

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.

SEPTEMBER 2025



NEW PARENT SUPPORT

For Families with Children **AGES 0-4**

Play mornings

Our playgroup offers toys, books, and other materials to help strengthen your child's social-emotional skills, creativity, play and cognitive development. Parents will learn about child developmental stages, gain tools to help understand their child's behavior, and become empowered to transition their child to enter school, "ready to learn."

FALL IS HERE!
Join us for fun and engaging fall-themed activities designed to help children bond with Family and friends while learning and growing.

UPCOMING DATES
September 9, 16, 23
October 7, 14, 21
November 4, 18, 25
Playgroups held from 10 am - 12 pm at the ACS Family Building (B2161)

TO REGISTER:
Call 502-898-2412 or email brittany.r.sonie.civ@army.mil

To report child abuse, call your Family Advocacy Program: 502-898-2412. After hours and weekends, call Child Protective Services: 608-269-8600 or 911.




EFMP Exceptional Family Member Program

ALL ABILITIES Craft Night

Art offers individuals with all abilities a way to communicate. Practicing art has been shown to increase fine motor skills, improve focus, gain self-confidence, strengthen cognitive development and improve mood.

CHOOSE FROM A VARIETY OF ART PROJECTS INCLUDING:

- Sensory Crafts
- Seasonal / Holiday Crafts
- Painting & Coloring
- Scrapbooking & Stamping
- Diamond Art
- And Much More!

FALL / WINTER 2025
Sep 17, Oct 15, Nov 19 & Dec 17
4:30 pm - 7:00 pm
ACS Family Building (B2161)

TO REGISTER, PLEASE CALL ACS AT 502-898-7262
or send an email to: sarah.l.wiedenfeld.civ@army.mil

Upcoming Events & Trainings



YOUR OPINION MATTERS!

FOCUS GROUP PARTICIPANTS NEEDED

Tell us what programs & events you would like to see offered at Fort McCoy. Participants will receive a FREE meal at McCoy's!

SEPTEMBER 17, 2025

McCOY'S COMMUNITY CENTER

9AM Military Retirees & DoD Civilians

10:30AM Soldiers & Family Members

CALL 502-898-2362

TO REGISTER TO PARTICIPATE

ARMY COMMUNITY SERVICE PRESENTS:

Holiday Stress Less Workshop



PEACE • JOY • CONNECTION

The holiday season can bring joy but it can also create extra stress. This year, shift your perspective and discover how the holidays can be a chance to build well-being, optimism, and togetherness.

Join us for a Family-friendly gathering where we will:

- Learn simple strategies to stress less and enjoy the season.
- Create seasonal greeting cards and gifts.
- Strengthen bonds through peace, joy, and connection.

October 18, 2025

9 am - 12 pm

2161 South J Street

Fort McCoy, WI 54656

Early start time (1 Hour) for EFMP Families

Register by calling Army Community Service at 502-898-6712 or email lorie.l.retzlaff.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. For information on upcoming training opportunities through ACS please go to mccoy.armymwr.com and click on Calendar.



www.mccoy.armymwr.com | 502-898-3505

To view all upcoming MWR events and activities, visit mccoy.armymwr.com and click on calendar.



THE JAR WAY: MAKING FAMILY TIME EASY!

In today's busy world, finding time for Family can feel like a challenge. That's where the Jar Way comes in - bringing people together, one slip at a time.

The idea is simple: fill a jar with fun prompts, activities, and challenges that spark connection or get your kids / coworkers motivated to have a fun successful school year/work environment. When you're looking for something to do, just pick a slip from the jar-and let the fun begin.

The Jar Way turns little moments into big memories. Its an easy, playful way to:

- Encourage quality Family time
- Add more laughter to your week
- Build kindness and gratitude
- Build relationships with your spouse and/or kids
- Build team work in the office

The best part? Any office or Family can do it.

ACS has provided all the supplies you will need to build your own jar (or feel free to grab a pre-assembled jar made by ACS staff).

Some jar ideas that you can build are:

- Movie Jar
- Back to School Jar
- Kindness Jar
- Family Activity Jar



Supplies can be picked up at Army Community Service (B2111) during normal hours of operation: Monday - Friday from 7:30 am - 4:00 pm.

KINDNESS KORNER

September is a season of change, with cooler days and new routines settling in. It's the perfect time to show kindness through patience and understanding—whether with students returning to busier schedules or neighbors preparing for fall. A small act of encouragement or a simple smile can bring warmth to someone's day and remind them they are not alone. Let's carry kindness with us into this new season of growth and connection.

RELOCATION READINESS: UPCOMING EVENTS TO KEEP YOU ON TRACK



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.

September 3, 2025
11 am to 1 pm
McCoy's Community
Center (B1571)

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

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.



502-898-2359 | www.mccoy.armymwr.com



Sponsorship Training

Sep 5 | 10 am - 11 am

Army Community Service (B2111)

These sessions will give you the skills to build meaningful connections and sponsor incoming personnel effectively.

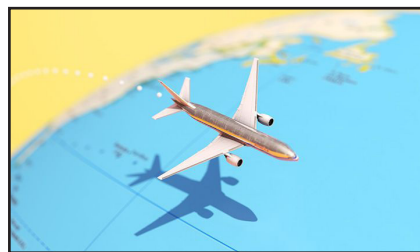


Newcomers' Orientation

Sep 10 and Oct 8 | 8 am - 1 pm

McCoy's Community Center (B1571)

Start your journey off right with local insights and the support you need to feel at home in your new community. Spouses are highly encouraged to attend.



Overseas Brief

Oct 6 | Korea at 10 am | Germany at 11 am

Hawaii at 1:30 pm

Army Community Service (B2111)

Get essential information before your assignment outside of the continental U.S. Moving to another location? Call 502-898-2359 to schedule an appointment.



Quarterly Benefits Brief

Oct 28 | 10 am - 12 pm

Army Community Service (B2111)

Gain valuable insights from informational sessions designed to support your relocation needs. Experts from the Monroe County Veterans Service Office, The Veterans Affairs, Tricare, and United Concordia will provide key updates and resources.

To register for any of the trainings above, scan the QR code with your phone.





RELOCATION COMPASS INTO THE UNKNOWN

September can feel like stepping into the dark. The excitement of arrival fades, and the reality of settling in begins. For many, that can bring stress and, at times, even a little fear. Often it feels like stepping into the dark. You are not walking through the dark alone. A strong sponsor is your flashlight

guiding you through uncertainty, opening doors and helping you feel at home faster, and beyond that first light, ACS is here as your steady compass offering resources, guidance, and connection to keep you moving forward with confidence.

GUIDING LIGHT: SHINE THROUGH CHANGE

Stress is a natural part of change, but it doesn't have to dim your journey. This month, remember to SHINE:

S – Seek Support: Lean on your sponsor, ACS and the community around you. Youth sponsors are also available to help children feel connected within the community.

H – Harness Resources: Take advantage of relocation tools, workshops and the Newcomers orientation to stay prepared.

I – Invest in Yourself: Focus on learning and personal growth, explore opportunities at the Fort McCoy Education center, enroll in local colleges, or pursue certification programs to strengthen your skills and confidence. events to accessing local resources, ACS helps you move from uncertainty to routine - one day at a time.

N – Navigate Change: Break transitions into manageable steps and set achievable goals to make change feel more manageable.

E – Embrace New Beginnings: Look for opportunities to grow and make this place your own.

Visit ACS at 2111 S. 8th Ave or call us to connect with support that helps you feel grounded and confident this season.

ACROSS THE COMPASS: WISCONSIN AFTER DARK

Relocating can feel uncertain and a little intimidating, but it's also full of new experiences and discoveries. Fear of the unknown is natural, yet it can lead to curiosity, adventure, and even laughter.

In La Crosse, historic streets come alive after dark with ghost tours, where stories of the city's mysterious past show that stepping into the unknown can spark fascination instead of fear. The House of Shadows in Sparta delivers a thrilling experience, blending chills with fun and reminding us that fear can also bring connection and excitement. Wisconsin Dells offers calm waters and towering cliffs on scenic boat tours, a chance to breathe, reflect, and find perspective when everything feels overwhelming.

Across Wisconsin, whether exploring historic stories, Family-friendly thrills, or peaceful landscapes, stepping into the unknown can lead to discovery, laughter, and lasting memories.

Want to discover more hidden gems? Stop by the ACS office at 2111 S 8th Ave to pick up a Discover Wisconsin Scratch-Off Card.

DID YOU KNOW?

IAW AR 600 -8-8, para 2-12a, sponsors are required to complete sponsorship training. Once training is complete, supervisors will annotate it in Army Career Tracker (ACT). Many find eSat to be the easiest and most convenient way to complete this requirement.

The training can be accessed at <https://millifelearning.militaryonesource.mil/course/esat101>

EMPLOYMENT READINESS

FEDERAL RESUMES WILL SOON BE LIMITED TO TWO PAGES

Federal agencies will soon only accept resumes up to two pages in length to comply with Executive Order 14170 and the Merit Hiring Plan. Starting on September 2025, USAJOBS will not allow you to upload or build resumes longer than two pages and you will have to update the resumes you have in your profile.

>> [Sign in to your profile and update your resume now](#)

>> [Learn more about the new resume requirements](#)

DID YOU KNOW?

The Army Community Service (ACS) Employment Readiness Program (ERP) manager sends an email every other week highlighting potential job opportunities around the area and remote. This service is designed to support military Families in their employment search and career development.

To be added to the distribution list or for more information, please contact lorie.l.retzlaff.civ@army.mil or call 502-898-6712.

USAJOBS & Federal Resume Writing Workshop



Sep 18 or Nov 4, 2025
All sessions held from 9 – 11 am
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




**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.

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COULEE CAREER FEST

Your Pathway to Success


SEPTEMBER 17th

from
11:00 - 4:00


New Location!

Stoney Creek Hotel
3060 S. Kinney Coulee Rd
Onalaska

Explore careers that match your skills, passions and goals!
Your future starts here!




Scan the QR code for more details!




A proud partner of the American Job Center network

Western Wisconsin Workforce Development Board is an Equal Opportunity Employer and Service Provider. Auxiliary aids and services are available upon request to individuals with disabilities. If you need this information interpreted to a language you understand or in a different format, please contact Claire, Bakalars, Equal Opportunity Officer, at 608-789-5410 or bakalarsc@westernwdb.org. Callers who are deaf or hearing or speech impaired may reach us at Wisconsin Relay Number 711.



ARMY FAMILY ACTION PLAN (AFAP)

“The Voice of the Army People”



Army Family Action Plan (AFAP) is a grassroots process where Soldiers, Family members, Survivors, Retirees, Department of the Army Civilians and Caregivers across all Army Components identify, prioritize, and elevate their well-being issues to Senior Leaders for action and resolution.

AFAP 101 Training

All ACOMs are invited to join us on **18 September 2025** at one of the following times: **0800-0930 EDT, 1300-1430 EDT or 1730-1900 EDT** to learn more about the AFAP, what it has done for our Military Community, and how to write a successful AFAP issue for submission. Join through the Microsoft Teams link or dial in number below:

(same training provided at each session / same link and dial-in number for all training times)

Join the meeting now
Meeting ID: 993 371 841 873
Passcode: A8AX9NR2

or

Dial in by phone
[+1 571-616-7941](tel:+15716167941) United States
Phone conference ID: 969 174 324#

Change begins with you!

Example of AFAP issues

- Distributed Soldier Montgomery GI Bill benefits to Dependents (Issue 497)
- Paternity Leave (Issue 578)
- Chiropractic treatment for AD Soldiers (Issue 468)
- EFMP Enrollment Eligibility for Reserve Component Soldiers (Issue 650)
- Spouse professional weight allowance (Issue 531)
- OCNUS Permanent Change of Station (PCS) Entitlements (Issue 747)

AFAP Accomplishments

794 issues entered since 1983

- 577 - completed
- 175 - unattainable
- 3 - combined
- Working 40 active issues

Driving force behind the enactment of:

- 132 pieces of legislation
- 208 policy changes
- 237 improved programs & services

For more information about the AFAP contact:
HQDA, DCS, G-1 AFAP Program Manager, Mr. Brent Jurgersen at: brent.r.jurgersen.civ@army.mil
HQ MEDCOM AFAP Program Manager, Ms. Patricia Centeno at: patricia.a.centeno.civ@army.mil

WE ARE STRONGER TOGETHER
CONNECT TO PROTECT

SEPTEMBER IS SUICIDE PREVENTION MONTH

  **988** | suicide prevention lifeline
Military/Veterans Press 1



September is Suicide Prevention Month, a time to raise greater awareness of resources for Army Soldiers, Civilians and Family members who may need crisis support or want to help someone they know. The Army's SPM theme for 2025 is "We Are Stronger Together. Connect to Protect." This theme emphasizes the role that strong, positive relationships play in countering suicide risk. Connecting with others fosters a sense of belonging, encourages healthy coping and creates a support system of people and resources we can rely on when difficulties arise.