



Fort McCoy MWR Enews

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June 10, 2021 | www.mccoy.armymwr.com | 608-388-7400 | *No endorsement implied*

You have
needs.
**WE HAVE
ANSWERS.**

MORE BENEFITS
FOR MILITARY MEMBERS



Call **800-531-8521**

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U.S. ARMY

246TH U.S. ARMY BIRTHDAY



JUNE 11, 2021

Events are free to the entire Fort McCoy Community

Army Birthday 5K
7 am | Rumpel Fitness Center
Drive-Thru Breakfast
7 - 9 am | McCoy's Community Center
Car Washes
10 am - 6 pm | MWR Car Wash



U.S. ARMY

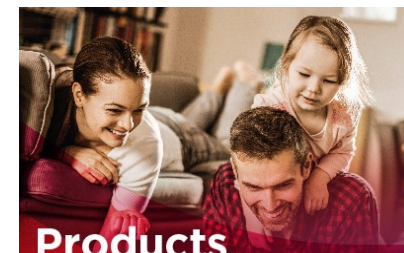
U.S. ARMY FORT McCOY

Support the Troops Golf Outing

SAVE THE DATE!

September 15, 2021

Cedar Creek Golf Course | Onalaska, WI



Products That Fit **Your Lifestyle**

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TOMAH, WI
1024 N Superior Ave
(608) 372-9277

**JOIN
US!**

FT. McCOY
1501 S 10th Ave
(608) 388-2171



**Relationships.
Integrity.
Action.**



OUTDOOR RECREATION

Building: 8053 Phone: 388-3517/4498

PINE VIEW CAMPGROUND

Hourly Rentals

\$5 PER HOUR



Canoe or Kayak



Stand Up Paddle Board



Paddleboat



18 Hole Mini Golf



Bike, Mountain or Fat Tire



Pedal Kart

\$15 PER HOUR



Surrey Bike

FREE ITEMS TO CHECK-OUT

- Bike Helmets
- Disc Golf
- Volleyballs
- Ladder Golf
- Horseshoes
- Kickballs
- Washer Toss
- Basketballs
- Softball Kits
- Shuffle Board
- Footballs

608-388-3517 | www.mccoy.armymwr.com

TAKE A TOUR TO THE Fort McCoy Commemorative Area



**Saturdays at
9:30 am or 11:00 am**

\$2 PER PERSON

Register in advance at the Pine View office.
Capacity is limited. First come, first served.

For questions, please call 608-388-3517

PINE VIEW TENT CAMPING

Camping is in-tents at Pine View Campground. Come out and experience everything nature has to offer. Group tent sites are available.

To make reservations, please call 608-388-3517 or go to www.mccoy.armymwr.com



McCoy's COMMUNITY CENTER

Building: 1571 Phone: 388-2065

**Multiply the Fun with
HYPERBOWLING!**
Bowl 1 Hour for \$20
Up to 4 people on a lane. Shoe rental included.

**YOUR LANE
YOUR WAY!**
33 different games &
15 themed backgrounds
to choose from.

McCoy's Community Center (B1571) | 608-388-2065 | www.mccoy.armymwr.com

COW & CURD SPECIAL

ONLY in Wisconsin! Enjoy a Wisconsin favorite—New Glarus Spotted Cow & batter-fried cheese curds for only \$14. You also get to keep the Souvenir Glass! (Glass can be purchased separately for \$5—unfilled). Available year round at McCoy's Community Center.



RUMPEL FITNESS CENTER

Building: 1122 Phone: 388-2290

24/7 FITNESS

Work out on your own terms. Register for 24/7 Fitness access. Use our cardio, nautilus and weight equipment when it's convenient for you.

The facility will be closed for deep cleaning week-days from 4:30 am - 5:00 am. 24/7 access will NOT be available during this time. The All COVID-19 policies must be followed.

#FortMcCoyMWR
#Rumpel-FitnessCenter



RUMPEL FITNESS CENTER FITNESS CLASSES



BODY BLAST
Mondays
3:30 - 4:00 pm



ABS
Wednesdays
11:30 am - 12:00 pm



CYCLING
Thursdays
11:30 am - 12:00 pm

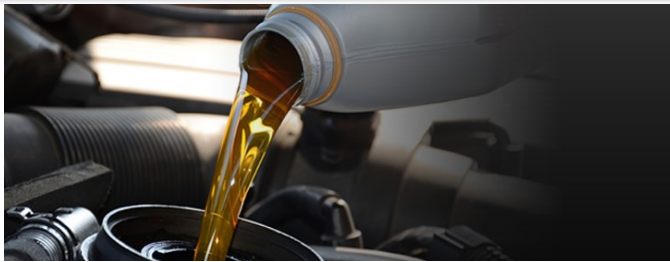
\$3 per class

Must pre-register for classes. Punch Cards available. \$30 for 15 classes; purchase at the fitness center's front office.

608-388-2290 | www.mccoy.armymwr.com

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 & PROBLEM SOLVING

Jun 16 | 9 - 11 am | MS Teams

Join us to learn the resilience skill of problem solving. Think you know how to solve a problem? More goes into it than you think! You will learn how to look at problems in a different way to come up with solution strategies. To register, [click here](#) or call x6507.

NEWCOMER ORIENTATION

Jul 14 | 8 am - 12 noon | McCoy's Community Center, B1571

New to Fort McCoy? Learn about what we have to offer. 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 0800.

To register, please call x2359.

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 [click here](#) to send an email. Training available now - August 31.



VITERBO UNIVERSITY



FT. MCCOY ON-SITE VISIT DAY
June 16

Exchange Parking Lot

**Schedule an appointment with our new
Fort McCoy Military Family Life Counselor**



Services Available

- Individual & Couples Support for Adults
- Family Non-Medical Counseling for Minors

**In Person, Phone or Virtual
Appointments Available**

2111 South J Street | Fort McCoy, WI
1-608-388-8068



Garrison Commander's Call

June 11, 2021 from 4 - 5 pm

McCoy's Community
Center

(No Host)

June is
**National PTSD
Awareness Month**



June is PTSD Awareness Month. If you or someone you know struggles with PTSD, you can call the Veterans Crisis Line at 1-800-273-8255 (Press 1) or text 838255. This resource is available to any Service member, including members of the National Guard and Reserve, and any Veteran. You can learn more at veteranscrisisline.net

**ICE COMMENTS
& FEEDBACK**
INTERACTIVE CUSTOMER EVALUATION



BABYSITTING CLASS

Become a Safe and Responsible Babysitter!

Class is hosted by Child & Youth Services.

Youth will learn many important skills including infant/child CPR and first aid, ages & stages, principles of discipline, nutrition, entertaining children, diapering, safety, business of babysitting, and much more. Role playing, experiential learning and the babysitter's "magic bag" makes this course useful and fun.

DATES: July 13 - 15, 2021

Must attend all 3 days!

TIME: 8:30 am - 1:00 pm

LOCATION: Fort McCoy CYS Building 1765

AGES: 12 and older

COST: Free!

REGISTER: Call 608-388-8956

Must be registered by July 6, 2021. Youth must be registered with CYS to attend. Space is limited to 10 children. Lunch will be provided each day.



www.mccoy.armymwr.com | 608-388-8956



246TH
U.S. ARMY
BIRTHDAY



Thank You Sponsors

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Bronze Sponsors



No endorsement implied



USAA is honoring our Military Service Members that are currently serving by providing dinner on the following nights throughout the summer.

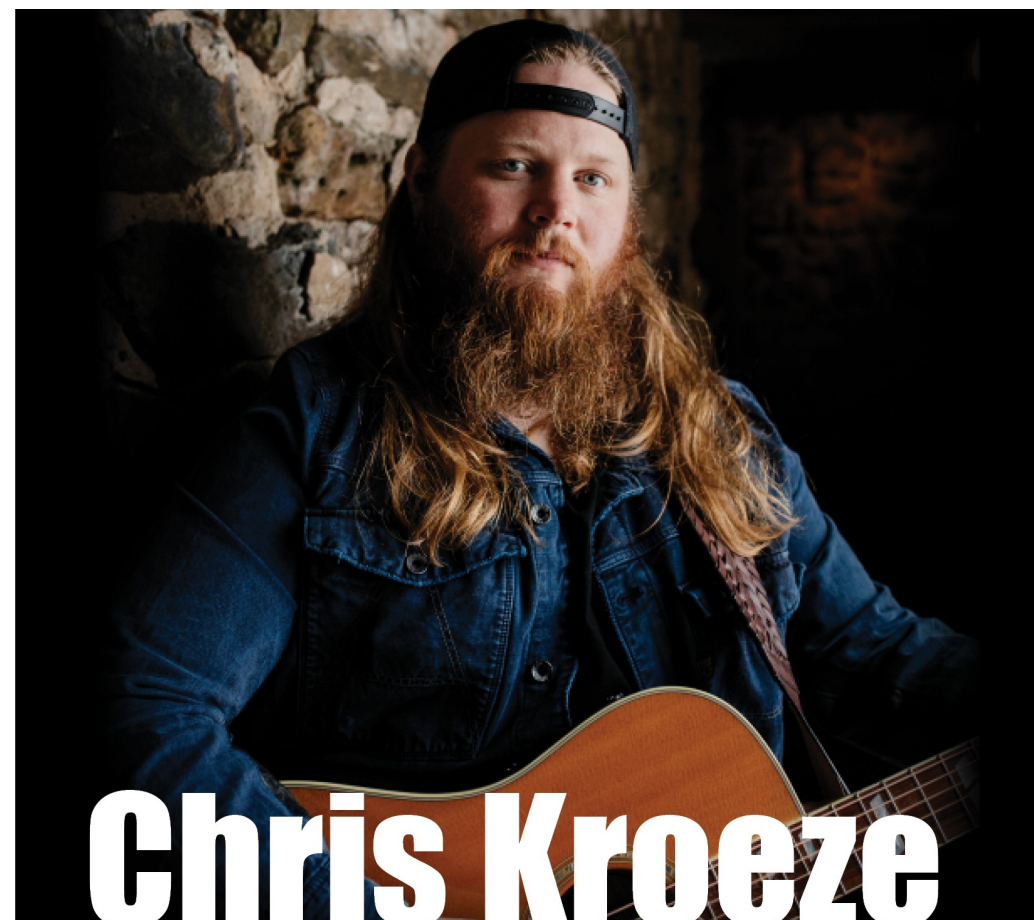
McCoy's Community Center Dinner Served 6 pm - Close

- ★ June 9
- ★ June 24
- ★ July 21
- ★ July 29
- ★ August 11
- ★ August 19

Must show valid Military ID (dependents not included). Limited to 166 service members. First come, first served. Up to \$12 per meal.



For additional information, call 608-388-2065



Chris Kroeze

LIVE AT FORT McCOY!
June 15 from 5:30 - 7 pm
McCoy's Community Center



TO REGISTER FOR TICKETS, SCAN THE QR CODE WITH YOUR PHONE

Open to active Military members only. Register by June 12. Tickets will be issued June 10-12.

If the QR Code doesn't work, copy and paste the url into a browser:
https://forms.office.com/Pages/ResponsePage.aspx?id=b015E01MwE2RVS_yM4q8m8JUNY6hDnmc6DXLA-dUMVGVWE3lg4SENyGlyQFOMTZGUIGWC4u

For questions, please call 414-477-7279

EXCEPTIONAL FAMILY MEMBER PROGRAM

Summer Craft Night

June 24, 2021 | 5 - 7 pm
ACS Family Building 2161
Fort McCoy, WI

This is a great opportunity for parents with Exceptional Family Members to meet and exchange information, resources and ideas that meet the unique needs of their child(ren). This also provides the perfect chance for Families to mingle with new Families and make new friends. Share your creativity as a Family, come join us!

- Finger painting
- Canvas painting
- Create/decorate a picture frame
- Marble painting
- String painting
- And much more

SPACE IS LIMITED!

**To register, please call ACS at
608-388-7262 or send an email
to carmen.m.ortiz4.civ@mail.mil**



EFMP Exceptional
Family Member
Program



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 <http://mccoy.armymwr.com> and click on Calendar.

www.mccoy.armymwr.com | 608-388-3505



UNITED STATES ARMY
CHILD & YOUTH SERVICES

HOME ALONE CLASS

This class is designed to teach youth to be responsible, trustworthy, competent, capable, and safe while staying home alone.

DURING THE COURSE, YOUTH WILL LEARN:

- How to stay safe when they are home alone
- How to handle emergency situations
- Activities to do to keep from being bored
- How to be safe in the kitchen
- How to deal with conflict

DATES & TIMES: *Required to attend both days*

August 10: 8:30 am - 11:30 am

August 11: 9:30 am - 11:30 am

LOCATION: Fort McCoy CYS Building 1765

AGES: 10 - 11 year olds

COST: Free!

REGISTER: Call 608-388-8956

Must be registered by August 3, 2021. Youth must be registered with CYS to attend. Space is limited to 10 children. Lunch will be provided each day.



www.mccoy.armymwr.com | 608-388-8956