

## Warrior Information Exchange

6 October 2021

**BG David S. Doyle**  
Commander  
JRTC & Fort Polk



# OCTOBER 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
*** CYS Fall Soccer 16 AUG - 30 OCT *** CYS Fall Tackle Football 16 AUG - 06 NOV *** CYS Flag Football 25 OCT - 11 DEC *** Domestic Violence Awareness Month *** Combined Federal Campaign 05 OCT - 15 JAN					1 710 BSB Organization Day 6:30 PM - BJACH Breast Cancer Awareness Glow Run, Aligator Lake FoF RTN 21-10 North Fort Polk Restricted Access Control	2 5:00 AM Bass Tournament, TBRs 9:00 AM Home Base Business Market, Old Commissary 11:00 AM - Louisiana Hayride, Recreation Center Parking Lot
3	4	5 9:15 AM Career Progression Brief w/BG Rampy & COL McGregor, BMTC 10:30 AM BJACH Public Health Clinic Ribbon Cutting	6 10:00 AM Warrior Info Exchange	7 7:00 AM - 4:00 PM Warrior Swamp 5k Mud Run Open for MSCs 12:00 PM CG's Invitational Golf Tournament, Warrior Hills Golf Course	8 JRTC & Ft. Polk Columbus Day Weekend OPS GRP Main Body Travel	9 7:00 AM - Heritage Family Fall Tours, Main Post Chapel 7:30 AM - Warrior Swamp 5k Mud Run, Aligator Lake, Check In begins @ 6:30 AM
North Fort Polk Restricted Access Control 28 JUL - 09 OCT						
10 JRTC & Ft. Polk Columbus Day Weekend OPS GRP Main Body Travel	11 Columbus Day	12	13	14	15 9:00 AM Family Welcome, Family Readiness Center 4:00 PM Fort Polk Walking Town Hall Meeting 7:00 PM Outdoor Movie Night, HQs Field	16 45th Annual Retiree Appreciation Day 7:00 AM - Retiree Golf Tournament 8:00 AM - Retiree Skeet Tournament 8:00 AM - Retiree Services Fair, Bldg 250
17	18	19	20	21	22 7:00 PM Cosmic Golf, Warrior Hills Golf Course	23 9:00 AM BOSS Car Show, Old Commissary
FoF RTN 22-01 (3/25 ID) 19 - 28 OCT (Hawaii)						
24	25	26	27 Army Family Action Plan Conference	28 1-5 AV Trunk or Treat 46 EN Trunk or Treat	29 4:00 - 6:00 PM MWR HalloweenTrick R' Treat, WHGC 4:30 PM Post Retirement Ceremony, Warrior Center BJACH Trunk or Treat	30 4:00 - 8:00 PM - Fort Polk Trick or Treat
FoF RTN 22-01 (3/25 ID) 19 - 28 OCT (Hawaii)						
Fort Polk Installation Fall Cleanup						
RSOI RTN 22-02 (USASOC) 24 - 27 OCT				FoF RTN 22-02 (USASOC) 28 OCT - 15 NOV		
North Fort Polk Restricted Access Control 24 OCT - 21 NOV						
31 FoF RTN 22-02 North Fort Polk Restricted Access Control	*** BJACH MHS Genesis Scan Fest *** BJACH MHS Genesis LB QC Campaign *** BJACH MHS Genesis Pre-Go-Live Campaign					Legend: JRTC & Ft Polk Event MSC Event MWR Event BOSS Event Community Event As of 050715OCT2021



## NOVEMBER 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 1:00 PM CFC Kickoff, ACS 6:00 PM Volunteer of the Quarter Ceremony, Warrior Center	3 10:00 AM Warrior Info Exchange	4	5 6:30 PM Outdoor Movie Night, HQs Field	6 5:00 AM Bass Tournament, TBRS 9:00 AM Home Base Business Market 12:00 PM Lumberjack Games, Toledo Bend Rec Site
	FoF RTN 22-02 (USASOC) 28 OCT - 15 NOV					
	North Fort Polk Restricted Access Control 24 OCT - 21 NOV					
	7 1:30 PM East Beauregard Veterans Day Ceremony	8	9	10 10:00 AM Fort Polk Veterans Day Ceremony, PAAF	11 Veterans Day	12
				JRTC & Fort Polk Veterans Day Holiday		
FoF RTN 22-02 (USASOC) 28 OCT - 15 NOV						
North Fort Polk Restricted Access Control 24 OCT - 21 NOV						
14 JRTC & Fort Polk Veterans Day Holiday	15	16 10:00 AM 46 EN CSM Change of Responsibility, Spike Field	17	18 4:00 PM Fort Polk Walking Town Hall Meeting	19 9:00 AM Family Welcome, Family Readiness Center	20 8:00 AM - JRTC "BOX" Tour, Bayou Theater
					4:30 PM Right Arm Night, Warrior Center	9:00 AM Turkey Trot 5K, Marion BonnerTrail
FoF RTN 22-02 (USASOC)					5:30 PM Friday Night Live, Warrior Center	
North Fort Polk Restricted Access Control 24 OCT - 21 NOV						
21	22	23	24	25 Thanksgiving	26	27
	BPSD & VPSD Thanksgiving Holiday					
		9:00 AM JRTC & Fort Polk Turkey Warrior Bowl, HQs Field	11:00 AM - 2:00 PM Thanksgiving Meal Service, Patriot Inn Resteraunt	JRTC & Fort Polk Thanksgiving Weekend		
North Fort Polk Restricted Access Control			3-353 Turkey Bowl			
			46 EN Turkey Bowl			
28 JRTC & Fort Polk Thanksgiving Weekend	29	30	*** CYS Flag Football 25 OCT - 11 DEC *** Combined Federal Campaign 05 OCT - 15 JAN			Legend: JRTC & Ft Polk Event MSC Event MWR Event BOSS Event Community Event As of 050715OCT2021





# Garrison Safety Office

"We Are the Army's Home – Serving the Rugged Professional"

## 531-SAFE



- ☐ Wear your PPE – even when no one is looking
- ☐ Halloween – slow down and take extra time especially from 1730-2130



### Clifford T. Person, Jr. Manager, Garrison Safety Office

7130 Pennsylvania Loop, Bldg 4209D

Office: (337)531-SAFE

DSN: 863-7233

Cell: (337)718-9682

NIPR: [clifford.t.person.civ@mail.mil](mailto:clifford.t.person.civ@mail.mil)

Organizational Mailbox:

[usarmy.polk.imcom.mbx.garrison-safety@mail.mil](mailto:usarmy.polk.imcom.mbx.garrison-safety@mail.mil)





# Public Affairs – Official and Timely Information

## #FortPolkThingsToDo

- **Oct. 9-10:** Melrose Folk Art Festival. Onn the grounds of Melrose Plantation. Folk artists from Louisiana and around the South will be onsite to display and sell their handcrafted arts  
[www.melroseplantation.org/festivals](http://www.melroseplantation.org/festivals)
- **Oct. 16:** Zombie Fest; Shreveport. Macabre vendors, eerie guests, and spirit-raising fun times, music, games, costume contests, and the door prizes.  
<https://www.louisianatravel.com/events/events/sbc-zombie-walk-hearts-parts>
- **Oct. 23:** Brew Fest. Crockett Street, Shreveport. Experience an afternoon sampling internationally acclaimed and domestically micro-brewed ales, and everything in between. Live music and samples of signature dishes from popular restaurants.  
<https://www.louisianatravel.com/events/events/brew-fest>
- **Oct. 28-Nov. 4:** State Fair of Louisiana, Shreveport  
<https://www.louisianatravel.com/events/events/state-fair-Louisiana>
- **Oct. 30:** Dragon Boat races, Lake Charles  
<https://www.louisianatravel.com/events/events/2021-dragon-boat-races>
- **Nov. 20-Jan. 1:** Natchitoches Festival of Lights. live musical entertainment, arts and crafts, and fireworks each Saturday. Top 20 Louisiana event.  
<https://www.louisianatravel.com/events/festivals/natchitoches-christmas-festival>

The Digital Garrison app is now available for download on the JRTC and Fort Polk website home page. Go to [home.army.mil/polk](http://home.army.mil/polk) and scan the QR code or search for Digital Garrison on the Apple app store and on Google Play.



#FortPolkThingsToDo list every other week. To subscribe send personal email: [kimberly.k.Reischling.civ@mail.mil](mailto:kimberly.k.Reischling.civ@mail.mil)



**FB: @JRTCandFortPolk**

**#FortPolkStrong**





# JRTC and Fort Polk R2 Performance Center

## Upcoming Programs

***Lunch and Learn: 1200-1300***

**5 OCT 2021: Increasing Motivation Through Autonomy**

***Mental Management Class: 0900-1100***

**7 OCT 2021: Compartmentalizing**

***Master Resiliency Training (MRT-C) Course:***  
**18-29 OCT 2021**



**FORT POLK**  
**R2 PERFORMANCE CENTER**

***R2 Performance Centers provide performance and resilience training to Soldiers, Family Members, and Department of the Army Civilians***

### **Capabilities**

- Resiliency Training (MRT-C, ERPC, RTA)
- Performance Training
- Engage
- Ask, Care, Escort – Suicide Intervention (ACE-SI)

**POC:**

**Segun Ayodele**

**Performance Center Manager**

**ayodeleS@magellanfederal.com**

**O: (337) 531-2427**

**C: (757) 352-1268**







- **08 Oct: BOSS Karaoke Night, 1900, Anvil Bar, FREE**
- **15 Oct: BOSS Haunted Hayride, DeRidder, 1900, FREE**
- **18 Oct: BOSS Auto Skills Class, 1800, Auto Skills Center, FREE**
- **20 Oct: BOSS Rep Meeting/ Pumpkin carving Contest, 1000, HOH Rec Center**
- **22 Oct: BOSS Costume Party, 1900, Anvil Bar, FREE**
- **23 Oct: BOSS Car Show, 0800, Old Commissary Parking Lot, \$10 Registration Fee**
- **30 Oct: BOSS Scary Movie Night, 1900, HOH Rec Center, FREE**

- **Tuesdays & Thursdays**
- **BOSS “Board” Study Nights/Mock Boards, 1800-1930**



**CPL Patterson, Toymeisha**  
**BOSS President, (337) 378-3236**



# DFMWR Special

## Commanding Generals Golf Invitational

Warrior Hills Golf Course  
7 October @ 0900-1300  
Registration 0800-0900



## Movie Night

Headquarters' Field  
15 October  
Movie starting at 1915



## Cosmic Golf

Warrior Hills Golf Course  
22-23 October @ 1900-2200



## MWR Trick R' Treat

Warrior Hills Golf Course  
29th October @ 1700-1900

## Coming in November:

### Friday Night Live

5 November @ 1730-1930



### Family Movie Night

19 November @ 1830-2100

## JRTC and Fort Polk Turkey Bowl 23 November

For the latest updates,  
please visit Fort Polk Family MWR at:

<https://www.facebook.com/fortpolkmwr>

Ms. Stormie Tippit, DFMWR Marketing Specialist

(337) 531-4150





# DFMWR Programs

## Toledo Bend Army Recreation Park

Bass Tournament  
2 October @ 5 AM



## Intramural Sports

Alligator Lake  
Warrior Swamp Mud Run  
7&9 October  
Pre- registration required



## Arts and Crafts

Paint and Sip  
Happy Thanksgiving  
15 October @ 1830  
Pre-registration required



**Pirate and Rum Night**  
The Warrior Center  
29 October @ 1900



**Around the World Lunch**  
The Forge Bar and Grill  
22 October @ 1100-1400

For the latest updates,  
please visit Fort Polk Family MWR at:  
<https://www.facebook.com/fortpolkmwr>  
Ms. Stormie Tippit, DFMWR Marketing Specialist  
(337) 531-4150





# Religious Support Office

## Worship Services

1700 , Saturday, Catholic Mass @ MPC

## Sundays

- 0830 Catholic Adoration & Morning Prayer
  - 1000 Chapel Next ( Protestant) @ MPC
  - 1200 Gospel Services ( Protestant) @ MPC
- Services live-streamed @ Fort Polk Chapel Page.



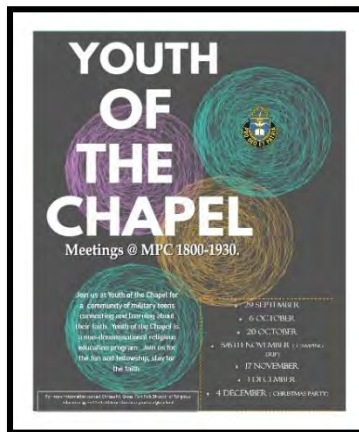
**Attention Little Explorers!**

Little Explorers age group is Pre K through 4th grade (please be sure that they are potty trained) and come ready to **EXPLORE** the Bible with us! Please join us on these dates from 6:30pm - 7:30pm:

October 13, 2021  
October 27, 2021  
November 10, 2021

\*If or registration you can scan this QR code or use the link provided.\*

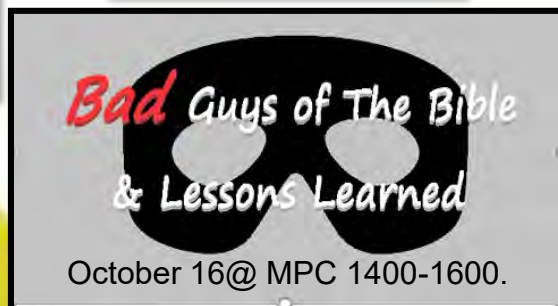
[https://docs.google.com/forms/d/e/1FAIpQLSE0s3ny\\_sL\\_xz/Meepb5I2gN5m0Zhw8Hm0sC1HWqW5NgOK/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSE0s3ny_sL_xz/Meepb5I2gN5m0Zhw8Hm0sC1HWqW5NgOK/viewform?usp=sf_link)



**YOUTH OF THE CHAPEL**  
Meetings @ MPC 1800-1930.

Join us as Youth of the Chapel for a community of military youth connecting and learning about their faith. Youth of the Chapel is a non-denominational religious education program. Join us for fun and fellowship, May be the Youth.

SEPTEMBER  
6 OCTOBER  
20 OCTOBER  
NOVEMBER 11  
17 NOVEMBER  
1 DECEMBER  
4 DECEMBER - CHRISTMAS PARTY



**Bad Guys of The Bible  
& Lessons Learned**

October 16@ MPC 1400-1600.

## Catholic Activities:

- Catholic Religious Education: Weekly after MASS
- Children's Liturgy each week during MASS
- Catholic Women of the Chapel: Wednesdays, 0900@ MPC.

## Protestant Activities:

- **Protestant Women of the Chapel Fall Kick Off:** Tuesday Mornings, 0930-1130 @ MPC.
- **Bible Study:** Hebrews Study each Sunday morning 0900-0945 @ MPC.
- CH Next Kids Church each week during CH Next
- **Adult Bible Study:** Wednesday Nights, 1800 @ MPC.

## Joint Faith Activities:

- **Mothers of Preschooler's :** October 14<sup>th</sup> & 21<sup>st</sup>, 0930 @ MPC.
- **Family Life Lunch and Learn for Couples:** October 15th 1130-1300 @ WCC, Lunch included.

To register email CH Zachary @ [everett.e.zachary.mil@mail.mil](mailto:everett.e.zachary.mil@mail.mil)

- **Men of the Anvil Outdoor Adventure:** 30 October, PAINT BALL!
- **Youth of the Chapel:** October 6<sup>th</sup> & 20<sup>th</sup>, 1800-1930 @ MPC  
(YOUTH OF THE CHAPEL ANNUAL CAMPING TRIP NOV 5<sup>th</sup>/6<sup>th</sup>)

For more information join us @  
Fort Polk Chapel Page.  
Point of contact: Chrissa M. Gross,  
337-531-7056.





## Child Youth Service Positions:

**Cooks**

**Maintenance Vehicle Operator**

**Child Youth Program Associate**

**\*Apply at [usajobs.gov](https://usajobs.gov)**

## Family Childcare (FCC):

**-Earn income while staying home with your own children.**

**-Help Soldiers by providing quality, reliable childcare**

**-Maintain a happy home away from home for children of working parents.**

**\*For more information stop by Child and Youth Services Outreach Services @ Bldg. 400 or call 337-531-1989**



## Parent Education (live on Facebook at Polk CYS)

**@ google classroom enter class code: i6dmm42**

**CY 2021 Schedule Posted**

**28 OCT 21 Social Media Safety**

## 1st Quarter Parent Advisory Board meeting

**3 November 21, Bldg. 400 at 1630**

**Checkout Polk CYS Facebook page for Family Fun!**



**<https://www.facebook.com/Polk-CYS-153849844752812>**

- **Upcoming Activities and Most Up-to-Date Registration Information**
- **Home-learning activities**
- **Health and Safety tips**







# Child and Youth Services



## CYS Outreach Services

For information call 531-1955

❖ All offers made through MCC.com

## Child Development Centers (CDCs)

6 weeks to 5 years old

## Family Childcare (FCC)

In home care starting at 4 weeks

After hours care available

## School Age Center (SAC)

Before and After-school care options

## Middle School Teen (MST):

FREE Enrollment and Programming  
located @ Building 4996 (Youth Activity Center)

For more information call

MST @ 531-1991

Art & Creative Expression

Book Clubs

Video Games and Technology

Open Recreation (gymnasium activities)

## Youth Sports and Fitness:

For information call 531-6004

Coaching opportunities

## \*Football/Cheer Leading Sign-Up

15 SEP – 15 OCT

## Wrestling Sign Up

15 SEP – 12 NOV

## Basketball Sign Up

15 OCT – 10 DEC

## Spring Soccer Sign Up

15 OCT – 7 JAN

## Sports Classes

Gymnastics

## Youth Mud Run

9 OCT 21





# School Support Services

## Local Schools Academic Calendar Updates

### Beauregard Parish School Board

8 OCT Fair Day-NO SCHOOL

15 OCT Parent Teacher Conferences

-PreK-5<sup>th</sup> Grades ONLY-

### Vernon Parish School Board

7 OCT Parent Teacher Conferences

\*Virtual Learning Day\*

8 OCT Fair Day-NO SCHOOL

11 OCT Columbus Day-NO SCHOOL

### Both Districts

22 -26 NOV 21 Thanksgiving Holiday

### 1<sup>st</sup> in Fitness Competition

Partnership with CYS YSF and VPSB

05 NOV 21

### **School Volunteer Opportunities**

**School Liaison Board**  
Helps coordinate events/volunteers  
and addresses educational concerns

**School Site Volunteer**  
Provide assistance to school libraries  
and other areas of the school as needed.



To Apply Visit:  
<https://amis.armyfamilywebportal.com>  
register and search for positions listed above



Adobe Spark

## Military Family Support

We can work together to make sure your child receives a quality education!



Check out Facebook:  
Fort Polk School Support Services

- Assist Families with:
- Provide information and assistance with IEPs and EFMP point-of-contact, athletics, Military Interstate Compact (MIC3) Rights and Youth Sponsorship



Tiffany Koch and Lindsay Sloggett

337-531-6673

[usarmy.polk.imcom-fmwrc.mbx.slo@mail.mil](mailto:usarmy.polk.imcom-fmwrc.mbx.slo@mail.mil)



# Fort Polk Spouses' & Community Club



## October Sub-Club Events

**7 OCT - Book Sub-Club**

**Shadow & Bone - The Forge Patio - 6:00 PM**

**9 OCT - Community Service Sub-Club**

**Warrior Mud Run - 5:30 AM**

**9 OCT - Bunco Sub-Club 6:30 PM**

**13 OCT - Craft Sub-Club**

**Make Your Own Ears - 11:00 AM**

**18 OCT - Lunch Bunch**

**Cuore Coffee - 12:00 PM**

**21 OCT - Daytrippers Sub-Club**

**Bayou Rum Distillery - 10:00 AM**

**23 OCT - Charcuterie Sub-Club**

**Muenster Mash - 6:00 PM**



For more information,  
check out our website or Facebook page

<https://www.facebook.com/FPSCOUSECLUB>

## Monthly Social – October 14th!



**Point of Contact:**  
**Emily McGruder – President**  
[fpscpresident@gmail.com](mailto:fpscpresident@gmail.com)  
**(318) 265-3486**







# USAMEDDAC – Bayne-Jones Army Community Hospital

## October is Breast Cancer Awareness Month

Did you know breast cancer is the second most common cancer amongst women? October 15 is National Mammography Day, a time to remind women of the importance of mammograms to detect breast cancer early. If you are 40 - 64, speak to your doctor your risk. TRICARE covers mammograms and other preventive screenings. Find out more at <https://tricare.mil/CoveredServices/IsItCovered/Mammograms> Or call the BJACH Radiology Department to schedule an appointment at 337-531-3376.

#NationalMammographyDay



## COVID-19 Vaccine

Bayne-Jones Army Community Hospital has both the Moderna (18+) and Pfizer (12+) COVID-19 vaccine appointments available weekly, Tuesdays, Wednesdays and Thursdays. To schedule an appointment at 337-531-3011 or self-book at [www.tricareonline.com](http://www.tricareonline.com).

@BayneJonesACH



Bayne-Jones Army Community Hospital  
[bayne-jones.tricare.mil/](http://bayne-jones.tricare.mil/)

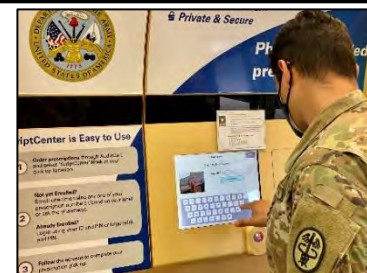
## The Script Center Machine:

24/7 for non-refrigerated prescription refills at Entrance A of the Hospital

It's quick, easy and hassle free:

1. Call in prescription refill 337-531-DRUG (3785). Select Option 2 or request refill at [tricareonline.com](http://tricareonline.com).
2. Prescriptions will be available after noon the business next day.
3. For first time users, bring your DoD ID card and prescription number to register with the Script Center machine.
4. Once registered, Script Center can be used anytime 24/7 to pick up refill prescriptions with ID card, username and password, or finger print login

<https://bayne-jones.tricare.mil/Health-Services/Pharmacy>



## Current Employment Opportunities at BJACH

Management Analyst, Cash Clerk, Supply Technician, Procurement Technician, Safety and Occupational Health Specialist, Physician (Family Practice), Physician (Otolaryngology), Nurse

Midwife [www.usajobs.gov/Search/Results?l=71459&a=ARMC&p=1&s=enddate](https://www.usajobs.gov/Search/Results?l=71459&a=ARMC&p=1&s=enddate)

Facebook: <https://www.facebook.com/BJACHCareers>

Twitter: <https://twitter.com/BJACHCareers/>

LinkedIn: <https://www.linkedin.com/in/bjachcareers/>

E-mail: [troy.a.boudreaux.civ@mail.mil](mailto:troy.a.boudreaux.civ@mail.mil)



Jean Clavette Graves, BJACH PAO

(337)-424-0863

[jean.c.graves.civ@mail.mil](mailto:jean.c.graves.civ@mail.mil)





# Corvias – Military Housing



- **Neighborhood Centers and Computer Labs** are open for business with no need for an appointment. Residents who prefer making appointments to meet team members or use amenities still have the option of doing so by visiting <https://bit.ly/36JnfXB>
- In order to ensure everyone's safety we continue to abide with CDC Guidelines. Residents will be required to wear masks, maintain social distance and adhere to posted maximum capacity flyers when visiting Centers or while in Computer Labs.
- The Maple Terrace Neighborhood Office is open for business. The Neighborhood Team is back in their offices to continue to provide customer service to all our residents.
- While the Pool Season ended on 06SEPT21 the decision was made to keep one Pool (Dogwood Terrace) open thru 01OCT21. We want to thank the Ft. Polk Community for another successful Pool Season.
- The Out-Year Development ODP II (\$77M) was approved by the U.S. ARMY Materiel Command (AMC) on 10JUNE21. The plan includes interior/exterior renovations, removal of 9 slabs, Geothermal upgrades, repairs to sidewalks, a destination playground amongst other proposed improvements. ODP II is currently on the Preconstruction/Due Diligence efforts and we will continue to communicate with residents as the project progresses.

Call your community office or the maintenance hotline to request the following and one of our maintenance technicians will drop it off at your door.

- Air filters
- Grass seed
- Touch up paint
- Batteries
- Drip pans

## Points of Contact:

- Resident Portal & App (Work Orders)
- Phone: 337-537-5050 (Work Orders)
- [Service.Polk@corvias.com](mailto:Service.Polk@corvias.com)
- [ContactUs@corvias.com](mailto:ContactUs@corvias.com)
- Polk Program Office 337-537-5000
- Corporate Office: 410-228-2860
- Dogwood Office: 337-537-5055
- Maple Office: 337-537-5065
- Palmetto Office: 337-537-5040
- Leasing Office: 337-537-5060





# FORT POLK EXCHANGE EVENTS

## Exchange Activities:

- New Covid-19 BJACH Vaccination Clinic located in PX Mall now open every Saturday
- On-the-Spot Interviews-every Monday and Friday at HRO bldg 1831 @ 1000-1300, you may also visit our website at [www.applymyexchange.com](http://www.applymyexchange.com)
- **Community Gift Wrapping Fundraiser 2021-Starting on Thursday Nov. 11 and then again on Black Friday, Nov. 26, 2021 thru Dec. 24, 2021.**
- **Military Star Promotions:** Auto Care & Tires, Jewelry/Watch Offer, Sporting Goods (see store for details)
- **Main Exchange Events:**
  - [Oct 1<sup>st</sup> – 8<sup>th</sup> 2021- Coloring Contest](#)
  - [@ Oct 30, 2021-Kids Costume Contest](#)
- Burger King Drive Thru Menu board install is complete—Ready to Serve
- New Slim Chickens project started 10 Nov 2020, estimated completion is Nov 2021

- Download the new Digital Garrison App! Come by the Main Exchange and scan the QR code to get the App fast.
- Have a Home-Based, Small Business or Veteran-Owned Business? Partner with the Exchange!! Contact Angela Broyard, Services Business Manager at 337-208-4033.

## Precautions

- Facilities retaining cleaning procedures
- Plexi Shields at registers for protection
- Maintaining 6 ft social distancing

<http://www.facebook.com/ShopMyExchange>

For information and calendar of events

Visit the Fort Polk Exchange Facebook page  
At [www.facebook.com/polkeexchange](http://www.facebook.com/polkeexchange) for  
More Events and Offer Details







## 8 OCT: VOQ Nominations Due

## 6 OCT: Monthly VMIS Trainings

## 19 OCT: 4th QTR VAC Meeting

2 NOV: VOQ Ceremony (Warrior Center)



**MAIN ACS, BLDG 920**

**337-531-1941**

**FAMILY READINESS CENTER, BLDG  
924**

**337-531-9426**



**Check us out on Facebook:**

<https://www.facebook.com/FortPolkACS>

**Yamel Muñoz**  
**Outreach Coordinator**  
**(337) 531-1895**



### VMIS-Army Volunteer Corp Program Resources



<https://vmis.armyfamilywebportal.com/>

VMIS Instructional Videos and Guide

<https://olms.armyfamilywebportal.com/>

Contact Help Desk in main AFWP page (Bottom) for all technical issues

FAQ/HELP (Bottom of VMIS)

Stay connected on our Facebook Page:

Fort Polk Army Volunteer Corps

<https://www.facebook.com/ftpolkawc>

Fort Polk Volunteer Coordinator

Yamel Muñoz

Office: (337) 531-1895

Yamel.r.munoz.civ@mail.mil

## October 2021

Army Community Service Family Readiness Center

SUN	MON	TUES	WED	THURS	FRI	SAT
<p>* FIRST TRAINING PREREQUIS: CLASS (TUESDAY) 8AM-10PM (ACS BLDG 202 1ST-3RD FLOOR)</p> <p>* NEWBORN FIRST TRAINING (TUESDAY) 7:00AM-9:00AM (1-8AM) (ACS BLDG 202 1ST-3RD FLOOR)</p> <p>* NEWBORN BIRTH TRAINING (TUESDAY) 9:00AM-10:00AM (ACS BLDG 202 1ST-3RD FLOOR)</p> <p>* SFRG TRAINING (THU-FRI 10AM-12PM) (ACS BLDG 202 1ST-3RD FLOOR)</p> <p>* BIRTH STORY TIME NO MATTER THE DISTANCE (FRI 10AM-12PM)</p> <p>* FAMILY LUNCH &amp; LEARN (TUESDAY) (FRI 10AM-12PM) (ACS BLDG 202 1ST-3RD FLOOR)</p>		<p>6 *** SFRG/CPG PREPAREDNESS 8:00AM-11:00AM (ACS)</p> <p>ANDER STRESS &amp; CRISIS MGMT 11AM-12:30PM (FRC)</p> <p>12 ---</p> <p>EMERGENCY PREPAREDNESS 8AM-11AM (FRC)</p>	<p>6 *** FIRST TRAINING PREREQUIS CLASS 8AM-10PM (ACS)</p> <p>UNIS GENERAL TRAINING 11AM-12PM (FRC)</p> <p>CPG/CPG TRAINING 12PM-1PM (FRC)</p>	<p>7 *** NEWBORN BIRTH 9:30AM-2PM (ACS)</p>		<p>2 HOME BASE BUSINESS VENDOR HOME OF THE MONTH LOUISIANA HAYRIDE 11AM-4PM</p>
	<p>11 COLUMBUS DAY Observed</p>		<p>13 CARE TEAM TRAINING 8AM-10AM (FRC)</p> <p>SPONSOR TO SPONSOR 10PM-11PM (FRC)</p>	<p>14 ---</p>	<p>15 FAMILY LUNCH 11:30AM-12:30PM (FRC)</p> <p>WARRIOR CENTER HALLWAY ART 10AM-12PM (FRC)</p>	<p>16</p>
	<p>18 SFRG KEY CONTACT 10AM-12PM (FRC)</p> <p>SFRG - E3PM (FRC)</p>	<p>19 MONTHLY BUDGET CLASS 10AM-12PM (FRC)</p> <p>SFRG KEY CONTACT 10AM-12PM (FRC)</p>	<p>20 *** APTD LEVEL 0 8:30AM-10PM (FRC)</p> <p>SFRG CPFR WITH UNIS TRAINING 10AM-12PM (FRC)</p> <p>CYS CHIEF ANGLE TRAINING 1:30PM-2:30PM (FRC)</p>	<p>21 *** APTD LEVEL 0 8:30AM-10PM (FRC)</p>	<p>22 EPR &amp; REPORTS ART HALLWAY ART 10AM-12PM (FRC)</p>	<p>23</p>
<p>24 SFRG INFORMAL FUNDS TRAINING 10AM-11:30AM (FRC)</p>	<p>25</p>	<p>26 SFRG INFORMAL FUNDS TRAINING 10AM-11:30AM (FRC)</p>	<p>27</p>	<p>28</p>	<p>29</p>	<p>30</p>

For more information or to RSVP: 337-531-1941/9426

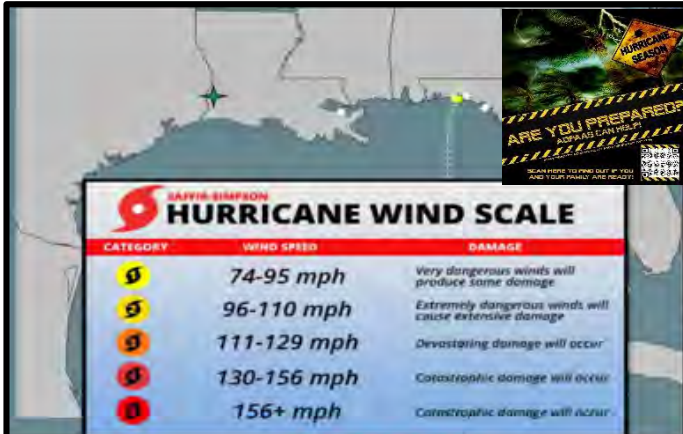
The recipient for VOM for August 2021 is SPC Bryhaurey Dunkinsell from 115 Field Hospital. For the month of August SPC Dunkinsell volunteered for 78 hours under 32nd Hospital. SPC Dunkinsell volunteers as a mentor with the Big Brother Organization. SPC Dunkinsell volunteers with the local youth at Leesville High School. SPC Dunkinsell always go above in beyond to help those who are in need.





# DPTMS - Severe Weather Season 2021

## Warnings and Alerts - Be Informed !



CATEGORY	WIND SPEED	DAMAGE
1	74-95 mph	Very dangerous winds will produce some damage.
2	96-110 mph	Extremely dangerous winds will cause extensive damage.
3	111-129 mph	Devastating damage will occur.
4	130-156 mph	Catastrophic damage will occur.
5	156+ mph	Catastrophic damage will occur.

**Hurricane Season: June – November**

**Early 2021 analysis from NHC: 17 named storms, 8 hurricanes and 3 to 4 major hurricanes, with 4 to 5 United States hurricane landfalls in 2021 – two of which will be dangerous major impact Category 3 to 4 hurricanes**

**Tornado Season (Fort Polk):**  
October to December & March to May

**Download the digital garrison APP !!!**

[WWW.FACEBOOK.COM/JRTCandFortPolk](https://www.facebook.com/JRTCandFortPolk)

<https://twitter.com/FortPolkPAO>

[https://www.instagram.com/jrtc\\_and\\_fort\\_polk/](https://www.instagram.com/jrtc_and_fort_polk/)

**Alert Notification Set-up**

**STEP 1:** Login to self-registration: <https://alert.csd.disa.mil/>. Click the DoD and All Services Icon.

**STEP 2:** Add Personal Information. First & Last Names are required fields.

**STEP 3:** Add Contact Methods. You must add at least one valid

**STEP 4:** Add Associations. Add Military Location

**everbridge NIXLE**

<https://local.nixle.com/register/>

- ☐ Provides Current updates from local emergency agencies
- ☐ Can be tailor to fit locations across the state
- ☐ Warning include weather, Fire danger, crime alerts, etc..

**LA DOTD**

<http://www.sp.dotd.la.gov/Pages/default.aspx>

**KPLC 7**

<http://www.kplctv.com>

**Cameras**

**KALB**

Weather Sports Great Heat

<https://www.kalb.com>

**Build a kit, Make a Plan, Be Informed!**

<https://ready.army.mil/index.htm>

The official severe weather notification is issued by the Warrior Operations Center



# DPTMS - Severe Weather Season 2021

## *October is National Fire Prevention Month*

Did you know that if a fire starts in your home, you may have just two minutes to escape? The most effective way to protect yourself and your home from fire is to identify and remove fire hazards.

### **Prepare**

- Install smoke alarms inside and outside each bedroom and sleeping area, on every level of the home
- Interconnect smoke alarms; when one sounds they all sound
- Test all smoke alarms at monthly
- A smoke alarm should be on the ceiling or high on a wall
- Keep smoke alarms away from the kitchen to reduce false alarms, they should be at least 10 feet from the stove
- Use special alarms with strobe lights and bed shakers for people who are hard-of-hearing or deaf
- Replace all smoke alarms when they are 10 years old



### **Plan your escape**

- Get your Family together and make a home escape plan with two ways out of every room (if possible)
- Make sure escape routes are clear of debris, and windows and doors open easily
- Plan an outside meeting place where all will meet once they have escaped
- Assign someone to assist infants, older adults, and family members with mobility limitations
- If the smoke alarm sounds, get outside and stay outside



### **Causes of fire**

- Candles – The top 3 days for home candle fires are Christmas Eve, Christmas, and New Year's Day
- Cooking - Frying poses the greatest risk of fire, stay in the kitchen when cooking
- Electrical - Contributing factor to ignition for 74% of electrical distribution or lighting equipment home structure fires
- Heating - Peak months for home heating fires are December through February
- Smoking - Smoking materials are the leading cause of fire deaths in the U.S.
- Dryers and Washing machines – Leading cause of home clothes dryer and washer fires is failure to clean them
- Portable generators - Most common generator dangers are carbon monoxide (CO) poisoning, electrical shock, and fire hazards

For more information, please contact Tommy J. Morris, Emergency Manager at (337) 531-4875 or email, [tommy.j.morris2.civ@mail.mil](mailto:tommy.j.morris2.civ@mail.mil)







# Reduction of Visitor Center Hours of Operation

- Visitor Control Center currently operates 24/7
  - Except on Federal Holidays.
- A work load study was performed and found that between the hours of 2100 – 0500 there was little demand.

TIME	AVG Passes PER HOUR
2100	4
2200	2
2300	2
0000	1
0100	1
0200	2
0300	1
0400	0
0500	3

## Visitor Control Center New Hours of Operation

- Monday – Sunday 0500 – 2100 daily
  - Closed on all on Federal Holidays.
  - **Effective 10 Oct 21**

This change does not effect visitors that are being escorted by authorized personnel  
Or those personnel that are already in possession of an access control  
card or pass.

Questions can be addressed to the VCC at 531-0830  
Special access control situation can be address to the Guard  
Chief at 531-1159





**Next**

# **Warrior Information Exchange**

**3 November 2021 @ 1000**

