



Fort McCoy MWR Enews

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October 29, 2020 | www.mccoy.armymwr.com | 608-388-7400 | *No endorsement implied*

 NOVEMBER
MILITARY FAMILY MONTH
★
Celebrating the Strength of our Families



In honor of our Military Families, join us for a virtual event in November.
Check out our ACS Facebook page for tips, tricks, and suggestions on how to have family fun each week!
Post your pictures & Ideas along with ours!

Nov 2-8: Crafts | Nov 9-15: Reading | Nov 16-22: Games | Nov 23-29: Recipes

www.facebook.com/fortmccoyacs



TRICK OR TREATING
OCTOBER 31
5 - 7:30 PM
SOUTH POST HOUSING

Open to South Post Residents and CAC Holders only - not open to the public.

Rumpel Fitness Center's
VIRTUAL FOWL 5K
November 13-15
Top male and female runners will win a FREE turkey!



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

Sponsor (no endorsement implied)




**SEXUAL HARASSMENT/
ASSAULT RESPONSE AND
PREVENTION (SHARP)**

FY21 ANNUAL REFRESHER TRAINING

- THIS TRAINING WILL:**
- Examine strategies to prevent sexual harassment and sexual assault.
 - Examine all of our roles in intervening when sexual harassment or sexual assault is present.
 - Thoroughly explain reporting processes and procedures for reporting sexual harassment and sexual assault.
 - Discuss support resources available.



FY21 GARRISON TRAINING DATES
All classes are held virtually via Microsoft Teams.
**November 3 or 17,
December 3 or 15**

To register, please call Garrison SHARP Victim Advocate Ryan at 608-388-8951 or send an email to: ryan.f.harvey.civ@mail.mil

Please check with your supervisor, training coordinator, or designated SHARP personnel (SARC/VA) to see if training is scheduled for your organization/unit.

Fort McCoy 24/7 Hotline: 608-388-3000 | DoD Safe Helpline 877-995-5247

**HOCUS POCUS
DON'T LOSE FOCUS!**

tutor.com
A SERVICE OF THE UNIVERSITY OF TEXAS AT AUSTIN

Hocus Pocus – Don't Lose Focus!
Has homework become frightening? Overcome your fears with FREE practice and expert help from Tutor.com. All military families have access to free, on-demand online tutoring through Tutor.com. To connect with an online tutor, visit www.tutor.com/military today!

OUTDOOR RECREATION
Building: 8053 Phone: 388-3517/4498



FAT TIRE BIKE RENTAL

Hit the road on these all-weather two-wheelers that won't slip on asphalt or sink in the mud!

Hourly: \$5
Daily: \$15 Mil/DoD \$20 Public
To reserve a fat tire bike, call 608-388-3517.

OCTOBER 3 - NOVEMBER 14, 2020
Open Saturdays by appointment only

Appointments must be made by a Military ID Holder (that will be present at the range during the appointment). Non-affiliated civilians (guests of Military ID Holder) can shoot for \$2 a person.

Reservations must be made by close of business Thursday for the following Saturday. Appointments will be made on the hour. 4 shooters minimum to open facility.

Patrons make appointments and fill out required forms through the Pine View Campground Office.

Skeet and Trap will be \$5 per person per round. Patrons must provide ear and eye protection. Paper targets will be available for use.

Get ready for hunting season at Fort McCoy MWR's Sportsman's Range!

608-388-9162/3517 | www.mccoy.armymwr.com

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

BOWLING FUN FOR EVERYONE!

Bring your family for a night out or enjoy a game of bowling at lunch. Bowling is available Monday & Tuesday 11 am - 8 pm, Wednesday - Saturday 11 am - 9 pm and Sunday 11 am - 4 pm. Lanes are socially distanced to reserve a lane call (608) 388-7060.



Take-Out Family Meals
AT McCOY'S COMMUNITY CENTER

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

MONDAY: Au Gratin Sausage Bake & Breadsticks
TUESDAY: Beef Enchiladas & Spanish Rice
WEDNESDAY: Smothered Pork Chops, Roasted Red Potatoes & Vegetable
THURSDAY: Chicken (Roasted, Baked or BBQ), Mashed Potatoes, Gravy & Vegetable
FRIDAY: Your choice of any Large Pizza, Dozen Bone-In Wings & Breadsticks

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

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BlueCross
BlueShield



FEP BlueVision

ARMY COMMUNITY SERVICE
Building: 2111 Phone: 388-3505

FY21 FORT MCCOY GARRISON SHARP TRAINING

Nov 3 and 17 | 9 am | Via Microsoft Teams

This training will count as your annual SHARP Refresher Face to Face Training. To register, please contact Ryan Harvey at x8951 or [click here](#) to send an e-mail.

LIFE SKILLS: BEGINNING SEWING WORKSHOP

Nov 17 4:30 – 7:30 pm | Nov 21 9 am – 12 noon
B2161

Designed for the beginner, this class will cover sewing basics to include hand-sewing, sewing machine set-up and completion of a face-mask. Other projects available if time allows. Register by calling ACS at x6507 or [click here](#) to send an e-mail. Must register at least one week before the workshop.

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 x6712.

NEWCOMER ORIENTATION

Nov 18 | 8 am – 12 pm | McCoy's Community Center
The Fort McCoy Newcomer Orientation is 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 x2359.

RESILIENCE & ASSERTIVE COMMUNICATION

Nov 19 | 9-11 am | B2111

Learn the IDEAL Model to learn how to communicate more clearly and with respect, especially during a conflict or challenge. Call x6507 or [click here](#) to send an e-mail by Nov 12 to register.

NOVEMBER IS MONTH OF THE MILITARY FAMILY

ACS has some ideas how to celebrate your Military Family in the month of November. Watch for recipe, reading, craft and game ideas posted on Facebook!

FAMILY ADVOCACY TRAININGS*

Commander Education Training | Dec 8 | 9 - 10 am

Offered for senior leaders to be aware of command responsibilities for identification and reporting of spouse and child abuse.

Annual Troop Education Training | Jan 12 | 9 – 10 am

Offered for all Soldiers to be aware of the Family dynamics of spouse and child abuse as well as the Army's policies regarding Family violence.

*Both trainings will be offered virtually via Microsoft Teams. An active Teams account is highly recommended for quality training.

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, call or text 608-630-7473 or email jennifer.l.morris169.civ@mail.mil.

Training available now - August 31, 2021

VOLUNTEERS NEEDED!

1. Sew children size face masks. All materials provided.
2. 30 minutes or less of your time each week to connect with others.

Contact Lorie at x6507 (leave a message) or [click here](#) to send an e-mail.

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.



ICE COMMENTS
& FEEDBACK
INTERACTIVE CUSTOMER EVALUATION

CONNECT THE TOTS
Monthly Activity Bag

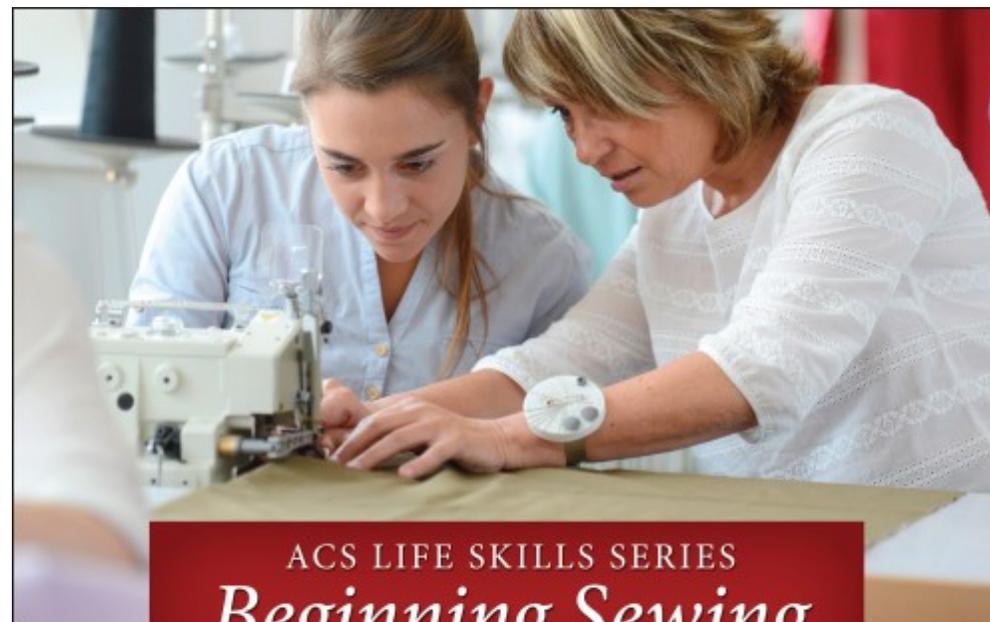


October 30, 2020 | 10 am - 12 pm
Army Community Service

2111 South 8th Ave | Fort McCoy, WI

Includes recipes, crafts, resources and more!

Bags intended for toddlers; available while supplies last.



ACS LIFE SKILLS SERIES
Beginning Sewing

November 17 | 4:30 - 7:30 pm or
November 21 | 9:00 am - 12:00 pm
2161 South J Street | ACS Family Building

Learn the skill of sewing and leave with your own creations!
Designed for the beginner, this class will cover sewing basics to include hand-sewing, sewing machine set-up and completion of a face mask. Other projects available if time allows.

- DETAILS:**
- All materials provided including sewing machine.
 - Class size is limited to 6 participants to allow for social distancing.
 - Masks are required.
 - Attendees must be 12 years or older.
 - Anyone under 18 years old must be accompanied by an adult.

To register, call Army Community Service at 608-388-6507. Or send an email to: lorie.l.retzlaff.civ@mail.mil

Must be registered one week before the workshop.
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 mwr.army.mil and click on Calendar.



CALL ARMY COMMUNITY SERVICE AT 608-388-3505 FOR MORE INFORMATION

Military Family Life Counselors
TeleHealth Services



MFLCs can now provide telehealth services. These services include telephonic and video non-medical counseling in areas where face-to-face support is restricted due to COVID-19.

Services Offered:

- Individual and couples support for adults
- Family video non-medical counseling for minors (parent or guardian must attend each session)

To schedule a telephonic or video non-medical counseling appointment please call:

608-388-8068 or
608-598-7324



FAMILY WORKSHOP

Make Your Own Wooden Pen or Salt & Pepper Mill

SALT AND PEPPER MILL
Nov 3, 10, 24; Dec 1 or 8 | 4 - 6:30 pm

WOODEN PEN
Nov 5; Dec 3, 10 or 17 | 4 - 6:30 pm
ACS 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
- Children must be accompanied by an adult (one adult per child)



Have your own special piece of wood you would like to use? Call 608-388-3840 for specific sizing details.

TO REGISTER, PLEASE CALL ACS AT 608-388-3505
Must be registered one week prior to the class.

ACS events are open to Military, Retirees, Civilian workforce, Family Members and registered Fort McCoy Volunteers, unless otherwise stated.



Three Bears Resort @ 1878 Restaurant
701 Yogi Circle, Warrens, WI. 54666

Free Turkey Dinner for Veterans on Nov 11th.

1878 is open 11:00am -1:00pm and 5:00pm - 8:00pm.



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Back to School Online Resources

Enhancing Educational Opportunities at Home

Did you know the Army MWR Library has many online resources that students can use from home? Check them out at www.armymwr.com/backtoschool then sign in with your library account to the online resources page to take advantage of these great tools you can use from home at <http://mwrlibrary.armybiznet.com/screens/resources.html>