



MWR UPDATE

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Feb 4, 2010

MWR NEWS YOU NEED...RIGHT NOW!

FREE HINI FLU SHOT CLINICS - Every Tue and Thu in Feb. OPEN TO CIVILIAN EMPLOYEES. At the Occupational Health Clinic, B1679, 1 – 3 pm.

FREE TRANSPORTATION AND ADMISSION TO WESTBY SKI JUMP – MWR is providing free bus transportation to the Westby Ski Jump. Please call x3213 by 3 pm TODAY if you are interested in riding the bus or transportation will be cancelled. Free entrance to the Ski Jump to all Soldiers, Veterans, their spouses and children under the age of 18 still applies. All are required to show proof of military service and/or dependent ID cards. The bus will leave B2000 on Sat, Feb 6 at 11 am and return at 7 pm.

GET YOUR VALENTINE'S SHOPPING DONE HERE! Remind your Valentine you're still head over heels without leaving Fort McCoy. BOSS is selling roses for \$3 each from 9 am – 2 pm at the PX on Feb 12. McCoy's is offering Balloon Bouquet Packages – [click here](#) for packages and pricing. *There will be a drawing for a free bouquet on Fri, Feb 12 at 11:30 am and 12 noon at McCoy's (must be present to win).* To order, call x2065. Free delivery on Fort McCoy.

SUPER BOWL – WATCH IT HERE – Catch the game at McCoy's (B1571) where you can enjoy food and beverage specials, contests and prizes. [Click here](#) for more information. Or head to the Community Activity Center (B2000) where the game will be shown with free popcorn and contests with prizes.

VALENTINE'S POKER TOURNAMENT - Feb 11 at the Community Activity Center (preregistration required). [Click here](#) for details.

STEAM ROOM CLOSURE - The steam room at the Rumpel Fitness Center will be closed for tile repairs Fri, Sat, and Sun. It will reopen on Mon. Thank you for your patience.

MWR FACILITY AND EVENT INFORMATION...



FITNESS CENTER SCHEDULE

To view a copy of this month's Fitness Center Calendar, please [click here](#).

SWIM LESSONS – SPACE STILL AVAILABLE

Space available for youth swim lessons level 5 & 6. Classes start Sat, Feb 6. Sign up today by calling x2290.

PUNXSUTAWNEY PHIL 5K RESULTS

Congratulations to following individuals: First place male - Jim Laatsch (21:17); second place male - James Allen (21:43). First place female - Leslie Guttenberg (23:20); second place female - Melissa Bailey (24:02).

DODGEBALL GRUDGE MATCH

Feb 11 - 5:30 pm Mark your calendars...be there to earn the bragging rights! [Click here](#) to learn more.

CALLING ALL ARTISTS!

We're looking for you...it's time to show off your talents. You are invited to submit an original design for the 2010 Wellness Fair t-shirts. [Click here](#) to view the flyer/registration form.



CAR WASH TOKEN SALE (FEB 12 ONLY)

Give your car the love it deserves by purchasing 10 car wash tokens and receiving 6 free, limit 2 packages. Tokens can be purchased at B2000. Please call x3213 with questions.

CRICKET DART TOURNAMENT

Come in for a Bull's Eye of a good time! Every Wed in Feb at 6 pm. [Click here](#) to find out more! Sponsored by USAA.

For more information on MWR events or facilities – please call the number listed or the MWR events line at 877-864-4969/608-388-7400.

No endorsement implied

7 DAY FALL FOLIAGE CRUISE

October 2, 2010

Sailing round trip from New York, stopping at the following ports: Boston, Massachusetts; Portland, Maine; Saint John, New Brunswick (Bay of Fundy); Halifax, Nova Scotia. Includes airfare out of Minneapolis, MN. Prices are: Interior \$1103.11, Ocean view \$1233.11. Registration and deposit due by **Feb 10, 2010**. Contact Leisure Travel Services, B2000 or call x3011/3213 for more info.

TEXAS HOLD'EM LEAGUE

Every Thu – 6 pm at the Recreation Center (B2000). (additional days include Tue, Feb 16, 23 and Mar 2).

MOVIE RENTAL SPECIAL

Rent a movie on Friday and you can keep it until Monday! Movies are only \$2 and new releases included Amelia, Love Happens, and Zombieland. Come to the Community Activity Center, B2000.

ARMED FORCES RECREATION CENTER (AFRC)

Whether strolling barefoot on the sands of Waikiki Beach, sightseeing historic European castles, shopping Seoul's exciting shopping district or visiting the enchanting Walt Disney Resort; there is a vacation getaway that leaves you with fresh memories and new perspectives. NEW! Cape Henry Inn and Beach Club - There is more to this Atlantic beach club than lapping waves and sand castles. With the entertainment options of Virginia Beach in close proximity, pristine beaches, hiking trails, whale watching and seaside dining, guests will find it hard to leave the simple pleasures of beach life. Armed Forces Recreation Center (AFRC) full-service resort hotels are Joint Service Facilities that provide quality, wholesome, affordable, family-oriented vacation recreation opportunities to service members, their families, and other authorized patrons of the Total Defense Force. Click here for more information about these resorts or call x3213.

DISCOUNTED ATTRACTION TICKETS

Taking a Disney vacation soon? Visit the Leisure Travel Services Office in B2000 and check out their discounted ticket program. Tickets are available for such attractions as Walt Disney, Sea World, Universal Studios, San Diego Zoo, plus more! Call x3213 for more information.

ARMED FORCES VACATION CLUB

Enjoy great savings with this "space available" program that offers DoD personnel the opportunity to take affordable condominium vacations at resorts around the world for only \$329 per unit per week. Visit www.afvclub.com for details! Or call the Leisure Travel Services Office in B2000 at x3213.



CARE TEAM TRAINING

Feb 12, 8 - 10 am at Army Community Service, 2111 South 8th Avenue, Fort McCoy. In the event a casualty occurs within your unit, the Commander may activate a Care Team based on the affected Family's needs and request for support. This training will assist Commands in recruiting volunteers, as well as educating current and potential volunteers on the rolls and responsibilities associated with belonging to a unit's Care Team. Call x3505 to register by Feb 10.

ARMY FAMILY TEAM BUILDING PRESENTS

Time and Team Management, Wed, Feb 17, 8 am – 12 noon. This workshop will be conducted at Army Community Service (ACS), 2111 South 8th Avenue, Fort McCoy. Topics include: Personal Time Management, Meeting Management, and Building Cohesive Teams. Learn to use time wisely! Register no later than Fri, Feb 12, by calling ACS at x3505.

AND

Personal Conflict Management Training, Wed, Feb 24, 8 am -12 noon. This workshop will be conducted at Army Community Service (ACS), 2111 South 8th Avenue, Fort McCoy. Topics include: Exploring Personality Traits, Personal Conflict Management, and Stress Management. Register no later than Fri, Feb 19, by calling ACS at x3505.

THRIFT SAVINGS PLAN WORKSHOP

The Fort McCoy Army Community Service (ACS) Financial Readiness program is sponsoring training that will focus on the Thrift Savings Plan (TSP) from 8 – 11 am on Thu, Feb 25, at 2111 South 8th Avenue, Fort McCoy. Are you concerned about having enough money to be able to retire one day? Are you worried about the performance of your TSP account? What can you invest your money in? What is an index fund and how is it different than a mutual fund? Do you understand Life Cycle Funds? Do you know how much money you can invest in the TSP or an IRA account? If you would like answers to these questions and more, consider attending the next TSP workshop! Supervisor approval must be obtained to use leave or adjustment of work schedules to attend this free training. Registration is requested no later than Feb 19 by calling x3505.

NEW COMMANDER AND SENIOR NCO BRIEFING

Army Regulations 608-18 and 600-20 chapter 8 mandate that all Commanders and Senior NCOs will receive an Army Family Advocacy & Sexual Assault Prevention & Response Program brief within 45 days of assumption of command. These briefings will be held the 4th Wednesday of each month. For more information, [click here](#).

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FINANCIAL READINESS

Army Community Service (ACS) Financial Readiness trainings are available by individual appointment or can be scheduled for group/unit training. For more information on topics such as banking and credit union services, budget development and record keeping, debt liquidation, credit, consumer rights and obligations, insurance and personal finance please contact ACS at x6812.



openings for children ages 2-4 in our new state of the art



income. Please call x8956 for more information.

LOOKING FOR QUALITY CHILD CARE?

The Child Development Center (CDC) currently has openings for children ages 2-4 in our new state of the art facility funded by the Army Family Covenant and is accredited by NAEYC (National Association for the Education of the Young Child). Breakfast, lunch and afternoon snack provided. Developmentally appropriate activities. Sliding fee scale based on household

BABYSITTING CLINIC

Fri, Feb 19 & Sat, Feb 20. For youth ages 12 and older. For more information, [click here](#). Register by Feb 12.

WISCONSIN OPERATION MILITARY KIDS (WI OMK) NOW ON FACEBOOK

You can become a fan and find out what's going on with OMK! Photos, updates on activities and programming, and connecting with others interested in OMK are just a few of the options.

To view the WI OMK page just [click here](#).

You can also login to your Facebook page and search "Wisconsin Operation Military Kids". Then... BECOME A FAN!

SCHOLARSHIP FOR MILITARY CHILDREN

The Scholarship for Military Children Program can help with a \$1,500 scholarship. Contact your local commissary, school guidance counselor, or visit the program website at www.militaryscholar.org or www.commissaries.com.

Applications deadline is **Feb. 17, 2010**. *Please contact x6814 if you are applying for this scholarship so we can keep track of accurate numbers for reporting purposes.



NEW PRIMO'S ITEMS

All American Chicken BLT

– A towering sandwich with a grilled chicken breast, smokehouse bacon, fresh tomatoes, red onions, lettuce and ranch dressing on a sesame seed bun.
Sandwich only - \$4.50, in a combo, \$6.50.

Chili Winter Warm Up – get a bowl of steaming hot Chili for only \$0.95 with the purchase of any sandwich.

FORT McCOY QUICK SHOT BINGO BONANZA – WEEKLY BINGO DRAWINGS AT McCOY'S

Ok, partners...it's been declared...here's how the game works: Numbers are drawn weekly. New weekly bingo cards are available for \$1 each at McCoy's. Y'all can purchase as many cards as ya wish. Win more than once on a card, however, y'all can't use the same space more than once. Winnin' cards must be redeemed during the current week of play. Each card has a chance to win the largest grand 'ol prize...\$1,199. You must be 18 years to play. Must be authorized patron of McCoy's, or a bonafide guest. For a complete set of rules head over to McCoy's (B1571).



CUSTOMER APPRECIATION

Mark your calendar – Mar 6 at Whitetail Ridge Ski Area. Join us for the end of season special – ½ off tubing and ski lift passes. Enter the Paintball Speed Course for your chance to win gift cards to Pizza Hut, Tactics Paintball Field, or Toys R Us. Plus, plan to stop by the BOSS booth from 12 noon – 3 pm for FREE popcorn and hot chocolate. Come out and enjoy one last day of fun in the snow.

TUBING PARTIES

Whitetail Ridge Ski Area, Fort McCoy

Having a group outing or birthday party this winter? Why not schedule it at scenic Whitetail Ridge. Group pricing is available, call x3517 to schedule an outing you won't forget!



WOODCRAFT SHOP

The Woodcraft Shop (B1133) is open Tue – Thu from 5 pm

– 8 pm. Equipment includes: Table Saw, Band Saw, Drum Sander, Heavy Duty Wood Lathe, Scroll Saw, Combination Sander, Mortising Machine, Shaper, Drill Press, Router Table, New Router, Oscillating spindle sanders ½ and 1 hp. Also there is a dust collection system, reorganized shop project assembly and finishing rooms. The cost to use the facility is only \$3 each time. Call x6588 for more information.

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