



Fort McCoy MWR Enews

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March 7, 2019 | www.mccoy.armymwr.com | 608-388-7400 | *No endorsement implied*

WIN A BOAT LOAD

OF LA CROSSE COUNTY



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Pearl Street Brewery Tour



HOSTED BY FORT MCCOY MWR

MAR 16, 2019

\$20 PER PERSON

Includes transportation, brewery tour and beer samples. Will stop for food (at your own expense).

11:30 AM
DEPART

5 PM
RETURN

Pick up and drop off location:
McCoy's Community Center (B1571)



REGISTER BY CALLING
608-388-3011 BY MAR 8.

Open to all Fort McCoy employees and their guests. Must be 21 years or older. All registrations are final - no refunds.

www.mccoy.armymwr.com



WHITETAIL RIDGE HOURS & SEASON FINALE

Fri: 4 pm - 9 pm

Sat: 10 am - 9 pm & Sun: 12 - 6pm

Two ski/snowboarding runs open and 5 tubing lanes. Trails are groomed for cross country skiing and snowshoeing. Season Finale event is scheduled for March 16.



SKIES SWIMMING LESSONS

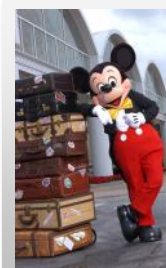
Apr 6, 13, 20 & 27 | \$25

Rumpel Fitness Center | 10:30-11 am

Parent/Tot (6 months and up)

All children need an adult with them in the pool during the entire class.

Enroll by calling 608-388-8956 or 608-388-4373.



DISNEY & UNIVERSAL TICKETS

Contact Martha at Leisure Travel Services for discounts at Disney World, Disney Land and Universal Studios. Call 608-388-3011 for more information on how to order.



MIND-BODY WORKSHOP

Apr 8 | 10:30 am - 12 pm | Bldg 1571

Workshop based on the latest scientific research showing emotional intelligence can be improved through practicing mind-body techniques. Free lunch buffet with drink for attendees at 11:30 am. Call 608-388-2359 to register by April 3.

McCOY'S COMMUNITY CENTER

Building: 1571 Phone: 388-2065

MARCH FOOD SPECIAL

Hot Italian Sub | \$5.50
Ham, salami, pepperoni, Italian blend of cheeses, green peppers, diced tomatoes and black olives all severed on a toasted bun. Make it a combo for only \$2.50 more, which includes fries and a drink.



FIESTA FRIDAYS

Macho Nachos & Corona \$9.25

Fridays only in March from 4 pm—close. Get Macho Nachos and an ice cold Corona. Come celebrate the end of the work week with us!



Tanger Mall Bus Trip

HOSTED BY FORT MCCOY MWR

MAR 30, 2019

\$20 PER PERSON
Lunch at your own expense.

10 AM
DEPART

4 PM
RETURN

Pick up and drop off location:
McCoy's Community Center (B1571)

REGISTER BY CALLING
608-388-3011 BY MAR 22.
Open to all Fort McCoy employees and their guests. All registrations are final - no refunds.

www.mccoy.armymwr.com

RUMPEL FITNESS CENTER

Building: 1122 Phone: 388-2290

MARCH BASKETBALL COMPETITIONS

MARCH MADNESS BRACKETS

Bracket will be posted at the Fitness Center after Selection Sunday on March 17. Brackets must be submitted before 8 pm on March 18. Prize awarded to the participant that accumulates the most points.

3V3 BASKETBALL TOURNAMENT

March 13 | 4:30 pm
Min. 3 team members; max. of 5. Teams can be co-ed. Prizes for the first place team. Must be registered by March 11.

SUPER 8

March 18 | Register for a time slot
Complete the following 8 shots: jump, 3 pointer, free throw, lay up, back board, swish, granny and fade away.

HOT SHOTS

March 19 | Register for a time slot
Shoot from designated areas with varying degrees of difficulty. Participant with highest score will receive a prize.

FREE THROW CONTEST

March 20 | Register for a time slot
Participants have 1 minute to make as many free throws as possible.

McCOY'S COMMUNITY CENTER

March Drink Specials



JAMESON DELIGHT

Jameson Irish Whiskey, Bailey's Irish Cream, Splash of Cherry Juice, Garnished with a Cherry \$7.50

SHAMROCK JUICE

Tanqueray Gin, Smirnoff Vodka, Blue Curacao & Orange Juice. Garnished with an Orange Slice \$7.50

LEPRECHAUN

Jameson Irish Whiskey & Tonic Water with a Lime Wedge \$3.50

Enjoy a GREEN BEER on St. Patrick's Day (March 17)





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

CONNECT THE TOTS PLAYGROUP

Mar 12 and 19 | 9:30 - 11 am | B2161

Our playgroups contains toys, books, and other materials to help strengthen each child's cognitive, physical, and creative selves, and to help promote social-emotional skill building through play. Call 608-388-2412 to register.

ACTS OF KINDNESS WORKSHOP - RESCHEDULED

Mar 16 | 9:30 am - 4 pm | B2161 | (1 hour early start time for EFMP Families)

Create greeting cards for family and friends as well as a card/note to be sent to a deployed service member. Learn about volunteering and other acts of kindness to share throughout the year! Sign up for a 2-3 hour block of time. Call x6507 to register.

FY19 SHARP ANNUAL REFRESHER TRAINING

Mar 12 | 9 - 10:30 am | B2111

FY19 SHARP Annual Refresher Training for all Soldiers and DA Civilians must be completed NLT Sep 30, 2019. Register by calling x8951.

NEWCOMER'S ORIENTATION

Mar 13 | 8:15 am - 2 pm | B2111

The Newcomer Orientation is open to new installation personnel and their spouses. It provides briefings by representatives from various activities regarding the services they offer and includes a tour of the installation. Call x2359 to get registered.

MIND-BODY WORKSHOP

Apr 8 | 10:30 - 12 Noon | McCoy's Community Center

The goal of this workshop is to build awareness of the physical and emotional reactions to stress and trauma, and teach appropriate self-regulation and self-care. This training, limited to 20 participants, is a collaborative effort between the American Red Cross and Army Community Service for the benefit of the Fort McCoy community. Free lunch buffet with a drink for all registered attendees. Register no later than Apr 3.

FRG FOUNDATIONS

Apr 26 | 8:00 am - 3:30 pm | B2111

If you are new to an FRG Position, need a refresher or are a Command Team member with burning questions, come to FRG Foundations. There will be an overview of every FRG component as a lead-in to future, in-depth and subject-focused classes. Call x6712 to register.

LOVE AND LOGIC

May 16, 23 and 30 | 8:30 - 11:30 am

Raise children who are self-confident, motivated, and ready for the real world with this win-win approach to parenting. Your children win because they learn to solve their own problems while gaining confidence to meet life's challenges. You win by establishing healthy control—without resorting to anger, threats, nagging or exhausting power struggles. Must attend all 3 sessions. Call x6412 to register.

VOLUNTEER OPPORTUNITY

Looking for volunteers (including Families) to participate in a role-playing scenario at Fort McCoy on March 19. Curious? Interested? Contact lorie.l.retzlaff.civ@mail.mil or x6507 for more information.

INCREASE YOUR LEARNING POWER!

Army Community Service's Resource Library contains a wide variety of topics including:

- ✓ Deployment
- ✓ Employment
- ✓ Finance
- ✓ Parenting
- ✓ Relocation
- ✓ Resiliency
- ✓ And More!

We also have a selection of children's books. Books can be checked out for a one month period.



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Fort McCoy MWR**

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& FEEDBACK**
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CONCERT SERIES**

MAY 25 & 26

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**FOR TICKETS CALL 608-253-4000
OR VISIT US AT**

WWW.DELLSPALACE.COM

BOWLING FUN FOR EVERYONE!



FEATURES:

- 8 Lanes
- Automatic Scoring
- Bumper Bowling
- Birthday Parties

LOCATED AT:

**McCoy's Community Center
Bldg 1571
Mon - Fri: 11 am - 10 pm**

Visit mccoy.armymwr.com or call 608-388-7060 for more information



ACTS OF KINDNESS WORKSHOP

March 16, 2019 | 9:30 am - 4 pm*
2161 South 8th Ave

**In recognition of Random Acts of Kindness Week
(Feb 11-17), spend time together paying it forward.**

Join us to create greeting cards for Family and friends and gain new ideas to make a difference in someone's day. Each attendee will also create a card/write a note to be sent to a deployed Service Member.

- All materials supplied
- Class size is limited
- Children must be accompanied by an adult

TO REGISTER, CALL ACS AT 608-388-6507.

*1 hour early start time for EFMP Families

Sign up for a 2 - 3 hour block of time; must be registered by March 13.

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/us/mccoy/programs/army-community-service> and click on Community Support Calendar.

