

# FORT McCOY ARMY COMMUNITY SERVICE NEWSLETTER



Army Community Service (ACS) enhances the well-being and quality of life of Fort McCoy military members, Families and civilians by providing real life solutions for successful Army living.

FEBRUARY 2025

## Upcoming Events & Trainings

### FAMILY VALENTINE CARD WORKSHOP

Feb 1 | 9 am - 12 pm | ACS Family Building (B2161)

Create personalized valentines using rubber stamp art, stickers and much more. One hour early start time for EFMP Families. All materials supplied. Children must be accompanied by an adult. Geo-bachelors and single Soldiers welcome. To register, [email here](#) or call 502-898-7262.

### CONNECT THE TOTS

Feb 4, 11 & 18 | 10:00 am - 12:00 pm | ACS Family Building (B2161)

Our playgroup contains toys, books, and other materials to help strengthen each child's cognitive, physical, and creative selves, and to help promote social-emotional skill building. Through play, transitions, circle time and songs and activities, and informal conversations, parents learn about developmental ages and stages, gain tools to help understand their child's behavior and become empowered to prepare the Family and child to enter school "ready to learn". To register, [e-mail here](#) or call 502-898-2412.

### ALL ABILITIES WINTER CRAFT NIGHT

Feb 4 | 4:30 - 7:00 pm | ACS Family Building (B2161)

Art offers individuals with all abilities a way to communicate. Practicing art has been shown to increase fine motors skills, improve focus, gain self-confidence, strengthen cognitive development and improve mood. Join us for seasonal themed crafts, sensory crafts and much more! To register, [e-mail here](#) or call 502-898-7262.

*The ACS Office will be closed on Feb 17 for President's Day.*

# TSP FROM A TO Z

*Join us for this informative session and build yourself a brighter future!*

**FEBRUARY 5, 2025  
9 - 11 AM  
2111 SOUTH 8TH AVE**



**Kevin Herman, MBA, AFC,** will discuss the importance of investing in the Thrift Saving Plan. Whether you are a Department of the Army Civilian supporting our troops, or a Military member protecting our freedoms, this training is for you!

#### Topics Include:

- TSP contribution rules and limits
- Traditional and Roth contributions
- TSP investment funds
- New Mutual Fund window options
- Withdrawals and early penalties
- Death Benefits

Register by calling

**502-898-3540** or email [janeen.j.folgers.civ@army.mil](mailto:janeen.j.folgers.civ@army.mil)

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.



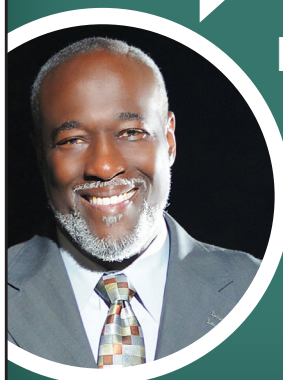
[mccoymwr.com](http://mccoymwr.com) | 502-898-3505

# Upcoming Events & Trainings

FORT MCCOY ARMY COMMUNITY SERVICE PRESENTS:

## Connecting THROUGH ENHANCED Communication

**FEBRUARY 10, 2025 | 10:00 - 11:30 AM**  
**ARMY COMMUNITY SERVICE (B2111)**



### Master the art of communication and make every conversation count!

Guest Speaker, Marcus Gentry will help participants develop strategies to convey their ideas clearly, actively listen and respond appropriately to others, and adapt their communication style to different individuals and situations. Through interactive exercises and practical examples, participants will gain insights into delivering impactful messages and navigating difficult conversations.



**TO REGISTER, Please call ACS at 502-898-2412 or  
send an email to: [brittany.r.sonie.civ@army.mil](mailto:brittany.r.sonie.civ@army.mil)**

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### **NEWCOMER'S ORIENTATION**

**Feb 12 | 8:00 am - 1:00 pm | McCoy's Community Center (B1571)**

Are you new to Fort McCoy? Come and learn what we have to offer. Breakfast is provided. To register, [e-mail here](#) or call 502-898-2359.

### **INSURANCE 101**

**Feb 18 | 9:00 - 10:00 am | Army Community Service (B2111) or Microsoft Teams**

Attend this training to learn about different types of insurance including renter's, auto, and umbrella coverage. To register, [e-mail here](#) or call 502-898-3540.

### **USAJOBS & FEDERAL RESUME WRITING WORKSHOP**

**March 6 | 9 am - 11 am | Building 2111**

Learn how to write a Federal resume to feature your skills and get the attention of the hiring manager! Bring your laptop along. To register, [email here](#) or call 502-898-7262.

## VOLUNTEERS NEEDED!

### **EASTER EGGSTRAVAGANZA**

**April 12 | 9:00 - 11:00 am | McCoy's Community Center**

Positions include event setup/take down, assistance with craft booths and photography.

### **RELIGIOUS SUPPORT OFFICE (RSO) VOLUNTEERS**

**Dates and Times Vary | Religious Support Office**

RSO is seeking Worship Team, Women of the Chapel and Religious Program Volunteers.

### **SKI/SNOWBOARD INSTRUCTORS & SKI PATROL**

**Dates and Times Vary | Whitetail Ridge Ski Area**

Receive a free guest hill pass with every 10 hours of volunteer time. Enjoy breaks with FREE hot chocolate and/or coffee. Equipment storage.

To volunteer or for more details, call 502-898-6507  
or email: [michael.d.larsen8.civ@army.mil](mailto:michael.d.larsen8.civ@army.mil)

# ACS SPOTLIGHT ON AWARENESS TREE

February is a month rich with cultural and historical celebrations. February is also a time to celebrate love, appreciate relationships, and be intentional in your connections. To celebrate and honor all forms of love, consider acts of kindness, spending quality time together, or volunteering as a Family. Activities like these help strengthen bonds and build meaningful connections while showing care for those around us.

## MASTER THE ART OF CONNECTION KIT

At ACS this month, we've decorated our Awareness Tree in Valentine's Day colors to remind us of the importance of love, kindness, and connection. We encourage Families to stop by ACS and pick-up a Master the Art of Connection Kit, designed to inspire creativity, connection and teamwork through meaningful activities.

NOTE: Supplies are limited. ACS, located at 2111 South 8th Avenue is open M-F, 7:30 am – 4:00 pm, except Federal holidays or unless posted.



*A special thanks to Col. Baez for helping ACS decorate the Awareness Tree; it looks wonderful!*



## KINDNESS KORNER

### *Random Acts of Kindness Day*

Random Acts of Kindness Day occurs annually on February 17. It originated as a way to encourage kindness and positivity in communities. Celebrated close to Valentine's Day, the philosophy of random acts is altruism, a selfless concern for others. It is to urge people to be kind to each other, especially those they don't know, without any specific reason. The intention is to get others to return the kindness to start a chain reaction of good deeds. The concept of "random acts of kindness" was popularized by the writer Anne Herbert in the San Francisco Bay area. In 1982, a Berkeley writer and activist, she published the first known account of "Practice random kindness and senseless acts of beauty" as a counter to the negativity in the world. The phrase resonated with many people and eventually inspired movements, books, and dedicated days to celebrate kindness.

In February of 1995, the first national Random Acts of Kindness Day took place with participants coast to coast. The Random Acts of Kindness Foundation (RAK) was created in 1995 in the Bay Area to facilitate future celebrations.

The RAK is a small nonprofit that invests resources into making kindness the norm. The RAK has celebrated Random Acts of Kindness Day and Week every year since 1995 with initiatives and campaigns, always in an effort to remind the world that a simple acts of kindness is sometimes all it takes to change a person's day, week, or possibly their life.

# RELOCATION COMPASS

## Navigating Your Move with Ease



*Relocating can feel like stepping into the unknown, but with the Relocation Compass, you'll have the direction, and the resources needed to make your move stress-free and successful.*

### DISCOVER WISCONSIN, ONE STEP AT A TIME

With the compass pointing towards adventure, Wisconsin offers opportunities to explore! From serene lakeshores like Lake Superior and Lake Michigan to vibrant cities like Madison and Milwaukee there is something for everyone. Stop by ACS at 2111 S 8th Avenue to learn more about what Wisconsin has to offer.

### UPCOMING EVENTS TO KEEP YOU ON TRACK

**Newcomer's Orientation | Feb 12:** Start your journey off right with local insights and the support you need to feel at home in your new community (*see details on page 2*).

**Sponsorship Training | Mar 7:** These sessions will give you the skills to build meaningful connections and sponsor incoming personnel effectively (*see details on page 5*).

**PCS Open House | Mar 19:** Discover all the tools and local knowledge you need to make your move stress-free, with expert advice from Housing, Transportation, CYS, Military Personnel Division, The Personal Property Processing Office, EFMP, and ACS Relocation Readiness (*see details on page 5*).

## Let us help you chart your course for a stress-free relocation.

Join us at these events and take full advantage of the resources designed to help you thrive.

MILITARY  
ONE SOURCE



## Preventing Teen Dating Violence

Help teens develop healthy connections and recognize behaviors that can lead to abuse.

### Help Teens Stay Safe in Dating

Teens are learning how dating and healthy relationships work, so they don't always recognize excessive teasing or controlling behavior as a problem. By accepting inappropriate behaviors, teens leave themselves open to more serious forms of abuse – such as physical, sexual or emotional abuse from a current or former partner. Nearly ten percent of high school students report being physically abused by a partner within the past year. Teen dating violence can lead to poor performance in school, underage and binge drinking, suicide attempts and violence in future relationships. That's why it's crucial for parents to stay aware and involved.

### How You Can Help

- Model healthy relationships to show how honest communication builds trust
- Talk with teens about the importance of being respected – and respectful – in relationships
- Teach teens to use social networks and other digital media responsibly
- Connect teens with help through resources like your installation's Family Advocacy Program

### More Resources for Teens and Parents

- **The National Child Traumatic Stress Network - Teen Sexual Assault** [www.nctsn.org/resources/teen-sexual-assault-information-teens](http://www.nctsn.org/resources/teen-sexual-assault-information-teens)
- **Military OneSource** [www.militaryonesource.mil](http://www.militaryonesource.mil)
- **Love is Respect** [www.loveisrespect.org](http://www.loveisrespect.org)
- **That's Not Cool** [www.thatnotcool.com](http://www.thatnotcool.com)
- **Centers for Disease Control and Prevention** - search "Teen Dating Violence" on [www.cdc.gov](http://www.cdc.gov)
- **Futures Without Violence** [www.futureswithoutviolence.org](http://www.futureswithoutviolence.org)

Military OneSource is your 24/7 connection to your best MilLife.  
[www.MilitaryOneSource.mil](http://www.MilitaryOneSource.mil) | 800-342-9647



Check out EFMP&ME for assistance navigating military and community resources related to the Exceptional Family Member Program (EFMP):

<https://efmpandme.militaryonesource.mil>

FORT McCOY ARMY COMMUNITY SERVICE (ACS)  
**Sponsorship TRAINING**

*For Military & Civilian Personnel*

*ACS Sponsorship Sessions are designed to equip you with strategies and tools to effectively sponsor incoming personnel.*

**IN THESE SESSIONS, YOU'LL LEARN HOW TO:**

**ALIGN:** Ensure sponsors and newcomers are connected to the right resources.

**CARE:** Offer guidance to help newcomers settle in smoothly.

**SUPPORT:** Gain skills needed to assist newcomers during transition.



**2025 DATES:**  
**Mar 7, Jun 6, Sep 5, Dec 5**  
**Military: 10 am - 11 am**  
**Civilians: 1 pm - 2 pm**  
**Army Community Service**  
**2111 South 8th Ave**

**To register, contact Army Community Service at 502-898-2359 or email [jesse.k.ogundu.civ@army.mil](mailto:jesse.k.ogundu.civ@army.mil)**

Must be registered at least 2 days prior to 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 <http://mccoy.armymwr.com/us/mccoy/programs/army-community-service> and click on ACS Calendar.



# PCS Open House

**PCSing from Fort McCoy?  
Your next move starts here!**

**REPRESENTATIVES FROM THE FOLLOWING AREAS WILL BE ON-SITE:**

- ACS Relocation Readiness
- ACS Exceptional Family Member Program (EFMP)
- Personal Property Processing Office (Household Goods Movement)
- LRC Transportation Passenger Movement Section
- DPW Housing Office
- DHR Military Personnel Division
- MWR-CYS School Liaison Officer

Info tables, children's relocation materials, maps, and other relocation items will also be available.

**March 19, 2025**  
**11 am to 1 pm**  
**McCoy's Community Center (B1571)**

**For more information, please call ACS at 502-898-2359.**

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# Military Spouse Employment

## Free On-Demand Skill Development Membership

The Defense Department Spouse Education and Career Opportunities program has made it easier for spouses to reach their career goals with free access to more than 5,000 high-quality courses through UdeMy. UdeMy provides more than 35,000 hours of content to help you stay competitive in today's ever-changing workforce.

For more information and to register, please visit [Military Spouse Education & Career Opportunities](#).

## Military Spouse Employment Partnership (MSEP) Job Search Navigator Service

The MSEP Job Search Navigator service is offered to military spouses once they have completed a series of designated career support services with a SECO career coach. The MSEP Job Search Navigator will then identify potential matches between the spouse and MSEP employers based on the spouse's geographic location, education, experience and career goals and share a list of customized job leads to assist them in their search for employment.

For more information, please visit: <https://myseco.militaryonesource.mil/portal/article/resume-review-and-job-search-navigator>.

## EMPLOYMENT VIDEOS

The Civilian Human Resources Service Center (CHRSC) developed brief videos on veteran hiring authorities, how to develop a winning Federal resume and what documents are necessary to upload when applying for a Federal position:

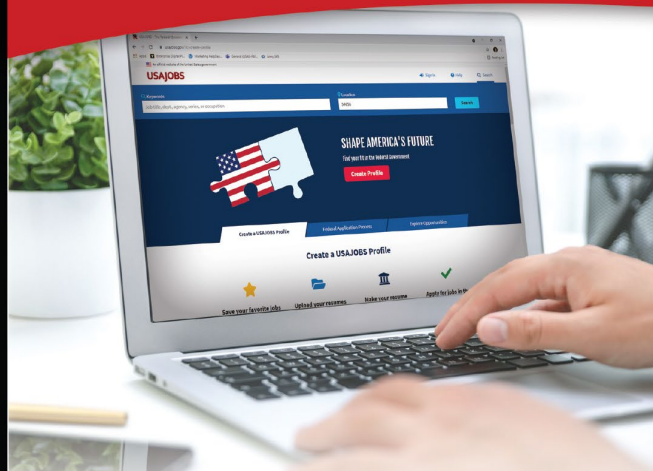
**MODULE 1: [Veteran Hiring Authorities](#)**

**MODULE 2: [Resumes](#)**

**MODULE 3: [Sample Documents](#)**

For more information on Federal Resume Writing, send an email to [lorie.l.retzlaff.civ@army.mil](mailto:lorie.l.retzlaff.civ@army.mil) or call 502-898-7262.

## USAJOBS & Federal Resume Writing Workshop



Register by calling ACS at 502-898-7262 or send an email to [lorie.l.retzlaff.civ@army.mil](mailto:lorie.l.retzlaff.civ@army.mil)

Registration required 2 days prior to workshop.

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For information on upcoming training opportunities through ACS please go to <http://mcco.y.armymwr.com> and click on Calendar.

### 2025 DATES:

Jan 14, Mar 6, May 20, Jul 17, Sep 18, Nov 4

All sessions held from 9 – 11 am at Army Community Service 2111 South 8<sup>th</sup> Avenue

*Learn how to write a Federal resume to feature your skills and get the attention of the hiring manager! Bring your laptop along!*

### TOPICS COVERED:

- Foundations of a Federal Resume
- Knowing Your Preference
- Analyzing the Announcement
- Developing a Resume Format
- Applying for the Job
- Steps After Applying
- Tips in USAJOBS

