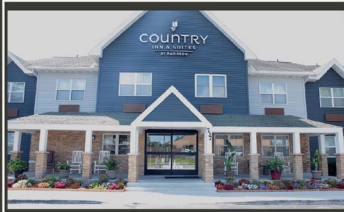





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**116<sup>TH</sup>**

# ARMY RESERVE BIRTHDAY


Grab a battle buddy and join us for a special edition of Triad Nights as we Celebrate the 116th Army Reserve Birthday and honor those who have dedicated years of Selfless Service to the Army and the Nation.

**APRIL 23, 2024 | MCCOY'S COMMUNITY CENTER**

<b>3:30-4:00 PM</b>	<b>4:00-5:30 PM</b>
<b>LEADERSHIP FORUM</b>	<b>CAKE CUTTING CEREMONY &amp; GAMES</b>
with special guest speaker <b>MG Baker</b>	

OPEN TO ALL FORT MCCOY SOLDIERS, FAMILIES & CIVILIANS

For Additional Info  
CALL 608-388-5358 or email: [ashley.n.sivert.naf@army.mil](mailto:ashley.n.sivert.naf@army.mil)

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## FORT MCCOY TRIAD CUP

**WHAT IS THE TRIAD CUP?**  
The Fort McCoy Triad Cup is a yearlong series of sporting events and community activities designed to promote unit morale, Esprit de Corps, teamwork, physical fitness, development of leadership skills and sportsmanship.

**WHO CAN PARTICIPATE?**  
Participation in the Triad Cup is open to all Military personnel, Directorates, tenant organizations, and DoD Civilians on Fort McCoy.

**HOW DO I REGISTER A TEAM?**  
To register, a designated POC for each team must submit a completed Letter of Intent form via email at: [robin.e.paoletti.naf@army.mil](mailto:robin.e.paoletti.naf@army.mil) or [julie.a.pressler.naf@army.mil](mailto:julie.a.pressler.naf@army.mil) or in person at Rumpel Fitness Center (B1122). All forms can be accessed by scanning the QR code to visit [mccoy.armymwr.com](http://mccoy.armymwr.com). Physical forms can be found at Rumpel Fitness Center (B1122).

FOR ADDITIONAL INFORMATION ON TRIAD CUP EVENTS, REGISTRATION & RULES, VISIT [MCCOY.ARMYMWR.COM](http://MCCOY.ARMYMWR.COM), SCAN THE QR CODE OR CALL 608-388-2290




   **@FortMcCoyMWR**





## McCoy's Community Center

Phone: 608-388-7673 | B 1571



*all you can eat*

**PIZZA & SALAD Bar**

**\$13.50** / INCLUDES 16oz DRINK, FRESH SALAD, BREADSTICKS & MORE!

**MON - FRI | 11AM-1PM**  
AT MCCOY'S COMMUNITY CENTER

 @FortMcCoyMWR

## Rumpel Fitness Center

Phone: 608-388-2290



**RUMPEL FITNESS CENTER**

**★ RUMPEL ★**

**FITNESS CENTER**

**GRAND REOPENING & 2 MILE RUN/WALK**

**MAY 1, 2024 | BLDG. 1122**

**6:30-7AM:** 2 Mile run/walk check in & registration  
**7:00AM:** Opening remarks & ribbon cutting  
**7:20AM:** 2 Mile run/walk starts

Race participants will receive a free Rumpel Fitness Center Grand Reopening t-shirt

**8:00AM - 6:00 PM:**  
Facility open to all patrons for tours, visiting sponsor tables, & registering for 24/7 fitness access

 @FortMcCoyMWR [mccoy.armymwr.com](http://mccoy.armymwr.com)



**MCCOY'S COMMUNITY CENTER**

**TURKEY CLUB SANDWICH**

**COMBO \$14.50**  
Served with Sour Cream Cheddar Chive Potato Nuggets & 16 oz Drink

**SANDWICH \$8.50**

**POTATO NUGGETS \$5.00**

 @FortMcCoyMWR  
**608-388-7673**



**SALUTE TO SERVICE LUNCHEON**

To honor the men & women who serve our nation's Armed Forces, Fort McCoy MWR is hosting a complimentary buffet lunch for Active Duty & Military Retirees.

**THURSDAY MAY 9, 2024**  
**AT MCCOY'S COMMUNITY CENTER**  
**FROM 11:00AM - 1:30PM**

Limited to 250 participants. One lunch per person when you present your Military ID card (dependents not included). First come, first served.

SPONSORS (in advertisement template)



For additional info call **608-388-5358**





## Army Community Service

Phone: 608-388-3505 | B 2111

## CREDIT MANAGEMENT

**April 16 | 9:00 am – 10:00 am | Army Community Service (B2111) or via Teams**  
Have you ever wondered what causes your credit score to fluctuate? Do you know why you are being charged a higher interest rate than your neighbor? Join ACS for this eye opening training that will separate fact from fiction when it comes to credit. To register, [email here](#) or call x3540.

## QUARTERLY BENEFITS BRIEFING

**April 23 | 10:00 am - 12:00 pm | McCoy's Community Center (B1571)**

Do you have questions regarding post military benefits and submitting VA disability claims? Or do you have Tricare questions or concerns? If so, these briefings are for you! 10:00 am – 11:00 am: Monroe County Veterans Service Officer Briefing. 11:00 am – 12:00 pm: Tricare Humana Briefing. To register, [e-mail here](#) or call x6712.

## CONNECT THE TOTS

**Apr 30 | 10:00 am - 12:00 pm ACS Family Building (B2161)**

Our playgroup 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, transitions, circle time and songs and activities, and informal conversations, parents learn about developmental ages and stages, gain tools to help understand their child's behavior and become empowered to prepare the Family and child to enter school "ready to learn". To register, [e-mail here](#) or call x2412.

## Building Wealth WITH YOUR VA HOME LOAN



**MONDAY, APRIL 29  
2 PM or 4 PM**

**TUESDAY, APRIL 30  
9 AM**

**ARMY COMMUNITY  
SERVICE BLDG 2111**

If you are eligible for a VA home loan and have questions or are just confused about the process, join Army Community Service (ACS) in welcoming Mike Cox and Brian Hofmann to learn how maximizing your VA loan can help you build wealth.



**Mike Cox** is a mortgage professional with 23 years of experience. As a long time advocate for veterans, Mike has made it his mission to educate thousands of veterans about the VA home loan program, helping them navigate the process and secure affordable housing.

His dedication to serving the veteran community has earned him numerous awards and recognition for his efforts.



**Brian Hofmann** brings a wealth of experience to the real estate industry through his current position in loan origination and previous 10-year position in real estate appraising. As a devoted advocate for Veterans, Brian channels his passion into education and outreach within the Veteran community. He graciously shares his knowledge by traveling across the country, providing valuable resources, and fostering connections.

Brian's humble approach and genuine enthusiasm empower Veterans and others to make informed decisions in the mortgage industry.

Register by calling **608-388-3540** or emailing [janeen.j.folgers.civ@army.mil](mailto:janeen.j.folgers.civ@army.mil)

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.

[mccoy.armymwr.com](http://mccoy.armymwr.com) | 608-388-3505



## HEROES4LIFE

## RELATIONSHIPS:

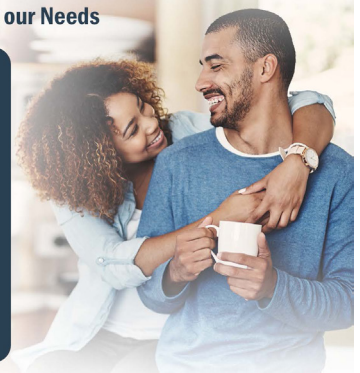
Responsibility and Restoring our Needs

Our relationships are not only with our Families and partners; we are also connected to our occupation, finances, environment, spiritual and social self.

This class will take a deep dive into understanding how we fill our buckets, focusing not on the behavior but looking at what motivates our behavior.

We will engage in activities to support the following:

- Understanding our need buckets
- Identify our values and what goals sustain our values



**APRIL 23, 2024 FROM 10:00AM - 12:00PM  
AT MCCOY'S COMMUNITY CENTER**

To register, please email:  
[nicholas.s.kletzien.civ@army.mil](mailto:nicholas.s.kletzien.civ@army.mil)  
or  
[vicki.m.harther.civ@army.mil](mailto:vicki.m.harther.civ@army.mil)  
or call **608-388-3505**

ACS events are open to Military, Retirees, Civilian employees, Family members, survivors and registered Fort McCoy volunteers. Employees must contact their supervisors regarding dismissal from work centers.



FORT MCCOY  
**SHARP**

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**PARENTING SKILLS TRAINING**

Love and Logic® skills help parents raise responsible kids. Join us to learn effective parenting skills, set limits, and teach responsibility while holding children accountable with logical consequences.

April 17	11:30am-1:00pm	Putting an End to Arguing, Back Talk, and Begging
April 24	11:30am-1:00pm	Teaching Responsibility Without Losing Their Love
May 1	11:30am-1:00pm	Setting Limits Without Waging War
May 8	11:30am-1:00pm	Avoiding Power Struggles
May 15	11:30am-1:00pm	Guiding Kids to Own and Solve Their Problems
May 22	11:30am-1:00pm	Teaching Kids to Complete Chores...Without Reminders or Pay

**ARMY COMMUNITY SERVICE FAMILY BLDG 2161**  
Open to parents with kids of all age groups

To register, please call ACS at  
**608-388-3505** or email:  
lorie.l.retzlaff.civ@army.mil or  
brittany.r.sonie.civ@army.mil



ACS events are open to Military, Retirees, Civilian employees, Family members, survivors and registered Fort McCoy volunteers. Employees must contact their supervisors regarding dismissal from work centers.



**PURPLE PEOPLE UP DAY 2024**

MONTH OF THE MILITARY CHILD  
M.O.M.C.  
APRIL 15

WEAR PURPLE FOR MILITARY KIDS!

**APRIL 15**

#ArmyMOMC2024



**OPERATION MEGA PHONE**

**APRIL 26, 2024 | 4 PM - MIDNIGHT**  
**FORT MCCOY CYS BLDG 1792**

An epic night kicks off with a trip to  
**JUMPSTART ADVENTURE PARK**  
Youth will depart the School Age Center at 5:00pm and will return at 9:00pm.  
A signed waiver must be completed at <https://jumpstartadventurepark.com>.

with awesome games including:  
**LASER TAG • CAPTURE THE FLAG • MARIO KART TOURNAMENT**  
**GHOST IN THE GRAVEYARD • FORTNITE • CANVAS PAINTING & MORE!**

**RSVP BY APRIL 19** Youth must be registered with CYS to attend. Minimum of 8 youth.  
**608-388-4373** call for more info.

**\$15 per student**



**Sit, Sip & Paint**

**CANVAS PAINTING EVENT**

**May 8, 2024**  
**5:30 - 7:30 pm**  
**Whitetail Ridge Ski Area's Chalet**

Space is limited!  
**\$35 PER PERSON**  
To register, go to:  
**[www.thepaintshack.net](http://www.thepaintshack.net)**  
Click on calendar/registration. Select May 8, and fill out registration details.



Sample Painting

**www.mccoy.armymwr.com | www.facebook.com/mccoymwr | 608-388-3011**