



Fort McCoy MWR Enews

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May 13, 2021 | www.mccoy.armymwr.com | 608-388-7400 | *No endorsement implied*

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needs.
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ANSWERS.**

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FOR MILITARY MEMBERS**



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**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

CAMPING IS IN-TENTS
at Pine View Campground

To make reservations,
please call **608-388-3517**
Group Tents Sites Available

www.mccoy.armymwr.com



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Whether you're planning for your first home purchase, saving for a family vacation or are thinking about upgrading your vehicle, **R.I.A. Federal Credit Union** provides financial products and guidance to help you reach your goals.



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US!**

FT. MCCOY
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**Relationships.
Integrity.
Action.**



OUTDOOR RECREATION

Building: 8053 Phone: 388-3517/4498

PADDLE BOARDS AVAILABLE FOR RENT AT PINE VIEW CAMPGROUND

Get out and enjoy the nice weather on one of our paddle boards.

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

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



FAT TIRE BIKE RENTAL

Hit the road 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

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



Tactics

PAINTBALL & LASER TAG

Experience the Extreme Sports!

Tactics Paintball & Laser Tag features 3 outdoor courses (1 woods course and 2 field courses) including a unique 2-story castle constructed from railroad ties. It's a great place to host a birthday or unit party!

PAINTBALL

\$20 (Mon - Thu) / \$25 (Fri - Sun)

Price is per person. Includes 500 paintballs, equipment (gun, mask, chest protector) and field fee (2 hours of play). Must be at least 10 years of age to play.

Additional Paintballs: \$55 per case / \$15 per bag

LASER TAG

\$13 (Daily)

Price is per person. Includes equipment and field fee (2 hour of play).

RESERVATIONS REQUIRED

Call 800-531-4703 or 608-388-3517 to schedule a play time.



OPEN TO THE PUBLIC!

8061 West J Street
Fort McCoy, WI 54656

Located between Sparta and Tomah on Hwy 21. Look for signs to Pine View Recreation Area.



800.531.4703 | www.mccoy.armymwr.com

McCOY'S COMMUNITY CENTER

Building: 1571 Phone: 388-2065

MAC & CHEESE PIZZA

Attention Cheese Lovers! Try our thin crust pizza covered in alfredo sauce, creamy macaroni and cheese, then topped with a blend of 7 different types of cheese! Choose from large thin crust or flatbread.



McCoy's Community Center DAILY LUNCH SPECIALS

\$7 Tuesday-Friday
11 am - 1 pm

View upcoming daily specials at mccoy.armymwr.com/programs/mccoys-food-beverage



VITERBO UNIVERSITY



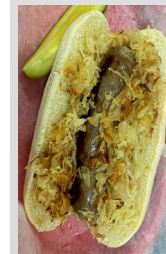
FT. MCCOY ON-SITE VISIT DAY
May 26

Rumpel Fitness Center & McCoy's Community Center

NATIONAL MILITARY APPRECIATION MONTH



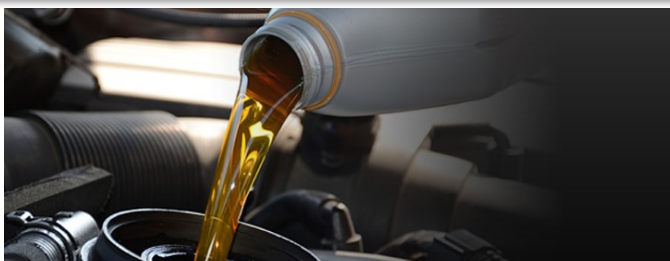
THANK YOU FOR YOUR SERVICE AND SACRIFICE



BEER BRAT FOOD SPECIAL

Enjoy a Wisconsin favorite, Our bratwursts are boiled in beer before being grilled. Topped with sauerkraut and served on a toasted bun. Make it a combo for only \$2.50 more which includes fries and a drink!

The Real McCoy
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

HOW TO BUILD WEALTH FROM NOTHING

May 19 | 10 am – 12 noon OR 1 – 3 pm

McCoy's Community Center, B1571

Join ACS and Rob Bertman, founder of Family Budget Expert, as he discusses strategies for creating and maintaining a financial plan. Presentation to last two hours, the last 1/2 hour for individual questions and answers. To register, [click here](#) to send an e-mail.

FY21 FORT MCCOY GARRISON SHARP TRAINING

May 26 and Jun 2 | 9 – 10 am | Microsoft Teams

For Garrison personnel only (limited to 25). Please have your training coordinator contact SHARP Victim Advocate Ryan Harvey at x8951 or [click here](#) to send an e-mail to register.

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, 2021.

NEWS YOU CAN USE....

Fort McCoy is currently between contracts for Military and Family Life Counselors. Troops and their families who are feeling anxious or stressed during these unprecedented times can always call Military OneSource for assistance at 800-432-9647. Certified counselors are ready to help.

The **Army Family Action Plan (AFAP)** is a grass-roots process beginning at the installation level that seeks input from the Total Army Family regarding significant quality of life issues that affect the well-being of Soldiers, Civilians, Retirees, and their respective Families. The AFAP alerts Army Leadership on areas of concern that need attention and gives them the opportunity to put plans into place to work toward resolution. Hundreds of legislative, regulatory, and policy changes have occurred over the past 30+ years due to the AFAP. [Click here](#) for more information on the program. An AFAP conference is scheduled for 4-5 Nov 21 to discuss submitted issues.

May is National Asthma & Allergy Awareness Month.

We are in the peak of allergy season when asthma sufferers are most vulnerable to attacks. There is no cure for asthma or allergies and many attacks and deaths are preventable with proper treatment and care. Asthma affects 24 million Americans including 6.3 million children under the age of 18. More than 50 million Americans have all types of allergies—such as pollen, skin, latex—and this rate is climbing. For more information and resources please contact the EFMP at x7262 or [click here](#) to send an e-mail.

Do you have orders to PCS to another duty location? Contact Relocation Readiness at x2359 to get information on your new duty station. Books, maps, and Military Installation booklets are available.



FORT MCCOY MWR Military Appreciation Luncheon DRIVE THRU EDITION

Thank You Sponsors

No endorsement implied



ICE COMMENTS
& FEEDBACK
INTERACTIVE CUSTOMER EVALUATION



PROBLEM SOLVING

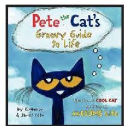
Drive-Thru Craft Kit



Hope is the thing with feathers that perches in the soul, and sings the tunes without the words, and never stops at all” – Emily Dickinson

Kindness Rocks Kit includes:

- Problem Solving Resilience Skill Packet
- 5 stones per kit
- paint
- plastic cups (for paint)
- paint brush



Once the rocks are completed, leave them around the community where people can find them. Take a picture of one of the rocks and where you left it and send to tammie.j.noef@mail.mil

This is part of a series of Drive-By Resilience Kits. Complete all 3 kits to receive the book "Pete the Cat's Groovy Guide to Life!"

Sign up to receive your craft kit by calling 608-388-4373 or send an email to: tammie.j.noef@mail.mil

Rock kits will be picked up at the Fort McCoy Youth Center (B1792) on June 3, 2021 from 12:00 pm - 5:00 pm.

Sign Up Deadline: May 20, 2021. Kits are available for CYS eligible students between 10 - 18 years old.

For questions or to register your youth, please call 608-388-4373



JOIN IN THIS SERIES

STORYBOOK

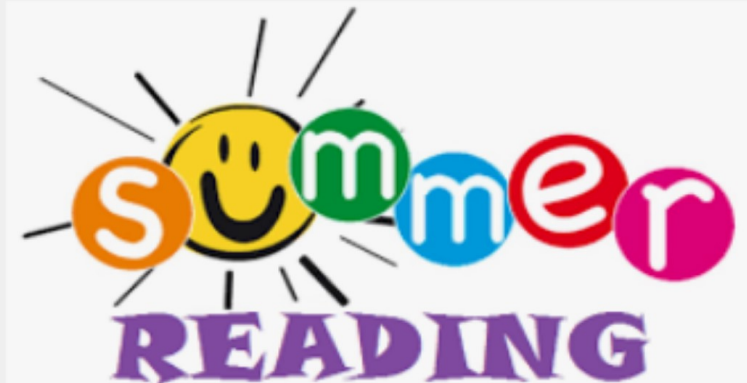


May 1 When Spring Comes by Kevin Henkes

May 15 How I Spent My Summer Vacation by Mark Teague

May 30 Summer Days and Nights by Wong Herbert Yee

Virtual Storybook is offered at 10 am
Look for the link to appear on the
listed days.





FORT MCCOY CYS YOUTH CENTER

Summer Camp Weekly Themes



JUNE 7 - 11

THEME: Minute to Win It

You've got one minute to win it! Who is the fastest of them all? Minute to Win It is an international game show franchise where contestants take part in a series of 60-second challenges that use objects that are commonly available around the house.

PIZZA FROM AROUND THE WORLD

Hungary's Langos Pizza

RESILIENCE SKILL OF THE WEEK
Hunting the Good Stuff
Counteract the negativity bias, create positive emotion, and notice and analyze what is good.

JUNE 14 - 18

THEME: The Cruisin Cuisine

Have you always wondered about food trucks and how they get started? Youth will spend the week creating their own food truck (idea), complete with a menu, logo and business proposal. Entrepreneur skills such as creating a proposal for investors, estimating financing, working on a timeline and task delegation will be the focus of this week should you ever wish to start your own business. The Cruising Cuisine Proposal is a Keystone Project.

PIZZA FROM AROUND THE WORLD

Japan's Okonomiyaki Pizza

RESILIENCE SKILL OF THE WEEK
Problem Solving
Accurately identify what caused the problem and identify solution strategies.

JUNE 21 - 25

THEME: Water World

Let's get wet and wild! Youth will splash into summer with fun water games and activities. This week we will have a variety of water play and water themed activities to cool off from the summer heat!

PIZZA FROM AROUND THE WORLD

Italy's Neapolitan Pizza

RESILIENCE SKILL OF THE WEEK
Avoid Thinking Traps
Identify and correct counterproductive patterns in thinking through the use of Mental Cues and Critical Questions.

JUNE 28 - JULY 2

THEME: Let's Get Stringy

Let's be creative! Have you ever found anything on Pinterest that you just had to create? This week will be the week for that. We will be working on a variety of projects using string art.

PIZZA FROM AROUND THE WORLD

Germany's Flammkuchen Pizza

RESILIENCE SKILL OF THE WEEK
Mental Games
Change the focus away from counterproductive thinking to enable greater concentration and focus on the task at hand.

JULY 5 - 9

THEME: Workforce Prep

This week is a pre-employment training designed to teach essential workplace readiness skills and professional etiquette. Youth will focus on such topics as career exploration, financial literacy, conflict resolution, resume/cover letter development and opportunities to continue education and social growth.

PIZZA FROM AROUND THE WORLD

India's Tikka Pizza

RESILIENCE SKILL OF THE WEEK
Assertive Communication
Communicate clearly and with respect. Use the IDEAL model to communicate in a confident, clear, and controlled manner.

JULY 12 - 16

THEME: Diplomas to Degrees

What do colleges require? Let's find out! Youth will tour colleges and use resilience skills to consider career and colleges choices. They will also consider finance options to pay for college.

PIZZA FROM AROUND THE WORLD

Korea's Kimchi Porkbelly Pizza

RESILIENCE SKILL OF THE WEEK
Goal Setting
Understand the key components of the Goal Setting process and practice the skill so it can be used independently to plan for achieving personal and career goals.

For additional details, please call 608-388-4373



Fort McCoy CYS School Age Center

2021 SUMMER CAMP Weekly Themes



JUNE 7 - 11

Adventure is Out There

Come explore the world with us! This week we'll experience holidays, traditions, and cuisine from other cultures as we make our way around the globe. We'll practice a Chinese dragon dance, run with the bulls in Spain, cook up a Mexican feast, examine flying foxes in Australia, and visit the Kikuyu tribe in Kenya! No passport necessary!

JUNE 14 - 18

Spy Kids

"Never send an adult to do a kid's job." Join us in Spy School as we sneak through laser barriers, become masters of disguise, and crack secret codes to earn our certification as secret agents at the end of the week!

JUNE 21 - 25

Into The Wild

As Russell said "The wilderness must be explored!". This week we'll tour the African Safari, help save the Rainforest, observe Kangaroos in the Outback, explore the Everglades in Florida, and swim with dolphins in the ocean! These epic adventures aren't just for Junior Wilderness Explorers!

JUNE 28 - JULY 2

Expedition Read

Have you found Where the Wild Things Are? Join us in our imaginary adventures with your favorite books! During this week we will explore other-worldly stories, re-create scenes with art and scrumptious snacks to indulge in. Come see us to kick-start your summer reading competition with a week full of adventure!

JULY 5 - 9

Red, White, & Boom!

Let your colors burst! This week honors and highlights the beginning of our nation. Let your colors burst with art projects, STEM activities, and experiments. Find your spark and illuminate the world!

JULY 12 - 16

What's on the Chopping Block?

Don't bust your chops! We are making cooking champions this summer! From your backyard BBQ to the table. Any way you slice it, this week will be full of competition, fun, and skill level learning and creating delicious dishes to enjoy!

JULY 19 - 23

Sound the Alarm

Code yellow! Code yellow! Take cover this week as we explore natural disasters from around the world. From tsunamis and avalanches to earthquakes and volcanic eruptions, buckle up as we recreate these disasters in the safety of CYS! Enjoy this week's ride on the Magic School Bus!

JULY 26 - AUGUST 30

Disgusting Science

This week we will discover experiments from the slimy, smelly, creepy side of science! Creating fun new science experiments and classic science projects will have you saying "Yuck!". While adults are busy cleaning up germs, we are building environments to make bacteria grow. Are you willing to conquer your fears and join us for this week of gross science?!

AUGUST 2 - 6

Blast from the Past

65 million years ago... the dinosaurs had a really bad day! This week we will be discovering the world back when the dinos roamed. We will learn about cave men, surviving the Stone Age, and the creatures that crept!

AUGUST 9 - 13

Shark Week

Dive deep into the ocean with us this week and learn about what is lurking in the waters! We will be creating shark habitats, going on virtual deep sea dives, and creating edible shark snacks!

AUGUST 16 - 20

To Infinity and Beyond!

3, 2, 1... Blast off! Join us this week for an out of this world adventure! We will be making our own rockets, creating moon sand, and participating in virtual tours of the galaxy!

AUGUST 23 - 27

CYS Olympics

Spend your summer inside? Miss running around with your friends? Join us for our annual CYS field day! From agility courses to water balloon launching, this week will be action packed. Do you have what it takes to be an Olympian?

For more information, please call 608-388-4373

ARMY COMMUNITY
SERVICE

How to Build Wealth from Nothing

May 19, 2021
10 am - 12 pm or 1 pm - 3 pm
McCoy's Community Center

Join Army Community Service in welcoming Rob Bertman, founder of Family Budget Expert, as he discusses strategies for creating and maintaining a financial plan.

Presentation to last two hours, with the last half-hour for individual questions and answers.



To register, please send an email to:
janeen.j.folgers.civ@mail.mil

Must be registered by May 17, 2021. Classes are limited to 24 attendees in accordance with social distancing practices.

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 mccoy.armymwr.com and click on Calendar.



Rob Bertman

Rob Bertman, CFA®, CFP® helps individuals, couples & families improve their life by helping them alleviate the #1 stressor, challenges with money.

A financial plan and a strategy to pay back debt are not enough. Most people need help finding money in their budget to fund their financial goals while often working with a spouse that has a different perspective and with the added expenses of raising children.

That's why Rob founded Family Budget Expert in 2015. Through individual consulting, corporate training, and public speaking, Rob focuses on the importance of budgeting and reveals tested and researched techniques that actually work. The result is finally finding the money to build savings and get out of debt.

Rob has been in the financial industry for 20 years. He lives in St. Louis, Missouri with his wife Anna and their 3 children.



MAY 25, 2021
MWR FACILITY
HOURS OF OPERATION
due to a Workforce Briefing/Training Stand Down

Child & Youth Services: CLOSED

McCoy's Community Center: CLOSED

Army Community Service: CLOSED at 12:30 pm

Pine View Campground: CLOSED at 12 pm

Rumpel Fitness Center: CLOSED at 12 pm

24/7 Access will be available

Headquarters Office: CLOSED at 12 pm

