

WARRIOR INFORMATION EXCHANGE (WIE)

JRTC & FORT POLK & U.S. ARMY GARRISON FORT POLK	August 05, 2026
Location: JRTC & Fort Polk Warrior Center (Bldg. 352)	

MG Jason Curl
Commander
JRTC & Fort Polk

CSM Nicholas Ford
Post CSM
JRTC & Fort Polk

COL J. Adam Barlow
Garrison Commander
JRTC & Fort Polk

CSM Antonio Paparella
Garrison CSM
JRTC & Fort Polk

U.S. ARMY

Agenda

- CG's OPENING REMARKS
- CG Acknowledgement of Excellence
- G3
- BOSS
- DFMWR – EVENTS
- DFMWR – CYS
- BJACH
- RSO
- DES
- DPTMS
- CORVIAS
- DPW – RECYCLING UPDATE
- DPW – ENGINEERING
- USO
- R2PC
- INSTALLATION SAFETY
- Q&A SEGMENT
- CG's CLOSING REMARKS

USAG FORT POLK
PEOPLE • PASSION • PURPOSE

SCAN QR CODE FOR THE LATEST SLIDE BRIEF

U.S. ARMY G3 Calendar – August 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Legend: 24 JUL 26 JRTC & FORT POLK Event MSC Event MWR Event BOSS Event Community Event						1
2	3	4	5 10:00 AM Warrior Information Exchange at Warrior Center 11:00 AM MSC Commander's/ CSM Luncheon at CG's Pub 5:30 PM Bingo Palooza at Anvil Bar BPSD First Day of School	6 6:30 AM Army 10 Miler at Mariion Bonner 12:00 PM Newcomers Brief at ACS BLDG 920	7 8:00 AM GC Golf Tournament WHGC 6:00 PM Family Movie Night at HQ Field 6:00 PM Military Spouse Business Market at Warrior Center JRTC & FORT POLK DONSA 7-9 AUG 26	8
9 JRTC & FORT POLK DONSA 7-9 AUG 26	10 VPSD First Day of School	11 9:00 AM Giant Voice Test 5:00 PM Intramural Soccer at Anvil Field	12 8:15 AM Montly PCS Breakfast at Patriot Warrior Restaurant 10:30 AM CG's Quarterly LPD at Bayou Theater 1:00 PM PCSM SCRUM at the CCR 5:30 PM Bingo Palooza at Anvil Bar	13 12:00 PM Newcomers Brief at ACS BLDG 920 5:00 PM STEAM Education at Allen Memorial Library	14	15 10:00 AM BOSS Rock Climbing at Lafeyette LA
16 National Airborne Day	17	18	19 5:00 PM Barracks Town Hall at 32 HC BLDG 1949 5:30 PM Bingo Palooza at Anvil Bar	20 9:00 AM BOSS Kayaking at Alligator Lake 12:00 PM Newcomers Brief at ACS BLDG 920	21 6:30 PM Craft Night at Arts & Crafts	22 10:00 AM Family Day Bubble Blowing at Arts & Crafts 12:00 PM Boating 101 at TBARP
RSOI RTN 26-10 (2/82 ABN) 16-25 AUG 2026						
23/30	24/31	25	26 5:00 PM Wednesday Night Golf at WHGC 5:30 PM Gamer Nights at Warrior Lanes	27 12:00 PM Newcomers Brief at ACS BLDG 920 4:00 PM EFMP Play Time at Play Town and Café	28 10:30 AM Installation Retirement Ceremony at Warrior Center	29
RSOI RTN 26-10 (2/82 ABN) 16-25 AUG 2026			FOF RTN 26-10 (2/82 ABN) 26 AUG - 8 SEP 2026			

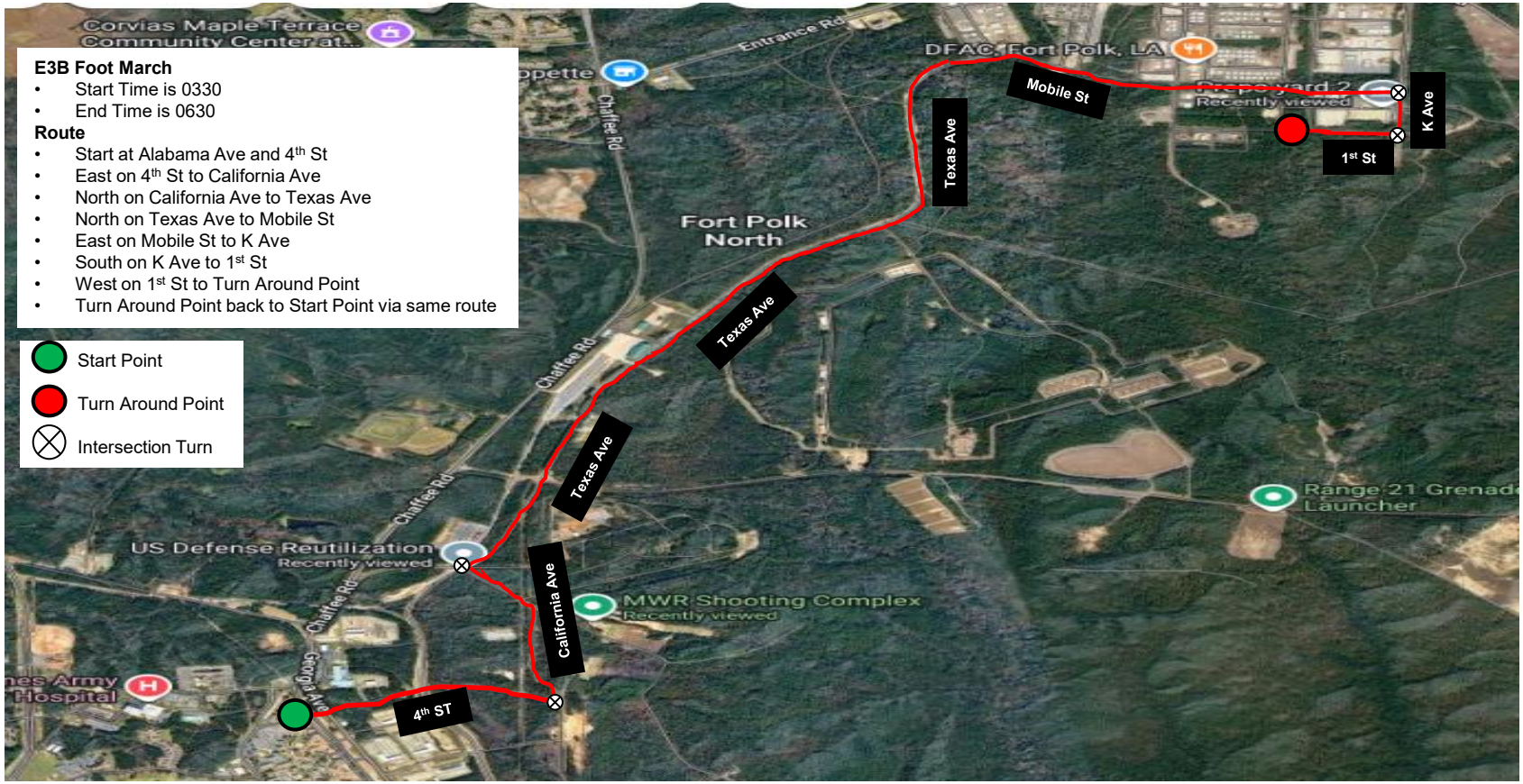
Name: Paul Ructor; Directorate: ACoS, G3; Phone #: 5206729803 ; Email: paul.j.ructor.civ@army.mil

G3 Calendar – September 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 10:00 AM Warrior Information Exchange at Warrior Center 5:30 PM Bingo Palooza at Anvil Bar 5:00 PM Wednesday Night Golf at WHGC 5:30 PM Gamer Nights at Warrior Lanes	3 12:00 PM Newcomers Brief at ACS BLDG 920 BJACH Organizational Day at Alligator Lake No Impact to Services	4 8:00 AM GC Golf Tournament WHGC BJACH Minimal Manning 4-7 SEP 26 Labor Day Observance 4-7 SEP 26	5 5:00 AM Bass Fishing Tournament TBRA 10:00 AM Car Show at Auto Skills Center BOSS LSU Trip to Tiger Stadium
		FOF RTN 26-10 (2/82 ABN) 26 AUG - 8 SEP 2026				
6 BJACH Minimal Manning 4-7 SEP 26 Labor Day Observance 4-7 SEP 26	7	8 9:00 AM Giant Voice Test	9 8:15 AM Montly PCS Breakfast at Patriot Warrior Restaurant 5:00 PM Wednesday Night Golf at WHGC 5:30 PM Gamer Nights at Warrior Lanes	10 12:00 PM Newcomers Brief at ACS BLDG 920 5:00 PM STEAM Education at Allen Memorial Library	11 9:00 AM 9/11 Remembrance Ceremony at South Fort Main Fire Station 4:30 PM Forge Week Live Fire and Renaming Range 23A to SGT Joseph A Richard III Range	12 9:00 AM CYS Presidential Fitness Challenge at Honor 10:00 AM Military Working Dog Demonstration at Honor Field 11:00 AM Presidential Fitness Challenge Award Ceremony at Honor Field BOSS LSU Trip to Tiger Stadium
FOF RTN 26-10 (2/82 ABN) 26 AUG - 8 SEP 2026			R-RSOI RTN 26-10 (2/82 ABN) 9-16 SEP 2026			
13 1:00 PM Forge Week Wacky Bowling Tournament at Warrior Lanes Wednesday Night Golf at WHGC 5:00 PM Forge Week Cub Scouts BB Gun Shoot at SGT Jaoseph A. Richard III Range	14 6:30 AM FW Installation Run at MTN FLD 8:00 AM FW 250 LB Bench Press At Cantrell Gym 10:30 Friends of the Forge Ceremony and Luncheon at WC 5:00 PM FW Geronimo Obstacle Course Fami;y Dat at Geronimo Obstacle Course	15 5:30 PM FW Pickleball Tournment at Corvias Court (Dogwood)	16 9:00 AM PCSM SCRUM at the CCR 10:00 AM St. Mary's Behavioral Health Clinic Grand Opening at OLD CDC near PX 12:00 PM Community Rondtable at CG's Pub 5:00 PM Barracks Town Hall at 710 BSB BLDG1346 FORGE WEEK 13-19 SEP 26	17 9:00 AM FW Functional Fitness Games (Units) at HoH 12:00 PM Newcomers Brief at ACS BLDG 920 3:00 PM FW 9-Hole Golf Scramble at WHGC 5:00 PM FW Functional Fitness Games (Open to the Public)	18 5:00 PM FW Wipe Out at SFC Guess Pool 5:00 PM FW Wipe Out ar SFC Guess Pool	19 4:00 -10:00 PM Forge Fest at HQs Field 4:00 - 10:00 PM Military Spouse-Owned Business Market at HQs Field
R-RSOI RTN 26-10 (2/82 ABN) 9-16 SEP 2026						
20	21	22	23 5:30 PM Gamer Nights at HOH Rec Center	24 12:00 PM Newcomers Brief at ACS BLDG 920 4:00 PM EFMP Play Time at Play Town and Café	25 10:30 AM Installation Retirement Ceremony at Warrior Center	26
27	28 6:00 PM Open Pickleball at Warrior Fitness Center	29	30 5:30 PM Bingo Palooza at Anvil Bar 5:30 PM Gamer Nights at HOH Rec Center 6:00 PM Open Pickleball at Warrior Fitness Center			Legend: 24 JUL 26 JRTC & FORT POLK Event MSC Event MWR Event BOSS Event Community Event

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

ROAD CLOSURE! E3B Foot March – 21 AUG 2026



U.S. ARMY

BOSS

AUGUST 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Conceal Carry 0800-1700
2 Soul Soup Kitchen in Deridder 1630-1800	3	4 BOSS Meeting 1300 National Night Out Deridder 1530-1800	5	6	7	8
9	10	11	12	13	14	15 Rock Climbing Lafayette 1000
16	17	18 BOSS Rep Training 1300	19	20 Kayaking at Alligator Lake 0900	21 LSU-A Volunteer Opportunity 0930-1530	22 Humane Society in Deridder 0900-1200
23	24	25	26	27	28 BOSS Trivia/Karaoke Night @ Anvil Bar 1830-2200	29
30	31					

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

BOSS
BETTER OPPORTUNITIES FOR SINGLE SOLDIERS

FORT POLK FIRST!

No Facebook? No problem!

Never miss an update.
Sign up for SMS Text alerts NOW!

SCAN TO SIGN UP FOR OUR EMAIL DISTRO & SMS TEXT!

←

Stay connected to our website! →



AUGUST 21 - MEMBER APPRECIATION

- TOP TEAM WINS $100 2ND TEAM WINS $50 GIFT CARD
- MEMBERS PLAY FREE AND CAN BRING A GUEST FOR $30

CALL **WARRIOR HILLS GOLF COURSE** TO REGISTER OR FOR MORE INFORMATION **726-780-1281**
MUST REGISTER THE WEDNESDAY PRIOR TO SCRAMBLE

Name: Jessica Gray
Directorate:DFMWR



TOLEDO BEND ARMY RECREATION PARK

- BOAT RENTALS
- CABIN RENTALS
- BOAT STORAGE
- PUBLIC BOAT RAMP
- MONTHLY BASS TOURNAMENTS



Boating 101 Class

22 August

Max of 6 people learn how to properly boat, safety

$25 a person must call to register

318-565-4484

Topics for this class:

- How to operate the throttle, how to steer and how to reverse a boat
- How to hook up to a trailer how to hook up the trailer to the vehicle
- How to use a tolling motor
- How to use a live well.
- How to use the depth finder
- How and when to anchor
- How to use the special covers
- Bilge pumps
- Navigation lights
- How to plug the batteries back into charge
- What to do if someone falls overboard



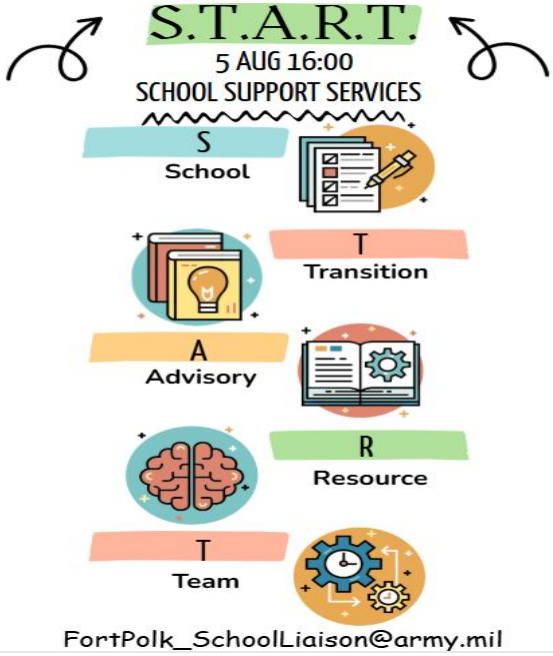
U.S. ARMY DFMWR – Child and Youth Services (CYS)

School Support Services

PCS-ing, child going to kindergarten or college, or changing school districts?

Let us help!!!!

School, Transition, Advisory, Resources, Team (START)-
TONIGHT @ 4pm
START @ CYS Central Services-Bldg. 924



Child and Youth Sports

Check out instructional programs:
-Gymnastics
Be on the lookout for sports focused units:
Pickleball, Volleyball
****Have an interest and do not see offered let our TEAM know!!!****

Recreational Sports
-Soccer, Flag Football, Basketball-

Middle School and Teen Program

-Free after-school program
-Transportation provided Vernon Parish Schools-
(LHS, LJHS, VMS, PHS, and PES)

Offers Field Trips and Programming
-Saturdays and Hybrid Calendar School Out Days-

Community Events Open to ALL Kids:

-September 7th Blue Star Museum ends
Alexandria Treehouse Children's Museum
-October 16th-17th Day for Kids

Parent Central Services:

Parent Advisory Board (PAB) @ 4:30pm
Location: CYS Central Services-Bldg. 924

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

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





Outgoing Transition

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

Incoming Transition

-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)

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

Enrolling Information

-VPSB: packet available online, prefer face-to-face registration, but can provide email registration option.
-BPSB: online portal on website, school follow-up appointment
-Enrolling with unofficial records is called "preliminary registration/enrollment".
-Schools will often defer registration/enrollment until **official enrollment** is available.
-Please reach out to our office for more information about your registration/enrollment options.

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













Jean Clavette Graves,337-424-0863
Email: jean.c.graves.civ@health.mil

Religious Support Office

Join Us for Worship

Strengthening spiritual readiness across our community.

Catholic Services

Sunday Catholic Mass: 0900 at Main Post Chapel

Daily Mass: 1200 on Tuesday, Wednesday, and Thursday at Main Post Chapel

Protestant Services

Unity Fellowship: Sunday at 1100 at Main Post Chapel

Islamic Services

Jummah Prayer: Friday at 1400 at Glory Chapel

All service members, families, retirees and DOD civilians are welcome.



FALL KICK-OFF

FORT POLK RELIGIOUS EDUCATION

GROW YOUR FAITH THIS SEASON

PROTESTANT WOMEN OF THE CHAPEL (PWOC)

Sept 15th, 0930-1130 at Main Post Chapel

CATHOLIC WOMEN OF THE CHAPEL (CWOC)

Sept 16th, 0930-1130 at Main Post Chapel

LADIES SMALL GROUP LDS

Sept 16th, 0930-1130 at Main Post Chapel

CATHOLIC RELIGIOUS EDUCATION (CRE)

Sept 13th, 1015-1115 at Main Post Chapel

POWER WEDNESDAY

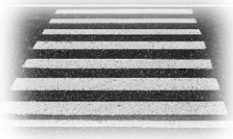
Sept 23rd, 1800-1930 at Main Post Chapel

Sign up here.

Chrissa M. Gross
Fort Polk Religious Support Office
Chrissa.m.gross.civ@army.mil

Back to School and Trends













Crosswalks

- Yield to pedestrians in marked crosswalks
- Intersections without signals.
- Pedestrians must follow “Walk/Don’t Walk.”
- Vehicles must remain stationary
- Pedestrians must not suddenly stepping
- into the path of a vehicle.
- Watch for TCPs

Back to School

- Obey School Zone Speed Limits
- Expect Increased Traffic
- Plan for delays
- Watch for bus stops
- Stop for buses loading and unloading
- Watch for Children after school

Training Areas and PT

- 10 MPH when passing troops
- Expect Soldiers to step off into the roadway
- When in doubt “Slow Down”
- Always watch for Soldier on Alabama and Georgia Ave

Residential areas At intersections Parking lots

- Check Mirrors:
- Turn the Wheel
- Walk the Extra Distance
- Approach Slowly
- Exit with Caution
- Complete a Vehicle Walk-around
- Tap the Horn

Protect Your Property

- Lock your doors
- Close Garage
- Pick up discarded toys in yard
- Don’t advertise your stuff
- Unsecured and unattended = Free Stuff

Weapons registration form:
https://home.army.mil/johnson/4717/2908/5017/FJ_FORM_563_Registration_of_Personal_Firearms_2.pdf.

Hunting and Firearm Safety







Hunting Areas

- Ensure hunting areas are not being used for training
- Utilize Fort Polk hunting maps on garrison website
- Clear and or self clear with CLEO or hunter clearing stations

Firearms Safety

- Register firearms on post
- Store ammunition separate from firearms when traveling
- Follow fundamental rules of firearm safety

Hunting Safety

- Use a hunter safety plan leaving location with family or friend
- Practice proper firearms safety
- Attend a hunters safety class

Species	Season Opens	Applies to Vernon Parish
Crow	September 1, 2026	Yes (Louisiana Wildlife and Fisheries)
Dove (North Zone)	September 5, 2026	Yes. Vernon Parish is in the North Dove Zone. (Louisiana Wildlife and Fisheries)
Deer (Archery)	October 1, 2026 **(WMA 19 Sep)**	Yes (Deer Area 2) (eRegulations)
Squirrel	October 3, 2026	Yes (Louisiana Wildlife and Fisheries)
Deer (Primitive Firearms)	October 18–24, 2026 **(WMA 10-16 Oct)**	Yes (Area 2) (eRegulations)
Deer (Still Hunt Firearms)	October 25 – December 2, 2026	Yes (eRegulations)
Deer (Firearms with or without Dogs)	December 3, 2026 – January 11, 2027	Yes (eRegulations)

Private land in Vernon Parish follows the Deer Area 2 dates listed

Weapons registration form:
https://home.army.mil/johnson/4717/2908/5017/FJ_FORM_563_Registration_of_Personal_Firearms_2.pdf.
Fort Polk Game Warden's Office: (337) 531-5222

FORT POLK PUBLIC SAFETY

E-BIKES, SCOOTERS & PERSONAL TRANSPORTATION DEVICE (PTD) RULES

SAFE ★ LEGAL ★ VISIBLE ★ RESPONSIBLE

KNOW THE RULES BEFORE YOU RIDE.

All operators are responsible for complying with Louisiana law, Army regulations, and Fort Polk policies. These rules apply to Soldiers, Family Members, Civilians, Contractors, and Visitors.



AUTHORIZED DEVICES



E-BIKES
(CLASS 1, 2 & 3)
- Authorized on roadways
- Authorized on designated paths



ELECTRIC SCOOTERS
- Authorized where local conditions permit
- Must follow all traffic laws

PROHIBITED DEVICES

Do NOT operate these on installation roadways.



MINI-BIKES



DIRT BIKES



ELECTRIC UNICYCLES



OTHER OFF-ROAD VEHICLES

La. R.S. § 32:299 (Off-road vehicles prohibited on public highways) & Garrison Policy Letter (PTD Rules).

FOLLOW THE RULES OF THE ROAD

You have the same rights and responsibilities as a motor vehicle driver.

- Obey stop signs
- Obey traffic signals
- Follow speed limits
- Ride with traffic
- Stay as far right as safely possible
- Yield to pedestrians at all times

CITATIONS:

La. R.S. § 32:194
Every person riding a bicycle upon a highway has all the rights and duties of a motorist.

La. R.S. § 32:197
Riding on roadways and bicycle paths.

La. R.S. § 32:212
Pedestrian's right-of-way in crosswalks.

HOUSING AREA SAFETY

Residential zones require heightened safety measures due to pedestrian density and children at play.

Paved Roads Only:
Electric scooters in housing areas are restricted to paved roadways.

No Sidewalks or Lawns:
Operating motorized PTDs on sidewalks, lawns, or between housing units is prohibited.

Civilian Compliance:
Spouses, family members, and civilian guests must comply with these rules.

CITATIONS:
- Installation Regulation (Garrison Policy Letter, Section 9e): Regulates safety in residential housing areas.
- La. R.S. § 32:197(C): Prohibits the operation of motorized devices on sidewalks unless specifically designated for such use by local authority.

HELMETS ARE MANDATORY

NO EXCEPTIONS

Approved helmets required for ALL riders regardless of age.

HELMET STANDARDS:



ANSI APPROVED | SNELL APPROVED | CPSC APPROVED

CITATIONS:
- AR 385-10, Chapter 11-11 (Army Safety Program): Mandates helmet wear for all personnel operating bicycles and PTDs on Army installations.
- La. R.S. § 32:199: Louisiana state law mandates helmets for any bicycle operator or passenger under the age of 12. Installation policy overrides this by requiring it for all ages.

SEE AND BE SEEN

Between Sunset and Sunrise:

WEAR:



- Reflective Vest
- Reflective Belt
- Reflective Upper-Body Garment

VEHICLES MUST HAVE:



White Front Light (500 ft visibility)



Red Rear Light or Reflector (100–600 ft visibility)

CITATIONS:
- AR 385-10, Chapter 11-11: Mandates the use of retro-reflective materials during hours of limited visibility.
- La. R.S. § 32:329: Louisiana state law requiring a front white light and rear red reflector/light on bicycles operated at night.

COMMON PITFALLS TO AVOID



MYTH: Louisiana traffic laws do not apply on post.

FACT: Louisiana traffic laws are enforceable on Fort Polk.



MYTH: These rules only apply to Soldiers.

FACT: Family members, contractors, and visitors must also comply and may lose installation driving privileges for violations.

★ ONE INSTALLATION ★ ONE STANDARD ★ ONE RESPONSIBILITY

RIDE SMART. RIDE SAFE. PROTECT OUR COMMUNITY.

★ DEPARTMENT OF EMERGENCY SERVICES – FORT POLK ★

Key Points

- **Authorized PTD on Roads**
  - E-Bikes
  - E-Scooters
- **Prohibited on Roadways**
  - Mini-bikes
  - Dirt Bikes
  - Electric One Wheels
  - ATVs
- **Follow the Rules of the Road**
- **Housing Areas**
  - Paved Roads Only
  - No Sidewalks
  - Lawns
  - On Maintained Spaces
- **Helmets are Mandatory**
- **Reflective Gear**
- **Headlight/Taillights**

Applicable Laws

- AR 190-5, Motor Vehicle Traffic Supervision.
- AR 385-10, The Army Safety Program.
- Louisiana Revised Statutes, Title 32, Motor Vehicles and Traffic Regulation.

Antiterrorism Awareness Month
1-31 August 2026

The purpose of Antiterrorism Awareness Month is to instill Army-wide heightened awareness and vigilance to protect Army critical assets and personnel by preventing acts of terrorism. Awareness of terrorist threats and an understanding of personal protective measures remains paramount.

Do Four Things This Month:

1. Review Facility Active Shooter Drill. What is your "Run, Hide, Fight" plan?
2. Drill Active Shooter in your facility – led by unit/org ATO
3. Get off "auto-pilot" – what is out of the norm in my work environment
4. Live in "amber"

FBI "Run, Hide, Fight" Video - https://www.fbi.gov/video-repository/run-hide-fight-092120-mp4/view

AT Level I Training
https://jkodirect.jten.mil/html/COI.xhtml?course_prefix=JS&course_number=-US007

INFRAGARD - InfraGard is accepting applications for new members. https://infragard.fbi.gov/ ; You may view the official FBI InfraGard here

AUGUST 2026

SUN	MON	TUE	WED	THU	FRI	SAT
			ANTITERRORISM VIGILANCE Always Ready. Always Alert. Because someone is depending on you. August is Antiterrorism Month		July 31- USAG All-Hands AS Training	1
Guardian Article to be published 28 JUL						
2	Radio KJAE & KVVP 3	4	WIE (AT Month) 5	6	7	8
Creating Depth (1st QTR Theme)						
9	PEC (MTC) 1330 10	JARVISS 360 MTT 11	12	AT Brief to Sec. Conf. 13	14	15
Emergent Thinking (2nd QTR Theme)						
16	17	18	PX Display 0900 19	20	21	22
AT Posture Review (3rd QTR Theme)						
23	24	25	Commissary Display 0900 26	27	28	29
Expanding Terrorism Prevention and Awareness (4th QTR Theme)						
30	31	iWATCH ARMY iREPORT I KEEP US SAFE See Something Say Something		See something, Say something		

Ways to Report Suspicious Activity

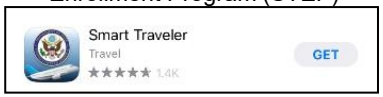
- Fort Polk DES Police 726-780-2677 (COPS)
- ACIC iSalute 1-800-CALLSPY (1-800-225-5779)
- Fort Polk iWatch https://home.army.mil/polk/about/garrison-directorates-and-support-offices/DPTMS/iwatch

Suspicious activities, indicators:

— People drawing or measuring important buildings, strangers asking questions about security forces or security procedures, a bag/item left unattended, intruders found in secure areas, chemical smells or fumes that worry you, questions about sensitive information such as building security plans or VIP travel schedules without a right or need to know, purchasing supplies or equipment that can be used to make bombs or weapons, or purchasing uniforms without having the proper credentials.

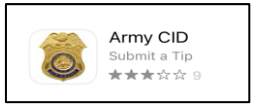
Apps to Download

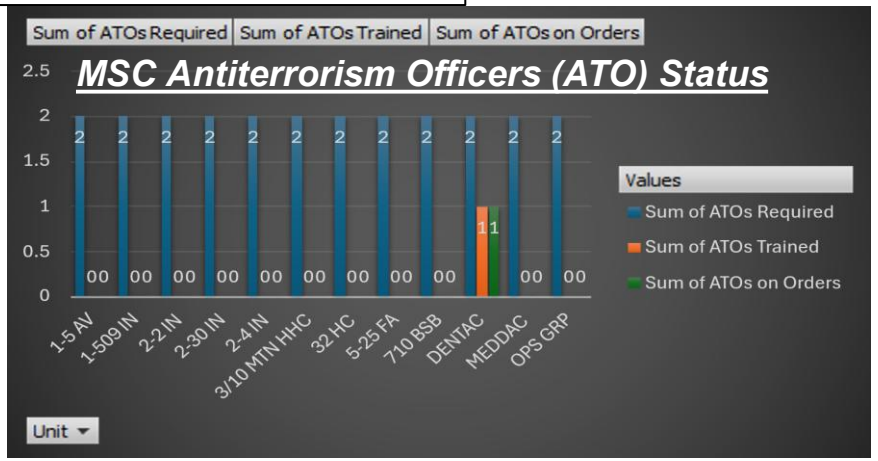
For safe travels OCONUS FREE App: Smart Traveler Enrollment Program (STEP)





Army CID









7 August 2026 Purple Heart Day

- ✓ **The Purple Heart medal is awarded to those who have been wounded or killed in combat.**
- ✓ **Created in 1782 by Gen. George Washington.**
- ✓ **Revived in 1932 on the bicentennial anniversary of Washington's birth.**
- ✓ **Estimated ~ 1.9 million Purple Hearts have been awarded**
  - ✓ ***49 KNOWN Purple Heart recipients on Fort Polk***
- ✓ **The most intricate and expensive medal in the inventory.**
- ✓ **Purple Heart Day was established in 2014.**

Louisiana State Purple Heart Benefits:

- Purple Heart License Plate (forever plate)
- Louisiana Hunting and Fishing Licenses at Resident Prices for All Purple Heart Recipients
- More at: https://www.vetaffairs.la.gov/

DPTMS Severe Weather Preparation

- ✓ August – October Peak Hurricane Activity for FPLA

- ✓ August Weekly Themes
  - ➢ Week 1: 1-9 August – Preparing for Power Outages
  - ➢ Week 2: 10-16 August – Back to School "Preparing Youths for Disasters"
  - ➢ Week3: 17-23 August – Extreme Heat Preparedness/Safety
  - ➢ Week 4: 24-31 August – Hurricane Safety

- ✓ FPLA will provide information through social media, Guardian Articles, Radio Interviews and All Users email to provide community with pertinent information to keep you informed.

Severe Weather Tips

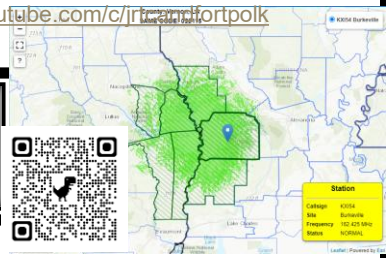
- ✓ Have a Kit, Make a Plan, Stay Informed
- ✓ Half-a-tank is EMPTY!
- ✓ Have 3-5 days of Food/Medical/Pet
- ✓ Have some cash stashed away
- ✓ Propane/Batteries/Power Banks
- ✓ Monitor Weather
- ✓ Communicate with your kids





https://www.facebook.com/JRTCandFortPolk
https://www.instagram.com/jrtcandfortpolk
https://www.linkedin.com/company/jrtc-and-fort-polk
https://x.com/JRTC_FortPolk
https://www.youtube.com/c/jrtcandfortpolk







https://ready.army.mil/

https://www.511la.org/

everbridge nixle

To subscribe to Nixle via text, simply text any ZIP code or keyword to 888777.

- ✓ This Installation is Ready – Are YOU?

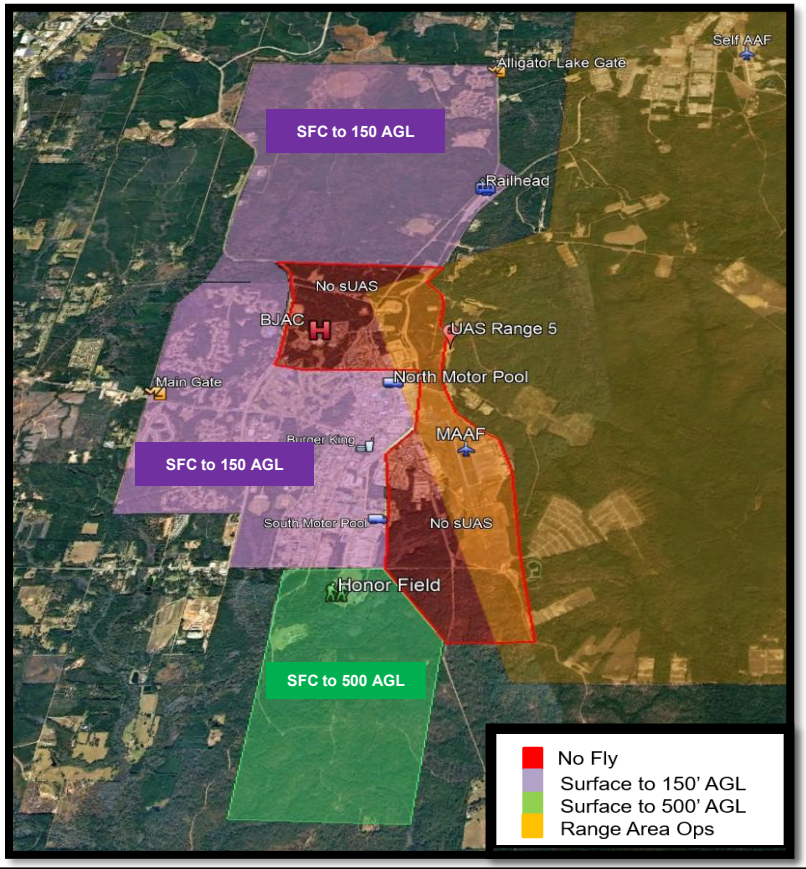
- ✓ Giant Voice Sirens
  - ➢ Alert if you are Outdoors, Seek Safe Haven Inside
  - ➢ Don't worry about message – Just Seek Safety Inside!

- ✓ Implied Responsibility to All
  - ➢ Educate your family on environmental impacts of weather where you live
  - ➢ When you travel, incorporate weather into your plan just as you do your route or planned stops.
  - ➢ **We Do Care, You Do As Well!**

Ft Polk Weather

Severe Weather Plan

U.S. ARMY ✓So, You Wanna Fly sUAS on Fort Polk – Its Easy!



Fort Polk sUAS "Fight Flight" Smart Sheet

Rotation (Restricted Area)

1. Operations Group S3 must schedule ground activity with Range Operations 28 days in advance.

2. (Day of Use) Unit requests activation of keypad ROZ's with JACC

3. JACC activates and deactivates keypad's using AAAS system.

Non-Rotation (Restricted Area)

1. Unit S3 must schedule ground activity with Range Operations at least 28 days in advance

2. (Day of Use) Unit requests activation of sUAS ROZ's with Range Operations.

3. Range Operations relays active sUAS ROZ's to Talatha Radio.

4. Talatha Radio logs sUAS ROZ's on the AAAS.

*If Unit (other than JACC) is manning keypads, then same as rotation but units will be requesting activation of keypad ROZ's with Unit Keypad Operators.

Cantonment Area (North/South Fort)

1. Must have a green or blue list sUAS

2. Coordinate with AT&A to create a Letter of Agreement and copy of the Federal Aviation Administration Certificate of Authorization (COA).

3. File NOTAM at least 24 hours in advance. (May be waived if coordinated with the Air Traffic and Airspace Officer)

4. Contact Tower 15 minutes prior to launch.

5. Contact Tower as soon as operations are complete.

ROZ TIGER

1. ROZ Tiger will be activated/deactivated by direct contact with ATC by a qualified SUAS Range Safety or OC/T from RSOI Days R6 through R9, 1200L – 0000L to facilitate rotational unit PCC/PCIs and contested RSOI. Confirm activation prior to use.

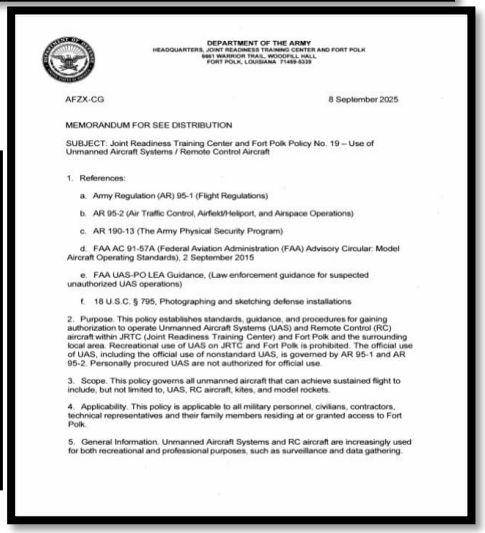
2. Operation in ROZ Tiger by qualified SUAS operators requires attendance at the SUAS APG/EXROE brief conducted daily R6 through R8. Alternatively, RTU BAEs may conduct and state review/training of ROZ Tiger with individual qualified operators prior to arriving at JRTC on the JRTC Operator Memo.

3. The field adjacent to the shoppette at the intersection of 9th St and G Ave will be the set UAS launch location with a monitoring OC/T. A secondary launch location will be located in the 509th staging area. OC/Ts will monitor the UAS NET on XL-200s.

Notice to Air Missions (NOTAM) - an urgent, real-time advisory issued by aviation authorities to alert pilots and Air Traffic Controllers (ATC) of essential, temporary, or unexpected changes in the National Airspace System. Required 24 hour in advance by FAA – (*units may call it a "ROZ" inside the RA*).
Restricted Operating Zone (ROZ) - usually created in combat or tactical environments, within which the operation of one or more airspace users is restricted to support specific operational missions.
Small Unmanned Aircraft Systems (sUAS) - is a drone weighing less than 55 lbs. (including payload) operating under FAA Part 107 rules, generally restricted to below 400 feet AGL and within visual line-of-sight.
Army Airfield Automation System (AAAS) - It consolidates monitoring, control, and information management functions for Army ATC facilities, often utilizing IDS5 software interfaces to enhance operational efficiency.

DPTMS/ 5 UNCLASSIFIED

JRTC & Fort Polk Home Page – Menu – Policy Letters- # 19



DEPARTMENT OF THE ARMY
HEADQUARTERS, JOINT READINESS TRAINING CENTER AND FORT POLK
8661 WARRIOR TRAIL, WOODFILL HALL
FORT POLK, LOUISIANA 71459-5339

AFZX-CG 8 September 2025

MEMORANDUM FOR SEE DISTRIBUTION

SUBJECT: Joint Readiness Training Center and Fort Polk Policy No. 19 – Use of Unmanned Aircraft Systems / Remote Control Aircraft

1. References:
a. Army Regulation (AR) 95-1 (Flight Regulations)
b. AR 95-2 (Air Traffic Control, Airfield/Heliport, and Airspace Operations)
c. AR 190-13 (The Army Physical Security Program)
d. FAA AC 91-57A (Federal Aviation Administration (FAA) Advisory Circular: Model Aircraft Operating Standards), 2 September 2015
e. FAA UAS-PO LEA Guidance, (Law enforcement guidance for suspected unauthorized UAS operations)
f. 18 U.S.C. § 795, Photographing and sketching defense installations

2. Purpose. This policy establishes standards, guidance, and procedures for gaining authorization to operate Unmanned Aircraft Systems (UAS) and Remote Control (RC) aircraft within JRTC (Joint Readiness Training Center) and Fort Polk and the surrounding local area. Recreational use of UAS on JRTC and Fort Polk is prohibited. The official use of UAS, including the official use of nonstandard UAS, is governed by AR 95-1 and AR 95-2. Personally procured UAS are not authorized for official use.

3. Scope. This policy governs all unmanned aircraft that can achieve sustained flight to include, but not limited to, UAS, RC aircraft, kites, and model rockets.

4. Applicability. This policy is applicable to all military personnel, civilians, contractors, technical representatives and their family members residing at or granted access to Fort Polk.

5. General Information. Unmanned Aircraft Systems and RC aircraft are increasingly used for both recreational and professional purposes, such as surveillance and data gathering.

- Policy CG-19 (dated 8 SEP 25) allows for sUAS training flights within the designated cantonment areas
- Coordination will be conducted through the Installation Air Traffic and Airspace Officer @ (520) 692-3463 or john.e.fuselier.civ@army.mil ***for first time users***

CORVIAS

- Mowing Requirements and Schedules- Lawns must be prepared the night before. All pet feces, toys, locks, obstacles must be removed. We are still on a bi-weekly mow schedule. (calendar provided in distribution)
- HVAC Issues – Any issues with HVAC need to be reported immediately to ensure comfort within the home for the family and prompt repairs for the equipment. Keeping the homes too cool will cause moisture issues in the home which can lead to mildew.
- Disposable Wipes and Sewer Lines- No wipes in the pipes! Even wipes labeled “flushable’ cause issues in sewer lines for you and your neighbors.
- Work Orders – phone # 866-436-2047 emergency line. Non-emergency can be put in on the RentCafe Resident portal or by calling/visiting your community center
- Trash Cans – Must be at the curb the night prior to scheduled pick up and returned to the storage area at the home by end of day on scheduled day.
- Bulk Pick Up: Call community center to notify bulk pick up is required. Should be picked up within 1 week. Vendor has been reminded of contractual responsibility.
- RV Lot- free RV lot storage for residents. Visit your community center to fill out a quick application and get a spot assigned. Lots of spaces available right now!

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

Occupancy Initiatives: Refer a Friend & OET Pricing



2026 OET PRICE SHEET • UPDATED 21 JULY 2026

Home Style	Baths	Sq Ft	Min. Monthly Income	Price
2 Bedroom Upstairs	1 – 1.5	980 – 1,255	$1,600	$800
2 Bedroom Downstairs	1 – 1.5	980 – 1,255	$1,950	$975
3BR Carport	1.5 – 3	1,164 – 1,233	$2,050	$1,025
3BR 1-Car Garage	1.5 – 3	1,164 – 1,402	$2,160	$1,080
3BR 2-Car Garage	1.5 – 3	1,544 – 1,642	$2,310	$1,155
4BR Carport	2 – 3	1,016 – 1,293	$2,400	$1,200
4BR 1-Car Garage	2 – 3	1,293 – 1,571	$2,450	$1,225
4BR 2-Car Garage	2 – 3	1,557 – 1,957	$2,550	$1,275

REFER A FRIEND

$500 per referral

Paid when the referred family signs a lease.

Open to current residents

Terms and conditions apply; see your community center office.

OET ELIGIBILITY & FEES

Open to non-active-duty applicants

$50 application fee per applicant 18 and older.

Security deposit ranges $0 – $1,000.

$50 pet deposit + $50 pet fee per pet (limit 2).

INCLUDED IN EVERY HOME

All utilities included

Lawn care, pest control, 24-hr emergency maintenance.

Gated community with ID checks.

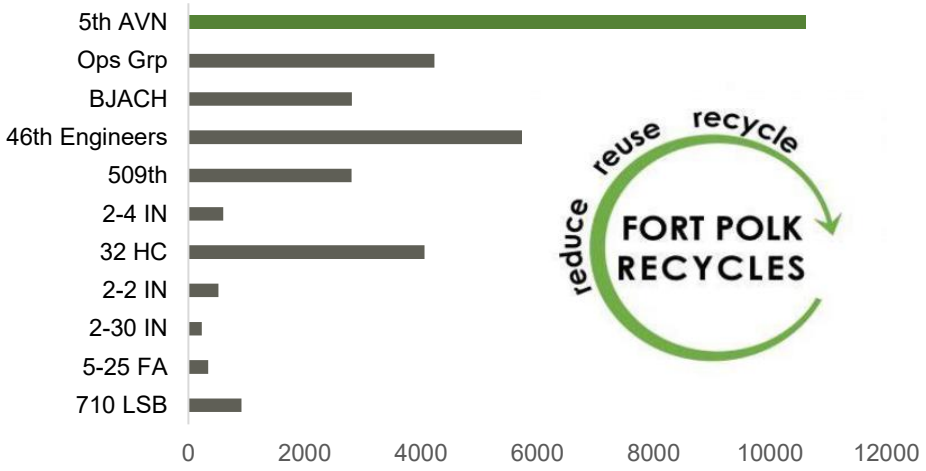
Pools, playgrounds, bark parks, walking paths.

Lisa Kempf, Resident Manager
Corvias Property Management
337-537-5055
lisa.kempf@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:	$2,617
$ per pound (Avg):	$0.062
Highest Revenue Unit:	5th AVN
Zero Participation Units:	0
Estimated Landfill Cost Avoided*:	$1,632

*17 tons x $96/ton

June/ July Leaders:

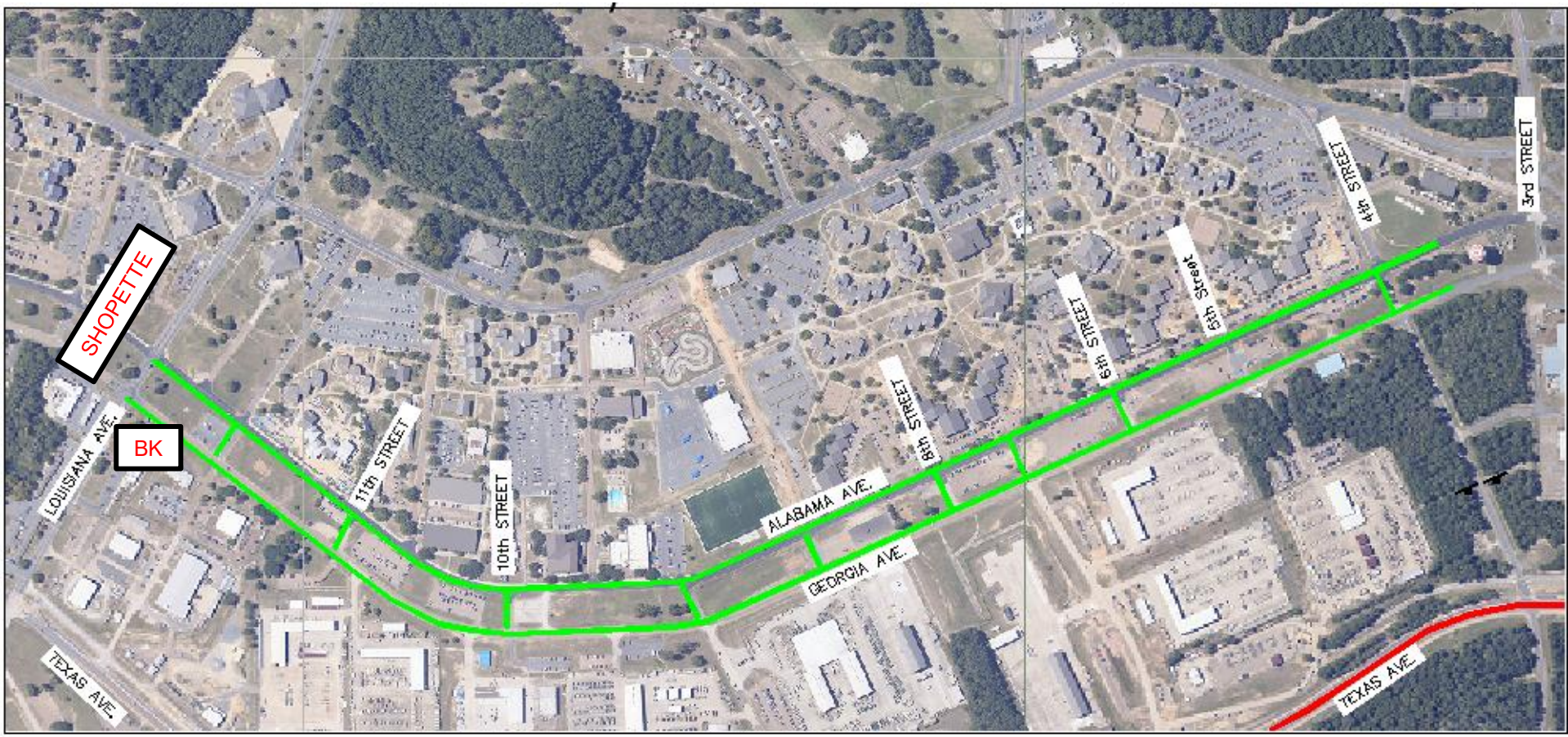
1st - 46th ENG 5,361 lbs.
2nd - 32nd HC 2,635 lbs.
3rd - 5th AVN 2,070 lbs.

BLUF - Tonnage increased 46%

Name: Terrill Turner
Directorate: DPW-ENV
Phone #: 726-780-1572
Email: terrill.c.turner.civ@army.mil

DPW - Engineering

NORTH GEORGIA AVE. PAVING OPERATIONS



ROAD CLOSED

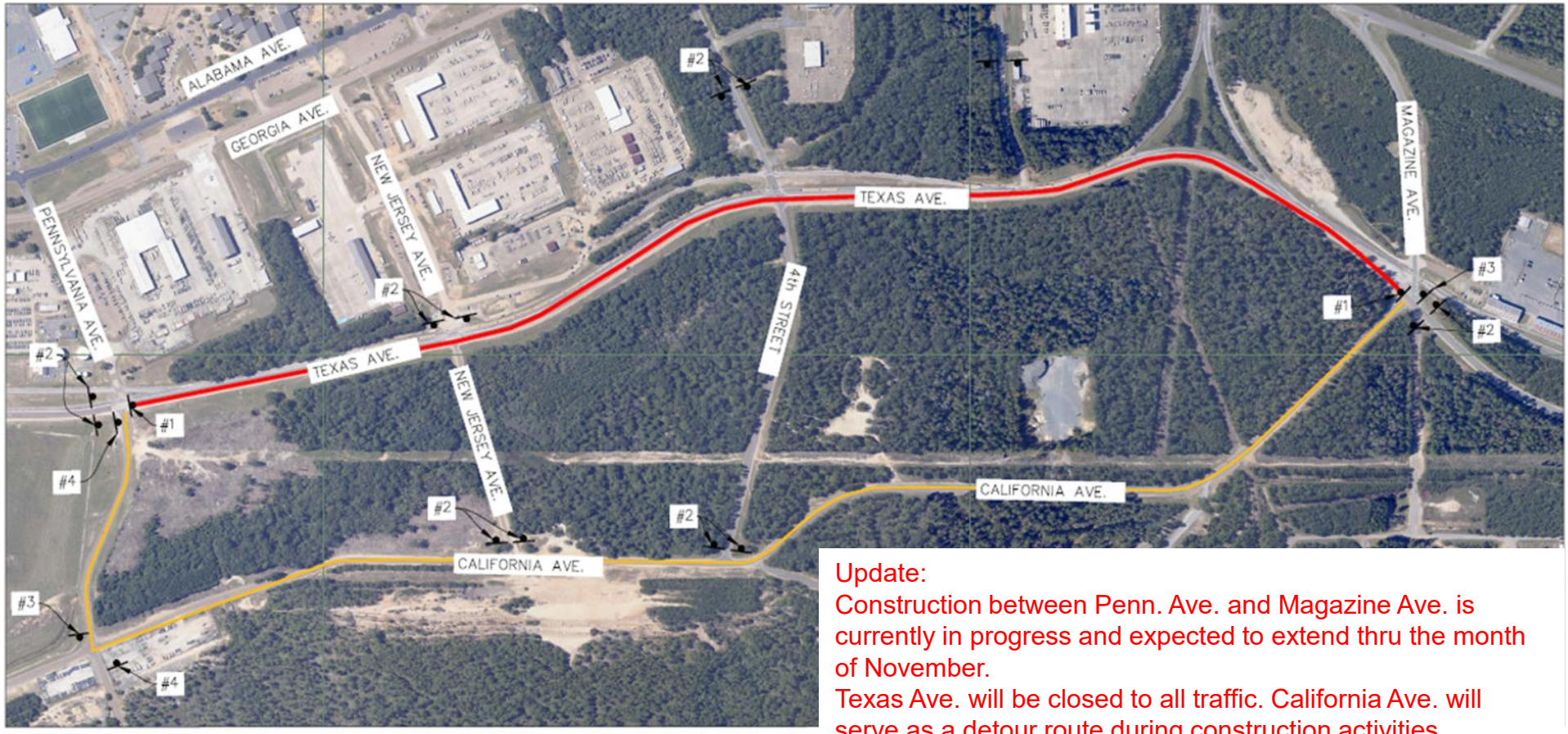
NORMAL TRAFFIC FLOW

Update:
Project substantially completed.
Minimum to no traffic impacts as Contractor continue with efforts to clean up construction debris and install new signage through the month of August.

Name: Russell Castillo
Directorate: DPW-ENG
Phone #: 520-692-8636
Email: russell.g.castillo.civ@army.mil

DPW - Engineering

TEXAS AVE. CONSTRUCTION CLOSURE



Update:
Construction between Penn. Ave. and Magazine Ave. is currently in progress and expected to extend thru the month of November.
Texas Ave. will be closed to all traffic. California Ave. will serve as a detour route during construction activities.

HAZARD MATERIAL DETOUR ROUTE

CONSTRUCTION LIMITS/ROAD CLOSURE

ROAD CLOSED — SIGN #1

ROAD CLOSED TO THRU TRAFFIC — SIGN #2

DETOUR — SIGN #3

DETOUR — SIGN #4

Name: Russell Castillo
Directorate: DPW-ENG
Phone #: 520-692-8636
Email: russell.g.castillo.civ@army.mil

DPW - Engineering

FY25 ROAD REPAIRS ENTRANCE ROAD REPAIRS



MILLING/PAVING LIMITS WITH ONE LANE CLOSURES AND FLAGGING

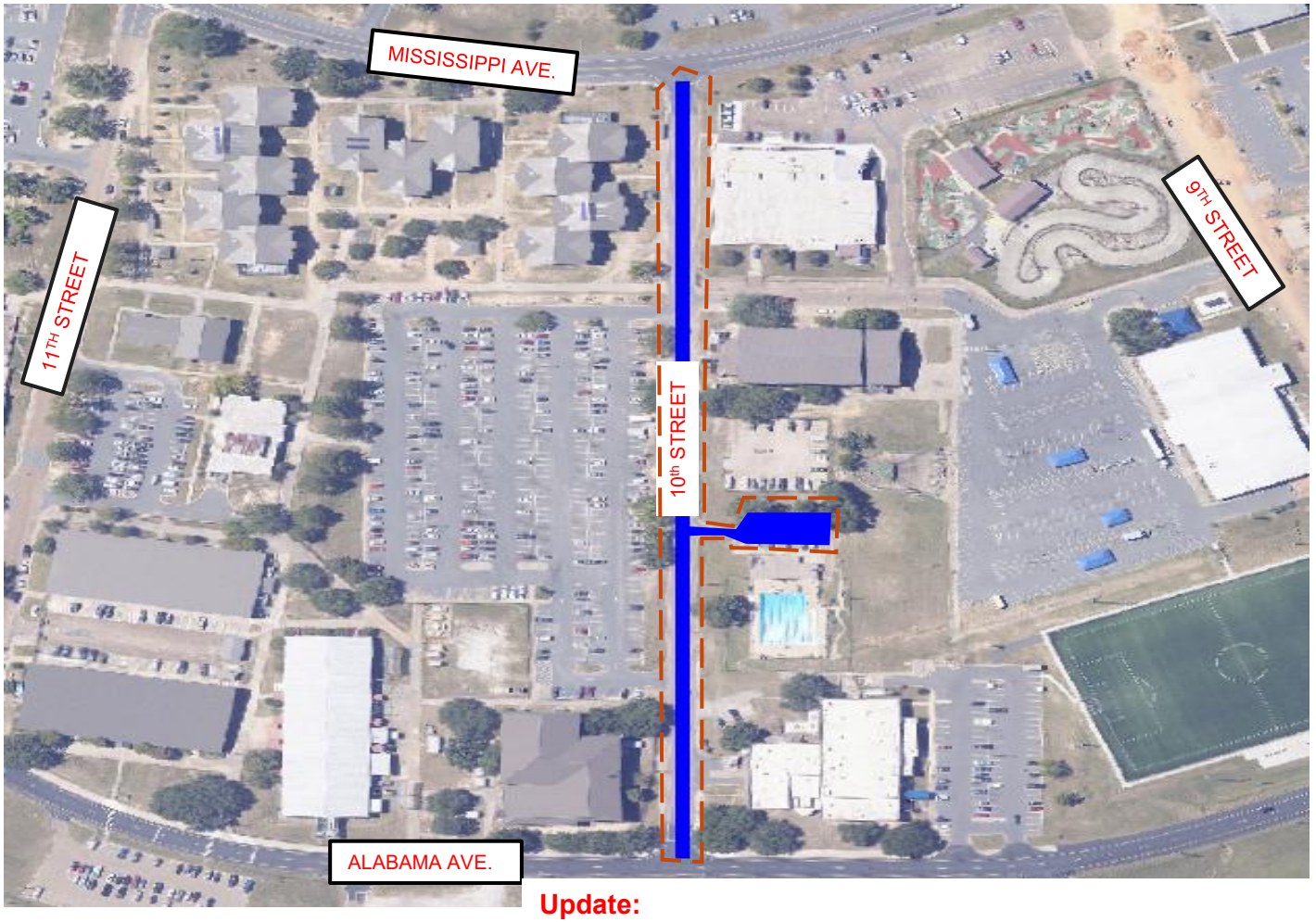
- **FY24: Repairs between bridge BRH 33 and Mac Redmond Rd. were completed early July.**
- **FY25: Repairs between Jean Chapel Rd. and Castle Storage are anticipated to start mid to late August (depicted in image).**
- **FY26: Anticipating to award remaining Entrance Rd. segments.**



Name: Russell Castillo
Directorate: DPW-ENG
Phone #: 520-692-8636
Email: russell.g.castillo.civ@army.mil

DPW - Engineering

UPCOMING 10th STREET ROAD REPAIRS

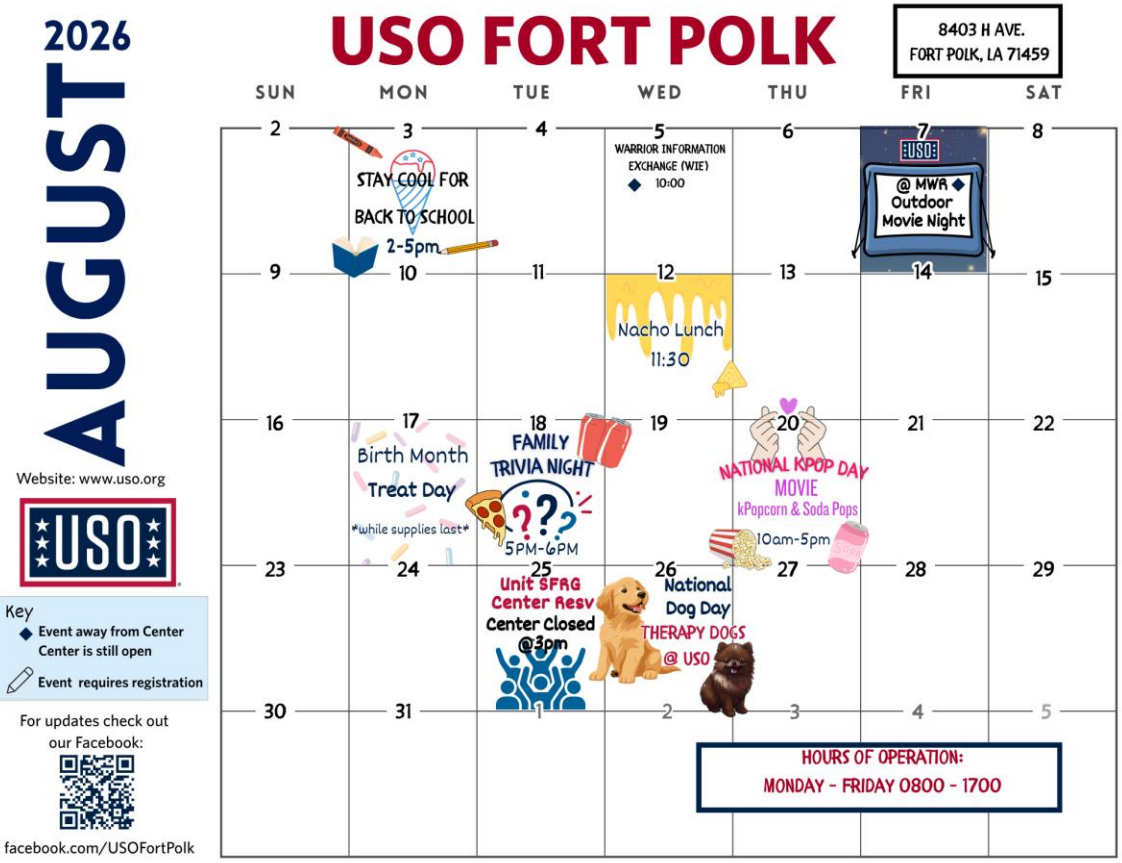


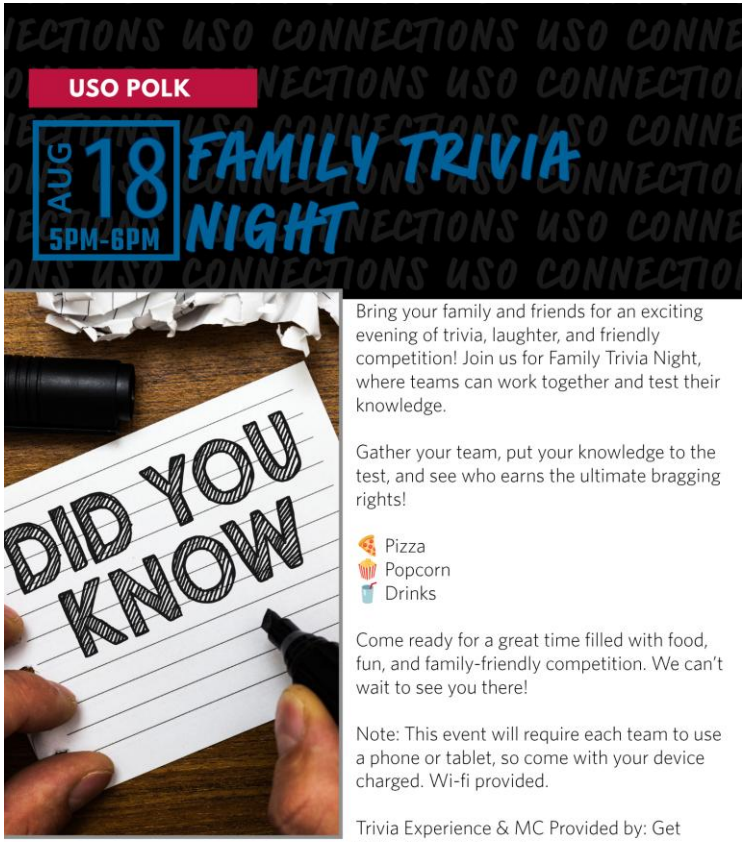
LIMITS OF CONSTRUCTION

MILLING/PAVING OPERATIONS

Update:
Construction on 10th Street between Mississippi Ave. and Alabama Ave. is expected to begin in August.
Construction activities include roadway milling and paving operations, drainage improvements, and new sidewalk installation.
10th Street will be closed to thru traffic during drainage improvements activities.

Name: Russell Castillo
Directorate: DPW-ENG
Phone #: 520-692-8636
Email: russell.g.castillo.civ@army.mil





Bring your family and friends for an exciting evening of trivia, laughter, and friendly competition! Join us for Family Trivia Night, where teams can work together and test their knowledge.

Gather your team, put your knowledge to the test, and see who earns the ultimate bragging rights!

- Pizza
- Popcorn
- Drinks

Come ready for a great time filled with food, fun, and family-friendly competition. We can't wait to see you there!

Note: This event will require each team to use a phone or tablet, so come with your device charged. Wi-fi provided.

Trivia Experience & MC Provided by: Get Drilled Entertainment

USO

USO Fort Polk
8403 H Ave.
Fort Polk LA 31459

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

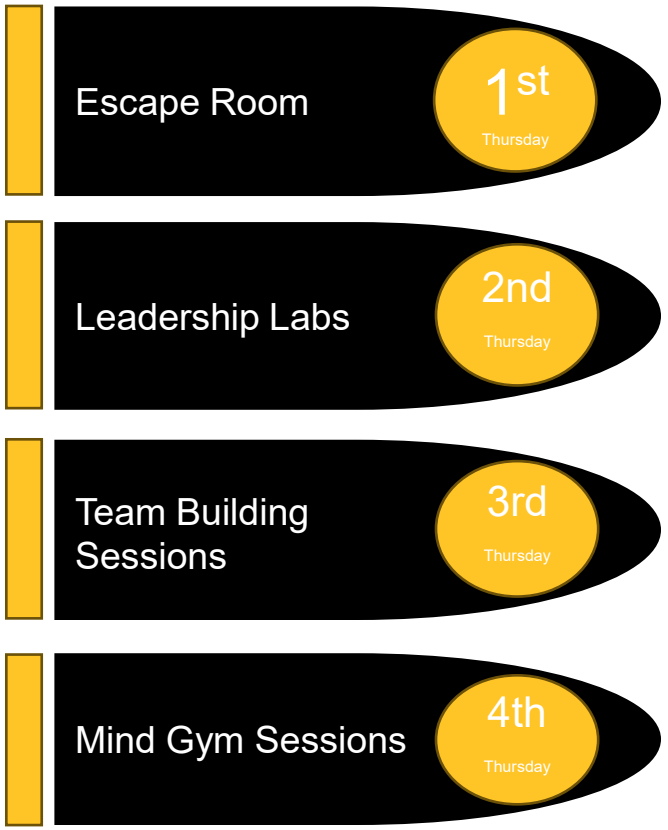
U.S. ARMY

R2 Performance Center

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.



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

U.S. ARMY

R2 Performance Center



41st TC Escape Room

Summary: Performance expert Kimberly Fontenot conducted a fruitful debrief following the escape room focused on the following:

- Unit cohesion, teamwork, and effective communication while participating in the escape room.
- Individual resilience and communication techniques and building trust within the platoon.

The R2PC has conducted 16 escape rooms this calendar year.



OPS GRP Jump

Summary: Performance Center Manager Ashley McCord and Performance experts Trevor Eidsen and Craig Martins accompanied OPS GRP on the 03AUG airborne operations. The team focused on:

- Observing airborne operations and developing a plan on how to best be integrated on future operations.
- Goals to address: Deliberate breathing, motivation, self-confidence, physiological regulation, and injury prevention.



1/509th E3B PT Prep

Summary: Performance experts Kimberly, Trevor, and Craig conducted a two-day long PT event for Pathfinder Co and Easy Co preparing for E3B. Focusing on:

- Building confidence, stress management, breath work, memorization, and individual resilience.

The R2PC has conducted 25 PT events with various units this calendar year.

Installation Safety

Upcoming

- Convoys: Expect convoy traffic for RTN 26-10 to and from the Areial 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.
- E3B: expect delays on LA10 & Texas Ave to Honor field for Soldiers crossing.
- (T) 21 Aug Texas ave will be closed from 4th st to K Ave for E3B foot March 0330-0630.

Ongoing

- School starting, watch for kids in neighborhoods moving to and from bus stops
- Reflective devices required in hours of limited visibility and when not on designated PT routes
- Heat Prevention: schedule activities earlier than later; drink more water; monitor your battle buddy; if you feel week or faint, stop and move to a cool location and ask for help.

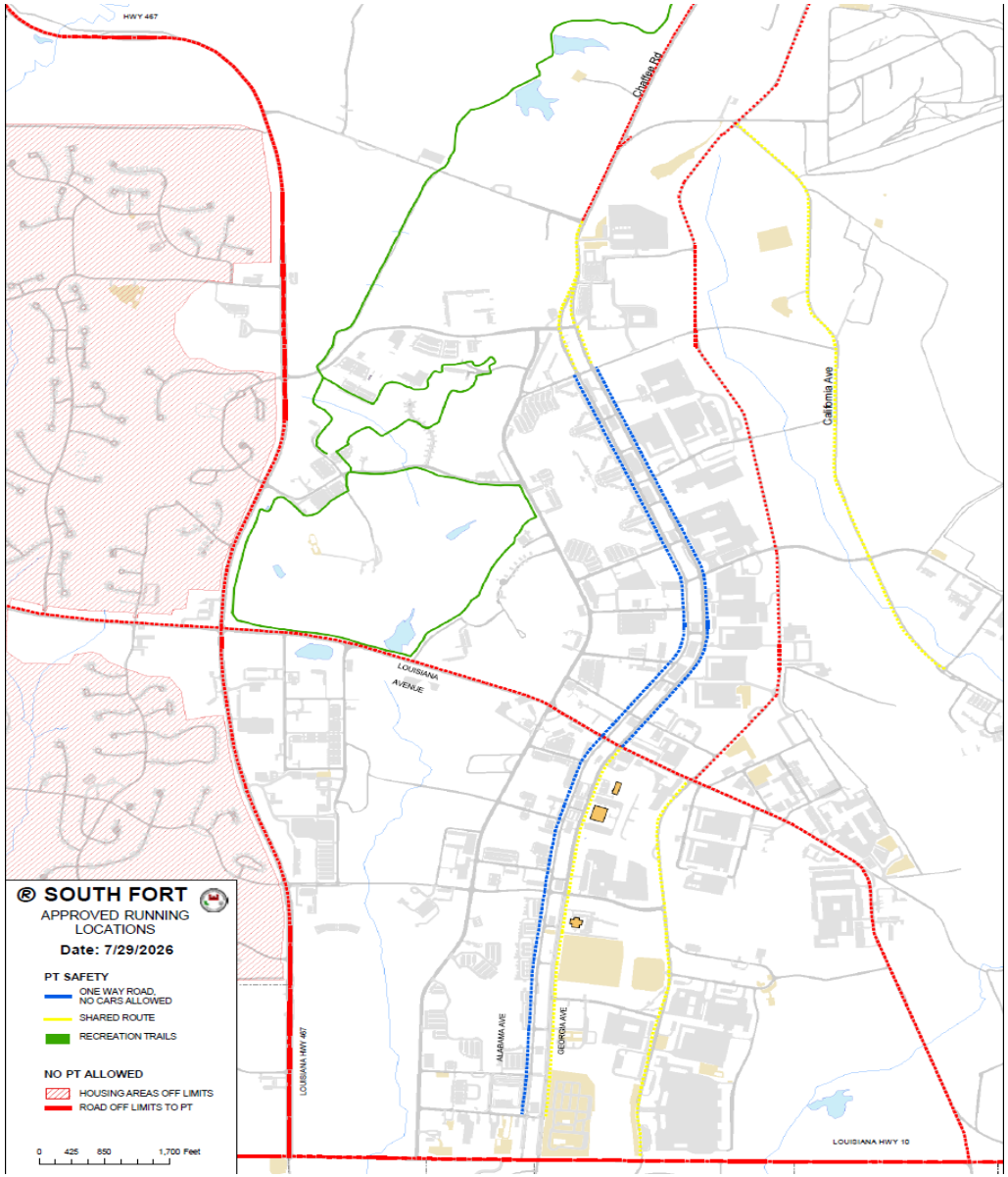


Seat belts: Buckle up!
it's the LAW

FREE child Seat Install

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

Installation Safety



Fort Polk has both designated and shared H2F routes. Alabama Avenue to 23rd Street is closed for vehicle traffic Monday-Friday, 0630-0800 for PT.

The Golf course is also a designated PT location. If conducting H2F/foot marches, on shared routes it will be conducted off-road (on gravel foot trails or sidewalks).

Shared routes are open to runners, bicyclists, and vehicular traffic. When on these routes, Soldiers should use caution and move to the side of the road for passing traffic.

To aid the safety of Soldiers, **Physical Training (ruck/foot marches) is prohibited on some roads (Texas Avenue and Chaffee Road).** Chaffee Road has a high rate of travel speed and Texas Avenue is on one of the thoroughfares necessary for persons headed to and from work prior to 0800.



BACK-UP SLIDES

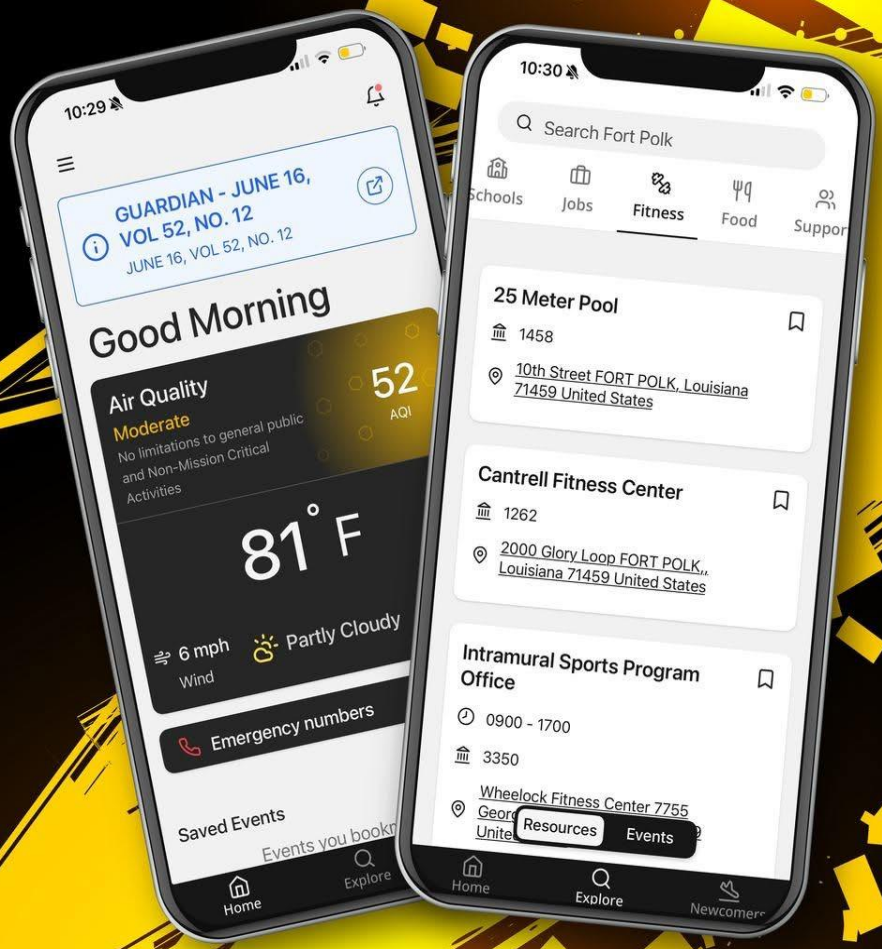
Stay in the know
at Fort Polk with

MY ARMY POST APP

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

GET IT ON Google Play

Download on the App Store



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

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.

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

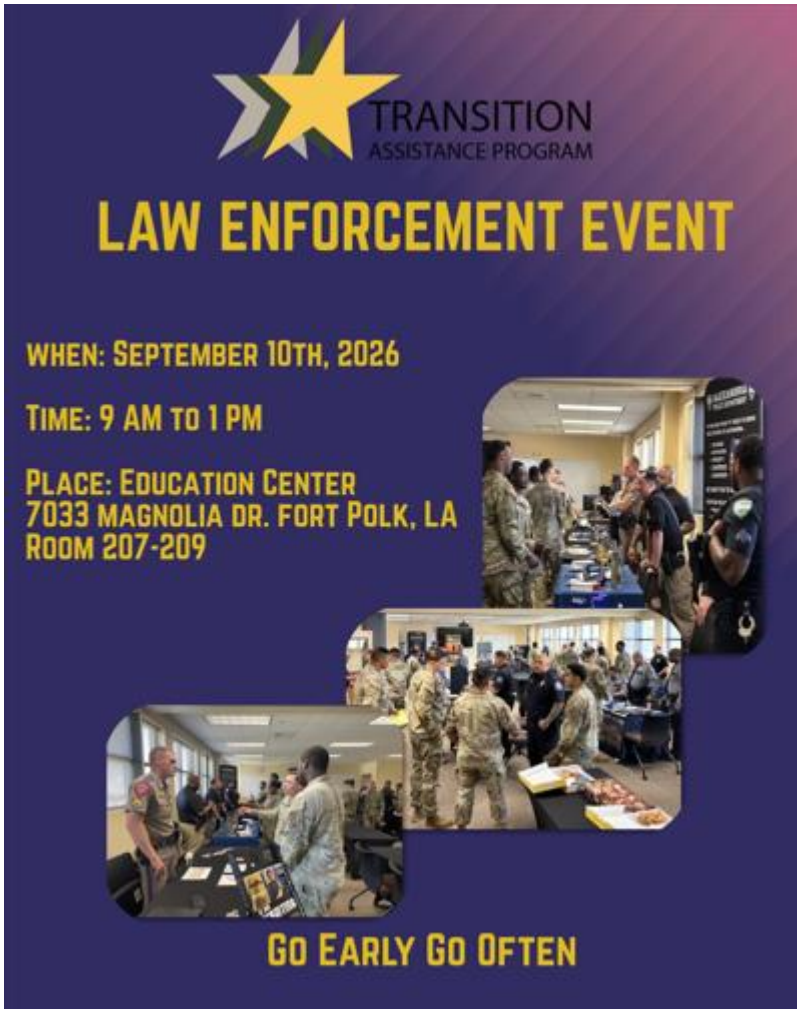
EMERGENCY ALERTS
everbridge.com/products/nixle

EXCHANGE
facebook.com/FortPolkExchange

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

EXPLORE LOUISIANA
explorelouisiana.com

Fort Polk Hiring Events 2026



Beauregard Parish Sheriff	Bossier Sheriff Office	FCC Pollock
Lafayette Police Department	Louisiana Dpt of Wildlife and Fisheries	Louisiana State Police
Shreveport Police Department	Texas Dept of Public Safety	Travis County Sheriff's Office
Tuscaloosa Police Department	U.S. Border Patrol	United States Secret Service
Weiser Security Services		

U.S. ARMY

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

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

- WALK CYS/SPORTS PHYSICALS
- LACTATION SUPPORT
- NEW PARENT SUPPORT PROGRAM
- SAFE SLEEP
- WOMEN, INFANTS & CHILDREN (WIC)
- P3T PROGRAM
- BEHAVIORAL HEALTH (POSTPARTUM)
- EXCEPTIONAL FAMILY MEMBER PROGR (EFMP)
- CAR SEAT INSTALLATION/CHECKS
- HOME BASED BUISNESS EXPO
- ONE NATURAL WAY
- HEALTHY START
- FOOD TRUCKS
- FACE PAINTING, BOUNCE HOUSE, PHOTO BOOTH, POPCORN, KID GAMES, BALLOONS AND MORE...




For children 5 years and older
BJACH AFTER HOURS
CYS &
SPORTS
PHYSICALS
4- 6:30 P.M.
EVERY TUESDAY & THURSDAY
JULY 9 - AUGUST 13
TO SCHEDULE AN APPOINTMENT
CALL 726-780-2175
PLEASE BRING ALL REQUIRED FORMS TO THE APPOINTMENT
WE PROVIDE THE BEST
11

Public Health
Prevent. Promote. Protect.

U.S.ARMY MEDICINE

FORT POLK

RECHARGE for Success

HEALTHY SLEEP FOR BACK-TO-SCHOOL



A good night's sleep helps kids and adults **think clearly, feel better, and perform their best**—in school, at work, and in life.

HOW MUCH SLEEP DO YOU NEED?

PRESCHOOL (3–5 YEARS)	10–13 HOURS
SCHOOL-AGE (6–12 YEARS)	9–12 HOURS
TEENS (13–18 YEARS)	8–10 HOURS
ADULTS (18+ YEARS)	7+ HOURS

Recommended Amount of Sleep per 24 Hours
Source: CDC

8 HEALTHY SLEEP HABITS

1. **KEEP A CONSISTENT SCHEDULE**
Go to bed and wake up at the same time every day, even on weekends.
Source: CDC

2. **WATCH CAFFEINE INTAKE**
Avoid caffeine in the afternoon and evening, including coffee, caffeinated tea, energy drinks, and many sodas.
Source: CDC

3. **LIMIT SCREEN TIME**
Turn off phones, tablets, televisions, and other electronic devices at least 30 minutes before bedtime.
Source: CDC

4. **ESTABLISH A CALMING BEDTIME ROUTINE**
Try reading a book, taking a warm bath, or listening to relaxing music.
Source: AASM

5. **CREATE A RESTFUL ENVIRONMENT**
Make your bedroom cool, dark, quiet, and comfortable for the best sleep.
Source: CDC

6. **START EARLY**
Begin adjusting bedtimes and wake times 1–2 weeks before school starts by moving them earlier in small increments.
Source: AASM, AAP

7. **STAY ACTIVE**
Get regular physical activity during the day to promote better sleep at night.
Source: CDC

8. **KEEP IT SLEEP-FRIENDLY**
Keep electronics out of the bedroom whenever possible to reduce nighttime distractions.
Source: CDC

DID YOU KNOW?

Children who get enough sleep are more likely to have improved attention, behavior, learning, memory, and overall mental and physical health.
Source: CDC

Healthy sleep helps you:

- Stay focused and learn more effectively
- Improve memory and concentration
- Support emotional well-being
- Strengthen the immune system
- Lower the risk of obesity, type 2 diabetes, and other chronic diseases
- Improve school and work performance

Source: CDC

A RETURN TO SCHOOL *Starts with Rest*

Good sleep is one of the most powerful tools for a successful school year. Make sleep a priority—your mind and body will thank you!

REST. LEARN. THRIVE.

REFERENCES

- Centers for Disease Control and Prevention (CDC) Sleep and Sleep Health www.cdc.gov/sleep
- American Academy of Sleep Medicine (AASM) Sleep Education | www.sleepeducation.org
- American Academy of Pediatrics (AAP) HealthyChildren.org – Healthy Sleep Habits www.healthychildren.org

BJACH PUBLIC HEALTH
Building 285, Entrance B
Fort Polk, LA 71459
726-780-1149

This information is not intended to replace the advice of a medical professional. Talk to your healthcare provider if you have concerns about your sleep.

BAYNE-JONES ARMY COMMUNITY HOSPITAL

BREAK FREE FROM NICOTINE



THERE IS NO DAY LIKE TODAY TO QUIT.
LET'S QUIT TOGETHER.

QUITTING HITS DIFFERENT.

YOU GOT ONE LIFE.
LIVE IT NICOTINE-FREE.

DID YOU KNOW?

- Nicotine is highly addictive and can affect brain development, attention, mood, and learning.
- Using nicotine raises your risk for heart disease, lung disease, stroke, and cancers.
- At least 19 different types of nicotine-containing products are in today's market.
- One dip (or more) can deliver as much nicotine as several cigarettes.
- Quitting improves your health, saves money, and helps you live longer.

NICOTINE PRODUCTS INCLUDE:



- VAPES / E-CIGARETTES
- SMOKELESS TOBACCO (DIP, CHEW, SNUFF)
- CIGARETTES
- CIGARS, CIGARILLOS & LITTLE CIGARS
- POUCHES
- HOOKAH & NICOTINE WATER PIPES

OTHER NICOTINE PRODUCTS NOT PICTURED INCLUDE:
Nicotine gels, nicotine inhalers, heated tobacco products, and more.

CLEARER MIND
Better focus.
Better you.

MORE ENERGY
Do more.
Feel better.

STRONGER LUNGS
Breathe easy.
Perform better.

SAVE MONEY
Your wallet will thank you.

LIVE LONGER
More time for the things that matter.

TAKE THE FIRST STEP TODAY.

CONTACT US FOR TOBACCO CESSATION APPOINTMENTS

726-780-1149

1585 3rd St., BLDG 285
Public Health Nursing Clinic
2nd Floor (through Entrance B)
Fort Polk, LA 71459

https://bayne-jones.tricare.mil/Health-Services/Public-Health



YOU CAN QUIT. WE CAN HELP.

WE'VE GOT YOUR BACK.

- One-on-one counseling
- Prescription cessation aids available
- Support that works for YOU

RESOURCES TO HELP YOU QUIT NICOTINE

TRICARE® Nicotine Cessation Resources
Visit TRICARE's Tobacco Cessation Program website for tools, tips, and support.
https://tricare.mil/healthwellness/tobaccocessation

YouCanQuit2 (YCQ2)
Free, confidential help for Service members, veterans, and their families.
Call 1-855-QUIT-2-NOW (784-8669)
Text "QUIT" to 47848
Chat online at https://ycq2.org

CDC Quit Smoking Resources
Tips, quit plans, and support to help you live nicotine-free.
https://www.cdc.gov/tobacco/quit_smoking/

QUITTING ISN'T EASY, BUT YOU DON'T HAVE TO DO IT ALONE.

HEALTHIER YOU. STRONGER TOMORROW.

BREAK FREE. LIVE NICOTINE-FREE.

U.S. ARMY

MISSION READY: BEAT THE HEAT!

TRAIN SMART. HYDRATE. REST. SURVIVE.

BEAT THE HEAT

HIGH TEMPERATURE
Heats your body.

\+

HIGH HUMIDITY
Prevents sweat from evaporating efficiently.

=

HIGHER HEAT INDEX
Makes it harder for your body to cool itself. Your core temperature can rise faster—even if the thermometer doesn't seem extreme.



Humidity is Louisiana's game changer. Same temperature. Much higher risk.

WHY LOUISIANA IS DIFFERENT

HIGH HEAT. HIGH HUMIDITY. GREATER RISK.

Louisiana's humidity slows the evaporation of sweat, making it harder for your body to cool itself.

KNOW THE ENVIRONMENT.
KNOW YOUR LIMITS.
KNOW THE RISK.

KNOW THE WARNING SIGNS

HEAT CRAMPS



- Muscle pain or spasms
- Heavy sweating

HEAT EXHAUSTION



- Headache
- Nausea
- Dizziness
- Heavy sweating
- Weakness
- Cool, pale skin

HEAT STROKE
MEDICAL EMERGENCY



- High body temp (hot, dry skin)
- Confusion
- Seizures
- Loss of consciousness

CALL 911 IMMEDIATELY
Heat stroke can be life-threatening.

TRAIN SMART

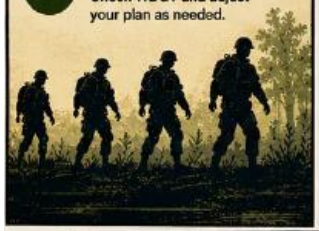
HYDRATE EARLY & OFTEN
Don't wait until you're thirsty.

REPLACE ELECTROLYTES
Sweat removes more than water.

REST IN THE SHADE
Cool down. Recover. Reset.

BUDDY CHECKS
Look out for your battle buddy.

KNOW THE CONDITIONS
Check WBGT and adjust your plan as needed.



NEW TO LOUISIANA?

YOUR BODY NEEDS TIME.

★ ACCLIMATIZATION SAVES LIVES. ★

7-14 DAYS

It can take 7–14 days for your body to adapt to Louisiana's heat and humidity.

DON'T RUSH IT.
Build up. Adapt. Stay ready.

MOST HEAT INJURIES happen during the first two weeks in a new environment.

START SLOW. Increase intensity and duration gradually over 7-14 days.

LISTEN TO YOUR BODY. Report symptoms early. Don't push through.

USE THE BUDDY SYSTEM. Look out for each other. Check in. Speak up.

LOOK OUT FOR YOUR BUDDY



RECOGNIZE THE SIGNS
Know the warning signs of heat cramps, heat exhaustion, and heat stroke.

MOVE TO SHADE
Get to a cooler area as soon as possible.

REMOVE EXCESS GEAR
Loosen or remove gear and extra clothing.

COOL IMMEDIATELY
Use cool water, ice, wet clothes, and fanning to lower body temp.

STAY WITH YOUR BUDDY
Monitor symptoms and get help. Don't leave them alone.

WHEN IN DOUBT, CALL 911
★ HEAT STROKE IS A MEDICAL EMERGENCY. ★

TRAIN SMART. HYDRATE. REST. SURVIVE.

★ MISSION READY STARTS WITH YOU. ★

U.S. ARMY

TRICARE®

Stay Connected with the Q-Anywhere App

The Q-Anywhere App provides a convenient way to stay informed about your visit from anywhere.



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- Receive real-time notifications directly through the app
- Quickly find participating locations
- Stay connected to your visit even if you close your browser
- Access a more convenient mobile experience

How it Works

1. Download the Q-Anywhere App
2. Select your location
3. Join the queue or appointment journey
4. Receive notifications and updates
5. Arrive when it is time for service

Scan a QR code to download the app

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www.tricare.mil/pharmacy 1-800-TRICARE

U.S. ARMY

Do you have a service request?

There are 4 ways to submit a Service Request:

1

Call us 24/7 at 866-436-2047

For the fastest way if you have an emergency or urgent matter.

2

In person

During business hours, you may also visit your local community center and speak with one of our team members.

3

Go online

Polk.CorviasPM.com

click on RESIDENTS / Login Now to Portal

4

Scan the QR Code

ENTER A WORK ORDER

Corvias PROPERTY MANAGEMENT

U.S. ARMY

ClimateMaster iGate2 Thermostat Schedule & Filter Guide



Scan the QR code to watch a video tutorial on how to program your thermostat schedule.

How To Navigate Your Schedule Settings

Follow these steps to navigate your ClimateMaster iGate2 thermostat to change or view your heating and cooling schedule:

Step-by-Step Instructions

1. **From the temperature screen, slide your finger across the display to the right twice.**
2. **Tap on the green PROGRAM icon to view the existing schedule by day.**
   - Slide the yellow slider on the right up or down to switch days.
3. **To change schedule times or temperatures, tap on the EDIT icon.**
   - To change a time, click on it and rotate the dials forward or back, then SAVE.
   - To change a temperature, click on it and rotate the appropriate dial up or down (red dial for heat, blue dial for cool), then slide finger right.
   - Make additional changes as needed, then slide your finger across the display once when done.
4. **If you want to repeat these settings for multiple days, tap on the COPY icon.**
   - Tap on the appropriate day(s) you want to copy from and to, tap the COPY icon and slide your finger across the display once.
5. **When done, tap on the HOME icon at the bottom of the screen.**



Changing the HVAC Filter

Ourproperty management team willreplace your filters 3 times per year during regular preventative maintenance visits. If you want to replace your filters more frequently, please contact your community center.

1. Switch the thermostat into the OFF mode for safety.
2. Locate the filter compartment on the side of the HVAC equipment.
3. Slide out the old filter. Take note of the airflow direction printed on the filter frame.
4. Insert the new filter in the same direction as the old one (match airflow arrows).
5. Secure the access panel or grille.
6. Switch thermostat to the desired mode.

Corvias PROPERTY MANAGEMENT

09/24/25

U.S. ARMY

Ft Polk Mowing Schedule

2026 — CALENDAR YEAR

AUGUST — CALENDAR MONTH

SUNDAY — FIRST DAY OF WEEK

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27 Palmetto: Palmetto Ct, BellRichard, Lazar, Dickey, Lalopa, Kalina, Hill, Harrell Dogwood: Wideman, Noldan, Denham, Kucinski	28 Palmetto: Nowak, Zolinski, Traycheff, Busch, Perez, Evans, Norris, Tankersley, Cline, McCauley, Leasing Office Dogwood: Armistead, Cochran, Bradshaw, Warren, Thorton	29 Palmetto: Lewis, Perez, Miller, Reed, Harvey, Fernandez, Monroe, Berkley, NHC Dogwood: Meeks, Horn, Garber, Ellis, Yescavage	30 Palmetto: Michael, Whittington, Roach, Hunt, Lee, Diamond, Johnson,E Stance,Diets Allen Ct, Sayer, Gardner, Corps, Mudry, Bazydlo, Palmetto Office	31	01
02	03 Maple: Van Tine, Worthington, Backfish, Goodrich, Wise, Speas, Cooley, Kane, Marchand Dogwood: Hall, Haag, Randolph, Jordan	04 Maple: Knight, West, York, Turner, Murphy, Showalter, Dog Park, Dogwood Center, Dogwood: Batora, Stewart, Lankford, Tracey, Clyburn, Colt, Zell,	05 Maple: Ryan, Lawley, Long, Howard, Pinehurst, Kyle Dogwood: Clary, Guiney, Kleveno, Crawford, Leadbetter	06 Maple: Richmond, Moran, Groves, NHC, Fairway, Eagle View Dogwood: Bilger, Montee, Brown, Seay, Cypress, LH Hughes, Anderson, Fournet, Program Office	07	08
09	10 Palmetto: Palmetto Ct, BellRichard, Lazar, Dickey, Lalopa, Kalina, Hill, Harrell Dogwood: Wideman, Noldan, Denham, Kucinski	11 Palmetto: Nowak, Zolinski, Traycheff, Busch, Perez, Evans, Norris, Tankersley, Cline, McCauley, Leasing Office Dogwood: Armistead, Cochran, Bradshaw, Warren, Thorton	12 Palmetto: Lewis, Perez, Miller, Reed, Harvey, Fernandez, Monroe, Berkley, NHC Dogwood: Meeks, Horn, Garber, Ellis, Yescavage	13 Palmetto: Michael, Whittington, Roach, Hunt, Lee, Diamond, Johnson,E Stance,Diets Allen Ct, Sayer, Gardner, Dogwood: Corps, Mudry, Bazydlo, Palmetto Office	14	15
16	17 Maple: Van Tine, Worthington, Backfish, Goodrich, Wise, Speas, Cooley, Kane, Marchand Dogwood: Hall, Haag, Randolph, Jordan	18 Maple: Knight, West, York, Turner, Murphy, Showalter, Dog Park, Dogwood Center, Dogwood: Batora, Stewart, Lankford, Tracey, Clyburn, Colt, Zell,	19 Maple: Ryan, Lawley, Long, Howard, Pinehurst, Kyle Dogwood: Clary, Guiney, Kleveno, Crawford, Leadbetter	20 Maple: Richmond, Moran, Groves, NHC, Fairway, Eagle View Dogwood: Bilger, Montee, Brown, Seay, Cypress, LH Hughes, Anderson, Fournet, Program Office	21	22
23	24 Palmetto: Palmetto Ct, BellRichard, Lazar, Dickey, Lalopa, Kalina, Hill, Harrell Dogwood: Wideman, Noldan, Denham, Kucinski	25 Palmetto: Nowak, Zolinski, Traycheff, Busch, Perez, Evans, Norris, Tankersley, Cline, McCauley, Leasing Office Dogwood: Armistead, Cochran, Bradshaw, Warren, Thorton	26 Palmetto: Lewis, Perez, Miller, Reed, Harvey, Fernandez, Monroe, Berkley, NHC Dogwood: Meeks, Horn, Garber, Ellis, Yescavage	27 Palmetto: Michael, Whittington, Roach, Hunt, Lee, Diamond, Johnson,E Stance,Diets Allen Ct, Sayer, Gardner, Corps, Mudry, Bazydlo, Palmetto Office	28	29
30	31	01	02	03	04	05