



Fort McCoy MWR Enews

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August 20, 2020 | www.mccoy.armymwr.com | 608-388-7400 | *No endorsement implied*

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needs.
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**RIDE Like
the WIND 50K**

Post a photo of your 50K bike ride
to the event discussion board at:
[facebook.com/RumpelFitnessCenter](https://www.facebook.com/RumpelFitnessCenter)

AUGUST 22-30

Participants will receive a water bottle. Open to all MWR patrons.

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

**Take-Out
Family Meals**
AT MCCOY'S COMMUNITY CENTER

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

MONDAY
Meatloaf, Mashed Potatoes with Gravy & Vegetable

TUESDAY
Pork Tenderloin, Wild Rice & Vegetable

WEDNESDAY
Spaghetti with Meatballs, Salad & Breadsticks

THURSDAY
Broasted Chicken, Mashed Potatoes with Gravy & Vegetable

FRIDAY
Fried Cod, Steak Fries & Coleslaw

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



Military Discount

Tandem: \$175
Static Line Training:
+ 1 Jump \$110
+ 5 Jumps \$275

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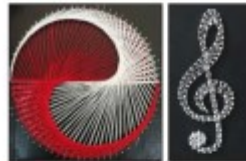
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GOAL SETTING
Drive-Thru Craft Kit

Goal Setting helps to build self-regulation. **Goal Setting** can be an effective means to grow and thrive, especially following adversity. **Goal Setting** is an effective strategy to facilitate the achievement of dream goals as well as enhanced performance. **Goal Setting** is a process to deliberately energize, direct, and sustain behavior to ensure progress.



- CRAFT KIT WILL INCLUDE:**
- Goal Setting Packet
 - Nails
 - 8" x 10" Wooden Board
 - String
 - String Art Picture
- Choice of design: yin yang symbol or musical note

Sign up to receive your craft kit by calling 608-388-4373 or send an email to: tammie.j.noefnaf@mail.mil

Craft kits will be picked up at the Fort McCoy Youth Center (B1792) on August 25 from 9 am - 5 pm. Show your completed Goal Setting craft and receive a snack!

Sign Up Deadline: August 20, 2020. Kits are available for CTS-eligible students between 13 - 18 years old.

For questions or to register your youth, please call 608-388-4373

Can I KISS You? and SAFER Choices

2 PRESENTATIONS, ONE DAY!
September 10, 2020
McCoy's Community Center
Fort McCoy, WI

Can I Kiss You | 2 pm

A fun training that teaches you how to ask for what you want sexually or intimately - without having to play any of the games. This will cover mutual SHARP and D&D leadership training. Social distancing procedures will be followed.

SAFER Choices | 6:30 pm

A fun learning experience for teens and parents. Mike provides essential strategies and skills for helping your child make safer choices around dating, intimacy, alcohol (and other drugs), texting, consent, and much more.

TO REGISTER, please call or text 608-630-7473 or email jennifer.l.morris169.civ@mail.mil
www.CenterForRequest.com/812

ACS events are open to Military, Reserve, Civilian workforce, Family Members and registered Fort McCoy Volunteers, unless otherwise stated. Deployees must contact their supervisors regarding absences from work events.
For information on upcoming training opportunities through ACS, please go to mccoy.armymwr.com and click on Calendar.



PRESENTER: Mike Domitrz
For over 20 years, Mike Domitrz has been inspiring military members with his hilarious sense of humor and his truly unique approach to discussing our society's approach to discussing sex, consent, bystander intervention, and better supporting services. As an interactive and entertaining expert on dating and intimacy, Mike teaches audience members how to ask for what they want sexually or intimately - without having to play any of the games. He reveals a revolutionary approach to ensuring each person's boundaries are respected. While he presents one of the "clearest" trainings, Mike holds nothing back. Genders from all cultures, backgrounds, sexual orientations, and diverse populations appreciate his sincerity and honesty.

As the Executive Director of The Center for Respect and as the critically-acclaimed author of "Can I Kiss You?", Mike works closely with military members and installations across the country to produce and lead initiatives resulting in meaningful change in America's approach to dating, respect, & intimacy.

GET IN TOUCH:

2111 South 8th Ave. Fort McCoy, WI | mccoy.armymwr.com
408-388-3355 | [facebook.com/FortMcCoyMWR](https://www.facebook.com/FortMcCoyMWR)

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ARMY COMMUNITY SERVICE

Building: 2111 Phone: 388-3505

FY20 SHARP VIRTUAL TRAINING

Aug 25 | 9 am

This training counts for your annual Face-To-Face training. To register, [click here](#) to send an e-mail. Open to Fort McCoy Garrison Staff and Fort McCoy Tenant Staff on a first come, first serve basis. Register early to reserve your seat.

A POSITIVE ATTITUDE IN A NEGATIVE WORLD

Aug 26 | 8:30 – 11:30 am

McCoy's Community Center

Your attitude determines your thoughts, your actions, and ultimately the direction, success, and growth of your organization. In the current economic environment, your attitude (and the attitude of those around you) NEEDS to be positive as often as possible – but sometimes it's not that easy. To register, call Army Community Service at 608-630-7473 or send email to jennifer.l.morris169.civ@mail.mil.

SCREENAGERS

Aug 17 – Sep 1 | Virtual Showing

An award-winning film that probes into the vulnerable corners of Family life and depicts messy struggles over social media, video games and academics. The film offers solutions on how we can help our kids navigate the digital world. To receive your free link, please email jennifer.l.morris169.civ@mail.mil. Available to parents & preteens/teens of the Fort McCoy Community.

BOOKS & BEYOND:

A NOVEL IDEA BOOK CLUB

Join a virtual group chat through Microsoft Teams to discuss books, communication and healthy relationships.

Sep 1 - Oct 11: The 5 Love Languages: Military

Oct 19 - Nov 30: The 4 Seasons of Marriage: Secrets to a Lasting Marriage

Email Family Advocacy Program Manager: jennifer.l.morris169.civ@mail.mil to register and pick up your resource book!

NEWCOMER ORIENTATION

Aug 9 | 8 am – 12 | McCoy's Community Center

The Fort McCoy Newcomer Orientation will be 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 Army Community Service at x2359.

CAN I KISS YOU?

Sep 10 | 2 pm | McCoy's Community Center

A fun training that teaches you how to ask for what you want sexually or intimately – without having to play any of the games. This will cover required SHARP and FAP Leadership training. Social distancing precautions will be followed. Social distancing precautions will be followed. To register, call or text 608-630-7473 or [click here](#) to send an email.

SAFER Choices

Sep 10 | 6:30 pm | McCoy's Community Center

A fun learning experience for teens and parents. Mike provides essential strategies and skills for helping your child make safer choices around dating, intimacy, alcohol (and other drugs), sexting, consent, and much more. Social distancing precautions will be followed. To register, call or text 608-630-7473 or [click here](#) to send an email.

CIRCLE OF SECURITY

Sep 18 | 9 am – 3:30 pm

McCoy's Community Center

Join us for a discussion on relationships, parenting and strengthening the bond with your child! Develop strategies and skills for helping yourself, your partner and your children regulate emotions and be-

haviors. Deepen your understanding of the relational dance; the possible origins of behaviors, and the individual needs of those in your life. Social distancing precautions will be followed. To register, call or text 608-630-7473 or send an email to: jennifer.l.morris169.civ@mail.mil

VOLUNTEERS NEEDED!

[Click here](#) to send an e-mail about volunteering or 608-388-6507 to learn about a unique volunteering opportunity.

MILITARY FAMILY LIFE COUNSELORS (MFLC) AVAILABLE

During this time the Fort McCoy MFLCs are available to meet via telehealth (video and phone) counseling sessions. If you would like to make an appointment please call: Laura: 608-598-7324.

THE ARMY HAS A NEW APP FOR THAT

To help you plan your move you can download "Army PCS Moves" for free at the Google Play Store or Apple App Store.



CONNECT THE TOTS Monthly Activity Bag



August 28, 2020 | 10 am-12 pm
Fort McCoy South Post Pavilion

Includes recipes, crafts, resources and more!

Bags intended for toddlers; available while supplies last.



Army Family Web Portal - Army Community Service (ACS) has launched a new streamlined portal to access self-paced training. The Army Family Web Portal Online Learning Management System can connect you with Army Family Team Building (AFTB) and Soldier and Family Readiness Group (SFRG) trainings which can be taken from the comfort of your Caution-home.

Get connected with the Army Family Web Portal today! Learn more at armymwr.com/afwp

Oil Changes \$15*

Thursdays from 1 - 8 pm
Automotive Skills Center (B1763)

Know How to Change Your Oil?
Rent a bay for \$4 an hour



** Must provide own oil & filter*

Call 608-388-3013 to schedule an appointment



Family Reading Contest

AUGUST - SEPTEMBER
Read with your Family for a chance to win prizes.

View the list of books and event details at:
facebook.com/fortmccoyacs

Open to all eligible MWR patrons.






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<https://www.facebook.com/McCoyExchange/>

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