

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.

MARCH 2025

Upcoming Events & Trainings

PLAY MORNINGS

Mar 4, 11 & 18 | 10 am - 12 pm | ACS Family Building 2161

Our playgroup (formerly named Connect the Tots) 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.

USAJOBS & FEDERAL RESUME WRITING WORKSHOP

Mar 6 | 9 am - 11 am | Army Community Service (B2111)

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 502-898-6712.

SPONSORSHIP TRAINING

Mar 7 | Military: 10 am - 11 am / Civilians: 1 pm - 2 pm | Army Community Service (B2111)

Get equipped with the strategies and tools to sponsor incoming personnel. Ensure newcomers are connected with the right resources; offer guidance to help newcomers settle in smoothly and gain skills to assist newcomers throughout their transition. To register, [e-mail here](#) or call 502-898-2359.

NEWCOMER'S ORIENTATION

Mar 12 | 8 am - 1 pm | McCoy's Community Center (B1571)

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



LIFE CHANGES Because Every Change is a Chance

March 10, 2025 | 11:30 am - 12:30 pm
Army Community Service | B2111

Bring your lunch and join us for a great opportunity to learn practical tools on how life changes can help you adapt and bounce back from challenges.

To register, please call ACS at 502-898-2412
or email: brittany.r.sonie.civ@army.mil



Army Community Service (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 mccoymawmwr.com and click on Calendar.



DR. DEBRA MURRAY
PhD, CSAC, ICS

With decades of experience as a clinical therapist, Dr. Murray holds a doctorate in Psychology and is a Licensed Clinical Substance Abuse Counselor and Intermediate Clinical Supervisor. She is a sought-after trainer and consultant for hospitals, counties, and case management organizations across the United States. She provides training for physicians, nurses, psychologists, graduate level clinicians, social workers, criminal justice personnel, peer-professionals, and dietitians, which are customized to fit the area of specialization. She has been an invited keynote speaker at state conferences and shared her research at numerous national conferences for organizations such as the American Counseling Association and the Association for Counselor Education and Supervision.

Upcoming Events & Trainings

EXCEPTIONAL FAMILY MEMBER PROGRAM PRESENTS

AUTISM TIPS & TECHNIQUES — for Caregivers & Family Members —

Autism is a neurological and developmental disorder that affects how people communicate, interact, and experience the world around them. It is a spectrum disorder characterized by difficulties in social interactions, communication and repetitive behaviors.

Stephany Stordahl, Clinical Director at Caravel Autism Health will share valuable insights on how to effectively interact and connect with children on the autism spectrum.

**March 20, 2025
5:45 - 6:45 pm
ACS Family Building
B2161, Fort McCoy, WI**

JOIN US IF YOU ARE:

- Parent, caregiver or Family member of a child with autism
- Teacher or educator
- Want to know more about autism

To register, please call 502-898-7262 or email sarah.l.wiedenfeld.civ@army.mil

ACS events are open to Military, Retirees, Civilian workforce, Family Members, Survivors, 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> and click on Calendar.



Call ACS at 502-898-7262 for more information

MONEY MANAGEMENT

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

Learn about budgeting, financial records, savings, expenses, long-term goals, credit and debt management and how they work together to make you financially secure. To register, [e-mail here](#) or call 502-898-3540.

PCS OPEN HOUSE

Mar 19 | 11 am - 1 pm | McCoy's Community Center (B1571)

Are you 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, LRC Transportation Passenger Movement Section; DPW Housing Office, MWR-CYS School Liason Officer. To register, [e-mail here](#) or call 502-898-2359.



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.

**To volunteer or for more details,
call 502-898-6507 or email:
michael.d.larsen8.civ@army.mil**

*Spring is
in the air!*

Although it may not feel like warmer weather is just around the corner after some very cold days in February, the Spring Equinox is upon us. March is the marker of seasonal change, a time of transition from winter to spring. It signifies the arrival of new life, blooming flowers, and growth. Spring is widely seen as a time for fresh starts, renewal, and hope. As we welcome this change in season, we encourage you to reflect on the meaning of spring for yourself and consider areas of your life where you'd like to see more growth.

HOW CAN YOU "BLOOM" THIS SPRING?

Stop by ACS and see our Awareness Tree decorated with vibrant colors to signify the new growth that will be happening around us this spring! Under the tree will be Personal Growth Kits. Each kit will contain items to inspire you. Whether it's setting goals, self-improvement, developing a growth mindset, or simply looking for new inspiration, grab a kit and plant some seeds for success in your life!



Employee Spotlight

NICHOLE EBEL-BAILEY ACS SPECIALIST

Ms. Ebel-Bailey began her career at Fort McCoy in 2007 working as a contracted Field Technician for the RTLA program under DPTMS. When that ended, she continued to support military Families working at Logistics Health Incorporated (LHI). Looking to find work closer to home, she began working at Fort McCoy for the WI National Guard Challenge Academy. Having 3 young children, she took a 6-year break from traditional work to care for her children and ran an in-home daycare business in Sparta. Thankfully, when she was ready to jump back in, she was able to return to the Challenge Academy where she worked for the past few years providing support to at-risk youth in a quasi-military setting.

Although Ms. Ebel-Bailey has a degree in Biology and a passion for conservation, she has always had a passion for helping others as well, making her new position at ACS an exciting one. She is looking forward to providing support and resources to Soldiers and their Families and helping support the Army Community as a whole.



RELOCATION COMPASS

Finding Calm in the Chaos

Relocating to a new place brings both excitement and challenges, the stress of adjusting and unfamiliar surroundings is natural; but it doesn't have to control your experience. This month we offer practical tips to help you stay grounded, ease the pressure and find balance.

B.R.E.A.T.H.E. and Stay on Course

Relocating can be stressful, but with a simple approach, you can stay grounded and focused. Follow the B.R.E.A.T.H.E. steps to manage stress and maintain your balance:

B – Balance Your Mind:

Take time each day to quiet your thoughts. Simple breathing exercises can help calm your nerves.

R – Reach Out for Support:

Don't try to handle everything alone. Lean on friends, Family, local support groups, or ACS for guidance. Being connected reduces stress significantly.

E – Establish Routine:

Familiarity creates comfort. Set up simple daily routines to make your new environment feel more stable and predictable.

A – Adapt Gradually:

It's okay to take things one step at a time. Adapt to your new environment at your own pace; and don't rush the process.

T – Take Time for Self-Care:

Regular exercise, healthy eating, and getting enough sleep are key to managing stress. Even small acts of self-care—like a walk or a relaxing bath—make a big difference.

H – Harness Positivity:

Shift your focus to the good things around you. Take note of the little victories—whether it's finding a great local spot or having a successful day at work.

E – Explore:

Explore new places, try new experiences, find joy in those moments. See each part of that journey as a chance for personal growth.

PATH TO RELAXATION

Discover peace in Door County, where stunning shorelines and charming villages provide a perfect escape.



Want to find more hidden gems?

Stop by the ACS office at 2111 South 8th Ave and pick up a Discover Wisconsin Scratch-Off Card and uncover spots across the state to help refresh your mind.

UPCOMING EVENTS TO KEEP YOU ON TRACK

Sponsorship Training | Mar 7

These sessions will give you the skills to build meaningful connections and sponsor incoming personnel effectively (*see details on page 1*).

Newcomer's Orientation | Mar 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 1*).

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 2*).

MILITARY SPOUSE EMPLOYMENT

Military Spouse Magazine

A Military Spouse Employment Partnership (MSEP) Spouse Ambassador Network partner, published their 20th Anniversary of Military Spouse Magazine. <https://www.militaryspouse.com/magazine/current-issue/>

Military Spouse Employment Partnership (MSEP) Job Search

Use the MSEP Job Search on the MySECO portal to find more job opportunities with MSEP employers. myseco.militaryonesource.mil

MARCH KINDNESS KORNER

Listening is a simple yet profound way to show kindness—sometimes, all someone needs is to be truly heard.

“Sometimes, we just need someone to simply be there and listen. Not to fix anything, but to let us feel that we are supported and understood.”

– Unknown

“Most people do not listen with the intent to understand; they listen with the intent to reply.” – Stephen R. Covey

“Being heard is so close to being loved that for the average person, they are almost indistinguishable.” – David Augsburger

“One of the most sincere forms of respect is actually listening to what another has to say.” – Bryant H. McGill

USAJOBS & Federal Resume Writing Workshop



Register by calling ACS at 502-898-6712 or send an email to lorie.l.retzlaff.civ@army.mil

Registration required 2 days prior to 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 <http://mccoy.armymwr.com> and click on Calendar.

2025 DATES:

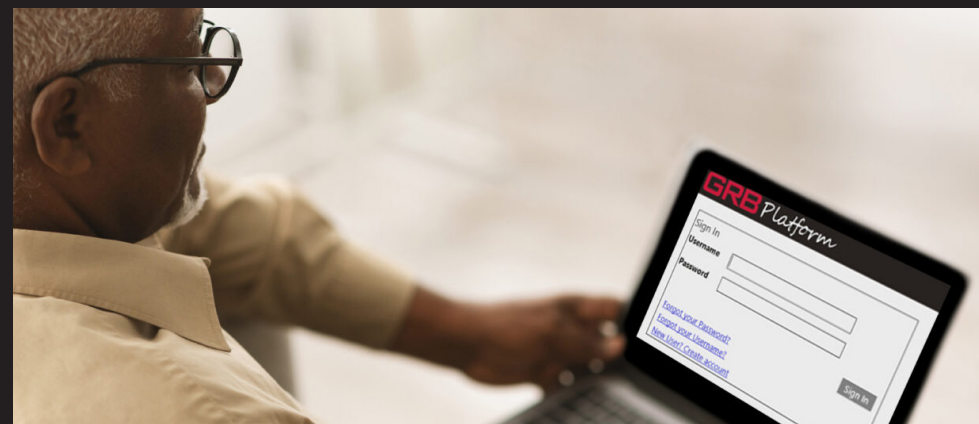
Jan 14, Mar 6, May 20, Jul 17, Sep 18, Nov 4

All sessions held from 9 – 11 am at Army Community Service 2111 South 8th 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



GRB PLATFORM

Go to the Government Retirement and Benefits (GRB) Platform at <https://platform.chra.army.mil/> for access to personalized information regarding government wide benefit programs such as health insurance, life insurance, the Thrift Savings Plan (TSP), retirement and more. Resources such as fact sheets, informational videos, and electronic forms are available.

Family Time

FAMILY WORKSHOP

Build a Bird House or Bird Feeder

April 8, 17 & 22 | 4:00 - 6:30 pm
ACS Building Bonds Workshop Bldg 1133

Spending Time Together as a Family Builds Family Resilience!

Step into Spring by creating a bird house or feeder the whole Family can enjoy over the spring and summer months.

Choose a bird house or feeder (based on availability) which you will put together and personalize it by painting or adding decorations to meet your creative ideas.



- * All materials and instruction supplied
- * Class size is limited
- * Children must be accompanied by an adult
- * Single and geographical bachelors are welcome

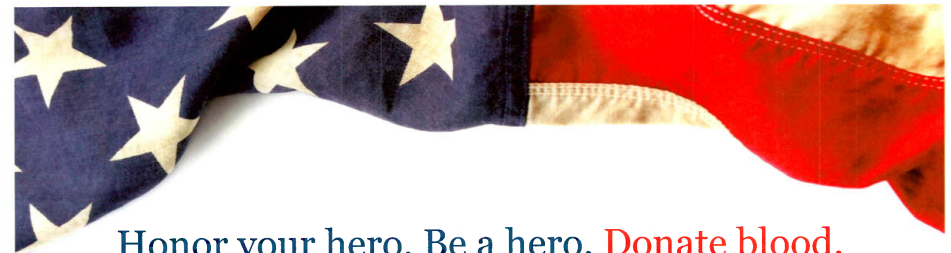
TO REGISTER, PLEASE CALL ACS AT 502-898-3505

Must register 1 week prior to workshop.

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



www.mccoy.armymwr.com | 608-388-3505



Honor your hero. Be a hero. **Donate blood.**



Blood Drive Fort McCoy NCOA Building 1363

Grad Hall
1363 S 10th St

**Friday, March 21, 2025
9:00 a.m. to 3:00 p.m.**

Please call 1-800-RED CROSS (1-800-733-2767) or visit RedCrossBlood.org and enter: NCOA to schedule an appointment.



Scan to be directed to RapidPass®



Scan to schedule an appointment.

redcrossblood.org | 1-800 RED CROSS | 1-800-733-2767 **Download the Blood Donor App today!**

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(8) • Order ID: 177341 • Item ID: 8581821 • Qty: 5 of 12 • 2/26/18 • ARCB • 24740