



# Fort McCoy MWR Enews

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October 4, 2017 | [www.mccoy.armymwr.com](http://www.mccoy.armymwr.com) | 608-388-7400 | *No endorsement implied*

## No Treats JUST TRICKS

ONE MILE WALK/RUN RELAY



October 31 | 11:30 am  
Rumpel Fitness Center

Grab your halloween costume  
and get ready to run!

3-person relay race for runners

Walkers must start and  
finish as a team



### GOLF TOURNAMENT - CANCELLED

The golf tournament scheduled for October 13 has been cancelled due to lack of enrollment. We apologize for the inconvenience.



### COLUMBUS DAY

All MWR facilities will be closed on Monday, October 9 in recognition of Columbus Day. Normal hours of operation will resume on Tuesday, October 10.



### DJ TRIVIA

Every Monday | 6 - 8 pm

#### McCoy's Community Center

Get your team together and join us for some trivia fun! Free to play. Prizes awarded weekly to the top 3 team. No registration required.

## RUN to HONOR

Dedicate your run during Army Ten-Miler weekend, Oct 6-8, to the Fallen and Surviving Families.

Download a template at [armymwr.com/runtohonor](http://armymwr.com/runtohonor) and share your photo on Facebook/FamilyMWR #RunToHonor



## COMMENTS & FEEDBACK



### OCTOBER IS DOMESTIC VIOLENCE AWARENESS MONTH

Behaviors that intimidate, manipulate, humiliate, isolate, terrorize, coerce, threaten, hurt or injure someone are all domestic violence. If you or someone you know is experiencing these behaviors, there is help. Contact your garrison [Family Advocacy Program](#) for more information.



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



**Sit, Sip, Paint**  
CANVAS PAINTING PARTY

Follow a step-by-step painting demonstration by professional artist Linda Oldenburg... leave with your own 16" x 20" masterpiece!  
No artistic ability required, all art supplies provided.

**October 20, 2017**  
**McCoy's Community Center**  
**B1571, Fort McCoy, WI**  
**5:30 PM SOCIAL HOUR**  
**6:30 PM PAINTING BEGINS**  
*Wine, beverages and food available for purchase.*



Example of painting shown above

*Open to the public!*  
**\$35 PER PERSON**  
Register by calling 608-388-2065 or 608-388-3011.  
Space is limited. Must be registered by October 13.



**New Glarus Brewery & Hawk Mills Winery Tour**  
HOSTED BY FORT MCCOY MWR

**OCT 28, 2017** | **\$55 PER PERSON**  
Includes transportation, brewery tour, beer/wine tasting & souvenir glass.

**8 AM** | **6 PM**  
DEPART | RETURN

Pick up and drop off location:  
McCoy's Community Center (B1571)



**REGISTER BY CALLING**  
**608-388-3011 BY OCT 1**  
Open to all Fort McCoy employees and their guests. Must be 21 years or older.



**THE "Wurst" SPECIAL**  
*Cheddarwurst with sauerkraut & homemade chips*



\$6.50 | Include a soft drink for only \$1.50 more!  
Available through October 31.

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

**ZOMBIE FAMILY POOL PARTY**  
Oct 27 | 5 - 6 pm  
Entry Fee: \$5 per person  
This is a fun event for the entire Family! Enjoy an underwater scavenger hunt where you get to keep what you find (first come, first served). Cookie decorating and punch will be served. No registration required.

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



**3 GUN MATCH**  
Oct 21 | Begins at 10 am  
Sportsman's Range  
3 challenging stages. Round count is 75 pistol / 50 rifle / 50 shotgun.  
Open to all skill levels from novice to expert.



**OPEN PLAY EXTRAVAGANZA**  
Oct 27 | 11 am - 5 pm  
Tactics Paintball and Laser Tag  
\$25 per person  
Includes 500 paintballs, equipment (gun, mask, chest protector) and field fee. Must be 10 years or older to play. First 25 rental players get a free bag of paintballs!



# 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

## CONNECT THE TOTS PLAY GROUP

Oct 10 and 24 | 9:30 - 11 am | 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 at the ACS Family Building. To register, contact 608-388-2412. [Click here](#) for more information.

## NEWCOMER'S ORIENTATION

Oct 11 | 8:15 am - 12:30 pm | B2111  
**The Fort McCoy Newcomer's Orientation is open** to all new installation personnel and their spouses. Newcomer Orientations provide briefings by representatives from various installation activities regarding the services they offer and includes a tour of the installation. [Click here](#) for registration information.

## BLENDED RETIREMENT SYSTEM - LAST CLASS

Oct 17 | 10 - 11:30 am | B2111  
The new Blended Retirement System- Goes into effect January 1, 2018. This class will be on understanding, what is a 20-year cliff-vested defined-benefit annuity. Goes over monthly retired pay with a defined-contribution plan and how Service members are allow to contribute to a portable Thrift Savings Plan, receives Govern-

ment Matching contributions and much more. Call 608-388-3540 to register. [Click here](#) for more information.

## FAMILY CHRISTMAS CARD WORKSHOP

Oct 21 or Dec 2 | 9:30 am - 4 pm | B2161  
Celebrate the season! Design and create your own personalized cards. Multi-cultural supplies available. Register for a 1-3 hour block of time. Early start times for EFMP Families. Must be registered by Oct 16 or Nov 27 respectively. Call 608-388-6507 to register. [Click here](#) for more information.

## CONSUMER RIGHTS

Oct 25 | 1 - 2:30 pm | B2111  
This workshop will cover contracts, misleading advertising, online scams and how to file consumer complaints. Call 608-388-3540 to register. [Click here](#) for more information.

## FAMILY CALENDAR WORKSHOP

Nov 4 from 9 am-12 pm or 1 - 4 pm OR Nov 14 from 4 - 7 pm | B2161  
Celebrate Month of the Military Family! Families that had your photos taken in September - pick up your CD of pictures! Use those pictures to design and create a personalized 2018 Family calendar. Register for a 2-3 hour block of time. Early start times for EFMP Families. Must be registered by Oct 30 or Nov 8 respectively. Call 608-388-6507 for more information or to register.

## SPONSORSHIP TRAINING

Nov 7 | 10 - 11 am | B2111  
**Sponsorship is a Commander's program that assists** sponsors and sponsorship coordinators in providing a smooth transition to relocating Soldiers, civilian employees, and their Families. [Click here](#) for registration information.

## DID YOU KNOW

Military Kids Connect (MKC) is an online community for military children (ages 6-17 years old) that provides access to age-appropriate resources to support children dealing with the unique challenges of military life. MKC offers informative activities, fun games, helpful videos, and an online community that can build and reinforce understanding, resilience, and coping skills in military children and their peers. To access the site, [click here](#).







*Now Booking*  
*Holiday Parties*  
**FOR THE 2017 SEASON**  
*at McCoy's Community Center*

Let our experienced & professional catering staff make your office, unit or family party one to remember!



**Book your event before November 17<sup>th</sup>**  
**and receive 10% OFF!**

*(Discount only applies to meal options shown below)*

***\$9 per plate***

Coffee or tea and warm rolls included. Choose one item from each of the following menu options:

**ENTREES\***

- Baked Ham
- Turkey

**SIDES**

- Mashed Potatoes w/ Gravy
- Scalloped Potatoes
- Dressing

**VEGETABLES**

- California Medley
- Sweet Corn
- Green Beans

**Call 608-388-7055 to book your event today!**

*\*2 entree option is available for an additional fee*

For additional details, visit [mccoy.armymwr.com/programs/mccoys-catering](http://mccoy.armymwr.com/programs/mccoys-catering)



**Veterans Day Run/Walk**

Tomah VA Medical Center, Tomah WI  
Thursday, November 9, 2017

Coordinated with

**1-310 Brigade Engineering Battalion**  
**Remagens!**

**From 181<sup>st</sup> MFTB Fort McCoy, WI**

Schedule:

8:00am Registration outside Bldg. 400

8:30am Opening Remarks

Run/Walk to Follow (5K Run, 1 Mile Walk)

This is a **Formation/Release Run** in honor of Veteran's Day, there will be no prizes or awards

Participants may register **DAY OF EVENT**

For a Registration Form or for any questions, please contact:

Captain Chafac Mofor, US Army @ 404-936-2443

Jennifer Conzemius, Tomah VA @ 608-372-1727

