JRTC AND FORT POLK

JUNE 30 VOL. 52, NO. 13

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JEFFRIES BIDS FORT POLK FAREWELL PAGE 11

STRUCTURAL FIRE EXERCISE PAGE 15 FORT POLK REDESIGNATION CEREMONY JULY 11 AT 9 A.M. WOODFILL HALL — BLDG 350

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COVER PHOTO

The Fort Polk internal protection exercise was held June 12. As part of the event Fort Polk emergency services responded to a structural fire to protect Soldiers, civilians and family members and provide a safe and secure environment. (U.S. Army photo by Antoine Aaron)



15 Structural fire Exercise



9 JRTC and Fort Polk conducts rotation

Jeffries bids Fort Polk farewell



519th MP Bn inactivates



JRTC AND FORT POLK Brig. Gen. Jason A. Curl Commanding General Col. CJ Lopez Garrison Commander

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For additional information, please visit the @JRTCandFortPolk Facebook page.









Bass Tournament

July 5, 6 a.m. at Toledo Bend Army Recreation Park

The Toledo Bend Army Recreation Park Monthly Bass Tournament is on-going and open to the public!

First Saturday of every month, check-in is at first light!

Leave at safe light; weigh-in at 3:00 p.m. Cost is \$40 per boat and \$5 per person for big bass.



July 5, 7 a.m. at the Home of Heroes **Recreation Center**

Fort Polk's Better Opportunities for Single Soldiers will be going to Avery Island on July 7. The BOSS van will be leaving at 7 a.m. from the Home of Heroes Parking Lot.

This event is open to all single Soldiers ages 18 and up.

Two-Day Home-Based Business Market

July 12, 9 a.m.-3 p.m. at the Warrior Center

Come to the Warrior Center Ballroom and support your local home-based business markets! From delicious sweets to candles and jewelry, there is something for everyone.



Military Spouse Owned Business

Independence Day Spectacular

July 12, 6 p.m. at Headquarters Field

Get ready for an epic night under the stars!

Mark your calendars — the Independence Day Spectacular is going down at Headquarters Field. Captain America: Brave New World will be shown on the big screen, plus food trucks, military spouse-owned businesses, a magic show and more!



OUTSIDE THE GATES







NO ARMY OR FEDERAL ENDORSEMENT IMPLIED.



Fourth Fest

July 4 5-10 p.m. **Beauregard Parish Fairgrounds** DeRidder, La.

Click for more info

Red, White, Blue & You!

July 4 6-10 p.m. Lake Charles Event Center Lake Charles, La.

Click for more info



Rock the Red

July 4 5:30-9:30 p.m. **Steps of City Hall** Alexandria, La.

Click for more info

Balloon Festival

July 4-5 5-10 p.m. Historic Downtown Riverbank Natchitoches, La.

Click for more info



Fort Johnson has been redesignated as The Joint Readiness Training Center and Fort Polk, in honor of General (Retired) James H. Polk — a cavalryman, warrior and leader whose legacy helped shape modern U.S. Army training and readiness.

Born into a military family, General Polk graduated from the U.S. Military Academy at West Point in 1933. He served with distinction in World War II as the commander of the 3rd Mechanized Cavalry Group, leading reconnaissance operations across France and Germany during the Allied advance. For his actions under fire, he was awarded the Silver Star, among numerous other decorations.

He went on to serve in both the Korean War and the Vietnam War, and later became the Commander of U.S. Army *Europe, where he strengthened NATO's defensive posture* during the height of the Cold War. Known for his intellect, integrity and combat-tested leadership, Polk was a driving force behind the modernization of training doctrine and the development of professional warfighters. From the hedgerows of Normandy to the frontlines of Cold War deterrence, General Polk devoted his life to service, sacrifice and preparing Soldiers to fight and win. That legacy lives on — right here, at the Joint Readiness Training Center and Fort Polk. (Photos courtesy U.S. Army)

citizenship! Sgt. Jeremy Joaquin Pfc. Seyram Koudolo Pfc. Kee Ling Spc. Alexander Sabuni





The Fort Polk redesignation ceremony Takes place **July 11** 9 a.m. at the parking lot in front of Woodfill Hall – bldg 350

This event is open to the general public. If you are media interested in attending the event, contact Chuck Cannon at 726-780-0995 by July 8.



Fort Polk Soldiers become citizens

A naturalization ceremony was held June 24 at Fort Polk's Army Community Service and Prevention Center ballroom, bldg 920. Congratulations to the nine Soldiers who finalized their U.S.

Spc. Barimah Kwabena Amoah Akrasi Pfc. David Martinez Esqueda Pfc. Richard Alberto Osuna Arredondo Spc. Austine Cion Jesie Arao Pacursa Spc. Kevin Omar Torres Pereira (U.S. Army Photos by Antoine Aaron)







JRTC, FORT POLK TRAINS ROTATIONAL GUARD SOLDIERS





As Rotation 25-08 enters the final fight, the 2nd Brigade Combat Team, 34th Infantry Division leads a powerful, combined force through the ultimate test. At the Joint Readiness Training Center and Fort Polk, lethality is built — one rep, one lesson, one warrior at a time. (U.S. Army Photos courtesy Iowa Army National Guard)



Guard Soldiers train at Tigerland

By Sgt. Ryan Reed MilitarySpot.com

FORT POLK, La. - More than 4,000 Soldiers from the Iowa Army National Guard trained throughout June at Fort Polk, undergoing one of the Army's most demanding combat training events in preparation for an upcoming overseas deployment.

Known since the Vietnam War era as "Tigerland." Fort Polk and the Joint Readiness Training Center have become synonymous with forging combat-ready Soldiers through intense, realistic training. For Iowa's 2nd Brigade Combat Team, 34th Infantry Division, this rotation marks a pivotal moment: their first full brigade deployment since 2010.

At the Joint Readiness Training Center, or JRTC, Soldiers are evaluated under pressure. Their minds are stressed, their physical limits are tested and their endurance is pushed to the edge. From junior enlisted Soldiers to senior Iowa Army National Guard leaders, all participants endure mental, physical and emotional exhaustion.

The JRTC is one of four Army combat training centers. The others are the Joint Multinational Readiness Center (JMRC) in Hohenfels, Germany: the Joint Pacific Multinational Readiness Center (JPMRC) at Schofield Barracks, Hawaii; and the National Training Center (NTC) at Fort Irwin. California.

The JRTC, however, is known for being the most grueling. The simulated combat environment. complete with force-on-force scenarios and constant stressors, provides Soldiers with some of the most realistic training they will encounter in their careers.

"There are a lot of methods that we use to test Soldiers while they're in the training area. One is simply the stress and pressure of com- power. bat," said Brig. Gen. Derek Adams, the senior trainer for rotation 25-08. "We try to simulate that as best we can."

As the senior trainer, Adams works closely with observer-coach/trainers and the JRTC leadership to design, execute and evaluate the training rotation. He coordinates with the Operations Group, which oversees the exercise, monitors unit performance across all warfighting functions and delivers objective feedback port Command for the JRTC, the RSG was through after-action reviews to improve read- tasked with coordinating all sustainment iness at every level.

"JRTC emphasizes DOD's (Department of Defense's) priorities of lethality, warfighting medical treatment and and readiness by training the entire brigade combat team, from the individual Soldiers to the brigade combat team level," Adams said. "It's a large, complex organization, and this tion. training reflects that."

This type of training marks a broader shift in Army doctrine.



Soldiers from the Iowa Army National Guard train at Fort Polk. (U.S. Army Photo courtesy Iowa Army National Guard)

The Army is transitioning from the counterinsurgency operations of the past two decades to large-scale combat operations, or LSCO. Large-scale combat operations prepare Soldiers for potential conflicts with near-peer adversaries by emphasizing large-scale maneuvers, complex logistics and sustained combat

"LSCO changes sustainment operations management." sheerly in the magnitude of what occurs," said Col. Tony Smithhart, commander of the 734th Regional Support Group (RSG). "You're talking about large numbers of Soldiers, large numbers of equipment."

The RSG is structured to provide logistical support to up to 20,000 Soldiers in a deployed environment. As the Regional Supefforts. This included feeding more than

5,800 Soldiers, managing staging and preparing more than 2,500 pieces of equipment for opera-

Planning for the JRTC began more than a year before the first boots hit the ground.

"I made my first trip to Fort Polk about 18 months ago to determine the actual area we'd operate in," Smithhart said. "Since then, my team at the 734th Regional Support Group has returned about six times to coordinate with Fort Polk staff, validate our node concepts and rehearse operations to support reception, staging, onward integration and base camp

The JRTC has earned its reputation. The environment is humid and rainy, the terrain is unforgiving, and the scenarios evolve constantly.

All of these factors come together to form a stressful and taxing exercise, but one that will toughen Soldiers. Despite numerous aspects

working against them, the Soldiers of the 2nd Brigade Combat Team, 34th Infantry Division, proved they not only have the grit to complete their upcoming deployment successfully but also to complete any mission that is asked of them.

"The scale of this operation is critical to the development of our Soldiers," Smithhart said. "It's been called a generational training opportunity, and I believe that's accurate.'

Fort Polk Public Affairs Office

leadership and community.

community.

gone.

er people's gain," Curl said.

thinks of Jeffries is dignity.

munity.

the chapel.

"You could see it in how volunteers began to tion Chrissa Gross. interact, how people of different faiths came "Thank you for your influence and support," together, and how our team interacted. He is as Jeffries said. caring and approachable as he appears to be He also thanked the many volunteers that and has never passed up an opportunity to roll help keep the chapel running. up his sleeves and work alongside our team at "They are more than I can name, but not forthe Religious Support Office," Gross said. gotten," Jeffries said.

On a personal note, Gross said his leader-He was also proud of some of the programs ship and mentorship as she walked through and events that came to be during his time at her cancer journey with her dad was truly a Fort Polk. blessing that allowed her to focus on her fam-The first program, called "Power Wednesily when she needed to recover after each trip day," has been a success of the Religious Edhome. ucation Program. "Rarely have I had a chaplain touch my life like

ing," Gross said. in any circle he is a part of.

Fort Polk bids fond farewell to retiring chaplain

By Angie Thorne

FORT POLK, La. – A retirement ceremony for Chap (Col.) Michael L. Jeffries took place June 25 at Fort Polk's Main Post Chapel. The event was attended by members of Fort Polk

Brig. Gen. Jason A. Curl, Joint Readiness Training Center and Fort Polk, kicked off the celebration of Jeffries 25 years of service by stating that no matter their faith, Jeffries met the spiritual needs of Fort Polk Soldiers and the

"I've never met anyone better than him at earning their genuine trust. That relational effectiveness is his hallmark. To know him was to know he cared about you," Curl said.

Curl said his impact at Fort Polk has been and will continue to be felt long after Jeffries is

"While here, he has made an immensely positive affect on our Soldiers. Our loss will be oth-

Chrissa Gross, religious education director, said the word that comes to mind when she

"He worked very hard, regardless of one's chosen faith, circumstances, or situation in life, to provide them with dignity. He did this with our team, and the people we serve in the com-

That mindset became a part of the fabric of

he has. I have worked alongside many chaplains over the years, but they are teammates in my profession. It has only been in the last year that I have been able to know the gift of having a chaplain in my corner. Truly, it has been a bless-

Gross said Jeffries has been and will continue to be a friend to those in need, and a leader

"He and Lori will be missed; it has been an honor for our team to work with him as he served at his last duty station and closed out an impressive career," she said.

Chap (Col.) Michael Jeffries thanked the



Chap (Col.) Michael L. Jeffries makes a few remarks at his retirement ceremony June 25 at Fort Polk's Main Post Chapel. (U.S. Army Photo Angie Thorne)

many people who came to the Main Post Chapel to share in his retirement celebration. He said he couldn't have done anything without his senior staff and said working with this team is one of the things he is most proud of while stationed at Fort Polk.

They include Chap (Lt. Col.) David Meyer, Chap (Maj.) Jeremiah Snyder, Chap. (Capt.) Grant Gaskin, Sgt. 1st Class Jason Robinson, Sgt. Carlos Matamoros, Sgt. Chase Stemple, Sgt. Winston Jones, Spc. Serigne Djiouf, Pfc. Luis Morales, and Director of Religious Educa-

"It really helped to connect the community together on Wednesday nights with programs available from kids to adults. This gave families and singles alike a place to belong and be a part of the Chapel," Jeffries said.

The next program was the Unity fellowship program.

"It was a great worshipping body for the Protestant community that Chap (Col.) Scott Hammond started. It combined the Gospel Service and the Contemporary Service together and while I was here it really continued to grow and take care of people," Jeffries said.

Lastly, Jeffries was proud of the Parents of ilege to be a small part of the Army's history.

Little Kids (POLK) at Polk family program. "This is an innovative program for young families new to the military that Chrissa does a

great job with and I am extremely proud of all it offers." Jeffries said. Always thinking about improving quality of life for the Fort Polk community, Jeffries said he really believes the two Spiritual Resilience Weeks RSO hosted helped to make a differ-

ence in people's lives. "The first one in 2024 was with John James and the second on in 2025 with Adam Jones. Each of these were weeklong events with the speaker going to the units and not the units coming to the speaker. I am glad we took the risk to do them and spent the money to make them happen," he said.

Jeffries said his final message for Fort Polk is to know that they are in a better place than they think

"The community here at Fort Polk is a great place to be. The people of Leesville and Deridder are a great part of our community. There are people here who care about you and will help. Get involved in Chapel, MWR (Morale, Welfare and Recreation), and the community and you will find Fort Polk to be a good place to serve," he said.

Looking back on his 25 years of service, Jeffries said you would think it would be easy to talk about everything he has done, but he said it's hard to sum up those years.

"Through three deployments, conversations with Soldiers, memorial services, consoling and encouraging each other, I am thankful for the opportunities I've had and the ministries that God has allowed me to be part of," Jeffries said. "It has been amazing, humbling and a priv-

YOU ARE CORDIALLY INVITED TO THE JRTC & FORT POLK INSTALLATION

EXPERIENCE A TRADITIONAL MILITARY BALL, OR RE-EXPERIENCE A MILITARY BALL POST RETIREMENT

PARAGON CASINO RESORT

SEPTEMBER 4, 2025 SOCIAL 4:30 PM -5:00 PM BALL 5:00 PM - 11:00 PM



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FORT POLK TRAINS FOR FIRE EMERGENCY











The Fort Polk internal protection exercise was held June 12. Fort Polk emergency services responded to a structural fire to protect Soldiers, civilians and family members and provide a safe and secure environment. The exercise tested the installation's ability to respond to, shorten the duration of and recover from the consequences related to a structural fire. The exercise included procedures to put out the fire and give aid to the injured before sending them to Bayne-Jones Army Community Hospital for further treatment. (U.S. Army Photos by Antoine Aaron and Jean Clavette Graves)











519th Military Police Battalion inactivation ceremony





INSIDER THREATS 101: WHAT YOU NEED TO **KNOW**



OVERVIEW

Organizations of all sizes are vulnerable to an insider threat. An insider threat is the potential for an insider to use their authorized access or special understanding of an organization to harm that organization. This harm can include malicious, complacent, or unintentional acts that negatively affect the integrity, confidentiality, and availability of the organization, its data, personnel, facilities, and associated resources.

BUILDING AN INSIDER THREAT MITIGATION PROGRAM

The Cybersecurity and Infrastructure Security Agency (CISA) assists critical infrastructure stakeholders with building or expanding their insider threat mitigation programs. Successful insider threat mitigation programs employ practices and systems that limit or monitor access across organizational functions. Insider threat mitigation programs need to be able to detect and identify improper or illegal actions, assess threats to determine levels of risk, and implement solutions to manage and mitigate the potential consequences of an insider incident.

Organizations should form a multi-disciplinary Threat Management Team to create an Incident Response Plan, ensuring their response to an insider incident or potential threat is standardized, repeatable, and consistently applied.

To effectively establish an insider threat management program, organizations should:

Obtain Support from Organizational Leadership

Maintain Pathways for Reporting



Start small-leverage existing capabilities and resources.



Develop a culture of shared responsibility designed to help the individual and the potential insider.



Define the purpose of the program, and highlight the return on investment by revealing what could be lost in a successful insider threat incident.



Identify what the organization values, and its physical and intellectual critical assets to protect against insider threats.

INSIDER THREAT QUICK FACTS

The total average cost of an insider risk increased in 2023 to

\$16.2 million per organization

(taking an average of 86 days to identify and contain)

Source: Ponemon 2023 Insider Threat Report, 2023 Cost of Insider Risks Global Rep



of cybersecurity professionals believe their organizations are vulnerable to insider threats

Source: Crowd Research Partners, Insider Threat 2018 Report



was the estimated annual nationwide cost of workplace violence in 2021

Source: National Safety Council, Workplace Violence, A Universal Threat, 2022

25%

of workplace violence goes unreported

Source: AlertFind, Norkplace Violence Statistics 2018









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As of July 2024

Develop confidential reporting pathways that are easy to find,

understand, and use.

Provide Training and Awareness



Train employees to recognize insider threat indicators and the concerning behaviors that could lead to an incident in the organization.

PROGRESSION OF AN INSIDER TOWARD A MALICIOUS INCIDENT

Malicious insider activity is rarely spontaneous; it is usually the result of a deliberate decision to act. A potential insider threat progresses along an identifiable pathway to a malicious incident.¹ A deeply held grievance or humiliation, whether real or perceived, is often the first step on a journey toward intended violence.²



Everybody is the insider threat team, not just the police or security personnel. It is everyone's responsibility to keep the agency and the mission safe."

- GOVERNMENT SUBJECT MATTER EXPERT (FROM A "STRATEGIC PLAN TO LEVERAGE THE SOCIAL & BEHAVIORAL SCIENCES TO COUNTER THE INSIDER THREAT," PERSEREC OPA-2018-082)

ADDITIONAL RESOURCES

Learn more about Insider Threats with some of our other resources below.







HR'S ROLE IN PREVENTING INSIDER THREATS



INSIDER THREAT MITIGATION WORKSHOP



For direct regional support, please visit cisa.gov/about/regions.

For additional Insider Threat resources and other Infrastructure Security products and information, please visit cisa.gov/ insider-threat-mitigation.

1. Federal Bureau of Investigation Behavioral Analysis Unit. (2015). Making Prevention a Reality: Identifying, Assessing, and Managing the Threat of Targeted Attacks. (p. 24). U.S. Department of Justice, Federal Bureau of Investigation. Washington, DC. Retrieved from <u>fbi.gov/file-repository/making-prevention-a-reality.pdf/view</u>. 2. Grievance as used here should be distinguished from the formal filing of a grievance by an employee based upon instances of discrimination or other inappropriate workplace conduct directed at them. The filing of a formal grievance should not be construed as indicative of an insider threat

Change of command marks new chapter at BJACH

By Jean Clavette Graves BJACH PAO

FORT POLK, La. — In a ceremony steeped in Army tradition and heartfelt reflection, Col. Patrick W. Miller assumed command of Bayne-Jones Army Community Hospital on June 11 at the Bayou Theater. He succeeds Col. Alisa R. Wilma, who led the hospital for the past two years.

The change of command was presided over by Brig. Gen. Yolonda "YR" Summons, commander of Medical Readiness Command, West and director of the Defense Health Network West. Summons praised both the outgoing and incoming commanders while celebrating the hospital's mission and its people.

"Today we focus on two exceptional officers who have dedicated their careers to defending our nation and supporting the well-being of our service members," Summons said. "Col. Wilma led with grit, grace and genuine care — ensuring Soldiers, staff and patients alike were seen, heard and supported. And Col. Miller brings calm confidence and proven commitment. He's exactly the right leader for this moment."

During her remarks, Summons highlighted the warm culture and professionalism evident throughout the facility.

"As I walked the halls yesterday, the culture was clear, people were smiling, service was outstanding and pride was everywhere," she said. "This team punches above its weight, and it shows. For greatness, look to the West - because the West is the best."

Wilma, a U.S. Army veterinarian, was the first of her profession to command an Army hospital. Reflecting on her tenure, she expressed deep gratitude for the BJACH team.

"When I arrived, I had never worked in a hospital before." Wilma said. "The learning curve was steep — but this staff gave me the tools, the support and the trust to succeed. BJACH is a family. We train, we stretch, we adapt - and we always come together to get the mission done."

She shared that, upon leaving the office, she left behind two symbolic items for her successor: a snow shovel and an umbrella - meant to represent the commander's job of clearing the path for others and shielding the team from distractions.

Miller, who most recently served in the Office of the Surgeon General, expressed his honor and enthusiasm for joining the team.

"I stand here humbled and energized," Miller said. "BJACH has a reputation for excellence, tough shoes to fill, but luckily, I have plenty of and I've already seen it firsthand. I'm grateful to be the newest member of this team, and I'm erencing both the symbolic items Wilma left ready to lead, listen and serve."

He acknowledged the strong foundation built by his predecessor.



Incoming hospital commander Col. Patrick W. Miller, Brig. Gen. Yolonda "YR" Summons, commander of Medical Readiness Command, West, and outgoing hospital commander Col. Alisa R. Wilma render honors during the national anthem during the Bayne-Jones Army Community Hospital change of command ceremony, June 11, at the Joint Readiness Training Center and Fort Johnson (Now Fort Polk). (U.S. Army Photo by Jean Clavette Graves)



Col. Patrick W. Miller, commander of Bayne-Jones Army Community Hospital, speaks with Whitney Albright and Donna Howe, field representatives for U.S. House Speaker Mike Johnson, R-La., during the reception following the BJACH change of command ceremony June 11 at the Joint Readiness Training Center and Fort Johnson (Now Fort Polk). (U.S. Army Photo by Jean Clavette Graves)

"Col. Wilma set the standard. I've got some ours.' Together, we'll provide the best." experience shoveling snow." Miller joked, ref- for her next assignment with the Defense Lobehind and his own New York upbringing.

longer 'you, they or them' - it's 'we, us and Warrior Center.

Wilma departs Fort Johnson (Now Fort Polk) gistics Agency at Fort Belvoir, Virginia,

The ceremony concluded with the playing of Miller concluded with a call to unity: "It's no the Army Song and a reception hosted at the

BJACH PAO

FORT POLK. La. - Dr. Stephen Ferrara. acting assistant secretary of defense for health affairs, visited Bayne Jones Army Community Hospital June 24 to gain firsthand insight into the installation's medical readiness mission and the hospital's vital role in supporting Soldiers rotating through the Joint Readiness Training Center at Fort Polk.

rural environments.

"The information I receive at the Pentagon is often a filtered snapshot." Ferrara said. "Being on the ground provides the context and depth I need to truly understand the challenges our healthcare professionals face and to identify ways we can better support them through technology, staffing and policy decisions."

tions.

tem strong."

"BJACH is more than a hospital — it's the and retention incentives, infrastructure investof the combat training center. "Having BJACH available mitigates some of heartbeat of our community and the backbone ments, expanded virtual health options and of readiness at Fort Polk," said Col. Patrick regional partnerships with civilian healthcare the challenges brigade level commanders face W. Miller, commander of Bayne-Jones Army systems. when Soldiers are taken from the fight due to Community Hospital. "Having our capabilities "We're expanding telehealth, cutting red injuries or illnesses," Curl said. "Whether it's exon site not only ensures Soldiers are cared for tape, and looking for smart ways to deliver high treme heat, heavy rain, or the wildlife, we rely on BJACH's ability to operate 24/7 as a full service and returned to duty, but it also shows comguality care close to home - especially at facilities like BJACH," he said. "That means thinkmitment to their Families and the broader post hospital. That kind of round the clock capacity is critical to ensuring Soldiers can be treated community. This visit allows us to showcase ing creatively about workforce solutions and partnering where it makes sense, while never and returned to their units guickly. Without it, our scope and ask for the support needed to we'd lose readiness and risk the cohesion and sustain care for our warfighters-and those compromising the care our beneficiaries decapabilities of our rotational units." they come home to." serve."

"Quality family health services are essential for attracting the best and brightest to serve

Acting Assistant Secretary of Defense for Health Affairs visits BJACH, highlights critical role in Fort Polk readiness

By Jean Clavette Graves

Ferrara, a retired Navy physician and principal medical advisor to the secretary of defense, said that seeing operations on site is critical to grasp the complexity of military healthcare in

Ferrara emphasized BJACH's importance to the JRTC mission, where medically ready Soldiers are essential to fully staffed training rota-

"We must train as we fight," Ferrara said. "That includes making sure our medics, doctors and nurses are trained and equipped to meet the realities of the battlefield. Our ultimate weapon system is the warfighter, and we must optimize human performance to keep that sys-

Ferrara said BJACH's role in diagnosing, treating and returning Soldiers to duty is essential to operational readiness - helping units maintain deployable strength and ensuring commanders have the medically ready force they need to train and fight.

Brig. Gen. Jason A. Curl, commanding general of the JRTC and Fort Polk, stressed the challenges rotational units face while conducting high risk activities in the austere conditions

Curl emphasized that BJACH's full spectrum family health services are also strategic in recruiting and retaining top talent.



Acting Assistant Secretary of Defense for Health Affairs Dr. Stephen Ferrara, left, visits Bayne-Jones Army Community Hospital at the Joint Readiness Training Center and Fort Polk, June 24 to meet with installation and medical leaders to discuss Military Health System priorities: support the warfighter, sustain medical skill sets, and strengthen the readiness of medical forces. Next to Ferrara, Logan Morris, civilian aide to the Secretary of the Army, and Col. Rob S. Heath, senior military advisor to the Assistant Secretary of Defense for Health Affairs. (U.S. Army Photo by Jean Clavette Graves)

as observer-coach-trainers at the JRTC," he said. "They expect comprehensive care for themselves and their families when they come here."

During his visit, Ferrara met with hospital and installation leadership, toured the emergency department, surgical services, labor, delivery, recovery and postpartum unit and the mixed medical surgical ward. He received briefings on staffing, infrastructure and readiness trends, recognized several BJACH team members, and took questions from staff during an open forum.

Ferrara also highlighted efforts to improve collaboration across the Military Health System by aligning staffing roles among the services and standardizing clinical qualifications.

"A physical therapist at BJACH, for exam-

ple, should have the same responsibilities and gualifications as one at Walter Reed or the Naval Medical Center San Diego," he said. "That kind of consistency improves quality, simplifies staffing and supports interoperability."

As part of that effort, Ferrara said his office is focused on seamless data sharing through MHS GENESIS and future AI enabled tools to support efficiency, accuracy and reduced provider workload.

Ferrara acknowledged the staffing challenges faced by rural medical treatment facilities and laid out initiatives including recruitment

"This visit wasn't just a walk through," Ferrara said. "It was about listening, verifying and ensuring that our policies align with the operational realities on the ground at places like Fort Polk."

THINGS TO KNOW ABOUT

HURRICANE HAZARD RISKS



Storm surge is water pushed ashore by the winds of a tropical cyclone. It has caused more fatalities than any other hurricane hazard





Winds from a hurricane are 74 mph or greater and can cause massive damage to buildings and structures in its path.

Inland flooding is the most frequent cause of tropical cyclone fatalities. It can occur far from the coast and long after landfall.





Tornadoes are commonly spawned by a hurricane and can cause damage far away from the center of the hurricane.

















Army & Air Force Exchange Service Prepares to Help **Military Community for Hurricane Season**

By Karrington Bradley AAFES

DALLAS - Hurricane season is here and the Army & Air Force Exchange Service is helping to prepare military families to weather the storm.

tailer has bolstered the inventory of essential supplies at distribution centers, ensuring that these high-demand products can be swiftly during these critical times." deployed to post and base exchanges when needed.

er. managers monitor forecasts and work with command groups to ensure PXs and BXs are leaders from around the globe, keeps a close

ready for major storms. Stores also prepare lists of items to be shipped in advance, ensuring adequate supplies.

"The Exchange has a powerful infrastructure that enables us to effectively support military communities before and after disasters strike," said Air Force Chief Master Sgt. Rich The Department of Defense's largest re- Martinez, the Exchange's senior enlisted advisor. "The team is fully committed to ensuring the well-being of the communities we serve

The Atlantic hurricane season spans from June 1 to Nov. 30. To ensure preparedness At installations vulnerable to severe weath- across all levels of the organization, the Exchange's Disaster Support Group, a team of

watch on weather developments to effectively respond to storms.

The Exchange has long supported communities after severe weather, such as hurricanes Harvey, Irma and Maria in 2017, Hurricane Michael in 2018, typhoon Mawar in 2023 and hurricanes Helene and Milton in 2024.

Besides providing supplies to retail locations, the Exchange's Waco Distribution Center also stands ready with mobile field Exchanges that can be filled with snacks, beverages, and hygiene items. These 53-foot trailers can be quickly deployed to communities in the aftermath of severe storms, ensuring that military personnel receive the support they need upon command request.

130 Years of 'We Go Where You Go': The Exchange's Critical Role in Supporting the Army's 250-Year Journey

AAFES

250th birthday, the nation pauses to reflect on the legacy of service, sacrifice and dedication the Army mission required." that has shaped America's security and freedom. Since its establishment on June 14, 1775, food, water, clothing and even entertainment, more than a year before the Declaration of Independence was signed, the Army has been at support extends to contingency operations the heart of defending the Nation and its core where a nested approach to strategy and exvalues.

triumphs, challenges and the unwavering dedication of the heroes who serve in its ranks. While much has changed since the days of the change goes wherever the Army goes. Continental Army, one constant has remained: the Army's mission to protect and defend the Soldiers face in places like Europe. Southwest Nation. And alongside the Army, one organization has consistently supported and sustained Lacroix, Exchange Europe/Southwest Asia/ troops and their families — the Army & Air Africa commander. "The Exchange provides a Force Exchange Service.

Celebrating its 130th year of service in July, the Exchange embodies the same spirit of resilience and commitment that has defined the success.' Army for centuries. "We Go Where You Go" is more than a motto — it's a promise that the 90,000 service members across 12 countries Exchange benefit provides the best tastes of during 50 military exercises and operations in home wherever America's Soldiers serve.

The Exchange's history dates to 1895, when the War Department established "post ex- \$15 billion in value to the military community. changes" to provide Soldiers with a place to gather, relax and pick up items of necessity change contributes to the Army's mission is and convenience. Today, the Exchange oper- by strengthening recruiting, readiness and ates more than 5,500 facilities nationwide and retention. In 2024 alone, the Exchange outfitin more than 30 countries, supporting millions of military families, retirees and Veterans.

"The modern Exchange benefit began as

By Master Sgt. Caleb Barrieau the Army Exchange Service," said Exchange Director/CEO Tom Shull, an Army Veteran and U.S. Military Academy graduate. "For thirteen DALLAS — With the Army celebrating its decades. Team Exchange has been truly honored to serve Soldiers and families, wherever

During deployments, the Exchange delivers ensuring Soldiers are mission ready. This ecution allows for pre-positioning of essential The Army's journey has been marked by items such as water, batteries, flashlights, etc. Whether it's during a combat operation, humanitarian mission or training exercise, the Ex-

> "We understand the unique challenges our Asia and the Pacific," said Col. Everett "Bud" lifeline to Soldiers in some of the most difficult. hostile and austere conditions, keeping morale high and delivering necessities for mission

In 2024, the Exchange supported more than Europe, North Africa and the Pacific. In the last 10 years, the Exchange benefit has delivered

One of the most significant ways the Exted nearly 640,000 combat uniforms, served more than 3.4 million school lunches to military children and bottled more than 4.1 million gal-



lons of water for troops and families overseas. These programs ensure Soldiers are prepared, healthy and ready to face any challenge.

"The Exchange builds lasting support systems that sustain families; provide meaningful career opportunities for Veterans and military spouses; and strengthen the overall readiness of our forces," Shull said. "The Exchange is fully nested, and evolving, with current and future Army priorities. We are all in and ready to do our part to ensure mission success for generations of Soldiers and families."

Just as the Army adapts to changing circumstances, the Exchange continuously innovates. This includes providing Veterans with a lifetime online benefit that provides the same military-exclusive pricing and tax-free savings as those on active-duty and aggressively leaning forward to introduce new services that enhance convenience and accessibility.

The Army's commitment to defending freedom and ensuring the well-being of its Soldiers remains as strong as ever. And the Exchange, with its longstanding history of service and dedication to providing essential support to those who serve, will continue to be a force multiplier to the Army mission. From the home front to the frontlines, the Exchange stands ready to support the men and women of the Army, today and for the next 250 years.



Sampson)



Corvias throws pool party for residents

As summer gets hotter, one of the best ways to cool of is to jump in a pool. Corvias celebrated this theme with a pool party for its residents June 17. The method of cooling off didn't matter. So, whether those in attendance were splashing around, dunking under the water or gently floating on the surface, they seemed to enjoy bringing their temperature down a bit with a dip in the Dogwood Neighborhood pool. When not getting wet, residents were able to enjoy natchos and walk around to visit several vendors set up just outside the pool gate. (U.S. Army Photo by Karen

Check VIN numbers

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



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



IMPORTANT INFORMATION QR CODES

FORT POLK SOCIAL MEDIA AND PODCAST	MWR	CORVIAS
facebook.com/JRTCandFTPolk	polk.armymwr.com	polk.corviaspm.com
youtube.com/@JRTCandFortPolk	BJACH	SUICIDE PREVENTION
FORT POLK WEBSITE, MAGAZINE AND MAPA	ACS	DES
WEBSITE home.army.mil/polk WEBSITE bome.army.mil/polk Buildential	polk.armymwr.com/programs/ army-community-services	home.army.mil/polk/about/ garrison-directorates-and-s upport-offices/directorate-e mergency-services
LOCAL RADIO STATIONS	EMERGENCY	EXCHANGE
westcentralsbest.com/todays_country_1057	everbridge.com/ products/nixle	facebook.com/Fort PolkExchange
Using your phone, scan the QR codes to access the variety of Fort Polk information listed above!	CRISIS PHONE NUMBERS	EXPLORE
Warrier 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		
Krimes 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.	home.army.mil/polk/contact/cont act-us/crtsis-phone-numbers	
	- maile	

SERVE HONORABLY, DRINK RESPONSIBLY



TO THE OME of Herces Thurst Shopping Shopping Shopping Hents Althoutry

> Thrift Shop hours are Tuesday through Thursday from 9:30 a.m.-4:30 p.m.

HOH Thríft Shop

When you shop at the Home of Heroes Thrift Shop, 830 Colorado Ave., you'll find fantastic bargains, but you'll also be contributing to our community, as well as the communities surrounding Fort Polk. That's because 100% of the proceeds are reinvested into the organization, which benefits our grant program.

WHAT WE OFFER:

 \checkmark

oupporting our rooar community



lunteer program

✓ Grant program





Grants hohthriftshop.grants@gmail.com Volunteer hohthriftshop.volunteer@gmail.com











SUMMER IS HERE

-120 -100 -80 -60 -40 -20

If you didn't hydrate the night before, it might already be too late. While working in the heat, aim to drink at least one 16.9 oz water bottle and half of another every hour. Start early, sip often, and stay ahead of dehydration.

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

Check the playground before they play

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

INSTALLATION SERVICES FAIR

Fort Polk invites the community to meet leadership and hear about some of the outstanding programs and services offered on the installation.

AUG. 7 4:30-6 P.M. AT THE WARRIOR CENTER

ORGANIZATIONS

- Family and Morale, Welfare & Recreation
- Human Resources
- Garrison Safety Office
- Religious Support Office
- Plans, Training, Mobilization and Security
- Emergency Services
- Logistics Readiness Center
- Public Works
- Staff Judge Advocate
- SHARP
- Bayne-Jones Army Community Hospital
- American Red Cross
- Equal Opportunity
- Master Resilience Training
- Public Affairs Office
- Corvias
- United Services Organization
- Human Resources
- Commissary
- AAFES
- Non-Federal Employers
- MSC CFFRs and more!



SERVICES

General Powers of Attorney, extreme weather notifications sign-up and professional photos

Childcare provided for service members, families and attendees

*Not available for organization employees working a booth

Complimentary food will be available!



GET TREATMENT















For more information call 337-353-1694

O WAYS TO MANAGE D TSD SYMPTOMS

PTSD Treatment works! Compare options with the PTSD Treatment Decision Aid: www.ptsd.va.gov/decisionaid/	
PRACTICE MINDFULNESS Reduce stress and improve well-being with Mindfulness Coach: www.ptsd.va.gov/mobile/mindfulcoach_app.asp	
LIMIT ALCOHOL USE Get support and cut back on drinking. Try VetChange: www.ptsd.va.gov/mobile/VetChange_app.asp	
IMPROVE YOUR SLEEP Get better quality sleep and tools to get your sleep back on track with Insomnia Coach: www.ptsd.va.gov/mobile/insomnia_coach.asp	
BUILD COPING SKILLS Learn about and manage symptoms that often occur after trauma with PTSD Coach: www.ptsd.va.gov/mobile/ptsdcoach_app.asp	
PLAN SOMETHING ENJOYABLE Find and schedule activities that can help improve your mood with PTSD Coach Online tools: <i>www.ptsd.va.gov/apps/ptsdcoachonline</i>	
CONTROL ANGER Manage your temper and get support with the AIMS online program: <i>www.veterantraining.va.gov/aims</i>	
HEAR FROM VETERANS Watch and read real stories of life with PTSD from Veterans who have been there: www.ptsd.va.gov/aboutface/	



U.S. Department of Veterans Affairs



Supporting Soldiers and family members when they need it the most

Behavioral Health

•Targeted care •Listening to your concerns Assessing your needs •Matching you to the best resource •726-780-2566/ 2567

Suicide Prevention

•Learning the signs of suicide •Taking advantage of crisis support •Promoting active engagement by leaders •988 and press 1 for Suicide & Crisis Line

Physical fitness

•Reduces stress •Positive impact on depression and anxiety •Clearer thinking •Visit Wheelock, Cantrell, Tiger Land and Home of Heroes Fitness Centers



Worthless

 Volunteering and making connections •Learning life skills •Making friends and having fun •726-780-1353

Better Opportunities for Single Soldiers

 Support military families •Confidential counseling for children, Soldiers, spouses and families **.**228-313-7205 **.**318-592-9671 •318-592-9601

Military and Family Life Counseling

Supports Soldiers and family members to: Prevent abuse Promote victim safety •New Parent Support •726-780-0385

Family Advocacy Program

Religious Support Office

•Enhance spirituality •Train and partner Unit Military Teams •Speak to a chaplain in times of need 24/7 at •337-208-2868

Sexual Harassment/Assault Response and Prevention Program

•24-hour confidential reporting •Crisis intervention and non-clinical support •Ensuring dignity and respect •726-780-1101

Army Substance Abuse Program

Programs: •Drug testing Risk Reduction •Employee Assistance Suicide Prevention •726-780-1092

Personal financial readiness: Indebtedness/credit Money management •Finanacial planning •Army Emergency Relief •726-780-1073

Financial Assistance

July 2025

Army Community Service and **Prevention Center**

1591 BellRichard Ave. **Building 920** Fort Johnson, LA 71459 726-780-1073



AFTB & AVCC

AFTB Level G: July 9 & 10 at 9 a.m. VMIS Training: July 11 at 10 a.m.

Relocation Readiness

CONUS/OCONUS: July 14 Korea: 9:30 a.m. Germany: 10:30 a.m. Hawaii: 11:30 a.m. CONUS: 2:30 p.m.

Mobilization and Deployment

Key Contact: July 1 at 5 p.m. or July 2 at 1 p.m. CFRR: July 3 at 9 a.m. Informal Funds: July 14 at 5 p.m. or July 15 Care Team Training: July 23 at 9 a.m.

EFMP

EFMP Playtime at Playtown and Café: July 19 at 10 a.m. EFMP Swim at 50 meter pool: July 14 & 28 at 9 a.m.



Employment Readiness

Stars are Lined Up Federal Resume Workshop:

July 1 at 10 a.m.

July 22 at 5 p.m. Working Remote: July 16 at 10 a.m.

> To register for ACS classes, please contact 726-780-1073, or scan the QR code.



Class information available on the MAPA app.

Joint Readiness Training Center & Fort Johnson



and Prevention Center

ACS 60th Birthday Jubilee JULY 25 at 4:30 p.m.

U.S. ARMY

Join the staff and enjoy the movie MAX, with some popsicles and popcorn! Cake cutting begins at 4:45 p.m. Movie begins at 5 p.m. For more information, call 726-780-1073

Preparing Finances for Car Buying: July 17 at 1 p.m.

New Parent Support

Parenting with Love and Logic: Tuesdays | July 8, 15, 22, 29 at 1 p.m. Anger and Stress Management: July 10 at 11 a.m. **Dynamics of Family Violence at Bayou Theater:** July 21 at 10:30 a.m.

July 2025 Army Community Service and **Prevention Center**

1591 BellRichard Ave. **Building 920** Fort Johnson, LA 71459 726-780-1073



Financial Readiness

Exploring Digital Assets: July 8 at 9 a.m. Preparing Finances for a PCS: July 14 at 12:30 p.m. **Preparing Finances for Pre-Deployment:** July 17 at 9 a.m. **Preparing Finances for Post-Deployment:** July 17 at 10:30 a.m.

New Parent Support Play Morning at Playtown and Café: Thursdays | July 10 & 24 at 10 a.m.

Baby Boot Camp: July 17 at 1 p.m.

Family Advocacy

Joint Readiness Training Center & Fort Johnson



Financial Readiness Counseling & Army Emergency Relief	726-780-0384
Army Family Action Plan	520-725-7138
Army Family Team Building	520-725-7138
Army Volunteer Program	520-725-7138
Employment Readiness Program	726-780-0385
Relocation Readiness Program	726-780-0386
Mobilization & Deployment	520-706-2552
SHARP Prevention	726-780-1013
Family Advocacy Program	726-780-1072
Exceptional Family Member Program	726-780-1162
Victim Advocacy Program	726-780-0509
Army Substance Abuse Program	726-780-1140
Risk Reduction Program	726-780-1092
Employee Assistance Program	726-780-1140
Suicide Prevention Program	726-780-1187

ACS&PC Front Desk: 726-780-1073

Domestic Violence Hotline: 337-718-8837 **HOPELINE Child Abuse & Domestic Abuse** Reporting: 726-780-2615 SHARP 24/7 Hotline: 337-718-7272





Employer Day

July 8

9 a.m.-noon

Fort Polk Library and Education Center 7460 Colorado Ave., bldg 660

PARTICIPATING EMPLOYERS

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

POC: Clifton Hill

Transition Services Specialist Office: (337) 531-4621 VOIP: (726) 780-1017 email: <u>clifton.hill.civ@army.mil</u>

POC: Christopher Ausbun

Transition Services Manager Office: (726) 780-1016 email: <u>Christopher.m.Ausbun.civ@army.mil</u>

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



TRANSITION ASSISTANCE PROGRAM

Talking Point



We want to ensure Soldiers and leaders understand the importance of transition timing. A Soldier enrolling in TAP at the 24 month or 18 month (Retiree/ETS) will not take the Soldier away from the unit during that time frame. The installation TAP Team fully understands mission requirements and readiness. Soldiers enrolling early allows them to balance unit requirements and transitioning needs.



Find out more at armytap.army.mil