



# Fort McCoy MWR Enews

- ▶ Facebook
- ▶ Event Calendar
- ▶ ICE Comments

March 5, 2020 | [www.mccoy.armymwr.com](http://www.mccoy.armymwr.com) | 608-388-7400 | *No endorsement implied*

## PAIR UP TO SLIM DOWN *10 week partner challenge!*



**March 9 - May 13, 2020**  
**Rumpel Fitness Center | B1122**



**COMMENTS  
& FEEDBACK**



## EASTER EGGSTRAVAGANZA

Breakfast & Photos with  
the Easter Bunny  
Crafts & Activities  
Easter Egg Hunt

**SATURDAY, APRIL 4, 2020 | 9 AM - 12 PM**  
Fort McCoy Exchange & Constitution Park



### WHITETAIL RIDGE HOURS

Thu & Fri: 3 pm - 9 pm

Sat: 11 am - 9 pm

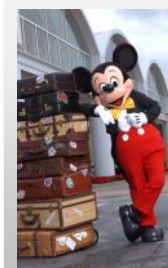
Sun: 11 am - 5 pm

The temperature is rising so this may be your last chance to ski/ snowboard and tube at Whitetail Ridge.



### OUTLETS AT THE DELLS BUS TRIP

Mar 14 | \$5 | Bus picks ups: South Post at 9 am, McCoy's (B1571) at 9:30 am and Tomah Wal-Mart at 10 am. Includes transportation to and from the Outlet at the Dells. Lunch will be at your own expense. Call 608-388-3011 to register - no refunds.



### 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.



### BUILD A BIRD HOUSE

Mar 24 or 26 | 4 - 6:30 pm

**ACS Building Bonds Workshop (B1133)**  
Build your own bird house while spending time with your family. Class size is limited. Children must be accompanied by an adult. Call 608-388-3505 to register.

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

### MARCH MADNESS BOWLING SPECIALS

**Red Pin Mondays | 11 am—Close**

Get a strike when the head pin is red and win a FREE game!

**Lunch Special | 11 am—2 pm**

Bowl 3 games for only \$5.00. This includes shoe rental.

**Fun Day Sundays | 4 pm—8 pm**

\$1.50 per game & \$1.50 shoe rental

\$1.50 hot dog & \$1.50 French fries

## McCOY'S COMMUNITY CENTER March Drink Specials

### JAMESON DELIGHT

Jameson Irish Whiskey, Bailey's Irish Cream, Splash of Cherry Juice, Garnish 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 & Ginger Ale with a Lime Wedge \$5.50

MARCH SPECIAL

## Pastrami on Rye

Sliced pastrami and melted white American cheese on toasted marble rye bread. Served with a side of boom boom sauce and a pickle.

**\$7.50**

SANDWICH ONLY

**Make it a combo  
for \$2.50 more!**

Includes french fries and a soda.



**Available through March 2020**

McCoy's Community Center | Building 1571 | 608-388-2065

## RUMPEL FITNESS CENTER

Building: 1122 Phone: 388-2290



### 3V3 BASKETBALL TOURNAMENT

**March 18 | 4:30 pm**

Min. 3 team members; max. of 5. Self-refereed. Play to 21. Prizes for the first place team. Must be registered by March 16.

### FREE THROW CONTEST

**March 23 | Register for a time slot**

Participants have 1 minute to make as many free throws as possible.

### HOT SHOTS

**March 24 | Register for a time slot**

Shoot from designated areas with varying degrees of difficulty. Participant with highest score will receive a prize.

### SUPER 8

**March 25 | Register for a time slot**

Complete the following 8 shots: jump, 3 pointer, free throw, lay up, back board, swish, granny and fade away.

All events will be held at Rumpel Fitness Center, Building 1122. Call 608-388-2290 for more details.

## RUMPEL FITNESS CENTER March 2020 Class Schedule



### MONDAY

**ABS**  
11:30 am - 12:00 pm

### TUESDAY

**Cardio Kick**  
11:30 am - 12:00 pm

No classes on March 24

### WEDNESDAY

**ABS**  
11:30 am - 12:00 pm

No classes on March 25

### THURSDAY

**Body Recall**  
11:30 am - 12:00 pm  
**Cardio Kick**  
3:30 pm - 4:00 pm

No classes on March 26



[Home](#) | [Facility Hours](#) | [Newspaper Archives](#) | [Search](#)

**>> CLICK HERE to view the latest edition**





MARK YOUR CALENDARS!

**May 30, 2020****Fort McCoy Whitetail Ridge**

**ARMY COMMUNITY SERVICE**  
**Building: 2111 Phone: 388-3505**

**CONNECT THE TOTS PLAYGROUP****Mar 10, 17, 24 and 31 | 10 am - 12 pm | 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, transitions, circle time and songs and activities, and informal conversations, parents learn about developmental ages and stages, gain tools to help understand their child's behavior and become empowered to prepare the family and child to enter school "ready to learn". Call x7262 for more information.

**STRENGTHENING PARENTING PRACTICES FOR THE MILITARY FAMILY****Mar 10 | 5:30 - 7 pm****South Post Community Center**

Participants will learn the Three R's, Tools for solving everyday problems and How to talk to your child about difficult military lifestyle issues based on their developmental level. Call x7262 to register.

**NEWCOMER'S ORIENTATION****Mar 11 | 8:15 am - 2 pm | B2111**

The Newcomer Orientation is open to new installation personnel & their spouses. It provides briefings by representatives from the local chambers of commerce and installation activities regarding the services they offer, includes a tour of the installation as well as breakfast and lunch. Call x2359 to register.

**SFRG FOUNDATIONS TRAINING****Mar 17 | 10 am - 12 pm | B2111**

REQUIRED TRAINING FOR ALL SFRG MEMBERS. Attendees will: Define and understand mission essential activities as outlined in the regulation; understand roles/responsibilities; recognize non-mission essential activities resources, and professional development opportunities; and obtain mandated certification IAW Army Regulation. Call x6712 to register.

**EFMP CRAFT NIGHT****Mar 17 | 5 - 7 pm | B2161**

This is a opportunity for parents with Exceptional Family Members to meet and exchange information, resources and ideas that meet the unique needs of their child(ren). This also provides the perfect chance for Families to mingle with new Families and make new friends. Share your creativity as a Family, come join us! Activities include: Finger painting, Canvas painting, Create/decorate a picture frame, Marble painting, String painting, and more. Call x7262 to register.

**RESILIENCE: ENERGY MANAGEMENT****Mar 19 | 9 am - 11 am | B2111**

Join us to learn how to be in control of your physical state, thoughts, and emotions in stressful situations. Call x6507 to register or for more information.

**HUNT THE GOOD STUFF for PARENTS & TEENS****Mar 21 | 9 am - 1 pm | B2161**

Join us to learn the skill of Hunt the Good Stuff daily! Attendees can participate in a number of different activities to include journal making and creating a wooden sign with inspiration. Registration is for

grades 6 & up. Lunch is provided. Call x6507 to register or for more information.

**CRAFTING for RESILIENCE WORKSHOP**

**Mar 28 | 9 am\*-4 pm | B2161 | Register for a 2-3 hour block of time | \*One-hour early start for EFMP Families** Spend time together as a Family creating (crafting) and learning energy management skills to increase your resilience! A variety of supplies will be available for your Family to utilize including: scrapbooking, card making, canvas painting, and no-sew wall hangings. Bring your own projects to work on if desired. Children must be accompanied by an adult. Call x6507 to register or for more information.



**Follow us at:**  
**Fort McCoy MWR**





**SKIESUnlimited**  
Schools of Knowledge, Inspiration, Exploration & Skills

# SWIMMING LESSONS

## March 23- April 15 (Mon & Wed)

March 23, 25, 30 April 1, 6, 8, 13, 15

**AGES:** 4 year olds (must be 42" tall) - 18 year olds

**TIMES:** 4:30 - 5:00 p.m.: Levels 1, 1

5:00 - 5:30 p.m.: Levels 1, 2

## March 26 - April 16 (Thursdays)

March 26, April 2, 9, 16

**AGES:** 4 year olds (must be 42" tall) - 18 year olds

**TIMES:** 4:30 - 5:30 p.m.: Level 3

**LOCATION:** Rumpel Fitness Center (B1122)

**COST:** \$25 per child

Parents will be responsible for providing transportation to and from lessons. CYS will not be supervising or providing transportation for these lessons.

**SPACE IS LIMITED -  
REGISTER TODAY!**

Call Parent Central Services at  
608-388-8956 or the School Age  
Center at 608-388-4373.

Payments are due at the time of  
enrollment and are non-refundable.

Youth must be registered with CYS. Please call Parent  
Central Services to register.

When calling to register your child, please know the  
swim level of your child.



[www.mccoy.armymwr.com](http://www.mccoy.armymwr.com) | 608-388-8956



**LOCATION: BUILDING 905 FORT MCCOY, WI**

*Come Celebrate the Princess and Hero in us all!*

*Open to all military children of all ages and their  
parents. (Active, Reserves, National guard, Retired)*

- Photo booth
- Music and dancing
- Hair dressing, Nail polish station
- Snacks and Punch
- Games and activities for kids

*Best of all...Guest appearance by  
your favorite princesses and  
Superheroes.*

*Brought to you by:*



Register at [www.usowisconsin.eventbrite.com](http://www.usowisconsin.eventbrite.com)



# Splash of COLOR

*Easter Egg Hunt in the Pool!*

**April 3, 2020 | 4:30-6:30 pm**  
**Rumpel Fitness Center**

- All ages welcome! Most eggs will float; some eggs will be at the bottom of the pool for the more advanced swimmers.
- Chance to win prizes!\* Age categories: 1 - 4; 5 - 8; 9 & up

Children 13 years and under must have an adult in the pool. If child is an advanced swimmer, adult must be on pool deck. No outside shoes allowed on pool deck. All events and dates are subject to change. Please ask a Rumpel Fitness Staff member for more information.

\* Prizes awarded for participation; not based on number of eggs collected.



608-388-2290 | [www.mccoy.armymwr.com](http://www.mccoy.armymwr.com) | [www.facebook.com/mccoymwr](https://www.facebook.com/mccoymwr)



An ACS and CYS Family Event

## Hunt the Good Stuff for Parents & Teens

**March 21, 2020 | 9 am - 1 pm**  
**ACS Family Building**  
**2161 South 8th Ave**

Hunt the Good Stuff (HTGS) helps build positive emotion, such as gratitude and optimism, that helps us focus on the goodness that is part of our daily lives! Participants learn skills to HTGS along with creating a visual reminder to look for the good in every day and situation.

### DETAILS:

- Registration for grades 6 & up
- Must be registered with an adult
- Class size limited
- All supplies are furnished
- Multiple activities for Families



*Subway lunch provided!*

To register, call Army  
Community Service at  
608-388-6507.

AT REGISTRATION, CHOOSE ONE  
OF THE SAYINGS:

*Every day may not be good...But there is good in every day.*

*One small positive thought in the morning can change your whole day.*

Must be registered by Mar 13, 2020. 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 <http://mccoy.armymwr.com> and click on Calendar.



CALL ARMY COMMUNITY SERVICE AT 608-388-3505 FOR MORE INFORMATION



**United States Army Garrison Fort McCoy  
~ Presents ~  
Women's History Month Observance**



**Speaker**  
**Judge Kashoua Kristy Yang**  
*Milwaukee County Circuit Court Judge*

**19 March 2020  
1200-1300**

**Location: McCoy's Banquet Room**

For more information please contact the  
Fort McCoy Equal Opportunity Office, 608-388-6335



**Career Seekers and Interested Parties**

**Join Us for a Job Fair and Career Expo!**

**Thursday 2 April 2020 from 10:00-2:00 p.m.**

**Building 905 on Fort McCoy**

This is an opportunity to meet with a variety of employers, talent managers, and people providing excellent resources to help you in your search for a new career. They are interested in listening to your specific needs for employment and building connections with you.

Also being offered during this event are **three separate 30 minute free workshops** focusing on Resume Review, Interviewing Techniques and How to Introduce Yourself to a Future Employer. Attire is Business Casual or Military Uniform.

**\*Digital Head Shot photos will be taken at the event for business bios, and LinkedIn Profiles.**

This is your time to network with business people and other veterans, gain resources and discuss opportunities for potential employment, and build confidence in your delivery of your professional introductions. You are encouraged to take time before the event to prepare your resume, carefully review your LinkedIn profile, research companies that will be in attendance, and identify your career path.

*Event is open to all Service Members and their Families, as well as retired and separated veterans in the area looking for new or future opportunities.*

**This event is held in conjunction with the Soldier For Life –  
Transition Assistance Program (SFL-TAP)**

For additional information contact the Garrison Director of Human Resources at 388-4669, or email: [terry.l.streeton.civ@mail.mil](mailto:terry.l.streeton.civ@mail.mil)