



Fort McCoy MWR Enews

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January 21, 2020 | www.mccoy.armymwr.com | 608-388-7400 | *No endorsement implied*



RUMPEL FITNESS CENTER FITNESS CLASSES

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

Guidelines

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



Reservations required - please call 608-388-2290

Learn to Ski or Snowboard

AT WHITETAIL RIDGE SKI AREA

ONE HOUR LESSON

\$30 per person

Reservations Recommended

608-388-3517/4498

Additional fees apply for equipment rental & lift passes



ICE

INTERACTIVE CUSTOMER EVALUATION

COMMENTS & FEEDBACK



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

OUTDOOR RECREATION

Building: 8053 Phone: 388-3517/4498

WHITETAIL RIDGE PRICE LIST

2020-21 Season

DAILY PASSES	Public	Mil/DoD
TUBING <small>Anyone under 38" tall must have a waiver signed by a legal guardian</small>		
Friday or Sunday	\$12	\$10
Saturday	\$17	\$15
SKI + TUBING		
Friday	\$27	\$20
Saturday	\$37	\$30
Saturday Evening (3 - 9 pm)	\$27	\$20
Sunday	\$27	\$20
EQUIPMENT RENTAL		
Snowboards, Skis, Snowshoes or Cross Country Skis	\$10	\$10
Helmets, Boots, Poles	\$5	\$5

SEASON PASSES	Public	Mil/DoD
<small>Season passholders receive an Intro to Skiing/Snowboarding Class.</small>		
Single Ski + Tubing	\$250	\$150
Additional Family Member Ski + 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

WHITETAIL RIDGE SKI AREA'S GRADE SNOW DAY



ATTENTION STUDENTS!

Bring your current report card with at least one A (or equivalent) and GET a FREE Tubing Pass!

Valid Friday evenings from 3:00 pm - 9:00 pm throughout the 2021 season at Whitetail Ridge Ski Area, Fort McCoy, WI.

One free pass per child per season (Grades K-12).
Not valid with any other offer or promotion.



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.





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)

RUMPEL FITNESS CENTER

Building: 1122 Phone: 388-2290

BASKETBALL RESERVATIONS NOW AVAILABLE!



Mon - Fri: 6 am - 5 pm
Sat: 6 am - 1 pm
Reservations are limited to a maximum group of three people per hour. Masks not required but highly encouraged. Pick up and drop off the basketball with the staff at the front desk.

Basketball not available during 24/7.

CALL 608-388-2290 TO MAKE A RESERVATION.



GROUP FITNESS CLASSES ALL DAY

READY WHEN YOU ARE! WE HAVE DOZENS OF MOTIVATING CLASSES AVAILABLE ALL DAY, EVERY DAY! ASK A STAFF MEMBER FOR DETAILS!





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

RESILIENCE & GOAL-SETTING

Feb 3 | 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! Goal-Setting on Feb 3 will focus on the 7-step goal-setting process and practicing the skill to plan for achieving personal and career goals. To register click [here](#) or call x6507.

FAMILY CALENDARS

NOW - 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. Limited supplies available.

CONNECT THE TOTS

Feb 5 | 10 am - 12 pm

Monthly activity bag available at ACS. The theme for February is Valentine's Day with a focus on positive and healthy relationships.

NEWCOMER ORIENTATION

Feb 10 | 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.

LIFE SKILLS: BEGINNING SEWING WORKSHOP

Feb 11 from 4:30 - 7:30 pm or

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.

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.

RESILIENCE & ATC MODEL

Feb 24 | 9 - 11 am | B2111

Acts, Thoughts and Consequences (ATC). Did you know you can control your thoughts to influence your emotions and reactions (consequences)? Join us to learn this important resilience skill. 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 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.

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



Apply now for AER's MG James Ursano Scholarship Program! Learn more at <https://www.armyemergencyrelief.org/scholarships/child/>



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.



BUILDING A
CULTURE OF TRUST

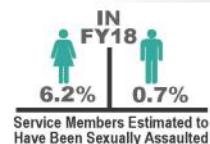
Building Cohesive Teams through Character, Trust & Resilience.
Protecting Our People Protects Our Mission.

TRUST IS THE BOND THAT HOLDS A TEAM TOGETHER

Trust is the foundation of the Army profession. It is the confidence in the character, strength and ability of others, which allows Soldiers to entrust their lives to their fellow teammates and leaders. Leaders must build and sustain mutual trust with subordinates, peers and

superiors. It is essential for all leaders to stay engaged in their Soldiers' lives and develop the connections that are integral to influencing positive behaviors in their Soldiers and preventing sexual harassment and sexual assault in their teams.

SEXUAL HARASSMENT AND SEXUAL ASSAULT DESTROY TRUST



Sexual Assault is an Underreported Crime Among Service Members

20,500

Sexual Assaults Estimated in FY18 by DoD

6,053

Sexual Assaults Reported During Military Service in FY18

INCREASED REPORTS

FY17 → FY18

13%

Sexual Assaults Involving Service Members

Sources: Department of Defense Fiscal Year 2019 Annual Report on Sexual Assault in the Military www.scap.mil

TREAT FELLOW SOLDIERS WITH DIGNITY AND RESPECT

SENIOR LEADERS

- Treat every report seriously and hold offenders appropriately accountable.
- Detect, address, and prevent retaliatory behavior.
- Promote bystander intervention by frequently engaging with your Soldiers.
- Promote and encourage a culture of trust through open, honest, and transparent communication.
- Listen to survivors. Show compassion and be an ongoing source of support.

SOLDIERS

- Don't encourage inappropriate behavior by ignoring it or participating in it.
- Speak up if you witness inappropriate behavior.
- Do not spread rumors about an individual.
- Do not embarrass, intimidate, or demean survivors.
- Lend support by listening, avoiding judgment, showing empathy, and checking in periodically.

Sources: Center for the Army Professional and Leadership <https://aacpl.bibb.com/usgvc/outdpt.net>,
TC 7-21.13 Soldiers' Rights <https://aacpl.bibb.com/usgvc/outdpt.net>,
DAARM: Talking with Survivors of Sexual Assault [www.aacpl.bibb.com/usgvc/outdpt.net](https://aacpl.bibb.com/usgvc/outdpt.net)

SAAPM 2020
Sexual Assault Awareness and Prevention Month

www.preventsexualassault.army.mil
DoD Safe Helpline: 1-877-995-5247



SHARP
SEXUAL HARASSMENT/ASSAULT RESPONSE & PREVENTION

BUILDING
COHESIVE TEAMS

Building Cohesive Teams through Character, Trust & Resilience.
Protecting Our People Protects Our Mission.

TO BUILD COHESIVE TEAMS

LEARN your team's views, strengths, and limitations to create a foundation for your team's vision. A vision is a shared focus, and establishing a shared focus allows everyone to participate in forming the team's *character*.

ESTABLISH a culture of *trust* where people on the team feel motivated get work done. For tips on how to build a culture of trust in your unit, see the SAAPM 2020 Building A Culture of Trust fact sheet.

ASSIGN roles and responsibilities based on the skills, interests, and strengths of your team members. Role clarity will improve a team's performance by eliminating uncertainty and confusion.

DISCUSS ideas/challenges with your team. Always encourage a respectful exchange of ideas and opinions. Cohesive teams are resilient; they are supportive, they have open and honest conversations, and they collaborate to accomplish objectives.

To learn more about how to build unit cohesion contact your nearest [R2 Performance Center](https://www.readyandresilient.army.mil) www.readyandresilient.army.mil.

Sources:
Army Team Building <https://armypubs.army.mil>
Building Trust and Team Cohesion: Center for the Army Professional and Leadership, [www.aacpl.bibb.com/usgvc/outdpt.net](https://aacpl.bibb.com/usgvc/outdpt.net)

SAAPM 2020
Sexual Assault Awareness and Prevention Month

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SHARP
SEXUAL HARASSMENT/ASSAULT RESPONSE & PREVENTION

BUILD STRONG
RELATIONSHIPS

Establish a strong bond with your team by finding common ground

BE FLEXIBLE AND ADAPT

Effective team players can adjust in uncertain situations

COOPERATE

Work together to achieve the mission

HELP OTHERS

Encourage and support your fellow team members

RESPECT OTHERS

Treat everyone with dignity and respect. Don't haze, bully or tell jokes that are unprofessional.

LEISURE TRAVEL SERVICES

Fort McCoy, WI | (608) 388-3011 | www.mccoy.armymwr.com

Prices are subject to change without notice. Sorry, no exchanges or refunds.



FLORIDA

Disney World, Orlando			Universal Studios, Orlando		
TICKET DESCRIPTION	OUR PRICE Adult/Child	GATE PRICE Adult/Child	TICKET DESCRIPTION	OUR PRICE Adult/Child	GATE PRICE Adult/Child
1 DAY	Base	\$121.00/\$116.00	1 Day Base Anytime	\$115.50/110.25	\$116.09/\$110.76
	Base Plus	\$191.00/\$186.00	1 Day Park to Park Anytime	\$165.25/\$160.25	\$174.66/\$169.34
	Hopper	\$186.00/\$181.00	2 Day Base	\$219.75/\$210.00	\$238.55/\$227.90
2 DAY	Hopper Plus	\$206.00/\$201.00	2 Day Park to Park	\$258.50/\$249.25	\$302.45/\$291.80
	Base	\$223.00/\$213.00	3 Day Base	\$237.50/\$227.75	\$279.02/\$267.37
	Base Plus	\$293.00/\$283.00	3 Day Park to Park	\$274.50/\$265.50	\$342.92/\$332.27
3 DAY	Hopper	\$298.00/\$288.00	4 Day Base	\$241.75/\$232.50	\$292.86/\$282.21
	Hopper Plus	\$318.00/\$308.00	4 Day Park to Park	\$289.00/\$280.25	\$362.09/\$351.44
	Base	\$294.60/\$282.00	5 Day Base	\$245.50/\$236.25	\$300.32/\$289.25
4 DAY	Base Plus	\$357.60/\$345.00	5 Day Park to Park	\$298.00/\$289.25	\$374.87/\$364.22
	Hopper	\$362.10/\$349.50	Universal Orlando Military 2021 Freedom Pass	\$200.00/\$195.00	\$234.29/\$228.96
	Hopper Plus	\$380.10/\$367.50	2 Day Park to Park	\$295.00/\$286.00	\$345.05/\$334.40
5 DAY	Base	\$378.30/\$362.10	3 Day Base	\$274.50/\$264.75	\$319.49/\$308.84
	Base Plus	\$441.30/\$425.10	3 Day Park to Park	\$309.00/\$299.75	\$383.39/\$372.74
	Hopper	\$454.80/\$438.60	4 Day Base	\$286.00/\$276.75	\$342.92/\$332.27
6 DAY	Hopper Plus	\$472.80/\$456.60	4 Day Park to Park	\$331.25/\$322.25	\$412.14/\$401.49
	2020 MILITARY SPECIALS		5 Day Base	\$300.50/\$291.25	\$363.15/\$352.50
	Hopper	\$251.00	5 Day Park to Park	\$350.75/\$341.75	\$437.70/\$427.05
7 DAY	Hopper w/ Water Park Fun & More	\$296.00	Universal Orlando Military 2021 Freedom Pass	\$235.00/\$230.00	\$271.59/\$266.24
	Base	\$402.60/\$385.50			
	Base Plus	\$465.60/\$448.50			
8 DAY	Hopper	\$479.10/\$462.00			
	Hopper Plus	\$497.10/\$480.00			
	2020 MILITARY SPECIALS				
9 DAY	Hopper	\$267.00			
	Hopper w/ Water Park Fun & More	\$312.00			
	Base	\$414.30/\$397.20			
10 DAY	Base Plus	\$477.30/\$460.20			
	Hopper	\$490.80/\$463.70			
	Hopper Plus	\$508.80/\$491.70			
11 DAY	2020 MILITARY SPECIALS				
	Hopper	\$283.00			
	Hopper w/ Water Park Fun & More	\$328.00			

Prices subject to change. A five-week notification is necessary to order tickets.

Disney World Military Specials: Valid from Jan 1 - Dec 18, 2020.

Universal Military Specials: Valid from January 1, 2021 thru December 31, 2021.

Unlimited visits until the ticket expires.

Sea World/Busch Gardens, Orlando

TICKET DESCRIPTION	OUR PRICE	GATE PRICE
1 Visit	\$87.75	\$99.99

Other Attractions

Medieval Times	\$51.75/\$39.00	\$67.67/\$34.25
Blue Man Group	\$46.00/\$26.00	\$101.18/\$39.94



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."

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.

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

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>