



# Fort McCoy MWR Enews

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May 2, 2019 | [www.mccoy.armymwr.com](http://www.mccoy.armymwr.com) | 608-388-7400 | *No endorsement implied*



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**MEANS TO SERVE.**

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## Military Appreciation Luncheon

May 9, 2019 | 11 am - 1 pm  
McCoy's Community Center

**FREE LUNCH  
BUFFET & DRINK  
for current or  
retired Military  
members\***



## 2019 FORT MCCOY MWR WELLNESS FAIR



### May 15, 2019 Rumpel Fitness Center

Blood Drive | 5K Run/Walk  
Area Business Showcase

**You are UNSTOPPABLE if you  
BELIEVE in what is ahead!**



## Sprint

# \$50k

Enter to Win



save for your family's future


Switch to  
Sprint Unlimited  
Military and  
**Save 50% Off  
Family Lines.**

Enter to Win

No Purch. Req. Ends 6/30/19. 18+. 50 USD Only. Must be employed at or a member of an eligible company. Void in PR & where prohibited. For rules, visit [https://BusinessSolutions.sprint.com/PicturethePossibilities\\_OfficialRules.html](https://BusinessSolutions.sprint.com/PicturethePossibilities_OfficialRules.html). Sponsor: Sprint Communications Company, L.P.



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



## Fort McCoy CYS School Age Center

# SUMMER CAMP

### Weekly Themes

**JUNE 10 - 14**

**Let's Play A Game**

Come on down to enjoy a week of game show themed activities! We Double Dare you to Beat the Clock! These games will be a great opportunity to kick off the summer by reconnecting with old friends and meeting new friends as well!

**JUNE 17 - 21**

**Wish Upon a Star**

Experience something magical with us as we focus on the wonderful world of Disney! Put your creativity and innovation to the test this week! We will use our creativity to design travel brochures and posters for our dream vacation destinations as well as many other projects. Like Walt Disney said, "If you can dream it, you can do it!"

**JUNE 24 - 28**

**Gross Science**

Join us to create bizarre experiments from the slimy, smelly, creepy side of science! This week we will be discovering bacteria in our everyday lives and environments, make our own boogers, and try our own fear factor experiences!



## 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.

**RESILIENCE SKILL OF THE WEEK**  
Handling the Good Stuff  
Contrast 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 these 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 midst? Youth will also have the chance to explore videography and shoot their own videos! Field trips include the Escape Room in La Crosse.

**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.

**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, go, and much more. Let's get messy and create!

**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, crates as 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.

**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.

**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

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



**RUN, SPLASH, LIFT—3 DAY TEAM CHALLENGE**  
**May 21—23 | Rumpel Fitness Center**  
Run 5K on the treadmill, swim 500 meters and flip a tire for 30 seconds. This is a team event and you must have 1 male and 1 female. Register by calling Rumpel Fitness Center at 608-388-2290.

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

### MAY SPECIAL

**Chicken Bacon Ranch Sandwich | \$6.50**

Try this delicious sandwich with breaded or grilled chicken tenders, bacon, ranch dressing, lettuce and tomato on a toasted bun. Make it a combo for only \$2.50 more.



### THE HOUSE ON ROCK BUS TRIP

**May 18 | 8 am - 3 pm | \$45 per person**  
Includes admission ticket to the House on the Rock and transportation. We will stop to eat at a local restaurant (additional expense). Pick up and drop off location is McCoy's Community Center (B1571). Register by calling 608-388-3011. All registrations are final - no refunds.





## 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

### 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.

### LOVE AND LOGIC

**May 16, 23 and 30 | 8:30 - 11:30 am | B2111**

Raise children who are self-confident, motivated, and ready for the real world with this win-win ap-

proach 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.

### REAL: READINESS ESSENTIALS FOR ARMY LEADERS

**May 21 | 9 - 11 am | B2111**

Family Readiness Group (FRG) Informal Fund Custodian Training. This is required training for all current and incoming FRG Fund Custodians. This class will teach Army Regulations for managing the FRG informal funds and fundraising. It is suggested training for FRG Leaders. Call x6712 by May 15 to register.

### NEW COMMANDERS AND COMMAND SENIOR NCO ADVISORS: LEADERSHIP TRAINING

**May 22 | 8 - 11 am | B2111**

This training is for Commander/Senior NCO Advisors. This training block will fulfill all the training requirements for: Army Substance Abuse Program Brief, Family Advocacy Brief and SHARP Leadership Brief. To register call x3505.

### INTERNET SAFETY FOR TEENS

**June 24 | 1:30 - 2:30 pm | South Post Community Center**

Spend some time with "real" talk about the safety issues teens are seeing and doing on-line. Instagram Live, Snap Maps, O dosing and Chatroulette are just a few of the topics that will be discussed. To register, contact x2412.

ARMY COMMUNITY SERVICE

## Lending Closet

We temporarily loan housekeeping items to incoming or outgoing Fort McCoy employees while their items are in transit.



ITEMS AVAILABLE INCLUDE:

Air Mattresses	Irons &
Tables & Chairs	Ironing Boards
Dish Packs	High Chairs
Vacuum Cleaners	Infant Pack n Plays

STOP IN TO ACS OR CALL 608-388-2359 TO LEARN MORE.



## FORT McCOY Newcomer's Orientation

Open to all new installation personnel and their spouses. Provides briefings on the services available at Fort McCoy.

Offered the second  
Wednesday of each month,  
call ACS at 608-388-2359  
for more details.



**ICE** COMMENTS  
& FEEDBACK  
INTERACTIVE CUSTOMER EVALUATION





# McCoy's COMMUNITY CENTER



**Over 25  
Mud Pits &  
Obstacles!**

**JUNE 8, 2019  
WHITETAIL RIDGE  
FORT MCCOY, WI**

**PINE VIEW  
CAMPGROUND SPECIAL**  
Stay One Night - Get One Night Free!  
Must show proof of Mud Assault registration. Valid on campsites only -  
campsites available for rent. Available June 7-9, 2019 only.

OPEN TO THE PUBLIC - REGISTER TODAY!		
	MAY 1 - MAY 27	MAY 28 - JUNE 8
Children's Race (12 & Under)	\$10	\$10
General Public	Individual: \$35 Group: \$280 (BUY 10 - PAY FOR 8!)	Individual: \$45 Group: \$400 (SAVE \$5 PER PERSON)
Military/DoD	Individual: \$30 Group: \$240 (BUY 10 - PAY FOR 8!)	Individual: \$45 Group: \$400 (SAVE \$5 PER PERSON)

For additional information, visit [www.mccoy.armymwr.com](http://www.mccoy.armymwr.com) or call 608-388-3517



## GET READY FOR GOLF WITH OUR PRACTICE NETS!

RFC has set up nets at Constitution Park in front of building 8212, across the street from the Directorate of Emergency Services, for golfers to practice their swing! It's FREE and always open, so Get Gold Ready!

## PINE VIEW CAMPGROUND'S 2019 Calendar of Events



Enjoy fun, family-friendly activities during the 2019 camping season.

All events will be held at Freddie's Fort located at the top of the beach (unless otherwise indicated). No registration required. All materials will be supplied. Weekend events are subject to change - please call to confirm.

### May 24-26: Mystery Weekend

*Kids' Ghost Stories & Treasure Hunt  
Adult White Elephant BINGO | Tailgate BYOW*

### June 1: Paintball Tournament

### June 8: Mud Assault

### June 14-16: Zoo In The Campground

*Petting Zoo | Father's Day Canoe Parade  
Intro to Canoeing/Kayaking*

### June 22: Wildcat Kayak & Hike

### June 28-30: Kids Camping Fun

### July 4-7: 4th of July Weekend

*Inflatables | Prize Dig | Yard Games | Crafts  
Pork BBQ Competition | Corn Hole Tournament  
Beach Volleyball Tournament | Food, Drink & Music*

### July 12-14: Christmas in July

*Campsite Decoration Contest | Freddie the Fox  
Present Time | Christmas Movie at the Lake*

### July 20: Family Fun Day

*Inflatables | Dunk Tank | Mini Paintball & More*

### July 27: Hike & Bike at Mirror Lake State Park

*Paintball Tournament*

### August 3: Freddie's Amazing Race

### August 8-10: Wet & Wild Weekend

*Water Gun/Balloon Fun | Movie on the Water*

### August 16-18: Haunted Trails

*Campsite Decoration Contest | Outdoor Movie  
Halloween Fun & More*

### August 23-25: Junior Camp Day

*Kids Camping Activities | Paintball Tournament*

### August 30 - September 1: Pajama Party/Painters Weekend

*Pancake & Pajama Party | Candy Bar BINGO  
Trivia Wagon Ride | Canvas Painting*







## QUICK, EASY & AFFORDABLE GETAWAY!

**25% MILITARY DISCOUNT IS VALID DURING THE MONTH OF MAY**

Three Bears Resort is a northwoods-themed indoor and outdoor waterpark resort located in Warrens, WI, just ten miles north of Tomah. The year-round family resort features 93 guest rooms that offer a complete family vacation without ever leaving the property. There are also over 50 private cabin-style Villas featuring three to six bedrooms with full kitchen, spacious living and dining areas and an outdoor fire pit. Our resort and villa amenities include access to our 60,000 square-foot indoor waterpark, outdoor waterpark, redemption arcade, Laser Maze®, restaurant, sweet shop, pub, pizzeria, 16,000 square-foot conference center and much more.

- Waterpark passes included with stay
- Private cabanas are available to rent in the waterpark
- Laser Maze Challenge
- BearTrax 18-hole Mini-Golf Course
- CranBrew Eatery, CranBrew Pub, AI's Pizzeria and Coffee & Sweet Shop
- Redemption arcade with new games
- Complimentary wireless Internet
- Extended Stay Suites

**PLEASE USE PROMO CODE: TBRMM WHEN BOOKING**  
**Waterpark Passes are Available for Military for Only \$10 Per Person**

Must show valid Military ID to redeem offers. Offers are based on availability. Overnight stay offer is valid on standard resort room styles and is based on four (4) guests per room. Waterpark passes are included. Must have one individual 21 years of age or older staying in each room. Limited number of rooms are available for each date. Offers cannot be combined with any other discount or promotional offers. Blackout dates may apply. Overnight stays do not include tax or resort fees. Other restrictions may apply. Expires 5/31/19.



701 Yogi Circle • Warrens, WI 54666

**Please call 608-378-2500  
or visit [threebearsresort.com](http://threebearsresort.com)  
to book your getaway today!**

## Michael W. Smith & Newsboys

Thursday, May 9, 2019 • La Crosse Center

Show starts at 7:00 PM • Doors open for Platinum ticket holders at 5:00 PM • Doors to the general public will open at 6:00 PM

### Military Promotion!

2 for 1 with Password: MIL to unlock savings  
or  
show Military identification at the Box Office

Tickets are on sale and prices range from \$29.75 to \$49.75

Tickets will be available online at [ticketmaster.com](http://ticketmaster.com), by phone at 800-745-3000 and at the La Crosse Center Box Office. (Fees applicable.)



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