



Fort McCoy MWR Enews

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October 15, 2020 | www.mccoy.armymwr.com | 608-388-7400 | *No endorsement implied*



Military Discount
Tandem: \$175
Static Line Training:
+ 1 Jump \$110
+ 5 Jumps \$275

**SKYDIVE
WISSOTA**

CHIPPEWA FALLS, WI

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Find us on:
facebook®

Take-Out Family Meals

AT MCCOY'S COMMUNITY CENTER

**Don't feel like cooking tonight?
Let McCoy's do it for you!**

MONDAY: Au Gratin Sausage Bake & Breadsticks

TUESDAY: Beef Enchiladas & Spanish Rice

WEDNESDAY: Smothered Pork Chops, Roasted Red Potatoes & Vegetable

THURSDAY: Chicken (Broasted, Baked or BBQ), Mashed Potatoes, Gravy & Vegetable

FRIDAY: Your choice of any Large Pizza, Dozen Bone-In Wings & Breadsticks

ONLY \$25!

Feeds Family of 4



TO PLACE YOUR ORDER, CALL 608-388-2065/7673

Orders must be called in before 1 pm and picked up between 4 - 5 pm



BOWLING

Bowling is available Monday & Tuesday
11 am - 8 pm, Wednesday - Saturday 11
am - 9 pm and Sunday 11 am - 4 pm.
Lanes are socially distanced to reserve a
lane call (608) 388-7060.



PINE VIEW CAMPGROUND

Come out and enjoy the great outdoors
with us. Pine View Campground is open
all year round.

The office is open Monday - Saturday
9 am - 5 pm, closed on Sunday.



American Forces Travel

FALL SALE

SAVE UP TO 60% OFF HOTELS!

OUTDOOR RECREATION

Building: 8053 Phone: 388-3517/4498

PADDLEBOARD RENTALS

Pine View Campground

Rent one of our paddleboards by the hour or the day:

Hourly: \$5 | Daily: \$20

Call 608-388-3517 or visit us online at: mccoy.armymwr.com



RUMPEL FITNESS CENTER

Building: 1122 Phone: 388-2290

Rumpel Fitness Center's
VIRTUAL FOWL 5K
November 13-15



Post a screenshot of your time from a smart phone app or fitness tracker to the event discussion board at: www.facebook.com/RumpelFitnessCenter

24/7 FITNESS RESUMED

Patrons MUST reactivate their accounts to have gym access. The facility will be closed for deep cleaning weekdays from 4:30 - 5 am and 6 - 6:30 pm. 24/7 access will NOT be available during these times. COVID-19 policies must be followed.

#FortMcCoyMWR #RumpelFitnessCenter

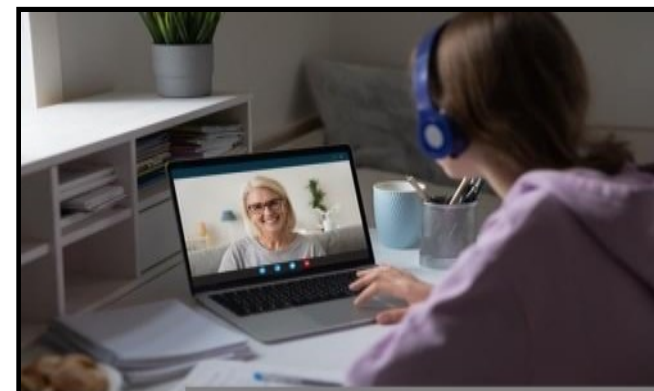


BIKE & HELMET RENTAL

Get around Fort McCoy and enjoy this fall weather on one of our rental bikes. Also, don't forget to get your helmet! Both only \$9 per day or \$30 per week. Available at the Rumpel Fitness Center.



Stop by or call 608-388-2290 for more information.



COVID-19 has changed lots of things about school. Finding it difficult to keep up? Your SLO can help you navigate school options, youth sponsorship, homeschool support, and plenty more. Click here for more information <https://mccoy.armymwr.com/programs/school-liaison-officer> #KnowYourSLO



OCTOBER 3 - NOVEMBER 14, 2020
Open Saturdays by appointment only

Appointments must be made by a Military ID Holder (that will be present at the range during the appointment). Non-affiliated civilians (guests of Military ID Holder) can shoot for \$2 a person.

Reservations must be made by close of business Thursday for the following Saturday. Appointments will be made on the hour. 4 shooters minimum to open facility.

Patrons make appointments and fill out required forms through the Pine View Campground Office.

Skeet and Trap will be \$5 per person per round. Patrons must provide ear and eye protection. Paper targets will be available for use.

Get ready for hunting season at Fort McCoy MWR's Sportsman's Range!



608-388-9162/3517 | www.mccoy.armymwr.com

Family Advocacy Program presents:

KNOW THE SIGNS

A Domestic Violence Awareness Month Event

October 21, 2020
11:30 am - 1 pm
McCoy's Community Center
Fort McCoy, WI



The Real McCoy

Home | Facility Hours | Newspaper Archives | Search

>> CLICK HERE to view the latest edition



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

LIFE SKILLS: BEGINNING SEWING WORKSHOP

Oct 17 from 1 - 4 pm; Oct 28 from 4:30 - 7:30 pm;
or Nov 21 9 am - 12 noon | 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. All materials provided including sewing machine. Masks are required for attendance and class size is limited to 6 participants to allow for social distancing. Attendees must be 12 years or older. Anyone under 18 years old must be accompanied by an adult. Register by calling ACS at x6507 or [click here](#) to send an e-mail. Must register at least one week before the workshop.

BOOKS AND BEYOND

A NOVEL IDEA BOOK CLUB

Join a virtual group chat through Slack using your personal device to discuss books, communication and healthy relationships. The book covered during this time period is: *The 4 Seasons of Marriage: Secrets to a Lasting Marriage*. To register for the book club and pick-up your resource book, [click here](#) to send an e-mail or call 608-630-7473.

KNOW THE SIGNS - A DOMESTIC VIOLENCE AWARENESS EVENT

Oct 21 | 11:30 am - 1 pm

McCoy's Community Center

U.S. Army Veteran and Domestic Violence Advocate Terry Josiah shares an unconventional message about domestic violence and relationships. He educates

audiences on the red flags, warning signs, and steps towards recovery. There will be a 45 minute presentation with 45 minutes for Q&A on the topic of domestic violence. Lunch available for purchase on your own. TO REGISTER, call or text Army Community Service at 608-630-7473 or [click here](#) to send an email.

WHAT IS ADHD?

Oct 22 | 9:30 - 11 am | B2111

Presenter Tasneshia M. Wilson will discuss why neurodiversity is a good thing. Learn how to help your child feel comfortable, create a healthy self-esteem and positive habits, as well as techniques for regulation, organization and relaxation. Call x7262 to register or email carmen.m.ortiz4.civ@mail.mil to register.

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 ACS at 608-388-6712.

NEWCOMER ORIENTATION

Nov 18 | 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.

RESILIENCE & ASSERTIVE COMMUNICATION

Nov 19 | 9-11 am | B2111

Learn the IDEAL Model to learn how to communicate more clearly and with respect, especially during a conflict or challenge. Call x6507 or [click here](#) to send an e-mail by Nov 12 to register.

NOVEMBER IS MONTH OF THE MILITARY FAMILY

ACS has some ideas how to celebrate your Military Family in the month of November. Watch for recipe, reading, craft and game ideas posted on Facebook!

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

ICE COMMENTS
& FEEDBACK
INTERACTIVE CUSTOMER EVALUATION

MILITARY AND FEDERALLY CONNECTED PARENTS!

Impact Aid Survey REMINDER

*Remember to
complete and send
your Impact Aid
Survey to the
school.*

Do you know why Impact Aid funding is important for your child's school?

This funding is provided to school districts to offset the loss of property tax on federal property.

Who should turn in Impact Aid Surveys to the school?

Parents and guardians of Children of Military and Department of Defense (DA) Civilians need to turn in the surveys to their school.

Why is my survey important?

The amount of funds the school district receives is based on the number of Impact Aid Surveys returned.



Military and Federally connected parents, you can help make a difference at your school!

FORT MCCOY SCHOOL AGE CENTER

TAKE-N-BAKE NIGHT



Let's get Dippy with a Take-N-Bake Family Night!

Please sign up if you would like to participate in the drive by Take-N-Bake Family Night. You will receive ingredients to make "Bean Dip for a Crowd".

Youth will receive a mason jar containing black beans, pinto beans, bay leaves, hot taco seasoning, dried minced onions, parsley, and chicken bouillon cubes. The recipe will be attached to the jar.

Families will need to provide 1 jar (16oz) of thick and chunky salsa (medium or hot) and 2 tablespoons of lime juice.

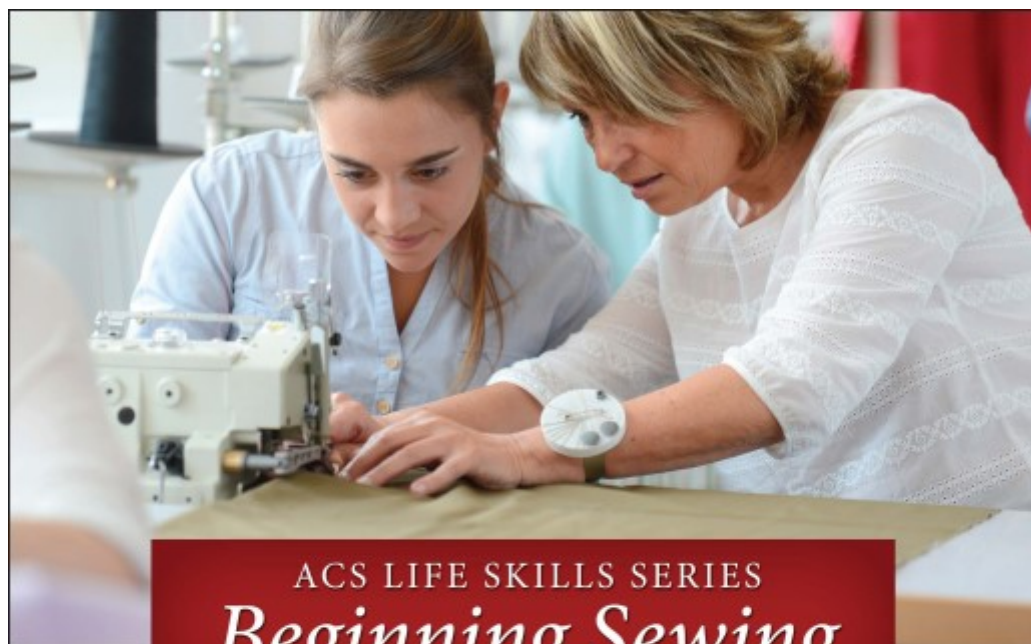
Sign up to receive your Take-N-Bake kit by calling 608-388-4373 or send an email to: hayleigh.l.jenkins.naf@mail.mil

Take-N-Bake Kits will be picked up at the Fort McCoy Youth Center (B1792) on October 20 from 2:30 pm - 5:30 pm.

Sign Up Deadline: October 13, 2020. Limited to the first 20 registered. Kits are available for CYS registered students in Grades K - 12.



FOR QUESTIONS, PLEASE CALL 608-388-4373



ACS LIFE SKILLS SERIES *Beginning Sewing*

October 17 | 1:00 - 4:00 pm
 October 28 | 4:30 - 7:30 pm or
 November 21 | 9:00 am - 12:00 pm
 2161 South J Street | ACS Family Building

Learn the skill of sewing and leave with your own creations!

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.

DETAILS:

- All materials provided including sewing machine.
- Class size is limited to 6 participants to allow for social distancing.
- Masks are required.
- Attendees must be 12 years or older.
- Anyone under 18 years old must be accompanied by an adult.

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

Or send an email to:
lorie.l.retzlaff.civ@mail.mil

Must be registered one week before the workshop.

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 mccoy.armymwr.com and click on Calendar.



Masks and social
 distancing required.



Oct 15- 29th Howl-o - ween Pet photo contest Facebook Pets dressed up in costume, with the most likes and hearts win a prize basket of pet goodies.

- Post photo under the listing for the event on USO Wisconsin Facebook.

Oct 17th 5- 6 pm Drive though pumpkin handout.

- Limited supply 1 per household.
- USO building parking lot.

Oct 17th 4-7 Pumpkin carving Grab your pumpkin and stop at the USO to carve it up. We have the tools and will clean up the mess. **Call us if you want to reserve a table for your family.*

Oct 24th 8 am – 11 am Pancake Breakfast Pumpkin spice pancakes.

- AYCE Dine in or eat out.

Oct 24th Evening Pumpkin Prowl Grab the family and take a walk to see all the pumpkins on display in the housing area.

- Housing area.

Oct 30th 11- 1 Kids swag bag hand out. Limited supply

- Kids between 5- 10 only
- Registration needed. www.usowisconsin.eventbrite.com

Oct 30th 7 pm Family Movie Hocus Pocus Building 905

- Registration needed. www.usowisconsin.eventbrite.com
- Come in costume.
- Hot dog and Chips are served.



USO Fort McCoy Building 1501

Open Thursday – Friday 10 am – 6 pm

Saturdays Event times only

414-477-7279



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