



Fort McCoy MWR Enews

- ▶ Facebook
- ▶ Event Calendar
- ▶ ICE Comments

August 5, 2021 | www.mccoy.armymwr.com | 608-388-7400 | *No endorsement implied*

DISCOVER YOUR NEXT ADVENTURE — BETWEEN THE BLUFFS —

Explore the La Crosse Region, nestled between ancient bluffs and along the Mississippi River. Recharge and discover your next adventure with delicious cuisine, unique shopping, craft beverage trails, outdoor adventures, cozy hideaways, and one-of-a-kind experiences.

Photo Courtesy of Colin Stauffer



SEPTEMBER 1, 2021 Building 1560, Fort McCoy, WI

8 - 8:30 am: Military, Military Dependents & Military Retirees ONLY*

8:30 am - 9 am: DoD Card Holders*

All Buyers: 9 am - 1 pm

** I.D. Required. Spouses and/or children may accompany I.D. Card Holder*

RULES

- All buyers must be in line; no saving places
- Items are sold "AS IS"
- No loading assistance available
- Please bring rope or tie down straps to secure cargo for transport
- Most items reduced to 50% off at noon (All tags will be checked prior)

Items will be offered on a first-come, first serve basis. There is a limited number of each item. Items will be paid for by cash or check and picked up at time of purchase. Call 608-388-2232/2852 with questions. No early callers please.

DIRECTIONS: After entering front gate, turn left at stop sign onto South 10th Ave. Building 1560 will be on your left-hand side. You must register your vehicle and have a picture I.D. to enter the installation. Please do not park in the RIA Parking Lot.

ITEMS FOR SALE INCLUDE:

- Ellipticals
- Exercise Bikes
- Treadmills
- Tables
- TVs
- Paintball Masks
- Laser Tag Guns
- And More!

www.mccoy.armymwr.com | 608-388-2232

Fort McCoy Annual Event

**SUPPORT THE TROOPS
GOLF TOURNAMENT**

**September 15, 2021
12 pm Shotgun Start
The Golf Club at Cedar Creek, Onalaska, WI**
Hosted by Fort McCoy MWR

HOLE EVENTS

- ★ Closest to the Pin
- ★ Long Drive Contest
- ★ Hole-in-One Contest
- Chance to win a brand new RV!

DINNER FOLLOWING THE TOURNAMENT

- ★ Awards & Door Prizes
- ★ \$20 to attend dinner only

To register, scan the QR code with your phone camera
\$125 Individual | \$500 Team of 4
Lunch will be served at 11 am during registration/warm up
On-site check-in will open at 10:30 am the day of the event. Cedar Creek members receive a \$25 discount on individual registration fees; please call the number below to register.

For more information, please call 608-388-2813

Sponsors (no endorsement implied)

Summer break may be coming to a close, but the savings are still on! Book your upcoming travel accommodations with American Forces Travel. Access your savings now!

https://www.americanforcetravel.com/?refclickid=lastdaysMcCoy_FB

**END OF SUMMER SALE
SAVE UP TO 60%
OFF HOTELS**

WWW.AMERICANFORCETRAVEL.COM



Products That Fit Your Lifestyle

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.



Savings



Security



Credit Cards



Checking



Mortgages



Auto Loans



E-Services

TOMAH, WI
1024 N Superior Ave
(608) 372-9277

JOIN US!

FT. McCOY
1501 S 10th Ave
(608) 388-2171



Relationships. Integrity. Action.



RIAFCU.com

OUTDOOR RECREATION
Building: 8053 Phone: 388-3517/4498

New at Pine View Campground!

Water Trikes

\$15 PER HOUR



Call 608-388-3517 for more information

PINE VIEW CAMPGROUND'S
Haunted Trails

Saturday, August 28

2 pm: Halloween Trivia Wagon Ride

3:30 pm: Costume Contest

Best Costume Ages 0-10 & 11-18 / Best Adult Costume and Best Pet Costume

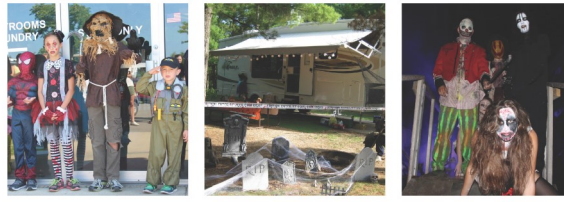
4 pm: Trick or Treating

8:30 pm: Not So Scary Trails

9 pm: Haunted Trails

Entry Fee: \$2 Glow Stick: \$2

10 pm: Awards for Site Decorating



Campsites still available.
Call 608-388-3517 to make reservations.

RUMPEL FITNESS CENTER
Building: 1122 Phone: 388-2290



SUMMER HEAT 5K
RUN/WALK

August 12 | 7 am
Rumpel Fitness Center
Fort McCoy, WI

Race will start and finish at the fitness center.
Prizes awarded to the top two male and female runners.

OPEN TO ALL MWR AUTHORIZED PATRONS
Complete the registration form (reverse side) and return to the Rumpel Fitness Center.
Must be registered before 7 am on August 12.

608.388.2290 | www.mccoymwr.com

FREE FITNESS CLASSES

BODY BLAST: Mon 3:30 pm – 4:00 pm

ABS: Wed 11:30 am – 12:00 pm

INDOOR CYCLING: Thu 11:30 am – 12:00 pm

Class size is limited. Register to attend by calling 608-388-2290.



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

ACS SUMMER READING PROGRAM

Now - Aug 25 | B2111

Open to youth of all ages. Choose from a wide variety of books from classic authors such as James Herriott, Laura Ingalls Wilder, Beverly Cleary, and many more. Books can be checked out of the ACS Resource Library. Each book read earns an incentive. Read a minimum of 15 books to be entered to win a prize! Register by calling x2359/3505, or [click here](#) to send an e-mail for more information.

CONNECT THE TOTS PLAYGROUP

Aug 10, 17, 24 and 31

10 am - 12 pm | South Post Pavilion

For families with children 0 to 4 years. 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". Summer is time for FUN, to jump and play in the sun. To blow bubbles and catch each one. Sprinklers and water play and so much more. During the next 7 weeks we will enjoy summer fun activities. Please join us! Register by call x7262 or [click here](#) to send an e-mail.

NEWCOMER ORIENTATION

Aug 11 | 8 am - 12 noon | McCoy's Community Center, B1571

New to Fort McCoy? Learn about what we have to

offer. Breakfast will be provided beginning at 0800. To register, please call x2359.

ARE YOU PCSING?

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.

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.

HOW I SURVIVED 27 HOURS UNDER THE WORLD

TRADE CENTER DEBRIS

Sep 1 | 10 - 11 am OR 1 - 2 pm

NCOA Graduation Hall, B1363

Guest speaker Genelle Guzman-McMilan tells her story of being buried under the rubble of the World Trade Center during the September 11, 2001 terror attacks. Register to hear her amazing story of resilience and survival. Contact ACS at x2359 or [click here](#) to send an e-mail.

CONNECT THE TOTS

Fort McCoy Playgroup
FOR FAMILIES WITH CHILDREN 0 TO 4 YEARS

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".

Fall is here and this magical season has us so excited for a new round of fall-themed activities. Engaging with nature's seasonal offerings stimulates curiosity and a sense of wonder while fostering self-confidence and empathy for all living things.

Fall 2021 Dates & Themes
Playgroups held from 10 am - 12 pm at the ACS Family Building (B2161)

Sep 14: Getting to Know You	Oct 26: Happy Halloween Sharing Activity
Sep 21: Apple Picking Field Trip	Nov 2: Space, Stars, Planets and Astronauts
Sep 28: A is for Apple/Autumn Art	Nov 9: Native Americans/Cultural Awareness
Oct 5: Fall Colors/Leaves/Harvest	Nov 16: Thanksgiving Arts/Craft
Oct 12: Let's Visit the Pumpkin Patch Field Trip	Nov 23: Thanksgiving Sharing Activity
Oct 19: Wizards, Knights and Princesses	Nov 30: Forest/Animals

To register, please call ACS at 608-388-2412 or email brittany.r.sonnie.civ@mail.mil

www.mccoymwr.com | 608-388-3505

COMMENTS & FEEDBACK

How I Survived For 27 Hours



UNDER THE WORLD

TRADE CENTER DEBRIS

ACS in partnership with NCOA presents
*Genelle Guzman-McMilan, the last person to
be pulled from the World Trade Center debris.*

September 1, 2021

10 - 11 am or 1 - 2 pm

**NCOA Graduation Hall
1363 S. 10th Avenue**

Enter the NCOA graduation hall from the parking lot entrance. All attendees are required to wear masks in accordance with the NCOA Commandant health and safety protocols.

**Register by calling ACS at 608-388-2359
or email: dianne.l.sommers.civ@mail.mil**

Limited to 70 individuals per session. Register no later than Friday, August 27. DoD employees must contact their supervisors regarding dismissal from work centers. For information on upcoming training opportunities through ACS please go to <http://mcco.armymwr.com> and click on Calendar.



www.mcco.armymwr.com | 608-388-8951/8989



Genelle Guzman-McMilan

Genelle's story been featured on numerous television and publications, including CNN, 700 Club, Oprah, the Early Morning Show CBS, Time Magazine, Guidepost Magazine, National Geographic and recently a miniseries called "ANGELS AMONG US" which was aired on the CMT channel, and many more publicity.

Genelle is the author of her new book entitled "ANGEL IN THE RUBBLE" which has been released in the US and UK including Germany, Portuguese, New Zealand and Australia.

Genelle lives in Long Island New York, a wife and mother of four children - Kimberly, Kadeem, Kaydi and Kellie. In addition to her busy schedule, Genelle enjoys travelling both domestically and internationally sharing her testimony of overcoming adversity with the encouragement of Prayer, Faith and Trusting in a higher power.



PROUDLY PRESENTS



MILITARY APPRECIATION NIGHTS

at McCoy's Community Center

USAA is honoring our Military Service Members that are currently serving. Come meet your local USAA representative and receive a FREE meal!

★ **August 11** ★ **August 19**

Dinner Served from 6 pm - Close

Must show valid Military ID (dependents not included). Limited to 166 service members. First come, first served. Up to \$12 per meal.

No endorsement implied



For additional information, call 608-388-2065



BOSS
Better Opportunities
for Single Soldiers

**BECOME A MEMBER AND
BE PART OF THE FUN!**

BOATING SAFETY CLASS

FREE TO BOSS MEMBERS AS A LIFE SKILLS COURSE



Sat, Aug 14 at 9 am
McCoy's Community Center
Fort McCoy, WI

Provided by The Coast Guard Auxiliary of La Crosse.
Approximately an 8 hour course.

UPCOMING BOSS ACTIVITIES

- Pool, Darts, Cornhole Tournaments
- Euchre, Texas Hold'em and other Card Nights
- Trips to Local Events
- Community Service Opportunities
- Have a Voice on Quality of Life issues
- Learn New Life Skills

Questions, please contact the Fort McCoy BOSS President
SSG Alicia Curtis | alicia.l.curtis.mil@mail.mil | 336-596-1651



Garrison Commander's Call
August 27, 2021 from 4:30 - 6:30 pm
McCoy's Community Center
(No Host)

For more information, visit www.mccoy.armymwr.com



**ARMY EMERGENCY RELIEF
SPOUSE EMPOWERMENT SERIES**
Providing Military Spouses with the tools needed to thrive

With special co-host:
Military Child Education Coalition

11 August 2021, 12PM EST



FREE GIFT!
First 40 registered attendees will receive a special List & File binder insert!



Krista Simpson-Anderson
AER Military Spouse Ambassador



CSM (B) Tracey Andya
AER Assistance Administrator



Louise Webb
MCEC Master Parent Educator,
Webinar Team Lead



Susan Sellers
MCEC Master Parent Educator



Army Emergency Relief's new Spouse Empowerment series talks #Back2School with co-host Military Child Education Coalition. You won't want to miss the tips, tricks & resources for a successful school year. AER will be providing a special List & FREE gift to the first 40 registered attendees. This casual, private conversation will be held Wednesday, August 11 at 12PM EST on Zoom. Register in advance for this event here: tinyurl.com/spouse-empowerment