“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.”

Memorial Day Ceremony

When:
Monday, May 29th, 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.
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.betterup.com/blog/how-to-have-good-work-life-balance
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)
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:
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https://home.army.mil/mccoy/index.php/about/history
https://www.wisconsinhistory.org/Records/Article/CS10388
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
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More than 821,000 chats
More than 1.3 million referrals
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