



Fort McCoy MWR Enews

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April 18, 2019 | www.mccoy.armymwr.com | 608-388-7400 | *No endorsement implied*

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FORT MCCOY CYS YOUTH CENTER

LOCK-IN



#WEOWN FRIDAYS!



Friday, April 26 at 5 pm thru
Saturday, April 27 at 8 am*
Fort McCoy CYS Youth Center
Cost: \$15

5 pm: ACR Resilience Activity
6 - 7 pm: Dinner
6 - 8 pm: Craft Time Studio's
Sign Making
8 - 11 pm: Magic The Gathering
Draft Tournament
Youth will keep drafted cards



ADDITIONAL ACTIVITIES: Open Gym, PS4 Virtual
Reality, Robotics, Table Top Games, Art, MTG Standard Showdown
6 - 7 am: Breakfast
8 am: Parent Pick Up Youth

*Open to 6th-12th graders. 6th graders may stay until 11 pm; 7th - 12th graders may choose to spend the night. Must be registered with CYS. Min. of 10 kids. Payment & permission slips must be signed and returned to CYS by April 18.

For questions, please call 608-388-4373



MCCOY'S LUNCH BUFFET

Monday - Friday
11 am - 1 pm

McCoy's Community Center
Buy 10 lunch buffets, get the 11th
buffet FREE! Ask for the cashier for
a punch card.



ADMINISTRATIVE ASSISTANT'S DAY

Apr 24 | **McCoy's Community Center**
Show your appreciation for the amazing
Admin in your workplace with a cookie
balloon bouquet. Bouquet includes one
dozen cookies, 2 latex balloons, 1 mylar
balloon and card for \$10. Delivery is an
additional \$3.



PINE VIEW CAMPGROUND 2020 RESERVATIONS

Register early and rent a campsite, a
spacious camper or one of our beautiful
cabins. Call 608-388-3517 or register
online at mccoy.armymwr.com to ensure
you reserve the dates you want for 2020!



DJ TRIVIA

Every Thursday | 5 - 7 pm
McCoy's Community Center
Get your team together and join us for
some trivia fun! Free to play. Prizes
awarded to the weekly winners.
Must be 18 years or older to play.

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

APRIL SPECIALS

Reuben Sandwich

\$7

Come try our Reuben sandwich composed of corned beef, Swiss cheese, sauerkraut, and Russian dressing, grilled between slices of marbled rye bread. Make it a combo for only \$2.50 more, which includes fries or chips and a drink.



Bowling Bogo | Mondays Only

Buy one game of bowling—get one FREE!

FORT McCOY MWR House On The Rock Bus Trip



MAY 18, 2019

\$45 PER PERSON

*Includes transportation & admission ticket.
Lunch purchased separately.*

**8 AM
DEPART**

**3 PM
RETURN**

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



**REGISTER BY CALLING
608-388-3011 BY MAY 10**

*Open to all Fort McCoy employees
and their guests.*

www.mccoy.armymwr.com



Thank You Sponsors



(Sponsors (no endorsement implied))

CHILD & YOUTH SERVICES

Building: 1668 Phone: 388-8956

FAMILY GAME NIGHT

Apr 24 | 4 - 5 pm | B1792

Join us for a fun night and a little friendly competition. Families are able to enjoy a snack together and choose from activities throughout the center, including; board games in the atrium, Dance, Dance Revolution in the gym, and foosball and pool in the STEM room.

- Must be registered with CYS to attend
- K-12th graders

Stop by the School Age Center or call 608-388-4373.
Must be registered by April 22.

RUMPEL FITNESS CENTER Building: 1122 Phone: 388-2290

SHARP FUN RUN

Apr 30 | 7 am | Rumpel Fitness Center
Bring awareness to sexual assault by joining us at the SHARP Fun Run. Dress in teal to show your support. Let's band together to bring awareness to the Army SHARP Program. No registration needed.



Wellness Fair | May 15 | Rumpel Fitness Center

- 5K Run / 2 Mile Walk; Start Time 10:15 am
- Area businesses showcase their products and services from 11 am - 1 pm

South Post 5K | May 25 | 9 am South Post Community Center

- 5K Run / Stroller Family Walk

Run, Splash, Lift Challenge | May 21-23 Rumpel Fitness Center

- Team will be made of one male and one female.
- May 21: Team will run a 5K on the treadmill.
- May 22: Team will swim 500 meters.
- May 23: Team will flip a tire for 30 seconds.
- Team with best combined score will win.

STEP 1 Attend featured fitness events at your garrison

STEP 2 Wear your Strong B.A.N.D.S. wristband throughout May to show your commitment to a healthy lifestyle.

STEP 3 Gain valuable fitness tips throughout May by visiting ArmyMWR.com/StrongBANDS

REACH YOUR PEAK



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ArmyMWR.com



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Bowling Birthday Parties



McCOY'S COMMUNITY CENTER (B1571) | CALL 608-388-7060 TO BOOK YOUR PARTY TODAY!

ARMY COMMUNITY SERVICE
Building: 2111 Phone: 388-3505

DENIM DAY

Apr 24

In an effort to bring awareness to those that have been affected by sexual violence, Garrison Civilians are authorized to wear denim on this day.

WALK OF SPEAKING UP

Apr 24 | 2-3 pm | NCOA B1364 Parking Lot

Please join us for a walk to support those who have been sexually assaulted or harassed.

NCOA'S S.A.F.E. CHALLENGE OBSTACLE COURSE

Apr 26 | 1 - 4:30 pm | NCO Academy Grounds

Come join ACS FAP, EFMP, and SHARP at the NCOA's S.A.F.E. Challenge. This is an April Awareness event - get involved to show your support! Call x2812 for information.

VOLUNTEER FOR FORT MCCOY - S.A.F.E. CHALLENGE OBSTACLE COURSE

Apr 26 | 11 am - 4:30 pm

Assist at an obstacle or help with information tables at the S.A.F.E. Challenge Obstacle Course. Work all day or a shift. Contact lorie.l.retzlaff.civ@mail.mil or 608-388-6507 to make sure you are a registered Fort McCoy Volunteer and for more information.

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.

PCS OPEN HOUSE

May 1 | 11 am - 1 pm | McCoy's Community Center, B1571

Do you have orders to PCS from Fort McCoy to a new duty location? Stop by McCoy's during our open house to pick up information on your new location. Representatives from Relocation Readiness, EFMP, the Passport Section, Personal Property Office, School Liaison Officer, and Housing will be available. Info tables, children's relocation materials, maps, and other relocation items will also be available. For more information, or to register ahead of time, please call ACS at 608-388-2359.

VOLUNTEER RECOGNITION BANQUET - RESCHEDULE

May 2 | 5 - 8 pm | McCoy's Community Center (By Invitation only)

Due to the inclement weather on April 11, the Volunteer Recognition Banquet is rescheduled for Thursday, May 2 at the same time. The banquet will honor volunteers serving Fort McCoy garrison in calendar year 2018. RSVPs are due to lorie.l.retzlaff.civ@mail.mil or 608-388-6507 on or before April 26.

FY19 SHARP ANNUAL REFRESHER TRAINING

May 7 and 29 | 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.

CONNECT THE TOTS PLAYGROUP

May 7 | 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.

NEWCOMER'S ORIENTATION

May 8 | 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.

INTERNET SAFETY

May 9 | 6 - 7 pm | South Post Community Center

What apps are my teenagers using? Do you need to establish cell phone rules but don't know where to start? What are some of the new dangers parents need to be aware of? To register, click here to send an e-mail or call x2412.

ICE COMMENTS
& FEEDBACK
INTERACTIVE CUSTOMER EVALUATION

UNITED STATES ARMY
CHILD & YOUTH SERVICES

FORT MCCOY CYS YOUTH CENTER

Summer Camp

Weekly Themes



June 10 - 14

Splash in Summer

Meet new peers and splash into summer with the Youth Center! This week we will have a variety of water themed activities to cool off from the heat and to kick off the summer vacation! Field trips include a trip to Noah's Ark in Wisconsin Dells.

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RESILIENCE SKILL OF THE WEEK
Hunting the Good Stuff
Counteract the negativity bias, create positive emotion, and notice and analyze what is good.



June 17 - 21

Social Summer

Teens are social media experts, but are they also experts in how to use those platforms appropriately? This week, youth will delve into ways to have fun with social media while being safe. Youth will also discuss cyber-bullying and work together to create a campaign to prevent bullying. Is the next social media sensation in our mix?! Youth will also have the chance to explore videography and shoot their own videos! Field trips include the Escape Room in La Crosse.

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RESILIENCE SKILL OF THE WEEK
Assertive Communication Part 1
Understand how social media and texting influence communication and when it is appropriate to use them.



June 24 - 28

ABCs to College Degrees

Have you started to think about college and wonder what options you have and what requirements you should be preparing for now? Let's find out! Youth will tour area colleges and participate in a variety of activities to explore education and career fields that may interest them. Field trips include the University of Wisconsin-La Crosse, Viterbo College, and The University of Wisconsin - Madison.

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RESILIENCE SKILL OF THE WEEK
Problem Solving
Accurately identify what caused the problem and identify solution strategies.



July 1 - 5

Artful Antics

Let's be creative! Have you ever found anything on Pinterest that you just had to create? This will be the week to test those ideas! There will be a variety of projects that you can choose from such as: collages, hand-made stamps, mixed media, foil on illustration board, artist trading cards, mail art, goo, and much more. Let's get messy and create!

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RESILIENCE SKILL OF THE WEEK
Real-Time Resilience
Shut down counterproductive thinking to enable greater concentration and focus on the task at hand.



July 8 - 12

Agility Warriors

This week will test your fitness skills, sportsmanship, teamwork and ability to let loose and have some fun! Monster ball, dodge ball, tag games, relays, craters vs volcanoes, a blindfold obstacle course, and balloon games are just a few of the fun challenges youth will face. Field trips include a trip to the Ropes Course in Wisconsin Dells.

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RESILIENCE SKILL OF THE WEEK
ATC
Identify your thought about an Activating Event and the Consequences of those thoughts.



July 15 - 19

Calling All Carpenters

This is your chance to create some awesome woodworking projects! Youth will work on measuring, drilling, and hammering to create many DIY projects. Youth will also be able to create pallet art to display at home. Field trips include Wizards Quest and the outdoor mall in Wisconsin Dells.

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RESILIENCE SKILL OF THE WEEK
Goal Setting
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.



For additional details, please call 608-388-4373



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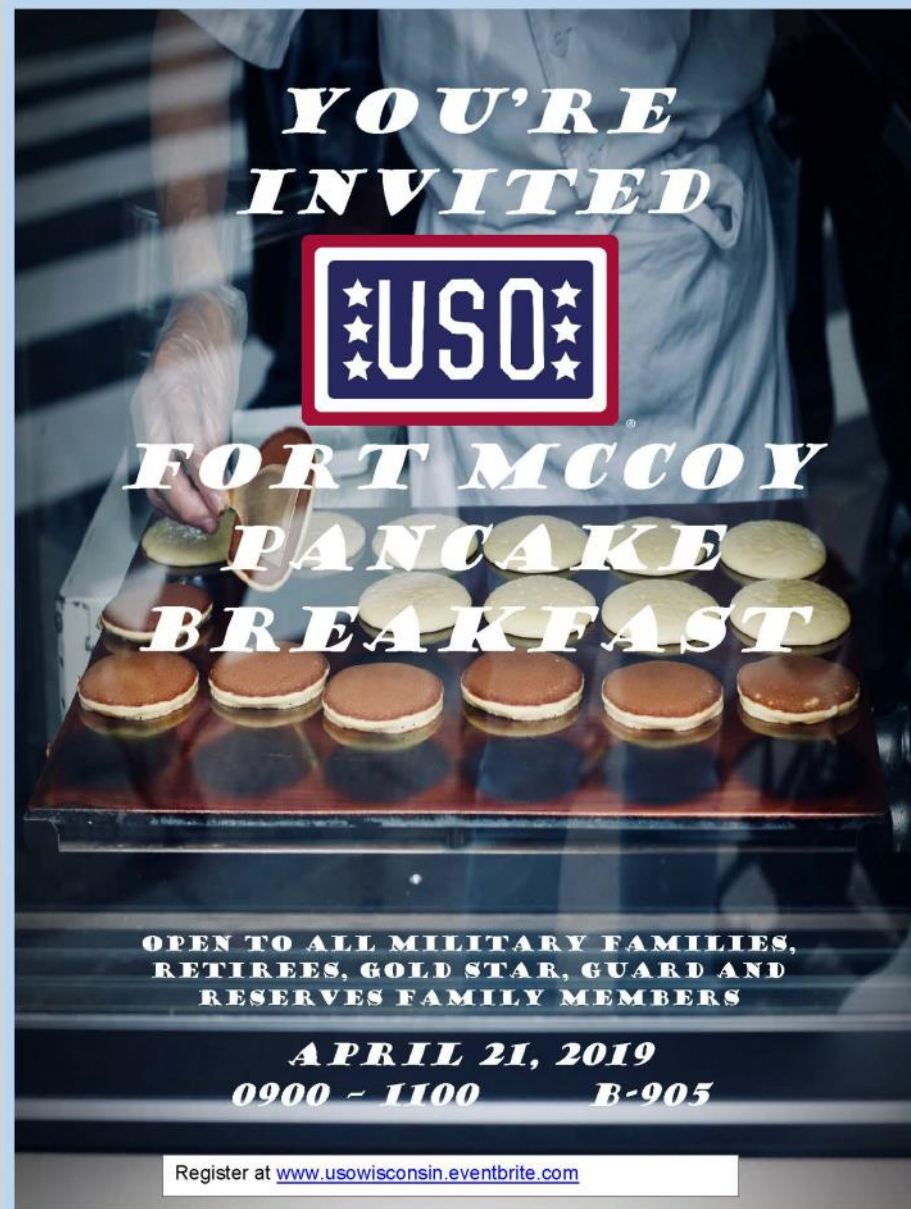
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APRIL 21, 2019
0900 ~ 1100 B-905

Register at www.usowisconsin.eventbrite.com