



# VA Voice

“To fulfill President Lincoln’s promise to care for those who have served in our nation’s military and for their families, caregivers, and survivors.”



**Milwaukee VARO  
Spring 2023**

## Congratulations Federal Service Milestones

Peter Blaul	20 years	Sara Londo	15 years
Julie Elvord	20 years	Stacy Narloch	15 years
Nicholas Berry	20 years	Kathryn Clark	15 years
Christopher Fischer	20 years	Lee Mcmillan	15 years
Julia Williams	20 years	Bryan Rogutich	15 years
Mary Siegel	15 years	Phanida Pflingsten	15 years
John Brisk	15 years	Monique Henry	15 years
Amy George	15 years	Ross Baumann	10 years
Collisa Love-Orosco	15 years	Christopher Bormann	10 years
Jacob Aschauer	15 years	Tanisha Sablan	10 years



## Memorial Day Ceremony

### When:

Monday, May 29<sup>th</sup>, 9:25 – 11:30 a.m.  
(American Legion Band will give a pre-ceremony concert starting at 9:00 a.m.)

### Where:

Wood National Cemetery  
(cemetery obelisk)

This year’s ceremony theme is We Pledge to Remember.

Limited seating is available at the outdoor event.

Members of the public are advised to arrive early and be prepared for a short walk from the parking area.

*If you have questions or comments about the VA Voice or you would like to submit content for publication, please send an e-mail to [Newsletter.VBAMIW@va.gov](mailto:Newsletter.VBAMIW@va.gov).*

# Work-Life Balance

**By Shatavia Johnson, Milwaukee Fiduciary Hub**

Many of us are guilty of putting work before everything else in our lives. We often have growing families but lack the time and balance to devote to our family, friends, and hobbies. With Summer being right around the corner this is the perfect time for us to face reality and set boundaries between work and home.

It has been discovered that people who are workaholics and those who struggle with implementing self-care routines suffer significantly because of lacking work-life balance. Therefore, these individuals experience more fatigue, burnout, and other health related issues just to name a few. Since our health is our wealth, it is imperative that we find the happy medium.

Working from home has always been a dream of many in the workplace. However, remote work has presented its own challenges with balancing home and work-life. As many of us experienced during the coronavirus pandemic our homes became our place of work, salon, school, place for meals, leisure, and even our place to work out. Although this seemed convenient for some, it caused chaos for many others.

Most of us know, there is no perfect way to achieve work-life balance. However, admitting there is a need for better self-care is the first step. With integration, intentionality, and creativity resetting your work-home balance can be accomplished. The best advice is to start small. For example, make sure you are planning and taking your breaks as allotted during your workday. Also, seeking help from a life coach or therapist may be another avenue to take to help get your work-life balance on the right track. However, if neither of those are an option potentially taking a moment to integrate the day's work needs and life needs can be a less evasive way to help create a more balanced work and home life.

The bottom line is having balance between family and work is not merely a suggestion, but it is a critical element to sustain productive and healthy lives. Although finding the right balance may look different to everyone it is the remedy for creating long-term success both at work and at home. So, let's make it a plan to create a better lifestyle by learning to balance our professional ambitions without forgetting the people, places, and things that we love.

Note: Please see the article on page 5 regarding the Sand Creek mobile app for more information.

**Resources/Tips:**

<https://www.businessnewsdaily.com/5244-improve-work-life-balance-today.html>

<https://www.betterup.com/blog/how-to-have-good-work-life-balance>

<https://www.betterup.com/blog/self-care-and-work-life-balance>



# Milwaukee's Historical VA Campus

The Milwaukee VA's roots run deep, dating back to the late 1860s as one of the three original Soldiers Homes.

Want to learn and see more?

- ◆ [History of the Milwaukee VA - YouTube](#)
- ◆ [Virtual Grounds Tour](#) (2014)
- ◆ [Walking Tour by the Milwaukee Preservation Alliance](#) (with a tour guide or self-guided via an app)



**Clement J. Zablocki Veterans Affairs Medical Center, Milwaukee, Wisconsin, Established 1867**

Old Main (left) James W. Rosenthal, NPS Photographer, 2008

Old Main, Chapel & Surgeon Quarters, Ward Memorial Hall, Veterans on Congress Hill (right, top to bottom)

National Home for Disabled Volunteer Soldiers souvenir book, 1894

# Wisconsin's Notable Veterans by Justin Kin

Wisconsin has had its fair share of notable veterans, from John Bradley to Arthur MacArthur to Richard Bong. Those who have passed through West-Central Wisconsin might be aware of another notable Wisconsinite: Robert Bruce McCoy, for whom Fort McCoy is named.

Robert Bruce McCoy was born on September 5, 1867, in Kenosha, Wisconsin and spent most of his childhood growing up in Sparta and Lafayette, Wisconsin. In his youth he enjoyed playing baseball and this passion continued into college. McCoy began attending the University of Wisconsin – Madison in 1887 and went on to play varsity baseball as one of the law school's first student-athletes. He had dreams of playing professionally, however, he decided to stick with his education, graduating from the Law School in 1891.

McCoy began his military in May of 1895, a career which lasted 31 years. He served in the Spanish-American War, commanded the 4th Wisconsin Infantry Regiment in World War I which was later federalized and became the 128th Infantry while he was in France. He was awarded the Army Distinguished Service Medal in 1918 for his leadership while serving in combat.

After the conclusion of the First World War, he aided in organizing the 32nd Division Association, also known as the 32nd Infantry Division, which was created from Army National Guard units from both Michigan and Wisconsin. In 1920 he became a commissioned brigadier general and was assigned command of the 64th Infantry Brigade. Four years later, he was promoted to Major General and given command of the 32nd Infantry Division.

However, the genesis for Fort McCoy started when McCoy returned from the Spanish-American War. After returning from this conflict, he realized that future violent conflicts were inevitable, and as such, our forces had to be properly trained and equipped. McCoy began buying swatches of land in Sparta, Wisconsin, eventually amassing some 4,000 acres with the goal of creating an artillery camp that would train soldiers. He found the land in this part of the state to be ideal due to its wooded hills and low pastures.

McCoy invited Major Samuel Allen, commander of Fort Snelling in Minnesota to use his land during their training. In 1906, Secretary of War, William Howard Taft, had the desire to build four large maneuver camps across the country for usage by the Army and National Guard. McCoy's land was determined to be an ideal site for such a venture, which resulted in the purchase of his property and an additional surrounding 14,000 acres.

At the time that it was put up as a formal training site in 1909, the land was divided by the railroad and streets. North of the tracks was a maneuver camp, called Camp Emory Upton, and south of the tracks was an artillery camp, called Camp Robinson. Following improvements in 1910, the camp was named Camp Bruce Elisha McCoy, after Robert's father.

For nearly 10 years, from 1910 to 1919, various additions and improvements were made to the camp, resulting in it becoming a favorite of artillery, describing it as one of the most modern at the time. Training ceased from 1919 to 1923 and the site was used as a depot to store, ship, and handle explosive material. On November 19, 1926, the site was named Camp McCoy in honor of Robert, who had died on January 5th of that year and was later renamed as Fort McCoy on September 30, 1974. The 1974 name change coincided with a designation of the site as a FORSCOM installation and recognizing the site as a year-round Army training facility.

The legacy of Robert Bruce McCoy can be seen in the last nearly 100 years since his death and the continued usage of Fort McCoy as a military installation. Most recently the site was able to continue trainings during the COVID-19 Pandemic, following CDC guidance and taking strict measures to minimize any potential outbreaks that could cause a shutdown of trainings. Because of this, the Navy was able to utilize the Fort as well for six months to assist in training of their new recruits.

Outside of his military career legacy, McCoy served as a lawyer, served as a district attorney, was elected Monroe County Court Judge, a position which he held for 16 years, was elected mayor of Sparta, and was nominated as a Democrat for the governor of Wisconsin in 1920, which he subsequently lost.

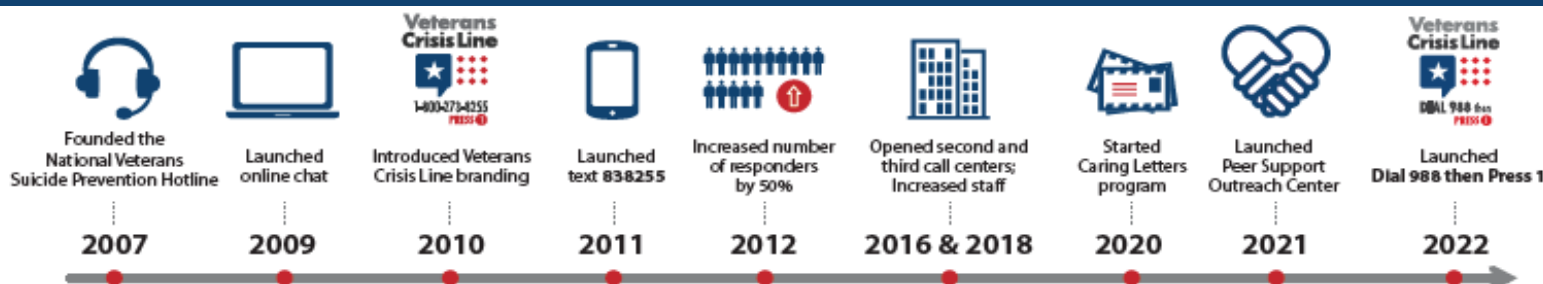
Fort McCoy trained 77,421 troops in fiscal year 2022 and 166,053 troops in the previous fiscal year. Robert Bruce McCoy clearly had a substantial impact on the training of military in Wisconsin and his legacy of training our servicemembers lives on with the Fort named in his honor.

## Sources:

[https://minds.wisconsin.edu/bitstream/handle/1793/29605/gargoyle\\_12\\_3\\_2.pdf?sequence=2&isAllowed=y](https://minds.wisconsin.edu/bitstream/handle/1793/29605/gargoyle_12_3_2.pdf?sequence=2&isAllowed=y)  
<https://www.monroecountyherald.com/stories/rb-mccoys-baseball-scrapbook-from-1888,12693>  
<https://home.army.mil/mccoy/index.php/about/history>  
<https://www.wisconsinhistory.org/Records/Article/CS10388>  
<https://www.uwalumni.com/news/thank-you-ashland-county/>  
[https://www.army.mil/article/261009/77421\\_troops\\_train\\_at\\_fort\\_mccoy\\_during\\_fiscal\\_year\\_2022](https://www.army.mil/article/261009/77421_troops_train_at_fort_mccoy_during_fiscal_year_2022)



The Veterans Crisis Line is a free, confidential resource available to any Veteran, even if they are not enrolled in VA health care or registered with VA. Care does not end when the conversation is over. The Veterans Crisis Line can connect Veterans to their local suicide prevention coordinators, who will follow up and coordinate care



More than  
**6.8 million**  
calls



More than  
**299,000**  
texts



More than  
**821,000**  
chats



More than  
**1.3 million**  
referrals

to VA Suicide Prevention Coordinators

More than  
**269,000**  
dispatches of  
emergency services

## MY LIFE EXPERT

THE DAILY WELL-BEING MOBILE APP AND WEBSITE  
AVAILABLE AT NO COST TO YOU!



### TELEPHONIC, CHAT AND VIDEO ACCESS

Get help instantly with a multitude of issues including mental health and work/life balance

### PERSONALIZED CONTENT AND ACTIVITIES

Multi-language articles, webinars, calculators, videos, assessments and interactive tools focused on your needs

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Save money on everything from computers to car rentals, gifts to groceries, electronics to entertainment, and much more.

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Easily access 24/7 counseling, support, and personalized content from any device. My Life Expert includes the following daily living resources:



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**INTERACTIVE CHECKLISTS**

VISIT: [www.sandcreekeap.com](http://www.sandcreekeap.com)

| USE CODE: [dvamilw](#)

| CALL THE ASSISTANCE PROGRAM: [1-888-243-5744](tel:1-888-243-5744)

If you have questions or comments about the VA Voice or you would like to submit content for publication, please send an e-mail to [VBAMIW@va.gov](mailto:VBAMIW@va.gov).