



# Fort McCoy MWR Enews

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October 27, 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)

*Paid Advertisement: The Dept. of Defense does not endorse any company, sponsor or their products or services.*



Jody is a former Army Officer and served 3 tours of duty in Iraq. He is now a comedian and entertains Troops and Veterans at home and abroad with the GIs of Comedy.

He is a lifetime stutterer and has been published 9 times by Chicken Soup for the Soul.

# JODY FULLER

## Nov 7, 2022

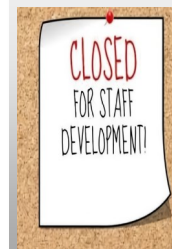
## 5:00 pm

## McCoy's Community Center



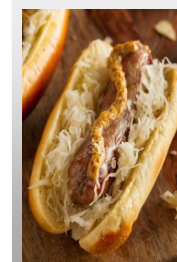
Show is free and open to all eligible MWR patrons. Food & beverages will be available for purchase.

[mccoy.armymwr.com](http://mccoy.armymwr.com) | 608-388-3505



### MWR FACILITIES CLOSED ON OCT 31

All MWR facilities will be closed on Monday, Oct 31, 2022, for a training/organizational day for MWR staff. MWR will resume normal business hours on Tuesday, Nov 1, 2022.



### 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.



### 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.



### FALL PHOTO BOOTH

**Pine View Campground**  
Army Community Services has set up a fall photo booth at the gazebo near the campground beach to take pictures of your family or friends. Please bring your own camera or smart phone. Photo area will be set up through Nov 15th.



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



**November 16**  
**7 am**  
**Building 1395**

Register at  
Bldg. 1395 by November 11.  
Top runners will receive a frozen  
turkey.

CALL 608-388-2290

## BUILDING 1395 FITNESS CENTER OPENS NOV 1

Building 1395 opens November 1<sup>st</sup> at 5 am as the secondary fitness facility, while renovation starts at Rumpel Fitness Center.

Hours of Operation are Monday - Friday 5 am - 6 pm, Saturdays 6 am - 2 pm. The facility is closed Sundays and federal holiday weekends.

24/7 fitness will be available inside Bldg. 1395 but patrons will have to re-register for this service beginning November 1<sup>st</sup>. [#FortMcCoyMWR](#)



**MADISON CAPITALS**

**MILITARY APPRECIATION NIGHT**  
**Friday, November 11th 7:00pm**  
Bob Suter's Capitol Ice Arena  
2616 Pleasant View Road, Middleton, WI, 53562

In support of  
Badger Honor Flight

RSVP BELOW FOR COMPLIMENTARY TICKETS:  
<https://bit.ly/CapsMilitary2022>  
(Copy & Paste into web browser)

Questions - Email [Andrew@madcapshockey.com](mailto:Andrew@madcapshockey.com)

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

## SIT, SIP & PAINT

Nov 3 | 5:30 pm—7:30 pm  
Point Pub, Whitetail Ridge Ski Area's Chalet  
Get into the holiday spirit by painting a personalized picture for the holidays to decorate your home or give as a gift. To register, go to [www.thepaintshack.net](http://www.thepaintshack.net). Click on calendar/registration. Select November 3 and fill out registration details. For more information about this event please call 608-388-2065.

Ten




**2022 SEASON**  
The Sportsman's Range  
will be open from 11 am - 4 pm  
on the following days:  
**October 29**  
**November 5**  
**November 12**

Please call 608-388-3517 for more information

## 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 608-388-3517 to schedule a play time.

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

## MONDAY NIGHT FOOTBALL IN NOVEMBER

5 pm— 10 pm | McCoy's Community Center

Join us for Monday night football in November and cheer on your favorite team. Watch 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!



## 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!



**WE ARE  
HIRING**

**FORT McCOY MWR OPENINGS**

- McCoy's Custodial Workers
- McCoy's Food & Beverage Attendants

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



Home | Facility Hours | Newspaper Archives | Search

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

FORT MCCOY MWR

# Car Wash

*Located on Headquarters Road***Self-Service & Automatic Bays****Vacuum & Carpet Cleaning Station****ARMY COMMUNITY SERVICE**

Building: 2111 Phone: 388-3505

**FALL FAMILY PHOTO BOOTH**

**Now thru Nov 15 | Pine View Campground Gazebo**  
Bring your camera or smart phone to take photos in the Pine View gazebo located near the beach. It's decked out with Autumn décor - the perfect backdrop for your pictures. Free to use. For best photos utilize this display in the afternoon to avoid harsh shadows. Call x3505 for details.

**EFMP FALL CRAFT NIGHT**

**Oct 27 | 5 – 7 pm | ACS Family Building, B2161**  
Art helps with Exceptional Family Member's unique strengths on their own terms. Practicing any type of art has been shown to increase fine motors skills, improve focus and better moods. To register, [e-mail here](#) or call x7262.

**PAWS AGAINST VIOLENCE**

**Oct 29 | 10 am – 12 pm | South Post Community Center**  
Bring your pets along to "Step Up, Step Out" against domestic violence. Join the Family Advocacy Program, Brighter Tomorrows and our surrounding communities to raise awareness against domestic violence in our military. Register the day of the event. Questions, please call x2412.

**POPS CONNECT WITH TOTS**

**Nov 1 | 10 am – 12 pm | ACS Family Building, B2161**  
Pops Connect with Tots is an opportunity to encourage the father-child relationships. Fathers will have an opportunity to bring their tots to playgroup once a quarter to learn skills that will cultivate bonding, communication, attachment and build family resiliency. To register, [e-mail here](#) or call x2412.

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**SPIN YOUR OWN WOODEN PEN OR KEY CHAIN**

**Nov 1, 3, 15 or 17 | 4 – 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.

**COFFEE, TEA & ME HOLIDAY STRESS MANAGEMENT WORKSHOP**

**Nov 3 | 9:30 – 11:30 am | South Post Community Center**

Gain helpful strategies to de-stress during the holiday season. Explore mindfulness techniques. Develop confidence to navigate times of high anxiety. To register, call x7262/3505.

**JODY FULLER COMEDY SHOW**

**Nov 7 | 5 pm | McCoy's Community Center**

Jody Fuller is a former Army Officer who served 3 tours in Iraq. He now entertains troops and veterans. He is lifetime stutterer who has been published 9 times by Chicken Soup for the Soul. Show is free. Food & beverages will be available for purchase. Call x3505 for more information.

**TRICARE & CVSO BENEFITS BRIEFING**

**Nov 8 | 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**

**Nov 9 | 8 am – 1 pm | McCoy's Community Center**  
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.

**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.

**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 | 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.

- 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) | 608-388-3505HOLIDAY STRESS  
MANAGEMENT WORKSHOP

Gain helpful strategies to de-stress during the holiday season. Explore mindfulness techniques for reducing overall stress. Get ready to feel uplifted by developing the confidence needed to navigate thru times of high anxiety and stress.

Nov 3, 2022 | 9:30 - 11:30 am  
South Post Community CenterTo register, call Army Community Service at 608-388-7262  
or email [carmen.m.ortiz4.civ@army.mil](mailto:carmen.m.ortiz4.civ@army.mil)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](http://mccoy.armymwr.com) and click on Calendar.[mccoy.armymwr.com](http://mccoy.armymwr.com) | 608-388-3505

FORT MCCOY MWR

**RESILIENCE****WOMEN'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.

**November 16, 2022**  
**8 am - 12 pm**  
**Religious Support Office**  
**Building 2675**

**Join us as we explore the 5 dimensions of resilience.**

- Lunch provided for all attendees
- Spiritual & Social Resilience
- Crafting for Resilience
- Trip to the Sparta American Legion

**To register, call ACS at 608-388-7262**  
**or email [carmen.m.ortiz4.civ@army.mil](mailto:carmen.m.ortiz4.civ@army.mil)**

Minimum of 10 participants required to hold 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.



*Do you know your partner's love language? What about your kid's love language? How about yours?*

Learning someone's love language helps us communicate better, show love and strengthen and improve relationships.

Sign-up to learn more from Erik and Stacey Feig and improve the way you communicate with your loved ones.

**NOVEMBER 17, 2022**

**SESSION 1: COUPLES/SINGLES**

10 am - 12 pm | ACS Training Room, B2111

**SESSION 2: FAMILIES**

5 pm - 6:30 pm | ACS Family Building, B2161

To register, please call  
**Army Community Service**  
at 608-388-2412 or email  
[brittany.r.sonie.civ@army.mil](mailto:brittany.r.sonie.civ@army.mil)

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