

ARMY COMMUNITY SERVICE News



OCTOBER 2018 EDITION

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Field Trip!

CONNECT THE TOTS PLAYGROUP - FIELD TRIP

2 Oct | Hidden Trails Corn Maze, West Salem

Join us on our field trip to Hidden Trails Corn Maze (4704 WI-16, West Salem WI) - transportation available. We will be leaving from the ACS Family building (B2161) parking lot at 0930. There will be a limited number of seats in the van or you may follow the van to the location if you prefer. To register for a space on the van please call x2412 or e-mail carrie.a.olson4.civ@mail.mil. Cost: \$11 (adults) | \$8 (ages 4 - 10) includes corn maze and hay ride. Purchase Pumpkins on your own - cost is based per pound. It can be muddy so please dress appropriately for the weather/conditions.

CONSUMER RIGHTS

3 Oct | 1300 - 1430 | B2111

This class explains the importance of understanding consumer rights and protection laws. It covers contracts, misleading advertising, scams, fraudulent claims and how to file consumer complaints. Register by calling x3540.

BLENDED RETIREMENT SYSTEM (BRS) OVERVIEW

9 Oct | 1300 - 1500 | B2111

The BRS went into effect 1 Jan 2018. It combines a 20-year cliff-vested defined benefit annuity. Offers monthly retired pay with a defined benefit annuity. Contributes to portable Thrift Savings Plans. Offers government matching contributions. Call x3540 to register.

NEWCOMER'S ORIENTATION

10 Oct | 0815 - 1400 | 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. Call x2359 to get registered.



STRENGTHENING PARENTING PRACTICES - FOR THE MILITARY FAMILY

11 Oct | 1130 - 1230 | B2111

In this workshop participants will learn: The Three R's; Tools for solving everyday problems; How to talk to your child about difficult military lifestyle issues based on their developmental level; and How to manage your own emotions and aggressive responses when disciplining children. Call x7262 to register.

CONNECT THE TOTS: FALL PLAY GROUP

16 & 30 Oct | 0930 - 1100 | B2161

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 please join us at the ACS Family building. To register, [click here](#) to send an e-mail or call x2412.



MILITARY SPOUSE PREFERENCE WORKSHOP

17 Oct | 0900 - 1030 | B2111

This workshop is provided to help our Military Spouses better understand the Department of the Army Spouses hiring system and PPP-S (Priority Placement Program-Spouse). To register call x7262.

BUDGETING

24 Oct | 1000 - 1130 | B2111

Explore the use of budgets, goals and financial statements; identify the essential elements of a budget; and recognize financial aspects unique to the military lifestyle. Call x3540 to register.



VOLUNTEERS: CREATE-A-MEMORY

2 Nov | 1130 - 1530 | B2161

All registered Fort McCoy Volunteers

are invited to attend an appreciation event. Stop in the ACS Family Building to create a mini scrapbook or scrapbook calendar. You can bring one friend to spend time with you! Contact Lorie at x6507 or lorie.l.retzlaff.civ@mail.mil for more information or to register. (Must be a registered Fort McCoy volunteer and volunteered on or after Jan 1, 2017 to attend.)

CAREGIVING AND THE SANDWICH GENERATION

5 Nov | 11 am - 1 pm | B2111

According to the AARP, the "sandwich generation" is traditionally defined as those who have a living parent and are either raising a child under age 18 or supporting an adult child. This class will offer caregivers helpful information and tips, along with opportunities to share, ask questions and participate in the meaningful discussion. Call x2412 to register.

ARMY COMMUNITY SERVICE NEWS

PCS OPEN HOUSE

7 Nov | 1100–1300 | McCoy's Community Center, B1571
Do you have orders to PCS from Fort McCoy to a new duty station? Stop by during our open house and pick up information on your new location. Info tables, children materials, maps and other items will be available. Call x2359 to register.

SPONSORSHIP TRAINING

13 Nov | 1000 - 1100 | B2111
Sponsorship is a commander's program that assists Soldiers, civilian employees and Families during the reassignment process. It improves unit organizational cohesion and readiness. Call x3505 to register.

STRESS DURING THE HOLIDAYS - MAINTAINING BALANCE

15 Nov | 0900 - 1030 | B2111
This presentation aims to guide individuals on ways to manage the unique stressors that are often associated with holidays. Objectives include: recognizing the signs and symptoms of stress; defining holiday expectations; recognizing and avoiding the "holiday blues"; practicing stress management techniques; and utilizing strategies to guide children through the holidays. Register by calling x7262.

LEADERSHIP TRAINING

28 Nov | 0800 - 1100 | B2111
For Commander/Senior NCO Advisor convenience, this training block will fulfill all the training requirements for Army Substance Abuse, Family Advocacy Brief and SHARP Leadership Brief in one training session. Call x3505 to get registered.

TEACHING STRATEGIES FOR STUDENTS WITH ADHD

29 Nov | 0900 - 1200 | B2111
Participants will learn techniques and tools that they can use in their daily lives when working with children/youth with ADHD. Register by calling x7262.

FY19 SHARP ANNUAL REFRESHER TRAINING

4 and 18 Dec | 0900 - 1030 | B2111
FY19 SHARP Annual Refresher Training for all Soldiers and DA Civilians must be completed NLT 30 Sep 18. Call x8951 to get registered.



VOLUNTEERS FOR TREE LIGHTING:

6 Dec | 1630 - 1830 | McCoy's Community Center, B1571
Calling all volunteers...we need some help! We are looking for a Mrs. Claus, 3 Santa's Elves, and 7 Santa's workshop helpers. You may assist with

decorating cookies, handing out programs, help with photos or hot chocolate. There is something for everyone! Contact Julie at x3696 or [click here](#) to send an e-mail for volunteer assignments. Thank you in advance!

DID YOU KNOW...

The **Military and Family Life Counselor (MFLC) Program** is available for short-term, non-medical counseling services including anger management, relationship issues, parenting, decision-making skills, deployment stress, coping skills, separation, sadness, grief and loss. Call x3505 to get connected with an MFLC.



Army Emergency Relief (AER) offers several types of assistance. Help with emergency financial needs for: rent/mortgage, vehicle repair, emergency travel, utilities/deposits, funeral expenses, food, non-receipt of pay, travel fund for relocation (PCS), dependent dental, medical expenses, repair/replacement of HVAC, repair/replacement of major appliances, replacement vehicle, loss of funds, cranial helmets, essential furniture, car seats and rental vehicle. For more information visit www.aerhq.org or call the AER Program Manager at x3540.

A new federal law just went into affect making all credit freezes free and extends them from 90 days to 1 year! Wisconsin consumers should consider taking time to lock down there accounts to protect against financial identity theft. Visit TransUnion (<https://freeze.transunion.com>), Equifax (www.freeze.equifax.com) and Experian (www.experian.com/freeze) for more information. To read more on the new federal law [click here](#).



The ACS Office will be closed on 8 Oct in observance of Columbus Day.



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Visit www.facebook.com/fortmccoyacs or visit our webpage on the Fort McCoy MWR Webpage: mccoy.armymwr.com

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 childrens books. Books can be checked out for a one month period.

