



# Fort McCoy MWR Enews

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October 18, 2018 | [www.mccoy.armymwr.com](http://www.mccoy.armymwr.com) | 608-388-7400 | *No endorsement implied*

## No Treats JUST TRICKS

**RUN RELAY RACE/WALK**



**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**



### OCTOBER SPECIAL BACON CHEESEBURGER CALZONE

\$6.50 | **McCoy's Community Center**  
Available through October 31  
Stuffed with ground hamburger, bacon,  
cheese, onion, ketchup, mustard and  
pickles. Make it a combo for \$2.50 more!



### MALL OF AMERICA BUS TRIP

Nov 3 | 8 am - 8:30 pm  
**McCoy's Community Center**  
\$25 per person  
Open to all Fort McCoy employees and  
their guests. Register by calling 388-3011  
by Oct 26.  
All registrations are final - no refunds.



### MANAGE STRESS DURING THE HOLIDAYS - MAINTAINING BALANCE

Nov 15 | 9 - 10:30 am | B2111  
Strategies to manage the unique  
stressors that are often associated with  
holidays. Register by Nov 8 by calling  
608-388-7262.



### MAGIC MEDLEY SWIM CHALLENGE

Nov 20 | Rumpel Fitness Center  
Swimmers must complete the following  
medley orders: 4 x 25; 4 x 50; 4 x 100.  
Open to all MWR eligible patrons. Prizes  
awarded to challenge finishers. Call 608-  
388-2029 to register.

### Congratulations to TEAM FORT McCOY!

They placed 2nd again  
this year at the October  
7th Army Ten-Miler  
with an impressive  
total team time of  
4:54:45!



**ICE**  
INTERACTIVE CUSTOMER EVALUATION

**COMMENTS  
& FEEDBACK**

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

## 3 VS 3 BASKETBALL LEAGUE

Thursdays in November | 5 pm  
3 players minimum. Half court games. Prizes for the first place team. Call 608-388-2029 to register your team!



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

## PINE VIEW HIDDEN TRAILS TRIP

October 20 | 1 pm  
\$10 adults, \$7 ages 4 – 10 years, 3 and under free.  
Prepare to be amazed.  
Pine View Campground will take you to a local pumpkin patch where you will enjoy a wagon ride, venture through a corn maze and pick out the perfect pumpkin.  
Call 800-531-4703 to register for this day of family fun!



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

## FIESTA FRIDAYS

Fridays in Oct | 4 pm—9 pm  
Macho Nachos & Corona for \$9.25!



## HOLIDAY PUNCH CARD CONTEST

October 1—Dec 1  
Receive a punch for every buffet purchase.  
Return the card after 10 punches to be entered into a drawing to win a Holiday Lunch Party for up to 20 guests! *Not valid with any other promotion or punch card offer.*

## NEW—FOOTBALL PIZZA

Join us on Monday, Thursday, Saturday and Sunday to watch football and enjoy a football shaped pizza with cheese stuffed crust. \$12

**1 NIGHT - 2 EVENTS!**

**RUMPEL FITNESS CENTER'S**  
**ZOMBIE Pool Party**

**OCTOBER 26 | 5 - 6 PM**  
**RUMPEL FITNESS CENTER POOL AREA**

Entry Fee: \$5 per person  
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.*

**1 NIGHT - 2 FUN EVENTS!**  
*After the scavenger hunt, join us at McCoy's for a night of fun & games!*

**Halloween Bash**

**OCTOBER 26 | 6 - 9 PM**  
**McCOY'S BOWLING AREA**

**McCOY'S COMMUNITY CENTER**  
**Halloween Bash**

**OCTOBER 26 | 6 - 9 PM**  
**McCOY'S BOWLING AREA**

- Extreme Bowling \$2 per game  
*Free shoe rental*
- Costume Contests
- Fun Games & Prizes  
*Must be 14 years old or under*
- Food Specials

**1 NIGHT - 2 FUN EVENTS!**  
*Join us for an underwater scavenger hunt where you keep what you find.*

**Zombie Pool Party**

**OCTOBER 26 | 5 - 6 PM**  
**RUMPEL FITNESS CENTER**  
**\$5 PER PERSON**

**DJ Trivia**

Get your team together and join us for some trivia fun!

**Thursday Nights**  
**from 5 - 7 pm**

**The Real McCoy**

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**>> CLICK HERE to view the latest edition**

# Bowling Birthday Parties



**McCOY'S COMMUNITY CENTER (B1571) | CALL 608-388-7060 TO BOOK YOUR PARTY TODAY!**

ARMY COMMUNITY SERVICE  
Building: 2111 Phone: 388-3505

## BUDGETING

Oct 24 | 10 - 11:30 am | B2111  
Explore the use of budgets, goals and financial statements; identify the essential elements of a budget; and recognize financial aspects unique to the military lifestyle. Call x3540 to register.

## CONNECT THE TOTS

Oct 30 | 9:30 - 11:00 am | B2161  
Our playgroups contains toys, books, and other **materials to help strengthen each child's cognitive, physical, and creative selves**, and to help promote social-emotional skill building through play. Call x3540 to register.

## VOLUNTEERS: CREATE-A-MEMORY

Nov 2 | 11:30 am - 3:30 pm | B2161  
All registered Fort McCoy Volunteers are invited to attend an appreciation event. Stop in the ACS Family Building to create a mini scrapbook or scrapbook calendar. You can bring one friend to spend time with you! Contact Lorie at 608-388-6507 or [lorie.l.retzlaff.civ@mail.mil](mailto:lorie.l.retzlaff.civ@mail.mil) for more information or to register. (Must be a registered Fort McCoy volunteer and volunteered on or after Jan 1, 2017 to attend.)

## CAREGIVING AND THE SANDWICH GENERATION

Nov 5 | 11 am - 1 pm | B2111  
This class will offer caregivers helpful information and tips, along with opportunities to share, ask questions and participate in meaningful discussion. Come join us in finding balance.

## PCS OPEN HOUSE

Nov 7 | 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. The EFMP Manager will also be there to answer questions. Info **tables, children's relocation materials, maps, and other** relocation items will be available. For more information, or to register ahead of time, please call x2359.

## MAKE A WOODEN PEN

Nov 9 or 30 | 1 - 4 pm | B1133  
Spending time together as a Family builds Family Resilience. Create your own wooden pen for each member of your Family. Single and geographical bachelors welcome.



## MILITARY FAMILY MONTH: STAYING READY TOGETHER

Nov 16 | 10 am - 3 pm | B2161 South 8<sup>th</sup> Ave  
In honor of your Military Family, spend time together to create Christmas and Greeting Cards for Family and loved ones. Multi-cultural supplies available. Register for a 2-3 hour block of time. Early start time for EFMP Families. Must be registered by Nov 13. Call x7262 for more information to register.

## STRATEGIES FOR STUDENTS WITH ADHD

Nov 29 | 9 am - 12 noon | B2111  
This class will provide participants with techniques and tools that they can use in their daily lives when working with children/youth with Attention Deficit Hyperactivity Disorder (ADHD). Call x7262 to get registered for the class.

## VOLUNTEERS FOR TREE LIGHTING

Dec 6 | 4:30 - 6:30 pm  
**McCoy's Community Center, B1571**  
Calling all volunteers...we need some help! We are **looking for 3 Santa's Elves, and 7 Santa's workshop** helpers. You may assist with decorating cookies, handing out programs, help with photos or hot chocolate. There is something for everyone! Contact Julie at x3696 or [click here](#) to send an e-mail for volunteer assignments. Thank you in advance!

# October BOWLING SPECIALS



## MANIAC MONDAYS

*Mondays in October*

**3 games for the price of 1!**

Price per person. Does not include shoe rental.

## SWEETEST DAY

*October 20*

**Couples BOGO: 2 games for the price of 1**

## HALLOWEEN BASH

*October 26 | 6 - 9 pm*

**Extreme Bowling: \$2 per game | Food Specials**

**Costume Contests | Games & Prizes**

**Thunderbowl  
Bowling Center**

**McCoy's Community Center  
(Bldg. 1571)**

**HOURS:**

**Mon-Fri: 11 am - 11 pm**

**Sat-Sun: 4 pm - 10 pm**



[www.mccoy.armymwr.com](http://www.mccoy.armymwr.com) | 608-388-7060



**PACKERS 100th SEASON**  
22oz COMMERMORATIVE GLASSWARE  
**NOW AVAILABLE!**

**\$7.00**  
MILLER LITE  
22OZ TAPS  
& KEEP  
THE GLASS!



NEW GLASS RELEASED EACH MONTH SEPT - DEC

**GREAT TASTE. LESS FILLING.  
GO PACK GO**



**WHITETAIL RIDGE SKI AREA IS NOW HIRING!**

**Ski/Snowboard Instructor**

**APPLY TODAY!** Go to [www.USAJOBS.gov](http://www.USAJOBS.gov)  
or call NAF Personnel at 608-388-3773