

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.

MAY 2026

LUNCH & LEARN: THE FIVE LOVE LANGUAGES OF CHILDREN

May 1 | 1 pm - 2 pm | McCoy's Community Center (B1571)

Join ACS as we explore how the Five Love Languages apply to both children and adults. Participants will learn their own love language and gain valuable strategies to strengthen family bonds, improve emotional connection, and create a supportive and nurturing environment. To register, [email here](#) or call 502-898-6712.

CRAFTING YOUR RESILIENCE

May 2 | 9 am - 12 pm | ACS Family Building (B2161)

Join us as we explore a resilience skill and enjoy crafting at the same time! Select from the many crafts available or bring your own you are working on. EFMP Families may begin at 8 am. To register, [email here](#) or call 502-898-6712.

OVERSEAS BRIEF

May 4 | Korea 10 am | Germany 11 am | Hawaii 1:30 pm | Army Community Service (B2111)

Get essential information before your assignment outside of the continental U.S. To register, please [e-mail here](#) or call 502-898-2359.

PLAY MORNINGS

May 5, 19 & 26 | 10 am - 12 pm | ACS Family Building (B2161)

Our playgroup offers toys, books, and other materials to help strengthen your child's social-emotional skills, creativity, play and cognitive development. To register, [e-mail here](#) or call 502-898-2412.

USAJOBS & FEDERAL RESUME WRITING WORKSHOP

May 7 | 9 am - 11 am | Army Community Service (B2111)

Learn how to write a 2-page federal resume and manage the application process on USAJOBS.gov. To register, [email here](#) or call 502-898-6712.

The ACS Office will be closed on May 6 for Spring Clean-Up Day and May 25 for Memorial Day.



MILITARY SPOUSE APPRECIATION

A CELEBRATION OF STRENGTH: HONORING OUR MILITARY SPOUSES

In recognition of their incredible strength, resilience, and vital contributions to our Soldiers, Families, and the Fort McCoy Community, we invite you to a special appreciation event.



MAY 8, 2026 | ARMY COMMUNITY SERVICE

STOP BY ACS (B2111) BETWEEN
11:00 AM - 2:00 PM

- Light refreshments and engaging conversation with fellow community members and the ACS Team.
- A special thank you for our military spouses: a certificate of appreciation and a commemorative coin.
- Information on valuable ACS resources available to support our families.

Feel free to bring your spouse along to celebrate with us, or simply stop by to pick up their appreciation items to take home.

CALL 502-898-3505 FOR MORE INFO



Upcoming Events & Trainings

NEWCOMER'S ORIENTATION

May 13 | 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.

ALL ABILITIES CRAFT NIGHT

May 14 | 4:30 pm - 7 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. Choose from a variety of art project including sensory crafts, stamping, canvas painting, scrapbooking and more! To register, [email here](#) or call 502-898-7262.

SPIN YOUR OWN WOODEN PEN

June 2, 11 or 16 | 4 pm - 6:30 pm | ACS Family Building (B2161)

Spend time with your Family making memories! 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 provided. Children must be accompanied by an adult. To register, [email here](#) or call 502-898-6507.



Down & Dirty Trail Run Volunteers Needed!

**June 20 | 8 am - 3 pm
Whitetail Ridge Ski Area**

Volunteer positions include event setup and tear-down, start / finish line operations, obstacle operations, water stations and runner registration. Volunteers will be able to run the course at 2 pm for free and will receive MWR swag to show appreciation for their efforts.

To volunteer, [email here](#) or call 502-898-6507.

The colors gold, blue, green and orange. What do they have in common?
Find out by joining the Real Colors Training - register today!



Real Colors®

Real Colors® is a temperament tool and workshop designed to improve communication skills to lead to better team work, in and out of the workplace.

MAY 19, 2026

9:00 AM - 12:00 PM | ARMY COMMUNITY SERVICE
OR SCHEDULE A REAL COLORS TRAINING FOR YOUR UNIT/ORGANIZATION

JOIN US FOR INTERACTIVE TRAINING TO:

- Recognize strengths of yourself and others
- Understand how others process information
- Recognize the learning style of others
- Listen and speak in the language of other colors
- Build rapport quickly with others
- Use your communication style to connect with others

**To register, call Army Community Service at 502-898-6712
or send an email to lorie.l.retzlaff.civ@army.mil**

Event is FREE! Must be registered by May 12, 2026. Minimum of 10 participants to hold 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.



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



RELOCATION COMPASS

What Holds It Together

A PCS does not slow down while you are still figuring things out. Things keep moving, and what makes the difference is what holds everything together. The routines you build, the information you pick up, and the connections you make all help you navigate to a new place more easily.

That stability shows up in different ways. For you, it might come from building your own routine and structure. For others, it comes from the people around them. Military spouses and mothers often help bring that sense of normalcy back, sharing information, keeping things organized, and helping everyone settle in. May brings recognition to that through Military Spouse Appreciation Day and Mother's Day, highlighting the role they play in helping others get grounded. Along the way, ACS serves as your compass, helping you stay connected, build stability, and keep moving forward.

M.O.M.E.N.T.U.M. KEEPS THINGS MOVING

M.O.M.E.N.T.U.M is what helps you keep things together during PCS. It starts early, builds as you take action, and continues before everything is fully in place.

M - Move Early: Getting started right away, connecting with your sponsor, and engaging in the Sponsorship Program helps you stay ahead instead of catching up.

O - Own Your Process: Taking ownership keeps things organized and moving in the direction you need.

M - Manage What You Can: You may not control everything, but focusing on what you can manage helps keep things steady and on track.

E - Engage Where You Are: Showing up matters. Newcomers Orientation, SFRG networks, volunteer programs, and connections through Western Technical College and English Language Learning support help you get familiar faster and build confidence.

N - Navigate with Purpose: Knowing what is available, including resume writing workshops and support through the Fort McCoy Education Office, helps you move forward with more confidence.

T - Take the Next Step: For families, that may mean getting connected with CY5, School Liaison Services, or programs like Tots Playgroup. For others, it may look different, but taking the next step keeps things moving.

U - Use What's Around You: Resources like the Lending Closet, financial readiness services, and support from a Military Family Life Counselor are there to help reduce stress and keep things on track.

M - Maintain Momentum: Consistency is what keeps everything from falling out of place.

Visit ACS at 2111 S. 8th Ave to connect with these programs to support your relocation goals.

A SIMPLE ESCAPE

Time Well Spent



At the La Crosse Queen Cruise Dock, the pace slows just enough for you to take it in. A ride along the Mississippi River gives you a different view of the area and a chance to step away from the day-to-day.

It is the kind of place you would take a spouse or a mother when you want to do something simple, but intentional. Not because everything is settled, but because taking that time matters. Moments like that do not change everything, but they can make it easier to keep going. Sometimes, that is enough.

Stop by the ACS office at 2111 S 8th Ave to pick up a Discover Wisconsin Scratch-Off Card and uncover hidden gems across the state!

THE LINK



What Keep US Connected.

There's always a lot happening at once. Plans shift, schedules change and everything that must get done to keep things moving. Most people only see how it all comes together in the end.

What's easier to miss is everything happening at the same time. The quick adjustments, the conversations that keep things aligned, and the small decisions that keep one thing from turning into five.

Over time, that becomes something people rely on without even realizing it. Things stay on track, responsibilities don't get dropped, and the day keeps moving the way it's supposed to. It shows up across everything, in how families move through the day, in how things stay steady when they easily could not, and in how everything continues forward without drawing attention to what it takes to keep it that way.

It takes someone carrying it so everything and everyone around it can keep moving forward. Military spouses carry that every day. Their impact isn't always visible, but it's what keeps everything connected, steady, and moving in the direction it needs to go.

That's The Link

On May 8th, Military Spouse Appreciation Day brings that impact into focus. It's seen in everything they carry, everything they adjust, and everything they make possible for the people and our community.

STAY CONNECTED

Connection doesn't always happen on its own. Sometimes it starts with showing up. Here are few ways to stay connected and find your place.

CRAFTING YOUR RESILIENCE

May 2 | 9 am - 12 pm | ACS Family Building

Build a resilience skill while working on a craft in a relaxed, hands-on setting.

PLAY MORNINGS

May 5, 19, 26 | 9 am - 12 pm | ACS Family Building

A casual space for kids to play while you meet other parents and build connections.

SPOUSE APPRECIATION DAY

May 8 | 11 am - 2 pm | Army Community Service

Recognizing military spouses and bringing the community together.

ALL ABILITIES CRAFT NIGHT

May 14 | 4:30 pm - 7 pm | ACS Family Building

Relax, create, and connect with others in a laid-back setting where you and your Family members can work on your choice of art projects.

BOOK CLUB

May 15 | 5 pm | Religious Support Office

Join the conversation, share perspectives, and connect through a good read.

REAL COLORS

May 19 | 9 am - 12 pm | Army Community Service

Recognize strengths in yourself and others and use communication styles to better connect.



Flavors of Fort McCoy is where the community shares recipes that carry us through busy seasons.

This recipe was shared by Sylvia Lopez, who started making it to stay connected to her Family's culture.

(ELOTE DIP) STREET CORN DIP

Submitted by Sylvia Lopez

Prep: 10 minutes | Cook Time: 5-10 Mins | Servings: 6-8 people

INGREDIENTS

- 2 bags (12 oz each) frozen corn
- 2 jalapenos, diced and seeded
- 2 teaspoons chili powder
- 2 teaspoons sea salt
- 1 tablespoon fresh cilantro, chopped
- 2 teaspoons cumin
- 2 teaspoons of paprika
- 1 red onion, diced
- 1/2 cup of mayonnaise
- 1 1/2 cups of cotija cheese
- 1/2 cup salsa
- 8 oz cream cheese, softened

DIRECTIONS

1. In a small bowl, combine the softened cream cheese and mayonnaise, then mix in seasoning and cheese.
2. Add corn, onion, jalapenos, and salsa to the slow cooker.
3. Stir everything together and cook on low for about 2 hours.
4. Top with remaining cheese and cilantro before serving

WHY IT MATTERS: For Sylvia, it became something intentional. A crock pot dish she could prepare ahead of time, knowing it would be ready to bring everyone together at the end of the day. Rich, flavorful, and easy to enjoy, it quickly became a go-to. It was not just about the meal. It was about creating time to sit down, share something familiar, and enjoy it together.

SHARE YOUR RECIPES!

If you have a favorite Family recipe, we'd like you to share it with us. Email your recipe and a short note to jesse.k.ogundu.civ@army.mil. Selected recipes may be featured in future newsletters and included in the community cookbook.

LEARNER SUPPORT AND TRANSITION PROGRAMMING

Main Campus			
Location	Programs and schedule	Program staff	Contact information
La Crosse SSC 126 400 7 th Street North La Crosse, WI 54601	GED/HSED: M-Th 11AM-4PM, T/Th 5:30PM-7:30PM, and online (variable) <i>Classes run all year except 12/13/25-1/11/26 and 4/25/26-5/3/26</i>	Karen Duncanson Alyssa Pape Emily Mootz Sherry Holt Mary Pintz Megan Burke	LST Front Desk Phone: 608-785-9535
La Crosse SSC 132 400 7 th Street North La Crosse, WI 54601	Alt. High School: M-F 8:30AM-11:30AM and 12:30PM-3:30PM <i>Classes run 9/2/25-4/24/26 except 12/13/25-1/11/26</i>	Donna Konish Jess Henscheid Steve Shimshak Cathy Sobania	Jess Henscheid , Alt. High School Coordinator Phone: 608-785-9537
La Crosse SSC 128 and 130 400 7 th Street North La Crosse, WI 54601	ELL: M 8AM-12PM; T-Th 9AM-12PM and T/Th 5:30PM-7:30PM (with online option) <i>Classes run 9/2/25 - 6/19/26 except 12/13/25 - 1/11/26 and 4/25/26 - 5/3/26</i>	Betsy Breckenridge Oresta Felts Anne Formanek Long Vue Nathaly Rodriguez	Betsy Breckenridge , ELL Instructor and Program Chair Phone: 608-789-6204
La Crosse Learning Commons 400 7 th Street North La Crosse, WI 54601	Pre-PALS English: M-W 9AM-12PM Pre-PALS Math: M-W 9AM-12PM <i>Classes run all year except 12/13/25-1/11/26 and 4/25/26-5/3/26</i>	Nancee Nelson Aaron Murphy-Lopez Pam Arneson Lori Kaminski	LST Front Desk Phone: 608-785-9535
La Crosse S206 or ITC 404 400 7 th Street North La Crosse, WI 54601	Project Proven Job Club: T 1:30PM-3PM Project Proven Leadership Group: T (every other starting 9/2/25) 3:30PM-5PM Project Proven Tech Club: Th 1:30PM-3PM <i>Classes run all year except 12/13/25-1/11/26 and 4/25/26-5/3/26</i>	Colin Walsh Emily Mootz Mac Kiel Jai Mather Jackie Morris Kay Ciechanowski Adam Trunzo Patsy Olson-Brown	Colin Walsh , Project Proven Manager Phone: 608-789-2083
La Crosse SSC 124 400 7 th Street North La Crosse, WI 54601	Community Health Worker IET: M/T 8:30AM-4:30PM 3-D Printing IET: TBD <i>CHW IET runs 9/8/25-10/7/25 and 3-D Printing IET schedule TBD</i>	Sarah Frie Keachen Abing Dan Olson Paul Laxton Jai Mather	LST Front Desk Phone: 608-785-9535

ARMY COMMUNITY SERVICE

Lending Closet

We temporarily loan housekeeping items to incoming or outgoing Fort McCoy personnel while their items are in transit.



ITEMS AVAILABLE INCLUDE:

- Air Mattresses
- Tables & Chairs
- Vacuum Cleaners
- Coffee Pots
- Dishes
- Microwaves
- Instant Pots
- Electric Griddles



Help improve the EFMP experience

Share your experience in a 1-hour virtual (Zoom) interview

Are you a service member or someone who helps coordinate care for an EFMP family member? We'd love to hear from you. Researchers at MIT Lincoln Laboratory are speaking to service members with family members enrolled in the EFMP to better understand real experiences and design tools that truly help families.



Why participate?

- Help improve EFMP support tools
- Share your real-world perspective
- Shape future solutions for families

Format: Virtual (Zoom) interview

Length: 1 hour

Scan the QR code to sign up
or go to <https://redcap.link/EFMP>

Who can participate:

Service members or family members who help manage care for an EFMP enrollee



Fort McCoy ACS has a new Facebook page!

Scan the QR below to **LIKE** and **FOLLOW** our page to keep current with everything ACS has to offer you and your Family!



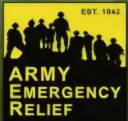
<https://www.facebook.com/profile.php?id=61578385265653>

ARMY EMERGENCY RELIEF

OFFICIAL NONPROFIT OF THE U.S. ARMY



Empowering Soldiers, Enhancing Lives
2026 Annual Campaign



March 1 - June 14



FORT McCOY

Armed Forces Day Open House

Saturday, May 16th, 9 a.m. - 3 p.m.

At the Fort McCoy Commemorative Area

Free, Family Friendly, Open to the Public!

EMPLOYMENT READINESS

MSEP Spouse Ambassador Network Partner - RecruitMilitary

In honor of Military Spouse Appreciation Day, we are proud to offer dedicated support and invite military spouses from all branches to our upcoming Military Spouse Virtual Hiring Event. This exclusive, no-cost event connects military spouses with employers offering remote, flexible and portable career opportunities, regardless of experience level.

WHO: Open to all military spouses

WHAT: Military Spouse Virtual Hiring Event with MSEP/SECO Professional Development Trainings

WHEN: May 5

- Virtual Hiring Event from 11 am to 3 pm EDT
- MSEP/SECO Professional Development Trainings at 10 am and 12 pm EDT

WHERE: Virtual; registration link: <https://rmvets.com/MSVCF0526>

WHY: This no-cost virtual event will connect military spouses from all branches with organizations that value their skills and want to hire them!

Worldwide Workforce: Clarifying Status of Forces Agreement (SOFA) for Military Spouses Webinar

Presented by the Directorate of Prevention, Resilience and Readiness

WHAT: Presenter Beth Conlin, chairwoman of the board of the Military Spouse Chamber of Commerce will discuss current spouse employment statistics, including the unemployment rate, its effect on Soldier retention and the most common overseas assignment locations. Additionally, she will share updates on the agreement, outlining its scope and any recent developments.

WHEN: May 20, 11 am or 2 pm ET

Registration is required. You will be prompted to register when you click the link provided just before the webinar begins.

WHERE: Virtual

- 11 am Presentation
- 2 pm Presentation

Want to learn about other upcoming Employment Events and Opportunities?

Contact lorie.l.retzlaff.civ@army.mil or call 502-898-6712.

National Military Appreciation Month

This May, as we observe National Military Appreciation Month, we are turning our spotlight toward the unsung heroes of the homefront: military spouses.



Often serving as the solo anchor for their families through deployments and cross-country moves, their quiet sacrifices make our national security possible. This tradition of formal recognition began in 1984 when President Ronald Reagan issued Proclamation 5184, establishing Military Spouse Day to honor those whose strength and patriotism are essential to the readiness of our Armed Forces. Now observed annually on the Friday before Mother's Day, this day serves as a vital reminder of the roughly one million spouses who navigate the complexities of military life with unwavering resilience.

We can honor this legacy by turning our gratitude into tangible acts of kindness for the military families in our own neighborhoods. Practical support—such as offering childcare, sharing a home-cooked meal, or providing professional networking leads to help a spouse overcome the employment hurdles caused by frequent relocations—can make a world of difference. Furthermore, consistent check-ins during the long months of deployment (or anytime) ensure that these families feel seen and supported by their community. By acknowledging their vital role and offering our time or expertise, we help sustain the dedicated individuals who keep our military families strong and our mission focused.