



Fort McCoy MWR Enews

- ▶ Facebook
- ▶ Event Calendar
- ▶ ICE Comments

May 26, 2022 | www.mccoy.armymwr.com | 608-388-7400 | *No endorsement implied*

You have
needs.
**WE HAVE
ANSWERS.**

MORE BENEFITS
FOR MILITARY MEMBERS



Call **800-531-8521**

No official U.S. Army endorsement is implied. Sponsorship does not imply endorsement by the Department of Defense. USAA means United Services Automobile Association and its affiliates. © 2018 USAA. 244268-0818-A

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 10 years & under
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 MILITARY, WIEBE, BankFirst

Fort McCoy Non-Appropriated Fund Property **CASH & CARRY** Sale

**June 8, 2022
Building 1560, Fort McCoy, WI**

8 - 8:30 am: Military, Military Dependents
& Military Retirees **ONLY***
8:30 am - 9 am: DoD Card Holders*
All Buyers: 9 am - 1 pm

* I.D. Required. Spouses and/or children may accompany I.D. Card Holder.

ITEMS FOR SALE INCLUDE:

- Tables
- Exercise Bikes
- TVs
- Foosball Tables
- And Much More!

RULES

- All buyers must be in line; no saving places
- Items are sold "AS IS"
- No loading assistance available
- Please bring rope or tie down straps to secure cargo for transport
- Most items reduced to 50% off at noon (All tags will be checked prior)

Items will be offered on a first-come, first-serve basis. There is a limited number of each item. Items will be paid for by cash or check and picked up at time of purchase. Call 608-388-2232/2852 with questions. No early callers please.

DIRECTIONS: After entering front gate, turn left at stop sign onto South 10th Ave. Building 1560 will be on your left-hand side. You must register your vehicle and have a picture I.D. to enter the installation. Please do not park in the RIA Parking Lot.

www.mccoy.armymwr.com | 608-388-2232

There will be no Group Fitness Classes at Rumpel Fitness Center May 23 - 31. Classes will resume on June 1 with Abs class beginning at 11:30 am. Apologies for the inconvenience.

RUMPEL FITNESS CENTER Building: 1122 Phone: 388-2290

WEIGHTLIFTING COMPETITION

June 4 | 10 am

Come out and take part in our weightlifting competition that includes dead lift, squat and bench press for a cumulative score. Four divisions—male and female; over and under 30 years old.

Register at Rumpel Fitness Center by June 1.

Must have at least 10 participant in order to hold event.

Open to Soldiers, Family Members and DoD Civilians.



FORT MCCOY MWR Military Appreciation Luncheon

In Honor of the Men & Women of our Armed Forces

Thank You Sponsors

No endorsement implied



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

PINE VIEW CAMPGROUND 2022 RESERVATIONS

Register now for one of our many camp sites, one of our spacious campers or if having all of the comforts of home is more your speed, rent one of our beautiful cabins.

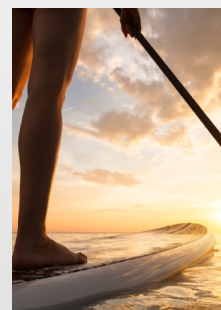


Call 608-388-3517 or register online at mccoy.armymwr.com to ensure you reserve the dates you want for 2022!

PADDLE BOARD RENTALS AT PINE VIEW CAMPGROUND

Hourly: \$5 Mil/DoD
\$5 Public

Get out and enjoy the nice weather on one of our paddle boards.



To reserve a paddle board, please call 608-388-3517.

FORT MCCOY MWR NOW HIRING LIFEGUARDS!

Lifeguard at both Pine View Campground and Rumpel Fitness Center locations.

Starting Pay: \$15 per hour

Scan the QR with your phone or visit www.USAJOB.gov for current openings

McCoy's COMMUNITY CENTER Building: 1571 Phone: 388-2065

SIT, SIP & PAINT

June 2 | 5:30 pm—7:30 pm | \$35

McCoy's Community Center

Come out for a fun-filled night of canvas painting. To register, go to www.thepaintshack.net. Click on calendar/registration, select June 2 and fill out registration details. Space is limited, so register now!

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 register at the 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

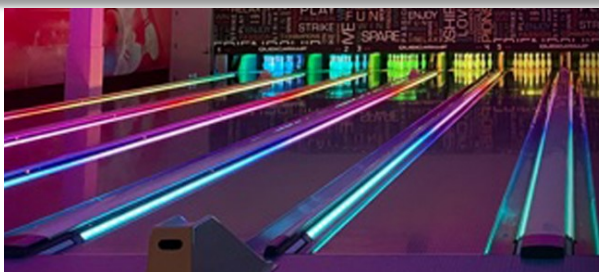
Gold Sponsors

Silver Sponsors

Bronze Sponsors

Home | Facility Hours | Newspaper Archives | Search

>> CLICK HERE to view the latest edition



Don't Just Bowl...HYPERBOWL!
McCoy's Community Center has the only HyperBowling Center in Wisconsin!
 Hyperbowling combines the fun of bowling with video game-like technology.
 Play once and you will be hooked!

ARMY COMMUNITY SERVICE
 Building: 2111 Phone: 388-3505

CONNECT THE TOTS: PLAYGROUP

May 31 | 10 am - 12 noon | B2161

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.

PCS OPEN HOUSE

June 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 Housing, School Liaison Officer, Exceptional Family Member Program, Personal Property Processing Office, LRC Transportation, Military Personnel Division, and Relocation Readiness will be available to provide information. Register no later than May 31 by calling ACS at x2359.

NEWCOMER ORIENTATION

Jun 8 | 8 am - 1 pm | B1571

New to Fort McCoy? Learn about what we have to offer. Breakfast will be provided beginning at 8 am. A bus tour of the installation begins at 12 noon. To register, please call x2359 or [click here](#) to send an e-mail.

MEN'S RESILIENCE WORKSHOPS

Jun 16, Sep 21 and Dec 14 | 7:30 - 10:30 am


Religious Support Office, B2675

Join us as we explore the 5 dimensions of resilience. Trainings are conducted quarterly. To register call x7262 or x3528 or [click here](#) to send an e-mail.

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:

- Tri-Fold Mattresses
- Tables & Chairs
- Bagless Vacuum Cleaners
- Dishes
- Microwaves
- Instapots
- Air Fryers

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



**Follow us at:
Fort McCoy MWR**

 **Child & Youth Services (CYS)**

NOW HIRING

Starting Pay \$16.70*

Full-time & Part-time employees receive an annual compensation package including 401(k) & pension worth approximately \$46,350 **

- Retirement & 401k
- Medical, Dental, Vision & Life Insurance Benefits ***
- Flexible Work Hours
- Paid Time Off (Vacation & Sick)
- Career Progression & Paid Training
- Tuition Reimbursement Possibilities
- Priority Childcare Placement
- Tax-free Shopping Privileges at AAFES
- Job transfer program worldwide through CEAT

APPLY NOW!
ArmyMWR.com/cyscareers

 SCAN TO LEARN MORE

* Higher on average than in the private sector and varies on locality and position
 ** Annual value based on full-time employment
 *** Conditions apply



ICE COMMENTS & FEEDBACK
 INTERACTIVE CUSTOMER EVALUATION

PCS Open House

Do you have orders to PCS from Fort McCoy to a new duty station?

Stop by McCoy's during our open house dates and pick up information about your new location.

The Exceptional Family Member Program Manager (EFMP) will also be available to answer questions.

June 1, 2022

11 am - 1 pm

McCoy's Community Center



Call ACS at 608-388-3505 for additional information

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

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.



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

McCoy's Community Center
Dinner Served 6 pm - Close

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



For additional information, please call 608-388-2065



FORT MCCOY CYS YOUTH CENTER

Summer Camp Weekly Themes

<p>May 30 - Jun 3</p> <p>Minute to Win It You've got a Minute to Win It! Who is the fastest of them all? Minute 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!</p> <p>Check out all the exciting activities the Youth Center has to offer this summer!</p>	<p>Jun 6 - 10</p> <p>STEM Masters 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 members 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.</p> <p>DESSERT FROM AROUND THE WORLD Pacoca from Brazil</p> <p>RESILIENCE SKILL OF THE WEEK Mental Games Change the focus away from counterproductive thinking to enable greater concentration and focus on the task at hand.</p>	<p>Jun 13 - 17</p> <p>Baking Impossible Are you up to the challenge of becoming a "Bakemonster"? Your innovative baking and engineering skills will be challenged. You will bake creations that are delicious & made to survive an intense stress test! Our first challenge will be a floating edible boat that traverses a pool of water. Youth will then be challenged to erect a graham cracker house that can withstand a simulated earthquake!</p> <p>DESSERT FROM AROUND THE WORLD Khrustky from Poland</p> <p>RESILIENCE SKILL OF THE WEEK Hunting the Good Stuff Counteract the negativity bias, create positive emotion, and notice and analyze what is good.</p>	<p>Jun 20 - 24</p> <p>Workforce Prep KEYSTONE 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.</p> <p>DESSERT FROM AROUND THE WORLD Bananas Foster from Indonesia</p> <p>RESILIENCE SKILL OF THE WEEK Assertive Communication Communicate clearly and with respect. Use the IDEAL model to communicate in a Confident, Clear, and Controlled manner.</p>	<p>Jun 27 - July 1</p> <p>Adventure Is Out There 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!</p> <p>DESSERT FROM AROUND THE WORLD Tangerine Chocolate Semifreddo from Italy</p> <p>RESILIENCE SKILL OF THE WEEK ATC Identify your thoughts about an activating event and the consequences of those thoughts.</p>	<p>Jul 5 - 8</p> <p>Crafty Cricut Creators 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 use a variety of techniques. At the end of camp, you'll have an awesome, one-of-a-kind treasure you will cherish.</p> <p>DESSERT FROM AROUND THE WORLD Rhubarb Fool with Strawberries from England</p> <p>RESILIENCE SKILL OF THE WEEK No resilience skill will be taught this week.</p>	<p>Jul 11 - 15</p> <p>Ready Player One In 2011, Gabe Monroy spent an entire summer building an elaborate cardboard arcade which in turn, inspired the start of the Imagination Foundation. This camp will challenge youth to build their own version of arcade games.</p> <p>DESSERT FROM AROUND THE WORLD Springtime Beignets & Berries from France</p> <p>RESILIENCE SKILL OF THE WEEK Problem Solving Accurately identify what caused the problem and identify solution strategies.</p>
---	--	---	---	---	---	---

For additional details, please call 608-388-4373

FORT MCCOY CYS YOUTH CENTER

Summer Camp Weekly Themes

<p>Jul 18 - 22</p> <p>No PLANet B KEYSTONE Ever wanted to make a difference? The annual National Keystone Project is designed to help bring awareness to an issue voted on by teens that matters most to them. Through this year's Keystone Project, Our Planet, Our Future, Keystone members will have the unique opportunity to bring the necessary insights & experiences that will impact positive change in themselves, other youth, adults and community.</p> <p>DESSERT FROM AROUND THE WORLD Baklava from Persia</p> <p>RESILIENCE SKILL OF THE WEEK Put it in Perspective Stop catastrophic thinking by capturing the Worst Case thoughts, generating best case thoughts and identifying most likely outcomes of a situation.</p>	<p>Jul 25 - 29</p> <p>The Knights of McCoy KEYSTONE Calling all middle school and teens! We will be doing a variety of fun activities including a Meet and Greet Picnic at South Post to invite new teens. It is important to reach out to youth who have previously attended as well as inviting new youth to attend. Joining our program enables all young people, especially those who need us most, to reach their full potential as productive, caring, responsible citizens.</p> <p>DESSERT FROM AROUND THE WORLD Flake Danish Bread from Denmark</p> <p>RESILIENCE SKILL OF THE WEEK Active Constructive Responding Respond to others' good news in a way that strengthens relationships.</p>	<p>Aug 1 - 5</p> <p>Amazing Water Race Let's splash into August with a wide variety of fun water sport games and activities. This week we will have jobs of water play and water themed activities to cool off from the summer heat!</p> <p>DESSERT FROM AROUND THE WORLD Grandmas Short Bread from Scotland</p> <p>RESILIENCE SKILL OF THE WEEK Identify and correct counterproductive patterns Identify and correct counterproductive patterns in thinking through the use of Mental Cues and Critical Questions.</p>	<p>Aug 8 - 12</p> <p>Intentional Success KEYSTONE What do Colleges require? Let's find out! Youth will use resilience skills to consider careers and college choices. Youth will also learn about being better prepared for finals and what that involves. The Club is a perfect place to find programs, resources, tools and training designed to help youth plan and prepare for education after high school.</p> <p>DESSERT FROM AROUND THE WORLD Tres Leches Cake from Mexico</p> <p>RESILIENCE SKILL OF THE WEEK Goal Setting Understand key components of the Goal Setting process and practice the skill so it can be used to plan for achieving personal and career goals.</p>	<p>Aug 15 - 19</p> <p>The Help KEYSTONE Martin Luther King, Jr. once said "Life's most persistent and urgent question is: What are you doing for others?" This week youth will work on a variety of fun community service activities. We will be mentoring younger children, doing community clean ups, making lap to be blankets for the elderly, and doing a myriad of other service projects! Be the change you want to see in the world!</p> <p>DESSERT FROM AROUND THE WORLD Mango Sticky Rice from Thailand</p> <p>RESILIENCE SKILL OF THE WEEK Goal Setting Identify strengths in yourself and others to improve teamwork, overcome challenges and be the best leader you can be.</p>	<p>Aug 22 - 26</p> <p>Foodtastic Travel the world from CYS! Each day you will choose a new cooking challenge. You will be given a list of ingredients and a list of cooking supplies you may use (and only use). You will also need to search information about the culture. You will have 2 hours to research, cook, clean up, and present to the judges. Your team work skills will be challenged. At the end of the week the winning team will be announced. These international appetizers & snacks are a perfect way to experience new flavors.</p>	<p>Aug 29 - Sep 2</p> <p>Humble Jumble KEYSTONE This week will be all about the teens! With a little flair, the youth have designed their own camp. Youth will learn about the culture of Japan, Italy, & Mexico. Check out this uniquely created camp and all its fun activities as well as the peer mentoring opportunities!</p>
---	---	--	---	---	--	--

We also have field trips planned throughout the summer months!

For additional details, please call 608-388-4373

Lunch & Learn

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!

Christie Harris

Christie Harris is a Wellness Education Specialist at Gunderson 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.

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.