



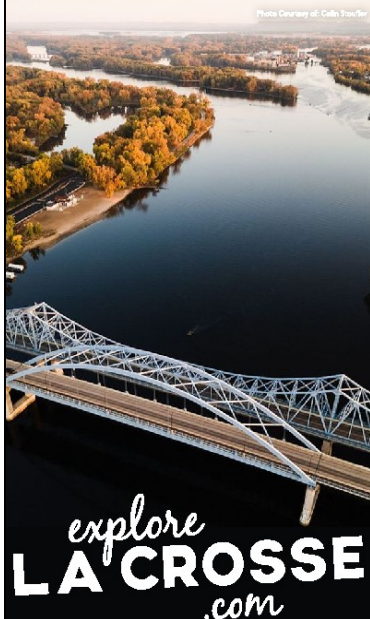
# Fort McCoy MWR Enews

- ▶ Facebook
- ▶ Event Calendar
- ▶ ICE Comments

June 9, 2022 | [www.mccoy.armymwr.com](http://www.mccoy.armymwr.com) | 608-388-7400 | *No endorsement implied*

## DISCOVER YOUR NEXT ADVENTURE — BETWEEN THE BLUFFS —

Explore the La Crosse Region, nestled between ancient bluffs and along the Mississippi River. Recharge and discover your next adventure with delicious cuisine, unique shopping, craft beverage trails, outdoor adventures, cozy hideaways, and one-of-a-kind experiences.



## 247TH U.S. ARMY BIRTHDAY

247 Years of Selfless Service to the Nation

### June 14, 2022

All events are free and open to the Fort McCoy Community.

#### ★ ARMY BIRTHDAY 5K RUN/2 MILE WALK

7:30 am | Rumpel Fitness Center

- First 200 runners will receive a t-shirt.
- Breakfast provided for participants includes donuts, fruit, breakfast bars, water and juice (while supplies last).

- Register online by scanning QR code or complete registration form on reverse side and drop off at Rumpel Fitness Center. If registered online, bring receipt to race.



#### ★ ARMY BIRTHDAY CEREMONY

11 am - 1 pm | McCoy's Community Center

- Cake-cutting ceremony at 11:45 am
- Lunch buffet from noon - 1 pm (while supplies last).

#### ★ AUTOMATIC CAR WASH

10 am - 6 pm | MWR Car Wash

- Codes posted on Fort McCoy MWR Twitter & Instagram pages

#### ★ HYPERBOWLING HYPERACTIVE GAME

4 pm - 6 pm | McCoy's Community Center

- Participants will receive a t-shirt (while supplies last).

Commemorative Area and History Center open from 12 - 4 pm

For additional information, call 608-388-7400



### HYPERBOWLING

Multiply the fun with HyperBowling where you can have your lane your way with 35 different games & 15 themed backgrounds to choose from. Bowl 1 hour for \$20 with up to 4 people per lane. Shoe rental included.



## Fort McCoy MWR DOWN & DIRTY TRAIL RUN

June 11, 2022 | 11 am - 1 pm  
Whitetail Ridge Ski Area  
Fort McCoy, WI 54656

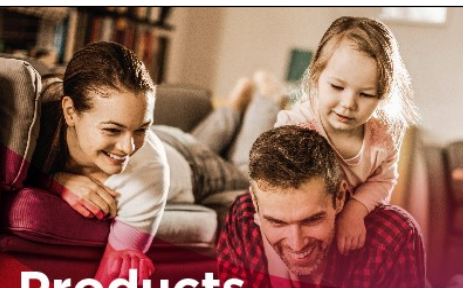
Bring the Family out for a fun, muddy run on a  
1.5 mile course filled with obstacles and MUD!



**Adults \$20 | Children \$15**  
Groups of 10 or more: \$16 per person  
To register, please call 608-388-3517  
Rates increase \$5 the day of the event. Registration table will open at 10 am. Heats will run every 15 minutes - last heat will begin at 12:45 pm. Food & drink will be available for purchase. Showering station available - bring a change of clothes.

Sponsors (no endorsement implied):  
CARDINAL IG, LA CROSSE BEVERAGE, LLC, A.L.M. Charities, Optum Serve, GEICO, GERKE, WILSON, BankFirst





## Products That Fit Your Lifestyle

Whether you're planning for your first home purchase, saving for a family vacation or are thinking about upgrading your vehicle, R.I.A. Federal Credit Union provides financial products and guidance to help you reach your goals.



Savings



Security



Credit Cards



Checking



Mortgages



Auto Loans



E-Services

**TOMAH, WI**  
1024 N Superior Ave  
(608) 372-9277

**JOIN US!**

**FT. McCOY**  
1501 S 10th Ave  
(608) 388-2171

**FEDERAL CREDIT UNION**  
**R.I.A. Relationships. Integrity. Action.**

Insured by NCUA  
**RIAFCU.com**

## OUTDOOR RECREATION

Building: 8053 Phone: 388-3517/4498

## WATER TRIKE RENTALS AT PINE VIEW CAMPGROUND

Hourly: \$15 Mil/DoD | \$15 Public

Bring a friend and enjoy some water fun with our big tire Water Trikes. To reserve a trike, please call 608-388-3517.

## NOW HIRING LIFEGUARDS!

**Starting Pay: \$15 per hour**  
Fort McCoy MWR is currently hiring lifeguards at both Pine View Campground and Rumpel Fitness Center.

Scan the QR with your phone or visit [www.USAJOB.gov](http://www.USAJOB.gov) for current openings.



**Tactics**  
PAINTBALL & LASER TAG

**Experience the Extreme Sports!**  
Tactics Paintball & Laser Tag features 3 outdoor courses (1 woods course and 2 field courses) including a unique 2-story castle constructed from railroad ties. It's a great place for a birthday or unit party!

**RESERVATIONS REQUIRED**  
Call 800-531-4703 or 608-388-3517 to schedule a play time.

**OPEN TO THE PUBLIC**  
8061 West 1st Street  
Fort McCoy, WI 54655  
Reservations required. Reservations are accepted on a first-come, first-served basis. Reservations are accepted on a first-come, first-served basis.

## RUMPEL FITNESS CENTER

Building: 1122 Phone: 388-2290

## INTRO TO RUMPEL FITNESS CENTER

Facility Tours Every Monday 5:00 pm

Let us know how we can help you on your journey to a healthier you! Get to know staff, learn how to use our fitness equipment and discover the classes we have to offer. Open to all eligible MWR patrons. For more information, call 608-388-2290.

## FREE FITNESS CLASSES

**BODY BLAST: Mon 3:30 pm - 4:00 pm**

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

**INDOOR CYCLING: Thu 3:30 pm - 4:00 pm**

Take advantage of our FREE fitness classes now! Whether you like cycling or a workout class, we have something for everyone. Class size is limited. Register to attend by calling 608-388-2290.

## CHILD & YOUTH SERVICES

Building: 1668 Phone: 388-8956

**Fort McCoy CYS Youth Center**  
**Summer Camp Weekly Themes**

May 30 - Jun 3	Jun 6 - 10	Jun 13 - 17	Jun 20 - 24	Jun 27 - July 1	Jul 4 - 8	Jul 11 - 15
<b>Mind to Win It</b> You've got a Minute to Win It! Who is the fastest of them all? Mind 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. This week youth will be challenged with a variety of 60-second games!	<b>STEM Masters</b> Have you ever wondered how does engineering affect our daily lives? What is the importance of the engineering design process? Why do engineers strive to improve the products we use daily? This week introduces students to science, technology, engineering, and math STEM through experiments that will challenge their thought processes and allow them to have hands-on experiences with STEM activities.	<b>Baking Impossible</b> Are you up to the challenge of becoming a "Baker"? If your knowledge baking and engineering skills will be challenged. You will have a chance to create an edible stress test! Our first challenge will be a floating edible boat that houses a piece of water. Youth will then be challenged to erect a Graham cracker house that can withstand a simulated earthquake!	<b>Workforce Prep KEYSTONE</b> 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.	<b>Adventure in Out There</b> Are you an outdoors person? Youth will learn a variety of skills. Youth will be putting up tents, outdoor games, and charades, learning about nutrition and hydration, extreme temperatures and even cooking over a fire!	<b>Crafty Critical Creators</b> Let's get 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 for you to create your own masterpiece in this fantastic project-based camp. We will have a variety of techniques. At the end of camp, you'll have an awesome, one-of-a-kind treasure you will cherish.	<b>Ready Player One</b> In 2011, Caine Money spent an entire summer building an elaborate cardboard arcade while in his room. Inspired the start of the imagination. This camp will challenge youth to build their own version of arcade games.
<b>Check out all the exciting activities the Youth Center has to offer this summer!</b>	<b>DESERT FROM AROUND THE WORLD</b> Phoenix, Iran, Brazil	<b>DESERT FROM AROUND THE WORLD</b> Kenya, Brazil, Poland	<b>DESERT FROM AROUND THE WORLD</b> Buenos Aires, Brazil, Poland	<b>DESERT FROM AROUND THE WORLD</b> Tangerine Chocolate, Switzerland, Italy	<b>DESERT FROM AROUND THE WORLD</b> Whispering Chocolate, Switzerland, Italy	<b>DESERT FROM AROUND THE WORLD</b> Springtime Belgium & Berlin, France
<b>RESILIENCE SKILL OF THE WEEK</b> Mindfulness Change the focus away from counterproductive thinking to create greater concentration and focus on the task at hand.	<b>RESILIENCE SKILL OF THE WEEK</b> Mindfulness Counteract the negativity bias, create positive emotion, and notice and analyze what is good.	<b>RESILIENCE SKILL OF THE WEEK</b> Mindfulness Communicate clearly and with respect. Use the IDEAL model to communicate in a Confident, Clear, and Constructive manner.	<b>RESILIENCE SKILL OF THE WEEK</b> Mindfulness Identify your thoughts about an Activating Event and the Consequences of those thoughts.	<b>RESILIENCE SKILL OF THE WEEK</b> Mindfulness Identify what caused the problem and identify solution strategies.	<b>RESILIENCE SKILL OF THE WEEK</b> Mindfulness Identify what caused the problem and identify solution strategies.	<b>RESILIENCE SKILL OF THE WEEK</b> Mindfulness Identify what caused the problem and identify solution strategies.

For additional details, please call 608-388-4373

## BABYSITTING CLASS

Jun 28–30 | 8:30 am–1:00 pm | Bldg 1765

Must attend all 3 days!

Sign up for this FREE class where youth ages 12 and older will learn many important skills to become a safe and responsible babysitter including infant/child CPR and first aid, ages & stages, principles of discipline, nutrition, entertaining children, diapering, safety, business of babysitting, and much more. Role playing, experiential learning and the babysitter's "magic Bag" make this course useful and fun.

Register by June 23 by calling 608-388-8956. Must be registered by June 23, 2022. Youth must be registered at CYS to attend. Space is limited to 10 children. Lunch will be provided each day.

**The Real McCoy**

Home | Facility Hours | Newspaper Archives | Search

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

FORT MCCOY MWR

# Car Wash

*Located on Headquarters Road***Self-Service & Automatic Bays****Vacuum & Carpet Cleaning Station****ARMY COMMUNITY SERVICE****Building: 2111 Phone: 388-3505****CONNECT THE TOTS: PLAYGROUP****June 7, 14 and 21 | 10 am - 12 noon****South Post Housing Community Playground**

New to the area? Want to connect with other parents? Our playgroup contains toys, books, and other materials to help strengthen each child's cognitive, physical, and creative selves, and promote social/emotional skill building. If you are looking for something to do with your children ages 4 and younger please join us. To register, [click here](#) to send an e-mail or call x2412.

**MEN'S RESILIENCE WORKSHOPS****Jun 16 | 7:30 – 10:30 am****Religious Support Office, B2675**

Join us as we learn strategies to enhance spiritual and emotional resilience. For the month of June, we will explore Relaxation & Stress Relief strategies. Breakfast is provided to all attendees. To register, [click here](#) to send an e-mail or call x7262.

**SOLDIER & FAMILY READINESS GROUP (SFRG) TRAINING****June 21 | 1 pm – 3 pm | ACS Building, B2111**

This is required training for all command teams, SFRG Liaisons, and SFRG volunteers. Training will be tailored to meet the needs of the attendees. To register, [click here](#) to send an e-mail or call x6812.

**LUNCH & LEARN - STRESS MANAGEMENT SKILLS****June 22 | 11:30 am – 12:15 pm | B2111**

Topic: The role emotions play in dealing with stress. Come learn how to put yourself in charge of the way

you respond to everyday stressors! Bring your lunch if you like. Watch for more classes in the series. To register, [click here](#) to send an e-mail or call x6507.

**MULTI-CRAFTING OPPORTUNITIES FOR BUILDING RESILIENCE****June 25 | 9 am - 4 pm | ACS Family Building, B2161**

This month we will learn how important it is to 'pay it forward' with an activity called "Kindness Rocks." All craft stations will be open as well. (New wood staining/painting options available!) Register for a 2-3 hour block of time. Early start time (8 am) for EFMP Families. Register with your name, block of time, number of Family members attending, and ages of children. To register, [click here](#) to send an e-mail or call x6507.

**NEW COMMANDERS & SENIOR NCO ADVISORS: LEADERSHIP TRAINING**

For Commander/Senior NCO Advisors, this training block will fulfill the training requirements for: Army Substance Abuse Program Brief, Family Advocacy Brief and Exceptional Family Member Program Brief. To register, [click here](#) to send an e-mail or call x2412.

**ARMY EMERGENCY RELIEF (AER)**

Did you know the AER Quick Assist Program offers immediate financial assistance to Active Duty Service Members up to \$2,000? To learn more, call x3540 or [click here](#).

**SEXUAL HARASSMENT/ASSAULT RESPONSE PREVENTION (SHARP) – SHARPen Your Knowledge Integrity. Respect. Duty.**

Integrity means we do what's right. Army Civilians are essential members of the team and critical to sustaining the trust of our Nation through the prevention of sexual harassment, sexual assault, and associated retaliation in our Army. Army Civilians who experience these harmful behaviors can obtain services through the SHARP program. Let's honor one another and make sexual offenses a thing of the past. If you would like more information or need support, [click here](#) to send an e-mail or call the Fort McCoy 24/7 SHARP Helpline 608-388-3000 or the DoD Safe Helpline at 877-995-5247 at [www.safehelpline.org](http://www.safehelpline.org).



## MILITARY APPRECIATION NIGHTS

USAA is honoring our Military Service Members that are currently serving by providing dinner on the following nights throughout the summer.

★ June 16	★ July 21
★ June 23	★ August 11
★ July 14	★ August 18

Sponsored by 

For additional information, please call 608-388-2065

**ICE** **COMMENTS & FEEDBACK**  
INTERACTIVE CUSTOMER EVALUATION





# STRESS MANAGEMENT SKILLS

All sessions are held from 11:30 am - 12:15 pm  
Army Community Service | 2111 South 8th Ave

## JUNE 22: Role emotions play in dealing with stress.

Your emotional reaction is a direct response to the way you experience a particular situation. But did you know that the way you perceive the situation is how your body will determine if you will react to this as being stressful or not. Come learn how to put yourself in charge of the way you respond to everyday stressors!

## JULY 21: What exactly does mindfulness mean?

Mindfulness doesn't mean you need to sit and tell your mind to release your thoughts to help clear your mind. There are many different examples of what mindfulness can be. Come explore a variety of these options to learn what might be some of your favorites. Then you can choose what works best for you to help you feel more free of life's everyday stressors!

## AUGUST 24: Role sleep plays in our resiliency.

Have you had days where you feel like you just survived the day, exhausted and just wishing you could go to bed? Sleep is so important to our overall health, yet it tends to be one of the first things we are willing to give up so we can squeeze in just one more thing. Or maybe you are struggling with falling asleep or staying asleep once you do go to bed. Come join us to discuss tips that could be helpful allowing us to get a good night's sleep.

## SEPTEMBER 15: Helping our kids (and ourselves) build coping skills.

Everyday life can be stressful. We can't control everything that happens in life. We can however arm ourselves with tools that can help us to overcome life's everyday stressors, which will aid in protecting us from the feeling of being overwhelmed. Come learn coping skills you can use, while also allowing us the opportunity to pass these tools onto our kids. Serve as a role model teaching the importance of taking care of yourself to help reduce the effect of life's everyday stressors!

## TO REGISTER, PLEASE CALL ACS AT 608-388-6507

DoD 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.



**Christie Harris**

Christie Harris is a Wellness Education Specialist at Gundersen Health System. She has been working in the field of stress management for over 20 years and serves as a Certified HeartMath Trainer, a certified Intrinsic Coach, certified as a Holistic Stress Management Instructor and certified in Mental Health First Aid through the National Council for Community Behavioral Healthcare. Christie enjoys spending time with her family. Family time often includes traveling to watch kids at their sporting events or spending time outdoors.

# FORT MCCOY MWR Men's Resilience Workshops

## 5 Dimensions of Resilience



### EMOTIONAL

Approaching life's challenges in a positive, optimistic way by demonstrating self-control, stamina and good character with your choices and actions.



### FAMILY

Being part of a Family unit that is safe, supportive and loving, and provides the resources needed for all members to live in a healthy and secure environment.



### PHYSICAL

Performing and excelling in physical activities that require aerobic fitness, endurance, strength, healthy body composition and flexibility derived through exercise, nutrition and training.



### SOCIAL

Developing and maintaining trusted, valued relationships and friendships that are personally fulfilling and foster good communication including a comfortable exchange of ideas, views, and experiences.



### SPIRITUAL

Strengthening a set of beliefs, principles or values that sustain a person beyond Family, institutional and societal sources of strength.

Join us as we explore the 5 dimensions of resilience. Trainings are conducted quarterly.

**JUNE 16, 2022 | 7:30 - 10:30 AM**

Spiritual & Emotional Resilience  
Life in Balance: Relaxation & Stress Relief

**SEPTEMBER 21, 2022 | 7:30 - 10:30 AM**

Spiritual & Family Resilience  
Building Healthy Resilient Relationships

**DECEMBER 14, 2022 | 7:30 - 10:30 AM**

Spiritual & Social Resilience  
Crafting for Resilience

Workshops are held at the Religious Support Office  
(Building 2675). Breakfast will be provided to all attendees.

To register, call Army  
Community Service  
at 608-388-7262  
or 608-388-3528

or send an email to:  
[carmen.m.ortiz4.civ@army.mil](mailto:carmen.m.ortiz4.civ@army.mil)

This event is in collaboration with Army Community  
Service (ACS) and the Fort McCoy Religious  
Support Office.

Minimum of 10 participants required to hold workshop.  
Must be registered one week prior to the workshop.

DoD 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.







## Multi-Crafting Opportunities for Building Resilience

*Spend time together as a Family creating (crafting)  
and learning skills to increase your resilience!*

At each workshop, select and learn a resilience skill; i.e., goal setting, journaling, assertive communication, mindfulness, etc.

**Jun 25, Jul 16 or Aug 6, 2022 | 9 am\* - 4 pm**  
**ACS Family Building, 2161 South 8th Ave**

Register for a 2-3 hour block of time. \*Early start time (1 hour) for EFMP Families.

A variety of supplies will be available  
for your Family to utilize:

- ✓ Scrapbooking
- ✓ Card Making
- ✓ Canvas Painting
- ✓ Painting/Staining Wood Crafts
- ✓ No-Sew, Wall-Hanging Quilt Blocks
- ✓ As well as a variety of other kits  
and/or crafts

Some items are limited.

**To register, call ACS  
at 608-388-6507**

Pre-registration required the Wednesday before the workshop. Samples/ideas provided. Bring your own projects to work on if desired. Class sized is limited. Children must be accompanied by an adult.

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.



[mccoy.armymwr.com](http://mccoy.armymwr.com) | 608-388-3505

# Triple P WORKSHOPS



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.

**Sessions are available  
via Microsoft Teams.**

Sign up for 1 or both! Workshops are intended for parents; teens are welcome to attend.

**The Power of  
Positive Parenting**

**June 17 | 9 am - 10:30 am or  
July 1 | 9 am - 10:30 am**

**Helping Your Child  
Reach Their Potential**

**June 22 | 4 pm - 6 pm**

**To register, please send an email to: [brittany.r.sonie.civ@army.mil](mailto:brittany.r.sonie.civ@army.mil)  
or call 608-388-2412**

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> and click on Calendar.



[mccoy.armymwr.com](http://mccoy.armymwr.com) | 608-388-3505