



# Fort McCoy MWR Enews

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March 4, 2021 | [www.mccoy.armymwr.com](http://www.mccoy.armymwr.com) | 608-388-7400 | *No endorsement implied*

FORT MCCOY MWR

## RESILIENCE Family Boot Camp

Join us for a fun-filled day exploring the 5 dimensions of resilience

**March 27, 2021 | 9 am - 4 pm**

**\$5 per person**

Ages 3 and under are free. Fees due upon registration.

**8:30 - 9:00 am: Family Check-In | McCoy's Community Center**  
Schedules & maps will be handed out

**9:00 am - 12:00 pm: Resilience Activities**

**12:00 - 1:00 pm: Family Lunch Special at McCoy's Community Center**

**1:00 - 4:00 pm: Resilience Activities**



### EMOTIONAL RESILIENCE

**Card Making**

ACS Family Building  
2161 South J St



### FAMILY RESILIENCE

**Pizza Making**

CYS Building  
1792 South F St



### PHYSICAL RESILIENCE

**Water Exercise**

Rumpel Fitness Center  
1122 South S St  
Bring your swimsuits



### SOCIAL RESILIENCE

**Bowling**

McCoy's  
Community Center  
1571 South 9th Ave



### SPIRITUAL RESILIENCE

**Mindfulness**

ACS Family Building  
2161 South J St

**To register, please call 608-388-3011**

Limited number of spaces available to allow for social distancing. Accepting Military Family reservations through March 12. Open to Civilians Families after March 12. Must be registered by March 19. Must be able to provide own transportation to resilience activity locations.



**MARCH 31, 2021**

**CDC: 9 - 11 am | SAC: 3:30 - 5:30 pm**



Crafts • Egg Coloring • Egg Hunt  
Visit from the Easter Bunny • Treats to Take Home



**Every child that attends will be registered  
to win an age-appropriate prize basket!**

For CYS enrolled children only - no registration necessary. Due to COVID policies, parents are not allowed to attend.



[www.mccoy.armymwr.com](http://www.mccoy.armymwr.com) | 608-388-2238



## RUMPEL FITNESS CENTER

Building: 1122 Phone: 388-2290

# MARCH MADNESS BASKETBALL COMPETITIONS

**MARCH 22 - 24, 2021**  
**RUMPEL FITNESS CENTER**

### FREE THROW CHALLENGE | March 22

Participants have 1 minute to make as many free throws as possible.

### HOT SHOTS | March 23

Shoot from designated areas with varying degrees of difficulty.

### SUPER 8 | March 24

Complete the following 8 shots: jump, 3 pointer, free throw, lay up, back board, swish, granny and fade away.

### DETAILS

Sign up for a time slot on the day of the event

Prizes will be awarded to the winner of each competition

Receive a ticket for each competition completed for a chance to win the grand prize

Open to all MWR eligible patrons



608-388-2290 | www.mccoymwr.com

## FREE MARCH FITNESS CLASSES

Mon & Wed | 11:30 am – 12:00 pm  
ABS class that targets the core.

Mon | 3:30 pm – 4:00 pm  
BODY BLAST class that hits the upper and lower body.

Limited class size. Social distancing rules apply.  
Reservations required—please call 608-388-2290.

# PAIR UP TO SLIM DOWN

9 week partner challenge!

**March 8 - May 10, 2021**  
**Rumpel Fitness Center | B1122**



## McCOY'S COMMUNITY CENTER

Building: 1571 Phone: 388-2065

# FISH SPECIALS

OFFERED FOR A LIMITED TIME AT McCOY'S COMMUNITY CENTER



**FISH SANDWICH \$8**

Breaded cod filet, cheddar cheese on a toasted bun. Served with tator tots.



**FISH BASKET \$8.50**

Your choice of breaded cod, haddock or pollock. Served with steak fries and coleslaw.

608-388-2065/4498 | mccoymwr.com

**Multiply the Fun with HYPERBOWLING!**  
**Bowl 1 Hour for \$20**  
Up to 4 people on a lane. Shoe rental included.

**YOUR LANE YOUR WAY!**  
33 different games & 15 themed backgrounds to choose from.

McCoy's Community Center (B1571) | 608-388-2065 | www.mccoymwr.com

## OUTDOOR RECREATION

Building: 8053 Phone: 388-3517/4498

## PINE VIEW CAMPGROUND

# Online Reservations are Back!

Available for 2021 campsite reservations only.

For all other reservations, please call 608-388-3517.



Visit [www.mccoymwr.com](http://www.mccoymwr.com) to make your reservations today!

## FAT TIRE BIKES

Hourly: \$5 Military/DoD | \$5 Public

Daily: \$15 Military/DoD | \$20 Public

These fat tire bikes can cut through all terrain — sand, mud and snow.

Rent one of our bikes today at Pine View Campground by calling 608-388-3517.



FORT McCOY MWR IS HIRING FOR THE FOLLOWING POSITIONS

- Child and Youth Program Assistants  
Permanent & Summer Positions Available
- School Age/Youth Services Cook



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



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# 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

### NEWCOMER ORIENTATION

**Mar 10 | 8 am – 12 pm | McCoy's Community Center**  
The Fort McCoy Newcomer Orientation is resuming. Masks are required in accordance with Fort McCoy health and safety guidelines. Attendance is limited to the first 20 registered. Breakfast will be provided beginning at 8 am. To register, please call x2359.

### COPING WITH STRESS

**Mar 10 | 12:30 pm | Microsoft Teams**  
Triple P informed workshop presented by The Parenting Place: Coping with Stress. Topics include: common causes of stress and how stress affects parenting, how to recognize signs of stress, and healthy ways to reduce and manage everyday stress. To register please [click here](#) to send an email to the Family Advocacy Program Manager to receive the training link.

### LIFE SKILLS: BEGINNING SEWING WORKSHOP

**Mar 16 | 4:30 – 7:30 pm | B2161**  
Designed for the beginner, this class will cover sewing basics to include hand-sewing, sewing machine set-up and completion of a face-mask. Other projects available if time allows. Register by calling ACS at x6507 or [click here](#) to send an e-mail. Limited space available.

### RESILIENCE & ENERGY MANAGEMENT

**Mar 17 | 9 - 11 am | B2111**  
Want to learn how to be more in control of your physical state, thoughts, and emotions in stressful situations? Join us to learn this important resilience skill! To register [click here](#) or call x6507.

### 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.

### FORT McCOY VOLUNTEER HOURS

Did you volunteer for the Fort McCoy Garrison in 2020? Did you record your hours in the Volunteer Management Information System (VMIS)? Total volunteer hours are being tabulated for 2020. [Click here](#) to send an e-mail or call x6507 for more info.

## CONNECT THE TOTS Monthly Activity Bag

**March 5, 2021 | 10 am - 12 pm**  
**Army Community Service**

2111 South 8th Ave | Fort McCoy, WI

Includes recipes, crafts, resources and more!

Bags intended for toddlers; available while supplies last.



**CONNECT  
WITH YOUR  
COMMUNITY**

**DIGITAL GARRISON**  
POWERED BY

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& FEEDBACK**  
INTERACTIVE CUSTOMER EVALUATION



Triple P Informed Workshop:

# COPING WITH Stress

March 10, 2021

12:30 pm

Virtual Workshop via  
Microsoft Teams

Attend this free  
workshop to learn:

- Common causes of stress and how stress affects parenting.
- How to recognize signs of stress.
- Healthy ways to reduce and manage everyday stress.

Let Cara, our parent educator, help you with strategies to make life a little easier. All attendees will walk away with a personalized parenting plan.

Hosted by The Parenting Place.



The Triple P--Positive Parenting Program-- is a parenting and family support system designed to prevent as well as treat behavioral and emotional problems in children and teenagers. It aims to prevent problems in the family, school, and community before they arise and to create family environments that encourage children to realize their potential.

To register please contact the Family Advocacy Program Manager  
at [jennifer.l.morris169.civ@mail.mil](mailto:jennifer.l.morris169.civ@mail.mil)

Session will last approximately 1.5 hours.

ACS events are open to Military, Retirees, Civilian workforce, Family Members and registered Fort McCoy Volunteers unless otherwise stated. For information on upcoming training opportunities through ACS please go to <http://mccoy.armymwr.com> and click on Calendar.



## FAMILY WORKSHOP

# Build a Bird House or Bird Feeder

April 15, 20, 22 or 27

All sessions held from 4 - 6:30 pm

ACS Building Bonds Workshop

Building 1130, Fort McCoy, WI



Spending Time Together as a  
Family Builds Family Resilience!

Step into Spring by creating a bird house or feeder the whole Family can enjoy over the spring and summer months.

Choose a bird house or feeder (based on availability) which you will put together and personalize it by painting or adding decorations to meet your creative ideas.

All materials and instruction supplied; class size is limited due to COVID-19; children must be accompanied by an adult.

TO REGISTER, PLEASE CALL ACS AT 608-388-3505  
Must be registered one week prior to the class.

ACS events are open to Military, Retirees, Civilian workforce, Family Members and registered Fort McCoy Volunteers, unless otherwise stated. For information on upcoming training opportunities through ACS, please go to <http://mccoy.armymwr.com> and click on Calendar.





# Resilience & the "Good Stuff" Workshops



## Do you grow and thrive in the face of challenges?

Do you bounce back from adversity? In this series of workshops, you will learn strategies in self-awareness, self-regulation, optimism, mental agility, character strengths and connection to increase your resilience at work and at home.

### 2021 WORKSHOPS

**JANUARY 20:** Resilience/Hunting the Good Stuff

**FEBRUARY 3:** Goal Setting

**FEBRUARY 24:** Acts/Thoughts/Consequences (ATC) Model

**MARCH 17:** Energy Management

**APRIL 7:** Avoid Thinking Traps

**MAY 5:** Detect Icebergs

**JUNE 16:** Problem Solving

**JULY 7:** Put It In Perspective

**AUGUST 4:** Mental Games

**SEPTEMBER 1:** Real-Time Resilience

**OCTOBER 6:** Character Strengths

**NOVEMBER 3:** Assertive Communication

**DECEMBER 1:** Effective Praise & Constructive Responding

Join us for a few workshops or all of them!

*Each workshop is designed as a stand-alone class.*

ALL WORKSHOPS ARE HELD AT:  
Army Community Service  
2111 South 8th Ave  
from 9 - 11 am

Register by calling ACS at  
**608-388-6507**

*Must be registered one week prior to the workshop.*

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 <http://mccoy.armymwr.com> and click on Calendar.



**WHEN YOU'RE  
AT THE BASE,  
COVER  
YOUR FACE!**

