



# Fort McCoy MWR Enews

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November 12, 2020 | [www.mccoy.armymwr.com](http://www.mccoy.armymwr.com) | 608-388-7400 | *No endorsement implied*

## Rumpel Fitness Center's VIRTUAL FOWL 5K

**November 13-15**

*Top male and female runners  
will win a FREE turkey!*



Post a screenshot of your time from a smart phone app  
or fitness tracker to the event discussion board at:  
[www.facebook.com/RumpelFitnessCenter](http://www.facebook.com/RumpelFitnessCenter)

Sponsor (no endorsement implied)

**BUTTERBALL**

## Drive Thru TREE LIGHTING

**December 3, 2020**

**4:30 - 6:00 pm**

**McCoy's Community  
Center Parking Lot**



## Take-Out Family Meals

AT McCOY'S COMMUNITY CENTER

**Don't feel like cooking tonight?  
Let McCoy's do it for you!**

**MONDAY:** Meatball Stroganoff over Egg Noodles & Vegetable  
**TUESDAY:** Kielbasa with Peppers & Onions, Fried Potatoes & Sauerkraut  
**WEDNESDAY:** Meatloaf, Mashed Potatoes, Gravy & Vegetable  
**THURSDAY:** Creamy Chicken & Broccoli Enchiladas & Spanish Rice  
**FRIDAY:** Large 2 Topping Pizza & 12 Wings

**ONLY \$25!**

Feeds Family of 4



**TO PLACE YOUR ORDER, CALL 608-388-2065/7673**

Orders must be called in before 1 pm and picked up between 4 - 5 pm



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

**24 OUNCE**  
**GIANT PRETZEL**  
*Served with Beer Cheese & Mustard*  
**ONLY \$12!**

**AVAILABLE FOR A LIMITED TIME!**  
McCoy's Community Center | 608-388-2065



### FAMILY FUN FOR EVERYONE!

Bowling is back at McCoy's Community Center. Featuring 8 lanes with automatic scoring and HyperBowling! Strike it right Monday & Tuesday 11 am - 8 pm, Wednesday - Saturday 11 am - 9 pm and Sunday 11 am - 4 pm. Lanes are socially distanced. To reserve a lane call (608) 388-7060.

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



### PINE VIEW CAMPGROUND—YOUR HOME AWAY FROM HOME!

Stay in one of our Park Model Cabins which can accommodate up to 5 people. Featuring one bedroom, a loft, living room, kitchen, bathroom plus a wash and dryer. \$85 a night for Military/DoD, \$95 a night for the public. Call 800-531-4703 for reservations.

**YOUR CLASS STARTS NOW**

WELLBEATS virtual group fitness systems are now available in your fitness center.

Ask a Rumpel Fitness Center staff member for more details

**Some of our School-Age Programs may be on hold, but we are still here for you!**

[Check out some online resources to keep our youth engaged](#)

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

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

To reserve a fat tire bike, please call 608-388-3517

**The Real McCoy**

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FEP BlueVision

## ARMY COMMUNITY SERVICE

Building: 2111 Phone: 388-3505

### NOVEMBER IS MONTH OF THE MILITARY FAMILY

ACS has some ideas how to celebrate your Military Family in the month of November. Watch for recipe, reading, craft and game ideas posted on Facebook!

### FY21 FORT MCCOY GARRISON SHARP TRAINING

Nov 17 or Dec 3 or 15 | 9 am | Via Microsoft Teams  
This training will count as your annual SHARP Refresh-er Face to Face Training. To register, please call x8951 or [click here](#) to send an e-mail.

### LIFE SKILLS: BEGINNING SEWING WORKSHOP

Nov 17 4:30 – 7:30 pm | Nov 21 9 am – 12 noon | B2161

Designed for the beginner, this class will cover sewing basics to include hand-sewing, sewing machine set-up and completion of a face-mask. Other projects available if time allows. Register by calling ACS at x6507 or [click here](#) to send an e-mail. Must register at least one week before the workshop.

### SFRG FOUNDATIONS TRAINING 3<sup>RD</sup> TUESDAY OF EVERY MONTH

REQUIRED TRAINING FOR ALL SFRG MEMBERS: All Command Teams, SFRG Liaisons and SFRG volunteers are encouraged to attend.

ATTENDEES WILL: Define and understand mission essential activities as outlined in the regulation, Understand SFRG roles and responsibilities, Recognize non-mission essential activities, resources, & professional development opportunities and Obtain mandated certification IAW Army Regulation. Register by calling ACS at x6712.

### NEWCOMER ORIENTATION

Nov 18 | 8 am – 12 pm | McCoy's Community Center  
The Fort McCoy Newcomer Orientation is resuming. Masks are required in accordance with Fort McCoy health and safety guidelines. Attendance is limited to the first 20 registered. Breakfast will be provided beginning at 8 am. To register, please call x2359.

### RESILIENCE & ASSERTIVE COMMUNICATION

Nov 19 | 9-11 am | B2111

Learn the IDEAL Model to learn how to communicate more clearly and with respect, especially during a conflict or challenge. Call x6507 or [click here](#) to send an e-mail by Nov 12 to register.

### BUILDING BONDS WORKSHOP – MAKE YOUR OWN

Salt and Pepper Mill

Nov 24, Dec 1 or 8 | 4 – 6:30 pm | B1133

Wooden Pen

Dec 3, 10 or 17 | 4 – 6:30 pm | B1133

Spend time together with your Family making memories. Relieve some COVID stress by creating your own wooden pen or salt & pepper mill. Must be registered one week prior to the class - call x3505 to register.

### CONNECT THE TOTS MONTHLY ACTIVITY BAG

Nov 30 | 10 am – 12 pm | B2111

Includes recipes, crafts, resources and more! Bags are intended for toddlers; available while supplies last.

### FAMILY ADVOCACY TRAININGS\*

Commander Education Training | Dec 8 | 9 - 10 am  
Offered for senior leaders to be aware of command responsibilities for identification and reporting of spouse and child abuse.

Annual Troop Education Training | Jan 12 | 9 – 10 am  
Offered for all Soldiers to be aware of the Family dynamics of spouse and child abuse as well as the Army's policies regarding Family violence.

\*Both trainings will be offered virtually via Microsoft Teams. An active Teams account is highly recommended for quality training.



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Fort McCoy MWR



COMMENTS  
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INTERACTIVE CUSTOMER EVALUATION



## EMERGENCY TRAVEL ASSISTANCE FOR ROTC CADETS



ROTC cadets under contract to serve in the U.S. Army can now receive AER assistance for costs associated with emergency travel.

Visit <https://www.armyemergencyrelief.org/news/rotc-cadets-now-eligible-for-emergency-travel-assistance/>

## The Exchange **IS HIRING!**

We are seeking:  
Customer Experience  
Associates (Ft McCoy Express)



# Join Our Family

**APPLY AT [APPLYMYEXCHANGE.COM](https://www.applymyexchange.com)**

To view all available openings, follow these steps:

- Click on the type of job for which you want to apply:
  - Hourly
  - Management
  - Distribution
  - Management Trainee Program

- Click on "Apply Now"
- Select "Search openings"

When you are ready to take the next steps and apply:

- Check the box of the job(s) you're interested in
- and select the "Apply to jobs" button
- Create a profile





**JingleRing™**

## JingleRing is a virtual visit with Santa

IT'S SAFE, SUPER-FUN, AFFORDABLE, AND PERSONALIZED.

**Order Here!**

1. Open camera app on phone.  
2. Point camera at QR code.  
3. Open JingleRing to order.

### OUR PACKAGES

**JingleRing Live**  
INVITE FAMILY FROM ANYWHERE IN THE WORLD!  
The most entertaining virtual experience with Santa and Mrs. Claus from the safety and comfort of your home!

**Personalized Pre-Recorded Video**  
Receive a personalized video message from Santa directly to your inbox and share it with your family at any time.

**20% MILITARY DISCOUNT**

► [JingleRing.com](http://JingleRing.com)

**EXCHANGE™**



### Cramming for Midterms?

Don't panic! Connect with an expert online tutor FREE to help you prepare. Military families are eligible for free on-demand tutoring through Tutor.com, so get your questions answered and get in the practice you need with a friendly and supportive tutor! All it takes is a few clicks. Get started at [www.tutor.com/military](http://www.tutor.com/military) today.

## Automotive Skills Center will be **CLOSED** November 26-29

Enjoy your Thanksgiving.  
We will re-open with regular business hours on December 3.

