

JRTC AND FORT POLK

JUNE 16 VOL. 52, NO. 12

# GUARDIAN

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## COVER PHOTO

*Soldiers from Headquarters, Headquarters Company, 1st Battalion, 5th Aviation Regiment provided rigger support to 1st Battalion (Airborne), 509th Infantry Regiment June 3 as part of their Paradrop Operation at the Geronimo Drop Zone. Three Air Force C-130s from Little Rock, Arkansas, served as the delivery platform. (US Army photo by 1st Lt. Zachary Hafele).*



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Magnolia House grand opening



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Celebrating Volunteer of the Year



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Army Community Service and Prevention Center ribbon cutting



# 19

IMCOM director visits Fort Johnson (now Fort Polk)



## JRTC AND FORT POLK

Brig. Gen. Jason A. Curl  
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For additional information, please visit the @JRTCandFortPolk Facebook page.





# ON POST

## Upcoming Events



### Board Game Night

June 19 from 5-7 p.m.

Get your game on. Select from the Allen Memorial Library's extensive collection of board games or bring your own and get your game on! Board Game night takes place every third Thursday of the month. Board games are available anytime during open hours at the library. For more information call 726-780-1088.



### Army Birthday Golf Tournament

June 20 from 1-5:30 p.m.

Join us for the Army's 250th Birthday Golf Scramble. Register your 4 man team now!!! Registration includes greens fees, cart fee and dinner. All golfers will receive a golf ball with the 250th Birthday logo embossed on the ball and a koozie with the birthday logo. All golfers will be entered into the raffle for lots of amazing prizes. Golf Tournament will be followed by live music on the deck. You will want to stay and enjoy the evening. Pre-registration is \$60. Day of Registration is \$65



### MST Pizza Party

June 24 from 5-7 p.m. at Middle School and Teen Center

Gather together at the newly renovated Middle School and Teen Center for pizza and family time. This event is free and open to all youth registered with the MST Center. For more information call 726-780-1991.



### Commander's 2-Gun Shoot

June 28 from 8 a.m.-noon

Ready? Set. Fire! Head to the Recreational Shooting Rang to demonstrate your precision and skill with various firearm disciplines. Emphasize your your tactical shooting techniques, aiming accuracy and speed under pressure in a competitive environment! Cost is \$20 per shooter.

[Click for more information](#)



## OUTSIDE THE GATES OFF POST EVENTS



# 18

June

### Historic Walking Tour Lake Charles, La.

[Click for more info](#)



# 27

June

### Beauregard Courtesy Concert DeRidder, La.

[Click for more info](#)



# 28

June

### Zydeco Food Truck Festival Natchitoches, La.

[Click for more info](#)



# 4

July

### Fourth Fest DeRidder, La.

[Click for more info](#)



# 12

July

### Patriot Walk DeRidder, La.

[Click for more info](#)

NO ARMY OR FEDERAL ENDORSEMENT IMPLIED.



# Paradrop takes place at Geronimo Drop Zone

*Soldiers from Headquarters, Headquarters Company, 1st Battalion, 5th Aviation Regiment provided rigger support to 1st Battalion (Airborne), 509th Infantry Regiment June 3 as part of their Paradrop Operation at the Geronimo Drop Zone. Three Air Force C-130s from Little Rock, Arkansas, served as the delivery platform. (US Army photo by 1st Lt. Zachary Hafele).*





# U.S. Army is already taking lessons from Ukraine's drone attack on Russia's strategic bombers

*U.S. Army Chief of Staff Gen. Randy George talked about the high-profile attack during an AI conference June 2.*



*U.S. Army Spc. Anton Lane, a combat medic with specialized drone training, assigned to 5-7 Cavalry, 1st Armored Brigade Combat Team, 3rd Infantry Division visually tracks a Skydio X10E4TT drone shortly after deploying it for surveillance during exercise Combined Resolve 25-2 at Hohenfels Training Area, Hohenfels, Germany on May 17, 2025. (US Army photo by U.S. Army Sgt. Fist Class Richard Hoppe, Released).*

By Mark Pomerleau  
DefenseScoop

WASHINGTON — Following Ukraine's stunning attack that used small drones to target and destroy Russia's strategic bombing aircraft, the U.S. Army is applying big picture observations to its ongoing force transformation.

For starters, leaders believe it is a validation of some of the radical change the service is seeking in how to procure and manage capabilities differently in the future.

"Yesterday was a really good example of just how quickly technology is changing the battlefield. We've seen this over the last couple of years that everybody talks about [Program Objective Memorandum] cycles and everybody talks about program of record. I think that's just old thinking," Gen. Randy George, chief of staff of the Army, said Monday during the Exchange, an AI conference hosted by the Special Competitive Studies Project.

POM cycles refer to the five-year planning process for programs and capabilities in the Pentagon. George noted that technology is changing too rapidly on the modern battlefield to be wedded to these large procurement programs that historically have taken years to develop and once fielded, can be largely obsolete. He wants to shrink the timeline it takes to develop systems and get them in the hands of soldiers, especially given much of these capabilities, such as drones, communications gear and electronic warfare tools, are increasingly available on the commercial market.

"What we got to do is make sure that we're aligned and that's what we're trying to do, changing the processes up here to make sure that we're getting them the equipment, the war-winning capabilities that they know they need," he said. "We're going to have to be more agile. Drones are going to constantly change. We're going to be trying to play the cat-and-mouse game with counter-UAS, so we're going to have to work through that to make sure that we're buying systems. We're going to need a lot more agility in how we buy things."

The Army has been experimenting with this approach through what it calls transforming-in-contact, which aims to speed up how the service buys technologies and designs its forces by injecting emerging capabilities into units and letting them experiment with them during exercises and deployments.

George said one of the Army's units that just went to the Joint Readiness Training Center at Fort Johnson, Louisiana (Now Fort Polk) — which provides the most realistic combat scenarios the Army can create for units to train where forces simulate a battle campaign against an active enemy — had close to 400 drones in it.

That is substantially higher than the number of drones other formations have had recently, with 3rd Brigade, 10th Mountain Division possessing over 200 during a January rotation in Europe, previously the most to date.

The Army doesn't want to field the same systems like that for years because the technology changes so rapidly.

"We're constantly updating those. I think that that's how we have to be focused moving forward," George said.

He also noted that Ukraine's drone attack over the weekend flips the cost curve. Kyiv used relatively cheap systems to destroy millions to billions of dollars worth of Russian combat power.

"Look at how cheap those systems were compared to what they took out. We have to be thinking about that [with] everything we're doing," George said.

The attack, furthermore, exemplified how transparent battlefields are becoming, meaning there is nowhere to hide.

"We talk a lot about you can't really hide anymore on the modern battlefield. You're going to have to be dispersed, lower signature, all of those things, which we talk a lot about with our troops and with our commanders," George said.

Moreover, the attack was videoed and viewed around the world hours later. The increasingly open-source nature of information about military activities around the world has implications for how the Army will operate in the future.

"We all knew about that within a matter of minutes. Everything was out there on open source," George said.

The high-profile Ukrainian assault against Russian bombers came as the U.S. Army is in the midst of a major transformation effort. At the end of April, the service announced what it dubbed Army Transformation Initiative, where it seeks to shrink its headquarters elements, become leaner and change how it spends. As part of that effort, Secretary Dan Driscoll said his service pitched itself to President Donald Trump and Pentagon leadership as the "innovation engine" for the Department of Defense by plucking the best ideas and technologies from the commercial sector and testing them out in the Army.

"We fundamentally believe the Army should be the innovation engine of the Pentagon ... but we have to earn that right," Driscoll said alongside George at Monday's AI conference. "We basically said, hey, we will earn the right to do this by — we'll cut ourselves. For ATI, the other thing ... is it's \$3 billion dollars of cuts, and that's a lot of money that people want to go to other programs. We've made the cuts, we're recycling it to buy the things we want and need. We're going to continue to run that engine and innovate."



# Forged in ‘The Box’:

## 1MBCT, 101 showcases L2A2 power and transformation at JRTC

By Sgt. Marisol Romo Franco  
Army News

FORT JOHNSON, La. (Now FORT POLK) — Soldiers from the 1st Mobile Brigade Combat Team, 101st Airborne Division (Air Assault), recently completed a rigorous training rotation to the Joint Readiness Training Center May 1-26. The rotation was designed to showcase the division's capabilities of large-scale, long-range air assault, known as L2A2, sharpen combat readiness and test emerging technologies through the Army Transformation initiatives.

The L2A2 is the pride of the Army's only air assault division, moving a full brigade's worth of combat power more than 500 miles from Fort Campbell, Kentucky to Fort Johnson, Louisiana. (Now Fort Polk)

From a strategic perspective, the L2A2 demonstrates the 101st ability to rapidly deploy its formidable combat power into the “backyard” of adversaries anywhere in the world.

The JRTC serves as one of the Army's premier combat training centers, specializing in light infantry and air assault unit readiness.

Training scenarios include complex environments such as urban combat, counterinsurgency, and multi-domain operations.

Soldiers call the main training area “the box” — a vast, simulated combat zone where units conduct continuous operations under realistic conditions. Once inside, they face enemy role-players, improvised explosive device threats, urban assaults and complex missions with little-to-no breaks. Monitored by observer-coach/trainers, “the box” tests leadership, decision-making, and readiness in a high-stress, real-world environment.

During the rotation, Soldiers employed cutting-edge equipment, including the Next Generation Squad Weapon system, that with its' advanced optics and reduced weight improved squad lethality and speed.

CH-47 Chinook and UH-60 Black Hawk helicopters arrived with sling-loads of the Infantry Squad Vehicle, or ISV, to provide rapid mobility across difficult terrain, allowing airborne infantry to maneuver with greater flexibility.

“It's definitely lighter and more mobile than a Humvee,” said Pvt. Sund Markus, assigned to 1-506th Multi-Purpose Company. “The ISV can rip through brush and tough terrain where Humvees would normally get stuck — especially during air assaults. Gas mileage is better, too, so we don't have to haul as many fuel cans, which means more room for ammo and personnel.”

And the Small Multi-Purpose Equipment Tactical Drone, SMET-D, a lightweight, un-



*Soldiers assigned to the 1st Battalion 506th Infantry Regiment, 1st Mobile Brigade Combat Team, 101st Airborne Division (Air assault) a fire the Next Generation Squad Weapon during a live fire exercise at the Joint Readiness Training Center, Fort Johnson, La. (Now Fort Polk) May 20. (U.S. Army photo by Spc. Alexander Goff)*



*UH-60 Black Hawk helicopters from the 101st Combat Aviation Brigade, 101st Airborne Division (Air Assault) and 82nd Combat Aviation Brigade, 82nd Airborne Division take off at night with a sling of Infantry Squad Vehicles at Intermediate Staging Base Alexandria, La. May 6, prior to providing troops with the equipment via air assault capabilities to the Joint Readiness Training Center, Fort Johnson. (Now Fort Polk) (U.S. Army photo by Spc. Alexander Goff)*

manned ground vehicle designed to support infantry squads by carrying gear, supplies or providing reconnaissance in rough terrain.

“The SMET-D took a lot of weight off our backs — literally,” mentioned Spc. Jose Morales from 1-506th C Company. “It followed us through the thickest terrain without slowing us down helping us reducing fatigue and enhanced mobility during extended missions.”

A key component of JRTC training is the Multiple Integrated Laser Engagement System, MILES, which simulates real-time combat through laser sensors and blank ammunition. MILES gear registers hits on Soldiers and vehicles, reinforcing the consequences of tactical decisions in real-time.

In addition to physical demands, the rotation challenged Soldiers mentally and emotionally. Units operated continuously, often under conditions of sleep deprivation, communication breakdowns, and simulated casualties. Role-players portraying civilians, insurgents, and allied forces created realistic

decision-making dilemmas within the training environment.

“The heat is the great equalizer out here,” said Sgt. 1st Class Aribey J. Aguilar, -1-327 Headquarters and Headquarters Company, “If you're not physically prepared and acclimated, it'll humble you fast. You have to understand your body, stay hydrated, and check on your battle buddies. There's nothing happening in the field that's worth someone losing their life overheat injury”.

Throughout the rotation, junior leaders were placed in high-stress scenarios requiring adaptive thinking and tactical discipline. After Action Reviews (AARs) followed every mission, enabling units to identify weaknesses and improve team cohesion.

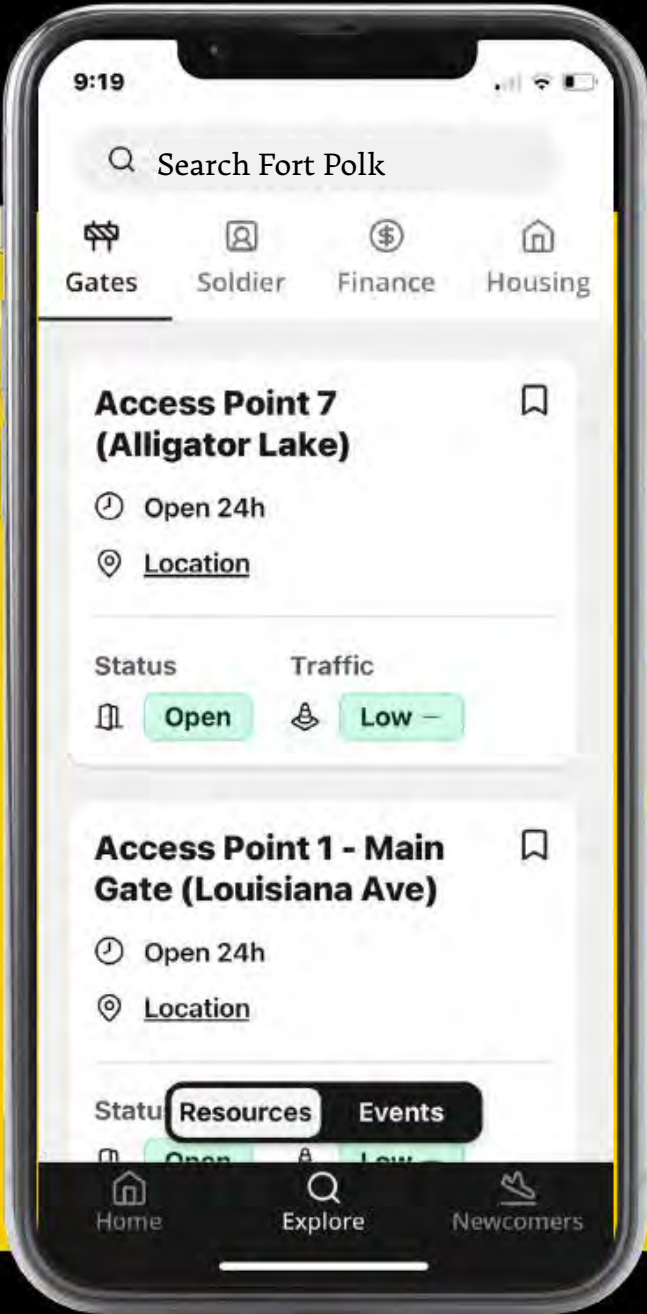
JRTC prepares units not just for battlefield success, but for survivability and mission effectiveness in uncertain, high-stakes environments. For the Soldiers of the 101st Airborne Division, the experience served as both a test and transformation.

# My Army

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# Post App!



# Holiday Inn Express completes upgrades, opens doors

**By Angie Thorne**

Fort Polk Public Affairs Office

FORT POLK, La. — When Soldiers and families undertake the tough task of packing up for a permanent change of station, sometimes they need a soft place to land before moving into their new home. They deserve a quality place to rest and relax. At Fort Johnson (Now Fort Polk), those places are Magnolia House and Cypress Inn, both Holiday Inn Express hotels.

Even better, on May 30, the community celebrated the completion of new renovations at both hotels with a grand opening and ribbon cutting event held at Magnolia House.

The total cost for the renovations is \$8 million. With that investment, Magnolia House reconfigured 70 studio rooms into 20 suites and 28 studios, all designed to better support extended training stays and families during PCS transitions.

Cypress Inn renovated 46 Studios and four distinguished visitor quarters suites.

In addition to room renovations, other amenities got also got a refresh. Magnolia House remodeled the lobby and breakfast area, added a pool with cabana and outdoor patio space, has a new fitness room and guest laundry and built a new exterior elevator.

Cypress Inn has a new lobby and breakfast area, new fitness room and guest laundry and exterior upgrades and landscaping improvements.

According to Staci Burton, Centinel director of marketing and public affairs, the newly rebranded hotels are designed to support service members, their families, and government travelers.

"With updated guest rooms, modern amenities, and welcoming communal spaces, our hotel offers a relaxing atmosphere, and a comfortable stay tailored to the unique needs of military travelers. Whether staying for a night, a

week, or longer, guests experience the consistency and care they deserve," Burton said. "Given the installation's mission, the renovations were designed to better support extended training stays and families during PCS transitions."

Through the Privatized Army Lodging program, the mission was clear: to provide hotels that genuinely improve the quality of life for service members and their families.

"Our newly renovated Holiday Inn Express is a reflection of that commitment," Burton said.

Carla C. Cannonito, IHG Army Hotels director of sales, said For nearly 25 years, Centinel has been dedicated to developing and overseeing the only military lodging privatization portfolio.

The Army selected Centinel and partner IHG, to expand the PAL program. Centinel develops, constructs or renovates, operates and sustains hotels at 40 military installations.

"They are driven by an uncompromising passion for responsible development and are dedicated to creating safe, sustainable communities that positively influence the way our service members and their families live," Cannonito said.

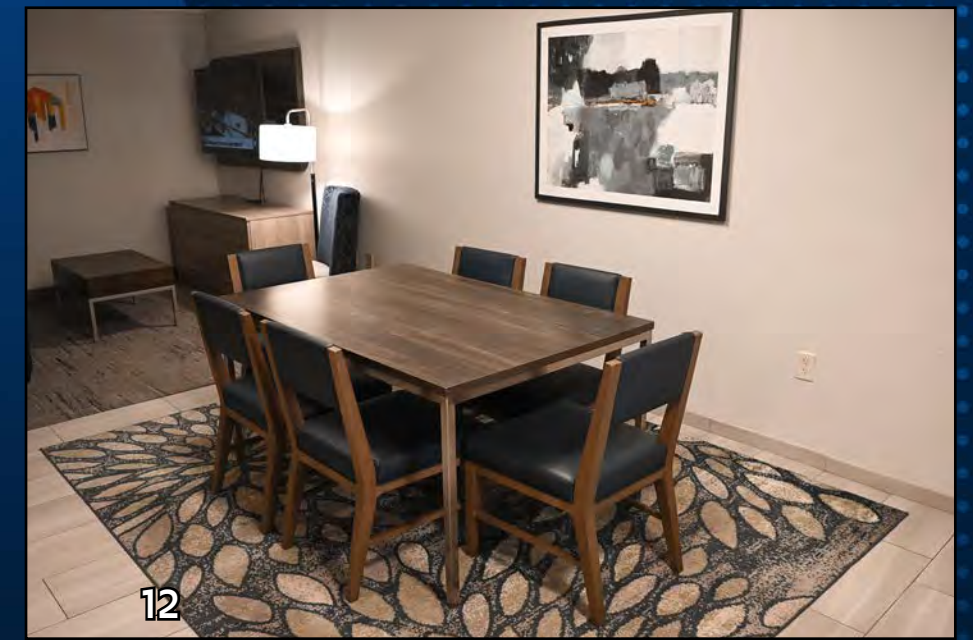
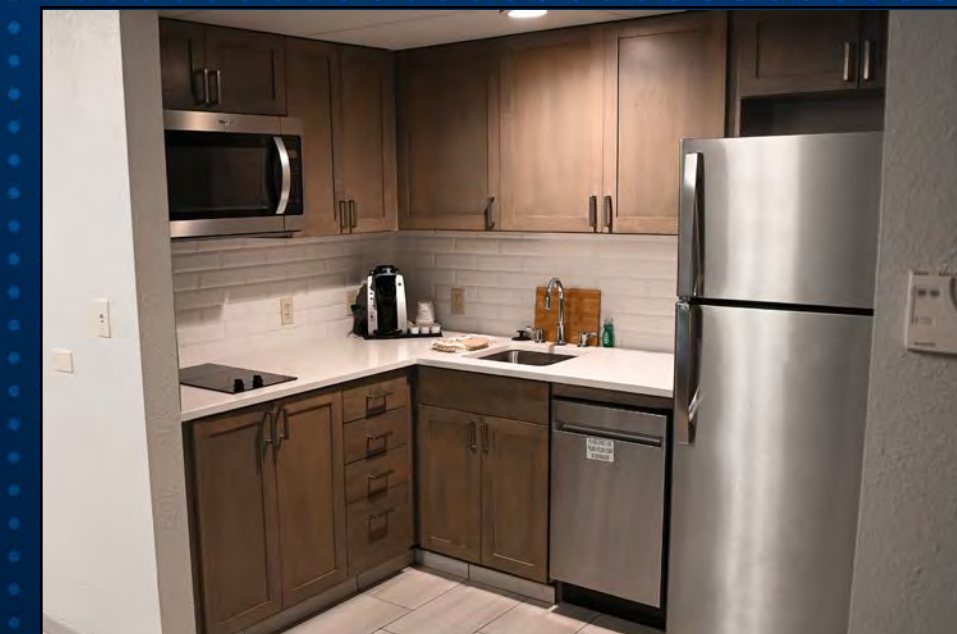
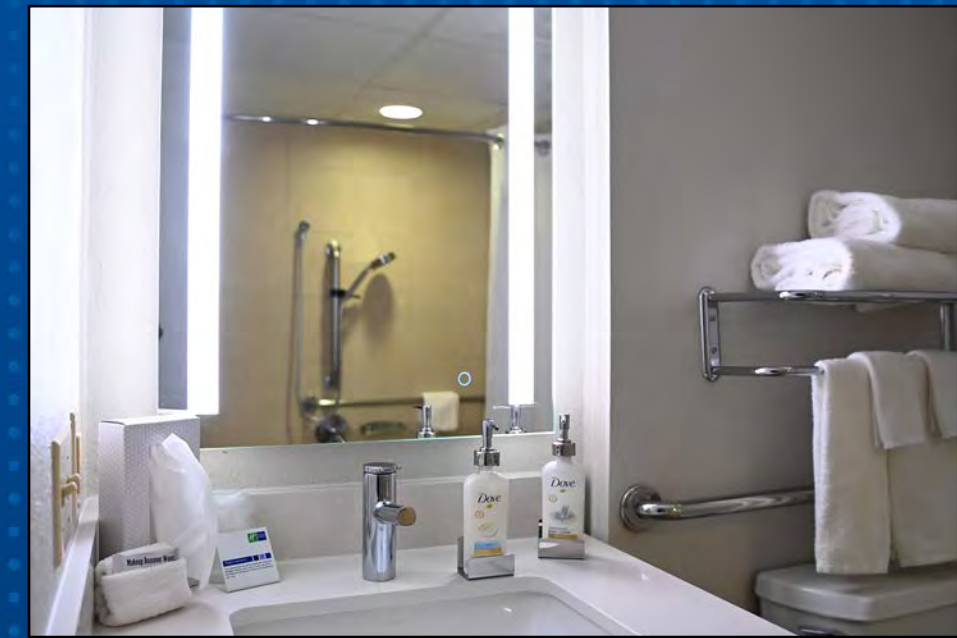
Brig. Gen. Jason A. Curl, Joint Readiness Training Center and Fort Johnson (Now Fort Polk) commanding general, was a guest speaker at the grand opening.

Curl said he appreciate all the hard work that went into renovation and and thanked everyone for their hard work in creating a quality product to be proud of.

"We have a beautiful facility here. Having a place like this for Soldiers, family members and distinguished visitors makes us that much more professional," Curl said. "This is more than just lodging. This is readiness. We train eight rotations a year and have Soldiers PCS every two years, so a facility like this is critical to accomplish everything we do."



(U.S. Army photo by Antoine Aaron)





# Soldiers Protect with SHARP and EO



**By Karen Sampson**  
Fort Polk Public Affairs Office

FORT POLK, La. — Soldiers from tenant units at Fort Johnson (Now Fort Polk), participated in a three-day resiliency program, run by the Sexual Harassment, Assault, Response and Prevention and Equal Opportunity Offices. Called the Protect Course, the event took place from May 20 to 22.

Attendees of the Protect Course rank from private to sergeant, said Shantell Williams, SHARP prevention specialist.

"Anyone can take the three-day class. However, this demographic is who we focus on with the Protect course," Williams said. "A majority of our (SHARP) cases involve the 18 to 26 age range and Soldiers who are new arrivals here."

She said the Protect Course is offered quarterly and attempts to build teams within a unit.

Once those teams are versed in bystander intervention, they can advocate for and assist victims of malfeasances.

Soldiers participating in the Protect Course are trained in the Army policies and ethical boundaries regarding SHARP and EO related incidents and are versed in the resources available to help, Williams said.

"The Protect Course gives a Soldier basic knowledge of programs such as master resiliency training, equal opportunity, SHARP and suicide prevention," said Sgt. 1st Class Roderick Thornton, installation military Equal Opportunity advisor and instructor of the Protect Course.

Two days of the class focus on discussions and problem solving using real-world social dilemmas.

The final day of the course, Soldiers work through a challenge room given a real-world driven scenario requiring bystander participa-

tion with a Soldier seeking guidance.

The exercises within the Protect Course are immersive and provide insight into how some experience harrowing situations.

Even more valuable is knowing how to mitigate the impact of such adversities on a fellow Soldier, said Sgt. Samantha Jefferies-Elle, medical personnel assigned to Bayne-Jones Army Community Hospital.

"The Protect course is an eye-opener and is needed Army-wide," Jefferies-Elle said.

Her reason for attending the course is personal.

"The subject matter is near and dear to me. I want to provide guidance and support to others who unfortunately experience these incidents," Jefferies-Elle said.

If you need help, call the Fort Polk SHARP 24/7 Hotline at 337-718-7272.





# Leadership, community celebrates volunteers



**By Karen Sampson**  
Fort Polk Public Affairs Office

FORT POLK, La. — The Fort Johnson (Now Fort Polk) command team and community recognized 208 volunteers during Volunteer of the Year ceremony May 29, at the Warrior Center.

"Collectively, the volunteers gave 13,585 hours of their time — supporting our mission, our families, and our community," said Brig. Gen. Jason A. Curl, commanding general of the Joint Readiness Training Center and Fort Johnson (Now Fort Polk). "That's a savings of more than \$455,000 — but their true value

is far greater. These volunteers — Soldiers, spouses, civilians, retirees and even military kids — represent every corner of our community. They serve in our chapels, child development centers, and as Scouts. They coach our youth sports teams. They mentor, they organize, and they lead."

Volunteers do the behind-the-scenes work that keeps this post running, he said.

"Thank you for raising your hand," he added. Curl commended their hours and energy.

Mrs. Antonia Green (center) earned the commanding general's volunteer of the year award for 2024.



# Army Community Service Prevention Center opens doors with new purpose at ribbon cutting ceremony

*After cutting the ribbon, Fort Johnson (Now Fort Polk) leadership joined the rest of the community in attendance at the Army Community Serice Prevention Center ribbon cutting event inside the center. Tables with representatives of the organizations now housed in building 920 were there to inform the public about the services they offer.*





## Installation Command director takes tour, talks at town halls

Patrick Appleman, Director of U.S. Army Installation Management Command-Readiness, and Command Sgt. Maj. Danny J. Castleberry, senior enlisted leader for the U.S. Army Installation Management Command Directorate-Readiness, visit the civilian workforce at the Joint Readiness Training Center and Fort Johnson (Now Fort Polk), May 28.



(U.S. Army photo by Antoine Aaron)



(U.S. Army photo by Antoine Aaron)



(U.S. Army photo by Antoine Aaron)



(U.S. Army photo by Karen Sampson)



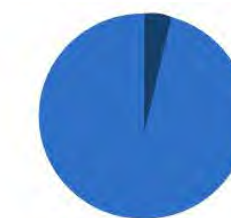
(U.S. Army photo by Antoine Aaron)



(U.S. Army photo by Antoine Aaron)

# WHAT IS PTSD?

Posttraumatic stress disorder, or PTSD, is a mental health concern that some people develop after they see or experience a traumatic event.



**6%**  
of the U.S. population will have PTSD at some point in their lives.



What it's like to have PTSD may be different for everyone. There are four types of PTSD symptoms.



**Reliving or re-experiencing the event**

- Nightmares
- Flashbacks
- Triggers



**Hyperarousal or being on guard**

- Being jittery or overly alert
- Difficulty sleeping or concentrating
- Feeling angry or irritable



**Avoidance**

- Avoiding Crowds
- Avoiding certain smells, sights, or sounds
- Avoiding talking or thinking about the event



**Negative changes in beliefs and feelings**

- Losing interest in things you used to enjoy
- Feeling guilty or ashamed
- Unable to trust others



### Follow these links for help with PTSD:

- Answer questions to see if your thoughts and feelings are related to PTSD. [www.ptsd.va.gov/screen](http://www.ptsd.va.gov/screen)
- Learn about and compare effective treatment options using the PTSD Treatment Decision Aid. [www.ptsd.va.gov/decisionaid](http://www.ptsd.va.gov/decisionaid)
- Explore the National Center for PTSD website for information, videos and tools to help manage PTSD. [www.ptsd.va.gov](http://www.ptsd.va.gov)
- Listen to "bite-sized" podcast episodes with supportive tips, tools and practices. [www.speaker.com/podcast/ptsd-bytes--5345723](http://www.speaker.com/podcast/ptsd-bytes--5345723)
- Hear from veterans who have turned their lives around with PTSD treatment. [www.ptsd.va.gov/apps/aboutface/](http://www.ptsd.va.gov/apps/aboutface/)
- Apps for self-help, education and support after trauma. [www.ptsd.va.gov/appvid/mobile/index.asp](http://www.ptsd.va.gov/appvid/mobile/index.asp)





# MY STRENGTH IS NOT FOR HURTING



**REAL STRENGTH IS KNOWING WHEN TO LIFT.**

The mission is each other:

- Alcohol does not erase your **DUTY** to **PROTECT**.
- **ACTIVE INTERVENTION** saves lives.
- **SPEAK UP!** Stop harmful behaviors that hurt our profession.
- Consent is **CONTINUOUS** and can be **WITHDRAWN** at any time.



**SHARP**  
SEXUAL HARASSMENT/ASSAULT  
RESPONSE AND PREVENTION

**If They're Too Far Gone to Walk,  
Then They're Too Far Gone To  
Consent To ANY Sexual Activities.**

**JRTC and Fort Polk SHARP 24/7 Hotline: 337-718-7272**

## Directorate of Public Works conducts road construction



### UNIVERSITY PARKWAY TURNING LANES

Construction has begun on new turning lanes, shoulders and the relocation of a traffic light on University Parkway for the new Children's Development Center.

**WHO:** U.S. Army Corps of Engineers

**WHAT:** Road Construction at University Parkway and Holmlund St.

**WHEN:** Through Aug. 18, Monday through Friday from 7 a.m.-5 p.m. (10 hours a day for 3 months)

**WHERE:** University Parkway and Holmlund St., Fort Johnson, LA 71459.

**WHY:** The United States Army Corps of Engineers (USACE) will conduct road construction at the intersection of University Parkway and Holmlund St. This will consist of removing existing curb and gutter to include the center island, and install new turning lanes, shoulders, island, and striping approximately 1600ft north of Holmlund St and 500 ft South of Holmlund St. from 19 May 25 to 18 Aug 25 in support of a construction effort for the new Fort Johnson Child Development Center (CDC).

### GEORGIA AVE

DPW was awarded a contract to repair several roads on Fort Johnson. Construction includes repairing Georgia Avenue, Texas Avenue and a Texas Avenue culvert near Louisiana Avenue. Road repair construction will be executed in multiple phases to minimize interruptions to the community. The first road to be repaired is Georgia Avenue from Highway La. 10 to 3rd Street. Construction includes repairing travel lanes, adjacent intersections, drives and shoulders. The project will be executed in five phases with the following construction activities:

Phase I – full-depth repairs of adjacent streets and drives between Hwy. LA 10 and BellRichard Ave.

Phase II – includes full-depths repairs between BellRichard Ave. to LA Ave.

Phase III – Milling and overlay operations from LA Ave. to Hwy. LA 10.

Phase IV – full-depth repairs of adjacent streets and drives from LA Ave. to 3rd Street.

Phase V – Milling and overlay operations form LA Ave. to 3rd Street.

Note: Phase III and Phase IV may be executed concurrently.

Phase I is tentatively scheduled to begin early June 2025 and has a duration of approximately 2 months, pending weather. Georgia Ave. will be reduced to one lane but will remain open during construction. Motorists should anticipate traffic delays due to flagging operations around work zones. Pedestrians are encouraged to stay clear of work zone and exercise caution as construction efforts continue. The sequence of construction and impact area associated with Phase I includes the following:

23rd Street will be the first full-depth repair and 22nd will not be closed until 23rd Street is completed. (A detour will be provided to 22nd Street for 23rd Street closure.)

Closure of Air Assault Entrances.

Closure of 22nd Street. (A detour will be provided to 23rd Street for 22nd Street closure.)

Closure of Recycle Center Entrance.

Police Division Storage Lot Entrance.

Closure of Maine Street.

### COLORADO AVE

DPW awarded a contract to construct a crosswalk at the intersection of Colorado Avenue and Louisiana Avenue. The construction scope includes the following:

a. Extending the existing sidewalk along Colorado Ave. north connecting it with the multi-use trail adjacent to Louisiana Ave.

b. Installing a pedestrian crosswalk at the intersection of Colorado Ave. and LA. Ave.

c. Converting the existing right-turn lane into a single two-way turn lane with a four-foot (4') shoulder,

d. Converting the existing intersection into a fully signalized intersection equipped with traffic control devices for motorists and pedestrians.

Construction will be executed in four phases to minimize interruptions to the community. The phases of construction activities include the following:

**Phase I** – Installing new culverts and headwall system at the entrances of the Lemon Lot and extending the 4' existing sidewalk along Colorado Ave.

**Phase II** – Installing 1st traffic signal pole foundation, construction 6' sidewalk, and constructing 4' asphalt shoulder along Colorado Ave.

**Phase III** – Installing the 2nd & 3rd traffic signal pole foundations, constructing 6' sidewalk connecting north of LA. Ave., and pavement striping and markings.

**Phase IV** – Installing traffic poles and mast arms, installing lighting systems, testing traffic control signals, and pavement markings.

Phase I is tentatively scheduled to begin June 16 and has a duration of approximately two months, pending weather. The Lemon Lot will be closed during construction. Motorists should anticipate traffic delays due to flagging operations around work zones. Pedestrians are encouraged to avoid work zone and exercise caution as construction continues.



# Check VIN numbers

The Directorate of Emergency Services Traffic Division will release the following vehicles to MWR for disposal if they remain unclaimed. Vehicles are listed with the last four of their VIN number. If one of these vehicles belongs to you, please contact the Fort Polk Police Traffic Division at 337-531-1806, 6675 or 2675.



2016	Yamaha	R3	2153
UNK	UNK	Boat trailer	N/A
UNK	UNK	Kayak trailer	N/A
UNK	McClain	Boat trailer	N/A
2001	Ford	F150	0450
2000	Ford	Ranger	3852
2006	Nissan	350Z	4586
2004	Cadillac	Escalade	5765
2003	Ford	Crown Victoria	2046
2011	Chevrolet	Cruz	6489
2012	Land Rover	Land Ranger	2214
2005	Honda	Civic	6295
1994	GEO	Tracker	0139
2007	Ford	F150	7785

TORNADO

HAIL

LIGHTNING

WIND

FLOODING

Understanding

SEVERE WEATHER HAZARDS

ACTION

Take shelter immediately in a sturdy structure

ACTION

Move indoors away from windows

ACTION

Move indoors if you hear thunder

ACTION

Move indoors away from windows

ACTION

Avoid rising creeks and water-covered roads

3 SIMPLE STEPS FOR

FLASH FLOOD SAFETY

During a flood, water levels and the rate at which the water is flowing can quickly change. Remain aware and monitor local radio and television.

weather.gov/flood

1 GET TO HIGHER GROUND

Get out of the areas subject to Flooding

2 DO NOT DRIVE INTO WATER

Do NOT drive or walk into flooded areas. It only takes 6" of water to knock you off your feet.

3 STAY INFORMED

Monitor local radar, television, weather radio, internet or social media for updates.

U.S. ARMY

Resources

# Fort Polk Thrift Shop



Join us today

TOGETHER, WE CAN MAKE A DIFFERENCE!



If you're an organization or a student looking to gain volunteer hours this summer, we would be delighted to have your support! You can choose to volunteer for just one hour or as many hours as you wish—your schedule is entirely flexible. Our Volunteer Coordinator is available to offer additional details.

Email: [hohthriftshop.volunteer@gmail.com](mailto:hohthriftshop.volunteer@gmail.com)

988

SUICIDE & CRISIS LIFELINE

THE MILITARY CRISIS LINE IS AVAILABLE 24/7. DIAL 988 AND PRESS 1.

Call. Text. Chat.  
[988lifeline.org/chat](https://988lifeline.org/chat)



FOLLOW JRTC AND FORT JOHNSON ON FACEBOOK, INSTAGRAM AND YOUTUBE

GET CONNECTED



# Science, Service and Simulations: Soldiers Inspire Students at Louisiana FFA Convention

By Jean Clavette Graves  
BJACH PAO

ALEXANDRIA, La. — Curious crowds gathered around swabs, microscopes and a simulated military working dog as two young Soldiers, stationed at Fort Johnson (Now Fort Polk), offered a hands-on glimpse into Army veterinary careers. The Soldiers were demonstrating their job during the 96th Louisiana National Future Farmers of America Organization Convention, held June 2–3 at the Randolph Riverfront Center and the historic Hotel Bentley.

Assigned to the Fort Cavazos Veterinary Branch, with duty at Fort Johnson, Pfc. Bailey Senften and Pfc. Amanda Rivera Miranda spent two days sharing their experiences in Army Veterinary medicine with hundreds of agriculture and science students from FFA chapters across Louisiana.

Senften, an Animal Care Specialist, led a popular workshop titled “Paws & Procedures: Exploring Army Veterinary Care with K9 Simulations.”

Using a canine medical simulator, she demonstrated triage techniques, bandaging and the types of training used to support military working dog handlers.

“The room was full,” Senften said. “People stayed after asking to see more. Even at our booth, students came by all day just to ask about the dog — what he’s used for and how we train. It made a real impact.”

Rivera Miranda, a Veterinary Food Inspection Specialist (68R) originally from Puerto Rico, hosted “Beyond the Barcode: Unveiling the Science of Military Food Inspections.” She conducted live surface swab demonstrations on everyday items like phones and water fountains, sparking conversations about microbiology, contamination and food safety.

“Most people didn’t understand my job until they saw it in action,” Rivera Miranda said. “It really opened discussions. I even connected with a local vendor who wants to bring her business onto Fort Johnson (Now Fort Polk) — and I could help her make that happen.”

Sgt. Matthew Dillon, a recruiter with the Baton Rouge Recruiting Battalion, said the Soldiers’ presence made a lasting impression.

“Getting Soldiers from Fort Johnson (Now Fort Polk) to participate and highlight these MOSs — that’s huge, especially veterinary fields, which directly align with FFA,” Dillon said. “It puts a real, relatable face to Army opportunities.”



*Pfc. Bailey Senften engages FFA students in a hands-on veterinary care demonstration using a K9 medical simulator at the Louisiana FFA State Convention, hosted at the Randolph Riverfront Center, June 3, 2025. Her presentation highlighted Army careers in animal care and military medicine. (Army photo by Jean Clavette Graves)*

Col. Alisa Wilma, commander of Bayne-Jones Army Community Hospital and a U.S. Army veterinarian, emphasized how valuable these engagements are.

“Exposure to these MOSs is critical because many people are unaware the Army contains these skill sets,” Wilma said. “These broadly transferable skills — high-value in the civilian sector — are often viewed as niche and not well understood or well-advertised. Meeting potential recruits in an environment that makes sense to them makes the possibility of a military career doing something they already love much more appealing.”

Wilma added that military service can open doors to both education and long-term success.

“The Army is always a good way to earn money for college through the GI Bill, but a few years of service can also provide leadership lessons, time management, self-discipline and life skills that make students wildly more successful in college,” she said. “College admissions boards know that — and often look favorably on military applicants.”

Tiffany Koch, school liaison officer for the Joint Readiness Training Center and Fort

Johnson (Now Fort Polk), said programs like FFA and 4-H create important pathways for military-connected students.

“Many of the schools in Vernon and Beauregard parishes offer FFA,” Koch said. “We also encourage students to get involved in 4-H, which offers similar programming and has a strategic partnership with the Department of Defense.”

She also highlighted the STARBASE program offered through Louisiana State University at Alexandria, which brings fifth-grade students to Fort Johnson for immersive STEM learning experiences.

“STARBASE is a Department of Defense youth program focused on developing skills in science, technology, engineering, arts and mathematics,” Koch said. “These academic areas are essential to building the next generation of innovators and critical thinkers.”

For Senften and Rivera Miranda, the event wasn’t just about recruiting — it was about connection.

“This experience reminded me that the Army doesn’t always have to be serious,” Senften said. “Sometimes it’s about fun, exploration and helping others see what’s possible.”

# New VOIP Numbers



**Bayne-Jones Army Community Hospital**

1585 3rd Street, Bldg. 285, Fort Johnson, LA

[bayne-jones.tricare.mil](https://bayne-jones.tricare.mil) or [www.facebook.com/BayneJonesACH](https://www.facebook.com/BayneJonesACH)



<https://my.mhsgenesis.health.mil/>



BJACH Appointment Line.....	726-780-2175
Prescription Refills .....	337-386-1386
Q-Anywhere (text “GET IN LINE”).....	844-398-4169
Correspondence .....	726-780-2262
Behavioral Health .....	726-780-2566 / 2567
Managed Care .....	726-780-2442 / 2441
Nutrition Care .....	726-780-2240
OB/GYN .....	726-780-2467 / 2468
Optometry / Audiology.....	726-780-2310 / 2311
Patient Experience.....	726-780-2443
Radiology .....	726-780-2356
Department of Public Health .....	726-780-1367

## ACTIVE DUTY ONLY

**3BCT, 10th Mountain Division**  
Soldier Center Medical Home  
726-780-1224 / 1230 / 1228

**All Other Units**  
Fontaine Troop Medical Clinic  
726-780-0882 / 1137





### EMPLOYER DAY

June 10 from 9 a.m. to noon  
Fort Polk Library and Education Center  
7460 Colorado Ave., Bldg 660



#### PARTICIPATING EMPLOYERS

Fort Polk Fire Department  
Federal Bureau of Prisons at FCC Pollock  
FCC Oakdale (Bureau of Prison)  
Air Streams/ERA Solutions

A celebration of creating valuable employment opportunities, connecting job seekers with the right careers

POC: Christopher Ausbun  
Transition Services Manager  
(337) 531-1594  
Email: christopher.m.ausbun.civ@army.mil

### Employer Day

June 24 from 9 a.m. to noon

Fort Polk Education Center, 7460 Colorado Ave.

#### Participating employers

- Navy Federal Credit Union
- Air Streams/ERA Solutions
- Texas Department of Public Safety
- Ochsner Health Center



POC: Christopher Ausbun  
Transition Services Manager  
337-531-1594

Email: christopher.m.ausbun.civ@army.mil

## TRANSITION ASSISTANCE PROGRAM

# Talking Point #2



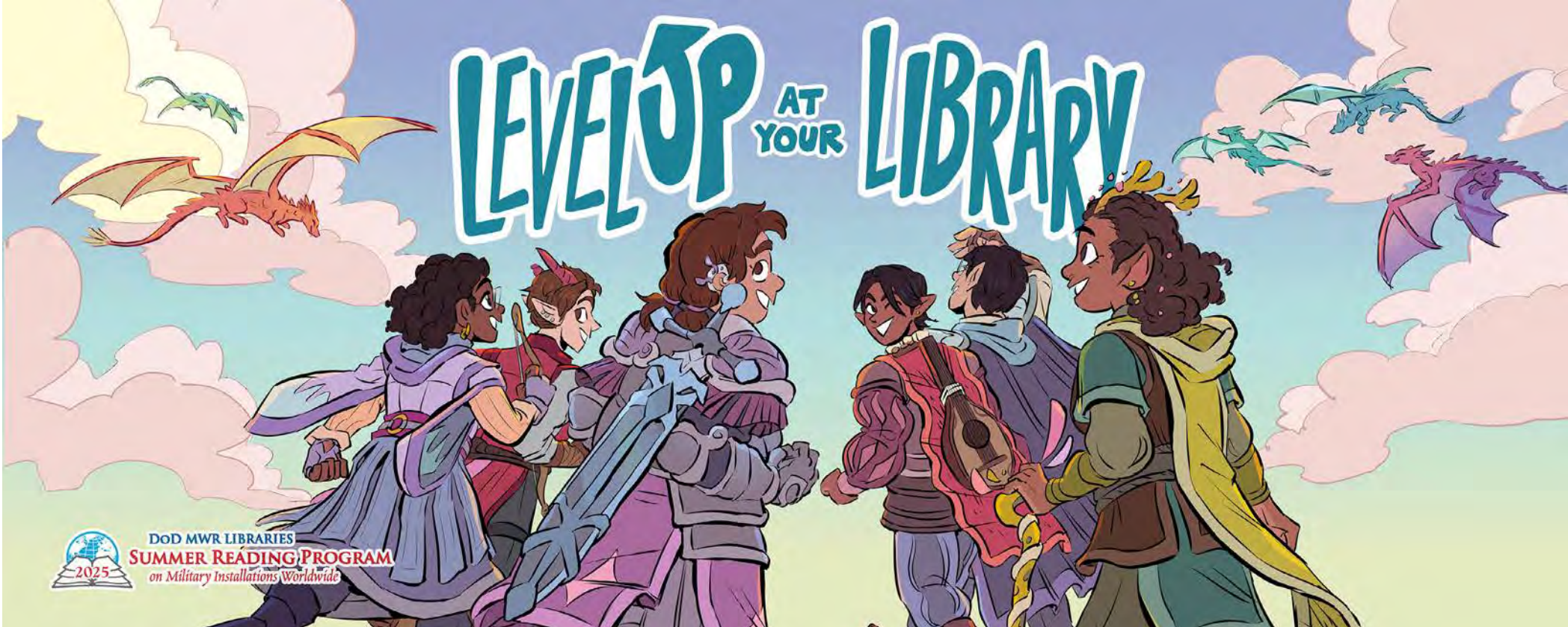
## Go Early, Go Often

We strongly encourage service members to enroll in TAP and see one of our counselors at the earliest opportunity. Going early and often to TAP has statistically proven to increase the chance of post-transition success for Soldiers. Soldiers retiring can start at 24-months out from retirement and all other Soldiers doing a normal Expiration term of service (ETS) can start at 18 months prior to transition. We strongly encourage Soldiers to enroll early but MUST begin no later than 365 days prior to transition for those who are transitioning or retiring. Early enrollment supports the deliverable approach to transition. This provides each Soldier the time necessary to effectively plan over time their transition goals and aspirations for an effective shift from military to civilian careers or other suitable options.



Find out more at  
[armytap.army.mil](http://armytap.army.mil)





# 2025 Summer Reading Program



Library patrons of all ages can participate in the SPR.



Sign up at <https://allenmemorial.beanstack.org> or use the QR code below.



Track your minutes spent reading at <https://allenmemorial.beanstack.org> or on the Beanstack app.



You can read or listen to any type of book, but it must be at or above your reading level.



Earn a prize for every 300 minutes spent reading and participants who read 2,400 minutes earn a certificate.

Allen Memorial Library  
7460 Colorado Ave., bldg 660  
726-780-1088/337-531-2665



Scan the QR code to register for the Summer Reading Program today!



## Allen Memorial Library June calendar

DATE	TIME	AGE GROUP	EVENT	REGISTER IN PERSON OR OVER THE PHONE BY	MAX ATTENDANCE
June to July	Anytime	All Ages	Game & Puzzle Swap		
June to August	Anytime	0 to 17	Guess How Many are in the Candy Jar		
6/6	4:30 p.m.	All Ages	Kick Off Party: Games & Otter Pops		
6/10	11:30 a.m.	0 to 5	Storytime & Scavenger Hunt		First 30
6/12	5 p.m.	6 to 17	STEAM: LEGO Derby	6/10	20
6/13	11:30 a.m.	0 to 5	Storytime & Craft		
6/17	11:30 a.m.	0 to 5	Storytime & Craft		
6/20	11:30 a.m.	0 to 5	Storytime & Craft		
6/24	11:30 a.m.	0 to 5	Storytime & Craft		
6/24	5 p.m.	18+	Books & Brews at the Forge Bar & Grill		
6/25	4 p.m.	6 to 17	Pokemon Perler Beads	6/24	14
6/27	11:30 a.m.	0 to 5	Storytime & Craft		

## July calendar

DATE	TIME	AGE GROUP	EVENT	REGISTER IN PERSON OR OVER THE PHONE BY	MAX ATTENDANCE
June to July	Anytime	All Ages	Game & Puzzle Swap		
June to August	Anytime	0 to 17	Guess How Many are in the Candy Jar		
7/1	11:30 a.m.	0 to 5	Storytime & Craft		
7/8	11:30 a.m.	0 to 5	Storytime & Craft		
7/10	5 p.m.	9 to 17	STEAM: Bristle Bot	7/8	15
7/11	11:30 a.m.	0 to 5	Storytime & Craft		
7/15	11:30 a.m.	0 to 5	Storytime & Recess Games		First 30
7/17	5 p.m.	All Ages	Game Night		
7/18	11:30 a.m.	0 to 5	Storytime & Craft		
7/22	11:30 a.m.	0 to 5	Storytime & Craft		
7/22-7/26	Anytime	All Ages	Library Scavenger Hunt		
7/25	11:30 a.m.	0 to 5	Storytime & Craft		
7/25	4:30 p.m.	All Ages	Mario Cart Nintendo Switch Tournament	7/23	16
7/29	11:30 a.m.	0 to 5	Storytime & Craft		
7/29	5 p.m.	18+	Books & Brews at the Forge Bar & Grill		



# FORT POLK FIREARM REGISTRAION



## Register your weapon

Pick up the form at the Visitor Center  
or use this link to print out [form 563](#)

## Fill it out

Get your commander's signature and return  
the form to the Visitor Center.

## For more information

Call the Visitor Center at 726-780-0897.

## THE ARMY OFFERS OPPORTUNITIES

## FOR PRESENT AND FUTURE

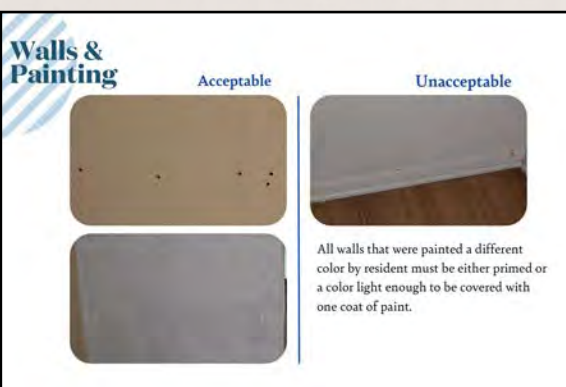
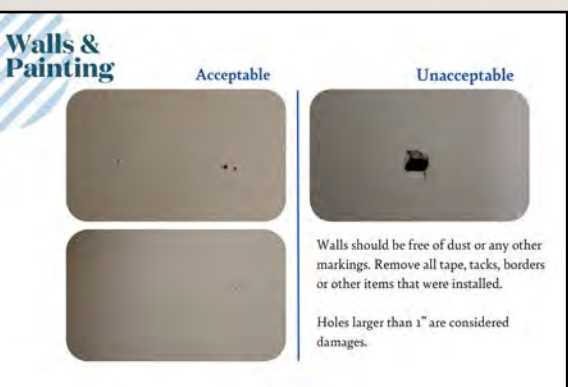
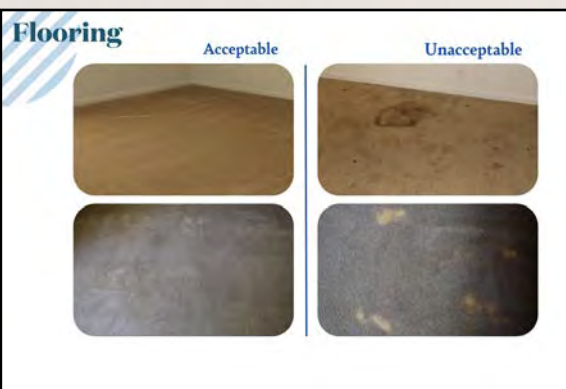
## SOLDIERS AND CIVILIANS:

- For 250 years, the U.S. Army has offered endless possibilities and opportunities for service to our nation.
- The Army helps create a sense of purpose through personal growth and professional development — empowering Soldiers and civilian employees to be part of something greater than themselves and be all they can be.
- With more than 200 career choices for Soldiers and more than 500 career paths available for civilians, Army possibilities are as diverse as the people that make up the force and the country they serve.





Move out and cleaning guide



About to PCS? Let Corvias make your move out easy

How to make your move-out stress free

Move-Out Notice

Residents must provide at least 30/60 days written notice to Corvias Property Management using the form available at the Community Office/Center. Residents are encouraged to provide notice as soon as they begin planning to move. As soon as you anticipate a move, even if you don't yet have your orders, we highly encourage you to provide written notice. If a service member is not able to provide the written notice to vacate, the spouse or designated individual of legal age must provide a special power of attorney that allows them to start and/or stop an allotment.

Move-Out Information Sessions

When providing a notice to vacate, the Community Office/Center will assist in determining a move-out date and final inspection appointment. Residents are encouraged to attend a Move-Out Information Session to learn about the move-out process and expectations. The sessions are held at various locations and times throughout the week for your convenience. You may choose to attend whichever session fits your schedule best.

For more information please contact your Community Office/Center.

- Provide 30/ 60 days written notice
- Schedule a move-out date
- Attend a Move-Out Information Session
- Final Inspection

Move-Out Session Final Inspection

Date: \_\_\_\_\_ Date: \_\_\_\_\_

Time: \_\_\_\_\_ Time: \_\_\_\_\_

Introduction

Trash Removal & Hazardous Material Disposal

Trash Removal

Residents are required to dispose all trash, bulk trash and debris on their normal scheduled trash day prior to the final inspection date. For questions about trash removal schedules or information about bulk trash removal, please contact your Community Office/Center.

Hazardous Material Disposal

Corvias will dispose of household and electronic hazardous materials on the normal bulk trash pickup day. These items must be placed curbside no later than 4:00 a.m.

If you miss your scheduled bulk trash pickup date, please call your Community Office/Center to arrange for collection. Additional fees may apply.

The following hazardous material items are ALWAYS the resident's responsibility to dispose of:

- Freon
- Vehicles or motorcycle
- Vehicle or motorcycle parts

Material Disposal



Move-out house cleaning checklist

Walls, Ceilings & Doors

Walls, ceilings and doors should be free of dust, dirt, cobwebs and grease / food particles. Remove pen, pencil, crayon or other markings from surfaces. Candle soot on the walls should be removed. Remove all tape, tacks, borders or other items that were installed during occupancy. In some cases, ceiling hooks may be left in place and nail holes do not need to be filled.

Holes  
Holes larger than 1" x 1" are considered damage. All walls and trim must be either primed or a color light enough to be covered with one coat of paint. See your Community Office/Center for details.

Window Coverings  
There should be a screen in all storm windows. Blinds should not be bent, cracked, or have broken slats and should be functional.

Bathrooms  
All surfaces must be clean, deodorized and wiped down.

Trash & Recycling  
All containers must be empty and cleaned. No trash is to be left inside or outside the home.

Kitchen & Laundry

All surfaces must be clean and deodorized. All cabinets, counter-tops, shelves, sinks and faucets must be cleaned to remove grease, food, mildew and dust.

Appliances  
Thoroughly clean the range/hood, dishwasher, refrigerator/freezer and microwave (if applicable). The stove should include racks and broiler pan.

Floors  
Should be swept and mopped, removing all dirt, dust and surface contamination. Carpets should be vacuumed.

Garage, Patio, Balcony & Basement  
Please sweep all areas including the garage, driveway and sidewalks.

Home Exterior & Yard  
Please remove all trash, animal feces and other debris from all areas. Repair and fill holes made in yard. Yards with flower beds must be free of weeds, trash and other debris.

Cleaning Checklist

Final Inspection

After your final inspection, we will:

- Provide a list of damages or cleaning charges. (For excess damage, an additional damage assessment and repair estimate may be necessary)
- Collect all outstanding debt including damage and cleaning charges (for Service Members separating from the military, rent for that month must be collected at least 5 days prior to the final inspection)
- Provide a final utility statement to be paid directly to the third party vendor (if applicable)

In advance of your final inspection, please complete the checklist below. These items may help you avoid confusion and unforeseen costs. If all items are not removed, additional charges may apply.

Personalization  
Any home improvements that occurred during the residency (unless otherwise approved by Corvias) must be reversed.

Painted Walls  
Residents who received approval to paint must prime walls or paint with a color light enough and of the same paint finish used by Corvias that could be covered with one coat of paint prior to move-out. Contact your Community Office/Center for questions.

Cabinets  
Please have all the cabinets and doors open to speed up the inspection process.

Keys, Remote Controls, Pool Pass & Vals  
House keys (all sets provided upon move-in), pool pass, Community Center key fob(s) and garage door opener remotes that are provided by Corvias are required to be turned in.

If residents have purchased additional sets of keys, they too are required to be turned in at move-out.

Mail Forwarding  
and work with your post office to ensure your mail is forwarded. Return mailbox keys to your Community Office/Center or post office.

You can visit [www.usps.com](http://www.usps.com) to submit an online request to have your mail forwarded for a nominal fee.

Rented Fences and Satellite Dishes  
Residents are responsible for the removal of rented fences (if applicable) and satellite dishes.

Remember to contact your service provider 30 days prior to your move-out date to schedule the removal of these items.

Final Checklist

Damages

Normal Wear & Tear

Residents are responsible for damage to their home or to equipment and furnishings caused by the abuse or negligence of family members and guests. Normal wear and tear is the amount of deterioration which occurs in the normal use of homes. Homes should be used as intended, avoiding any negligence, carelessness, accident or abuse of the premises by the occupant, members of the household, their pets or guests. For example, small nail holes are expected, large holes are not.

For a list of common damage costs, including damage caused by pets, please visit the Damage Cost Sheet found in the Resident Responsibility Guide. If you need a copy, visit your Community Office/Center.

We can help!

The following items may be available at your Community Office/Center and maintenance teams as self-help assistance for interior and exterior cleanup of the home prior to move-out:

- Pest control devices
- Air filters
- Touch up paint
- Soil to fill holes in yard

Safety First

Our residents' safety is always first in our minds; please pay attention to the following guidelines to help ensure a safe and injury free move:

- Lift with your legs by bending at the knees to reach objects. Avoid lifting with your back.
- Carefully stack boxes.
- Carefully read and follow warning labels and instructions for all cleaning products.
- Wear clothing that protects your skin, close toed shoes, gloves, safety glasses, and vapor/dust masks as appropriate for each task and as recommended for the proper use of each individual product.

Damage Cost & Funds

Post Move-Out

Remaining BAH

We may receive BAH for the portion of the month you did not reside in the home after move-out, because BAH is paid in full-month allotments at the end of each month. On or before the 10th of the following month, a check with any remaining BAH (minus any damage or cleaning charges) from the prior month will be mailed to the forwarding address provided. Unpaid charges or uncollected money owed is subtracted from the remaining BAH. If you do not receive a check, please contact your Community Office/Center.

Thank you for choosing to reside with Corvias Property Management. We thank you for your service, we wish you well and we hope to serve you again.

[www.CorviasPM.com](http://www.CorviasPM.com)

Our Communities

- Army Installations**
- Aberdeen Proving Ground, MD
  - Fort Liberty, NC
  - Randolph Pointe at Fort Liberty
  - Fort Meade, MD
  - Reece Crossings at Fort Meade
  - Fort Johnson, LA
  - Fort Riley, KS
  - Fort Novosel, AL
  - Fort Sill, OK



Questions?

Call your neighborhood's community office and we'll be glad to help!

Choosing Corvias

Corvias wishes you a safe trip to wherever your next home takes you.



# Serving those who serve:

## Military community donates more than \$2.7 million to military relief funds

By AAFES public affairs

DALLAS — During 2024, Exchange shoppers contributed more than \$2.7 million to Army Emergency Relief (AER), the Air Force Assistance Fund and the Navy-Marine Corps Relief Society, a 7.1% increase from the previous year.

“The Exchange is honored to partner with military relief agencies to help service members and families when they need it most,” said Exchange Director/CEO Tom Shull, an Army Veteran. “Exchange shoppers are generous, and their donations are key to strengthening readiness and retention.”

Since 2017, Exchange shoppers have donated more than \$11.9 million to AER, AFAF and NMCRS.

These donations fund critical programs such as interest-free loans, scholarships and grants that ease financial burdens associated with education, emergencies and other unexpected challenges.

“Thanks to the generosity of the Exchange community, AER can provide Soldiers and their families financial assistance when they need it most,” said retired Sgt. Maj. of the Army



Tony Grinston, AER CEO.

Retired Maj. Gen. Ed Thomas, who leads the Air Force Aid Society, one of four charities that benefits from the AFAF, says the partnership helps Airmen and Guardians take care of their own.

“Every penny of every dollar donated by Exchange shoppers helps an Airman, Guardian, or their families facing a moment of crisis,” Thomas said. “These contributions provide real, immediate support when it’s needed most.”

Since 2023, shoppers in the Pacific have been able to donate to NMCRS.

“Since the beginning of our partnership, the contributions of Exchange shoppers in the Pacific Region have been critical to Marines, Sailors and their families, providing them with free, confidential resources,” said retired Marine Lt. Gen. Robert Ruark, NMCRS President/CEO.

Exchange shoppers can donate \$1 at the register or speak with an associate to contribute more to support these agencies. Online shoppers can donate in \$5 increments at [ShopMyExchange.com](https://shopmyexchange.com).

To learn more about the Exchange’s contribution to this initiative, visit <https://publicaffairs-sme.com/Community/give/>.

## Exchange helps make PCS season quick and simple with online resources

By AAFES public affairs

DALLAS— As military members and families receive their Permanent Change of Station (orders, the Army & Air Force Exchange Service makes sure they have everything they need for a smooth move.

The Exchange’s online PCS headquarters has resources for every step of the move. Military members and families can use the QR code to:

- Download a PCS checklist, which covers the to-do’s from three months before the move right up to the day of arrival.
- Shop tax-free online for storage, luggage, vacuums, cleaning supplies, linens, dining and cookware, home security, furniture, office supplies and more.
- Visit the Mobile Center to shop for new cell-phones and services.
- Set up TV and internet for the new home.
- Shop appliances from The Home Depot tax-free and with free delivery within CONUS on orders more than \$396.
- Purchase in-home assembly and installation services from top-rated professionals in CONUS including home maintenance, smart home and home entertainment setup, moving and more.



“PCSing can be a chaotic time when you don’t know the right tips,” said Air Force Chief Master Sgt. Rich Martinez, the Exchange’s senior enlisted advisor. “The Exchange’s PCS headquarters provides quick and convenient resources to reduce the stress of an already hectic move.”

PCSing military shoppers can save on their move through the Exchange:

- Use the Military Star card to access special deals like 10% off first day purchases for new card members. For more information, visit

<https://aafes.media/militarystar25>.

- View weekly sales flyers and sneak previews of upcoming sales at [ShopMyExchange.com/cp/static-pages/weekly-ads](https://shopmyexchange.com/cp/static-pages/weekly-ads).
- Receive 10% military discount pricing on car rentals with Enterprise and Sixt.
- Save 15% on storage solutions and 10% on moving services with PODS® Moving & Storage. (Conditions may apply.)
- Shop for a vehicle overseas with Military AutoSource using exclusive overseas military benefits.

## Exchange and Army Emergency Relief roll out special 250 Army birthday donation

By AAFES public affairs

DALLAS — As the nation celebrates the Army’s 250th birthday, the Army community can make a big difference with a small symbolic gift while shopping at the Post Exchange in June.

In recognition of the oldest U.S. armed service branch’s 250th birthday on June 14, authorized shoppers can make a \$2.50 donation to Army Emergency Relief at Army & Air Force Exchange Service in-store registers, including self-checkout, throughout the month of June.

Army Emergency Relief was founded in 1942 by then-Secretary of War Henry Stimson and Army Chief of Staff Gen. George Marshall. It supports Soldiers, retired Soldiers and Army families by helping alleviate financial stress and promoting economic stability.

“Through zero-interest loans, grants and educational scholarships, AER assists Soldiers facing financial hardship,” said retired Sgt. Maj. of the Army Michael A. Grinston, AER CEO. “As the Army marks 250 years of bravery and service, AER is ‘Honoring the Past — Securing the Future and encouraging all Soldiers and Soldiers For Life to make a special \$2.50 donation on their next visit to the PX.”

In 2024, Exchange shoppers donated more than \$2.7 million to AER, the Air Force Assistance Fund and Navy-Marine Corps Relief Society. Since 2017, donations to all three have totaled nearly \$11.8 million.

“Today’s modern Exchange benefit began



ARMY  
EMERGENCY  
RELIEF

**FAMILY > SERVING < FAMILY**  
*...because there are times when we all need a helping hand.*

Your contribution provides critical support to fellow military members and their families.  
Donate at the register to Army Emergency Relief

  
EXCHANGE

as the Army Exchange Service,” said Tom Shull, Exchange Director/CEO. “Our connection to the U.S. Army mission, and the heroes and families that serve in its ranks, goes back nearly 130 years. We are truly honored to do our part to offer this special donation option as the Army celebrates 250 years of sacrifices, achievements and the true spirit of American warriors.”

To learn more about the Exchange’s support for military assistance funds, visit <https://publicaffairs-sme.com/Community/give>. To learn more about AER, go to <https://www.armyemergencyrelief.org>.

TIRED OF USING

SELF-CHECKOUT?

Why stand in long self checkout lines?

Effective immediately, standard checkout lanes offer you the option of bagging your own groceries or requesting a bagger to do it for you. Just let your cashier know which you prefer.

This option is a great way to expedite and improve your overall shopping experience at your Fort Johnson Commissary.

For more information call 337-423-4830



A promotional poster for Warrior Lanes' Happy Birthday Special. The background features a young girl with a pink party hat and glasses, looking at a birthday cake with lit candles. The text is overlaid on the image. In the top right corner, there are three small circular logos: a red one with a white star, a blue one with a white star, and a white one with a blue star.

**Warrior Lanes**  
**SPECIAL**

**Happy Birthday**

**TELL US IT'S YOUR BIRTHDAY AND GET 1 FREE GAME!**

FIRST COME FIRST SERVED WHEN LANES ARE AVAILABLE.  
MUST PRESENT ID TO WARRIOR LANES STAFF TO REDEEM.  
\*SHOES NOT INCLUDED\*

A promotional poster for Warrior Lanes' Lunch Special. The background features a bowling ball hitting a bowling pin, with a pizza and a glass of iced cola in the foreground. The text is overlaid on the image. In the top right corner, there are three small circular logos: a red one with a white star, a blue one with a white star, and a white one with a blue star.

**11am - 1 PM**  
**LUNCH SPECIAL**

**Warrior Lanes**  
**SPECIAL**

**1 FREE GAME PER PERSON WITH PURCHASE OF ANY COMBO MEAL**

FIRST COME FIRST SERVED WHEN LANES ARE AVAILABLE.  
OFFER NOT VALID ON WEEKENDS, TRAINING, OR FEDERAL HOLIDAYS.  
\*SHOES NOT INCLUDED\*



20  25

WANT TO HELP INCOMING SPOUSES?

**SPOUSE-2-SPOUSE**

**SPONSORSHIP TRAINING**

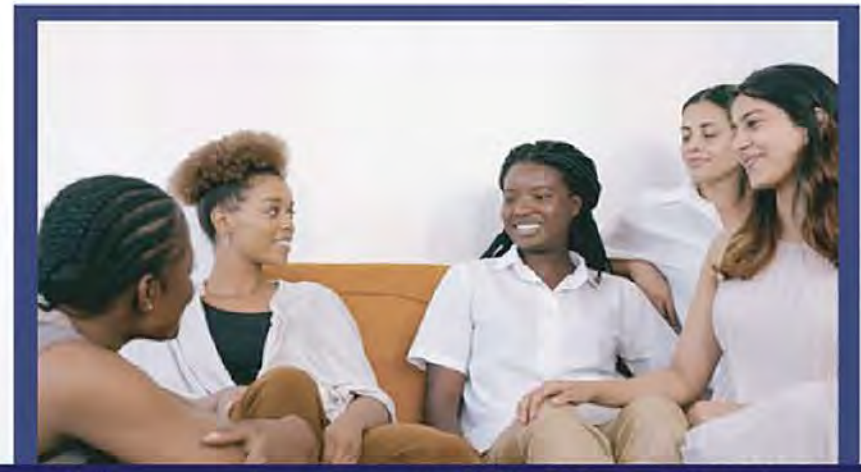


**Sept. 9 at 9.30 a.m.**

**June 17 at 5 p.m. and Dec. 9 at 5 p.m.**

**ACS is offering training for Fort Polk spouses to become sponsors who help incoming spouses with questions and resources before they arrive.**

**Also, Sponsors will get volunteer hours for their time!  
We want all that PCS here to feel like part of the Fort Polk family!**



**Class is held at ACSPC, Bldg 920.  
Call 726-780-1073 for more information.**

# JUNE IS SAFETY MONTH



Be safe! Your family is waiting for you



June is **National Safety Month**, a time dedicated to raising awareness about workplace hazards and reinforcing a culture of safety. For workers, it means focusing on:

- Preventing injuries** by following proper safety procedures
- Recognizing risks** in daily tasks—whether in the office, field, or warehouse
- Speaking up** and reporting any unsafe conditions or near misses
- Refreshing knowledge** through safety training, reminders, and monthly/quarterly safety briefings
- Protecting coworkers** by watching out for one another

Ultimately, it's a reminder that **safety isn't just a policy, it's a personal responsibility**. Every safe choice you make helps ensure everyone goes home at the end of the day.



**Contact the Garrison Safety Office for additional information at (337)531-SAFE or (726)780-1087**

## REPORT ALL MISHAPS

Employees should report all mishaps to their supervisors and safety for the following key reasons:

- 1.Prevent Future Injuries** – Reporting allows safety personnel to identify hazards and take corrective actions before someone else gets hurt.
- 2.Regulatory Compliance** – It ensures the organization meets legal and Army/OSHA reporting requirements.
- 3.Accurate Risk Assessment** – Even minor mishaps contribute to trend analysis and help improve safety planning.
- 4.Medical and Workers' Comp Support** – Prompt reporting ensures proper documentation for treatment and compensation, if needed.
- 5.Promotes a Safety Culture** – It shows that safety is a shared responsibility, and everyone plays a role in protecting the team.



**Contact Emergency Services first! Then your supervisor and then Garrison Safety Office (GSO). For additional information call GSO at (337)531-SAFE or (726)780-1087**



# Disaster Relief Kit

## By NOAA

WASHINGTON — After an emergency, you may need to survive on your own for several days. Being prepared means having your own food, water and other supplies to last for several days. A disaster supplies kit is a collection of basic items your household may need in the event of an emergency.

Make sure your emergency kit is stocked with the items on the checklist below. Download a printable version to take with you to the store. Once you take a look at the basic items consider what unique needs your family might have, such as supplies for pets or seniors.

### Basic Disaster Supplies Kit

To assemble your kit store items in airtight plastic bags and put your entire disaster supplies kit in one or two easy-to-carry containers such as plastic bins or a duffel bag.

A basic emergency supply kit can include the following recommended items:

- Water (one gallon per person per day for several days, for drinking and sanitation)
- Food (at least a several-day supply of non-perishable food)
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert
- Flashlight
- First aid kit
- Extra batteries
- Whistle (to signal for help)
- Dust mask (to help filter contaminated air)
- Plastic sheeting, scissors and duct tape (to shelter in place)
- Moist towelettes, garbage bags and plastic ties (for personal sanitation)
- Wrench or pliers (to turn off utilities)
- Manual can opener (for food)
- Local maps
- Cell phone with chargers and a backup battery

air)

### Additional Emergency Supplies

Consider adding the following items to your kit based on your individual needs:

- Soap, hand sanitizer and disinfecting wipes to disinfect surfaces
- Prescription medications. About half of all

Americans take a prescription medicine every day. An emergency can make it difficult for them to refill their prescription or to find an open pharmacy. Organize and protect your prescriptions, over-the-counter drugs, and vitamins to prepare for an emergency.

- Non-prescription medications such as pain relievers, anti-diarrhea medication, antacids or laxatives

- Prescription eyeglasses and contact lens solution

- Infant formula, bottles, diapers, wipes and diaper rash cream

- Pet food and extra water for your pet

- Cash or traveler's checks

- Important family documents such as copies of insurance policies, identification and bank account records saved electronically or in a water-proof, portable container

- Sleeping bag or warm blanket for each person

- Complete change of clothing appropriate for your climate and sturdy shoes

- Fire extinguisher

- Matches in a waterproof container

- Feminine supplies and personal hygiene items

- Mess kits, paper cups, plates, paper towels and plastic utensils

- Paper and pencil

- Books, games and puzzles for children

### Maintaining Your Kit

After assembling your kit remember to maintain it so it's ready when needed:

- Keep canned food in a cool, dry place.
- Store boxed food in tightly closed plastic or metal containers.
- Replace expired items as needed.
- Re-think your needs every year and update your kit as your family's needs change.

### Kit Storage Locations

Since you do not know where you will be when an emergency occurs, prepare supplies for home, work and cars.

- Home: Keep this kit in a designated place and have it ready in case you have to leave your home quickly. Make sure all family members know where the kit is kept.

- Work: Be prepared to shelter at work for at least 24 hours. Your work kit should include food, water and other necessities like medicines, as well as comfortable walking shoes, stored in a "grab and go" case.

- Car: In case you are stranded, keep a kit of emergency supplies in your car.



## SURVEY June 16-27

### HELP US IMPROVE THE GARRISON WORKFORCE!

We care about what you think!

Answer this quick survey to let us know what matters to you and how we can improve internal communications within the Garrison workforce.

#### Supervisory Survey

URL:

<https://forms.osi.apps.mil/r/2NBu952SCH?origin=lprLink>

#### Non-Supervisory Survey

URL:

<https://forms.osi.apps.mil/r/RmtHGudJkL?origin=lprLink>





Mayor & Mrs. Nicholas E. Hunter and the  
Mayor's Armed Forces Commission  
invite you to the 17th Annual



# *Patriot's Ball* **of Louisiana**

**Saturday | June 28, 2025**

**L'Auberge Casino Grand Ball Room**

777 Avenue L'Auberge | Lake Charles, LA 70601

**Social 5:00 | Dinner 6:00**

## **Attire**

**Civilian:** Coat & Tie/Formal

**Military:** Mess Dress, Class A,  
or Coat & Tie

This event is open to any person who loves, supports,  
and defends his or her country with devotion.

*Discounted rate for active duty, reserve, and national guard members E-6 or below.*

*For details contact Tanya at (337)491-1383 or email [Tanya.Senegal@cityoflc.us](mailto:Tanya.Senegal@cityoflc.us)*



## *Fourth Fest*

Food - Fun - Fireworks - Friends

*The City of DeRidder invites you to a  
hometown July 4th celebration!*

*5 p.m. to 10 p.m.*

*Friday, July 4*

*Beauregard Parish Fairgrounds*

