

# 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.

**APRIL 2026**

## OVERSEAS BRIEF

April 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. To register, please [e-mail here](#) or call 502-898-2359.

## PLAY MORNINGS

April 7, 14 & 21 | 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. Parents will learn about child development stages, gain tools to help understand their child's behavior, and become empowered to transition their youngster to enter school "ready to learn." To register, [e-mail here](#) or call 502-898-2412.

## BUILD A BIRDHOUSE

April 7, 9 & 14 | 4 pm - 6:30 pm | ACS Building Bonds Workshop (B1130)

Step into spring by building and decorating a bird house or bird feeder the whole Family can enjoy over the spring and summer months. To register, [e-mail here](#) or call 502-898-6507.

## NEWCOMER'S ORIENTATION

April 8 | 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

April 16 | 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.

# TSP FROM A TO Z



**Join us for this informative session and build yourself a brighter future!**

**APRIL 15, 2026  
9 - 11 AM  
2111 SOUTH 8TH AVE**



**Kevin Herman, MBA, AFC,** will discuss the importance of investing in the Thrift Saving Plan. Whether you are a Department of the Army Civilian supporting our troops, or a Military member protecting our freedoms, this training is for you!

### Topics Include:

- TSP contribution rules and limits
- Traditional and Roth contributions
- TSP investment funds
- New Mutual Fund window options
- Withdrawals and early penalties
- Death Benefits

**Register by calling Mike Larsen Office: 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.



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

# Upcoming Events & Trainings

## QUARTERLY BENEFITS BRIEF

April 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 and Tricare will provide key updates and resources. To register, [e-mail here](#) or call 502-898-2359.

## 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.

## 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.



**VMIS Mobile is HERE!**  
SCAN. TRACK. VOLUNTEER.

U.S. ARMY

VMIS

VOLUNTEER MANAGEMENT INFORMATION SYSTEM (VMIS)

SCAN CODE



**ARMY COMMUNITY SERVICE ACS**  
RealLife Solutions for Successful Army Living

# Lunch & Learn

## THE FIVE LOVE LANGUAGES OF CHILDREN

**May 1, 2026 | 1:00 pm - 2:00 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, PLEASE CALL ACS AT 502-898-6712**  
**OR EMAIL: [LORIE.L.RETZLAFF.CIV@ARMY.MIL](mailto:LORIE.L.RETZLAFF.CIV@ARMY.MIL)**

**Kayla Kaczorowski**  
CSAS, LPC-IT

Ms. Kaczorowski is a certified Substance Abuse Counselor and Licensed Professional Counselor in Training at Scenic Bluffs Community Health Centers. She integrates Person-Centered Therapy (PCT) and Cognitive Behavioral Therapy (CBT) to provide compassionate, client-focused care. Kayla creates a supportive therapeutic environment where individuals feel heard and valued, helping them build self-awareness, foster growth, and strengthen resilience. She works collaboratively with clients to identify and challenge unhelpful thoughts and behaviors, develop healthier coping strategies, and tailor treatment to each person's unique needs—supporting long-term recovery and emotional well-being. Kayla holds a Bachelor of Science in Neuroscience with minors in Psychology and Substance Abuse Counseling, as well as a Master of Science in Clinical Mental Health Counseling with a focus on Integrated Healthcare. She is licensed in Wisconsin as a Clinical Substance Abuse Counselor (CSAC) and a Licensed Professional Counselor in Training (LPC-IT). Kayla completed her master's-level internship at Scenic Bluffs Community Health Centers, where she now serves as a Behavioral Health Counselor.

U.S. ARMY

ACS events are open to Military, Retirees, Civilian workforce, Family Members and registered Fort McCoy Volunteers. For information on upcoming training opportunities through ACS please go to <http://mccoy.armymwr.com> and click on Calendar. For lunch, feel free to bring your own or purchase something at McCoy's.

To view all upcoming MWR events and activities, visit [mccoy.armymwr.com](http://mccoy.armymwr.com) and click on calendar.

## RELOCATION READINESS

# THE LINK



### A small act. A lasting impact.

There are moments most spouses don't think twice about. A question comes up, and you answer, not because it's your role, but because you've been there. You remember what it took to figure things out, to get through the day, to build routines that finally made things work.

So you share what helped. Something simple. Something real. And then you move on. But what you shared doesn't. It stays with them. It gives them something that makes the next day feel a little more manageable than the last.

And sometimes, that same moment shows up at home. You're helping your child adjust to something new, a new school, a different routine, a place that doesn't feel familiar yet. They're trying to figure it out, and you are too. So, you do what you've always done. You find what works, build routines, and create something steady they can hold onto. Over time, you see it. They settle in. They find their footing. Things start to feel normal again.

And then, at some point, someone does that for you. They share what worked, what helped, what made it easier. And just like that, it carries forward.

### That's The Link

This month, you see it more clearly in children walking into new schools, in routines that haven't settled yet, and in the quiet moments where they're still trying to find their place. April is the Month of the Military Child, a time set aside to recognize what it really takes to adjust, grow, and start over through the moves, new schools, and time apart, and the strength and resilience they carry with them because of it. In those same moments, you see the difference a spouse makes by showing up, creating stability, and helping things feel steady again.

## 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.

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

**CRAFT NIGHTS** 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.

**BUILDING BONDS CLASSES** Learn a new skill and connect with others in a hands-on environment.

See pages 1 & 2 for dates, times and locations of the events listed.



**It's up to all of us to protect children and teens.**

Everyone should report known or suspected child abuse and neglect.

Call 911 or military law enforcement if a child is in immediate danger.

- \*Call your nearest Family Advocacy Program office at \_\_\_\_\_.
- \*Call your local law enforcement office at \_\_\_\_\_.
- \*Call your local Child Protective Services office at \_\_\_\_\_.

If there are concerns about child abuse or neglect in a War Department facility, call the DOW's Child Abuse and Safety Hotline to find out how to report: 877-790-1197; OCONUS: 571-372-5348.  
Note: This is not a reporting hotline and is not available 24/7.

\*Mandated reporters are required to report known or suspected child abuse and neglect to FAR, CPS and law enforcement officials whether it is occurring on or off an installation.

For more information, visit  
[MilitaryOneSource.mil/end-child-abuse](https://militaryonesource.mil/end-child-abuse)



**MILITARY**  
**ONESOURCE**



## RELATIONSHIP SUMMIT READY, SET, CONNECT

Building Bonds for Readiness



Tuesday, April 7 - Wednesday April 8, 2026

Join us for a free two-day virtual summit packed with expert insights, interactive sessions and real-time connections to help you build stronger bonds with your partner, your family and even yourself.

Experts will lead a variety of sessions on topics including:

- Building trust in relationships
- Military couple connections
- Staying connected with your family while away
- Stronger parent-child relationships
- Healthy dating
- Prioritizing self-care



By attending Ready, Set, Connect, you'll gain actionable tools to strengthen your relationships, boost your well-being and enhance your mission readiness. Reserve your spot today and explore the full session lineup.

**MILITARY**  
**ONESOURCE**

[www.militaryonesource.mil/ready-set-connect](https://www.militaryonesource.mil/ready-set-connect)



## RELOCATION COMPASS

# Where Comfort Takes Shape

Comfort begins to take shape in the moments that start to feel familiar, building through routines, shared experiences, and the patterns that repeat over time. April reflects that kind of progress as spring settles in, bringing new growth and a sense of renewal that develops steadily. That same process is part of every relocation, especially for military families and children who step into new environment begin building something that becomes their own.

April's Month of the Military Child recognizes that strength, not just in how they adjust but in how they continue to grow and create comfort wherever they go. Along the way, ACS serves as your compass helping you establish routines and strengthen stability as everything begins to come together.

## C.O.M.F.O.R.T. DOESN'T JUST HAPPEN

C.O.M.F.O.R.T is built through the routines, choices, and connections that turn a new place into something that feels familiar and supports overall transition stability and readiness.

**C – Connect Early:** Start building your support system right away through Relocation Readiness, ACS services, and Sponsorship, setting the foundation before and upon arrival.

**O – Orient Yourself:** Attend Newcomers Orientation and connect with resources like the Education Center and Wisconsin Technical College (WTC), including the English Language Learning (ELL) partnership.

**M – Make Use of Resources:** Take advantage of tools including the Lending Closet, financial readiness services, and Resume Writing Workshops.

**F – Focus on Family Stability:** Create routines by connecting with CYS, School Liaison services, Tot's Playgroup, and SFRG networks.

**O – Observe What Becomes Familiar:** Engage in BOSS programs, community events, and daily routines.

**R – Reach Out for Support:** Connect through ACS, SFRG, and the Volunteer Program. services, and Resume Writing Workshops.

**T – Take Action Consistently:** Stay engaged in programs that support your goals.

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

## GROUNDING IN PLACE: Where Comfort Starts to Feel Familiar

Sometimes the best way to settle into a new place is to simply go and experience it. In La Crosse, the Children's Museum gives children a place to explore at their own pace. They move from one exhibit to the next, building, climbing, and creating then going back to what they liked the most. Each visit feels a little easier. A little more familiar. That's where the difference starts.

For military children, those moments matter, going back to the same place, recognizing it and knowing what to expect helps to build confidence over time. April's Month of the Military Child recognizes that strength and spaces like this give them something steady they can return to.

For adults, the experience may look different, but the outcome is the same. Finding a place to return to and building it into your routine is what helps a new location start to feel like home.

*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!*

## UPCOMING EVENTS TO KEEP YOU ON TRACK

### Overseas Brief | April 6

Get essential information before your assignment outside of the continental U.S.

### Newcomer's Orientation | April 8

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

### Quarterly Benefits Brief | April 28

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



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

Sarah Techentien, whose husband is assigned to the Religious Support Office at Fort McCoy, shared this recipe as part of her Family's Easter tradition. This dish brings her back to her childhood, when her mom and grandma made baked ham with this French Raisin Dressing served alongside it. It was something consistent. Something expected. Something that brought everyone together.

### FRENCH RAISIN DRESSING

*Submitted by Sarah Techentien*

*Prep: 5 minutes | Ready In: 5-10 Mins | Servings: 2-3 cups*

### INGREDIENTS

- 1 Bottle French Dressing
- 3-4 Tablespoons Brown Sugar
- 2 Cups Raisins

### DIRECTIONS

1. Combine all ingredients in a saucepan and heat on medium heat until raisins are plump.
2. Add water to the sauce to thin it out if needed.

**WHY IT MATTERS:** For her Family, it was also a time to come together in faith, to reflect, give thanks, and remember what God has done. Now, even in a new place, that same recipe carries those moments forward, but not just the meal, but the familiarity it creates. The same preparation. The same tradition. The same reason to come together. It brings a sense of familiarity that stays the same, no matter where they are. That is where comfort takes shape.

**SHARE YOUR RECIPES:** If you or your Family have a recipe that works whether it's a weeknight go to, a slow cooker favorite, or something you relied on during PCS season. We'd like you to share it. Email your recipe and a short note to [jesse.k.ogundu.civ@army.mil](mailto:jesse.k.ogundu.civ@army.mil). Selected recipes may be featured in future newsletters and included in the community cookbook.

Congratulations



# DEVEZ DIOSSI

Boys & Girls Club Wisconsin  
Military Youth of the Year Winner



## This year's Wisconsin Military Youth of the Year is Fort McCoy's Devez DiOssi.

Devez represents the strength seen in military connected youth. Each new environment, and each step forward builds confidence over time.

April is the Month of the Military Child, a time to recognize the strength across all military connected yet. They continue to grow, adapt and make each place their own.

## FINRA Foundation Military Spouse Fellowship - Applications Now Open!



In collaboration with AFCPE, the FINRA Foundation Military Spouse Fellowship is a unique opportunity for qualifying military spouses to earn the Accredited Financial Counselor (AFC) credential at no cost to them, thanks to the generous funding provided by the FINRA Investor Education Foundation.

This fellowship enables military spouses to earn a career-enhancing credential while providing financial counseling and education to the military community—a meaningful way to serve fellow military families while building professional skills.

### APPLICATION PERIOD: MARCH 1 – APRIL 17, 2026

Learn more and apply here: <https://www.finrafoundation.org/military-spouse-fellowship-program>

### ABOUT THE MILITARY FINANCIAL READINESS PROJECT

The FINRA Foundation's Military Financial Readiness Project delivers free, unbiased financial education tools and training to service members, their spouses, and on-base financial educators through professional development programs and public awareness initiatives. The Foundation holds both a Statement of Support with the Department of Defense in support of DoD's Financial Readiness Network and a USCG Qualified Organization Designation.

### KEY RESOURCES TO SHARE:

- [FINRA.org/military](https://www.finra.org/military) – Financial readiness information and tools to help military families manage their money with confidence
- [Strengthening the Ranks](#) – Programs that enhance the delivery of financial education and counseling to service members and their families
- [Free Credit Score and Analysis Tool](#) – FICO credit scores available free of charge to active duty service members and their spouses through personalized Financial Educator Access Codes
- [Research on Military Financial Capability](#) – Studies to better understand the financial needs of military service members, veterans, and their families
- [FREE Publications](#) – A variety of brochures, publications, and handout materials available through the Free Publications Portal or for download at [FINRA.org](https://www.finra.org)



**April marks Autism Awareness Month,** a time dedicated to fostering greater understanding and acceptance of individuals on the autism spectrum. With autism diagnoses on the rise—now affecting approximately 1 in 36 children in the U.S.—support for Families is crucial.

For military Families affected by autism, the Exceptional Family Member Program (EFMP) provides comprehensive and coordinated assistance. The EFMP connects Families with essential resources, services, and support systems. Through information, referrals, and advocacy, the program strives to cultivate a supportive and accepting environment for the entire military community.

For additional support, ACS also offers a wide variety of resource information and educational materials. Stop by the ACS office or call 502-898-7262 for details.

# High Fives All Around: A Simple Act of Kindness

*This April, we celebrate National High Five Day on the third Thursday of the month (April 16), let's look at the friendly history of the high five and how it captures the spirit of kindness.*



### A MOMENT OF PURE JOY

The history of the high five isn't perfectly clear, but two popular stories stand out. One credits two baseball players, Dusty Baker and Glenn Burke of the Los Angeles Dodgers, who in 1977 celebrated a home run with the first-ever high five—a spontaneous, joyful gesture. Another story points to the University of Louisville's basketball team in the late 1970s, where one player insisted on going “up high” instead of the traditional low five.

Whatever its exact origin, the high five quickly jumped from the world of sports into everyday life, becoming a universal sign of celebration and support. So, what does a high five have to do with kindness? Everything!

At its core, a high five is an act of recognition. It says, “I see you,” “Great job,” and “We're in this together.” In a military community, where we face unique challenges and celebrate hard-earned victories, these small moments of connection are more important than ever.

Think about it:

- A child scores a goal in their first soccer game. High five!
- A spouse finally finishes a long and challenging project. High five!
- A new family arrives at their duty station, and a neighbor helps them unload a box. High five!
- A volunteer spends their Saturday helping out at an event. High five!


Each high five is a small but powerful way to share joy and build a sense of community. It's a simple, physical reminder that we are here for each other, ready to celebrate successes, big and small.

### Let's “High Five” Our Community!

This National High Five Day, let's make an effort to share this simple act of kindness. Give a high five to a friend, a family member, a coworker, or a volunteer. It's a fun, easy, and powerful way to spread a little bit of joy and show your support for the incredible people in our community. After all, the best acts of kindness are often the simplest ones.


# APRIL IS NATIONAL SEXUAL ASSAULT AWARENESS AND PREVENTION MONTH

Show your support by joining the 88th Readiness Division SHARP Team for these events




## April is National Sexual Assault Awareness and Prevention Month (SAAPM)


**"STEP FORWARD. Prevent. Report. Advocate."**



Show your support for SAAPM by wearing **TEAL** on Tuesdays, then join us for one large Teal Tuesday Group Photo in front of Bldg. 60 on Tuesday, April 21<sup>st</sup> at Noon!




Show your best Teal spirit on Tuesday, April 21<sup>st</sup> and submit your teal selfies for our story board by Teams CHAT or at [vicki.m.harter.civ@army.mil](mailto:vicki.m.harter.civ@army.mil)



Many chances to show off Your Best Teal Swag on Teal Tuesdays throughout the month! Dig out your ties, scarves, hats, shirts, pants and skirts, or any **TEAL** accessories!

**POC for SAAPM activities: Mrs. Penny Carlson (502) 898-0758 or Vicki Harter (608) 567-9830**



## April is... Sexual Assault Awareness and Prevention Month

Join us for the 2<sup>nd</sup> Annual Fort McCoy Installation Wide

# DENIM DAY WALK

## 29 APRIL AT NOON-FORT MCCOY ATHLETIC TRACK

**Why Denim?** This awareness day was created as a result of a rape conviction overturned by Italian High Court in 1999.

**Wearing jeans on Denim Day has become a symbolic campaign against erroneous and destructive attitudes about sexual assault. Join us in the lobby at 0800 on 24 April to take a unified photo showing our support to all victims of sexual assault!** The justification for the ruling to be overturned was, "Because the victim wore very tight jeans; she would've had to have helped the offender remove them and by helping remove the jeans, it was no longer rape but consensual sex."

## CHANGE THROUGH UNITY!

# PAWS for SHARP

**Wednesday, April 23 / 11AM-2PM!**  
Constitution Park, Ft. McCoy, WI

Animal cruelty is often an indicator of interpersonal violence such as child abuse, intimate partner violence, and elder abuse. Join us to discuss prevention and connect to resources!



### DOMESTIC VIOLENCE & PETS

AN ESTIMATED **1 MILLION** ANIMALS ARE ABUSED OR KILLED EACH YEAR IN CONNECTION WITH DOMESTIC VIOLENCE.

**71%** OF DOMESTIC VIOLENCE VICTIMS REPORT THAT THEIR ABUSER ALSO TARGETED THEIR PET.

- Dog Agility Course**
- Dog Kissing Booth!**
- Bags Tournament (for People)**
- Local Resources**

### PAWS ACT

WHAT IS THE PET AND WOMEN SAFETY ACT?

The PAWS Act established a grant program to enable organizations that provide shelter and housing assistance for domestic violence survivors better meet the housing needs of survivors with pets.

Don't forget the pets!



Sexual Assault Awareness & Prevention Month

**To learn more, please contact:**  
Chris Carlson, SHARP Program Prevention Specialist  
(910) 622-4030 or [christopher.w.carlson.civ@army.mil](mailto:christopher.w.carlson.civ@army.mil)

**Disclaimer: naming entities involved in this event is not an endorsement of those entities, or their enterprise or services**