



EVENTS CALENDAR ICE COMMENTS

October 26, 2023

www.mccoy.armymwr.com | 608-388-7400 | No endorsement implied



CHOKA U GYM

HOME OF CARLSON GRACE TEAM TOMAH. WE PROVIDE A SAFE AND CLEAN FAMILY FUN ENVIRONMENT. FOR PEOPLE OF ALL AGES AND SKILL LEVELS.

We proudly offer world renowned instruction: in Brazilian Jiu-Jitsu, Submission Grappling(No Gi) and Judo. Whether you're training for fun, hobby, competition, or looking for a new fitness routine;

Current classes include: Kids/Teen, Adult Self Defense, and Cardio Workout.

Class Schedule

Monday

Cardio Class: 5:00 - 5:50 PM

Adult No Gi Class: 6:00 - 7:30 PM

Tuesday

Kids/Teens No Gi Class: 6:00 - 7:00 PM

Wednesday

Cardio Class: 5:00 - 5:50 PM

Adult Gi Class: 6:00 - 8:00 PM

Thursday

Kids/Teens Gi Class: 6:00 - 7:00 PM

Friday

Open Mat: 6:00 - 7:00 PM

Saturday

Judo Class: 12:00 - 2:00 PM

Sunday

CLOSED



Come in and try a class for FREE!
Contact Us at (608) 387-0392 for more information or Scan the QR code




Turkey Trot 5k

NOVEMBER 15, 2023

RUN/WALK BEGINS AT 11:30AM

BLDG 1395

1ST PLACE MALE & FEMALE PARTICIPANTS WIN A TURKEY!

Registration ends Nov. 10
Open to all MWR Authorized Patrons

608-388-2290
mccoy.armymwr.com

@FortMcCoyMWR



Wisconsin's Own
PIZZA
at McCoy's Community Center



JUST \$18.75
16" Pizza topped with Sliced Bratwurst, Sauerkraut & Mozzarella

608-388-7673
mccoy.armymwr.com/programs/mccoy-community-center

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BUILDING 221 FITNESS CLASSES

BODY BLAST Tuesdays 3:30 - 4:00 pm	ABS Wednesdays 11:30 am - 12:00 pm	CYCLING Thursdays 3:30 pm - 4:00 pm
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All Classes are FREE!
Beginning Jan. 3, 2023

608-388-2290 | www.mccoy.armymwr.com



MWR FACILITY AND EVENT INFORMATION

FORT MCCOY **MWR** **E-NEWS**

Outdoor Recreation

Phone: 608-388-3517

McCoy's Community Center

Building: 1571 Phone: 608-388-7673

Child & Youth Services

Building: 1668 Phone: 608-388-8956



2023 FORT MCCOY WISCONSIN DEERHUNTERS MEET & GREET

Meet your fellow hunters

Biologists to discuss deer management & the upcoming 2023 gun deer season

Permit Sales can assist with iSportsman & WI DNR GoWild system

November 17, 2023
4:00 - 6:00 PM
Whitetail Ridge Chalet
Fort McCoy, WI 54656

TEN POINT PUB HOURS: 3:00PM - 9:00PM

FOR QUESTIONS PLEASE CALL **608-388-6791**



LET'S WATCH SOME FOOTBALL!
AT MCCOY'S COMMUNITY CENTER

MCCOY'S IS NOW OPEN
SUNDAY'S & MONDAY'S FOR THE NFL SEASON!
STOP BY FOR GREAT FOOD & COLD DRINKS

WATCH YOUR FAVORITE TEAM TAKE THE FIELD

SUNDAY'S 12PM - 7PM
MONDAY'S 4PM - 10PM

McCoy'sArmyMWR.com 608-388-2065



Angus Cheeseburger
at McCoy's Community Center

\$7.25 1/3 lb. Angus Beef Patty
Topped with Lettuce, Tomato & Onion.
Served with a Dill Pickle

\$9.75 Includes Fries & 16oz Soft Drink

608-388-7673
mccoy-armymwr.com/programs/mccoy-s-community-center

Make it a COMBO for

@FortMcCoyMWR



MONTH OF THE MILITARY CHILD DESIGN CONTEST 2024

SUBMIT POSTER DESIGN BY NOVEMBER 11, 2023

Child and Youth Services is accepting garrison design submissions for 2024 Month of the Military Child. Contestants must submit original artwork created by hand (painting, drawing) or digitally, depicting the 2024 Month of the Military Child Theme: **Military Children: Brave, Fearless, and Resilient**

- One design will be chosen.
- The garrison and winner's name will be featured on the design and will be announced on a Garrison Marketing conference call once design has been selected.
- The winner must agree to allow G9 Marketing and CY5 to edit and alter the artwork to fit size and branding requirements.
- The winner must supply the artwork as unflattened native file and provide all images and fonts used.
- The winner will have their name and garrison listed on the 11x17 poster that will be used in the 2024 Army MDMC campaign.



SCAN OR CODE TO ENTER



www.armymwr.com

Sit, Sip & Paint

CANVAS PAINTING EVENT

Nov 15, 2023
5:30 - 7:30 pm
Whitetail Ridge
Ski Area's Chalet



Space is limited!
\$35 PER PERSON
To register, go to:
www.thepaintshack.net
Click on volunteer registration. Select Nov 15, and fill out registration details.




The Real McCoy

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Army Community Service

Building: 2111 Phone: 608-388-3505

VA HOME LOANS: EVERYTHING YOU NEED TO KNOW

Oct 30 | 2:00 pm or 5:00 pm

Oct 31 | 9:00 am

ACS Family Building (B2161)

Get all your questions regarding VA Home Loans answered with representatives from the Association of Independent Mortgage Experts (AIME).

To register, [e-mail here](#) call x3540.

CONNECT THE TOTS

Oct 31, Nov 7 & 14

10:00 am - 12:00 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 608-388-2412.

SPIN A WOODEN PEN

Oct 26 | 4 pm - 6:30 pm

ACS Building Bonds Workshop (B1133)

Spend time together as a 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, please call x3505.

Must be registered 2 days prior to the workshop. Space is limited, children must be accompanied by an adult (one adult per child).

MONTH OF THE MILITARY FAMILY: FAMILY CALENDARS

Nov 4 | 9 am - 12:00 pm or 1 am - 4 pm

ACS Family Building (B2161)

In honor of Month of the Military Family, spend time together preserving your Family memories! Create a personalized 2024 calendar with your own photos, pictures, stories and decorations. Bring from home the photos and art you want to use; the calendar and rest of the materials will be supplied. One hour early start time for EFMP Families.

To register, [e-mail here](#) or call X7262.

NEWCOMERS ORIENTATION

Nov 8 | 8:00 am - 12:00 pm

McCoy's Community Center

Are you new to Fort McCoy? Come and learn what we have to offer. Breakfast is provided. Spouses are highly encouraged to attend. To register, [e-mail here](#) or call x2359.

ADHD AWARENESS MONTH

Attention deficit hyperactivity disorder (ADHD) is a developmental disorder associated with an ongoing pattern of inattention, hyperactivity, and/or impulsivity. The symptoms of ADHD can interfere significantly with an individual's daily activities and relationships.

Stop in the ACS Office for informational brochures on ADHD or to check out books from our Resource Library on the subject. You may also contact ACS EFMP Family Support at x7262 or send an email to lorie.l.retzlaff.civ@army.mil.

DOMESTIC VIOLENCE PREVENTION MONTH

During October, communities across the nation join together to recognize the prevalence of domestic violence, honor those who have been affected by violence, and learn ways to prevent it.

Everyone deserves to live life free from abuse. Your local Family Advocacy Program can help victims create a safety plan, understand reporting options and more. For resources or more information, call the ACS Family Advocacy Program Manager at x2412 or send an email to brittany.r.sonie.civ@army.mil.

ACS "SPOTLIGHT ON AWARENESS" TREE

October is Domestic Violence Awareness Month. Stop by Army Community Service (ACS) during October and pick up a Healthy Relationship Kit from underneath the new ACS Awareness Tree. This tree will be up year-round, and each month will spotlight a topic of awareness to the Fort McCoy community. The tree is decorated in purple during October to symbolize the courage of survivors who have been hurt by physical and emotional abuse. Join ACS in celebrating survivors and strong, healthy relationships during the month of October.



Nov 4, 2023 | 9am - 12pm or 1pm - 4pm

ACS Family Building, 2161 South J St

8am Start Time for EFMP Families

To Register Call 608-388-7262 or email lorie.l.retzlaff.civ@army.mil



Military families register by Oct 30, 2023. Other patrons register by Nov 1, 2023. Children must be accompanied by an adult. ACS events are open to military, Reserve, Civilian employees, Family Members and registered Fort McCoy residents, unless otherwise stated. For information on upcoming training opportunities through ACS, go to <http://mccoy.armymwr.com> and click on Calendar.

ICE COMMENTS & FEEDBACK
INTERACTIVE CUSTOMER EVALUATION



2023 SEASON

The Sportsman's Range
will be open from 10 am - 2 pm
on the following days:

October 28

November 4

November 11

\$5 Per Person



Please call 608-388-3517 for more information

**Don't let
schoolwork
HAUNT
you!**

tutor.com
TUTOR.COM for
U.S. MILITARY FAMILIES
www.tutor.com/military