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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.

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 only):

For additional info call 608-388-5358




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

@FortMcCoyMWR mccoymarmwr.com



Sit, Sip & Paint

CANVAS PAINTING EVENT

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



Sample Painting

Space is limited!

\$35 PER PERSON

To register, go to:

www.thepaintshack.net

Click on calendar/registration. Select May 8, and fill out registration details.



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



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

[X](#) [f](#) [@](#) @FortMcCoyMWR



FORT MCCOY MWR TRIP



HENRY VILAS ZOO

MAY 11, 2024

With over 650 animals across 28 acres, world class exhibits & hands on learning stations, the Henry Vilas Zoo is a must see for every family!

8AM
DEPART
4 PM RETURN

PICK UP & DROP OFF LOCATION
MCCOY'S COMMUNITY CENTER

\$20 PER PERSON, includes transportation. Some spending money for food & other items.

REGISTER BY CALLING 608-388-3011

Registration ends May 6. Open to all Fort McCoy employees and their guests. Minimum of 10 participants.



TACTICS PAINTBALL

FEATURING

- 3 outdoor courses (2 rec-ball fields & 1 woodsball field)
- A unique two story castle
- Wide array of diverse structures
- Regulation size tournament field
- A rental fleet of 50 new paint markers
- Ability to tailor game formats to suit your needs!

AT WHITETAIL RIDGE

8061 WEST J STREET
FORT MCCOY, WI

2 HR. TIME SLOTS

MILITARY/DoD \$20 PER PERSON

PUBLIC \$25 PER PERSON

PAINT

BAG OF 500 \$20 | CASE OF 2000 \$60

AVAILABLE BY RESERVATION ONLY
CALL 608.388.3517 OR 800.531.4703

[X](#) [f](#) [@](#)

@FortMcCoyMWR | mccoy.armymwr.com

**Army Community Service**

Phone: 608-388-3505 | B 2111

CONNECT THE TOTS**April 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.

**FAMILIES THAT GROW TOGETHER,
STAY TOGETHER - IN HONOR OF
MILITARY SPOUSE APPRECIATION
DAY****May 10 | 10:00 am - 12:00 pm****ACS Family Building (B2161)**

Military life isn't easy, even if military spouses make it look that way! Military spouses impress us all the time with their ability to conquer challenges and power through demanding circumstances. Army Community Service is celebrating strong spouses.

- Military members will have priority registration until April 30.
- All patrons until May 7
- Participants will receive a Strong Bands wrist band

To register, [email here](#) or call 608-388-7262


SEXUAL ASSAULT AWARENESS/PREVENTION MONTH

**Strike-Out
Sexual Assault
Virtual Bowling Event**

APRIL 22 - 26, 2024

Show your support and Strike-Out Sexual Assault by participating in a Virtual Bowling Event! Come to McCoy's Community Center and bowl a standard 10 frame round and post a photo to the event discussion board at: www.facebook.com/McCOYMWR

Fort McCoy SHARP 24/7 Helpline 608-388-3000 | DoD Safe Helpline 877-995-5247 | #SAAPM2023

The graphic features several white bowling pins with red stripes, some of which are being struck by a blue bowling ball. In the top right corner, there are logos for MWR, ACS, and Fort McCoy SHARP.



FORT MCCOY MWR ACTIVITY CALENDAR

B - BALANCE

Pedals and Paddles | May 11 | 10 am - 12 pm & 1 pm - 3 pm | Whitetail Ridge Ski Area
Bring the whole family out to Whitetail Ridge and learn to paddle board and enjoy a scenic ride through our off road trails on fat tire bikes!

Please note, there is a 5' height requirement to use the fat tire bikes provided by Pine View Campground. Participants are free to bring their personal bikes to use on the trails.

A - ACTIVITY

Plant a Pizza Garden | May 6 - 12 | School Age Center bldg 1792
Children enrolled with Fort McCoy CYS will learn about gardening and healthy eating by planting herbs that can be used for pizza sauce. Children will also make their own Pizza English Muffin snacks!

N - NUTRITION

Protein Bowl | Month of May | McCoy's Community Center
Enjoy a great lunch with the perfect healthy meal, a Protein Bowl. Packed with protein, grains, and vegetables, Protein Bowls are the perfect nutritional meal!

D - DETERMINATION

3-on-3 Basketball | 4:00 pm | May 23 | Rumpel Fitness Center bldg 1122
Bring your A-game for this 3-on-3 street basketball tournament!

S - STRENGTH

Month of the Military Spouse: Families That Grow Together, Stay Together
May 10 | 10:00 am - 12:00 pm | ACS Family Building 2161
Join us as we discuss ways to grow together as a couple and strengthen relationships. Workshop includes the opportunity to create and learn how to care for a container garden.

COMMIT-STAY FIT! #STRONGBANDS

- STEP 1** Attend featured fitness events at your garrison
- STEP 2** Wear your STRONG BANDS wristband throughout May to show your commitment to a healthy lifestyle
- STEP 3** Gain valuable fitness tips throughout May by visiting ArmyMWR.com/STRONGBANDS



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.

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 experience 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

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 | **608-388-3505**

Try out Pine View Campground's brand-new

DESTINATION TRAILERS

Pine View Campground is proud to present our newest lodging unit, the **Destination Trailer!**

These permanent site units are complete with full bathroom and kitchen amenities (Refrigerator, stove, oven, microwave & sink), fireplace, TV, 1 Bedroom & a double loft with the ability to sleep 6-8.

SUN - THURS	FRI - SAT
\$115 MILITARY & DOD	\$130 MILITARY & DOD
\$125 GENERAL PUBLIC	\$150 GENERAL PUBLIC

PET FRIENDLY UNITS AVAILABLE FOR AN ADDITIONAL \$75 FEE

@FortMcCoyMWR

608-388-3517
mccoy.armymwr.com/programs/pine-view-campground