



WARRIOR INFORMATION EXCHANGE (WIE)

JRTC & FORT POLK &
U.S. ARMY GARRISON FORT POLK

June 03, 2026

Location: JRTC & Fort Polk Warrior Center (Bldg. 352)



MG Jason Curl
Commander
JRTC & Fort Polk

CSM Oracio Pena
Post CSM
JRTC & Fort Polk

COL J. Adam Barlow
Garrison Commander
JRTC & Fort Polk

CSM Antonio Paparella
Garrison CSM
JRTC & Fort Polk



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
			10:00 AM Warrior Information Exchange at Warrior Center 11:00 AM MSC Commander's/CSM Luncheon at CG's Pub	8:00 AM Army Ten Miler Qualifier #2 at Marion Bonner 12:00 PM Newcomers Brief at ACS BLDG 920	8:00 AM GC Golf Tournament at WHGC 9:30 AM JRTC and Fort Polk PCSM Change of Responsibility at Warrior Field 6:00 PM No More MRE's FEST at HoH	9:00 AM Powerlifting Competition at HoH 1200 PM Swimming Lessons at SFC Guess Pool 3:30 PM Bass Fishing Tournament at TBRA
			RSOI RTN 26-08 (116 IBCT, VAARNG) 31 MAY -9 JUN 2026			
7	8	9	10	11	12	13
		9:00 AM Giant Voice Test 9:30 AM 3/10 MTN CoC at MTN Field 11:30 AM Storytime at Allen Memorial Library	8:15 AM Montly PCS Breakfast at Patriot Warrior Restaurant 1:00 PM PCSM SCRUM at the CCR 5:00 PM Wednesday Night Golf at WHGC 5:30 PM Gamer Nights at Warrior Lanes	12:00 PM Newcomers Brief at ACS BLDG 920 5:00 PM STEAM Education at Allen Memorial Library	9:30 AM 710 BSB CoC at MTN Field 10:30 MAY/JUN Installation Retirement Ceremony at Warrior Center	8:00 AM Amazing Race at 1325 Bell Richard Ave BLDG 825 9:00 AM Military Spouse Business Market at Warrior Center
RSOI RTN 26-08 (116 IBCT, VAARNG) 31 MAY -9 JUN 2026			FoF RTN 26-08 (116 IBCT, VAARNG) 10-23 JUN 2026			
14	15	16	17	18	19	20
9:00 AM Military Spouse Business Market at Warrior Center		11:30 AM Storytime at Allen Memorial Library 2:00 PM Immigration Citizenship Ceremony BLDG 920	10:00 AM (T) MICC CoC Location TBD 5:00 PM Barracks Town Hall at 2-2 IN BN; BLDG 1154	9:00 AM (T) 32 HC CoC at Spike Field 12:00 PM Newcomers Brief at ACS BLDG 920	8:00 AM BOSS MALL Meet Up - Houston Trip BJACH Minimal Services	
251ST ARMY BIRTHDAY						
Juneteenth Observance 19-22 JUN 2026						
21	22	23	24	25	26	27
FATHER'S DAY	BJACH Minimal Services	11:30 AM Storytime at Allen Memorial Library	5:00 PM Wednesday Night Golf at WHGC 5:30 PM Gamer Nights at Warrior Lanes	12:00 PM Newcomers Brief at ACS BLDG 920 4:00 PM EFMP Play Time at Play Town and Cafe	11:30 AM Storytime at Allen Memorial Library	
Juneteenth Observance 19-22 JUN 2026						Summer Block Leave 27 JUN - 15 JUL 2026
FoF RTN 26-08 (116 IBCT, VAARNG) 10-23 JUN 2026			R-RSOI RTN 26-08 (116 IBCT, VAARNG) 24 JUN -1 JUL 2026			
28	29	30				Legend: 29 MAY 26 JRTC & Fort Polk Event MSC Event MWR Event BOSS Event Community Event
		11:30 AM Storytime at Allen Memorial Library				
Summer Block Leave 27 JUN - 15 JUL 2026						
R-RSOI RTN 26-08 (116 IBCT, VAARNG) 24 JUN -1 JUL 2026						



G3 Calendar – JULY 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Legend: 29 MAY 26			1	2	3	4	
JRTC & Fort Polk Event			5:00 PM Wednesday Night Golf at WHGC		8:00 AM GC Golf Tournament WHGC	3:30 PM Bass Fishing Tournament at TBRA	
MSC Event			5:30 PM Gamer Nights at Warrior Lanes		11:30 AM Storytime at Allen Memorial Library		
MWR Event							
BOSS Event			Independence Day Holiday Observance 3-6 JUL 26				
Community Event			3/10 MTN Block leave 3-19 JUL 26				
Summer Block Leave 27 JUN - 15 JUL 2026							
5	6	7	8	9	10	11	
			5:00 PM Wednesday Night Golf at WHGC	5:00 PM STEAM Education at Allen Memorial Library	11:30 AM Storytime at Allen Memorial Library		
			5:30 PM Gamer Nights at Warrior Lanes				
Independence Day Holiday Observance 3-6 JUL 26			3/10 MTN Block leave 3-19 JUL 26				
Summer Block Leave 27 JUN - 15 JUL 2026							
12	13	14	15	16	17	18	
	11:30 AM Storytime at Allen Memorial Library		5:00 PM Wednesday Night Golf at WHGC	12:00 PM Newcomers Brief at ACS BLDG 920	9:30 AM 1-5 AV REGT CoC at 1-5 Hangar		
			5:30 PM Gamer Nights at Warrior Lanes		11:30 AM Storytime at Allen Memorial Library		
					6:00 PM Military Spouse Business Market at HQ Field		
					6:00 PM Outdoor Movie Night at HQ Field		
3/10 MTN Block leave 3-19 JUL 26							
Summer Block Leave 27 JUN - 15 JUL 2026							
19	20	21	22	23	24	25	
		10:30 AM CG's Quarterly Excellence Awards at WC	9:00 AM PCSM SCRUM at the CCR	12:00 PM Newcomers Brief at ACS BLDG 920	11:30 AM Storytime at Allen Memorial Library		
		11:30 AM Storytime at Allen Memorial Library	5:00 PM Wednesday Night Golf at WHGC	4:00 PM EFMP Play Time at Play Town and Cafe	4:30 PM Right Arm Night at CGs's Pub		
		6:00 PM Volunteer of the QTR (3rd) at WC	5:30 PM Gamer Nights at Warrior Lanes				
26	27	28	29	30	31		
		11:30 AM Storytime at Allen Memorial Library	5:00 PM Wednesday Night Golf at WHGC	12:00 PM Newcomers Brief at ACS BLDG 920	10:30 AM Installation Retirement Ceremony at Warrior Center		
			5:30 PM Gamer Nights at Warrior Lanes	4:30 PM Installation Services Fair at Warrior Center	11:30 AM Storytime at Allen Memorial Library		
					4:30 PM Friday Night Live at the Anvil Bar		
					7:00 PM Dueling Pianos at the Anvil Bar		



Name: Paul Dructor; Directorate: ACoS, G3; Phone #: 5206729803 ; Email: paul.j.dructor.civ@army.mil

FORT POLK FIRST!



JUNE 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5 No More MRE's Fest 1800-2000	6 Sink or Swim: Swimming Lessons at SFC Guess Pool 1200-1400
7 Soul Soup Kitchen in Deridder 1630-1800	8	9 BOSS Meeting 1300	10	11	12	13
14	15	16	17	18	19 Mall Meetup: BOSS Edition Houston 0700	20 Humane Society in Deridder 0900-1200
21	22	23 BOSS Rep Training 1300	24	25	26 BOSS Trivia/ Karaoke Night @ Anvil Bar 1830-2200	27 Block Leave starts
28	29	30				

Name: SGT Morgan Spurlock
 Directorate: Better Opportunities for Single Soldiers
 Phone #: 337-378-3236
 Email: morgan.m.spurlock.mil@army.mil



Scan QR
code to
signup

Green: Community Service
 Blue: Leisure & Recreation
 Yellow: Life Skills
 Blue: Quality of Life



- Scouting America known as Scouts BSA, Troop 3106 and Cub Scout Pack 3106, Fort Polk is Chartered by Veterans of Foreign Wars , Old Stage Post 3106 , Leesville, LA 71446
- The Troop is a “Family Troop”. Families are encouraged to participate in activities, hiking, camping, canoeing and exploration as well as Scout training and Merit Badge activities. Parents are active participants, all registered leaders for both Cubs and Scouts receive Leadership and Youth protection training and have completed background checks before engaging with Scouts
- Elected youth lead their troop and run the meetings at the guidance of the Scoutmaster and other adult leaders. Unlike Cub Scouts, Scouts BSA is a youth program planned mainly by the Scouts, not the parents.



Name: Steve Humphries
 Directorate: NFE, COR VFW 3106
 Phone #: 337 487 7190
 Email: sdhump45@yahoo.com

- Cub Scouts are boys and girls are Grade Kindergarten through Grade Five-



Lion – Kindergarten



Tiger - First Grade



Wolf - Second Grade



Bear -Third Grade



Webelos - Fourth Grade



Arrow Of Light- Fifth Grade

- The Cub Scouts are organized into “Packs” and “Dens” by rank, and as the Cubs move in School they move up in Dens, all registered leaders are trained



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Points of Contact

Scouting America BSA

- The Troop Meets every Tuesday night at the Fort Polk Scout “hut” Building 744 at 1800, Youths ages 11 to 18 are welcome to attend, as well Parents and Adults
Troop 3106 Scoutmaster : Mr Matthew Haller , 337-304-0527
Troop 3106 Committee Chair: Mr Chris Prichard 910-986-1228

Cub Scouts

- The Cub Scouts Meet each Monday at 1800 at the Scout “Hut “ bldg. 744 Parents, Friends are welcome
Pack 3106 Cubmaster: Mr. Mike Winn 940 - 391- 0710
Pack 3106 Committee Chair: Ms. Brittani Bell 208 -709 – 9261

Chartered Organization Representative (COR) VFW 3106
Steve Humphries , 337-487-7190

beascout_QR



Troop 3106_Facebook_QR



Name: Steve Humphries
Directorate: NFE, COR VFW 3106
Phone #: 337 487 7190
Email: sdhump45@yahoo.com

Join our Newsletter!

Exclusive content, event reminders, and more

TOLEDO BEND ARMY RECREATION PARK

MONTHLY BASS TOURNAMENTS

1ST SATURDAY OF EVERY MONTH
JUNE - SEPTEMBER
REGULAR GAM START TIMES WILL BEGIN IN OCTOBER

NIGHT TOURNAMENTS

REGISTRATION
3:00PM - 5:00PM

WEIGH-IN DEADLINE
11:30PM

ALL PARTICIPANTS MUST REGISTER DURING THIS TIME.

PARTICIPANTS MUST BE BACK AT THE BOAT HOUSE BY 11:30PM.

NOBODY PAST 11:30PM WILL BE ABLE TO WEIGH IN.

BIG BASS. BIG PRIZES. GREAT COMPETITION. BUILD CAMARADERIE. ARMY STRONG.

GRAB YOUR PARTNER. LIGHT UP THE NIGHT. CATCH THE BIG ONE.

SEE YOU ON THE WATER!

SFC Guess Jr. Pool

Summer HOURS OF OPERATION

Enjoy the sun. Make a splash. Stay active.

DAY	TIME	ACTIVITY
MONDAY	CLOSED	
TUESDAY - FRIDAY	6:30 AM - 8:00 AM	PT
	8:30 AM - 11:00 AM	UNIT TRAINING (RSVP ONLY)
	11:30 AM - 1:00 PM	LAP SWIM
	1:00 PM - 7:00 PM	REC SWIM
SATURDAY & SUNDAY	11:00 AM - 7:00 PM	REC SWIM

Look for our Daily Lunch Special posted on Facebook, All Users & Distro lists!

THE FORGE BAR & GRILL

Daily Lunch Special

Call your order in now!
726-780-0464

LUNCH BREAK!

BBQ Chicken
Pizza &
Wings
\$15
with drink

CHOOSE YOUR TRAIL. CHOOSE YOUR RIDE.

MAY 1 THROUGH SEP 30

ARMY GOR HIKING BIKING CHALLENGE

Eligible Participant with the Highest Mileage Wins a 3 Night stay in Seoul or Germany at an AFRC!

Night Tournaments start **THIS** Saturday at **Toledo Bend Army Recreation Park**

Mrs. Jessica Gray,
DFMWR
Marketing Manager
Jessica.l.gray49.naf@army.mil

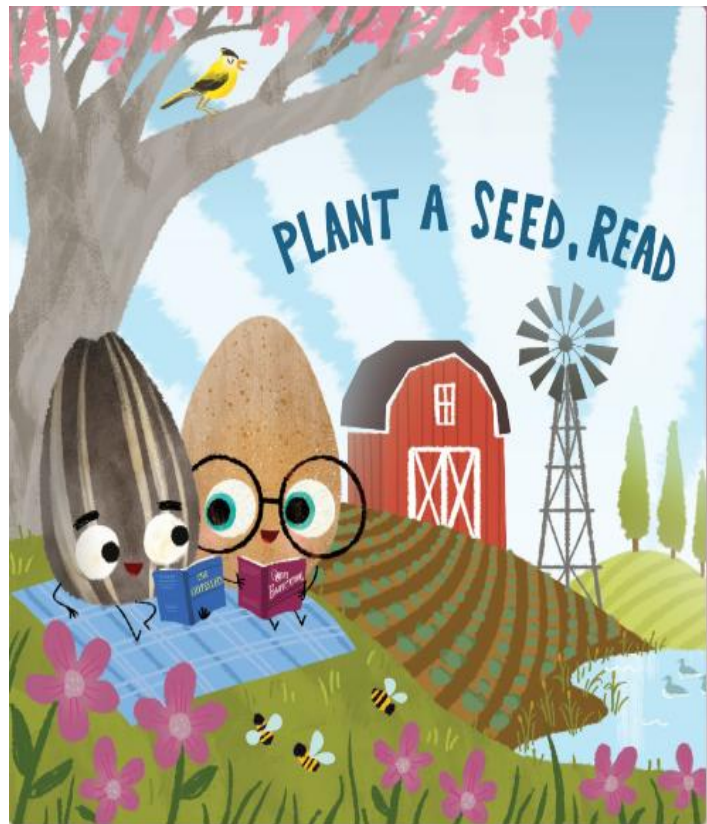
Fort Polk MWR Website
polk.armymwr.com

For the latest updates,
please visit Fort Polk Family MWR at:
<https://www.facebook.com/fortpolkmwr>



24/7 Gyms Orientation & Registration information will be at Wheelock Fitness Center





Linda Bringan
DFMWR
726-780-1088
linda.k.bringan.naf@army.mil

SUMMER READING PROGRAM (SRP)

5 June – 28 August 2026

Plant a Seed, READ!

- The Library's most anticipated event of the year!
- Earn Rewards for Reading!
- For all eligible Pre-Readers, Children, Teens, and Adults
- Library URL: polk.armymwr.com/programs/libraries
- Register at Library or online: allenmemorial.beanstack.org
- Count number of **minutes** read. Log/track reading online:
Read 300 per week; Certificate for 2100 minutes read
- Pick up prize weekly (while supplies last)
- Attend Fun Activities (Children earn Treasure Chips):
 - StoryTimes, STEAM, Escape Room, Puzzle Swap
 - Crafts, Mosaics, Vase Painting
 - Poet-Tree, Guessing Jar

PREVENT SUMMER SLIDE

HAVE FUN READING!

EARN PRIZES!



ALLEN MEMORIAL LIBRARY



FORT POLK FIRST!

Installation Campaign Coordinators:

MAJ DiDonato, Davis

MSG Butcher, Bruce

A huge thank you to those who have donated!

Fort Polk Donation as of 26 MAY 2026)

\$17,706.00 from Active Duty

\$17,341.00 from Retirees

\$5,431.00 from others



Fort Polk Assistance as of 26 MAY 2026

\$70,660.30 in total assistance

\$17,959.39 in grant only

\$15,738.29 combination of loan and grant

Fort Polk donors have been GENEROUS with an average donation of \$150.48 (As of 26 MAY 2026)

Every dollar counts!

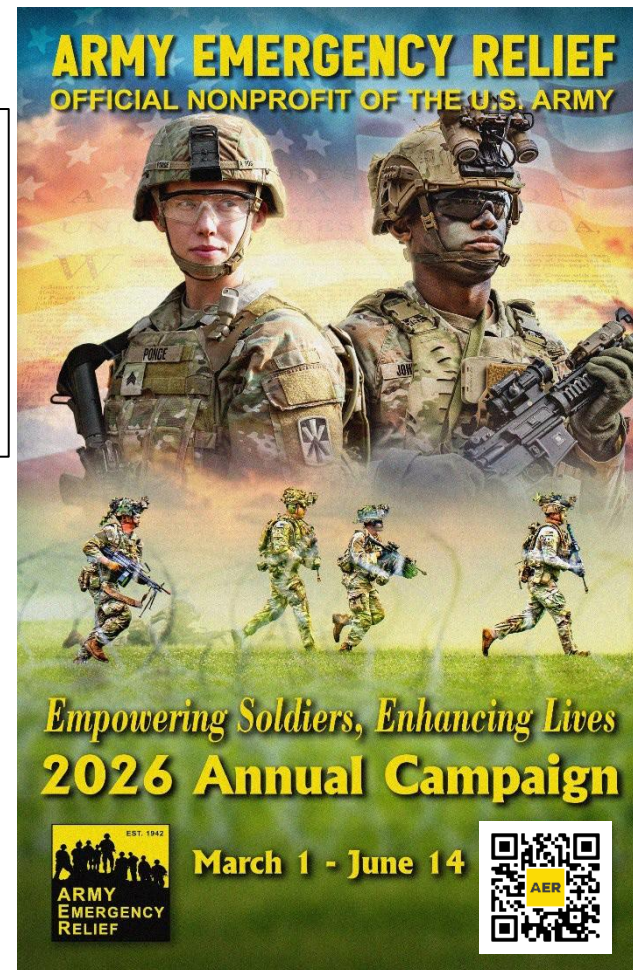
FINAL Unit Representative Monthly Meeting – 5 June 2026 @ 0930

Name: Katie Davis

Directorate: DFMWR

Phone #: 520-706-2539

Email: katie.r.davis.civ@army.mil



2026 Countdown: 12 days left until end of Campaign

Disaster Assistance Planning

“Be AER Ready”

Proactive preparation saves time during actual crisis events

1

Soldier's Should Know Their Financial Status

Set aside emergency funds in advance

2

Know That AER Is Here To Help

3

Create An Online Portal Account

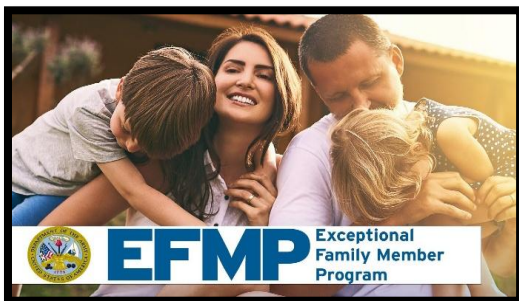
Pre-register at armyemergencyrelief.org (5-7 mins)

Scan QR code to get started



Portal pre-registration is the #1 readiness action for Soldiers and Families

Name: Katie Davis
Directorate: DFMWR
Phone #: 520-706-2539
Email: katie.r.davis.civ@army.mil



PCS Season

How can we help?

Outgoing Transition

- Warm hand-off and POC to next installation
- Reminders on securing medication refills, medical records, school records
- Connection to School Liaison Officers (SLO)
- Brainstorm supports needed for transition: referrals, housing accommodations, specialty care, etc.
- Preparing an EFMP binder
- Discuss supports still available if retiring or transitioning out of service

Incoming Transition

- Important installation POC numbers
- Guidance for new Military Families on initiating care
- Connection to available supports:
 - Nurse case management, School Liaison Office, community specialty care options, Social Security & Disability, EFMP specific events
- Address concerns for care
- Guidance to initiate enrollment

Important factors:

- EFMP enrollments—must be updated if due to expire within 9 months of PCS move.
- Family Member Travel Screen (FMTS)—MUST be completed for ALL dependents on OCONUS orders.
 - Each dependent must have annual physical within last 12 months
 - Screens completed virtually
 - This is a process. Initiate 6 months prior.
 - **Hard Orders will not be received until cleared—delays passports, transportation arrangements, etc.*



Name: Christina Barrett
 Directorate: DFMWR/ACSPC/EFMP
 Phone #: 571-644-4204
 Email: christina.l.barrett2.civ@army.mil
usarmy.polk.id-readiness.mbx.efmp-support-services@army.mil



ACSPC

Chris Barrett
Program Coordinator
571-644-4204 or
726-780-1162
christina.l.barrett2.civ@army.mil

ACSPC

Ethel Jones
System Navigator
520-706-2549
ethel.m.jones46.ctr@army.mil

BJACH

Tammy Summers
Health Systems Specialist
(FMTS/EFMP)
726-780-2169
tammy.k.summers.civ@health.mil

Name: Christina Barrett
Directorate: DFMWR/ACSPC/EFMP
Phone #: 571-644-4204
Email: christina.l.barrett2.civ@army.mil
usarmy.polk.id-readiness.mbx.efmp-support-services@army.mil

★ U.S. ARMY DFMWR – Child and Youth Services (CYS)

School Support Services

PCSing, going to kindergarten or college, or changing school districts?

Let us help!!!!

Middle School and Teen Program

****EVERY THURSDAY****

Swim Day @ SFC Guess Pool

Field Trip Series \$25 fee:

Register @ CYS Operations BLDG:924

3 JUN Natchitoches Alligator Park

10 JUN Lafayette Top Golf

17 JUN Gumbo Gator Baseball Game (Lake Charles)

Need a Ride to MST?

-Neighborhood Shuttle Bus Route-

See flyer for details

CYS Sports

Camp Warrior Sign-Up

*15-19 JUN 4th-6th grade

*13-17 JUL 6th-12th

Week-Long: Summer Day Camps

-See flyer for session themes, times, and locations-



CYS Events Open to ALL Kids:

TBD July Musical and Cultural Arts Camp

Parent Central Services:

School Age Children-Summer Camp Care

*Request care through militarychildcare.com

Want to work from home?

Become a FCC provider!

Find Out More About Family Childcare
Reach Out to CYS Outreach Director

Name: CYS: Crissy Turner, Outreach Director, Tiffany Koch, School Liaison Officer
Directorate: Family Morale, Welfare, and Recreation (DFMWR)
Phone #: (CYS Outreach) 726-780-1076 (SLO) 726-780-1402
Email: crissy.a.turner.naf@army.mil; FortPolk_SchoolLiaison@army.mil

FORT POLK FIRST!



U.S. ARMY DFMWR – School Support Services (CYS)

How can we help?

We can help; we will work towards a smoother school transition process by facilitating communication between: service members, schools, and gaining installation.



Tiffany Koch
Lindsay Sloggett
726-780-1402

FortPolk_SchoolLiaison@army.mil

What are some things the Compact covers?

- Course & Educational Program Placement
- Special Education Services
- Absence Related to Deployment Activities
- Eligibility for Student Enrollment
- Eligibility for Extracurricular Participation
- Placement Flexibility
- *Waiving courses required for graduation if similar coursework has been completed
- *Flexibility in accepting state exit or end-of-course exams, national achievement tests, or alternative testing in lieu of testing requirements for graduation in the receiving state
- *Allowing a student to receive a diploma from the sending school instead of the receiving school



Outgoing Transistion

- Points of Contact at new installation
- Brainstorm questions to ask, based on your Family's needs
- MIC3 Compliance
- Closing out school record

Incoming Transistion

- Academic, Athletics, and Activities
- Zoning and Attendance Questions
- MIC3 Compliance
- Policy and Procedure Clarification
- Early Childhood Connections
- Volunteer and Partnership Info
- Youth Sponsorship (schools and on-post)

Unenrolling Information

- Complete all end-of-year testing before disenrolling! Most states require a test to ensure students are "grade level ready" for the next grade.
- Each district will set a "1st day to finalize records with military orders". If you attend outside BPSB or VPSB please reach out to our office for guidance.
- We encourage you to defer to meet this deadline to ensure grade level completion.



Name: Lindsay Sloggett and Tiffany Koch, School Liaison Officer
Directorate: Family Morale, Welfare, and Recreation (DFMWR)
Phone #: (SLO) 726-780-1402
Email: FortPolk_SchoolLiaison@army.mil

FORT POLK FIRST!

TICK BITTEN?

DON'T WAIT - TEST IT!



TINY TICK. BIG IMPACT.
Knowing more can help protect your health.

MILTICK PROGRAM

TICK SUBMISSIONS ACCEPTED THROUGH ENVIRONMENTAL HEALTH.

Found a tick attached to you after training, hiking, field exercises, or other outdoor activities? **Bring the tick to Environmental Health.**
We will send it off to be tested through the MITICK program.

WHAT TO DO:	WHY PARTICIPATE?	DO NOT:
1. CAREFULLY REMOVE the tick with tweezers.	Identify possible tick-borne diseases	CRUSH THE TICK
2. PLACE THE TICK in a sealed bag or container.	Protect your health	THROW IT AWAY
3. BRING IT TO ENVIRONMENTAL HEALTH	Support tick surveillance in our community	IGNORE THE TICK OR DISMISS A BITE
	Help us learn about disease-carrying ticks in the area	

BRING TICKS TO: ENVIRONMENTAL HEALTH OFFICE
Building 253
Between the hours of 0900 and 1500, Mon-Fri.

QUESTIONS? CONTACT ENVIRONMENTAL HEALTH | **EMAIL:** usarmy.polk.medcom-bjach.mbx.environmental-health@health.mil

FOLLOW OUR SOCIALS

Facebook, Instagram, LinkedIn, and QR codes for each platform.

Name: Jean Clavette Graves
Directorate: BJACH
Phone #: 337-424-0863
Email: jean.c.graves.civ@health.mil

BREAK FREE FROM TOBACCO

There is no day like today to quit. Quitting has never felt so good.

DO YOU KNOW?

- Tobacco use is the leading cause of preventable death.
- It raises your risk for heart disease, lung cancer, the spread of cancer, heart disease, stroke, diabetes, and chronic lung disease.
- Quitting tobacco is the best thing you can do for your health.
- It's not too late! Quitting at any age can improve your health & increase your life.
- Smoke-free is cheaper. You'll save money & breathe easier.
- Support is proven to increase your chances of success.
- We're here to help you take the first step toward a healthier, tobacco-free life.

TABACCO PRODUCTS INCLUDE:

- Cigarettes (all types)
- Pipe Tobacco
- Smoked Tobacco (chew, snuff, dip, snus)
- Hookah (waterpipe)
- E-Cigarettes (vaping, e-hookahs, e-pipes)
- And much more.

OTHER TOBACCO PRODUCTS WE PROVIDE SUPPORT:
Cigars, cigarettes, hookah (waterpipe), electronic cigarettes, smokeless tobacco (chew, snuff, dip, snus), and more.

CONTACT US:
726-706-1146
Health Promotion Services
1585 9th Street, bldg 285
Fort Polk, LA 71459

RESOURCES TO HELP YOU QUIT:
TRICARE Tobacco Cessation Resources (TRICARE.mil)
YOU QUIT 2
Learn more at tricare.mil/quitasking
Public Health

FOURTH ANNUAL FAMILY HEALTH FAIR

Breastfeeding Awareness Month

SATURDAY, AUGUST 8, 2026 | 8 A.M. - NOON | OPPORTUNITY DRAWINGS EVERY 30 MINUTES | BJACH ENTRANCE A

This is a FREE post-wide family health fair for expecting, new and seasoned parents to learn more about community resources.

- LACTATION SUPPORT
- NEW PARENT SUPPORT PROGRAM
- SAFE SLEEP
- WOMEN, INFANTS & CHILDREN (WIC)
- P3T PROGRAM
- BEHAVIORAL HEALTH (POSTPARTUM)
- FAMILY ADVOCACY
- FACE PAINTING, BOUNCE HOUSE, PHOTO BOOTH, POPCORN, KID GAMES, BALLOONS AND MORE.

Continental Breakfast and food available for purchase

BATS & RABIES

DON'T TAKE THE RISK

Rabies is almost always fatal once symptoms begin, but it is preventable with prompt treatment. **WHEN IN DOUBT, GET CHECKED OUT.**



BJACH
Bayne-Jones Army Community Hospital

BATS ARE THE #1 SOURCE OF RABIES IN LOUISIANA

From 2000-2023, Louisiana reported more rabid bats than any other animal species.

Bats accounted for 80 confirmed rabies cases—more than skunks (62) and dogs and cats combined (7).

Rabid bats have been found throughout Louisiana.

Bat rabies can spread to pets and humans.

YOU MAY NOT KNOW YOU WERE BITTEN

Bat bites can be very small and difficult to see.

ASSUME POSSIBLE EXPOSURE IF:

- A bat is found in a room with a sleeping member of household.
- A bat is found near someone who is intoxicated, unconscious, mentally impaired, or unable to report a bite.
- You had direct contact with a bat and cannot rule out a bite or scratch.

SIGNS THAT MAY INCREASE CONCERN

- Active during daylight hours
- Unable to fly
- Found in unusual locations
- Acting strangely

NEVER HANDLE BATS OR OTHER WILDLIFE.

WHAT TO DO IF EXPOSED TO A BAT

DO NOT WAIT FOR SYMPTOMS.

- Wash the area immediately with soap and water.
- GO DIRECTLY TO THE EMERGENCY ROOM.**
- Do not touch, pick up, or try to capture the bat.
- Notify authorities immediately.

PROTECT YOUR FAMILY & PETS

- Keep pets current on rabies vaccinations.
- Never handle bats or other wildlife.
- Teach children: "Love wildlife from a distance."
- Prevent bats from entering homes by sealing openings.
- Report stray animals and unusual wildlife behavior.

TAKE ACTION - SAVE A LIFE

FOR HOUSING
Call Corvias
337-537-5060

IN AN EMERGENCY
Call DPW
726-780-0991

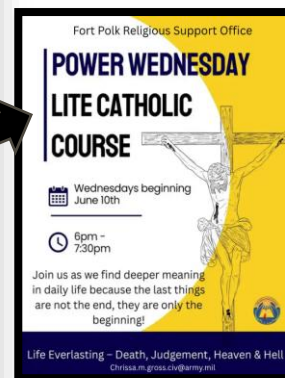
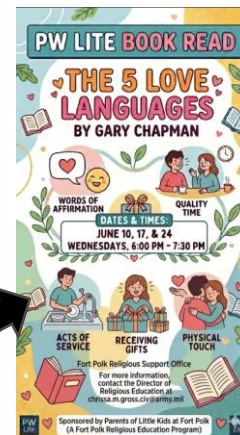
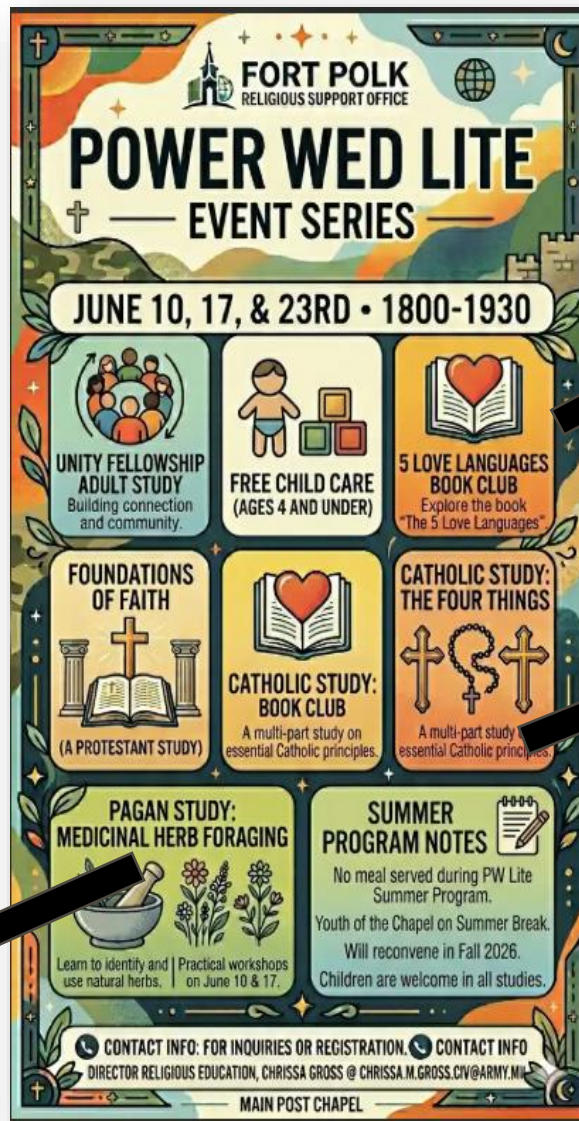
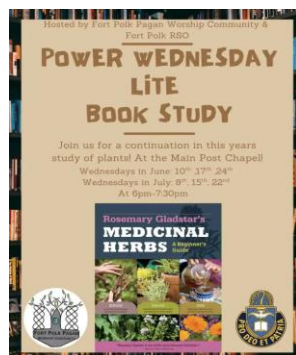
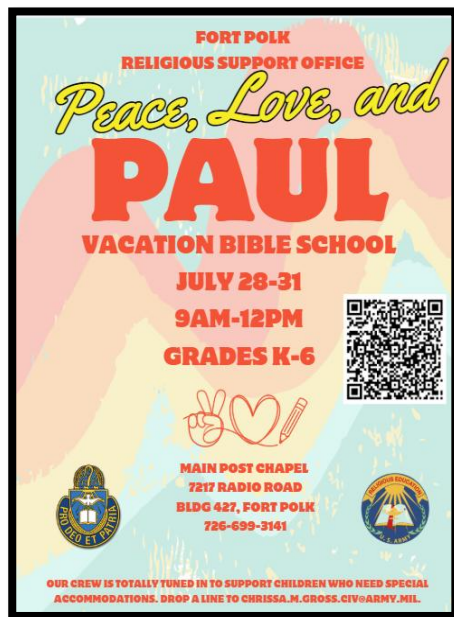
FOR THE BARRACKS
Scan the QR code for ARMA.

RABIES IS PREVENTABLE. EARLY TREATMENT CAN SAVE YOUR LIFE. WHEN IN DOUBT, GET CHECKED OUT.

REFERENCES:
• Louisiana Department of Health, Rabies Surveillance Reports, 2000-2023.
• Louisiana Office of Public Health Rabies Fact Sheet.
• Centers for Disease Control and Prevention (CDC), Rabies, <https://www.cdc.gov/rabies>
• World Health Organization (WHO), Rabies, <https://www.who.int/news-room/fact-sheets/detail/rabies>

Worship Schedule

- Tuesday, Wednesday & Thursday: Noon daily Mass at Main Post Chapel.
- Fridays: 2pm Jummah , Glory Chapel
- Sundays: 9am Catholic Mass, Main Post Chapel
- 1100am Protestant Worship Service, Main Post Chapel
- Litha: Pagan Worship service June 20th @ 5pm.



Chrissa M. Gross
Director, Religious Education.
Chrissa.m.gross.civ@army.mil
520-699-3141.

FORT POLK EXCHANGE[®]

UP COMING EVENTS

JUNE

- 🇺🇸 6/12 Summer Fun Run: Texas | 3-6 PM | Class 6
- ★ 6/12 Army 251st Birthday | 11-1 PM | MCS
- ★ 6/14 Army 251st Birthday | 11-1 PM | Main Store
- 👤 6/21 Father's Day | 11-1 PM | Main Store

JULY

- 🇺🇸 7/2 America 250th Birthday | 11-1 PM | MCS
- 🇺🇸 7/24 Summer Fun Run: Louisiana &
🍰 Exchange 131st Birthday | 3-6 PM | Class 6
- 🍰 7/25 Exchange 131st Birthday | 11-1 PM | Main Store
- 7/25 Exchange 131st Birthday | 11-1 PM

AUGUST

- 🍎 8/1 Back to School Event | 11-1 PM | Main Store

FOLLOW US ON FACEBOOK FOR UPDATES

**NEW
WASHERS
& DRYERS
AT
LAUNDERETTES**



**WHERE CAN YOU WASH
TA-50 ITEMS?**



**NEW
HIGH-CAPACITY
WASHERS**

SOUTH FORT BLDG. 1455
NORTH FORT BLDG. 8202

EXCHANGE
**YOU MADE
the
GRAD+OE**

you get the REWARDS!

Straight A or equivalent nontraditional or home-schooled students will receive a \$20 REWARDS! gift card & B average or equivalent nontraditional or home-schooled students will receive a \$10 REWARDS! gift card along with a coupon sheet to take advantage of your great Exchange offers.
See on Associates for details and entry forms.

**ENTER FOR A CHANCE TO WIN A
\$2,000, \$1,500 or \$500 REWARDS! GIFT CARD!**



**AIR STATION
UPGRADES
TO FORT POLK
EXPRESS LOCATIONS**



**COMING
SOON**

**FREE
AIR**

Summer Fun Run

CLASS SIX X

PRIZES AWARDED JULY 24TH!
MORE SWAG TO BE ADDED!
NEON SIGN, COOLERS
& MUCH MORE!

**2 MORE STOPS IN OUR
SUMMER FUN RUN!
3:00 PM - 6:00 PM**

**VENDOR TASTINGS AT EACH STOP!
DON'T FORGET TO DRAW YOUR CARD AT
EACH EVENT TO WIN PRIZES FROM OUR
VENDORS ON JULY 24TH!**

FORT POLK CLASS SIX, 7720 COLORADO AVE. BLDG. 752

Name: Daniel Owens
Directorate: AAFES
Phone #: (337)357-1792
Email: owensdani@aafes.com



Stay up-to-date on all the latest specials and
events happening at your Fort Polk Exchange!

Follow us @FortPolkExchange



TOP OF ICEBERG (Above Water – 20%)

SAFETY WINS & PROTECTIONS

91.2% National Seatbelt Use Rate
(2024) **Fort Polk 98.8%**

36,640 Traffic Deaths in 2025
(Down 6.7%)

45-60% Fatal Injury Risk Cut by
Seatbelts

LAWS & REGULATIONS

.08 BAC Legal Limit in All 50 States

31,000+ Lives Saved by MLDA-21 Since 1975

34 States Mandate DUI Ignition Interlocks

UNDERWATER MASS

Speeding 32%

Failure to Stop 16%

Taillights Required 6%

No Insurance 5%

Seatbelts 2%

Click It or Ticket

THE HIDDEN TOLL

39,254
People Killed in Traffic Crashes (2024)

11,904
Drunk-Driving Deaths (2024)

Every 44 Min
One Life Lost to Drunk Driving

\$68.9 Billion
Annual Economic Cost of DUI Crashes

Age Group Compliance

Ages 70+ 94.1% High

Ages 25–69 92.2% Medium

Ages 16–24 88.4% Low

Ages 8–15 91.1% Medium

Ages 0–7 95.2% High

HIDDEN DANGERS

48%
Of Those Killed Were Unrestrained

804,926
DUI Arrests Nationwide (2024)

56%
Of Nighttime Deaths Were Unrestrained

80%
Of Drunk Drivers Are Male

2.42 Million Injured in Crashes (2024)

Buckle Up the Right Way

Ensuring your seat belt is positioned correctly is just as important as wearing it. Review the proper techniques below:

“We are asking our Soldiers, family members, and civilian workforce to remind each other to buckle up in the front and back seats, and to step up and change their habits if they don’t,” DES leadership added. “Seat belts save lives, and everyone — front seat and back, child and adult — needs to remember to buckle up before putting the vehicle in drive.”



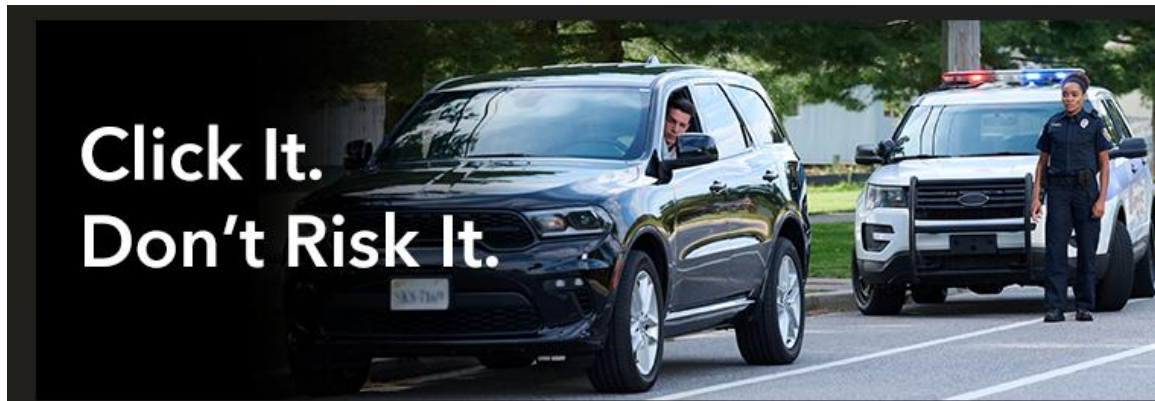
Buckle Up the Right Way

Protect what matters most. [Click It or Ticket.](#)

Seat Belt Component	Proper Placement & Technique
Shoulder Belt	Place the shoulder belt across the middle of the chest and away from the neck.
Lap Belt	Lay the lap belt low across the hips, not across the stomach.
Crucial Warning	NEVER place the seat belt behind your back or tuck it under your arms.



Not wearing a seat belt in a motor vehicle accident significantly increases the risk of fatal injuries, including **total ejection** from the vehicle, severe **brain trauma**, and impact with the vehicle's interior. Unrestrained occupants often suffer from **fatal skull fractures, ruptured organs, and broken bones** (neck, spine, arms, legs) due to striking the windshield, steering wheel, or being thrown from the vehicle.

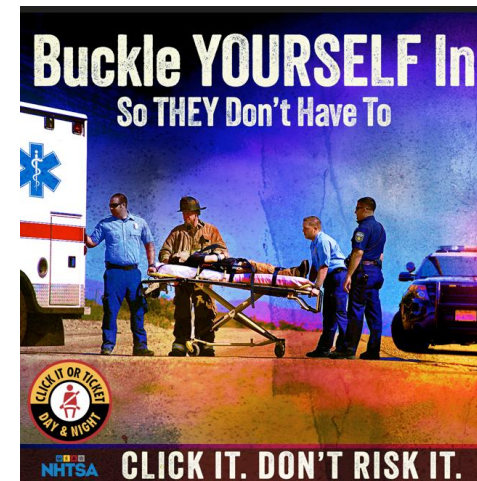


The Fort Polk Directorate of Emergency Services (DES) is actively participating in the national "Click It or Ticket" campaign from May 18–31, 2026. Military Police will conduct high-visibility seat belt enforcement across the installation day and night to protect Soldiers, families, and civilians.

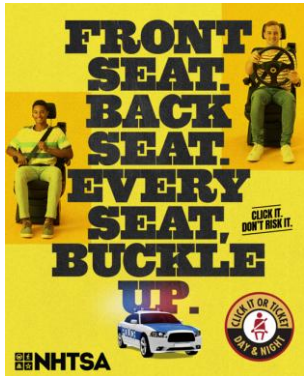
High-Risk Groups and 2026 Observations

Recent data continues to highlight specific areas where the Directorate of Emergency Services (DES) and law enforcement are focusing their efforts:

1. **Nighttime Vulnerability:** As of early 2026, roughly **55-56%** of occupants killed in nighttime crashes remain unrestrained.
2. **Vehicle Type Gap:** Occupants of **SUVs** (95.5%) and **Vans** (93.4%) have the highest compliance, while **Pickup Truck** occupants continue to have the lowest rates (often dipping below 89%).
3. **Gender Gap:** Female occupants consistently buckle up at higher rates (approx. 95.3%) than male occupants (approx. 91.7%).



No seat belt? No excuses. Law enforcement is watching. **[Click It or Ticket.](#)**



Protect what matters most. A seat belt saves you from more than a ticket. **[Click It or Ticket.](#)**

Know the Law

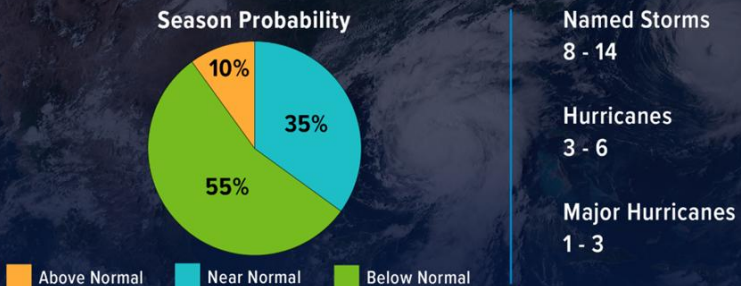
AGE/SIZE	REQUIREMENT
Birth to at least 2	Ride rear-facing in an infant or convertible child safety seat
At least 2 years old and has outgrown the rear-facing seat by height or weight	Ride in a forward-facing child safety seat with an internal harness
4 years old and has outgrown the forward-facing seat with an internal harness by height or weight	Ride restrained in a belt-positioning child booster seat using a lap-shoulder seat belt.
9 years old or has outgrown the booster seat and can pass the 5-Step Test Younger than 13 years old	Ride restrained with a lap-shoulder seat belt secured correctly on the vehicle seat Ride in the rear seat of a vehicle, when available, and properly restrained.

5-Step Test: The seat belt fits correctly when the child sits all the way back against the vehicle seat, the child's knees bend over the edge of the vehicle seat, the belt fits snugly across the child's thighs and lower hips, and not the child's abdomen, and when the shoulder strap snugly crosses the center of the child's chest and not the child's neck.

A child who can be placed in more than one category shall use the more protective category. Child safety seats must be used according to the manufacturer's instructions.

Louisiana State Police Facebook page. <https://www.facebook.com/BuckleUpLouisiana/>

2026 Atlantic Hurricane Season Outlook



Be prepared: visit hurricanes.gov and follow NOAA's @NWS and @NHC_Atlantic on X. May 2026

Summary: While June marks the start of Atlantic Hurricane Season, tropical impacts to Fort Polk are historically infrequent and less severe than in late summer. The primary threats from early-season systems are prolonged rainfall and inland flash flooding, though localized wind damage and isolated tornados remain possible threats.



[Home](#) > [Smart Traveler Enrollment Program](#)

Smart Traveler Enrollment Program

About the service

Smart Traveler Enrollment Program (STEP) is a free service to allow U.S. citizens and nationals to enroll their trip abroad so the Department of State can accurately and quickly contact them in case of emergency.

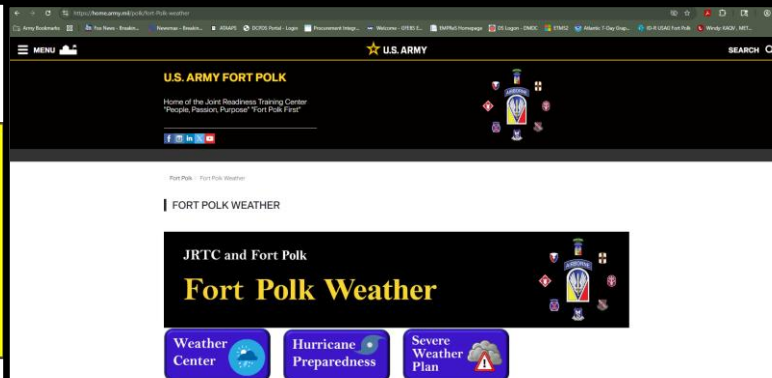
Benefits

- Get updates about health, weather, safety, and security for your destination.
- Plan ahead using information from the local U.S. embassy.
- Help the embassy or consulate contact you if there's an emergency like a natural disaster, civil unrest, or a family emergency.

Time to complete: 20 minutes

OMB Control No. 1405-0152 | Expiration Date: 06/30/2026

https://mytravel.state.gov/s/step?gad_source=1&gad_campaignid=21758807661&gbraid=0AAAAAqbBk5tdQAR_RssmodUYAdbRc7flsQ&gclid=EALalQobChMltgPymKPfiAMVtjiUAR3dVRYtEAAAYASAAEgLPzFD_BwE



Go to the Fort Polk Homepage and click on Weather to see the 2026 Severe Weather Plan



CEL Final Results & Installation Update



PROGRESS SINCE 06 MAY 2026

Dogwood Playground

100%

All repairs complete; the playground is enjoyed by residents daily.

Palmetto Pool

100%

All repairs complete; all 4 pools open this summer.

Pickleball Court

100%

Expansion complete; visit the Dogwood office for court access.

Kucinski St Entrance

COMPLETE

Major pothole & water leak repaired in coordination with American Water.

UPCOMING PROJECTS

Pothole Remediation

- Clyburn Loop
- Areas of Palmetto Terrace/Dogwood Terrace

Scheduling and coordination in progress.

POOL SAFETY SUMMER

Pool safety is imperative as summer begins.

Alcohol and glass bottles are prohibited at all pools.

Guests will be asked to leave the pool immediately if discovered.

PCS SEASON APPOINTMENTS

Move-out inspection appointments are limited.

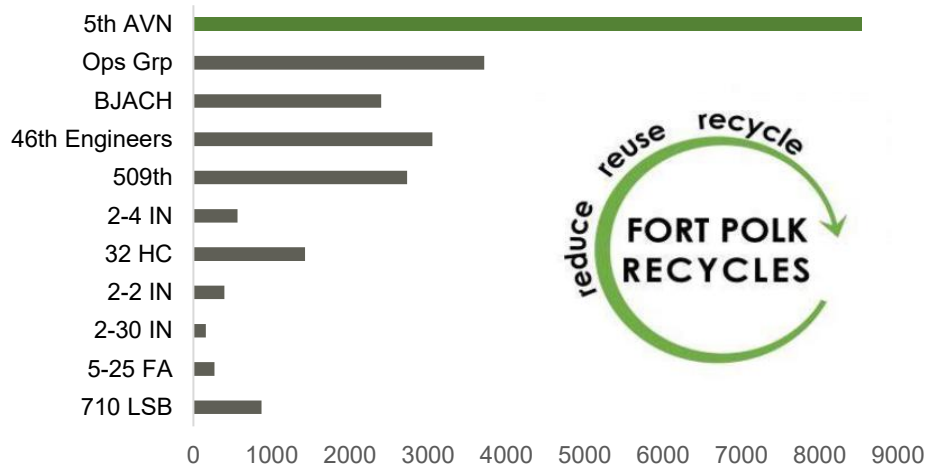
Make notice to housing a priority just as notice to transportation is for HHG.

Lisa Chandler, Resident Manager
Corvias Property Management
337-537-5055
lisa.chandler@corvias.com

Chris Brown, Operations Director
Corvias Property Management
337-537-5000
christopher.brown@corvias.com

U.S. ARMY Qualified Recycling Program (QRP) Update

Pounds of Commodities Recycled by Unit



Financial Efficiency

Total Revenue:	\$1,844
\$ per pound (Avg):	\$0.062
Highest Revenue Unit:	5 th AVN
Zero Participation Units:	0
Estimated Landfill Cost Avoided*:	\$540
*12 tons x \$45/ton	

May Leaders:

1st - 1/5 AVN

2nd - 509th

3rd - 32 HC

May non-participants:

(5-25 FA)

(2-30 IN)

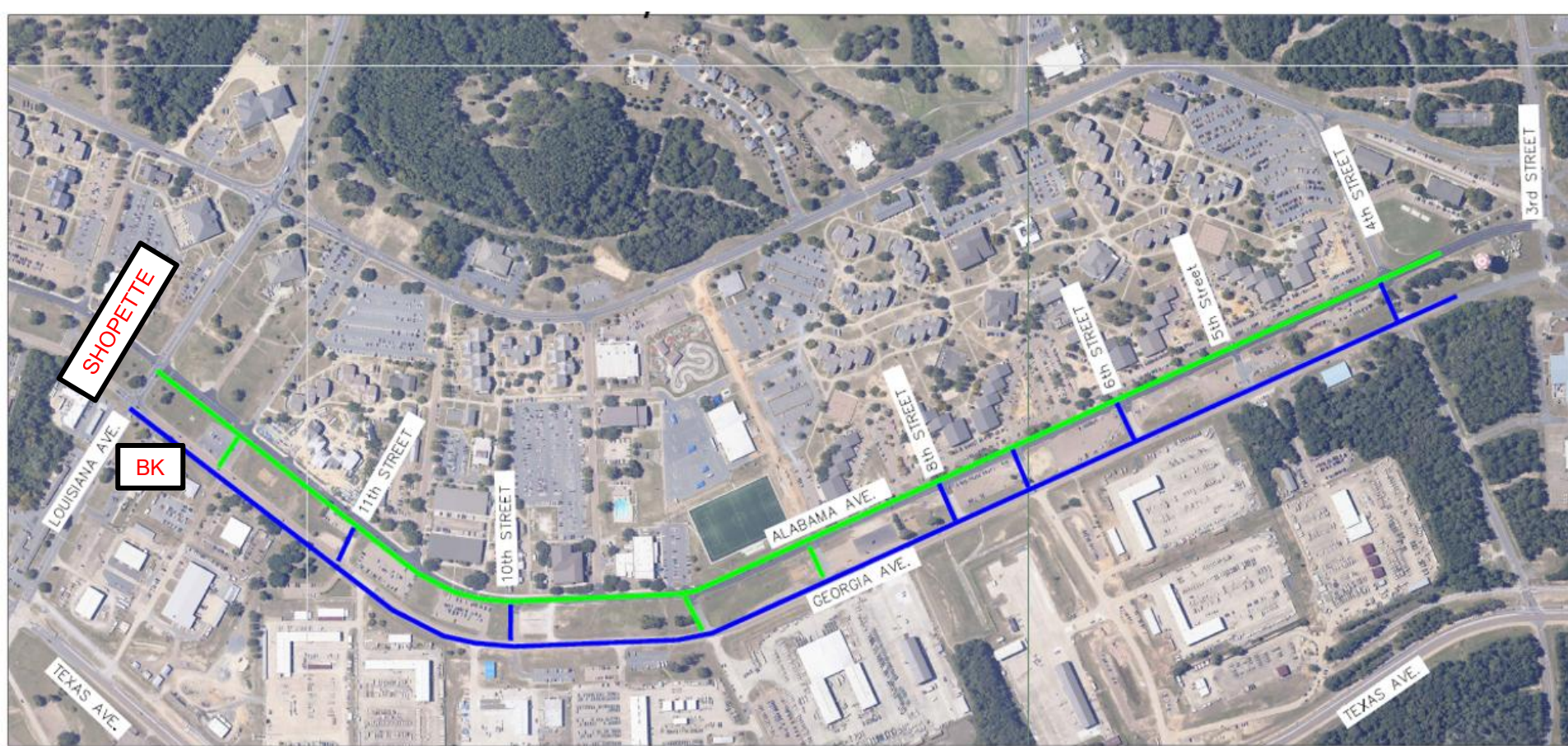
BLUF - Cardboard accounted for 87% of all recycling in May

Name: Terrill Turner
Directorate: DPW-ENV
Phone #: 337-531-5335
Email: terrill.c.turner.civ@army.mil

FORT POLK FIRST!



NORTH GEORGIA AVE. PAVING OPERATIONS



MILLING/PAVING
LIMITS WITH ONE
LANE CLOSURES

NORMAL TRAFFIC
FLOW

Name: Russell Castillo
Directorate: DPW-ENG
Phone #: 337-531-6168
Email: russell.g.castillo.civ@army.mil

Update:

North Georgia Ave. paving operations are expected to extend through mid-June.

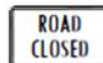
New pavement markings placement are expected to extend through June.

TEXAS AVE. CONSTRUCTION CLOSURE



HAZARD MATERIAL
DETOUR ROUTE

CONSTRUCTION
LIMITS/ROAD
CLOSURE



SIGN #1



SIGN #2



SIGN #3



SIGN #4

Update:

Construction between Penn. Ave. and Magazine Ave. is expected to begin mid-June. Texas Ave. will be closed to all traffic. California Ave. will serve as a detour route during construction activities.

Name: Russell Castillo
Directorate: DPW-ENG
Phone #: 337-531-6168
Email: russell.g.castillo.civ@army.mil

TEXAS AVENUE PAVING OPERATIONS



PAVING OPERATIONS W/
ONE LANE CLOSURE

Name: Russell Castillo
Directorate: DPW-ENG
Phone #: 337-531-6168
Email: russell.g.castillo.civ@army.mil

Update:
Paving operations with one lane closures will begin early-June and last through the month June.

ENTRANCE ROAD REPAIRS



MILLING/PAVING
LIMITS WITH ONE
LANE CLOSURES
AND FLAGGING

Update:

Construction started 12 March and is expected to extend thru June 2026.
Paving Operations are expected to begin early-June.

Name: Russell Castillo
Directorate: DPW-ENG
Phone #: 337-531-6168
Email: russell.g.castillo.civ@army.mil

2026
JUNE

USO FORT POLK

SUN	MON	TUE	WED	THU	FRI	SAT
31	1	2	3	4	5	6
			WARRIOR INFORMATION EXCHANGE (WIE) ◆ 10:00	Nacho Lunch 11:30 National Cheese Day		
7	8	9	10	11	12	13
					9am-5pm Army Movies and Popcorn	
14	15	16	17	18	19	20
ARMY BIRTHDAY		Coffee Connections 11:30AM	RAFFLE ARMY BIRTHDAY Family Game Night 4-6pm		JUNE TEENTH Center Closed	
21	22	23	24	25	26	27
happy Father's Day		Birth Month Cupcakes *while supplies last*		Nacho Lunch 11:30		
28	29	30	1	2	3	4
			HOURS OF OPERATION: MONDAY - FRIDAY 0900-1700			

ADDRESS:
8403 H AVE.
FORT POLK, LA 71459
Website: www.uso.org

◆ INDICATES EVENTS
AWAY FROM CENTER



For updates follow
our Facebook:



facebook.com/USOFortPolk

USO COFFEE CONNECTIONS

JUNE 16
1130-1300

COFFEE CONNECTIONS: BOOKS AND BUDGETING



Join USO Fort Polk in bringing spouses together for a morning of coffee and conversation. CSE Federal Credit Union will discuss finance and budgeting. Then all registrants will receive a *Blind Date with a Book!*

Bonus: You could receive extra raffle tickets for Army Birthday Game Night June 17!
Location: 8403 H Ave. Fort Polk, LA 71459



Register here

USO.org/CoffeeConnections

Name: John Lum
Directorate: USO Center Operations Specialist
Phone #: 337-466-6317
Email: jlum@uso.org

Name: Judy Ann De Jesus
Directorate: USO Center Operations Coordinator
Phone #: 337-466-6317
Email: jdejesus@uso.org

FORT POLK FIRST!



The Fort Polk R2 Performance Center (R2PC) is committed to forging the warrior spirit and strengthening mental readiness. Our mission is to equip Soldiers, Families and DoD Civilians with the tools to build and sustain excellence. Physical training is a key factor to success, but physical training alone will not sustain optimal performance. The R2PC Performance Experts are trained to bridge the gap between physical training and reaching full potential, by training the mental performance skills that enhance training and performance. Some of these skills include, focus and attention control, confidence, self-talk, motivation, stress management, team cohesion, and so much more!

TRAINING FORMATS

- **1 on 1 Training:** Personalized coaching sessions focused on developing mental skills for individuals' personal and/or professional development.
- **Unit & Team Trainings:** Learn and apply resiliency skills or mental performance skills to enhance overall group readiness and optimize performance.
- **Customized Training:** Collaborate with a Performance Expert to identify performance areas you or your team would like to train and develop a format that best suits your needs or operational demands.
- **Resilience Training Course:** A 3-day course covering 6 core competencies and 14 skills to enhance personal and group readiness. Offered quarterly and as requested.
- **Hip Pocket Training:** Brief, on-the-spot sessions delivered in the field and during trainings to reinforce key mental skills, support mindset shifts, and keep performance sharp in real time.
- **Think Tank Thursdays:** Introducing our new professional development series; open to all Soldiers and DoD Civilians! Every Thursday, the R2PC hosts workshops focused on resilience and performance psychology skills. Participants *must register* for any workshop they plan to attend, prior to the workshop date. You can register by emailing, calling, or scanning the QR code.

Escape Room

1st

Thursday

Leadership Labs

2nd

Thursday

Team Building
Sessions

3rd

Thursday

Mind Gym Sessions

4th

Thursday

Name: Kimmie Fontenot
 Directorate: T2COM
 Phone #: (726) 780-0822
 Email: R2TeamPolk@army.mil



Upcoming

- Convoys: Expect convoy traffic for RTN 26-08 to and from the Aerial Port of Debarkation (APOD) and the BOX training area.
- Safety: Obey speed limits in high-traffic crossing zones, including the North Polk Shoppette, Pizza Hutt, and the Glass House area.
- Motorcycle Training to the Safety Center of Excellence BLDG 2613 Georgia Ave.
- Motorcycle Mentorship Post Ride:
 - 26 June 2026
 - 0900-UTC
 - Honor field

26-08



116th MBCT, VANG

Name: Rico A. Williams
 Directorate: Installation Safety
 Phone #: 726-780-1592 / DSN: 323-780-1592
 Email: rico.a.williams.civ@army.mil

Ongoing

- **Electrical Safety:** Extension cords and Surge protectors/power strip are for temporary use only.



- *Empty receptors doesn't mean power is accessible (How much power is the item drawing; how much is the extension cord rated for?).*
- *These are temporary and not meant to expand power on a permanent basis and should be replaced every 3-5 years (check manufacture data).*

**Seat belts: Buckle up!
 it's the LAW**

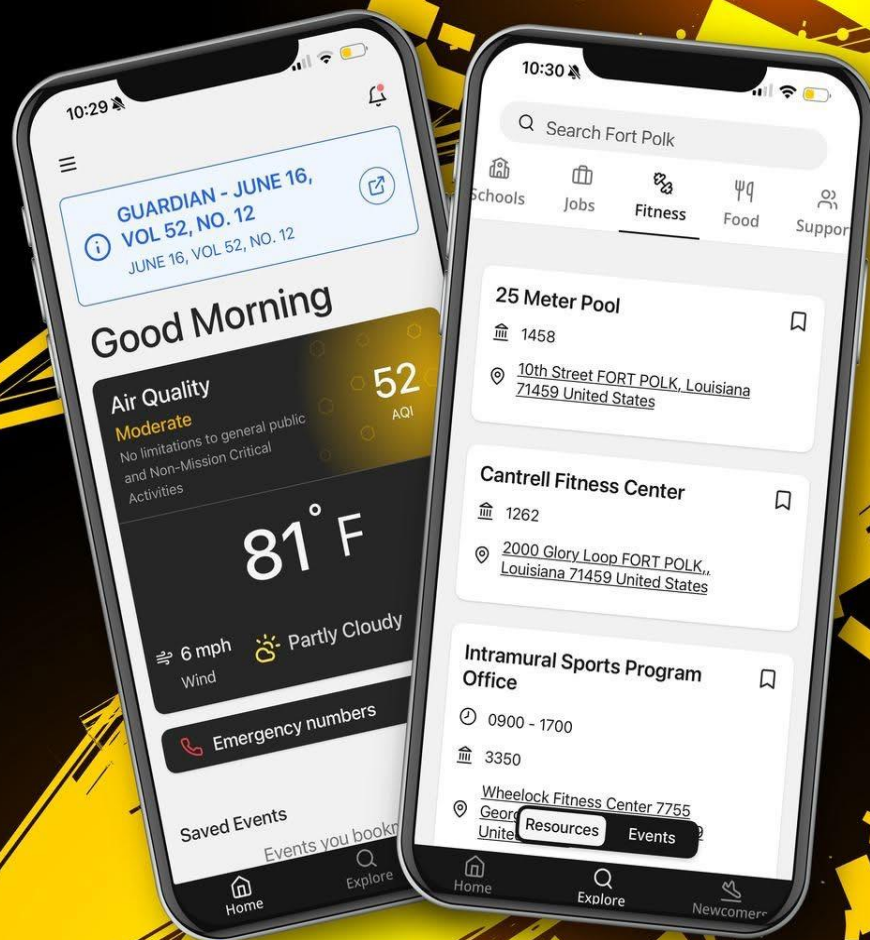
FREE child Seat Install



Stay in the know
at Fort Polk with

MY ARMY POST APP

- ✓ Upcoming events
- ✓ Weather alerts
- ✓ Gate hours and information
- ✓ Maintenance orders
- ✓ Fitness facilities
- ✓ Dining and more!



IMPORTANT INFORMATION QR CODES

FORT POLK SOCIAL MEDIA AND PODCAST



facebook.com/JRTCandFTPolk



instagram.com/jrtcandfortpolk



facebook.com/fortpolkmwr



youtube.com/@JRTCandFortPolk



x.com/JRTC_FortPolk



MWR



polk.armymwr.com

CORVIAS



polk.corviaspm.com

BJACH



bayne-jones.tricare.mil

SUICIDE PREVENTION



home.army.mil/polk/about/suicide-prevention

ACS



polk.armymwr.com/programs/army-community-services

DES



home.army.mil/polk/about/garrison-directorates-and-support-offices/directorate-emergency-services

FORT POLK WEBSITE, MAGAZINE AND MAPA



WEBSITE

home.army.mil/polk



GUARDIAN

home.army.mil/polk/about/garrison-directorates-and-support-offices/public-affairs/guardian



MAPA

My Army Post App

LOCAL RADIO STATIONS



westcentralsbest.com/todays_country_1057



kjae935.com



Using your phone, scan the QR codes to access the variety of Fort Polk information listed above!

Other ways to get the most up-to-date info

Warrior Information Exchange: Engage with leadership, find out about upcoming events and more! (Held the first Wednesday of every month, 10 a.m. at the Warrior Center)

Electronic Indoor and Outdoor Boards: Fort Polk has multiple indoor and outdoor electronic marquees which display upcoming events and important information.

Explore Louisiana: Looking for fun, upcoming events happening off post? Visit explorelouisiana.com or scan the QR code to the right.

EMERGENCY ALERTS



everbridge.com/products/nixie

EXCHANGE



facebook.com/FortPolkExchange

CRISIS PHONE NUMBERS



home.army.mil/polk/contact/contact-us/crisis-phone-numbers

EXPLORE LOUISIANA



explorelouisiana.com



WALK & LEARN

Hosted by Public Health & AFWC

 Get Moving. Reduce Stress. Feel Better.

Join us for a relaxing and educational walk focused on stress management while connecting with others and improving your overall wellness.

 **Date:** June 12, 2026

 **Time:** 08:00 AM – 10:00 AM

 **Length of walk:** approximately 1 mile

 This Month's Topic:
STRESS MANAGEMENT

-  Learn simple ways to reduce daily stress
-  Discover healthy coping strategies
-  Improve your mental and physical well-being

Meet at **Building 283**. Parking in Lot A at BJACH.
Wear sturdy shoes. Bring a **blanket or mat** to sit on.
Bring any **sun protection** you may need.

 **Call to Sign Up:**
726-780-1149
726-780-1152

 **Why Join?**

-  Boost your mood
-  Get active in a supportive environment
-  Learn practical health tips you can actually use





BAYNE-JONES
ARMY COMMUNITY HOSPITAL

BREAK FREE FROM TOBACCO

*There is no day like today to quit.
Quitting has never felt so good.*



**YOUR HEALTH.
YOUR FUTURE.
YOUR CHOICE.**

YES!
THAT'S A
TOBACCO PRODUCT

You might think cigars are less harmful—but any tobacco product is harmful.

There is no such thing as a safe tobacco product.

DO YOU KNOW?

- Tobacco use is the leading cause of preventable death.
- It raises your risk for heart disease, lung cancer, the spread of cancers, heart disease, stroke, diabetes, and chronic lung disease.
- Quitting tobacco is the best thing you can do for your health.
- It's not too late! Quitting at any age can improve your health & increase your life.
- Smoke-free is cheaper. You'll save money & breathe easier.
- Support is proven to increase your chances of success.
- We're here to help you take the first step toward a healthier, tobacco-free life.

TOBACCO PRODUCTS INCLUDE:



Cigarettes
(all types)



Pipe
Tobacco



Smokeless
Tobacco
(chew, snuff,
dip, snus)



Hookah
(waterpipe)



E-Cigarettes
(vapes,
e-hookahs,
e-cigars)



And much
more.

OTHER TOBACCO PRODUCTS WE PROVIDE SUPPORT:

Cigars, cigarettes, hookah (waterpipe),
electronic cigarettes, smokeless tobacco
(chew, snuff, dip, snus), and more.

TOBACCO CESSATION SUPPORT



One-on-one
counseling



Prescription
medication



Support that
works

**TAKE THE FIRST
STEP TODAY.**

CONTACT US



726-706-1146



Health Promotion Services



1585 3rd Street, bldg 285
Fort Polk, LA 71459



RESOURCES TO HELP YOU QUIT

TRICARE® Tobacco Cessation
Resources (TRICARE.mil)

Visit my.tricare-west.com/health-wellness/your-health/take-charge/tobacco to get started.

**YOU
QUIT 2**
MAKE TODAY DAY
TOBACCO-FREE

Learn more at

tricare.mil/quitsmoking



Public Health
Prevent. Promote. Protect.

Fort Polk, LA



**BAYNE-JONES
ARMY COMMUNITY HOSPITAL**

FOURTH ANNUAL FAMILY HEALTH FAIR



**SATURDAY,
AUGUST 8, 2026**



**8 A.M. - NOON
OPPORTUNITY DRAWINGS
EVERY 30 MINUTES**



**BJACH
ENTRANCE A**

Breastfeeding Awareness Month

This is a **FREE** post-wide family health fair for expecting, new and seasoned parents to learn more about community resources.

- **LACTATION SUPPORT**
- **NEW PARENT SUPPORT PROGRAM**
- **SAFE SLEEP**
- **WOMEN, INFANTS & CHILDREN (WIC)**
- **P3T PROGRAM**
- **BEHAVIORAL HEALTH (POSTPARTUM)**
- **FAMILY ADVOCACY**
- **FACE PAINTING, BOUNCE HOUSE, PHOTO BOOTH, POPCORN, KID GAMES, BALLOONS AND MORE.**



****Continental Breakfast and food available for purchase****

BATS & RABIES

DON'T TAKE THE RISK

Rabies is almost always fatal once symptoms begin, but it is preventable with prompt treatment.
WHEN IN DOUBT, GET CHECKED OUT.



BJACH
Bayne-Jones Army
Community Hospital

BATS ARE THE #1 SOURCE OF RABIES IN LOUISIANA

- From 2000–2023, Louisiana reported more rabid bats than any other animal species.
- Bats accounted for 80 confirmed rabies cases—more than skunks (62) and dogs and cats combined (7).
- Rabid bats have been found throughout Louisiana.
- Bat rabies can spread to pets and humans.



SIGNS THAT MAY INCREASE CONCERN



Active during daylight hours



Unable to fly



Found in unusual locations



Acting strangely

NEVER HANDLE BATS OR OTHER WILDLIFE.

PROTECT YOUR FAMILY & PETS



Keep pets current on rabies vaccinations.



Never handle bats or other wildlife.



Teach children: "Love wildlife from a distance."



Prevent bats from entering homes by sealing openings.



Report stray animals and unusual wildlife behavior.



YOU MAY NOT KNOW YOU WERE BITTEN

Bat bites can be very small and difficult to see.



ASSUME POSSIBLE EXPOSURE IF:

- A bat is found in a room with a sleeping member of household.
- A bat is found near someone who is intoxicated, unconscious, mentally impaired, or unable to report a bite.
- You had direct contact with a bat and cannot rule out a bite or scratch.

WHAT TO DO IF EXPOSED TO A BAT

DO NOT WAIT FOR SYMPTOMS.

1



Wash the area immediately with soap and water.

2



GO DIRECTLY TO THE EMERGENCY ROOM.

3



Do not touch, pick up, or try to capture the bat.

4



Notify authorities immediately.

TAKE ACTION – SAVE A LIFE



FOR HOUSING

Call Corvias

337-537-5060



IN AN EMERGENCY

Call DPW

726-780-0991



FOR THE BARRACKS

Scan the QR code for ARMA.



SCAN HERE FOR ARMA RESOURCES

RABIES IS PREVENTABLE. EARLY TREATMENT CAN SAVE YOUR LIFE. WHEN IN DOUBT, GET CHECKED OUT.

REFERENCES

• Louisiana Department of Health, Rabies Surveillance Reports, 2000–2023.
• Louisiana Office of Public Health, Rabies Fact Sheet.
• Centers for Disease Control and Prevention (CDC), Rabies: <https://www.cdc.gov/rabies/>

• World Health Organization (WHO), Rabies: <https://www.who.int/news-room/fact-sheets/detail/rabies>



TICK BITTEN?

DON'T WAIT - TEST IT!



MIL TICK PROGRAM

TICK SUBMISSIONS ACCEPTED THROUGH ENVIRONMENTAL HEALTH.

Found a tick attached to you after training, hiking, field exercises, or other outdoor activities?
Bring the tick to Environmental Health.

We will send it off to be tested through the MILTICK program.



WHAT TO DO:

-  **CAREFULLY REMOVE** the tick with tweezers.
-  **PLACE THE TICK** in a sealed bag or container.
-  **BRING IT TO ENVIRONMENTAL HEALTH**

WHY PARTICIPATE?

-  Identify possible tick-borne diseases
-  Protect your health
-  Support tick surveillance in our community
-  Help us learn about disease-carrying ticks in the area

DO NOT:

-  **CRUSH THE TICK**
-  **THROW IT AWAY**
-  **IGNORE THE TICK OR DISMISS A BITE**



BRING TICKS TO:
ENVIRONMENTAL HEALTH OFFICE
Building 283
Between the hours of 0900 and 1500, Mon-Fri.



QUESTIONS?
CONTACT ENVIRONMENTAL HEALTH



EMAIL:
usarmy.polk.medcom-bjach.mbx.
environmental-health@health.mil

Summer

Fun Run



PRIZES AWARDED JULY 24TH!

MORE SWAG TO BE ADDED!
NEON SIGN, COOLERS
& MUCH MORE!



2 MORE STOPS IN OUR
SUMMER FUN RUN!
3:00 PM - 6:00 PM

VENDOR TASTINGS AT EACH STOP!
DON'T FORGET TO DRAW YOUR CARD AT
EACH EVENT TO WIN PRIZES FROM OUR
VENDORS ON JULY 24TH!

FORT POLK CLASS SIX, 7720 COLORADO AVE. BLDG. 752

EXCHANGE[®]

UP COMING EVENTS

JUNE

-  6/12 Summer Fun Run: Texas | 3 -6 PM | Class 6
- ★ 6/12 Army 251st Birthday | 11-1 PM | MCS
- ★ 6/14 Army 251st Birthday | 11-1 PM | Main Store
-  6/21 Father's Day | 11-1 PM | Main Store

JULY

-  7/2 America 250th Birthday | 11-1 PM | MCS
-  7/24 Summer Fun Run: Louisiana &
 Exchange 131st Birthday | 3 -6 PM | Class 6
-  7/25 Exchange 131st Birthday | 11-1 PM | Main Store
- 7/25 Exchange 131st Birthday | 11-1 PM

AUGUST

-  8/1 Back to School Event | 11-1 PM | Main Store

FOLLOW US ON FACEBOOK FOR UPDATES

APPENDIX A: POOL RULES AND RELEASE OF LIABILITY

Be advised that the rules and regulations outlined below and posted at the pool complex are subject to change, without notice, as Corvias Management – Army, LLC (“Community Manager”) deems necessary in its sole discretion. Community Manager reserves the right to refuse admittance to or eject from the pool complex any persons failing to comply with any of its rules or regulations. **Except for Fort Meade and Aberdeen Proving Ground, THERE WILL BE NO LIFEGUARD ON DUTY AT THE POOL COMPLEX.**

1. This pool is open to residents residing in housing who have been assigned a key FOB and their guests.
2. Pool operating hours will be established and published in the community newsletter prior to the summer months and are subject to change without notice. No one will be allowed admittance to the pool complex (which includes, without limitation, the pool, dressing rooms, shower areas and other associated pool facilities) unless the pool is officially open. No trespassing is allowed.
3. No more than two (2) additional guests per household may use the pool at any time. All guests must be accompanied by a responsible adult 18 years of age or older, and housing residents must remain at the pool with their guests for the entire duration of their guests' visit to the pool.
4. No diving in pool.
5. No running or horseplay in pool area.
6. Do not play or swim near drains or suction outlets.
7. Spitting, blowing of nose, and other unsanitary behavior is strictly prohibited in the pool. Do not swallow pool water.
8. Do not swim or otherwise enter the water if you have had diarrhea in the past two weeks.
9. People suspected of having a communicable disease are prohibited from entering the pool or pool area.
10. People with skin disorders, bandages, open wounds, eye, nose, or mouth discharge are not allowed in the pool and may be refused entrance to the pool area.
11. Smoking and alcoholic beverages are not allowed in the pool area. Intoxicated residents and/or guests will be asked to vacate the premises.
12. Any minor must be accompanied by a responsible adult 18 years of age or older. Each guardian may accompany a maximum of three (3) persons under the age of 18 at one time.
13. Children who are not potty trained must wear swim diapers while in the pool. Diapers may only be changed in the restrooms. The pool complex will not provide swim diapers.
14. Residents and guests must use the shower provided before entering the pool.
15. Food and drink should only be consumed at the pool-side tables. No glass in pool area. All waste papers must be deposited in designated receptacles.
16. Inflatable rafts, water wings/floaties and outside toys are not permitted in the pool (based

on guidance from the CDC).

17. Children under the age of 6 or non-swimmers (regardless of age) needing flotation devices may only wear US Coast Guard-approved flotation devices in the pool and must always be within arm's reach of an adult guardian 18 years of age or older. The pool complex will not provide US Coast Guard-approved life jackets.
18. Pets are only allowed outside of the fenced pool area.
19. All residents and guests must dry off completely (bathing suits and skin) and put on shoes before entering the Community Center.
20. Residents are responsible for the conduct of their guests.
21. Obscene language is not allowed.
22. All patrons must wear lined swimsuits that are appropriate for public appearance in a family-friendly environment.
23. Only family-friendly and low-volume music is allowed in the pool area.
24. Use of sunscreen, limited sun exposure, and frequent hydration are strongly encouraged.
25. Community Manager is not responsible for stolen or lost articles. Any items left unattended will be removed by management. Removal of the pool furniture or rescue equipment without Community Management approval will be considered theft.
26. Removal of pool furniture or rescue equipment without community management approval will be considered theft.

EMERGENCIES: IN CASE OF AN EMERGENCY, USE THE RED EMERGENCY TELEPHONE OR CALL 911 TO CONTACT THE APPROPRIATE POLICE, FIRE, OR AMBULANCE.

RELEASE OF LIABILITY: In consideration for being permitted by Community Manager to use the pool complex, I hereby waive, release and discharge any and all damages for personal injury, death, or property damage which I may have, or which may hereafter accrue to me, as a result of use of the pool complex. This release is intended to discharge, in advance, Community Manager, their directors, officers, members, agents, employees, and management (collectively, the "Released Parties"), from any and all liability arising out of or connected in any way with my, any accompanying minors' or my guests' use of the pool complex, even though that liability may arise as a result of negligence or carelessness on the part of the Released Parties. It is understood that use of the pool complex involves an element of risk and danger of accidents and, knowing those risks, I hereby assume those risks. I agree to indemnify and to hold the Released Parties free and harmless from any loss, liability, damage, cost, or expense which may be incurred as the result of my, or any other patron of the pool complex's, death or any injury or property damage that is sustained in connection with the use of the pool complex, regardless of whether such loss is caused in whole or in part by the negligence or carelessness of the Released Parties.