

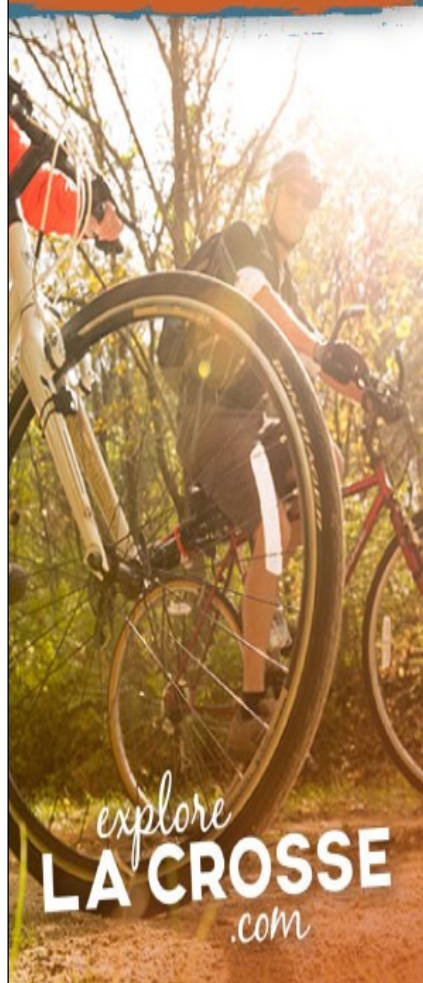


Fort McCoy MWR Enews

- Facebook
- Event Calendar
- ICE Comments

September 17, 2020 | www.mccoy.armymwr.com | 608-388-7400 | *No endorsement implied*

The Freedom You
Desire *Awaits.*



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FORT MCCOY MWR

TRUNK or TREAT

OCTOBER 30 | 5 - 7 PM
**MCCOY'S COMMUNITY
CENTER PARKING LOT**

- Trick or Treating
- Vehicle Decorating Contest
- Other Activities

For kids 15 years & under. Please maintain social distancing while participating. Masks are required. Open to Fort McCoy Military & DoD Civilian employees.



For more information, please call 608-388-2065




**Come join the "pawty" to
support Domestic Violence
Awareness Month!**

October 3, 2020 | 10 am
South Post Community Center
Fort McCoy, WI

Register the day of the event at the South Post Pavilion.



Wear purple to
show your support.
Purple bandanas
will be provided
for the dogs!




Military Discount

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

**SKYDIVE
WISSOTA**

CHIPPEWA FALLS, WI
715.289.4440
WWW.SKYDIVEWISSOTA.ORG

 Find us on:
facebook®

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



MASKS ARE REQUIRED TO BE WORN IN THIS FACILITY

HOURS OF OPERATION
Mon - Tue: 11 am - 8 pm
Wed - Sat: 11 am - 9 pm
Sun: 11 am - 4 pm

BAR
Wed - Sat: 4 - 9 pm



BOWLING FUN FOR EVERYONE!

Bring your family or stop by at lunch and enjoy bowling fun for everyone with 8 lanes, automatic scoring and Hyper Bowling. Visit mccoy.armymwr.com or call 608-388-7060 for more information.



SOCIAL-DISTANCED
ARMY
TEN-MILER
AUSA ★ KBR

Oct 11
7:30 am
Rumpel
Fitness
Center

Visit mccoy.armymwr.com for complete details

CHILD & YOUTH SERVICES
Building: 1668 Phone: 388-8956



The Month of the Military Child is being celebrated in September this year. CYS students are enjoying 2 weeks of dress up days!



STRONG BEGINNINGS

The Army Strong Beginnings Pre-K program is fun, educational and focuses on the social, emotional, cognitive and physical development of four-year-olds. The program also promotes strategies that meet children's individual learning styles. Contact Parent Central Services at (608) 388-8956 to find out about the Army's Strong Beginnings Pre-K program or visit our webpage <https://mccoy.armymwr.com/programs/childcare>



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**BlueCross
BlueShield**



FEP BlueVision

ARMY COMMUNITY SERVICE Building: 2111 Phone: 388-3505

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 behaviors. 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 [click here](#) to send an email.

FY20 SHARP VIRTUAL TRAINING

Sep 29 | 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.

REDUCING STRESS THROUGH SELF-CARE

Learn how to maintain a healthy mind & body through this self-paced online training! TOPICS INCLUDE: The difference between normal stress and unhealthy stress AND Healthy coping strategies for stressful situations.

TO REGISTER, please call or text 608-630-7473 or email jennifer.l.morris169.civ@mail.mil. Training available September 1, 2020 - August 31, 2021.

PAWS AGAINST VIOLENCE

Oct 3 | 10 am | South Post Community Center

Come join the "pawty" to support Domestic Violence Awareness Month! There is a direct link between animal cruelty and violence towards humans. A Family and dog walk will commence on the South Post walking trail to spread awareness. Register the day of the event at the South Post Pavilion. Wear purple to support Domestic Violence Awareness Month. Purple bandanas will be provided for dogs and more! The military community respects, defends and supports victims of domestic abuse. For questions, please call 608-630-7473 or [click here](#) to send an email. #JoinForcesToEndAbuse

NEWCOMER ORIENTATION

Oct 14 | 8 am – 12 pm
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.

KNOW THE SIGNS – A DOMESTIC VIOLENCE AWARENESS EVENT

Oct 21 | 11:30 am – 1 pm
McCoy's Community Center

U.S. Army Veteran and Domestic Violence Advocate Terry Josiah shares an unconventional message about domestic violence and relationships. He educates audiences on the red flags, warning signs, and steps towards recovery. There will be a 45 minute presentation with 45 minutes for Q&A on the topic of domestic violence. Lunch available for purchase on

your own.

TO REGISTER, call or text Army Community Service at 608-630-7473 or [click here](#) to send an email.

BUILDING BONDS WORKSHOP MAKE YOUR OWN

SALT & PEPPER MILL | Oct 13, 20 or 27
4 - 6:30 pm | Building Bonds Workshop, B1133
WOODEN PEN | Oct 15, 22 or 29
4 - 6:30 pm | Building Bonds Workshop, B1133

Spend time with your Family making memories! Relieve some COVID stress by creating your own wooden pen or salt & pepper mill. Start with a blank block of wood, use the lathe to customize and finish with a high gloss coat of wax. All materials and instruction supplied, class size is limited to 6 participants per day, Masks are required and children must be accompanied by an adult (one adult per child). TO REGISTER, PLEASE CALL ACS AT 608-388-3505. Must be registered one week prior to the class.

SFRG FOUNDATIONS TRAINING 3RD 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 608-388-6712.



Circle of SECURITY

September 18, 2020
9 am - 3:30 pm
McCoy's Community Center
Fort McCoy, WI

Social distancing precautions will be followed.

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 behaviors. Deepen your understanding of the relational dance; the possible origins of behaviors, and the individual needs of those in your life.

Circle of Security is a relational model that can be used in personal and professional relationships. If you would like to strengthen your relationships, understand people differently or address challenging behaviors Circle of Security can help. You will be able to apply Circle of Security skills and tools the same day of the training.

ACS events are open to Military, Retirees, Civilian workforce, Family Members and registered Fort McCoy Volunteers, unless otherwise stated. Employees must contact their supervisors regarding dismissal from work centers.

For information on upcoming training opportunities through ACS, please go to mccoy.armymwr.com and click on Calendar.



PRESENTER:
Nicole Milliren,
M.S.

Nicole is a Licensed Professional Counselor. Her focus is brain development, Trauma

Informed Care and attachment disruptions over the lifespan of children. Nicole is also a certified Circle of Security trainer and consultant. Nicole founded the Coulee Region Child Abuse Prevention Task Force and she is on the Annual La Crosse Child Maltreatment Conference planning committee. She is constantly learning and searching for information and research to support and strengthen families raising children with emotional and behavioral needs.

TO REGISTER, call or text 608-630-7473.

Or send an email to:
jennifer.l.morris169.civ@mail.mil



GET IN TOUCH:

2111 South 8th Ave. Fort McCoy, WI mccoy.armymwr.com

608-388-3505 [facebook.com/fortmccoyacs](https://www.facebook.com/fortmccoyacs)

McCoy's FOOD & DRINK MENU

SPECIALTY PIZZAS

Personal Pan	\$8.50
Large	\$18.75

Wisconsin's Own

Enjoy what Wisconsin is known for but on a pizza - brats and kraut

Meatier Shower

Pepperoni, sausage and bacon

Bangin BBQ

Chicken, BBQ sauce, cilantro and red onion

Popeye's Pizza

Chicken, tomatoes, spinach and bechamel sauce

BUILD YOUR OWN PIZZA

Cheese Pizza	
Personal Pan	\$7.00
Large	\$13.50
Each Additional Topping	
Personal Pan	\$1.00
Large	\$2.00

Toppings Available:

- Pepperoni	- Mushrooms	- Black Olives
- Sausage	- Onions	- Jalapenos
- Canadian Bacon	- Green Peppers	- Pineapple
- Beef		

All pizzas available in Traditional or Thin Crust

BURGERS & MORE

All burgers served with lettuce, tomato, red onion and pickles

1/3 lb Angus Burger	\$6.75
1/3 lb Angus Cheeseburger	\$7.25
1/3 lb Angus Bacon Cheeseburger	\$7.75
1/3 lb Angus Patty Melt	\$7.25
Chicken Sandwich	\$6.00
Hot Dog	\$4.00
Brat with Kraut	\$4.25

COMBO UP! Add french fries & drink for only \$2.50 more!

WINGS

Traditional or Boneless

1/2 Dozen	\$7.75
Dozen	\$15.00

Sauces Available: Buffalo, Mild, Sweet Chili, Teriyaki, BBQ, Garlic Parmesan, Bourbon

APPETIZERS/SIDES

Fries	\$1.75
Curly Fries	\$1.75
Fried Pickles	\$5.50
Classic Cheese Curds	\$5.75
Garlic Cheese Curds	\$5.75
Onion Rings	\$4.25
Jalapeno Poppers	\$6.00
Breaded Mushrooms	\$4.00
Chicken Fingers	\$6.50

WRAPS

Chicken Caesar	\$6.00
Buffalo Shredded Chicken	\$6.00
Vegetable	\$4.50

SALADS

Side Salad	\$2.00
House Salad	\$5.00
Grilled Chicken Salad	\$6.75
Fried Chicken Salad	\$6.75

BEVERAGES

Soft Drinks/Iced Tea	
16 oz	\$1.50
32 oz	\$2.25
Pitcher Soft Drink	\$6.50
Coffee (reg or decaf)	\$1.00
Bottled Water	\$1.25
Monster Energy	\$4.00

**CALL 608-388-7673
FOR CARRY OUT!**



Indicates healthy menu items

September 2020 | Prices subject to change

Building 1571 | Fort McCoy, WI | www.mccoy.armymwr.com



Virtual SHARP Walk

September 1 - 30, 2020

SHOW SURVIVORS THAT THEY DO NOT WALK ALONE

Lace up your sneakers and walk to show your support for the 7,825 reports of sexual assault in FY19.

Post a screenshot of your distance from a smart phone app or fitness tracker to the event discussion board at:
www.facebook.com/FORTMCCOYACS

At the end of the competition, the Unit/Organization with the most miles walked will receive a SHARP trophy!

For questions, please call 608-388-8989 / 8951 | #notjustapril

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



COMMENTS & FEEDBACK

INTERACTIVE CUSTOMER EVALUATION

Employment : www.uso.org Volunteers : www.volunteers.uso.org Events: www.usowisconsin.eventbrite.com

USO ON PATROL

SEPTEMBER 2020
USO Wisconsin Fort McCoy
Building 1501 10th ave Fort McCoy, WI, 54556
ehazlett@uso.org
(414) 477-7279

Wisconsin

USO Kilroy Café is open is starting Sept 10th Inside seating, Streaming TV, Video games, and other services

Use the services: Internet, movies, video games, boardgames, guitars, hot coffee, snacks, meet the dogs, play bag toss, check out sports equipment, watch TV, make a call, record a book, just chill, have a good time.

Special events on Saturdays Closed on Sundays, 10-6 pm Weekdays

Mobile USO 1300-1600 Get on the Map! 414-477-7929

Stop in or call and ask for a Mobile stop for your troops.

Mobile is stocked with for Hydration and Hygiene needs, and *always* that little something extra for a little morale boost with the snack of the day. Available at all stops.

Munchie Mobile 6:30 pm-8 pm.

Random Snacks of Kindness delivery

Get your munchie fix at our USO mobile van. The Munchie Mobile carries 2-3 snack of the day choices and a beverage option. You can catch the Munchie Mobile at the following route schedules. Listen for the long horn sound when we arrive. This service will be suspended for the Thanksgiving, Christmas, New year's weekends.

Friday	Saturday	Sunday
Building 50	NCO Parking Lot	Building 2417
Or open DEFAC	Building 1804	Building 2551
	Building 2815	Building 2643

Volunteer and Help out

Give us 2 hours a week and get connected to your community in a valuable and fun way.

Use for: College applications, High School Graduation, Earn Volunteer Service Ribbons!

Benefits: Make friends, have fun, learn new skills, share a hobby, Free USO gear, socialize and get out of the house.

Hours: Weekdays 10 am-6 pm Special event Saturdays 12-8 pm

Location: Building 1501 10th ave (across from the Gas station and PX)

Apply: www.volunteers.uso.org or stop and see Ms. Ellie