

# 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.*

**JANUARY 2025**

*Welcome to 2025!*

## Start the New Year with Stronger Connections!

As we ring in 2025, ACS invites you to embrace our January theme, “New Beginnings: Building Stronger Family Bonds.” This month, we’re focusing on enhancing communication within Families—a vital foundation for resilience and connection.

To help kickstart meaningful conversations, we’re offering Conversation Starter Kits from our Awareness Tree. These kits are filled with fun and thoughtful prompts designed to bring Families closer together, whether around the dinner table, during a road trip, or as part of a Family night.

Stop by, pick up your kit, and discover how a few simple questions can lead to laughter, understanding, and stronger bonds. Supplies are limited, so don’t wait! Let ACS help your Family grow closer and thrive in 2025.

Together, let’s make this a year of connection and renewal!



# Upcoming Events & Trainings

## **CONNECT THE TOTS**

**Jan 7, 14 & 21 | 10:00 am - 12:00 pm | ACS Family Building (B2161)**

Do you want to connect with other parents? If you are looking for something to do with your children ages 4 and younger, please join us. 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. To register, [e-mail here](#) or call 502-898-2412.

## **DECORATE A SNOWMAN FAMILY**

**Jan 7, 16 or 21 | 4:00 - 6:30 pm | ACS Building Bonds Workshop (B1130)**

Build Family memories and resilience as you customize your snowman yard decoration. Materials and instruction provided. Must be registered 1 week prior to the workshop. To register, please call 502-898-3505.

*Space is limited, children must be accompanied by an adult (one adult per child).*

## **NEWCOMER'S ORIENTATION**

**Jan 8 | 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 and installation tour is provided. To register, [e-mail here](#) or call 502-898-2359.

## **ALL ABILITIES WINTER CRAFT NIGHT**

**Jan 9 & Feb 4 | 4:30 pm - 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. Art projects include sensory crafts, seasonal-themed crafts, stamping, watercolors, canvas painting, and much more!

To register, [e-mail here](#) or call 502-898-7262.

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

**Jan 14 | 9:00 am - 11:00 am | Army Community Service (B2111)**

Learn how to write a federal resume and navigate the application process on USAJOBS.gov. Bring your laptop along. To register, [e-mail here](#) or call 502-898-7262.

**The ACS Office will be closed on Jan 1 (New Year's Day), Jan 9 (President Carter Day of Mourning) and Jan 20 (Martin Luther King Jr. Day).**



**LEARN THE ART OF STRESS MANAGEMENT**

## **Stay Cool Under Pressure**

**January 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 to help you stay cool under pressure when faced with personal sources of stress, such as work, school, relationships, and time management.

**To register, please call ACS at 502-898-2412 or email: [brittany.r.sonie.civ@army.mil](mailto:brittany.r.sonie.civ@army.mil)**



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**DR. DEBRA MURRAY**  
PsyD, CSAC, ICS

Dr. Murray is the Clinical Director for Behavioral Health at Scenic Bluffs Community Health Center. After receiving a Bachelor of Science Degree in Psychology from Viterbo University, Debra attended St. Mary's University in Rochester, Minnesota to obtain a Master of Arts in Counseling and Psychological Services. While working at Mayo Health System in La Crosse, Debra went on to pursue her Doctorate of Psychology Degree from the University of St. Thomas in St. Paul, Minnesota. Debra comes to Scenic Bluffs from Viterbo University, where she was the Director of Counseling Education Programs.



## FAMILY CALENDAR WORKSHOP

Jan 18 | 9:00 am - 12:00 pm | ACS Family Building (B2161)

Design & create a personalized 2025 Family calendar using rubber stamp art, stickers & much more. All supplies are furnished. Bring your own photos. Class size is limited; children under 18 must be accompanied by an adult. To register, [e-mail here](#) or call 502-898-7262.



## VALENTINE CARD WORKSHOP

Feb 1 | 9:00 am - 12:00\* pm | ACS Family Building (B2161)

Spend time as a Family making Valentine's Day Cards! All materials are supplied. Children under 18 must be accompanied by an adult. To register, [e-mail here](#) or call 502-898-7262. Must be registered by Jan 29.

\*Early start time (1 hour) for EFMP Families.

# MASTERING YOUR MONEY SERIES

ARMY COMMUNITY SERVICE  
**ACS**  
Real-Life Solutions for Successful Army Living

Army Community Service is offering a series of classes throughout the year to help you take control of your financial future. Sign up for one training or all three!

## ESTATE PLANNING

January 21, April 15, July 15, October 21

9 - 10 am at Army Community Service (B2111)

This training will provide a comprehensive estate planning seminar. Topics include avoiding estate planning pitfalls; powers of attorney; wills & trusts and planning your legacy.

## INSURANCE 101

February 18, May 20, August 19, November 18

9 - 10 am at Army Community Service (B2111)

Attend this training to learn about different types of insurance, such as homeowner's, renter's, auto and umbrella insurance.

## MONEY MANAGEMENT

March 18, June 17, September 16, December 16

9 - 10 am at Army Community Service (B2111)

Learn about budgeting, financial records, savings, expenses, long-term goals, credit and debt management and how they work together to make you more financially secure.

To register, please call 502-898-3540  
or email [janeen.j.folgers.civ@army.mil](mailto:janeen.j.folgers.civ@army.mil)

Must be registered one week before 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> and click on Calendar.



[www.mccoy.armymwr.com](http://www.mccoy.armymwr.com) | 502-898-3505



# Upcoming Activities

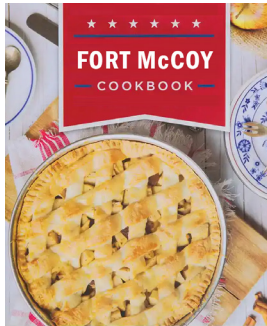


## FAMILY QUILT

Quilting has been a cherished tradition in Families, offering both creative expression and a way to bring people together. Creating a quilt block together as a Family encourages collaboration, patience and teamwork. ACS is creating a Fort McCoy Family quilt.

Stop by ACS to pick up your quilt block to create with your Family. You can keep it simple by borrowing fabric crayons to use on your block or design it with other materials you may have. We would like to have your Family name on it if possible and use the rest of the space to represent something about your Family.

Quilt squares and fabric crayons can be picked up and dropped off at ACS, 2111 South 8th Avenue, Mon-Fri, 7:30 am - 4:00 pm excluding Federal holidays. The blocks will be assembled and hang on the wall at the ACS Family Building. Blocks will continue to be added as Families drop off their blocks.



## FORT McCOY COOKBOOK

The saying “The Family that eats together stays together” emphasizes the importance of shared mealtimes in nurturing Family relationships. It suggests that gathering around the table regularly creates a space for communication, connection and bonding which helps maintain strong Family ties.

This phrase has roots in various cultural and religious traditions that value mealtimes as sacred moments of togetherness. In modern life, it serves as a reminder to prioritize Family time amidst busy schedules, reinforcing the idea that simple rituals like eating together can have a profound impact on emotional well-being and Family unity.

Remember the “Taste of the Military Family” event held in November? Families attending shared the recipe from their favorite dish they brought. Look for more “Taste of the Military Family” events in the future. ACS is creating a Fort McCoy Family Cookbook. Please share your favorite recipes by emailing them to [lorie.l.retzlaff.civ@army.mil](mailto:lorie.l.retzlaff.civ@army.mil). Add your name to the recipe. Those that participate will receive a pdf file of the cookbook.

*Both activities are open to Military, Retirees, Civilian workforce, Family Members, Survivors, and registered Fort McCoy volunteers.*



## ACS VOLUNTEER OPPORTUNITIES

ACS is looking for avid sewing, quilting and junk journaling volunteers to prepare and teach classes. We are also in search of a typist to organize and put together a cookbook. If interested in either of these volunteer opportunities, please call 502-898-7262 or send an email to [lorie.l.retzlaff.civ@army.mil](mailto:lorie.l.retzlaff.civ@army.mil).

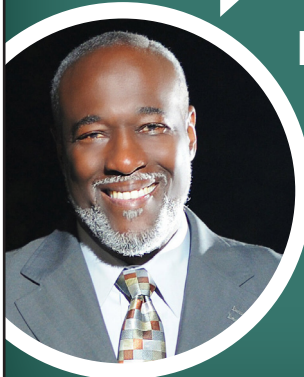
FORT MCCOY ARMY COMMUNITY SERVICE PRESENTS:

# 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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# ONE WORD for the YEAR

*Discover how formulating and living your individualized "one word" for the entire year can provide deeper meaning, clarity, passion and life-change.*

**Join** us in person or via Microsoft Teams to discuss the book "One Word" and the importance of following through with your word. Activities will be available to help you keep your word at the forefront of your everyday life.

**Participants** can pick up their copy of "One Word" at the ACS office (2111 South 8th Ave.) Mon - Fri from 7:30 am - 4:00 pm through January. The book "Life Word" is available if you already have the "One Word" book.

**February 6, 2025**

**9:30 am - 11:30 am**  
**ACS Family Building, 2161 South J St.**  
**or via Microsoft Teams**

## To Register

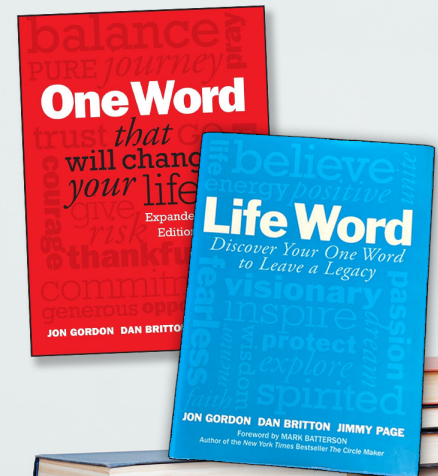
**email: [lorie.l.retzlaff.civ@army.mil](mailto:lorie.l.retzlaff.civ@army.mil)  
or call 502-898-7262**

**Register by January 31, 2025.**

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## BOOK DISCUSSION



WHITETAIL RIDGE SKI AREA



# VOLUNTEERS NEEDED!

## SKI & SNOWBOARD INSTRUCTORS

- Fun working environment
- Receive a free guest hill pass with every 10 hours of volunteer time
- Breaks with FREE hot chocolate and/or coffee
- Equipment storage

## SKI PATROL

- Fun working environment
- Receive a free guest hill pass with every 10 hours of volunteer time
- Breaks with FREE hot chocolate and/or coffee
- Equipment storage

## QUALIFICATIONS

- Outdoor Emergency Care Technician
- Outdoor Emergency Care Continuing Education/Refresher requirements
- CPR Certification/Refresher requirements
- Toboggan Handling/Refresher requirements

## DUTIES

Undertake only those activities for which he/she has been specifically trained and assigned.  
 \*National Ski Patrol (NSP) members are required to follow state laws (including any applicable portion of the State Skier Safety Act), the written policies of area management, the NSP program guidelines, and Your Responsibility Code (a behavior standard promulgated by NSAA and endorsed by the NSP) unless explicitly trained and assigned to such tasks by area management.

**FOR MORE INFO CONTACT ALEX KARIS at 502.898.3517 | alex.d.karis.naf@army.mil**

If you are interested in this volunteer opportunity, apply online on the Volunteer Management Information System (VMIS): <https://vmis.armyfamilywebportal.com/volunteer/>



SCAN TO SIGN UP TODAY!



VOLUNTEER OPPORTUNITY

# WORSHIP TEAM MEMBERS

The Religious Support Office is looking for volunteers to assist with Sunday Worship Services as a Worship Team Member.

NEEDED **SUNDAYS**

2 HOURS BETWEEN **8 AM - 2 PM**

AT THE **FORT McCOY RELIGIOUS SUPPORT OFFICE**

FOR MORE INFO CALL **502-898-6507** OR EMAIL: [michael.d.larsen.civ@army.mil](mailto:michael.d.larsen.civ@army.mil)

For additional Ft. McCoy volunteer opportunities, please visit: <https://vmis.armyfamilywebportal.com/volunteer/opportunities>

@FortMcCoyMWR

