veterans of the
U.S. Armed Forces

Get up to \$300

via Prepaid Card



#### Switch to Sprint

Ras, naw abot, activ. w/1 ported the and validation. Restrictions apply Psid Advertisement: No Federal Endonsement implied.

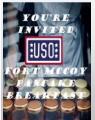






#### **#WEOWNFRIDAYS! GAME NIGHT**

Jan 18 | 4 pm-8:30 pm | Bldg 1792 Join us for game night with something for everyone: Open gym, pool, PS4, Wii, Xbox, board games, card games, painting & more. Open to 6th-12th graders. Reserve your spot by returning a permission slip by Jan 14. For questions, call 608-388-4373.



#### **USO FORT MCCOY PANCAKE BREAKFAST**

Jan 26 | 9 am - 12 pm | B905 All Military Families, Retirees, Gold Star, Guard, Reserves and Family Members are invited to a pancake breakfast at Fort McCoy.



#### TSP 2019 AND BEYOND...

Jan 29 | 1 pm—3 pm | Bldg 2111 Attend this interactive class that will cover new limits, changes with the L Fund, the C-S-I-F-G Fund, your ROI, and your Risk Tolerance. Learn if your money is working as HARD AS YOU DO! Register by calling 608-388-3505.

















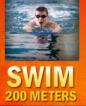




#### **RUMPEL FITNESS CENTER**

**Building: 1122 Phone: 388-2290** 

## 3-DAY MINI TRIATHLON January 14 - 16, 2019 | Rumpel Fitness Center See a fitness center staff member to register.







#### **PUSH YOUR BOUNDARIES**

Jan 2-Mar 4 | \$25

Purchase a fitness center punch card and fill the card by attending fitness classes. When the card is full, receive a Golden Ticket for a chance to win a \$50 Gift Card!

#### PHIL 5K TREADMILL RACE

Feb 1

Register for a start time by calling 608-388-2029 or at the Fitness Center's Front Desk. Times will be recorded, and prizes will be awarded to the fastest male and female runner.

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

#### WHITETAIL RIDGE 2019 EVENTS

January 19: Winter Extravaganza

January 26: Cardboard Classic Sled Race

February 16: Moonlit Snows Shoe Tour

February 23: Chili Taste Off

March 23: Season Finale



### Building: 1571 Phone: 388-2065 BACK BY POPULAR DEF

McCOY'S COMMUNITY CENTER



#### **DISNEY WORLD, ORLANDO TICKETS**

Must be active or retired military or 100% disabled.

4 Day Hopper: \$229

4 Day Hopper w/ Water Park Fun & More: \$274

5 Day Hopper: \$244

5 Day Hopper w/ Water Park Fun & More: \$289

#### UNIVERSAL ORLANDO TICKETS

2 Park 4 Day Park to Park \$185 adult/\$180.25 child 3 Park 4 Day Park to Park \$239.75 adult/\$234.75 child

## RUMPEL FITNESS CENTER January 2019 Class Schedule



#### MONDAY

ABS 11:30 am - 12:00 pm

Aqua Fit 3:30 pm - 4:15 pm

No classes on Jan 21

#### TUESDAY

Cardio Kick 11:30 am - 12:00 pm

Zumba 3:45 pm - 4:30 pm

No classes on Jan 1

#### WEDNESDAY

ABS 11:30 am - 12:00 pm

Liquid Gears 3:30 pm - 4:15 pm

#### THURSDAY

Body Recall 11:30 am - 12:00 pm

Cardio Kick 3:45 pm - 4:15 pm

#### FRIDAY

Cardio Kick 11:30 am - 12:00 pm





## Bowling Birthday Parties



McCOY'S COMMUNITY CENTER (B1571) | CALL 608-388-7060 TO BOOK YOUR PARTY TODAY!

ARMY COMMUNITY SERVICE Building: 2111 Phone: 388-3505

#### **CONNECT THE TOTS PLAYGROUP**

Jan 15, 22 and 29 | 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.

#### **TSP 2019 AND BEYOND**

Jan 29 | 1 - 3 pm | B2111

This training will cover the new changes to the Thrift Savings Plans for 2019. It will cover: new limits, changes within the L Fund, exploration of the C-S-I-F-G Fund, understand ROI (return on investment), understand what is your risk tolerance, and consider if your money is working as hard as you do! Call 608-388-3505 to register.

#### **PCS OPEN HOUSE**

Feb 6 | 11 am - 1 pm

McCoy's Community Center (B1571)

Do you have orders to PCS from Fort McCoy to a new duty location? Stop by McCoy's during our open house to pick up information on your new location. Representatives from EFMP, the Passport Section, Personal Property Office, and the School Liaison will be available. Info tables, children's relocation materials, maps, and other relocation items will be available. For more information or to register ahead of time, please call x2359.

#### **NEWCOMER'S ORIENTATION**

Feb 13 | 8:15 am - 2 pm | B2111

The Newcomer Orientation is open to new installa-

tion personnel and their spouses. It provides briefings by representatives from various activities regarding the services they offer and includes a tour of the installation. Call x2359 to get registered.

#### **LEADERSHIP TRAINING**

Feb 27 | 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.

#### <u>ARMY EMERGENCY RELIEF (AER) –</u> CAMPAIGN KICK OFF

Feb 27 | 8:30 - 9:45 am | B1571

All Soldiers on ACTIVE DUTY ORDERS are invited to attend. Call ACS to register at 608-388-2359 NLT February 22. ACS is also providing UNIT REPRESENTATIVE TRAINING on February 19 and 26. Call (608) 388-2359 to register. Come learn about the new categories of support and the important role AER plays in overall readiness.

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

#### Army Family Team Building (AFTB)

AFTB is the Army's primary readiness training program to support the Army Family, Soldier and Civilian in developing the skills necessary to become self-reliant, strong, and resilient in an era of persistent conflict thus providing the Soldier and Commander the assurance to focus on his/her combat readiness and mission accomplishment. Active, Guard, Re-

serves, DA Civilians, Retirees, and their Family members are eligible to participate. Family members are the primary audience. For more information or to schedule a class call x6712.

#### **Army Family Action Plan (AFAP)**

You have a voice in our community! AFAP addresses issues that have an Army wide impact and therefore cannot be resolved by the Interactive Customer Evaluation (ICE) system. If you feel your issue is beyond the scope of ICE and is NOT a chain of command issue, then please submit it for consideration by AFAP. Click here for more information or call x6712 on how to submit an issue.

#### MOB/DEPLOYMENT

The Mobilization, Deployment & SSO program (MD&SSO) was established within ACS to assist with community readiness in instances of deployment and emergency situations. This includes training: Family Readiness Group Leaders (FRGLs), Care Teams, Family Readiness Liaisons (FRLs), Family Readiness Support Assistants (FRSAs), Deployment Cycle Support, and Unit Rear Detachment Commanders. The program is also responsible for operating an Emergency Family Assistance Center in the case of an all hazards event. and supporting Service Members and Families during Non-Combatant Evacuation Operations (NEO) and Repatriation as well as acting as a case manager for all requests for assistance through the Army Disaster Personnel Accountability and Assessment System (ADPAAS).

For more information or to coordinate trainings call x6712 or click here to send an e-mail.



