

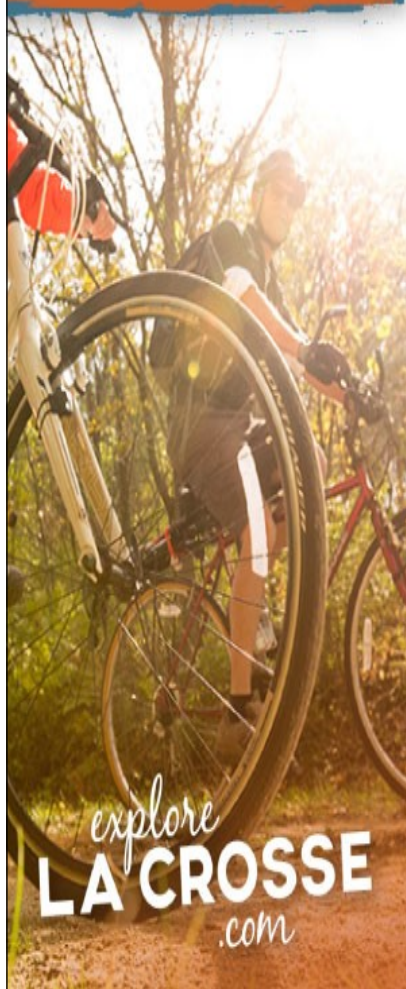


# Fort McCoy MWR Enews


- ▶ Facebook
- ▶ Event Calendar
- ▶ ICE Comments


June 11, 2020 | [www.mccoy.armymwr.com](http://www.mccoy.armymwr.com) | 608-388-7400 | *No endorsement implied*

The Freedom You  
Desire *Awaits.*



explore  
**LA CROSSE**  
.com

**245th**  
**ARMY BIRTHDAY**  
245 YEARS OF SELFLESS SERVICE TO THE NATION



## JUNE 12, 2020

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








★ **ARMY BIRTHDAY VIRTUAL 5K**  
**June 8 - 14**  
Run or walk around your neighborhood, an outdoor track or your treadmill. First 50 participants who submit a picture with their time from a fitness tracker or smart phone app will receive a free t-shirt. Please maintain social distancing.








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




★ **DRIVE-THRU BREAKFAST**  
**7 am - 9 am | McCoy's Community Center**  
- Donut or Breakfast Bar, Coffee or Juice  
- Birthday Cupcakes and Fruit  
- T-shirts while supplies last

★ **AUTOMATIC CAR WASH**  
**10 am - 6 pm | MWR Car Wash**  
Look for the free code on Twitter and Instagram

**For additional information, call 608-388-7400**









**Dig Deeper:  
Read,  
Investigate,  
Discover.**



UNITED STATES ARMY RESILIENCE MANAGEMENT COMPANY  
[ArmyMWR.com](http://ArmyMWR.com)

MWR Libraries are sponsoring the **FREE** virtual Summer Reading Program now through August 31. All you have to do, individually or as a Family, is read at home, submit a reading log online, and be entered into weekly gift card drawings.

To join, visit:

<https://dodvirtualsrp.beanstack.org/>



**Building: 8053 Phone: 388-3517/4498**



## RENT ONE OF OUR NEW PARK MODEL CABINS

**They feature one bedroom, loft, full kitchen, living room with loveseat sofa sleeper, cable TV, full bathroom, washer & dryer and air conditioning.**

### DAILY RATES:

**Sunday - Thursday**  
**\$95 for Military/DoD | \$105 general public**

**Friday & Saturday**  
**\$110 Military/DoD | \$130 general public**

**Call (608) 388-3517 for reservations.**



# Fat Tire Bikes

Available for rent at  
Pine View Campground

**HOURLY:** \$5 Mil/DoD | \$5 Public  
**DAILY:** \$15 Mil/DoD | \$20 Public

 To reserve a fat tire bike, please call 608-388-3517

**Building: 1668 Phone: 388-8956**

**The Child Development Center and School Age/Youth Center will open on June 15 with a reduced capacity.**

**HELP  
WANTED** Fort McCoy MWR is now hiring for  
**Child & Youth  
Program Assistants**

**APPLY TODAY!** Go to [www.USAJOBBS.gov](http://www.USAJOBBS.gov)  
or call NAF Personnel at 608-388-3773.



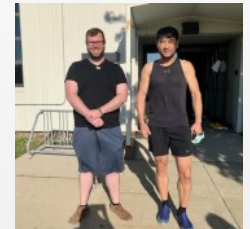
**Congratulations to our  
Strong Beginnings Graduates!**

1. Carmen A.
2. Emmersyn A.
3. Lincoln A.
4. Nathan B.
5. Xavier B.
6. Noah C.
7. Seth G.
8. Jaxon G.
9. Anabella G.
10. Emmett G.
11. Dylan H.
12. Kolby H.
13. Malia L.
14. Ellie L.
15. Oliana L.
16. Ellie M.
17. Aiden M.
18. Mason R.
19. Abbigail S.
20. Cheyenne V.
21. Jaxton Z.

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

## PAIR UP TO SLIM DOWN CHALLENGE

**Bobby Kim & Ryan Harvey are the Winners of the Pair Up to Slim Down Challenge. They lost 29 lbs. and 18% of their combined total body weight.**



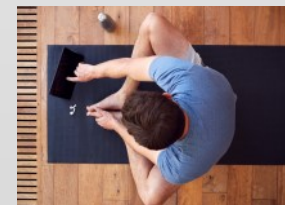
## The logo for the 245th Army Birthday Virtual 5K. It features a U.S. Army star emblem on the left, followed by the text "245th" in orange, "ARMY BIRTHDAY" in white, and "VIRTUAL 5K" in large orange letters. To the right is a stylized orange and black ribbon graphic and a circular MWR logo with a globe.

**JUNE 8-14, 2020**

Run or walk around your neighborhood, an outdoor track or your own treadmill. First 50 participants who submit a picture with their time from a fitness tracker or smart phone app will receive a free t-shirt!

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

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



## VIRTUAL YOGA WORKOUTS

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

Join us for yoga every  
Tuesday & Thursday at  
9:30 am on the RFC Face-

book page at [Facebook.com/RumpelFitnessCenter](https://www.facebook.com/RumpelFitnessCenter)  
provided by the Army's World Class Athlete Program.



*The need is constant. The gratification is instant. Give Blood!*

## RED CROSS BLOOD DRIVE

June 16, 2020 | 10 am - 4:30 pm | Barney Community Center, Sparta, WI

Make your appointment to donate today! [Click here](#) or call 800-RED-CROSS

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

### EFMP & ME

EFMP & Me is here to help you effectively navigate through the Department of Defense's vast network of services and support for Families with special needs. Topics, checklists, and resources include: Step-by-step support for EFMP enrollment; PCS preparation; deployment and more. Customized help navigating anything from a new diagnosis to education options. Convenient 24-hour access to EFMP resources from a range of programs. For more information, [click here](#) or call the Fort McCoy EFM Program Manager at 608-388-7262.

### 2020 ARMY EMERGENCY RELIEF (AER) CAMPAIGN POSTPONED

The 2020 AER Campaign has been postponed and will take place from 1 – 31 July 2020. Please see your AER Unit Representatives to donate and contribute to the program that have assisted over four million Soldiers, Retirees, and their Families for the past 78 years with over two billion dollars in assists. AER is about "Soldiers Helping Soldiers".

### FORGIVENESS CAN FEEL FANTASTIC

Jun 24 | 1 pm | Virtual Class

Join us for a virtual, condensed training on the importance of Forgiveness. Topics covered will include: What is forgiveness; Why should we forgive; Process of forgiveness; and Asking others for forgiveness. To register, call 608-630-7473 or [click here](#) to send an e-mail.

### FY20 SHARP VIRTUAL TRAINING

Jun 15, 22 and 29 | 9 am

This training counts for your annual Face-To-Face training. 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.

### VOLUNTEERING & CONNECTION

Connection is a relationship in which a person, thing, or idea is linked or associated with something else. When you volunteer, you cannot help but make a connection. Connection improves physical health and psychological well-being. Join us at Army Community Service as we increase well-being and make a connection with those in our community. [Click here](#) to send an e-mail or call x6507 to leave a message.

### 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.

### 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



Follow us at:  
**Fort McCoy MWR**

### 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 23, 2020



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



**ICE** COMMENTS  
& FEEDBACK  
INTERACTIVE CUSTOMER EVALUATION





**2020**  
UNITED STATES ARMY

**DIGITAL PHOTOGRAPHY CONTEST**

**SUBMIT**  
15 JUN 2020 - 15 AUG 2020  
ARMYMWR.COM/PHOTOCONTEST

SD 32GB

Camera

UNITED STATES ARMY INSTALLATION MANAGEMENT COMMAND  
ArmyMWR.com/Photocontest

U.S. ARMY



**FORT MCCOY MWR**

**BINGO!**

**FAMILY CHALLENGE**

**JUNE 1 - 30, 2020**

Visit [www.facebook.com/mccoymwr](https://www.facebook.com/mccoymwr) for details on how to play!

## Coping After Violent Events



Log in to the Military OneSource Member Connect website for resources to help cope after violence and trauma. here are a few to check out.

### Articles

- After a Violent Event: How to Help Yourself Caring for Our Communities
- Community Unrest: How You Can Prepare for Safety and Security
- Coping After a Traumatic Event
- Help for Survivors in the Aftermath of Disasters and Mass Violence
- Helping Your Child Cope With Ongoing Fears
- Look to Your Culture to Cope With Trauma
- Media Coverage of Traumatic Events: Stay Informed, but Limit Exposure
- Nurturing Hope
- Reacting to Traumatic Events
- Recognizing and Responding to a Hate Crime
- Talking With Children About Violence

### Videos

- Talking With Kids About Tragedy

### Handbook

- Coping After a Violent Event

### External Resources

- Community Violence: Reactions and Actions in Dangerous Times
- Tips for Survivors: Coping With Grief After Community Violence

**Need more support?**  
**Consider talking to a Military OneSource non-medical counselor or health and wellness coach.**  
**Call us any time at 800-342-9647.**