

Fort McCoy MWR Enews

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February 4, 2021 | www.mccoy.armymwr.com | 608-388-7400 | No endorsement implied



LEARN TO SKI OR SNOWBOARD

Make a reservation to learn to ski or snowboard at Whitetail Ridge Ski Area. One hour lesson at \$30 per person. Call 608-388-3517/4498 to make your reservation. Additional fees apply for equipment rental and lift passes.



FREE FITNESS CLASSES

Mon & Wed | 11:30 am -12:00 pm ABS class that targets the core. Mon | 3:30 pm - 4:00 pm **BODY BLAST class that hits the upper** and lower body. Limited class size. Social distancing rules apply. Reservations required please call 608-388-2290.



GRADE A SNOW DAY

Fridays | 3-9 pm Whitetail Ridge Ski Area Students - bring in your current report card with at least one A or equivalent and get a FREE Tubing Pass! Offer valid through the season and one free tubing pass per student.



TAKE OUT FAMILY MEALS SUSPENDED

Take Out Family Meals are temporarily unavailable at McCoy's at this time due to limited hours of operation. Family Meals will return this spring when McCoy's Community Center returns to regular operating hours.



FOR TEAM REGISTRATION, CALL 608-633-4021

McCoy's Community Center | 608-388-2065 | www.mccoy.armymwr.com



OUTDOOR RECREATION Building: 8053 Phone: 388-3517/4498

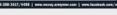
Whitetail Ridge Ski Area

PRESIDENTS' DAY HOLIDAY HOURS Monday, February 15 from 10 am - 4 pm

Snow Tubing: \$10 Military DoD/\$12 General Public









WHITETAIL RIDGE PRICE LIST

DAILY PASSES	Public	Mil/DoD
TUBING Anyone under 38" tall must have a waiver signed by a legal guardian		
Friday or Sunday	\$12	\$10
Saturday	\$17	\$15
SKI + TUBING		1.0
Friday	\$27	\$20
Saturday	\$37	\$30
Saturday Evening (3 - 9 pm)	\$27	\$20
Sunday	\$27	\$20
EQUIPMENT RENTAL		
Snowboards, Skis, Snowshoes or Cross Country Skis	\$10	\$10
Helmets, Boots, Poles	\$5	\$5

SEASON PASSES Season passholders receive an Intro to Skiing/Snowboarding Class.	Public	Mil/DoD
Single Ski + Tubing	\$250	\$150
Additional Family Member Ski + Tubing	\$125	\$75

HOURS OF OPERATION

Thursday: 4 - 9 pm (Ski Hill open. Tubing Hill open for group parties only) Friday: 3 - 9 pm | Saturday: 11 am - 9 pm | Sunday: 11 am - 5 pm



INTERESTED IN HAVING A PARTY AT

WHITETAIL RIDGE?

Open to the Public! | 800-531-4703 | www.mccoy.armymwr.com

SOLDIERS HELPING SOLDIERS BIRTHDA'

AER Birthday is Friday -#OnThisDay in 1942, Army Emergency Relief was founded to help Soldiers and their Families. 79 years later, we remain a Soldier's first choice for help. **Soldiers helping Soldiers** a lifelong commitment.

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

STRIKE IT RIGHT AT MCCOY'S COMMUNITY CENTER

Tues - Fri: 11 am-6pm

Hit the lanes with your friends and family. We've got the bowling you've grown to love or give HyperBowling a try! It's a new & exciting way to play where anyone can WIN. HyperBowling takes bowling to the next level offering a high-tech interactive experience.



CONNECT THE TOTS **Monthly Activity Bag**

February 5, 2021 | 10 am - 12 pm **Army Community Service**

2111 South 8th Ave | Fort McCoy, WI

Includes recipes, crafts, resources and more!











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

FAMILY CALENDARS

NOW - Feb 26 | B2111

Design and create a personalized 2021 calendar with your Family! Spending time together working on a project is a great way to build communication and resilience skills. Click here to send an e-mail or call x6507 to learn how to receive your calendar kit. Limited supplies available.

BUILDING BONDS WORKSHOPS

Salt & Pepper Mill | Feb 16 OR Mar 2 or 23 Wooden Pens | Feb 11 or 25 OR Mar 11 or 18 B1133 | 1600 - 1830

Class size is limited to 6 people. Masks are required. Must be registered one week prior to the class. Call x3505 to get registered.

CONNECT THE TOTS

Feb 5 | 10 am - 12 pm

Monthly activity bag available at ACS. The theme for February is Valentine's Day with a focus on positive and healthy relationships.

NEWCOMER ORIENTATION

Feb 10 | 8 am - 12 pm | McCoy's Community Center The Fort McCoy Newcomer Orientation is resuming. Masks are required in accordance with Fort McCoy health and safety guidelines. Attendance is limited to the first 20 registered. Breakfast will be provided beginning at 8 am. To register, please call x2359.

LIFE SKILLS: BEGINNING SEWING WORKSHOP

Feb 11, 23 & Mar 16from 4:30 - 7:30 pm | B2161 Designed for the beginner, this class will cover sewing basics to include hand-sewing, sewing machine set-up and completion of a face-mask. Other projects available if time allows. Register by calling ACS at x6507 or click here to send an e-mail. Must register at least one week before the workshop.

TEEN DATING VIOLENCE AWARENESS MONTH

Every February, people across the country join together to show support for teens and raise awareness about the issues they face in relationships. Let's help stop abuse before it starts! Show your support for spreading awareness by wearing orange. Post a picture to the ACS Facebook page during the first week of February! www.facebook.com/fortmccoyacs

Join us for a special virtual presentation of "Dealing with Teen Dating Abuse: Crossing the Line" on February 17 at 5:30 pm. Presentation will be approximately 30 minutes. Shown via Microsoft Teams - an active Teams account is not required to participate. Presentation will be approximately 30 minutes. Participation in at least one of the above activities will allow teens or parents to pick up a Teen Dating Violence Awareness bonus bag with info and goodies! To register, please contact Family Advocacy Program Manager by calling 608-630-7473 or click here to send an e-mail.

RESILIENCE & ATC MODEL

Feb 24 | 9 - 11 am | B2111

Acts, Thoughts and Consequences (ATC). Did you know you can control your thoughts to influence your emotions and reactions (consequences)? Join us to learn this important resilience skill. To register call x6507.

SFRG FOUNDATIONS TRAINING 3RD TUESDAY OF EVERY MONTH

REQUIRED TRAINING FOR ALL SFRG MEMBERS: All Command Teams, SFRG Liaisons and SFRG volunteers are encouraged to attend. ATTENDEES WILL: Define and understand mission essential activities as outlined in the regulation, Understand SFRG roles and responsibilities, Recognize non-mission essential activities, resources, & professional development opportunities and obtain mandated certification IAW Army Regulation. Register by calling x6712.

REDUCING STRESS THROUGH SELF-CARE

Learn how to maintain a healthy mind & body through this self-paced online training! TOPICS INCLUDE: The difference between normal stress and unhealthy stress AND Healthy coping strategies for stressful situations. To register, call or text 608-630-7473 or email jennifer.l.morris169.civ@mail.mil.

Training available now - August 31, 2021.

FY21 FORT MCCOY GARRISON SHARP TRAINING

Mar 2 | 0900 - 1000 | Microsoft Teams

For Garrison personnel only (limited to 25). Please have your training coordinator contact SHARP Victim Advocate Ryan Harvey at x8951 or click here to send an e-mail to register.





FORT McCOY VIRTUAL VOLUNTEERING OPPORTUNITY:

THE CONNECTION CLUB

Seeking volunteers to connect with individuals in our Fort McCoy Community and beyond via phone, email, text and snail mail. This position can include creating home-made greeting cards.



TO PARTICIPATE

Send email to lorie.l.retzlaff.civ@mail.mil or call 608-388-6507 (please leave a message).

Must sign up as a registered Fort McCoy volunteer to participate.







www.mccoy.armymwr.com | 608-388-3505



EST. 1942

2021 Campaign Kick-Off

AER is dedicated to "Helping the Army Take Care of its Own" by providing financial assistance to Soldiers with money donated by Soldiers. AER is a valuable resource for commanders in assuring the morale and welfare of Soldiers and their Families.

February 25, 2021 McCoy's Community Center Fort McCoy, WI

BREAKFAST | 8 AM

CAMPAIGN KICK-OFF | 8:30-9:15 AM

UNIT PROJECT OFFICER TRAINING | 9:15 - 10 AM

Register by sending an email to: dianne.l.sommers.civ@mail.mil

Must be registered NLT Feb 23, 2021. 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 www.mccoy.armymwr.com and click on Calendar.



Never leave a
Soldier in need.
By donating to AER,
you help the Army
take care of its own.







FUNDED PROGRAMS





Fine Arts







Enrichment Programs Tutoring

Camp

Activities help children cape with stress, anxiety, and additional challenges that may arise while a parent is absent during deployment. The grants also serve to honor the sacrifices that children make during this time.

Sports

SARAH, 11 YRS, OLD

[Our Military Kids] was a major factor in helping me overcome my depression," Sarah said. "I look back on it and can't help but think how extraordinary it was that dance." had such a major impact on my life. I learned to survive and believe in myself, have confidence to go after my dreams, and not to give up."

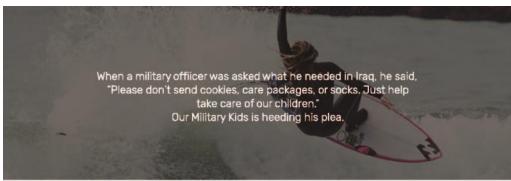


TREY, 11 YRS. OLD

Trey was diagnosed with dyslexia just weeks before his father was scheduled to deploy. While he needed tutoring, he had tested too high to receive any assistance from the school. A grant from Our Military Kids gave him the help he needed and allowed him to focus on his studies while his dad served our country. Because of the grant for tutoring, Trey's reading comprehension is on par with his grade level.



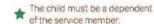
OURMILITARYKIDS.ORG



PROGRAM ELIGIBILITY

In order for a child to receive a grant from Our Military Kids:

The service member is currently deployed overseas (OCONUS).



The deployment is at least 120 days.

The child must be at least 3 years old, but no older than 18 (children become ineligible once they have graduated high school).

HOW TO APPLY

If you're an eligible family, visit ourmilitarykids.org/apply and complete and submit a simple, one-page application along with the following documents:



Deployment Orders

A copy of the deployment orders, which show that the child's parent is deployed overseas with the National Guard or Reserves. For Air National Guard, we will need CED orders showing OCONUS duty.



Form of Identification

A copy of the child's military ID. birth certificate, DEERS 1172 form, or MilConnect profile page.



OURMILITARYKIDS.ORG



Activity Information

Documentation from the organization providing the activity's pricing and contact information. Brochures, flyers, website screenshots, and typed letters on the organization's official letterhead will be accepted.