



Fort McCoy MWR Enews

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April 1, 2021 | www.mccoy.armymwr.com | 608-388-7400 | *No endorsement implied*




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**Sexual Assault Awareness/Prevention Month
SAAPM Virtual 5K**

APRIL 5 - 9, 2021

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 608-388-8951

PINE VIEW CAMPGROUND

*Open for the season
on April 30, 2021.*



www.mccoy.armymwr.com | 608-388-3517



**SEXUAL ASSAULT AWARENESS/PREVENTION MONTH
Clothesline Project**

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.

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.

For questions, please call 608-388-8951

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)



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

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 ideas).

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 9 | 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.nacacairs.org/attend/national-college-fairs/

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



For more information, please call 608-388-8956

Fort McCoy CYS School Age Center 2021 SUMMER CAMP Weekly Themes

JUNE 7 - 11 Adventure is Out There Come explore the world with us! This week we'll experience holidays, traditions, and cuisine from other cultures as we make our way around the globe. We'll practice a Chinese dragon dance, run with the bulls in Spain, cook up a Mexican feast, examine flying foxes in Australia, and visit the Kikuyu tribe in Kenya! No passport necessary!	JUNE 14 - 18 Spy Kids "Never send an adult to do a kid's job." Join us in Spy School as we sneak through laser barriers, become masters of disguise, and crack secret codes to earn our certification as secret agents at the end of the week!	JUNE 21 - 25 Into The Wild As Russell said "The wilderness must be explored!" This week we'll tour the African Safari, help save the Rainforest, observe Kangaroos in the Outback, explore the Everglades in Florida, and swim with dolphins in the ocean! These epic adventures aren't just for Junior Wilderness Explorers!
JUNE 28 - JULY 2 Expedition Read Have you found Where the Wild Things Are? Join us in our imaginary adventures with your favorite books! During this week we will explore other-worldly stories, re-create scenes with art and scrumptious snacks to indulge in. Come see us to kick-start your summer reading competition with a week full of adventure!	JULY 5 - 9 Red, White, & Boom! Let your colors burst! This week honors and highlights the beginning of our nation. Let your colors burst with art projects, stem activities, and experiments. Find your spark and illuminate the world!	JULY 12 - 16 What's on the Chopping Block? Don't bust your chops! We are making cooking champions this summer! From your backyard BBQ to the table. Any way you slice it, this week will be full of competition, fun, and skill level learning and creating delicious dishes to enjoy!
JULY 19 - 23 Sound the Alarm Code yellow! Code yellow! Take cover this week as we explore natural disasters from around the world. From tsunamis and avalanches to earthquakes and volcanic eruptions, buckle up as we recreate these disasters in the safety of CYS! Enjoy this week's ride on the Magic School Bus!	JULY 26 - AUGUST 30 Disgusting Science This week we will discover experiments from the slimy, smelly, creepy side of science! Creating fun new science experiments and classic science projects will have you saying "Yuck!". While adults are busy cleaning up germs, we are building environments to make bacteria grow. Are you willing to conquer your fears and join us for this week of gross science?!	AUGUST 2 - 6 Blast from the Past 65 million years ago...the dinosaurs had a really bad day! This week we will be discovering the world back when the dinosaurs roamed. We will learn about cave men, surviving the Stone Age, and the creatures that crept!
AUGUST 9 - 13 Shark Week Dive deep into the ocean with us this week and learn about what is lurking in the waters! We will be creating shark habitats, going on virtual deep sea dives, and creating edible shark snacks!	AUGUST 16 - 20 To Infinity and Beyond! 3, 2, 1... Blast off! Join us this week for an out of this world adventure! We will be making our own rockets, creating moon sand, and participating in virtual tours of the galaxy!	AUGUST 23 - 27 CYS Olympics Spent your summer inside? Miss running around with your friends? Join us for our annual CYS field day! From agility courses to water balloon launching, this week will be action packed! Do you have what it takes to be an Olympian?

For more information, please call 608-388-4373

RUMPEL FITNESS CENTER Building: 1122 Phone: 388-2290

BATAAN Memorial Death March Virtual Edition

COMPLETE YOUR MARCH ON OUR COURSE!
April 9-18, 2021
Whitetail Ridge Chalet
Fort McCoy, WI

Register to participate in this virtual race at
www.bataanmarch.com

Call 608-388-3517 for additional information

FROM START TO FINISH 13.1

Apr 26 | 11:30 am —12:00 pm

Rumpel Fitness Center

Have you always wanted to complete a half-marathon? Consider joining our running group! First time? No Problem! Ask the front desk for details. Join us for the initial meet and greet where we will discuss training as a group for the "Rockin Brews Marathon" on September 4 in Monona, WI.

COMPLIMENTARY

Car Seat Checks

April 1 - 31, 2021
Building 1681

In honor of the Month of the Military Child, the Department of Emergency Services is offering complimentary car seat checks.

Call 608-388-2000 to schedule your appointment.



No endorsement implied



WE ARE HIRING

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

SEXUAL ASSAULT AWARENESS/PREVENTION MONTH

Teal Tuesdays & Thursdays

Engage your voice and support sexual assault awareness and prevention by simply wearing teal every Tuesday and Thursday in April.

The color teal became the nationally recognized color for sexual violence awareness and prevention in 2001.

Sexual Assault Awareness and Prevention Month (SAAAPM) is recognized in April by both military and civilian communities. The Department of Defense observes SAAAPM by focusing on creating the appropriate culture to eliminate sexual assault and requiring a personal commitment from all personnel.

Post a picture on the ACS Facebook Page with the hashtag #SAAAPM2021 to show your support of survivors and your pledge to help prevent sexual assault.



Fort McCoy SHARP 24/7 Hotline 608-388-3000 | DoD Safe Helpline 877-995-5247

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.

NEWCOMER ORIENTATION

Apr 14 | 8 am - 12 noon | McCoy's Community Center
The Fort McCoy Newcomer Orientation is in person. 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 0800. To register, please call x2359.

AUTISM AWARENESS WORKSHOP

Apr 14 | 9 - 11:30 am | B2111

Join us for an informational workshop on Autism for

parents & caregivers. Topics include: Autism Spectrum Disorder (ASD)—What We Know, Dispelling the Myths, A Parent Perspective, ASD and Abuse, Tools for Parents, Tools for Children & Military Resources. To register, call x7262.

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.

ICE COMMENTS & FEEDBACK
INTERACTIVE CUSTOMER EVALUATION



CASA For Kids

A SPECIAL CHILD ABUSE PREVENTION MONTH EVENT

April 7, 2021 at 10 am
Virtual Event (via Microsoft 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.



PRESENTER:

Jessie Fortuna

Jessie is a social worker for the CASA for Kids Program Director. She been with YWCA La Crosse for 12 years and has worked in the CASA for Kids Program for 10 of those years. CASA for Kids recruits, trains and supervises volunteers in our community to advocate for children who have been abused and neglected and are in our child welfare system. CASA serves around 100 children a year, utilizing around 45 volunteers.



TO REGISTER, please send an email to: lorie.l.retzlaff.civ@mail.mil

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 mccoymwr.com and click on Calendar.

GET IN TOUCH:



2111 South 8th Ave. Fort McCoy, WI



mccoymwr.com



608-388-3505



facebook.com/fortmccoyacs



EFFECTIVE PRAISE

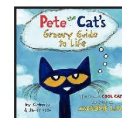
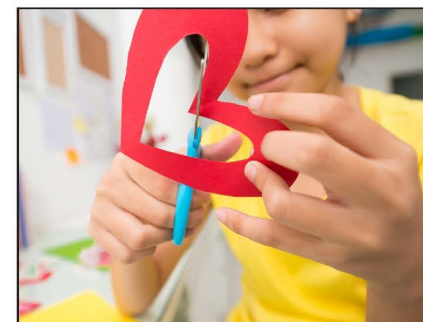
Drive-Thru Craft Kit



“Be kind, for everyone you meet is fighting a hard battle” – Plato

Join us in this Card Making Challenge!

Each participant will receive a card kit that contains cards, envelopes, decorations as well as an Effective Praise Resilience Skill Packet. The idea is to create cards and send them to someone else to spread kindness and hope.



Once the cards are completed, send a picture of the card and the addressed envelope to tammie.j.noef@mail.mil

This is part of a series of Drive-By Resilience Kits. Complete all 3 kits to receive the book “Pete the Cat's Groovy Guide to Life!”

Sign up to receive your craft kit by calling 608-388-4373 or send an email to: tammie.j.noef@mail.mil

Card Making Kits will be picked up at the Fort McCoy Youth Center (B1792) on April 22, 2021 from 12:00 pm - 5:00 pm.

Sign Up Deadline: April 8, 2021. Kits are available for CYS eligible students between 10 - 18 years old.

For questions or to register your youth, please call 608-388-4373

Triple P Informed Workshop:

STEPPING Stones

Virtual Events to
Support Child Abuse
Prevention Month
April 2021



EFMP
Exceptional
Family Member
Program



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

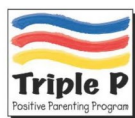
Positive Parenting for Children
with a Disability

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.

MILITARY SAVES MONTH

LET MILITARY SAVES HELP YOU
achieve your savings and debt reduction goals. Make a commitment to
yourself by taking the Military Saves Pledge. We will keep you motivated
with advice, tips, and reminders sent by email or text message. Think of
us as your own personal financial support system.

**TAKE THE PLEDGE TO
SAVE AUTOMATICALLY**

MilitarySaves.org

*Use of U.S. Department of Defense (DoD) visual information does not imply or constitute DoD endorsement.

Protecting Our People Protects Our Mission

SEXUAL ASSAULT AWARENESS/PREVENTION MONTH

SHARPen Your Knowledge

Look for the SHARP informational awareness tables
at various locations throughout the month. Spin the
SHARP wheel and learn about SHARP resources.

Post a picture on the ACS Facebook Page with the hashtag
#SAAPM2021 to show your support of survivors and your
pledge to help prevent sexual assault.

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 personnel.

Fort McCoy SHARP 24/7 Hotline 608-388-3000 | DoD Safe Helpline 877-995-5247

 FORT MCCOY CYS YOUTH CENTER Summer Camp Weekly Themes 		
JUNE 7 - 11	<p>THEME: Minute to Win It You've got one minute to win it! Who is the fastest of them all? Minute to Win It is an international game show franchise where contestants take part in a series of 60-second challenges that use objects that are commonly available around the house.</p> <p>PIZZA FROM AROUND THE WORLD Hungary's Langos Pizza</p>	<p>RESILIENCE SKILL OF THE WEEK <i>Hunting the Good Stuff</i> Counteract the negativity bias, create positive emotion, and notice and analyze what is good.</p>
JUNE 14 - 18	<p>THEME: The Cruisin Cuisine Have you always wondered about food trucks and how they get started? Youth will spend the week creating their own food truck (idea), complete with a menu, logo and business proposal. Entrepreneur skills such as creating a proposal for investors, estimating financing, working on a timeline and task delegation will be the focus of this week should you ever wish to start your own business. The Cruising Cuisine Proposal is a Keystone Project.</p> <p>PIZZA FROM AROUND THE WORLD Japan's Okonomiyaki Pizza</p>	<p>RESILIENCE SKILL OF THE WEEK <i>Problem Solving</i> Accurately identify what caused the problem and identify solution strategies.</p>
JUNE 21 - 25	<p>THEME: Water World Let's get wet and wild! Youth will splash into summer with fun water games and activities. This week we will have a variety of water play and water themed activities to cool off from the summer heat!</p> <p>PIZZA FROM AROUND THE WORLD Italy's Neapolitan Pizza</p>	<p>RESILIENCE SKILL OF THE WEEK <i>Avoid Thinking Traps</i> Identify and correct counterproductive patterns in thinking through the use of Mental Cues and Critical Questions.</p>
JUNE 28 - JULY 2	<p>THEME: Let's Get Stringy Let's be creative! Have you ever found anything on Pinterest that you just had to create? This week will be the week for that. We will be working on a variety of projects using string art.</p> <p>PIZZA FROM AROUND THE WORLD Germany's Flammkuchen Pizza</p>	<p>RESILIENCE SKILL OF THE WEEK <i>Mental Games</i> Change the focus away from counterproductive thinking to enable greater concentration and focus on the task at hand.</p>
JULY 5 - 9	<p>THEME: Workforce Prep This week is a pre-employment training designed to teach essential workplace readiness skills and professional etiquette. Youth will focus on such topics as career exploration, financial literacy, conflict resolution, resume/cover letter development and opportunities to continue education and social growth.</p> <p>PIZZA FROM AROUND THE WORLD India's Tikka Pizza</p>	<p>RESILIENCE SKILL OF THE WEEK <i>Assertive Communication</i> Communicate clearly and with respect. Use the IDEAL model to communicate in a confident, clear, and controlled manner.</p>
JULY 12 - 16	<p>THEME: Diplomas to Degrees What do colleges require? Let's find out! Youth will tour colleges and use resilience skills to consider career and colleges choices. They will also consider finance options to pay for college.</p> <p>PIZZA FROM AROUND THE WORLD Korea's Kimchi Porkbelly Pizza</p>	<p>RESILIENCE SKILL OF THE WEEK <i>Goal Setting</i> Understand the key components of the Goal Setting process and practice the skill so it can be used independently to plan for achieving personal and career goals.</p>

For additional details, please call 608-388-4373

 FORT MCCOY CYS YOUTH CENTER Summer Camp Weekly Themes 		
JULY 19 - 23	<p>THEME: Veterinary Science Who let the Dogs out!! Veterinary Science deals with the causes, diagnosis, and treatment of diseases and injuries of animals, especially domestic animals. Youth will explore of a variety of activities such as learning how to suture and diagnose animals. Youth will also work on animal toys and treats to donate to the animal shelter.</p> <p>PIZZA FROM AROUND THE WORLD Thailand's Spicy Peanut-Free Sauce Pizza (substituted with Sunbutter)</p>	<p>RESILIENCE SKILL OF THE WEEK <i>Real-Time Resilience</i> Shut down counterproductive thinking to enable greater concentration and focus on the task at hand.</p>
JULY 26 - 30	<p>THEME: Just Do It! This week will test your fitness skills, sportsmanship, teamwork and ability to let loose and have some fun! Monster ball, dodge ball, toga, relays, blind fold obstacle course, team challenge games, and drop the ball are just a few of the game challenges youth will face.</p> <p>PIZZA FROM AROUND THE WORLD Turkey's Spiced Lamb</p>	<p>RESILIENCE SKILL OF THE WEEK <i>ATC</i> Identify your Thoughts about an Activating Event and the Consequences of those Thoughts</p>
AUGUST 2 - 6	<p>THEME: Survivalist Can you be the Ultimate Survivor? Youth will learn a variety of survival skills. Youth will be putting up tents, outdoor games, charades, learning about nutrition and hydration, extreme temperatures and even cooking over a fire!</p> <p>PIZZA FROM AROUND THE WORLD Mexico's Grilled Nacho Pizza</p>	<p>RESILIENCE SKILL OF THE WEEK <i>Character Strengths - Using Your Strengths with Others</i> Identify strengths in yourself and in others to improve teamwork, overcome challenges and be the most effective leader you can be.</p>
AUGUST 9 - 13	<p>THEME: Photography Let's get picture perfect! Taking on a photography project is a great way to get yourself out of a photography rut and to bring some focus to your picture-taking. Youth will learn about cameras and different types of Photography. Youth will enjoy a variety of fun projects!</p> <p>PIZZA FROM AROUND THE WORLD Ethiopia's Missir Wot Pizza</p>	<p>RESILIENCE SKILL OF THE WEEK <i>Put It In Perspective</i> Stop catastrophic thinking, reduce anxiety, and improve problem solving by capturing the Worst Case Thoughts, generating Best Case Thoughts, and identifying Most Likely outcomes of a situation.</p>
AUGUST 16-20	<p>THEME: Chopped So you think you can cook? I challenge you! Each day you will choose a new cooking challenge. You will be given a list of ingredients and a list of cooking supplies you may use (and only use), but no recipe. You will have 2 hours to research, cook, clean up, and present to the judges. Your team work skills will be challenged. At the end of the week the winning team will be announced.</p> <p>PIZZA FROM AROUND THE WORLD Greece's Greek Pizza</p>	<p>RESILIENCE SKILL OF THE WEEK <i>Active Constructive Responding</i> Respond to others' good news in a way that strengthens relationships.</p>
AUGUST 23 - 27	<p>THEME: Ready and Resilient Let's Bounce! Resilience was defined by most as the ability to recover from setbacks, adapt well to change, and keep going in the face of adversity. This week youth will learn how to bounce back from life's adversity as well as enjoy a variety of fun challenges.</p> <p>PIZZA FROM AROUND THE WORLD United State's American Pizza</p>	<p>RESILIENCE SKILL OF THE WEEK <i>Assertive Communication - Knowing Yourself</i> Identify Character Strengths in yourself in order to recognize what is right with you.</p>

For additional details, please call 608-388-4373