



# Fort McCoy MWR Enews

- ▶ Facebook
- ▶ Event Calendar
- ▶ ICE Comments

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245th

## ARMY BIRTHDAY

245 YEARS OF SELFLESS SERVICE TO THE NATION



### JUNE 12, 2020

*All events are free and open to the  
entire Fort McCoy Community!*

★ VIRTUAL 5K RUN

★ DRIVE-THRU  
BREAKFAST

★ CAR WASHES

For more details, visit [mccoy.armymwr.com](http://mccoy.armymwr.com) or call 608-388-7400



## FORT McCOY MWR MASK YOURSELF CHALLENGE

JUNE 1-5, 2020

Show us your most creative cloth face masks  
for a chance to win a MWR Goodie Bag!

- Submit a photo of yourself wearing a mask.
- The photo receiving the most "likes" will win.

Please submit your photo by June 5 at 11:59 pm in the discussion section of this event.

**DON'T FORGET TO VOTE!**



For more details, please visit [www.facebook.com/mccoymwr](https://www.facebook.com/mccoymwr) or call 608-388-7400

FORT McCOY MWR IS HERE FOR YOU!

## Virtual Calendar of Events

Fitness Classes | Kid's Activities  
Online Resources & More!

[CLICK HERE TO VIEW](#)

Visit the Fort McCoy MWR  
website for access to daily,  
Family-Friendly online  
activities and videos.



## ICE COMMENTS & FEEDBACK

INTERACTIVE CUSTOMER EVALUATION



## OUTDOOR RECREATION

Building: 8053 Phone: 388-3517/4498

### PINE VIEW CAMPGROUND HOURS

Pine View Campground and is open with the following ours of operation:

**Mon–Fri: 9 am - 5 pm and Sat & Sun 9 am - 7 pm.**

Register early and rent a campsite, a spacious camper or one of our beautiful cabins.  
Call 608-388-3517 to ensure you reserve the dates you want.

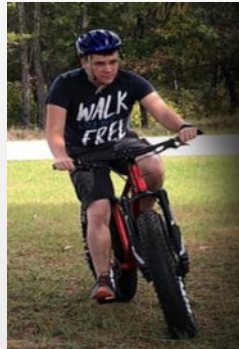
### FAT TIRE BIKE RENTAL

Come out and rent our fat tire bikes and hit the road with your Family on these all-weather two-wheelers that won't slip on asphalt or sink in the mud!

**Hourly: \$5 Mil/DoD | \$5 Public**

**Daily: \$15 Mil/DoD | \$20 Public**

Available for rent at Pine View Campground or call 608-388-3517 to reserve a fat tire bike.



## Paddle Boards Available For Rent At Pine View Campground

**HOURLY: \$5 Mil/DoD | \$5 Public**

**DAILY: \$15 Mil/DoD | \$25 Public**



To reserve a paddle board, please call 608-388-3517

## RUMPEL FITNESS CENTER

Building: 1122 Phone: 388-2290

### VIRTUAL YOGA WORKOUTS

**Tuesdays & Thursdays | 9:30 am**

Join us for yoga every Tuesday & Thursday at 9:30 am on the RFC Facebook page at [Facebook.com/RumpelFitnessCenter](https://www.facebook.com/RumpelFitnessCenter) provided by the Army's World Class Athlete Program.



### ARMY BIRTHDAY VIRTUAL 5K

**June 8-14**

Run or walk around your neighborhood, an outdoor track or your treadmill. Please maintain social distancing. First 50 participants who submit a picture with their time from a fitness tracker or a smart phone app will receive a free t-shirt (T-shirts can be picked up at Rumpel Fitness Center).

Post photos to the Facebook event discussion board at [facebook.com/rumpelfitnesscenter](https://www.facebook.com/rumpelfitnesscenter) between from June 8 at 12 am to 11:59 pm on June 14.



# The PERFECT GIFT for any occasion!

*Gift Cards can be purchased at the Rumpel Fitness Center, McCoy's Community Center or Pine View Campground.*

**ARMY COMMUNITY SERVICE**  
Building: 2111 Phone: 388-3505

## ARMY EMERGENCY RELIEF (AER) – EXPANDED COVERAGE

AER has expanded assistance for U.S. Army Reserve (USAR) and Army National Guard (ARNG). USAR & ARNG on Title 10 or Title 32 orders activated in response to COVID-19 are eligible for AER assistance for personal transportation and basic living expenses. [Click here](#) for more information.

## SENSE APP

Sen\$e is a free Department of Defense app, delivers factual, unbiased, personal financial education for Military service members and their families. The financial knowledge you need from basic training to career transition and every point in between with valuable financial readiness educational topics and tools. There's one app for that: Sen\$e. Available now on your APP store or Google Play on your mobile devices.

## ARMY DISASTER PERSONNEL ACCOUNTABILITY AND ASSESSMENT (ADPAAS)

This website is designed to help Army personnel and their Families directly affected by natural and man-made disasters. ADPAAS provides a tool to report your current location, update emergency information and to request assistance. Make sure you and your family are registered and updated today. Visit the [ADPAAS](#) website to learn more.

## VOLUNTEERS NEEDED

We are still seeking volunteers to sew face masks for our Community. A hearty thank you to those that

have already answered the call! We are accepting new volunteer applications. Share with your friends and Family. [Click here](#) to send an e-mail or call x6507 to leave a message.

## VIRTUAL - FY20 ANNUAL REFRESHER SHARP TRAINING

Offered every Tuesday and Thursday at 9 am. To register [click here](#) to send an e-mail. Open to Fort McCoy Garrison Staff and Fort McCoy Tenant Staff on a first come, first serve basis. Register early to reserve your seat.

## MILITARY FAMILY LIFE COUNSELORS (MFLC) AVAILABLE

During this time the Fort McCoy MFLCs are available to meet via telehealth (video and phone) counseling sessions. If you would like to make an appointment please call: Laura: 608-598-7324 or Scott: 608-400-6124

## ABUSE HELP IS AVAILABLE

If you, or someone you know, is experiencing or using abuse and violence in a relationship – there is confidential help available at [www.SafeHelpLine.org](http://www.SafeHelpLine.org). National DV hotline is available 24/7, 365 days a year 800-799-7233(SAFE) or the FAP Program Manager at 608-630-7473.

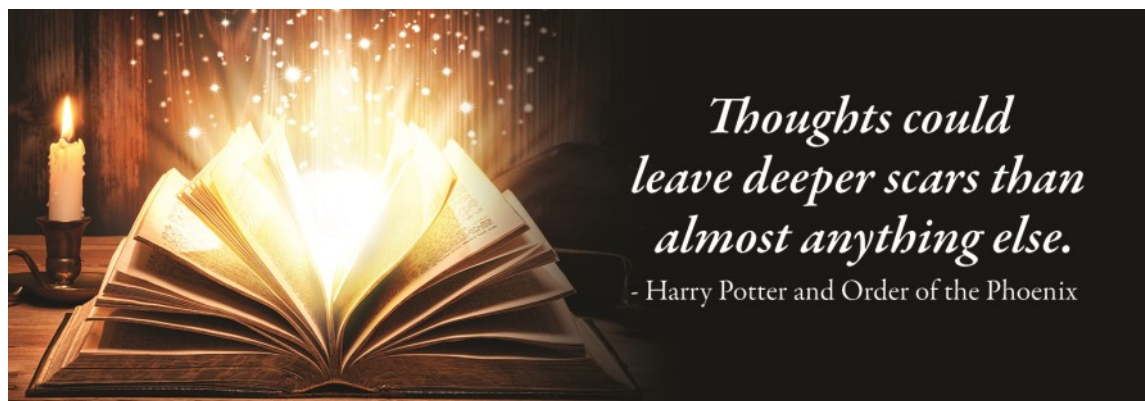
**FORT MCCOY MWR**  
**Facility Closures & Event Cancellations**  
*Due to COVID-19*

Visit our website at [mccoymwr.com](http://mccoymwr.com) for current closures and cancellations.

AER offers SGLI/FSGLI & TRICARE assistance for USAR & ARNG Soldiers impacted by cancelled battle assemblies

For more information visit [ArmyEmergencyRelief.org](http://ArmyEmergencyRelief.org)





## COVID-19 IS PRESENTING CHALLENGES FOR ALL OF US

How is your Family inspiring positivity during #hometogether?

If you need assistance, please contact the Fort McCoy  
ACS Family Advocacy Program Manager at 608-630-7473  
or [jennifer.l.morris169.civ@mail.mil](mailto:jennifer.l.morris169.civ@mail.mil)



**WANTED**  
U.S. Military Families

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- Nursing
- Computer Science
- Study Skills
- Test Prep
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**Age:**  
K12 - College-

**Known Affiliations:**

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- Navy-
- Air Force-
- Marine Corps-
- DoD Civilian-
- Coast Guard-
- Spouses-
- Children-

**Reward: Good Grade\$**

**If you know someone that fits this description,  
visit [www.Tutor.com/Military](http://www.Tutor.com/Military) now!**

## Forgiveness Can Feel Fantastic

June 24, 2020 at 1 pm

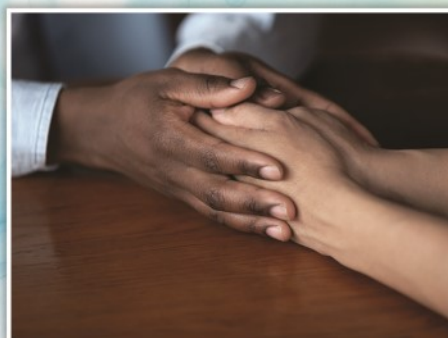
Join us for a virtual, condensed training  
on the importance of forgiveness.

### TOPICS INCLUDE:

- What is forgiveness?
- Why should we forgive?
- Process of forgiveness.
- Asking others for forgiveness.

Register by calling 608-630-7473 or  
email [jennifer.l.morris169.civ@mail.mil](mailto:jennifer.l.morris169.civ@mail.mil)

Registration required by June 19, 2020



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