

ARMY COMMUNITY SERVICE News



JUNE 2017 EDITION

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THE MIDLIFE CHECKUP

7 Jun | 0900 - 1100 | B2111

The mid-life years present a tremendous emotional challenge for many people. This workshop is designed for audiences between 45-55 years of age and presents the key issues people typically face at mid-life. Special emphasis on issues specific to Baby Boomers and Generation X. [Click here](#) for more details.

CRAFTING RESILIENCE WORKSHOP

10 Jun | 0930 - 1600 | B2161

Crafting and resilience go hand-in-hand...join us to learn how! Our topic in June is exploring character strengths. Learn your top strengths along with all the other fun activities! Select a time slot. [Click here](#) for registration information.

SHARP ANNUAL REFRESHER TRAINING

13 Jun | 0830 - 1030 | B2111

FY17 SHARP Annual Refresher Training for all Soldiers and DA Civilians must be completed NLT Sep 30, 2017. [Click here](#) for registration information.

NEWCOMER'S ORIENTATION

15 Jun | 0815 - 1230 | B2111

The Newcomer's Orientation is open to all new installation personnel and their spouses. Newcomer Orientations provide briefings by representatives from various installation activities regarding the services they offer and includes a tour of the installation. [Click here](#) for registration information.



CONNECT THE TOTS: PLAY GROUP

13 and 27 Jun | 0930 - 1100 | South Post Patriot Park

New to the area? Want to connect with other parents? Our playgroup contains toys, books, and other materials to help strengthen each child's cognitive, physical, and creative selves, and promote social - emotional skill building. If you are looking for something to do with your children ages 4 and younger, come join us. To register, [click here](#) to e-mail or call 608-388-2412. [Click here](#) for more details.

BUILD A PALLET FLAG WORKSHOP

17 Jun from 0930 - 1230 or 1300 - 1600 | 20 Jun from 1600 - 1900 | B1133 Celebrate Flag Day and your independence! Make a personalized flag at the ACS woodshop. [Click here](#) for registration information.

BLENDED RETIREMENT CLASS

20 Jun | 1000 - 1130 | B2111

The new Blended Retirement System goes into effect 1 Jan 18. This class will be on understanding what a 20-year cliff-vested defined-benefit annuity is, monthly retired pay with a defined-contribution plan, how Servicemembers are allowed to contribute to a portable Thrift Savings Plan, receive Government Matching contributions and much more. [Click here](#) for registration information.

**242nd
ARMY BIRTHDAY**

JUNE 14, 2017

All events are free and open to the entire Fort McCoy Community!

For more details, visit mccoy.armymwr.com or call 608-388-3200

- ★ ARMY VALUES 5K RUN CHALLENGE
- ★ DRIVE-THRU BREAKFAST
- ★ VIDEO GAME OR MOVIE RENTAL
- ★ BOWLING
- ★ ARMY BIRTHDAY LUNCHEON

CONNECT THE TOTS: PLAY GROUP

11 and 25 Jul | 0930 - 1100 | South Post Patriot Park

Our playgroup is for children ages 4 and younger. And we have a new location for summer - the South Post Patriot Park! To register, [click here](#) to e-mail or call 608-388-2412. [Click here](#) for more details.

CRAFTING RESILIENCE WORKSHOP

15 Jul | 0930 - 1600 | B2161

This month's workshop topic is Goal Setting. [Click here](#) for more information or call 608-388-6507.

NEWCOMER'S ORIENTATION

12 Jul | 0815 - 1230 | 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. [Click here](#) for registration information.

SHARP ANNUAL REFRESHER TRAINING

20 Jul | 0830 - 1030 | B2111

FY17 SHARP Annual Refresher Training for all Soldiers and DA Civilians must be completed NLT Sep 30, 2017. [Click here](#) for registration information.

LEADERSHIP TRAINING

26 Jul | 0800 - 1100

For Commander/Senior NCO advisor convenience, this training block will fulfill Army Substance Abuse Program Brief, Family Advocacy Brief, and SHARP Leadership Brief. [Click here](#) for more information.

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DID YOU KNOW...

Some great **volunteer** opportunities exist to support our veterans! Specifically looking for volunteers that enjoy the outdoors & fishing! Call 608-388-6507 or [click here](#) to send an email for details.

Fairness, caution, enthusiasm, and social intelligence are all related to **resilience**. They are a few of many character strengths. Identifying character strengths in yourself and others and using them to overcome challenges helps create a more cohesive team – at work and at home! Register for the Crafting Resilience workshop in June to learn more or call 608-388-6507.

The **Army Family Action Plan (AFAP)** is a program where the Total Army Family can submit quality of life concerns to be discussed at the 1-2 Nov AFAP conference. 8 Sep is the deadline to submit issues or become a volunteer to review the issues. Issues must be within the overarching authority of DA to resolve. [Click here](#) for more information.

The **eSponsorship Application & Training (eSAT)** course is designed to provide information and resources needed to be a good sponsor and ensure your newcomer's successful move. To register for the training, which takes about an hour to complete, [click here](#). The training also provides websites and correspondence tools to use during the sponsorship process.

The ACS **Lending Closet** provides temporary loans of basic household items to PCSing Soldiers, Civilian employees, and their respective Family members arriving at or departing Fort McCoy while their household items are in transit. Items may be borrowed for up to 30 days. For questions or more information, please call 608-388-2359.



Army Emergency Relief will provide assistance to purchase cranial helmets. Cranial helmets are sometimes required when an infant's head is "squeezed" during the birth process.

Although it is a medical diagnosis, Tri-Care will only cover the very expensive helmets if there is surgery involved (a very small percentage of the cases). Believing that no Soldier and Family should have to make a decision as to pay their bills or take care of their baby, AER approved cranial helmets as a specific category of assistance. Call 608-388-3540 for more details.

ACS now has the **Empower Me Curriculum** for Grades K - 6 from the Jacob Wetterling Resource Center. This curriculum teaches children not just about stranger danger but to trust their intuition. For more information please call 608-388-2412 or stop by ACS.



What should you do if your child is experiencing **cyberbullying**? Make sure they know to tell a trusted adult: a parent, a caregiver, a teacher, a coach and keep on telling until they get help. Save

the evidence and document all instances. Block the messages, don't engage in the cyberbullying. Report cyberbullying to the appropriate source: cell/internet service providers, law enforcement and/or school officials. For more information about cyberbullying [click here](#).

The ACS office will be closed on 4 July in Observance of Independence Day.

INCREASE YOUR LEARNING POWER!

Army Community Service's Resource Library contains a wide variety of topics including:

- ✓ Deployment
- ✓ Employment
- ✓ Finance
- ✓ Parenting
- ✓ Relocation
- ✓ Resiliency
- ✓ And More!

We also have a selection of children's books. Books can be checked out for a one month period.





★ FORD F-SERIES PRESENTS ★

TOBY KEITH

LIVE IN CONCERT

AUG 12 | FORT MCCOY

Ticket Kickoff: June 22
\$45 One Day Only!

Watch for details: mccoy.armymwr.com

**VOUNTEER FOR THE ARMY CONCERT AT FORT MCCOY -
CALL 608-388-4161 FOR MORE DETAILS!**



WITH SPECIAL GUESTS
CASADEE POPE
WATERLOO REVIVAL



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