



# Fort McCoy MWR Enews

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November 18, 2022 | [www.mccoy.armymwr.com](http://www.mccoy.armymwr.com) | 608-388-7400 | *No endorsement implied*



**WE HELP YOU SAVE  
ON YOUR VISION COSTS  
SO YOU CAN SEE  
THE DIFFERENCE**

Open Season is Nov. 8 – Dec. 13



**FEP Vision**<sup>SM</sup>

[bcbsfepvision.com](http://bcbsfepvision.com)

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**Begin the season with a Fort McCoy Tradition!**

**December 1, 2022 | 4:30 - 6:30 pm**  
**McCoy's Community Center**

Ceremonial Tree Lighting will be held outside at 5 pm  
All activities will begin after the ceremony  
Open to Fort McCoy employees and their family members

**Kids Crafts & Activities**

**Photos with Santa**

**Cookies & Hot Chocolate**

A.L.M.  
Charities

FEDERAL  
R.I.A.  
CREDIT

Calder's  
RESTAURANT

IHG ARMY HOTELS

DUNKIN'

EXCHANGE

parenting  
PLACE

Mayo Clinic  
HEALTH SYSTEM

BSC  
BASE SUPPLY CENTER

festival

TEXAS  
SANDS RESORT

bugtussel

COST CUTTERS  
FAMILY DRESS SALES

abr  
Employment  
Services

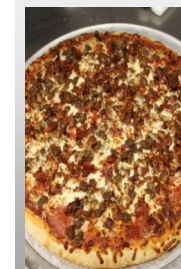
ACS

[mccoy.armymwr.com](http://mccoy.armymwr.com) | 608-388-7400



## TREES FOR TROOPS

**Dec 2 | Beginning at 12 pm**  
**Fort McCoy Housing 6158 H Circle**  
FREE Christmas trees will be given out to Active Duty, National Guard and Reserve Soldiers while supplies last. Trees cannot be held for a later pick-up. One tree per family. Must present your Military ID.



## MEATIER SHOWER PIZZA

**McCoy's Community Center**  
Attention meat lovers! Enjoy a 16 inch pizza fully loaded with Pepperoni, Sausage, Ground Beef and Bacon for only \$18.75. This pizza is sure to satisfy your meat craving!



## FAT TIRE BIKE RENTAL

Rent one of our fat tire bikes and ride effortlessly through any terrain. Wet pavement, sand, muddy trails and even snow are no match for these bikes!  
**Hourly: \$5 Mil/DoD \$5 Public**  
**Daily: \$15 Mil/DoD \$20 Public**  
Call 608-388-3517 for more information.



## GRADE A SNOW DAY

**Thursdays & 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.



## McCOY'S COMMUNITY CENTER

Building: 1571 Phone: 388-2065

### BEER BRAT

#### McCoy's Community Center

Enjoy a Wisconsin Favorite! Our bratwursts are boiled in beer before being grilled. Topped with sauerkraut and served on a toasted bun.

### MONDAY NIGHT FOOTBALL

#### 5 pm— 10 pm | McCoy's Community Center

Join us on Monday nights for Monday night football and cheer on your favorite team. While watching the game on 16 large screen TV's, enjoy a pizza and a cold beverage. McCoy's Community Center is the place to be if you love to watch football!

### HYPERBOWLING

#### McCoy's Community Center

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 is included.

### OUTDOOR RECREATION

Building: 8053 Phone: 388-3517/4498

### PINE VIEW CAMPGROUND 2023 RESERVATIONS

Register early 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](http://mccoy.armymwr.com) to ensure you reserve the dates you want for 2023!

### TACTICS

Experience the extreme sport! 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 to host a unit party or a birthday. Open to the public!

Reservations are required, so please call 800-531-4703 or 608-388-3517 to schedule a play time.



## Gingerbread House Building Contest

Join us for this fun holiday competition! Bring your Family, children, friends and coworkers and get creative. All supplies will be provided.

**December 7, 2022 | 4:30 - 7 pm**  
**McCoy's Community Center**  
**Bldg 1571, Fort McCoy, WI**

Open to the Fort McCoy employees and their Families.



Prizes awarded to the top 3 Gingerbread Houses!



**RESERVATIONS REQUIRED! Please call 608-388-2065/3011**



**SKIESUnlimited**

## Ski & Snowboard Lessons

### Does your child want to learn how to ski or snowboard?

Lessons will be taught by trained instructors at the Whitetail Ridge Ski Area. Parents or Guardians are responsible for providing transportation to and from lessons.

**DATES:** Thursdays from Jan 5 - Mar 2, 2023

**TIME:** Beginners: 4:30 - 5:30 pm

Advanced: 6:15 - 7:15 pm

**GRADES:** 1<sup>st</sup> - 12<sup>th</sup>

**LOCATION:** Whitetail Ridge Ski Area, Fort McCoy

**COST:** \$130 (with equipment rental)

\$100 (without equipment rental - must bring your own)

\$100 Cost of SKIES lessons can be applied to a Season Pass. Call Pine View Campground at 608-388-3517 for Season Pass sales.

### To register, call 608-388-8956.

Space is limited to 10 children per class so sign up today!

Must be registered by Dec 31, 2022. Payment is due at the time of registration and is non-refundable. Youth must be registered with CYS - please call Parent Central Services at 608-388-8956 to register.



[www.mccoy.armymwr.com](http://www.mccoy.armymwr.com) | 608-388-8956

## 1395 FITNESS CENTER

Building: 1122 Phone: 388-2290

### 1395 FITNESS CENTER SHOE POLICY

Just a friendly reminder with winter weather quickly approaching that shoes worn outside pick up stones/dirt/water and damage the floors, equipment and make the facility appearance soiled. Please carry exercise/gym shoes into the fitness center. Thank you for your understanding.

## RUMPEL FITNESS CENTER



# FLANNEL or FREEZE! 3K RUN/WALK

## December 3 | 9 am South Post Community Center

- Prizes awarded to the best individual and team flannel outfits!
- Hot chocolate and apple cider will be served at the end of race.

**OPEN TO ALL MWR AUTHORIZED PATRONS**

Register at the Fitness Center or call 608-388-2290 by November 30.

608.388.2290 | [www.mccoy.armymwr.com](http://www.mccoy.armymwr.com)



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***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 WITH TOTS

Nov 22 & 29, Dec 6 & 13 | 10 am – 12 pm  
 ACS Family Building, B2161

Do you want to connect with other parents? If you are looking for something to do with your children ages 4 and younger, please join us. To register, [e-mail here](#) or call x2412.

### SPIN YOUR OWN WOODEN PEN OR KEY CHAIN

Dec 6 or 8 | 4 pm – 6:30 pm | ACS Building Bonds Workshop, B1133

Spend time with your Family making memories! Start with a blank block of wood, use the lathe to customize and finish with a high gloss coat of wax. To register, call x3505 at least one week prior to the class.

### FAMILY CHRISTMAS CARD WORKSHOP

Dec 10 | 9 am – 1 pm | ACS Family Building, 2161 South 8th Ave

Register for a 2-3 hour block of time to create greeting cards with your Family. All supplies furnished! Multicultural supplies are available. One hour early start time for EFMP Families. To register or for more information call x6507 or [click here](#) to send an e-mail.

### TRICARE & CVSO BENEFITS BRIEFING

Dec 13 | 9 - 11 am | ACS Building, B2111

Struggling with Tricare Prime Remote issues? Have questions regarding post military benefits and not sure how to access them? If so, these briefings are for you! To register, [e-mail here](#) or call x2359.

### NEWCOMER'S ORIENTATION

Dec 14 | 8 am – 1 pm  
 McCoy's Community Center, B1571

Are you new to Fort McCoy? Come and learn what we have to offer. Breakfast is provided beginning at 8 am. To register, [e-mail here](#) or call x2359.

### MEN'S RESILIENCE WORKSHOP

Dec 14 | 7:30 am – 10:30 am | B2675

Join us as we explore the 5 dimensions of resilience. We will take a trip to the Sparta Food Pantry. Breakfast will be provided. To register, [e-mail here](#) or call x7262.

### SPONSORSHIP TRAINING

As a sponsor, it's your responsibility to provide information to new service members at your station. The updated, interactive [eSponsorship Application & Training. eSAT](#) gives you all the resources you need to be a successful sponsor. It is now more inclusive and uses real life situations to test your knowledge as you gear up for sponsorship. To take the training: <https://www.militaryonesource.mil/moving-housing/moving/sponsorship/the-new-esponsorship-application-and-training/>

### THRIFT SAVINGS PLAN (TSP) CHANGES

TSP offers free webinars that cover topics for all TSP participants and their beneficiaries. Topics include Introduction to TSP, TSP Investment Funds, TSP Death Benefits, and many more. These online learning opportunities are hosted by TSP's Office of Communications and Education. Log onto <https://www.tsp.gov/online-learning/> to register for these important webinars.

### DoD SAFE HELPLINE

The DoD Safe Helpline is available 24/7, anytime, anywhere - including holidays - to provide confidential and anonymous support for survivors, their loved ones, and anyone in the DoD community affected by sexual assault, 877-995-5247.

### **INCREASE YOUR LEARNING POWER!**

*Army Community Service's Resource Library contains a wide variety of topics including:*

- ✓ Deployment    ✓ Employment    ✓ Finance    ✓ Parenting
- ✓ Relocation    ✓ Resiliency    ✓ And More!

We also have a selection of childrens books. Books can be checked out for a one month period.



**ICE** COMMENTS  
 & FEEDBACK  
INTERACTIVE CUSTOMER EVALUATION



## FAMILY WORKSHOP

Spin Your Own  
Wooden Pen  
or Key Chain

2022 DATES

Nov 1, 3, 15 or 17; Dec 6, 8 or 20

2023 DATES

Jan 12, 19 or 26; Feb 9 or 23

All classes held from 4:00 pm - 6:30 pm  
ACS Building Bonds Workshop | B1133Spend time with your Family  
making memories!

Start with a blank block of wood, use the lathe to customize and finish with a high gloss coat of wax.

- All materials and instruction supplied
- Class size is limited to 12 participants per day
- Children must be accompanied by an adult (one adult per child)



Have your own special piece of wood you would like to use? Call 608-388-3840 for specific sizing details.

## TO REGISTER, PLEASE CALL ACS AT 608-388-3505

Must be registered one week prior to the class. These are step-by-step workshops - please arrive on time.

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.[www.mccoy.armymwr.com](http://www.mccoy.armymwr.com) | 608-388-3505FAMILY CHRISTMAS  
CARD WORKSHOP

December 10, 2022 | 9 am\* - 4 pm

Register for a 2-3 hour block of time

\*Early start time (1 hour) for EFMP Families

*Get into the creative spirit.*

Using rubber stamp art and stickers, Families will work together to design their own personalized Christmas cards. This workshop gives parents and children an opportunity to increase interaction skills while having a good time and accomplishing a goal.

## Details

- All supplies are furnished
- Class sizes will be limited
- Children must be accompanied by an adult

Call Army Community Service to  
register at 608-388-6507.

Must be registered by December 7

Please call in advance with number of Family Members, ages of children &amp; time attending.

Workshop held at ACS Family Building  
2161 South 8th Ave

Multi-Cultural Supplies Available



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 visit: <http://mccoy.armymwr.com> and click on Calendar.[www.mccoy.armymwr.com](http://www.mccoy.armymwr.com) | 608-388-3505



FORT MCCOY MWR

## RESILIENCE

## MEN'S RESILIENCE WORKSHOP

## 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.

December 14, 2022

8 am - 12 pm

Religious Support Office  
Building 2675Join us as we explore the 5 dimensions  
of resilience.

- Breakfast provided for all attendees
- Spiritual & Social Resilience
- Crafting for Resilience
- Trip to the Sparta Food Pantry

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.

Create a Colorful  
Family Christmas

Join ACS on a Family Bus Trip to the Mall of America's  
Crayola's Handmade Holidays Experience

DECEMBER 17, 2022

8 AM

DEPART FORT MCCOY

6 PM

RETURN TO FORT MCCOY

Pick up and drop off location:  
ACS Parking Lot | 2111 South 8th Ave.



TO REGISTER, PLEASE CALL  
**608-388-2412**

Must be registered at least one week prior to the trip.  
Bus ride to the Mall of America is free. Tickets for the  
Crayola Experience must be purchased on your own at  
[www.crayolaexperience.com](http://www.crayolaexperience.com)