

# 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.

MAY 2025

## Upcoming Events & Trainings

### PLAY MORNINGS

May 6, 13 & 20 | 10 am - 12 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 CRAFT NIGHT

May 6 | 4:30 pm - 7 pm | Army Community Service (B2111)

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.

### NEWCOMER'S ORIENTATION

May 14 | 8 am - 1 pm | Building 905

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.

### USAJOBS & FEDERAL RESUME WRITING WORKSHOP

May 20 | 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.

**RESILIENCE**  
FINDING YOUR BALANCE  
*80's Style*

**MAY 3, 2025**  
**9 AM - 12 PM**  
**ACS FAMILY BUILDING B2161**

Get ready to blast to the past with a radical 80s-themed workshop full of fun for the whole Family! Come dressed in your raddest 80's outfit and get ready for a totally tubular time! It's gonna be gnarly!

**80s-THEMED ACTIVITIES INCLUDE:**

- ⚡ Trivia
- ⚡ Crafts
- ⚡ Bingo
- ⚡ Music
- ⚡ Life Balance Ideas
- ⚡ & Much More!

Traditional craft selections will also be offered.

Army Community Service 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](http://mccoy.armymwr.com) and click on Calendar.

U.S. ARMY

**TO REGISTER, CALL 502-898-6712 OR EMAIL [LORIE.L.RETZLAFF.CIV@ARMY.MIL](mailto:LORIE.L.RETZLAFF.CIV@ARMY.MIL)**  
Must be registered by May 1, 2025. 8 am start time for EFMP Families.

## ACS SPOTLIGHT ON AWARENESS TREE

# *Honoring Military Spouses:* **The History Behind Military Spouse Appreciation Month**

Each May, we take time to recognize the strength, resilience, and unwavering support of our military spouses. While their sacrifices are often made quietly, their impact on our service members, Families, and communities is profound.

Military Spouse Appreciation Day was first proclaimed in 1984 by President Ronald Reagan, who designated May 23 of that year to honor the critical role military spouses play in the readiness and well-being of our armed forces. In the years that followed, the Department of Defense established the tradition of observing this special day on the Friday before Mother's Day each year.

As recognition grew, what began as a single day evolved into what many now celebrate as Military Spouse Appreciation Month. This extended observance throughout May gives our communities more time to celebrate, uplift, and thank the spouses who often serve behind the scenes-juggling careers, managing households, and supporting children, all while enduring the challenges of deployments and frequent relocations.

## **MILITARY SPOUSE WELLNESS KITS**

*This May, be sure to visit our ACS Awareness Tree, beautifully decorated in recognition of military spouses. Each ornament reflects the qualities that honor the strength, dedication and vital role military spouses play in our military community. Beneath the tree is a Military Spouse Care Kit which contains wellness items to support your role as a military spouse in your Family.*

Kits available at Fort McCoy ACS Office anytime between 7:30 am - 4:00 pm Monday thru Friday.







Congratulations to our 124 Garrison Volunteers that were recognized at the Volunteer Recognition Banquet on April 24!  
A deep heartfelt thank you goes out to all who contributed to the 12,378 volunteer hours in calendar year 2024 thereby saving Fort McCoy \$414,569.36!

Fred Adams  
Christopher Agee  
Amy Anderson  
Matthew Barrett  
Craig Bartholomew  
Laurie Bartholomew  
Austin Behnke  
Nico Belgrove  
Larsi Bendriss  
Joel Blixt  
Seth Bolden  
Irv Bowen  
Bruce Brewer  
Jerrilyn Brewer  
Norb Brown  
Brice Buckingham  
Karl Bugman  
Chris Bull  
Michael Burchette

Ryan Burke  
Cameron Cantlon  
Adam Caramanoff  
Laura Carlson  
Juan Carrillo  
Kevin Castaneda  
Emily Chapman  
Neil Chittendon  
Kevin Creel  
Nick Cruz  
Courtney Daniels  
Emily Dickenson  
Rick Dickenson  
Francis Downs  
Jen Downs  
Jean Drinkman  
Abby Duebler  
Jeff Duebler  
Roseanne Ebert

Janet Evans  
Warren Evans  
Logan Everson  
Jake Ferguson  
Serena Flick  
Anthony Franz  
Marcus Frazee  
Carlos Garcia  
Kyle Garrow  
Aurora Gonzalez  
Anthony Groves  
Winston Harrison  
Temperance Hays  
Christy Helfrich  
Todd Helfrich  
Kevin Herman  
Bonnie Hilt  
Charles Hilt  
Charlie Hilt

Isabella Hilt  
Dave Hirsch  
Mary Hirsch-Justice  
Kirsten Hockman  
Michelle Hockman  
Rebecca Hockman  
Erin Huber  
Madison Huck  
Matthew Huck  
Sarah Huck  
Andrew Hughes  
Craig Jentink  
Kim Jentink  
Robert Jobe  
Laurence Johns  
Gabriel Johnson  
Isabella Johnson  
Josh Katz  
Justin Kessler

Alice Kester  
Beylis Kester  
Gage Kester  
Ryan Kerby  
Amy Kirkman  
Jason Kirkman  
Nik Kletzien  
Bessie Kmiecik  
Andrew Kral  
Maxx Larsen  
Mike Larsen  
Mellissa Larson  
Charles Lautermilch  
Lois Leaird  
Alicia Lenhart-Torres  
Erick Leon  
Ernest Long  
Ann Mais

Cathy Malzacher  
Chris Mansanales  
Vincent Manzo  
Tabitha Marshall  
Steven Mason  
Kimberly Matthews  
Lorrin McDonald  
Cody McKeeval  
Karina Medina  
Becky Melde  
Dave Melde  
John Messenger  
Stephen Messenger  
Mark Moan  
Karylen Murphy  
Alexander Ontiveros  
Dahlia Ontiveros  
James Ontiveros  
Shannon Ontiveros

Mitchell Parker  
Matthew Pauley  
Dean Peloquin  
Daniella Pulido  
Kimberly Raap  
John Rench  
Madalynn Rench  
Wendy Rench  
Nelson Robeniol  
Mike Roeske  
Susan Rohlfing  
Juan Roman  
Kaylee Rowley  
Drew Russell  
Kay Schneider  
Arianna Shahoseini  
Juan Silva  
Theresa Simpson  
Maryann Sliva

Tyler Sloniker  
Christian Soto  
Shawn Steinkraus  
Chadwick Tanton  
Kevin Tersigni  
Sharon Teske  
Cathy Towne  
Lady Diane Villanueva  
Baily Volpel  
Anthony Vrana  
Anthony Wall  
Gordon Weber  
Philipp White  
Brad Zimmerman  
Mary Zink



# VOLUNTEERS NEEDED!

Volunteers make a meaningful difference in the lives of Soldiers and their Families every day. Below are some upcoming volunteer opportunities available at Fort McCoy. If you are interested in any of these volunteer opportunities, call 502-898-6507 or send an email to: [michael.d.larsen8.civ@army.mil](mailto:michael.d.larsen8.civ@army.mil)



## DOWN & DIRTY TRAIL RUN

June 21 | 8 am - 3 pm  
Whitetail Ridge Ski Area

Volunteer positions include event setup and tear-down, starting/ 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 a medal, towel, and can koozie to show appreciation for their efforts.



## TACTICS PAINTBALL

Flexible hours during regular hours of operation

Volunteer positions include tournament referee, field setup and tear-down, equipment check-in/out, planning and coordination of special events and other functions.

### 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.larsen8.civ@army.mil](mailto:michael.d.larsen8.civ@army.mil)

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



[X](#) [f](#) [@](#)FortMcCoyMWR

### VOLUNTEER OPPORTUNITY

## WOMEN OF THE CHAPEL

The Fort McCoy Religious Support Office is inviting women to serve as point of contact for Women of the Chapel (WOC); focusing on specific areas of ministry such as welcoming, hospitality, membership, publicity, newsletter, outreach, childcare, community engagement, etc.

#### OTHER DUTIES INCLUDE:

- Providing input and planning on PWOC ministry as needed
- Leading bible studies
- Helping build and foster social and community connectedness with members of the religious community

DATES & TIMES WILL VARY



FOR MORE INFO CALL 502-898-6507  
OR EMAIL: [michael.d.larsen8.civ@army.mil](mailto:michael.d.larsen8.civ@army.mil)

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



[X](#) [f](#) [@](#)FortMcCoyMWR

### VOLUNTEER OPPORTUNITY

## RELIGIOUS PROGRAM VOLUNTEERS

The Religious Support Office (RSO) is inviting people to help build and strengthen our religious presence at Ft. McCoy. Lead or assist with various religious events that promote the Holistic Health and Fitness (H2F), Resiliency, Religious Education, and religious events during varying times throughout the entire day.

#### DUTIES INCLUDE:

- Manning events
  - RSO booth set-up and tear down
- Specific training will be provided



FOR MORE INFO CALL 502-898-6507  
OR EMAIL: [michael.d.larsen8.civ@army.mil](mailto:michael.d.larsen8.civ@army.mil)

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



[X](#) [f](#) [@](#)FortMcCoyMWR

# 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.



## FY 2025 Soldier & Family Readiness Group (SFRG) Training



### REQUIRED TRAINING FOR ALL SFRG MEMBERS

All Command Teams, SFRG Liaisons and SFRG volunteers are encouraged to attend. Training will be tailored to meet the needs of the attendees.



### MEETS FROM 1 PM - 3 PM ARMY COMMUNITY SERVICE

2111 South 8th Ave, Fort McCoy

### 2024 DATES

• Oct 15 • Nov 12 • Dec 17

### 2025 DATES

• Jan 14 • Feb 18 • Mar 18  
• Apr 15 • May 20 • Jun 17  
• Jul 15 • Aug 19 • Sep 16

### ATTENDEES WILL:

- Define and understand mission essential activities as outlined in the regulation.
- Understand SFRG roles and responsibilities.
- Recognize non-mission essential activities, resources, and professional development opportunities.
- Obtain mandated certification, IAW Army regulations and policies.

**Register by calling ACS at 502-898-6507 or email [michael.d.larsen8.civ@army.mil](mailto:michael.d.larsen8.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 <http://mccoy.armymwr.com/us/mccoy/programs/army-community-service> and click on ACS Calendar.



## FREE FINANCIAL COUNSELING FOR VETERANS AND THEIR SPOUSES AVAILABLE!

Get answers to all of your financial questions with three counseling sessions with an Accredited Financial Counselor® (AFC®)!

**Sign up today to connect with an Accredited Financial Counselor® (AFC®) for FREE!**





## RELOCATION COMPASS

# SETTLING IN & STEPPING OUT

As PCS season continues, many Families are moving from the busy task of unpacking to the quieter work of getting settled. It's the perfect time to start turning a new space into a true home—and that means more than just putting things away. This month's focus is on finding your footing, building connections, and discovering the everyday treasures that Wisconsin has to offer.

## TRUE NORTH: FIND YOUR FOOTING

Before you can feel at ease in a new place, it helps to find your “true north”—a steady starting point that helps you feel more at home. Taking a few simple steps can bring comfort and make daily life feel a little more familiar.

One way to guide yourself through the process of settling in is the **C.O.R.E. method**. A simple approach that breaks down four helpful steps to feeling more grounded to guide your way:

- **Create** routines that bring structure and add comfort to your days.
- **Organize** your space and get to know nearby places like grocery stores, parks, and schools.
- **Reach** out to neighbors and local services that can offer support.
- **Engage** in events or activities to meet others and feel more involved.

*These small actions will help you feel more in tune with your new surroundings!*

## NEW HORIZONS: FOLLOW THE FLOW



Once you've found your footing it's easier to step out and follow new paths. Sometimes, the best direction to take is the one where the water flows.

Pattison State Park in Douglas County, WI is a peaceful place to begin. It's home to Big Manitou Falls, the tallest waterfall in the state. It offers peaceful trails, calm views and a space to breathe. Whether you're taking a slow walk, enjoying a Family picnic, or simply watching the water rush by, it's a spot that brings a sense of calm and wonder. Following these quiet trails can help you feel more connected to the outdoors, to your thoughts, and to this new chapter.

*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.*

## UPCOMING EVENTS TO KEEP YOU ON TRACK

### Newcomer's Orientation | May 14

Start your journey off right with local insights and the support you need to feel at home in your new community (details on page 1).

### Sponsorship Training | June 6

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

# KINDNESS KORNER

## Ideas to show kindness to a Military Spouse:

### INVITE THEM IN

Include military spouses in community gatherings, holidays, or casual get-togethers. A simple invitation can ease feelings of isolation and build connection.

### ORGANIZE MEAL TRAINS

During deployments, after childbirth, or in times of illness, coordinated meal deliveries can provide comfort and relief when it's needed most.

### LISTEN AND CHECK IN

Sometimes, just asking "How are you doing, really?" and being present can mean the world. Genuine connection and support go a long way.

### LEAVE A SMALL SURPRISE

Anonymous notes of encouragement, flowers, or a gift card left at a doorstep can brighten someone's day and show they are not alone.

### OFFER PRACTICAL HELP

Lend a hand with errands, childcare, housework, or yard work-especially when their spouse is deployed. Even small acts of service can bring big relief.

### REMIND THEM OF LOCAL SERVICES

Point them toward helpful services like ACS or others you've found useful. A simple referral can ease stress and help them feel supported.

### SHARE A THANK YOU NOTE

Stop by ACS to pick up a free thank you card to give to a spouse during the month of May. These cards – created by the ACS Volunteer Connection Club – are a small but meaningful way to say, "You are appreciated."



## UNLOCK YOUR CAREER POTENTIAL AS A MILITARY SPOUSE

### TUESDAY, MAY 6

EXCLUSIVE MILITARY SPOUSE VIRTUAL  
HIRING EVENT WITH LIVE PROFESSIONAL  
DEVELOPMENT TRAINING

### JOIN US VIRTUALLY!



**VIRTUAL HIRING EVENT**  
11 AM - 3 PM ET



**TRAININGS**  
10 AM ET & 1 PM ET

**\*BOTH EVENTS SHARE THE SAME REGISTRATION LINK.**

**RECRUIT**  **MILITARY®**



### MSEP/SECO WILL BE HOSTING LIVE PROFESSIONAL DEVELOPMENT SESSIONS

- **Showcase Your Unique Skills:** Learn how to highlight the strengths and experiences you've gained as a military spouse.
- **Transform Employment Gaps:** Turn career interruptions into compelling narratives of your professional growth.
- **Master Job Search & Employer Engagement:** Gain practical tips for effective online job searches and strategies for connecting with employers.
- **Access Career-Boosting Resources:** Explore tools and services designed to support and enhance your career journey.

 [rmvets.com/MILSP0525](https://rmvets.com/MILSP0525)

