

# 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 MWR

**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.





# Volunteers ARE THE heart OF THE MILITARY COMMUNITY!

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 Rohlfling  
 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)

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## 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>



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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://mccooy.armymwr.com/us/mccooy/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://mccooy.armymwr.com/us/mccooy/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)

