



# Fort McCoy MWR Enews

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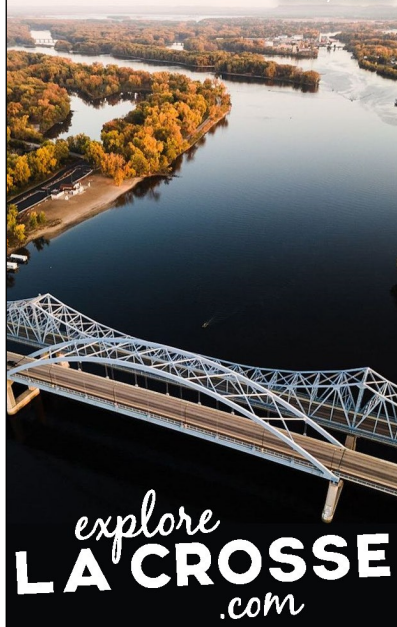
November 10, 2022 | [www.mccoy.armymwr.com](http://www.mccoy.armymwr.com) | 608-388-7400 | *No endorsement implied*

## DISCOVER YOUR NEXT ADVENTURE

— BETWEEN THE BLUFFS —

Explore the La Crosse Region, nestled between ancient bluffs and along the Mississippi River. Recharge and discover your next adventure with delicious cuisine, unique shopping, craft beverage trails, outdoor adventures, cozy hideaways, and one-of-a-kind experiences.

Photo Courtesy of: Colin Stauffer



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

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

**CALL 608-388-2290**



### FALL PHOTO BOOTH

#### Pine View Campground

Army Community Service 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.



**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

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

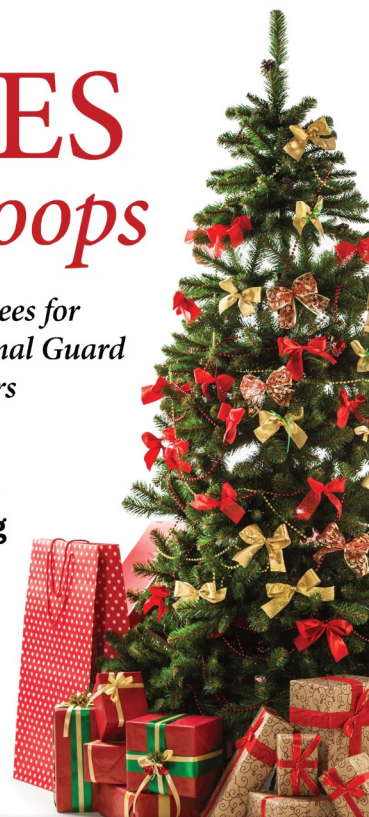
**Kids Crafts & Activities**  
**Photos with Santa**  
**Cookies & Hot Chocolate**

## TREES For Troops

*FREE Christmas trees for  
Active Duty, National Guard  
and Reserve Soldiers*

**December 2, 2022**  
**Beginning at 12 pm**  
**Fort McCoy Housing**  
**6158 H Circle**

Must present your Military ID Card.  
While supplies last; trees cannot  
be held for later pick-up. One tree  
per Family.



608-388-3704 | [www.mccoy.armymwr.com](http://www.mccoy.armymwr.com) | [www.facebook.com/mccoymwr](https://www.facebook.com/mccoymwr)



## RUMPEL FITNESS CENTER

Building: 1122 Phone: 388-2290

### BUILDING 1395 FITNESS CENTER

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

24/7 fitness will be available inside Bldg. 1395 but patrons will have to re-register for this service.



### ALL DAY FREE GROUP FITNESS CLASSES

#### WELLBEATS

Fitness ready when you are! We have dozens of motivating classes available all day, every day. Ask a staff member for details or for more information, call 608-388-2290.

## OUTDOOR RECREATION

Building: 8053 Phone: 388-3517/4498

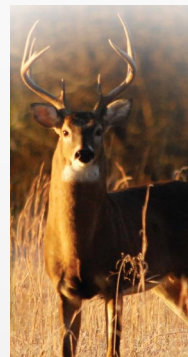
### GUN DEER MEET & GREET

Nov 18 | 4:00 pm—6:00 pm

#### Whitetail Ridge Ski Area's Chalet

Meet your fellow hunter. Biologists will be on-site to discuss deer management and the upcoming 2022 Gun Deer season. Law Enforcement will also be on hand to answer any questions and accept firearm registration forms. Permit Sales will be able to assist with iSportsman and WI DNR GoWild system.

For questions, please call 608-388-6791.



### 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.

## McCOY'S COMMUNITY CENTER

Building: 1571 Phone: 388-2065

### 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.

### 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!

### 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!

### 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.

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

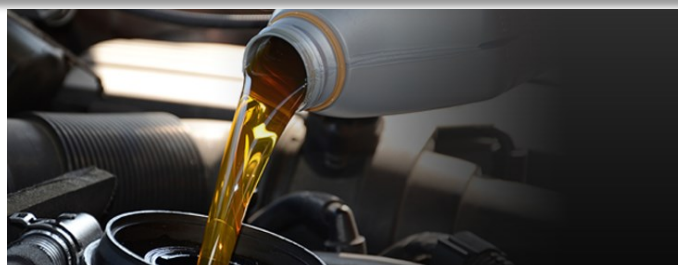
In support of  
**Badger Honor Flight**

RSVP BELOW FOR COMPLIMENTARY TICKETS:  
<https://bit.ly/CapsMilitary2022>  
(Copy & Paste into web browser)  
Questions - Email Andrew@madcapshockey.com

**Fat Tire Bikes**  
Available for rent at  
Pine View Campground

HOURLY: \$5 Mil/DoD | \$5 Public  
DAILY: \$15 Mil/DoD | \$20 Public

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**>> 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

### 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.

### SOLDIER & FAMILY READINESS GROUP (SFRG) TRAINING

**Nov 15 | 1 pm – 3 pm | Microsoft TEAMS**  
This training is required for all command teams, SFRG Liaisons, and SFRG volunteers. Training will be tailored to meet the needs of the attendees. To register, [e-mail here](#) or call x6812.

### MONEY, FINANCIAL, AND LEGAL MANAGEMENT SERIES

**Nov 15 | 9 – 10 am, 10:30 am – 11:30 am, 1 pm – 2 pm | B2111 or Microsoft Teams**  
Come to the next installment of classes in the three areas of money, financial and legal affairs. To register, [e-mail here](#) or call x3540.

### SPIN YOUR OWN WOODEN PEN OR KEY CHAIN

**Nov 15 & 17 | 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.

### WOMEN'S RESILIENCE WORKSHOP

**Nov 16 | 8 am – 12 pm | B2675**  
Join us as we explore the 5 dimensions of resilience. We will take a trip to the Sparta American Legion. Lunch will be provided. To register, [e-mail here](#) or call x7262.

### 5 LOVE LANGUAGES

**Nov 17 | SESSION #1: 10 am – 12 pm, B2111  
SESSION #2: 5 pm – 6:30 pm, B2161**  
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. To register, [e-mail here](#) or call x2412.

### ART OF THE STRONG FAMILY

**Nov 17 | 5 pm – 7 pm | ACS Family Building, B2161**  
Join us to honor our Military Families. Learn about Family Love Languages, create a craft, and watch a movie with popcorn. Light dinner will be served. To register, [e-mail here](#) or call x7262.

### CONNECT WITH TOTS

**Nov 22 & 29 | 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.

### 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.

### 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.



## 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 2675Join 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.



## FORT MCCOY ARMY COMMUNITY SERVICE



## THE ART OF A STRONG FAMILY

Honoring Our  
Military FamiliesNovember 17, 2022 | 5 - 7 pm  
ACS Family Building, B1133Family Love Languages  
Workshop

Crafts



Movie &amp; Popcorn



Food

This event is in collaboration with Army Community Service (ACS) and the Fort McCoy Religious Support Office. Families and geo-bachelors are welcome.

Army Community Service (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.

To register, call 608-388-7262/3528





# 5 Love Languages WORKSHOP



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

## 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) | 608-388-3505