

# Fort McCoy MWR Enews

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December 24, 2020 | www.mccoy.armymwr.com | 608-388-7400 | No endorsement implied



### WHITETAIL RIDGE SKI AREA

2020-21

### **Holiday Hours**

Dec 19 - 21: 12 pm - 8 pm Tubing Only

Dec 22 - 25: Closed

Dec 26 - Jan 3: 12 pm - 8 pm





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#### TEMPORARY EXPANSION OF POOL HOURS

Mon - Fri: 6 am-1 pm | Evening Hours: Mon, Wed & Fri: 3:30-5:30 pm Sat & Sun: **CLOSED | Rumpel Fitness Center** One hour lap swimming reservation by appointment only. Call 608-388-2290 to reserve your lane.



608-388-3517/4498 | www.mccoy.armymwr.com | www.facebook.com/whitetallrid



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





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

> **NEW HOURS OF OPERATION Begin December 17**

**Tuesday - Friday:** 11 am - 6 pm

**Saturday, Sunday & Monday:** Closed



#### Don't feel like cooking tonight? Let McCoy's do it for you!

Meatball Stroganoff over Egg Noodles & Vegetable

Kielbasa with Peppers & Onions, Fried Potatoes & Sauerkraut

WEDNESDAY

Meatloaf, Mashed Potatoes, Gravy & Vegetable

Creamy Chicken & Broccoli Enchiladas & Spanish Rice

FRIDAY Large 2 Topping Pizza & 12 Wings





TO PLACE YOUR ORDER. CALL 608-388-2065/7673 Orders must be called in before 1 pm and picked up between 4 - 5 pm

**RUMPEL FITNESS CENTER Building: 1122 Phone: 388-2290** 

#### **BASKETBALL RESERVATIONS NOW AVAILABLE!**

Mon - Fri: 6 am - 5 pm | Sat: 6 am - 1 pm Reservations are limited to a maximum group of three people per hour. No masks required but highly encouraged. Pick up and drop off the basketball with the staff at the front desk.

Basketball not available during 24/7

Call 608-388-2290 to make a reservation.











## The PERFECT GIFT for any occasion!

Gift Cards can be purchased at the Rumpel Fitness Center, McCoy's Community Center or Pine View Campground.

ARMY COMMUNITY SERVICE Building: 2111 Phone: 388-3505

#### **ACS HOLIDAY HOURS:**

Dec 24 - 25: Closed Jan 1: Closed

#### **FAMILY CALENDARS**

Jan 4 - Feb 26 | B2111

Design and create a personalized 2021 calendar with your Family! Spending time together working on a project is a great way to build communication and resilience skills. Click here to send an e-mail or call x6507 to learn how to receive your calendar kit. Kits available beginning Jan 4. Limited supplies available.

#### **NEWCOMER ORIENTATION**

Jan 13 | 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.

#### FAMILY ADVOCACY TRAININGS\*

Annual Troop Education Training | Jan 12 | 9 – 10 am Offered for all Soldiers to be aware of the Family dynamics of spouse and child abuse as well as the Army's policies regarding Family violence.

\*Training will be offered virtually via Microsoft Teams. An active Teams account is highly recommended for quality training.

#### **FY21 FORT MCCOY GARRISON SHARP TRAINING**

Jan 19 | 9 am | Via Microsoft Teams
This training will count as your annual SHARP

Refresher Face to Face Training. To register, please call x8951 or <u>click here</u> to send an e-mail.

#### RESILIENCE & THE "GOOD STUFF" WORKSHOPS

Jan 20 | 9 - 11 am | B2111

Join us to learn how to build your resilience at a series of workshops to teach specific skills. Come to a few or come to them all. Hunting the Good Stuff on Jan 20 will focus on how to counter the negativity bias, create positive emotion and notice and analyze what is good thereby increasing optimism. To register call x6507.

### SFRG FOUNDATIONS TRAINING 3<sup>RD</sup> TUESDAY OF EVERY MONTH

REQUIRED TRAINING FOR ALL SFRG MEMBERS: All Command Teams, SFRG Liaisons and SFRG volunteers are encouraged to attend.

ATTENDEES WILL: Define and understand mission essential activities as outlined in the regulation, Understand SFRG roles and responsibilities, Recognize non-mission essential activities, resources, & professional development opportunities and obtain mandated certification IAW Army Regulation. Register by calling ACS at x6712.

#### 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 email jennifer.l.morris169.civ@mail.mil.

Training available now - August 31, 2021.

### NEW PARENT SUPPORT GROUP FOR MILITARY FAMILIES

Individualized Private Class

For new and expecting parents. Learn about: Period of Purple Crying, Risk factors for SIDS & Safe Sleep. Plus take home additional educational items for your new baby. To register for your private class call or text 608-630-7473 or click here to send an e-mail.



January 8, 2021 | 10 am - 12 pm Army Community Service

2111 South 8th Ave | Fort McCoy, WI

Includes recipes, crafts, resources and more!









### WHITETAIL RIDGE PRICE LIST

2020-21 Season

DAILY PASSES	Public	Mil/DoD
LIFT + TUBING		
Friday Saturday Saturday Evening (3 - 9 pm) Sunday	\$27 \$37 \$27 \$27	\$20 \$30 \$20 \$20
TUBING Anyone under 38" tall must have a waiver signed by a legal guardian		
Friday or Sunday Saturday	\$12 \$17	\$10 \$15
EQUIPMENT RENTAL		
Snowboards, Skis, Snowshoes or Cross Country Skis Helmets, Boots, Poles	\$10 \$5	\$10 \$5

SEASON PASSES Season passholders receive an Intro to Skiing/Snowboarding Class.	Public	Mil/DoD
Single Lift + Tubing	\$250	\$150
Additional Family Member Lift + Tubing	\$125	\$75



#### **HOURS OF OPERATION**

Thursday: 4 - 9 pm (Ski Hill open. Tubing Hill open for group parties only)
Friday: 3 - 9 pm | Saturday: 11 am - 9 pm | Sunday: 11 am - 5 pm





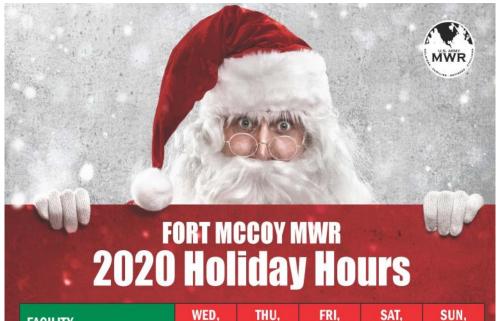
New Hours of Operation Starting on January 2, 2021

Monday, Wednesday & Friday: 9 am - 1 pm
Tuesday & Thursday: 9 am - 1 pm & 2 - 4 pm
(Lunch Break - Closed from 1 - 2 pm)

Saturday & Sunday: CLOSED



Be prepared this holiday season. Army Emergency Relief has over 35 categories of assistance to support Soldiers and their Families. Contact the Fort McCoy AER officer at (608) 408-8079.



FACILITY	WED, DEC 23	THU, DEC 24	FRI, DEC 25	SAT, DEC 26	SUN, DEC 27
Army Community Service	7:30 am - 4:00 pm	Closed	Closed	Closed	Closed
Automotive Skills Center	Closed	Closed	Closed	Closed	Closed
Child Development Center	6:30 am - 5:15 pm	Closed	Closed	Closed	Closed
School Age Center	6:30 am - 5:15 pm	Closed	Closed	Closed	Closed
McCoy's Community Center	11:00 am - 1:00 pm	Closed	Closed	Closed	Closed
Pine View Campground Office	9:00 am - 5:00 pm	Closed	Closed	Closed	Closed
Rumpel Fitness Center	5:00 am - 6:00 pm	5:00 am - 6:00 pm	Closed 24/7 access available	Closed 24/7 access available	Closed 24/7 access available
Whitetail Ridge Ski Area	Closed	Closed	Closed	12:00 pm - 8:00 pm	12:00 pm - 8:00 pm
Ten Point Pub	12:00 pm - 8:00 pm	Closed	Closed	12:00 pm - 8:00 pm	12:00 pm - 8:00 pm



### SEXUAL HARASSMENT/ ASSAULT RESPONSE AND PREVENTION (SHARP)

FY21 ANNUAL REFRESHER TRAINING

This training will count as your Annual SHARP Refresher Face to Face Training

#### THIS TRAINING WILL:

- · Examine strategies to prevent sexual harassment and sexual assault.
- Examine all of our roles in intervening when sexual harassment or sexual assault is present.
- Thoroughly explain reporting processes and procedures for reporting sexual harassment and sexual assault.
- · Discuss support resources available.









### Jan 19, Feb 2 or Mar 2 at 9 am

All classes are held virtually via Microsoft Teams.

To register, please call Garrison SHARP Victim Advocate Ryan at 608-388-8951 or send an email to: ryan.f.harvey.civ@mail.mil

Please check with your supervisor, training coordinator, or designated SHARP personnel (SARC/VA) to see if training is scheduled for your organization/unit.