



Fort McCoy MWR Enews

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November 1, 2018 | www.mccoy.armymwr.com | 608-388-7400 | *No endorsement implied*

McCOY'S COMMUNITY CENTER

November Specials



ELECTION DAY CONTEST

Nov 6 | 11 am - 1 pm

Vote for your favorite sandwich.
Samples provided. 1 vote per person.



FISH FRY SPECIAL

Fridays | 11 am - 9 pm

3 pieces of fish, steak fries,
coleslaw & drink: \$9 *Closed on Nov 23*



GUACAMOLE DAY

Nov 14 | 4 pm - 9 pm

Guacamole, chips &
margarita: \$8



AFTER WORK WEDNESDAYS

Wednesdays | 4 pm - 9 pm

\$0.50 boneless wings; \$2 domestic
bottled beer; free darts

Building 1571 | 608-388-2065 | www.mccoy.armymwr.com



COMMENTS & FEEDBACK



**November 14
11:30 am
Rumpel Fitness
Center**

*Register at the
Rumpel Fitness Center.
Must be registered by 11 am
on the day of the event.*



\$5 HAIRCUTS—TOMAH COST CUTTERS

Nov 11 | 10 am - 1 pm

Cost Cutters of Tomah is offering military personnel \$5 haircuts on Veterans Day. They will match 100 percent of the proceeds and money raised will go toward providing lunches at McCoy's Community Center's Military Appreciation Day on May 9.



PCS OPEN HOUSE

Nov 7 | 11 am - 1 pm | B1571

Do you have orders to PCS from Fort McCoy to a new duty location? Stop in and talk to the EFMP Manager, visit the information tables and other relocation items will be available. Please call x2359 for information or to register.



BOSS KICK-OFF MEETING

Nov 8 | 3:30 - 4:30 pm

McCoy's Community Center

Member social with FREE bowling following the meeting. Civilian attire is recommended. For more details, call 388-5378.



TREE LIGHTING CEREMONY

Dec 6 from 4:30 - 7 pm

McCoy's Community Center

Join us for a Fort McCoy tradition! Enjoy crafts and activities, Santa's gift shop, carols sung by the Fort McCoy CYS children, photos with Santa, door prizes and more!

RUMPEL FITNESS CENTER
Building: 1122 Phone: 388-2290



3 vs 3
BASKETBALL LEAGUE
THURSDAYS IN NOVEMBER
GAMES START AT 5 PM
RUMPEL FITNESS CENTER
3 player minimum | Half court games
Prizes for the first place team
CALL 608-388-2290 TO REGISTER YOUR TEAM TODAY!

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. Swimmers will be verified by lifeguard on duty. Call 608-388-2029 to register.

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

NOVEMBER SPECIAL | BUFFALO CHICKEN WRAP

\$6 | MAKE IT A COMBO FOR \$2.50 MORE!
Breaded chicken tenders, lettuce, tomato, cheese and buffalo sauce wrapped in a flour tortilla. Available through November 30.



2019 MILITARY SALUTE TICKETS FOR DISNEY

4 day hopper	\$229
4 day hopper plus	\$274
5 day hopper	\$244
5 day hopper plus	\$289



Must be active duty, reservist, retired military or 100% disabled. Max number of tickets per military person is 6.

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

FAT TIRE BIKES FOR RENT

\$50 per day weekdays | \$75 weekends
Rent one of our fat tire bikes and explore more of our trails during all seasons. Ride effortlessly through any terrain. Wet pavement, sand, muddy trails and even snow are no match for these bikes! Call 388-3517 for more details.



EARLY BIRD SPECIALS FOR WHITETAIL RIDGE SKI AREA!

Nov 15—Dec 15

Military/DOD Early Bird Special:

Individual: \$150 - Regular Price: \$170

Each additional family member: \$65 - Regular Price: \$85

Seasonal Equipment Rental: \$130 - Regular Price: \$150

General Public Early Bird Special:

Individual: \$210 - Regular Price: \$230

Each additional family member: \$95

Regular Price: \$115

Seasonal Equipment Rental: \$180 - Regular Price: \$200

Hours of Operation for Whitetail Ridge 2019 Season:

Friday: 4:30 - 9 pm

Saturday: 10 am - 9 pm

Sunday: 12 - 6 pm

Passes are non-transferrable and non-refundable.



*McCoy's Community Center
offers fresh sliced ham or
turkey. Perfect for holiday
parties & gatherings.*

\$6.50 lb

MINIMUM OF 10 LBS.

*Call 608-388-7055
to place an order!*



McCOY'S COMMUNITY CENTER | BUILDING 1571 | 608-388-7055



The PERFECT GIFT for any occasion!

Gift Cards can be purchased at the Rumpel Fitness Center, McCoy's Community Center or Pine View Campground.

ARMY COMMUNITY SERVICE
Building: 2111 Phone: 388-3505

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. Call x2412 to register.

CONNECT THE TOTS

Nov 6, 13 and 27 | 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 x2412 to register.

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.

SPONSORSHIP TRAINING

Nov 13 | 10 - 11 am | B2111

Sponsorship is a commander's program that assists Soldiers, civilian employees and Families during the reassignment process. It improves unit organizational cohesion and readiness. Call x3505 to register.

NEWCOMER'S ORIENTATION

Nov 14 | 8:15 - 2 pm | B2111

The Newcomer Orientation is open to new installation personnel and their spouses. It provides briefings by representatives from various activities regarding the services they offer and includes a tour of the installation. Call x2359 to get registered.

STRESS DURING THE HOLIDAYS -MAINTAINING BALANCE

Nov 15 | 9 - 10:30 am | B2111

This presentation aims to guide individuals on ways to manage the unique stressors that are often associated with holidays. Objectives include: recognizing the signs and symptoms of stress; defining holiday expectations; recognizing and avoiding the "holiday blues"; practicing stress management techniques; and utilizing strategies to guide children through the holidays. Register by calling x7262.

MILITARY FAMILY MONTH: STAYING READY TOGETHER

Nov 16 | 10 am - 3 pm | B2161 South 8th 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!

*Let's Jump into Getting
Ready & Resilient with a
Trip to Jump Start Park!*

CHILD YOUTH SERVICES
**#WEOWN
FRIDAYS!**



November 30 | 5:30 pm - 10:30 pm
Jump Start Trampoline Park (La Crosse)
\$5 per student

5:30 - 6 pm: Hunt the Good Stuff

Youth must arrive by 5:30 pm

6 pm: Depart Youth Center

7 pm: Arrive at Trampoline Park - Pizza & Soda Dinner Provided

9 pm: Depart Trampoline Park

10 pm: Drop Off at South Post Housing

10:30 pm: Drop Off at Youth Center

**Reserve your spot by returning the permission slip
and payment by November 21.**

*Open to 6th-12th graders. Must be registered with CYS. Min. of 6 kids. Youth may bring money
to buy food at the snack bar. Permission slips must be signed and returned to CYS and waiver
must be filled out at <https://www.jumpstartadventurepark.com/waiver/> (Jump ID: 104167)*

For questions, please call 608-388-4373

THE MONTH OF NOVEMBER IS

MILITARY Family MONTH | Staying Ready Together



FREE CAR SEAT CHECK

November 15 | 2:30 pm - 5 pm

CDC Parking Lot | Bldg 1796

*Certified Technicians will inspect your child's car seat to ensure
proper installation and usage.*

Call 608-388-2238 for additional information



McCoy's Community Center
**Holiday Punch
Card Contest**

**Fill a buffet punch card for a chance to win
a Holiday Lunch Party for up to 20 guests!**

Receive a punch for every lunch buffet purchase. After 10 punches, return card to McCoy's to be entered into the
drawing. Not valid with any other promotion or punch card offer. Contest will run Oct 1 - Dec 1, 2018.



For more information, please call 608-388-2065