



Fort McCoy MWR Enews

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March 18, 2021 | www.mccoy.armymwr.com | 608-388-7400 | *No endorsement implied*



Ten Point Pub's St Paddy's Celebration

JOIN US FOR A FEW DAYS OF FUN!
Enjoy Green Beer, Corned Beef & Cabbage
Regular Pub Menu also available

March 17 - 19 | Opens at 4 pm
DJ Trivia | March 18 at 5 pm

Ten Point Pub will close for the season starting on March 20



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

To register, please call 608-388-3011
Ages 3 and under are free. Fees due upon registration. Accepting Military Family reservations through March 12.
Open to Civilians Families after March 12. Must be registered by March 19.

	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 (Bring your swimsuits) Rumple Fitness Center 1122 South S St
	SOCIAL RESILIENCE Bowling McCoy's Community Center 1571 South 9th Ave
	SPIRITUAL RESILIENCE Mindfulness ACS Family Building 2161 South J St



COVID-STYLE EASTER EGGSTRAVAGANZA

**Friday, April 2, 2021
Starting at 10 am**
Fort McCoy South Post Housing

Fort McCoy MWR staff and the Easter Bunny will be delivering Easter treat bags to South Post Families.

The Easter Bunny will begin the event by driving through the neighborhood in a Fort McCoy fire truck around 10:30 am. Please come out and give a friendly wave as he goes by!

Event is open to South Post Housing Residents only.

www.mccoy.armymwr.com | www.facebook.com/mccoymwr

Sponsors (no endorsement implied)



McCOY'S COMMUNITY CENTER Building: 1571 Phone: 388-2065



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.mccoy.armymwr.com

FISH SPECIALS

Fish Sandwich | \$8

A breaded cod filet and a slice of cheddar cheese on a toasted bun. Served with tots and a pickle spear.

Fish Basket | \$8.50

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

RUMPEL FITNESS CENTER Building: 1122 Phone: 388-2290

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.

MARCH MADNESS BASKETBALL COMPETITIONS

March 22-24, 2021
Rumpel Fitness Center

Free Throw
Challenge
March 22

Hot Shots
March 23

Super 8
March 24



FROM START TO FINISH 13.1

HAVE YOU ALWAYS WANTED TO COMPLETE A HALF-MARATHON?
Consider joining our running group! First Time? No problem! Ask the front desk for more details.

INITIAL MEET & GREET
March 24 from 11:30 am - 12:00 pm
Rumpel Fitness Center
We will discuss training as a group for the "Rockin Brews Marathon" on September 4 in Monona, WI.

www.mccoy.armymwr.com | 608-388-2290

CHILD & YOUTH SERVICES Building: 1668 Phone: 388-8956



Spring FLING

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 | 608-388-2238

**WE ARE
HIRING**

FORT McCOY MWR IS HIRING
FOR THE FOLLOWING POSITIONS

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

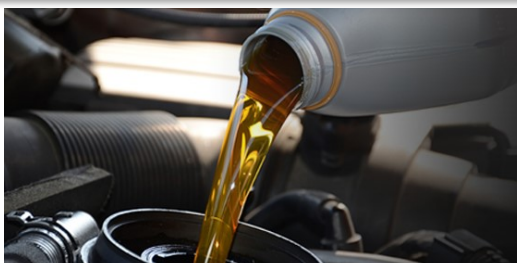
APPLY TODAY! Visit www.USAJOBs.gov
or call NAF Personnel at 608-388-3773



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

RESILIENCE & THINKING TRAPS

Apr 7 | 9 - 11 am | B2111

Join us to learn the resilience skill of avoiding thinking traps. What is a thinking trap? Thinking traps are counterproductive patterns in thinking that can cause us to miss critical information about a situation or individual. Once we challenge our own thinking traps, we are able to enhance understanding and build stronger work and personal relationships. To register [click here](#) or call x6507.

SEXUAL ASSAULT AWARENESS/PREVENTION MONTH (SAAPM) VIRTUAL 5K

Apr 5 - 9

Sexual Assault Awareness and Prevention Month (SAAPM) is recognized in April by both Military and Civilian communities. The Department of Defense observes SAAPM by focusing on creating the appropriate culture to eliminate sexual assault and requiring a personal commitment from all Service Members. Post a screenshot of your 5K time from a smart phone app or fitness tracker to the event discussion board at: www.facebook.com/FORTMCCOYACS Top participants with fastest times will win prizes! For questions, please call x8951. #notjustapril

CASA FOR KIDS-A SPECIAL CHILD ABUSE PREVENTION MONTH EVENT

Apr 7 | 10 am | MS Teams

Learn about one of our local community organizations that work with children who are part of the child welfare system. Court Appointed Special Advocates (CASA) for Kids Program serves children aged birth to 18 whom have been determined by the court to be a

Children in Need of Protection or Services. CASA volunteers have the duty to advocate for and act in the best interest of the child at all times with the goal of helping the child achieve their "forever" home as quickly as possible. To register call x6507.

TRIPLE P INFORMED WORKSHOP: STEPPING STONES

Sessions are available via Microsoft Teams.

Sign up for 1 or all 3! Each session will last approximately 1.5 hours.

Join Mike from The Parenting Place to learn how to manage problem behavior and developmental issues common in children with a disability. It also helps encourage behavior you like, cope with stress, and teach your child new skills.

Apr 8 | 9 am: Positive Parenting for Children with a Disability

Apr 15 | 9 am: Helping Your Child Reach their Potential

Apr 22 | 9 am: Changing Problem Behavior into Positive Behavior

To register call x6507.

BUILD A BIRD HOUSE OR BIRD FEEDER

Apr 15, 20, 22 or 27 | B1130 | 4-6:30 pm

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. Must register at least one week prior - to register call x3505.

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.



SEXUAL ASSAULT AWARENESS/PREVENTION MONTH

Clothesline Project

MWR ACS SHARP

APRIL 1 - 30, 2021

Paper shirts will be available at McCoy's Community Center, the PX and Dining Facilities.

1. Select a paper shirt.
2. Write a message, name or a quote on your shirt.
3. Display your shirt on the clothesline to show support to survivors in your community.

For questions, please call 608-388-8951

HISTORY:
The first Clothesline Project originated in Hyannis, Massachusetts, in 1990 when a member of the Cape Cod's Women's Defense Agenda learned that during the same time 58,000 soldiers were killed in the Vietnam War, 51,000 U.S. women were killed by the men who claimed to love them. The Clothesline Project was developed to raise community awareness for survivors of assault and abuse.

ICE COMMENTS & FEEDBACK
INTERACTIVE CUSTOMER EVALUATION

Month of the Military Child Calendar of Events

APRIL 2021



ENTIRE MONTH OF APRIL

\$5 off Hyper Bowling Premium Package

Bring your Family and come and check out the Hyper Bowling at McCoy's! Just Show your Military ID.

Scavenger Hunt

Bring your family and participate in a scavenger hunt at Pine View Campground to win a round of mini golf.

Read it and Eat It

Saturdays in April. Read a book and make a recipe, as a family, that goes along with it. (Facebook Posts will show the weekly book and recipe idea).

APRIL 1 - 3

Proclamation Signing Event

April 1 | Virtual

Wear Blue for World Autism Awareness Day

April 2

*Resiliency Project: Time Management, ACS

April 2 | School Age Center

APRIL 4 - 10

*Police K9 Visit

April 6 | 9 am | Child Development Center

*Guinness World Record Attempt Virtual Soccer Ball Passes

April 6 | School Age/Youth Center/Child Development Center

Court Appointed Special Advocates (CASA) for Kids

April 7 | 10 am | Virtual via Microsoft Teams

Hosted by Family Advocacy Program

Positive Parenting for Children with a Disability

April 8 | 9 am | Virtual via Microsoft Teams

Hosted by Family Advocacy Program

*CYS Birthday Celebration

April 9 | School Age/Youth Center/Child Development Center

Virtual College and Career Fair

April 10

Sign up at www.nacacfairs.org/attend/national-college-fairs/

*Indicates child must be registered with CYS to participate in the activity



APRIL 11 - 17

Scholastic Virtual Book Fair

April 13 - 26 | School Age/Youth Center/Child Development Center

Autism Workshop

April 14 | 9 am | Virtual via Microsoft Teams | Hosted by ACS

Helping Your Child Reach their Potential

April 15 | 9 am | Virtual via Microsoft Teams

Hosted by Family Advocacy Program

*Resiliency Project: Pinwheel, ACS

April 15 | Child Development Center

Purple Up: Wear Purple for Military Children | April 16

APRIL 18 - 24

Virtual College and Career Fair

April 20 | Sign up at www.nacacfairs.org/attend/national-college-fairs/

Car Seat Check

April 20 | 3:30 - 5:30 pm | PCS Parking Lot

*CYS Take Home Kits

April 22 | School Age/Youth Center/Child Development Center

Changing Problem Behavior into Positive Behavior

April 22 | 9 am | Virtual via Microsoft Teams

Hosted by Family Advocacy Program

APRIL 25 - 30

*Pitch Hit Run

April 26 | School Age/Youth Center

*Storybook Rainbow Walk

April 27 | Child Development Center | Hosted by ACS

Kids and Family Color Run

April 28 | 4 pm | Hosted by Rumpel Fitness Center

*Drive By Donuts and Book

April 29 | 6:30-9 am | PCS Parking Lot/Child Development Center

*Arbor Day

April 30 | 9:30 am | Strong Beginnings | Tree Planting Location TBA

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.



For more information, please call 608-388-8956

www.mccoy.armymwr.com | 608-388-3505

Triple P Informed Workshop:

STEPPING Stones

Virtual Events to
Support Child Abuse
Prevention Month
April 2021

Sessions are available
via Microsoft Teams.

Sign up for 1 or all 3! Each session will last approximately 1.5 hours.

Join Mike from The Parenting Place to learn how to manage problem behavior and developmental issues common in children with a disability. It also helps encourage behavior you like, cope with stress, and teach your child new skills.

April 8 at 9 am

Positive Parenting for Children
with a Disability

April 15 at 9 am

Helping Your Child Reach their Potential

April 22 at 9 am

Changing Problem Behavior into
Positive Behavior



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 lorie.l.retzlaff.civ@mail.mil**

ACS events are open to Military, Retirees, Civilian workRorRe, Family Members and registered Rort MRCoy Volunteers unless otherwise stated. Ror inRormation on upRoming training opportunities through ACS please go to <http://mRRoy.armymwr.Rom> and RliRk on Calendar.

www.mccoy.armymwr.com | 608-388-3505

DID YOU KNOW?

**Childcare & Remote
Education Assistance
are 100% GRANT
for needs caused
by Covid-19**

Visit ArmyEmergencyRelief.org
for more information



AER

AER Childcare/ remote education grant - Affected by COVID-19? Childcare and Remote Education Assistance are 100% grant for valid needs caused by COVID-19. Visit <https://www.armyemergencyrelief.org/news/grants-for-childcare-and-remote-education-assistance> or speak to your chain of command!

Join Our Family
APPLY AT APPLYMYEXCHANGE.COM

Fort McCoy Exchange

Open Positions

Food Service Worker—\$12.70/Hour

Laborer—\$12.70/Hour

(Must have Open Availability)

Customer Experience Assistant—\$10.35+/Hour

Mobile Delivery Driver --\$11.73+/Hour

Contact Information
EDITH WAGNER
Recruitment Manager
608-269-4860



The Exchange

IS HIRING!