

THE JRTC AND FORT POLK

GUARDIAN

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QUALITY OF LIFE LINES OF EFFORT



HOUSING



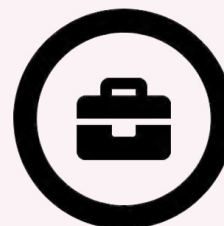
PCS MOVES



CHILD CARE



HEALTH CARE



SPOUSE



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All editorial content of the Guardian is prepared, edited, provided and approved by the Public Affairs Office, Joint Readiness Training Center and Fort Polk.

For more information on Fort Polk units and happenings visit the [@JRTCandFortPolk](https://www.facebook.com/JRTCandFortPolk/) Facebook page.

Corvias works to improve neighborhood playgrounds

By **ANGIE THORNE**
Public Affairs Office

FORT POLK, La. — Children laughing can be a joy to hear as they swing, slide and run around.

It's a sound that has been silenced on some Fort Polk neighborhood playgrounds due to the current state of some equipment. Once Corvias realized there was a situation they began working on ways to fix it.

Kirk Green, Corvias operations director, said the playground equipment isn't dealing well with the extremes of Louisiana weather.

Green said Corvias made the decision to shut down the playgrounds that have issues for the safety of the community.

Corvias has found a company to assess the situation.

"They came to Fort Polk in late August to look at the playgrounds, evaluate the damage and get a handle on what has to be done," Green said. "I can tell you that once repairs begin, Fort Polk is the first installation on the list to get repairs."

Though the process has begun, before Fort Polk can get to that point, negotiations continue and contracts still need to be signed.

"Everything has to be agreed upon and then we can get moving, but it's going to take some time. We are pushing as hard as we possibly can," Green said.

Corvias understands providing playgrounds for the Fort Polk community is vital to quality of life and fulfilling the people first priority.

"We know it makes the lives of



The playground at the Palmetto Terrace Community Center.



Soldiers and Families a lot easier if they don't have to travel to go to a playground. Being within walking distance from your home is the optimal choice," Green said. "Myself and Corvias understand that and are trying to do everything possible to move forward, but we also want to make sure we make the right decisions because what we don't want is to make these repairs and a few years down the road have to do this all again."

That's why Green said Corvias was particular about choosing a

company that can handle the volume of repairs across multiple installations.

Another important point is the dependability of the playground equipment.

"We want to make sure we choose a product that is not only going to last, but also be dependable and protect the children of Fort Polk from harm when they play," Green said.

The eGuardian will run updates about the playgrounds as they take place.



Cover photo: Soldiers with the 2nd Battalion, 30th Infantry Regiment, 3rd Brigade Combat Team, 10th Mountain Division, run through smoke in the "Box" during a State of JRTC training demonstration for local leaders Sept. 1. (Photo Chuck Cannon/Guardian)

Brazilian Army leadership lauds opportunity to train with U.S. Army at JRTC

By DONALD SPARKS
U.S. Army South

FORT POLK, La. — Prior to his soldiers arriving to the Joint Readiness Training Center at Fort Polk to take part in a bilateral training exercise, Gen. Estevam Cals Theophilo, commander, Brazilian Army Land Operations Command, emphasized the importance of his troops being ready for the next conflict.

“Our mentality must be that we are prepared to fight in combat,” Theophilo said. “We can go a thousand years without war, but we can’t afford one second without being prepared to fight when war arises.”

Theophilo, along with Brig. Gen. Lynn Heng, U.S. Army South deputy commanding general, were able to see firsthand the Brazilian troops train in the area known as the “Box” during a visit to JRTC Aug. 24-26 as part of a Distinguished Visitors Day.

“This training for us is very important,” Theophilo said. “We know this kind of exercise replicates fighting in true combat and the realism of this exercise prepares us to be ready.”

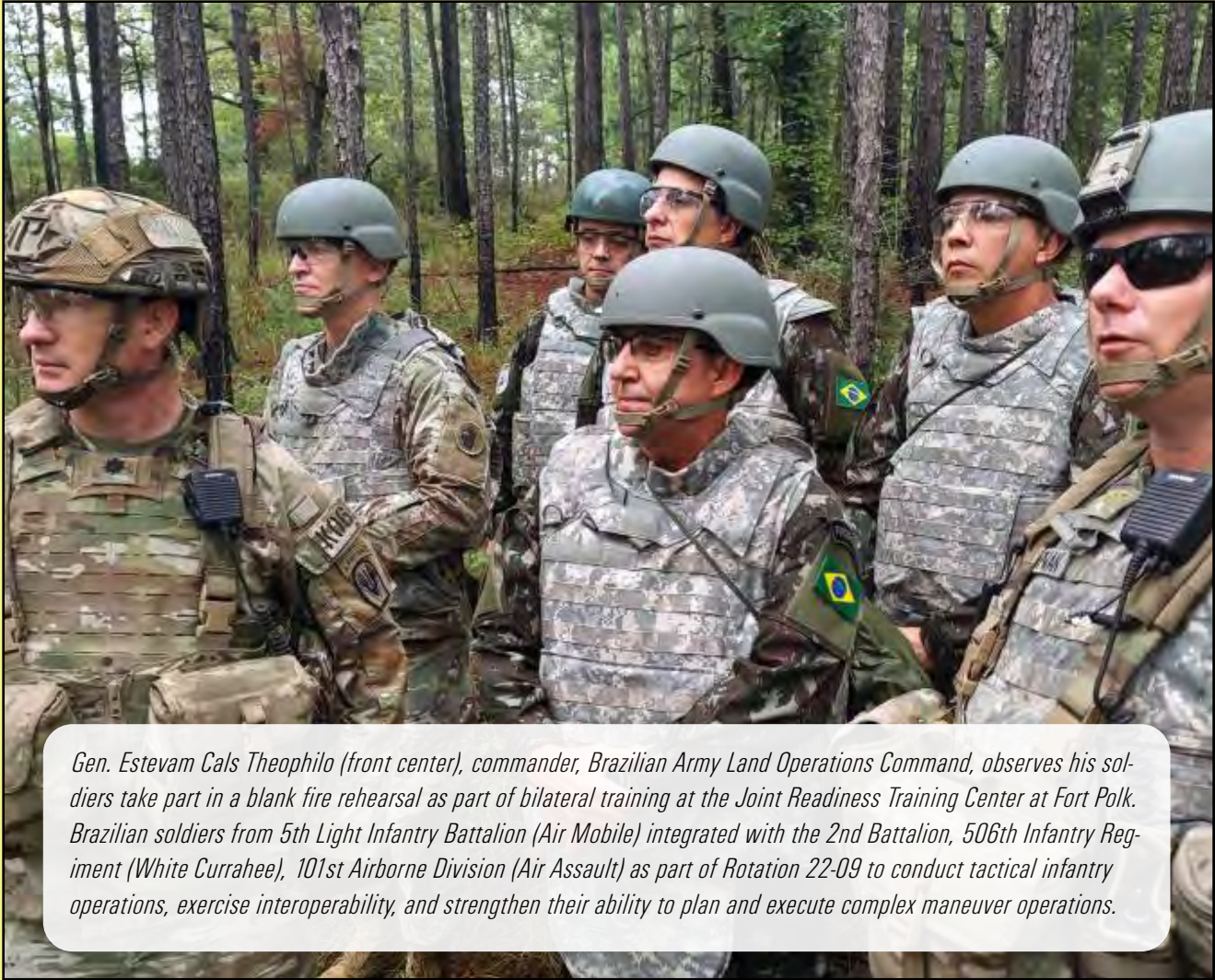
The Brazilian Army, or Exército Brasileiro, participation in JRTC is part of an agreed to activity which was included in a five-year plan developed between the EB and U.S. Army South during annual Army-to-Army Staff Talks. The Staff Talks Program promotes bilateral efforts in order to develop professional partnerships and increase interaction between partner nation armies.

Having arrived at Louisiana in early August, a company element of the 5th Light Infantry Battalion (Air Mobile) integrated with the 2nd Battalion, 506th Infantry Regiment (White Currahee), 101st Airborne Division (Air Assault) as part of rotation 22-09 to conduct tactical infantry operations, exercise interoperability and strengthen their ability to plan and execute complex maneuver operations.

The mission of the JRTC and Fort Polk is to train brigade combat teams to conduct large scale combat operations on the decisive action battlefield against a near-peer threat with multi-domain capabilities. JRTC Rotation 22-09 was the second time a Brazilian Army unit came to the combat training center to train with a U.S. Army brigade.

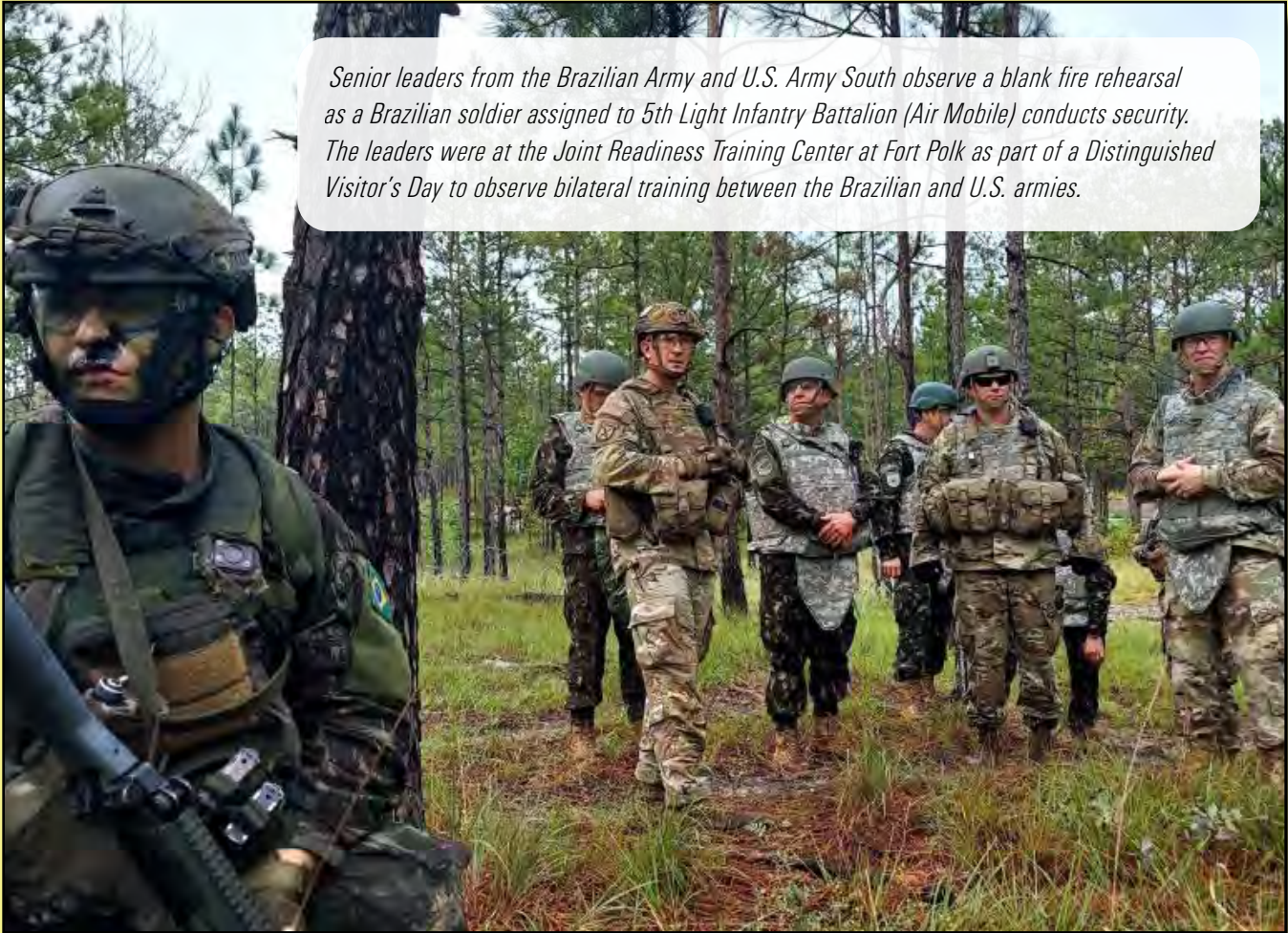
Once on the ground, Brazilian soldiers were praised for their professionalism, tactical skills and ability to embed with their U.S. Army counterparts. While training in the Box, the Brazilians were given after action reviews by the observer-controllers, where they were given feedback on what they planned to do, what actually happened, and engaged with the opposing forces to learn what they did well and what they could improve on.

“They’ve done an exceptional job of deliberate planning, conducting rehearsals and understanding the mission they have to accomplish



Gen. Estevam Cals Theophilo (front center), commander, Brazilian Army Land Operations Command, observes his soldiers take part in a blank fire rehearsal as part of bilateral training at the Joint Readiness Training Center at Fort Polk. Brazilian soldiers from 5th Light Infantry Battalion (Air Mobile) integrated with the 2nd Battalion, 506th Infantry Regiment (White Currahee), 101st Airborne Division (Air Assault) as part of Rotation 22-09 to conduct tactical infantry operations, exercise interoperability, and strengthen their ability to plan and execute complex maneuver operations.

DONALD SPARKS/ U.S. ARMY SOUTH



Senior leaders from the Brazilian Army and U.S. Army South observe a blank fire rehearsal as a Brazilian soldier assigned to 5th Light Infantry Battalion (Air Mobile) conducts security. The leaders were at the Joint Readiness Training Center at Fort Polk as part of a Distinguished Visitor’s Day to observe bilateral training between the Brazilian and U.S. armies.

and moving to that location to accomplish that mission,” said Maj. Micah Chapman, JRTC Operations Group Task Force 3 executive officer. “They’re really effective in terms of security — whether its short halts, long halts, securing themselves, securing an area and having an active mindset of understanding the situation and responding, when necessary, lethally.”

Although much attention during the bilateral training engagement was focused on kinetic and tactical operations at the company and platoon level, a critical area the Brazilian Army wanted to improve was developing leaders at their combat training centers to be more realis-

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Brazilian Army

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tic to train their soldiers for combat.

A small contingent, comprised of several officers and noncommissioned officers, embedded with the JRTC Operations Group and completed an abbreviated academy where they could capture and coach the best practices of combined arms maneuver.

“We put them right in where they were able to make decisions, do coaching and adjudicate fights taking place between friendly and enemy forces,” Chapman said. “There are some differences between the way the U.S. Army go about observing, coaching, and training, and they desire to move in our direction.”

After watching his soldiers take part in the blank fire rehearsal, Lt. Col. Attila Balczó, commander, 5th Light Infantry Battalion (Air Mobile), gleamed with pride in describing their actions upon seizing the objective.

“I am very proud,” Balczó said. “We had many exercises and spent more than 120 days in the field to prepare our soldiers for this training. When I saw our soldiers executing on the battlefield here today, it was gratifying to see that our preparation had great results. They put on a good showing in simulated combat and their performance allows us to have interoperability with our U.S. partners.”

Balczó added JRTC allowed the best environment for his soldiers to improve their capabilities and they will return to Brazil with much experience and become better trained to fight.

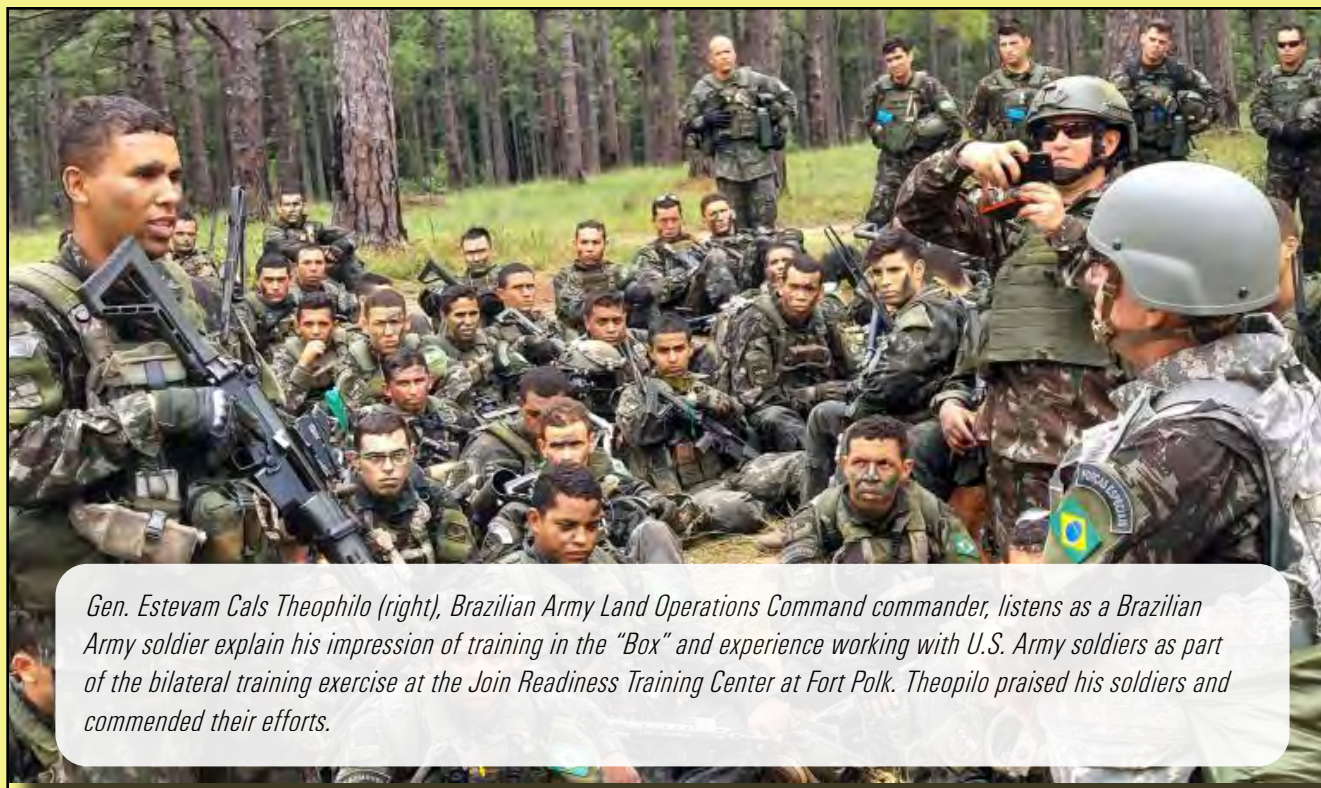
Heng mentioned the United States is fortunate to have the caliber of soldiers the Brazilian Army possesses as our allies to protect mutual security interests in the Western Hemisphere.

“We need to do these types of exercises to build upon our defensive capabilities and we enjoy doing these types of exercises, especially with Brazil, which further enhances our interoperability,” Heng said. “Brazil has been a key partner for us in the U.S. Southern Command area of operations for many decades and will be for many to come.”

Heng added as part of Army South’s motto ‘Defense and Fraternity’ it is imperative the command keep strong the fraternity with Brazil so that both armies remain successful in meeting training objectives and strengthening partnerships.

Following three hours of continuous assault on the rough central-Louisiana terrain, Theophilo addressed the soldiers, where he commended their efforts and recognized the occasion of Dia do Soldado (Day of the Soldier) — a Brazilian national holiday on Aug. 25 commemorating the birthday of the Duke of Caxias, patron of the Brazilian Army.

He asked his sweat-drenched, muddied and exhausted soldiers their impressions of the



Gen. Estevam Cals Theophilo (right), Brazilian Army Land Operations Command commander, listens as a Brazilian Army soldier explain his impression of training in the “Box” and experience working with U.S. Army soldiers as part of the bilateral training exercise at the Joint Readiness Training Center at Fort Polk. Theopilo praised his soldiers and commended their efforts.



Soldiers from the 3rd Company, 5th Light Infantry Battalion (Air Mobile), Brazilian Army, execute a blank fire rehearsal to seize an enemy objective as part of a bilateral training exercise at the Joint Readiness Training Center at Fort Polk. U.S. Army observer-controllers assigned to JRTC Operations Group Task Force 3 provided a controlled environment allowing the Brazilian soldiers to enhance their tactical capabilities, while coaching Brazilian Army OCs with best practices.

training and received responses expressing how it was a unique opportunity to work with U.S. soldiers, gain new experiences and familiarization with the CH-47 helicopter, share best practices and tactics and train in a different climate.

“Our countries have always been friends in military matters,” Theophilo said. “We have conducted training in the jungles of Brazil and

now we’re training together here at Fort Polk. At the end of the day, this is what matters. Being ready for war is only possible through much practice, adjustments and more practice. Without field exercises, conversations aren’t worth anything.”

Finally, the general reminded his troops, “The U.S. is our principal ally — we have no doubt about that.”

DONALD SPARKS/ U.S. ARMY SOUTH

JRTC, Fort Polk honor memory of 9/11 heroes

By **CHUCK CANNON**
Public Affairs Office

FORT POLK, La. – The Joint Readiness Training Center and Fort Polk honored the heroes and victims of the Sept. 11, 2001, attacks during a ceremony held Sept. 9 in the installation's Main Fire Station.

The day's events began when the chapel bells on the Fort Polk Main Post Chapel rang out at 7:46 a.m. to symbolize the attack on One World Trade Center (the north tower) in New York City that fateful morning. One thousand, five hundred, twenty-one people lost their lives in that attack.

The chapel bells tolled again at 8:03 a.m. symbolizing the attack on the south tower that claimed another 659 lives.

At 8:37 a.m., the bells chimed once more honoring the 184 lives lost in the attack on the Pentagon in Washington, D.C. Narrator 1st Lt. Nina C. Flores, 1st Battalion, 5th Aviation Regiment, then reminded those in attendance at the current time (9:03 a.m. local) 21 years ago, 40 passengers and crew members took fate into their own hands in the skies over Pennsylvania, and with a cry of "Let's roll," foiled a fourth attack on the nation by beating back hijackers and forcing United Airlines Flight 93 to crash in a field near Shanksville, Pennsylvania.

Guests were asked to stand for a moment of silence as Fort Polk firefighter Longae Bell rang the bell once more in honor of those brave Americans who perished on Flight 93.

Following an invocation by Garrison Chaplain (Col.) Michael Jeffries and the playing of the National Anthem by a joint band from Pickering and Rosepine high schools, Brig. Gen. David W. Gardner, JRTC and Fort Polk commanding general, took the podium. Gardner said on that September morning in 2001, America was forever changed.

"Today, we remember those who lost their lives," Gardner said. "We pause to honor their memories, and we take time from our busy day to pay tribute to the patriots who sacrificed in defense of freedom, as well as their Families."

Gardner said he, like most Americans, could remember exactly where he was when the tragedy unfolded — glued to a black and white TV set with his first sergeant after completing a day of patrols in Kosovo, while his family was in New York City with his in-laws, 5 miles from ground zero.

Gardner spoke of gradually realizing the horror of the day, the stories of loss and survival, and the fear that other attacks might be planned. "I personally still feel a jolt of pain when seeing the twin towers in old movies and photos, or even more, by not seeing them," Gardner said.

But Gardner said he also remembers the unity after the devastation; the kindred spirit of Americans that he remembered from the 1976



CHUCK CANNON/ GUARDIAN



Bicentennial Celebration and the 1986 Centennial of the Statue of Liberty.

Gardner said America cannot forget the true heroes of this generation's day of infamy — those who risked themselves to help their fellow man, especially the few who understood the significance of what they were made an unwilling party to, and said, "Let's roll!"

Gardner also mentioned those everyday heroes — firefighters, police officers, EMTs and paramedics — who raced into suffocating smoke and rubble in the hopes of saving others. At ground zero, the world witnessed the miracle of American courage and sacrifice as ash rained down on those first responders who ran into the fires of hell.

"On that day, more than 400 first responders lost their lives, and even now, many still suffer long-term physical effects," Gardner said. "Today we honor their extraordinary sacrifice."

Gardner said the ceremony also honors local first responders, who place themselves in danger to provide a safe environment for Soldiers, civilians, retirees and Families. He said the events of Sept. 11, 2001, inspired many to

dedicate their lives to public service.

Gardner asked those in attendance to reflect on one of the verses of "America the Beautiful" as they remember the heroes of 9/11.

"Oh, beautiful for heroes proved in liberating strife, who more than self their country loved, and mercy more than life! America! America! May God thy gold refine, till all success be nobleness, and every gain divine."

Following his speech, Gardner joined JRTC and Fort Polk Command Sgt. Maj. David P. Hanson, Fort Polk Fire Chief Craig D. Wilgus and Fort Polk Audie Murphy Club member Staff Sgt. Troy R. Walters in placing a wreath in remembrance of the victims of the Sept. 11, 2001, attacks and their Family members.

The wreath also served to honor the brave men and women of the Armed Forces who have paid the ultimate price during overseas contingency operations.

Once the wreath was placed, the ceremony concluded with the playing of "Taps" by the joint band.

The bands also provided pre- and post-ceremony music.

Local **leaders** learn about Fort Polk training, tactics, more

By **CHUCK CANNON**
Public Affairs Office

FORT POLK, La. — Brig. Gen. David W. Gardner, commander, Joint Readiness Training Center and Fort Polk, and Col. Sam Smith, Fort Polk garrison commander, hosted a “State of JRTC” event for local officials Sept. 1.

Among the guests were area mayors, state and U.S. congressmen and senators, representatives from Northwestern State University and Louisiana State University-Alexandria and officials with England Air Park.

The day’s activities began with a briefing by Gardner, who gave visitors a look into his background before delving into his goal of making JRTC and Fort Polk a great place to train, live, deploy from and come home to.

“We’ll do this by caring for our people, building readiness and succeeding in JRTC and Fort Polk campaign plans,” Gardner said.

Gardner shared with the local leaders the different units assigned to JRTC and Fort Polk, as well as the number of people the installation serves — 32,475 — including active-duty Army, other military branches, military Family members, civilian employees and transient and rotational units. He also pointed out the post serves 59,623 military and Department of Defense civilian retirees and military Veterans Affairs personnel.

Among other items Gardner highlighted were the number of rotations JRTC hosts annually (eight), and community partnerships between Fort Polk units and local parishes and towns. He shared JRTC’s “Winning the Fight for Talent” campaign that recruits top-notch Soldiers to join the observer/controller trainer team to ensure the best training is provided to units as they rotate through JRTC.

Gardner gave a Naming Commission update and said the plan to rename Fort Polk in honor of World War I Medal of Honor recipient Sgt. William Henry Johnson was slated to take place no later than Jan. 1, 2024.

Smith was next to brief and explained how Fort Polk was one of four “Quality of Life” installations in the Army. He then went through the myriad of quality of life improvements made in the past year at Fort Polk, and projects that have been approved for the future, including new barracks, housing improvements, a new Joint Operations Center, road repairs, Family Morale, Welfare and Recreation upgrades and additions, and a Texas Roadhouse Restaurant.

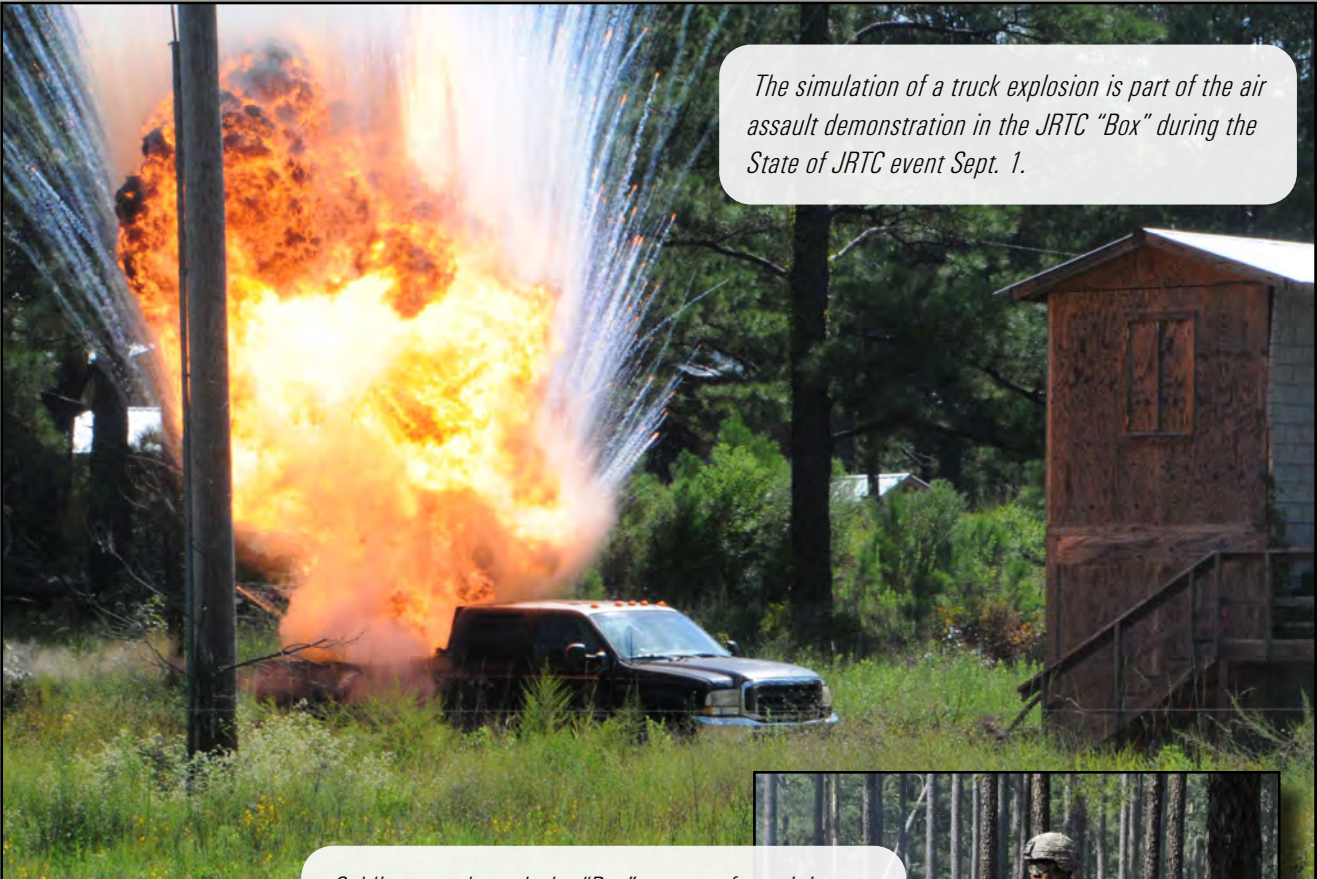
“We want to make Fort Polk a place where Soldiers and Families want to be stationed,” Smith said.

The highlight of the day’s event took place in the JRTC “Box,” the training area where rotational units face the crucible that is JRTC.

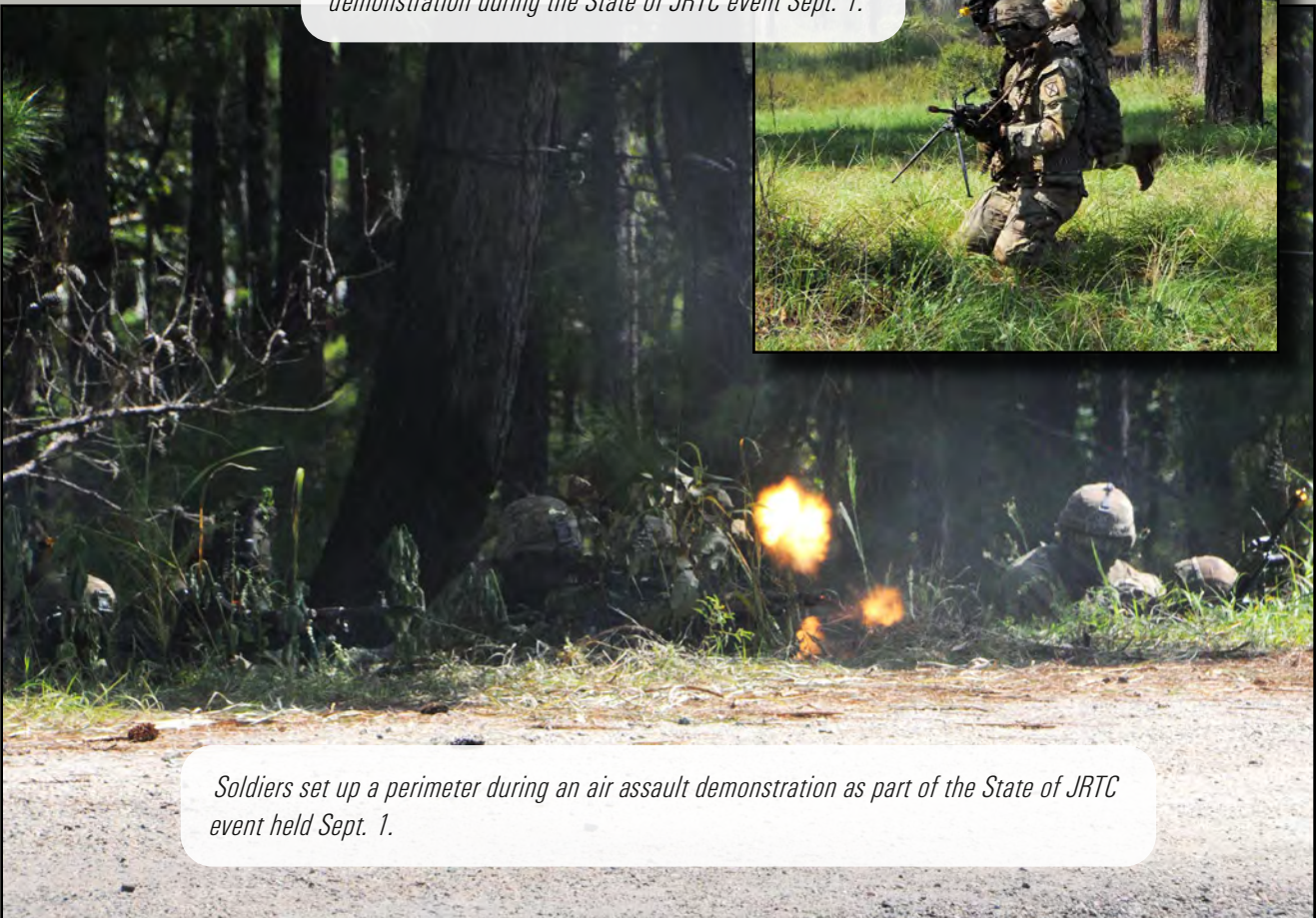
Please see **Leaders**, page 6



Soldiers with the 2nd Battalion, 30th Infantry Regiment, 3rd Brigade Combat Team, 10th Mountain Division and local elected officials gather in the JRTC “Box” Sept. 1 for a State of JRTC event.



The simulation of a truck explosion is part of the air assault demonstration in the JRTC “Box” during the State of JRTC event Sept. 1.



Soldiers run through the “Box” as part of a training demonstration during the State of JRTC event Sept. 1.

Soldiers set up a perimeter during an air assault demonstration as part of the State of JRTC event held Sept. 1.

CHUCK CANNON/ eGUARDIAN

Leaders

Continued from page 5

Soldiers with the 2nd Battalion, 30th Infantry Regiment, 3rd Brigade Combat Team, 10th Mountain Division, conducted an air assault operation at one of the “villages” in the Box.

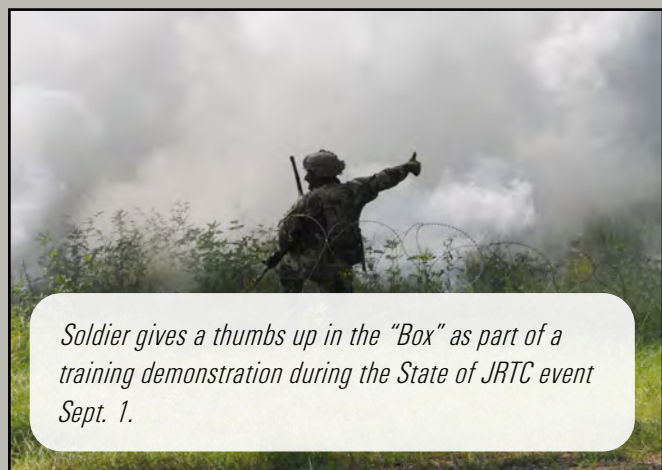
The Soldiers exited from helicopters, set up a perimeter around the village, cleared the village of the “enemy” and exfiltrated. The action was complete with machine gun and other small arms fire, plus explosions.

Following the demonstrations, the visitors mingled with the Soldiers and discussed what took place during the operation.

After a group photo with Soldiers, the local leaders were taken to Alligator Lake where they enjoyed lunch and an opportunity to visit with JRTC and Fort Polk leadership.



The simulation of a house explosion is part of the State of JRTC event Sept. 1.



Soldier gives a thumbs up in the “Box” as part of a training demonstration during the State of JRTC event Sept. 1.



Helicopters prepare to offload Soldiers as part of an air assault demonstration Sept. 1.



Community leaders take a photo with Fort Polk command and 2nd Bn, 30th Inf Reg, 3rd BCT, 10th Mtn Div Soldiers after the completion of the air assault demonstration as part of the State of JRTC event Sept. 1.



After the demonstration in the “Box,” those attending the State of JRTC event had lunch at Fort Polk’s Alligator Lake Sept. 1.



CHUCK CANNON/ GUARDIAN

Get **trained** on Army's new personnel, pay system

By 1st Lt. NINA C. FLORES
IPPS-A Officer in Charge

FORT POLK, La. — The Integration Personnel and Pay System-Army combines more than 40 current human resource systems into one platform for commanders, Soldiers, supervisors and HR professionals.

It will increase the transparency between Soldiers, the S1 (personnel officer) and commanders. What does this mean for Soldiers?

When they want to take leave or submit an action request to commanders, they will submit it through IPPS-A. When Soldiers submit an item through the

system, they will be able to see where it is along with its status. In addition, they will be able to access IPPS-A through the app on their phone. Scan the QR Code to download the app.

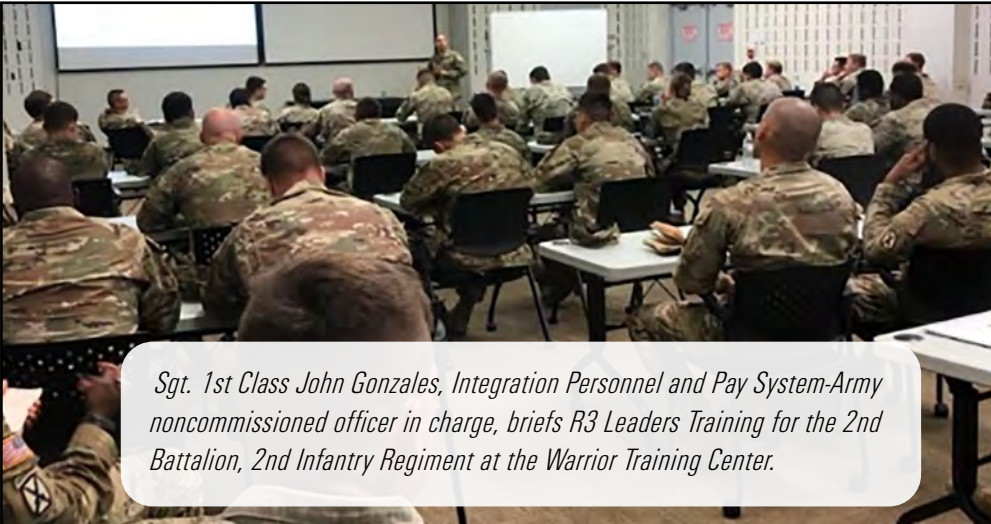


SCAN ME

Team leaders, squad leaders and commanders who oversee Soldiers are required to take the R3 Leaders Training. The G-1 (U.S. Army personnel) IPPS-A Team offers in-person training each Thursday at 3:30 p.m. in After Action Report Theater 2.

If Soldiers are unable to attend Thursday training, alternative training can be arranged.

For more information, email the G1 IPPS-A team at USARMY-FT-POLK-G1-IPPSA@army.mil.



Sgt. 1st Class John Gonzales, Integration Personnel and Pay System-Army noncommissioned officer in charge, briefs R3 Leaders Training for the 2nd Battalion, 2nd Infantry Regiment at the Warrior Training Center.

LEADERS, GET READY FOR...

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IPPS-A RELEASE 3 LEADER COURSE

LEADERS in charge of reviewing/approving actions, leave forms, and/or awards MUST take the 1-hour R3 Leaders course.

You can complete this course on <https://hr.ippsa.csd.disa.mil/>, with your S1, with G1 every Thursday at AAR Theater 2 from 1530-1700, or at <https://www.youtube.com/watch?v=LuHmhdKjaY> (be sure to tell your S1 you watched it!)

Reach out to the G1 IPPS-A Team at USARMY-FT-POLK-G1-IPPSA@army.mil if you have any questions!

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Army Emergency Relief takes fear, stress out of asking for help

By **ANGIE THORNE**
Public Affairs Office

FORT POLK, La. — Life is good. Everything is rolling right along, but then something goes wrong. For instance, the car breaks down, there's an emergency at home or any number of other scenarios. Whatever the case may be, the end result means potentially navigating a difficult financial situation.

What many Soldiers and Family members don't realize is when the unexpected happens, they don't have to face those challenges alone. Army Emergency Relief is in their corner.

AER is the Army's official nonprofit. For 80 years they have helped the Army take care of its number one priority — its people. It's mission is to provide grants, interest-free loans and scholarships to promote readiness and relieve the financial distress of Soldiers and their Families.

There are more than 30 AER assistance categories. They include permanent change of station travel, spouse relicensing and recertification fees, tutoring assistance, rent, mortgage, food and utility assistance, emergency travel, disaster assistance and more.

Other AER programs include the Quick Fix Program (an interest-free \$2,000 loan), scholarships (financial aid for spouses and children of active duty and retired Soldiers), Career Skills Program Assistance (a grant program for retiring and separating Soldiers to participate in apprenticeships and on the job training) and more.

To find out about these and other AER programs visit <https://www.armyemergencyrelief.org>.

Getting the word out about AER to those who need it most is one of the focuses of retired Lt. Gen. Raymond V. Mason, AER director.

Mason and his team visited Fort Polk Aug. 22-24. While there, they talked with Fort Polk command and directors across the installation, spearheaded focus groups with Better Opportunities for Single Soldiers, garrison and unit chaplains, spouses, company commanders, noncommissioned officers and junior Soldiers and connected with Fort Polk's Army Community Service director and Financial Readiness and AER staff.

AER is all about resiliency and combat readiness, Mason said.

"It's about helping a Soldier or Army Family get through the financial distractions in their lives so they can focus on their mission," Mason said. "We want Soldiers to go into battle laser focused, complete the mission and come home safely to their loved ones. If they are downrange thinking about rent and car notes not getting paid or if there's enough food on the table, they could miss something important and put themselves and others in danger."



Retired Lt. Gen. Raymond V. Mason, Army Emergency Relief director, answers a question from Sgt. Nichole Calder, 32nd Hospital Center, during a focus group presentation about what AER has to offer. The event was held at Army Community Service as part of Mason's visit to Fort Polk Aug. 22-24.

ANGIE THORNE/CGUARDIAN

Mason said one of the things that keeps him up at night is knowing there's probably a Soldier or Army Family hurting because they don't know about AER or reluctant to participate in the program due to the stigma of asking for help, pride or a feeling of failure.

"What Soldiers have to realize is asking for help is a sign of strength," Mason said. "It also doesn't matter what rank you are. Whether you are a private or general you can come to AER."

When Soldiers don't get help from AER, they sometimes choose to go off post to a predatory lender.

"That is the biggest threat to our financial and combat readiness in the Army and at Fort Polk," Mason said. "Preventing that is one of the reasons my team spends one to two weeks of each month on the road to communicate in person about AER. That may not be the most efficient way to go about getting the word out, but it's the most effective. Nothing is more powerful to AER than unit leadership at the company level. It's a tool in the toolbox to help them deal with the things that happen when life throws you a curve. We are there to help them along the way and, hopefully, address the problem and get them back into the fight."

To get an AER loan, grant or scholarship, Soldiers and Family members don't have to get the financial counseling offered by ACS, but it's highly recommended.

"The financial counseling is about getting to the root of the issue. Are you living beyond your means? Are you spending more than you should? Are you buying a car with a price tag

three times higher than you can afford? We have all been in that situation at some point," Mason said. "Financial counseling gives you a chance to look at your financial situation and have someone who knows how to help guiding you along."

Mason has been with AER for five years and traveled extensively.

"While there are a lot of great installations out there, I will tell you Fort Polk is among the best I've ever seen in terms of participation in meetings and discussions," Mason said. "I attended a spouses lunch with the most spouses I've ever had participate in an event like that."

Fort Polk's large participation numbers in focus groups also impressed Mason.

"Discussions with Fort Polk command and brigade commanders and sergeant majors isn't something that always happens," Mason said. "When we get a chance to talk to these Army leaders about AER and answer any questions they may have, it's a good thing. They mentor down into the company level. AER lives at the company level."

The purpose of the many focus group discussions held in the time Mason and his team were at Fort Polk were to engage their audience in a two-fold process.

"We are able to communicate to them things that are going on in AER, how it operates and how to help their Soldiers, but we can equally hear from them what they are seeing with their Soldiers and adjust programs to meet those needs here at Fort Polk," Mason said.

Please see **Help**, page 9



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October 1
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MWR FIRE



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Help

Continued from page 8

Mason said as far as his visit is concerned, the ACS and AER teams, along with Fort Polk leadership from top to bottom hit it out of the park.

As for Fort Polk's AER program, Katie R. Davis, ACS AER Specialist, said the Fort Polk AER program provides its military community with a compassionate and dedicated organization that assists Soldiers with needs to relieve financial distress without causing a hardship.

"At Fort Polk, the top five categories of assistance that we provide are privately owned vehicle expenses, emergency travel, utilities, housing and food," Davis said. "We have assisted 195 active duty Soldiers, retirees and Family members with \$136,551.69 in those five

categories alone."

Mason said AER assists Fort Polk each year with hundreds of thousands of dollars. "It ebbs and flows, but we probably average around half a million dollars in loans, grants and scholarships," Mason said. "Whatever you are dealing with, come to AER. We have great counselors to support you."

The Fort Polk AER office and entire ACS staff actively work to get information about AER programs to the community every week.

"AER is here to assist this military community in times of financial distress. We will find a way to say yes to verifiable and valid financial needs," Davis said.

For more information about AER call (337) 531-1957.



Tawania L. Kovacs, Army Community Service director, coins retired Lt. Gen. Raymond V. Mason, Army Emergency Relief director, Aug. 24 in thanks for all he did to inform the Fort Polk community about what AER has to offer.

ANGIE THORNE/EGUARDIAN

Take note of tips to protect Family, home during disaster

By TOMMY MORRIS

Installation Emergency Manager

FORT POLK, La. — National Preparedness Month takes place each September to raise awareness about the importance of preparing for emergencies.

The 2022 theme is “Protect Your Legacy.”

Fort Polk has an emergency preparedness posture that includes planning, preparation and partnership with surrounding communities to minimize the impact and effects of a disaster. Continued efforts are required to sustain progress in improving awareness, readiness and resilience when an emergency strikes.

During the month of September, Fort Polk’s Directorate of Plans, Training, Mobilization and Security’s Emergency Management Branch is scheduled to provide the community with information displays, pamphlets, preparedness kits and Ready Army related material at selected venues. DPTMS will also participate in information forums, be available to conduct awareness training for Family Readiness Groups and other installation organizations and conduct emergency preparedness education and awareness on making a plan to prepare for disasters.

Getting involved and knowing the risks of different disasters and hazards makes a significant difference in the safety and resilience of the Fort Polk community.

The campaign focuses on different aspects of preparedness for individuals, Families and communities.

Make a Plan: Your Family may not be together when disaster strikes, so it’s important to know how to contact one another and reconnect if separated. It’s best to establish a Family meeting place that’s familiar and easy to find. Also, talk to friends and Family about how to communicate before, during and after a disaster. Put a plan together by discussing the questions below with your Family and friends.

1. How will I receive emergency alerts and warnings?
2. What is my shelter plan?
3. What is my evacuation route?
4. What is my Family/household communication plan?
5. Do I need to update my emergency preparedness kit?

As you prepare your plan, consider the needs of your household. Tailor your plans and supplies to those specific needs and responsibilities. Discuss how people can assist each other with communication, care of children, business, pets, or operating medical equipment. Create your own personal network for specific areas where you need assistance.

Keep in mind some these factors when developing your plan:

1. Ages of members within the household such as the elderly and school-aged children



2. Responsibilities for assisting others
3. Locations frequented
4. Dietary needs
5. Medical prescriptions and equipment
6. Disabilities or access and functional needs including devices and equipment
7. Languages spoken
8. Cultural and religious considerations
9. Pets or service animals

Create a Family Emergency Plan. Preparing for emergencies shouldn’t fall on one person. Young children and teens need to be a part of the process for their own safety and sense of empowerment. Visit <https://www.ready.gov/plan> to help create a Family emergency plan.

Practice the plan with your Family/household. It’s important to make a plan now so that you will know what to do, how to find each other and how to communicate in an emergency.

Build a kit with everyone in mind: Gather enough supplies for everyone in the household to last several days after a disaster. Consider the unique needs each person or pet may have in case you have to evacuate quickly. Update your kits and supplies based on recommendations by the Centers for Disease Control. Since you don’t know where you’ll be when an emergency occurs, prepare supplies for home, work and cars.

At home, keep the kit in a designated place and have it ready to leave quickly. Make sure Family members know where the kit is kept.

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

Keep a kit of emergency supplies in your car in case you become stranded.

After assembling your kits, remember to maintain them so they ready when they needed.

Protect Family and property from disasters: Limit the impacts disasters could have. Know the risk of disasters in your area and check



insurance coverage. Learn how to make your home stronger in the face of storms and other common hazards and act fast during a local warning or alert.

Talk to children about preparing for emergencies and what to do in case separated. Reassure them by providing information about how they can get involved.

For more information call Tommy J. Morris, Installation Emergency Manager at (337) 531-4875 or email tommy.j.morris2.civ@mail.mil.

Fort Polk hiring event opens job opportunities for community

By **ANGIE THORNE**
Public Affairs Office

FORT POLK, La. — Employment opportunities are important to military Families. The bottom line on the bank statement affects quality of life and a job can be the difference between just making ends meet and having a little extra to put away each month. That’s why the hiring event held Aug. 31 at Army Community Service was such a significant gathering for the Fort Polk community.

The event turnout included 93 job seekers and 15 employers and was open to anyone looking for a job, but many of those in attendance were spouses.

Stacey Delgado, Army Community Service Employment Readiness Program manager, said she tries to help people connect with the job they want. She steered one spouse toward the Acadian Ambulance company.

“They have a new program for military spouses to train as an emergency medical technician. She was excited about the program and what they had to offer,” Delgado said. “Many employers at the hiring event talked with those looking for employment or to volunteer.”

The Army and Air Force Exchange Service talked to 45 people about jobs, 25 people interviewed for open positions at Fort Polk’s Directorate of Family and Morale, Welfare and Recreation and at least two people submitted applications for the Sulphur Police Department.

“Networking at a hiring event like this can open many more doors than just seeking employment online,” Delgado said.

Julia Nielsen, AAFES recruiting manager, said AAFES likes helping military Families with employment opportunities because it’s a win-win situation, especially for spouses.

“We get good employees and members of the Fort Polk community get a good job,” Nielsen said. “This is the kind of event that brings the community together.”

An additional benefit of working for AAFES includes the ability to stay with the organization when a military Family has to move due to a permanent change of station.

“They can pick up their employment with AAFES at their next duty station,” Nielsen said. “They don’t have to start from scratch. I think that’s a great benefit.”

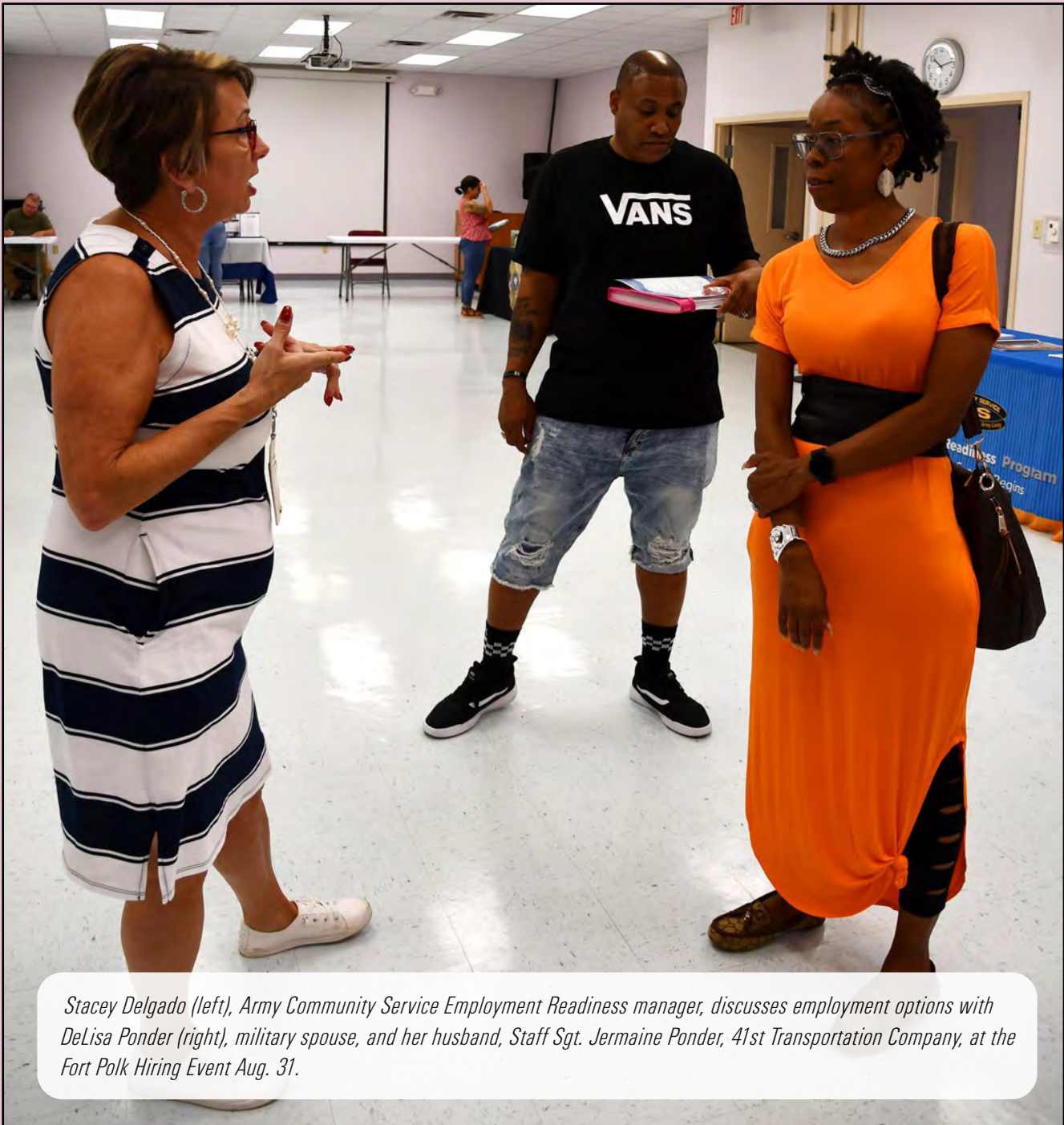
Hiring events like this allow candidates to meet potential employees face to face and engage in one-on-one conversations.

Stacey McLean, American Red Cross of Louisiana interim program manager, manned a table at the event.

McLean said this is a situation in which Fort Polk Families have the opportunity to interact with several organizations in a central location, making it easier to navigate network and put a face to a name.



Julia Nielsen (right), Army and Air Force Exchange Service recruiting manager, talks to eager job seekers at the Aug. 31 hiring event held at Fort Polk’s Army Community Service.



Stacey Delgado (left), Army Community Service Employment Readiness manager, discusses employment options with DeLisa Ponder (right), military spouse, and her husband, Staff Sgt. Jermaine Ponder, 41st Transportation Company, at the Fort Polk Hiring Event Aug. 31.

“Spouses were able to be transparent, ask questions and inquire about various organizations at the event,” McLean said. “As for the American Red Cross, there were 25 candidates who signed up to volunteer. Many people also inquired about gaining work experience

Please see **Hiring**, page 12



Hiring

Continued from page 11

through one of our programs, which in turn, would give them the skills they need to get a job in that field."

DeLisa Ponder, military spouse, attended the event to look for a job. She and her husband, Staff Sgt. Jermaine Ponder, 41st Transportation Company, are new to Fort Polk.

"This hiring event is convenient. We appreciate it so much. We just got here it's amazing to have this kind of help available to us," DeLisa Ponder said. "I'm impressed because at other locations we haven't had this kind of hands on help. It's so nice not to have to do this on my own."

Gavin Williams, military dependent, said the hiring event was helpful.

"It's a great opportunity for myself and others to find a position," Williams said. "It's nice to have all the employers in one location."

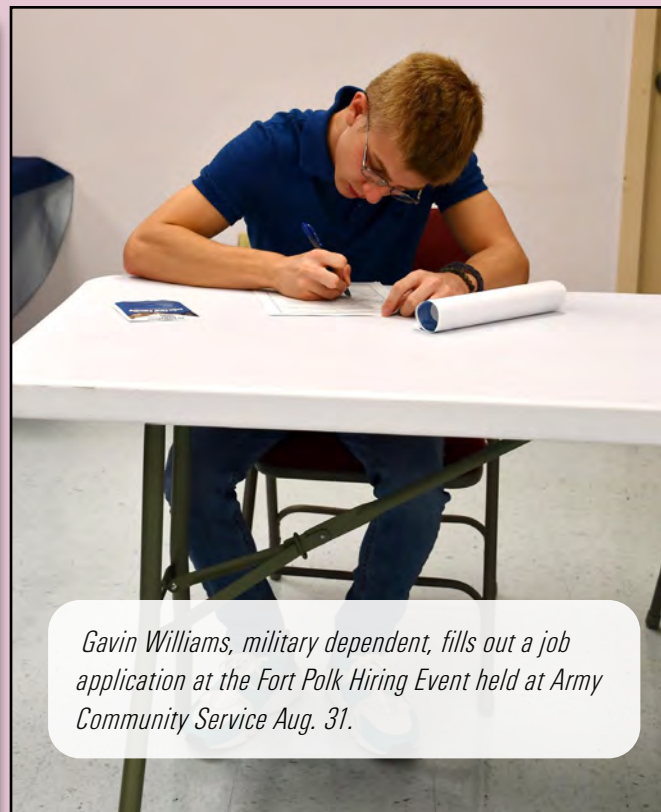
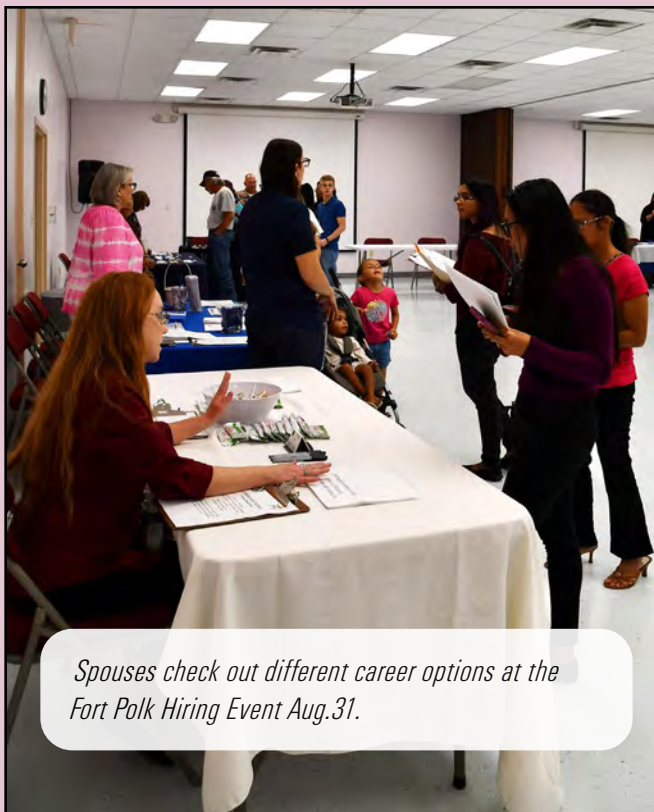
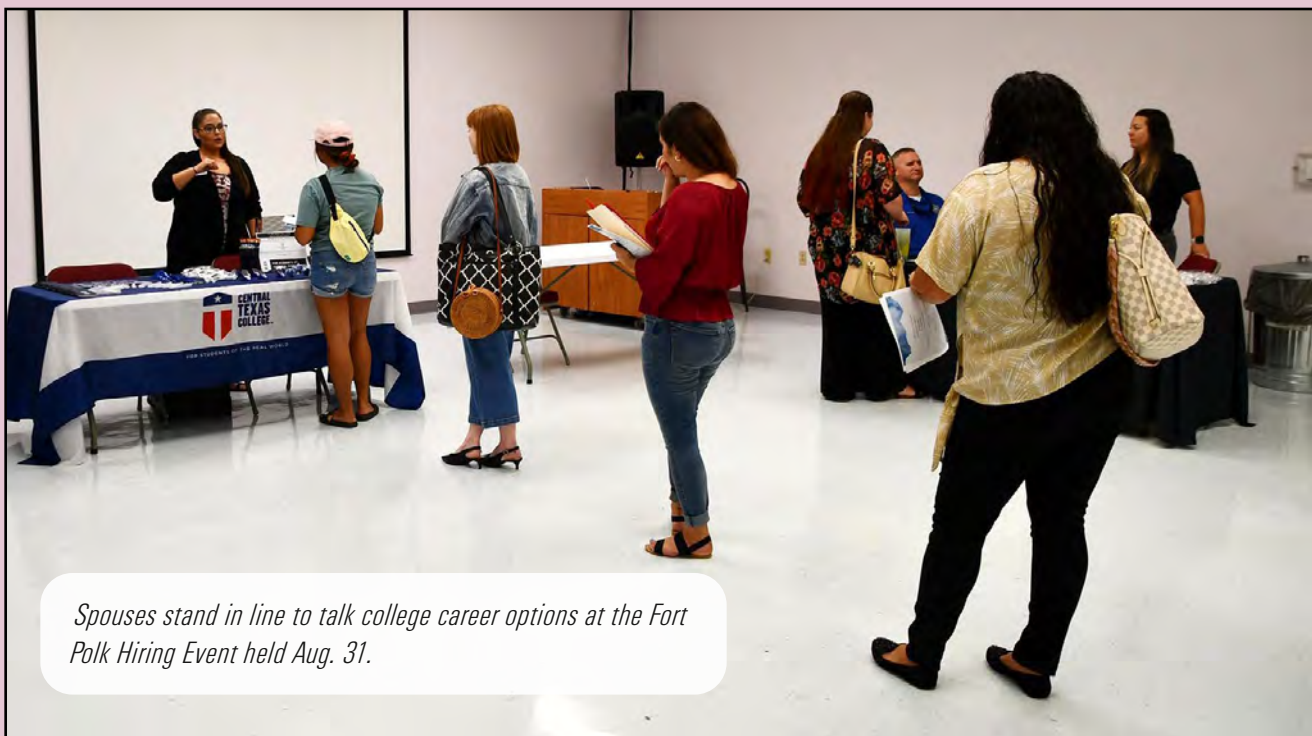
Barksdale Credit Union manager Tricia Turner said her organization is committed to the Fort Polk community.

"We are aware of the need to employ spouses. We keep that in mind when we hire," Turner said. "Military spouses come with a lot of experience and we understand they are beneficial to the growth of our organization."

Delgado said people have to realize there are job opportunities available on the installation, as well as in the surrounding community.

"We support each other, and having our area communities work with us on employing members of the Fort Polk Community is awesome," Delgado said. "Spouses attending the event were excited about the career choices available, including opportunities that can move with them when they leave Fort Polk and organizations, such as the Red Cross, that offer programs which allow spouses to gain skills in a career field free of charge."

For more information call the Employment Readiness Program at (337) 531-6922.



ANGIE THORNE/ eGUARDIAN

Fort Polk Thrift Shop funds grants, helps local community

By CHRISTY GRAHAM
Public Affairs Office

FORT POLK, La. — Many are aware of the Fort Polk Thrift Shop and its trove of “treasures,” but some may be unaware of how the Thrift Shop impacts the community.

“We are a nonprofit, so everything we make each month over the operating costs goes into our welfare fund. We give those funds in the form of community grants,” said Samantha Rowlands, Thrift Shop manager.

The Thrift Shop’s welfare fund has awarded grants to fund scholarships, local school programming upgrades and several local sports teams and booster clubs.

Organizations or schools interested in applying for the Thrift Shop’s grants can pick up an application in the store, or they can email polkthriftstore.grants@gmail.com.

Another way the Fort Polk Thrift Shop affects the community is through a volunteer program.

Some of the Thrift Shop workers are Soldiers or Family members that have decided to give back through volunteering, and their time spent at the shop can be logged via the Volunteer Management Information System. Volunteers that log their hours via VMIS can then be recognized at the installation’s Volunteer of the Quarter ceremony.

Beyond the contributions to the local community, Rowlands said that the Thrift Shop houses surprising items most people wouldn’t imagine.

“We’ve had an antique movie projector, unboxed collectible Pez dispensers, brand new electronics and even car parts, which most people wouldn’t expect,” Rowlands said.

Rowlands said all items are checked, tested and cleaned before being displayed in the Thrift Shop, so if a computer comes in, someone will hook it up and test it before it is sold.

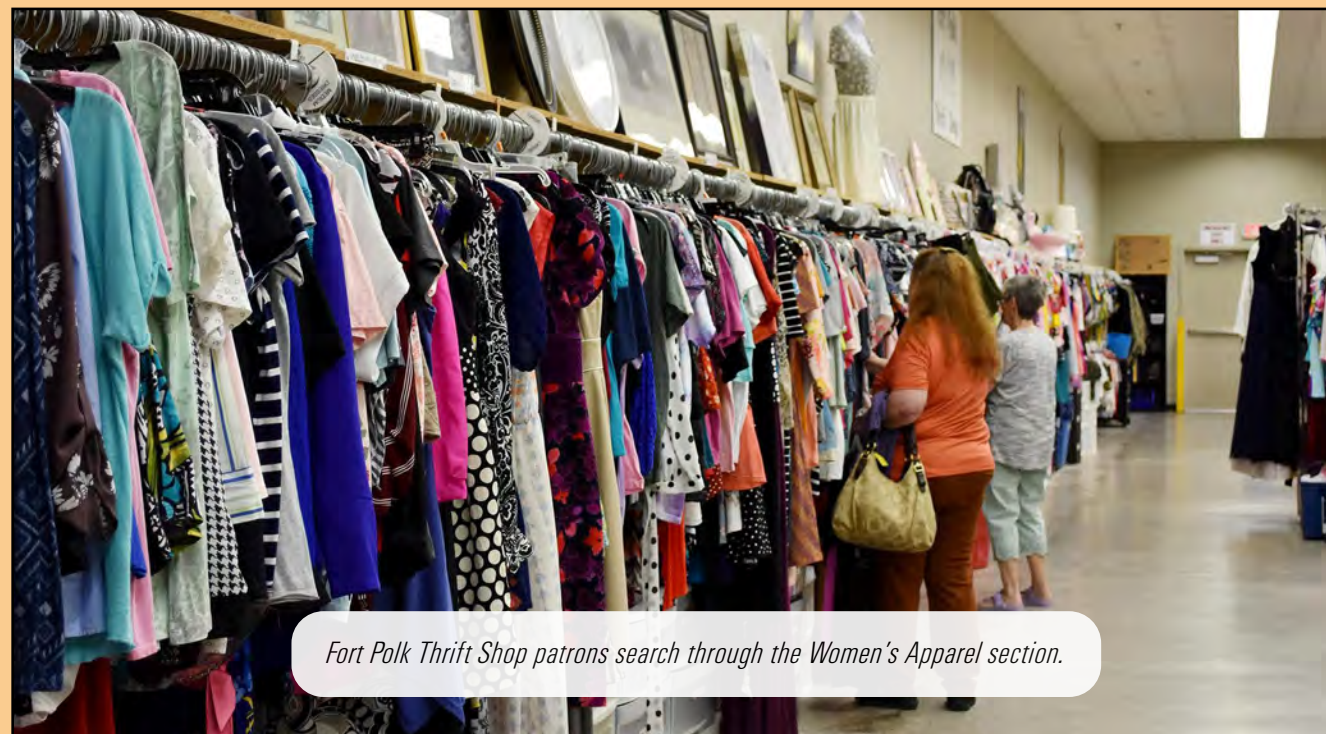
The Thrift Shop also offers the Fort Polk community an affordable way to provide for their Families. After one transaction, Rowlands said a customer left a comment noting how the Thrift Shop’s items and prices allowed her to buy all the things her kids needed, which she otherwise wouldn’t be able to afford.

Kaila Benjamin, military spouse, said her shopping experience at the Thrift Shop has always been great.

“There’s always something new here, or there’s always something unexpected here that you didn’t realize you needed,” Benjamin said.

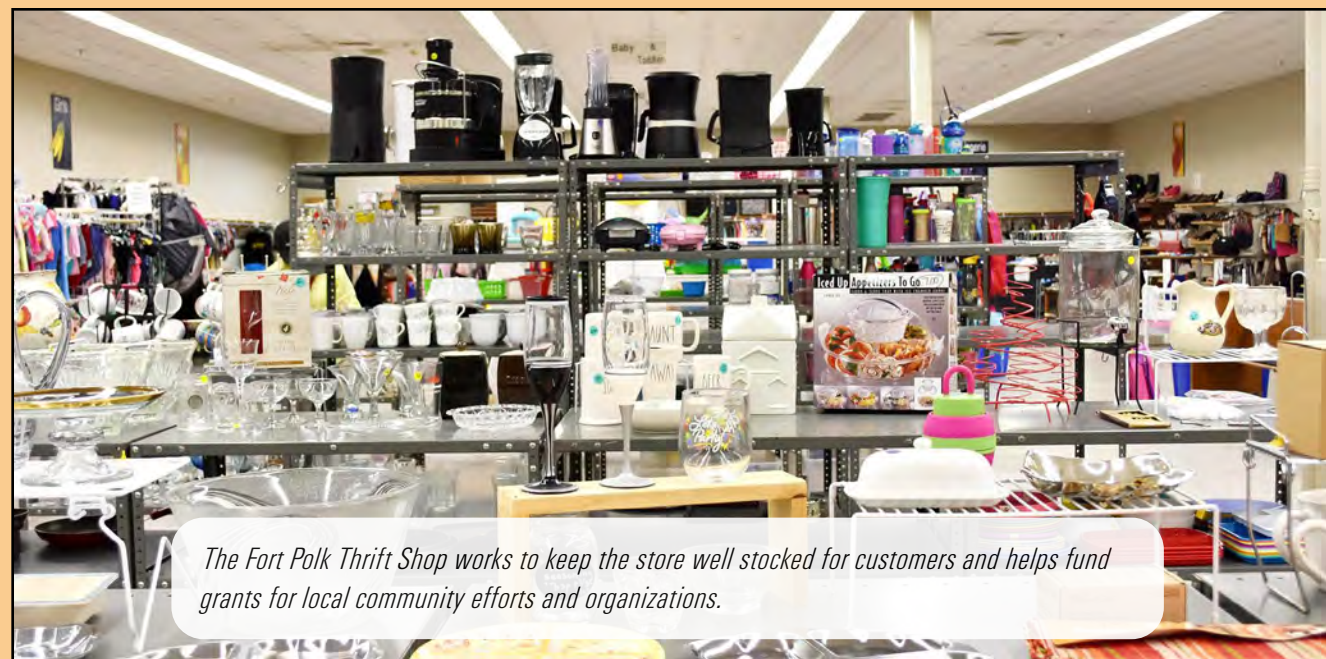
Regular sales are also held on a weekly and monthly basis at the shop. Wednesdays are “book-sale days,” where customers can purchase books for 10 cents each. Other sales are dependent on what items the shop has in excess.

“If we have a lot of baby items, then we’ll try and put that category on sale and offer things



Fort Polk Thrift Shop patrons search through the Women's Apparel section.

CHRISTY GRAHAM/EGUARDIAN



The Fort Polk Thrift Shop works to keep the store well stocked for customers and helps fund grants for local community efforts and organizations.



The Fort Polk Thrift Shop checks, tests and cleans donated items prior to hitting the sales floor.



The Fort Polk Thrift Shop accepts donations at the rear of the building. Oversized or heavy donations can be placed on the loading dock and smaller donations can be placed in the donation bin.

for half the tagged price,” Rowlands said.

There’s also a sale on the first Saturday of each month, which is the only Saturday the Thrift Shop is open.

“We always do a big sale on the first Saturday for the simple fact that we’re only open that one Saturday. We really want to give back to our customers. Most regulars know to look for a big sale at the beginning of each month, but we also post it on our Facebook page as well,” Rowlands said.

Perhaps the least known fact about the Fort

Polk Thrift Shop is customers do not need a military or dependent ID card to shop.

“Some people don’t realize that they can just get a pass at the visitor’s center to come on post and shop at the Thrift Store,” Rowlands said, “but we’re open to everybody.”

The Fort Polk Thrift Shop, located at 830 Colorado Ave., Fort Polk, is open Tuesday-Thursday from 9:30 a.m. - 4:30 p.m. and on the first Saturday of each month from 9 a.m. - noon.

Intern leaves big impression on Bayne-Jones Army Community Hospital

By JEAN CLAVETTE GRAVES

BJACH Public Affairs Officer

FORT POLK, La. — Bayne-Jones Army Community Hospital's social work intern left a big impression on patients and hospital staff at the Joint Readiness Training Center and Fort Polk. Abigail Lust, military spouse, recently completed her clinical internship in the BJACH Behavioral Health department and will graduate with her masters of social work in August from Campbellsville University, Campbellsville, Kentucky.

During her two year pursuit of the master's program, Lust completed 900 total practicum hours with 462 clinical hours at BJACH.

Through networking and a series of coincidences, she met Chuck Satterfield, a licensed clinical social worker at BJACH, who was willing to serve as her preceptor.

She began her unpaid internship in October 2021.

Satterfield was impressed by Lust's energy and sincere desire to help people.

"She asked me about being her preceptor and I knew immediately that she was going to do a great job," Satterfield said. "Abigail has an unbridled passion to serve others. Supervising an intern allowed me to make an investment in someone's future as a clinician and as a social worker. As her field supervisor I know I have helped someone take the next step toward their dream and I gained a wonderful friend."

Satterfield said it was an honor to work with Lust.

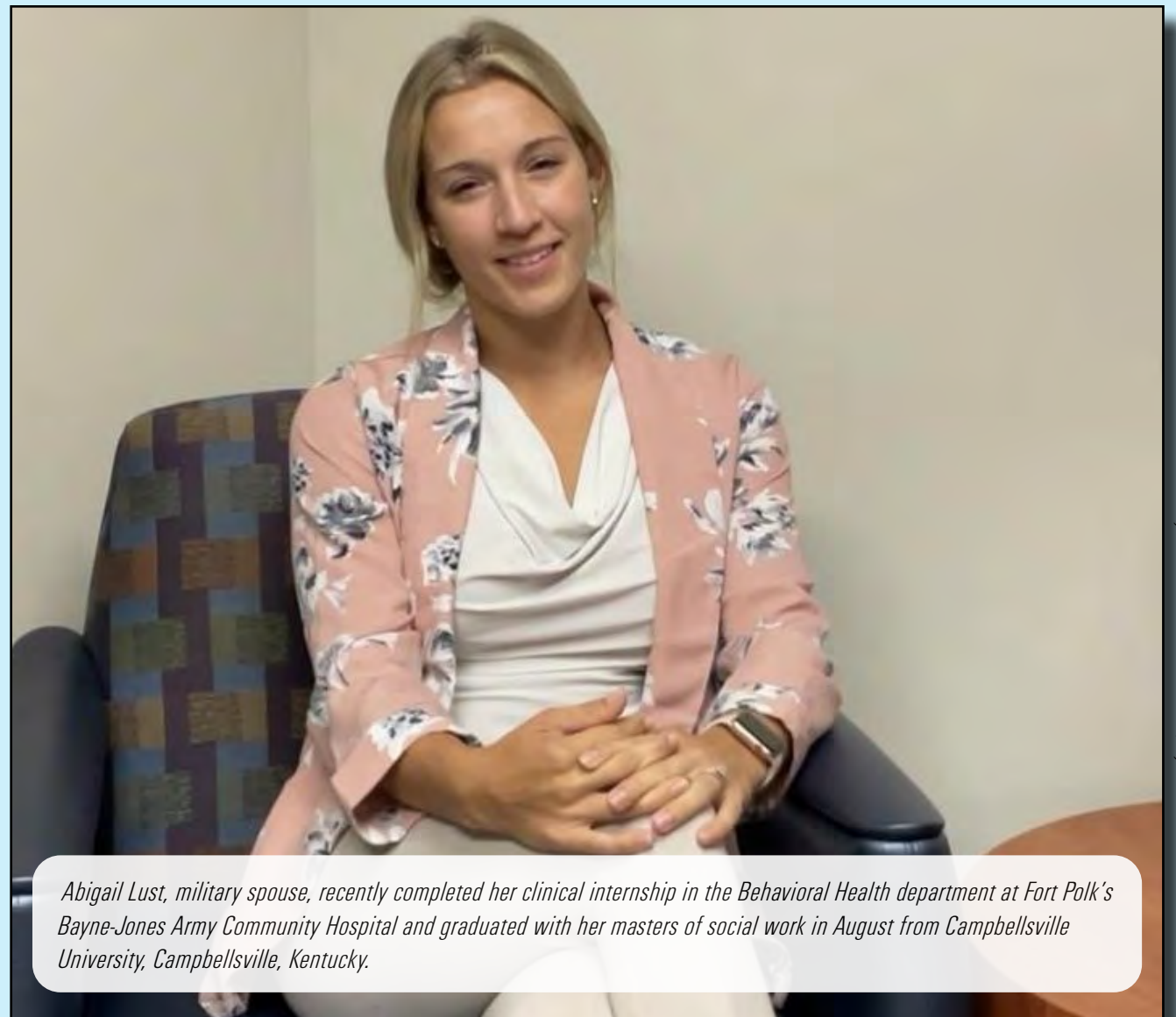
"Abigail is a wonderful young lady," Satterfield said "I honestly believe she's a better social worker than I am. I count myself blessed to have been her field supervisor."

Michaelia McClure, health system specialist (service agreement manager) for resource management division at BJACH, said she recommends students plan ahead if they are interested in an unpaid internship. It can be a lengthy process.

"If students want to do their internship at BJACH, they should reach out to me to initiate a memorandum of agreement with their school," McClure said "I ask them to send me an email with a copy of practicum requirements, their student handbook and to sign and fill out an internal form. Once I receive all required paperwork, I start drafting an MOA with their school, if we don't already have one on file. I work with the school and their legal team to create and finalize an MOA all parties agree upon. Once completed, I collect signatures from our director and the school."

Neither McClure nor her department place interns.

"Once we have a completed agreement, we hand off students to our hospital education team for placement based on clinical



Abigail Lust, military spouse, recently completed her clinical internship in the Behavioral Health department at Fort Polk's Bayne-Jones Army Community Hospital and graduated with her masters of social work in August from Campbellsville University, Campbellsville, Kentucky.

and departmental abilities to accommodate," McClure said.

Lust had already found her supervisor before she started the MOA process.

"In my case, I was able to fill out my student practicum agreement and solidify the supervisor/intern relationship," Lust said. "For me, the process took about three months total to finalize all of the paperwork, background checks and regulatory requirements between the hospital and my university before I was able to start my internship."

Maj. Markeisha Hubbard, chief of hospital education and staff development for BJACH, said having interns is mutually beneficial for students and BJACH.

"As a clinical instructor and educator, I understand the importance of obtaining hands-on experience through internships," Hubbard said. "Students are able to apply the knowledge they've obtained in school to the real world. This helps students discover the pros and cons of their chosen career path."

BJACH welcomes interns because they can potentially impact the job market.

"We hope that the interns seek job opportunities within our organization after graduation," Hubbard said. "After completion of their internship, students can request letters of recommendation for future positions with us, other military treatment facilities or in the private sector."

The internship was a rewarding experience for Lust.

"I have been blessed with both of my internships. The experience was so different in each circumstance," Lust said. "My clinical internship at BJACH focused in diagnosing and treating mental health disorders, risk and analysis, group work and learning more about specific behavioral health and psychological screenings. This was a very different knowledge base than my previous internship where I worked with kids in foster care."

In addition to the hands on social work training and education she gained during her internship at BJACH, she was also able to learn a few things about working for the Army and assisted on three separate public affairs projects.

"My supervisor and team at BJACH supported me during the clinical rotations, but they also encouraged me to pursue other ideas and initiatives," Lust said. "I was able to participate in the Social Work Awareness Month video, I spearheaded the first pinwheel planting for Child Abuse Prevention Month at BJACH and I wrote, edited and narrated the script for a first-person behavioral health video that was created for Suicide Prevention Month."

Lynne Chevalier-Ray, licensed indepen-

Please see **Intern**, page 15

JEAN CLAVETTE GRAVES/ BJACH PUBLIC AFFAIRS OFFICER

Intern

Continued from page 14

dent clinical social worker and chief of the multi-disciplinary clinic for the BJACH behavioral health department, said most social workers are eager to share their experience to help grow and mentor the next generation entering the field.

"I believe that interns, particularly ones like Abigail, who don't hesitate to jump right in, help bring us back to our roots," Chevalier-Ray said. "Having her on the team challenged us to think more rather than be on automatic pilot. I hope she gained the experience and confidence necessarily to work independently. This was her opportunity to put what she's learned in the classroom to practical use."

After graduation Lust will still have to go through the process for licensure.

Lust has undergraduate degrees in psychology and child and adolescent development, and ultimately, wants to become a psychiatrist.

"I still want to go to medical school but with small children at home that isn't something I can pursue now," Lust said. "With a masters in social work, I knew I could do the classroom work online. I also learned during my own struggles with postpartum depression that social workers can be therapists. When my kids are older, I'm planning to go to medical school for psychiatry."

The next step for Lust is to sit before the licensing board.

"I would encourage the next behavioral health intern at BJACH to make the most of it," Lust said. "Learn about and from as many different people as you can while you're there. I was able to work with different providers in all of the different clinics, it was a very well-rounded experience."

As a military spouse, and after working with the Army at BJACH, Lust is considering the Army Social Work Internship Program.

According to the Army Recruiting Command's official website, the SWIP is a 26-month program conducted at a military treatment facility. It is an educational bridge between the master's program, Army Medicine and independent social work practice. The SWIP exposes unlicensed active duty social workers to key areas of practice within the social work career field, and allows for the advanced application of theory to practice in a supervised setting. If selected, Lust would serve two and half years on active duty upon completion of the program.

In addition to the experience and knowledge gained at BJACH, Lust worked with the installation risk manager to learn more about her role.



Abigail Lust, a social work intern from Campbellsville University, laughs and encourages military children during the Child Abuse Prevention Month pinwheel planting and fellowship she coordinated for Bayne-Jones Army Community Hospital April 4 at the Joint Readiness Training Center and Fort Polk.

"I got to work on the prevention side of things at the Army Substance Abuse Program. I learned about risk management by participating in unit risk analysis," Lust said. "I got to work with the behavioral health technicians and train them how to do intakes. I did so much, and I really must thank my supervisor and the team for giving me such a wonderful experience."

Lust said she feels good knowing she made an impact.

"Often interns complain that they are relegated to filing and office work," Lust said. "At BJACH, I got to do psychoeducation, grounding exercises and psychosocial assessments with real patients, with real problems. It was really wonderful to see what I'm good at, and what I'm not good at, and I don't think everyone gets to do that during their internship."

Students interested in an internship can reach out to Michaelia McClure via email at michaelia.j.mcclure.civ@mail.mil.



Col. Aristotle Vaseliades, commander, Bayne-Jones Army Community Hospital, recognizes Abigail Lust, social work intern, April 28 during an awards ceremony for her efforts coordinating the Child Abuse Prevention Month pinwheel planting held April 4 at the Joint Readiness Training Center and Fort Polk.

JEAN CLAVETTE GRAVES / BJACH PUBLIC AFFAIRS OFFICER

Fort Polk's Department of Army Security Guards are trained, ready

DIRECTORATE of EMERGENCY SERVICES

FORT POLK, La. — The Fort Polk Directorate of Emergency Services is scheduled to observe National Security Officer Appreciation week Sept. 19–25 to celebrate these heroes.

“DES is made up of three divisions: Law Enforcement, Fire and Emergency Services and Physical Security. The last division is responsible for the employment of more than 58 Department of the Army Security Guards,” James Coker, Chief of Department of the Army Security Guards, said. “DASGs stand at our installation access control points 365 days a year in all types of weather, to include hurricanes. They deserve to be appreciated.”

Fort Polk's security guards are made up of a small group of dedicated veterans and civilians that have been trained to protect the Soldiers, Family members and civilians that live, work and visit Fort Polk. The guards go through rigorous training.

Security guard training varies from state to state, with many only requiring minimal instruction to qualify as a guard. In Louisiana, under the Louisiana Revised statutes 37:3284, unarmed or armed security guard applicants must:

- Be at least 18 years old (21 if armed)
- Be a U.S. citizen
- Have not been convicted of any felony or crime involving moral turpitude or illegal use or possession of a dangerous weapon.
- Pass a background check
- Complete 16 hours of mandatory training requirements
- Additional training on firearms is required if armed

“While these standards provide a base for security professionals, they are only the minimum requirements, and it's up to employers to fill in training gaps and weaknesses,” Coker said. “Our DASGs go through a much more stringent training regimen than our state counterparts.”

Fort Polk security professionals are instructed in four ways when entering into the DASG program.

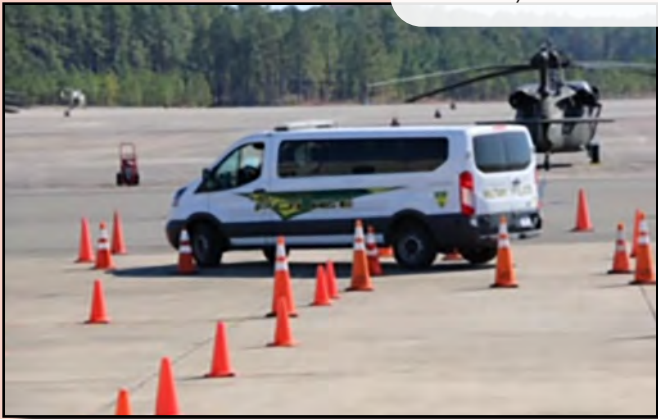
Guards must apply and be selected under the civil service employment screening procedures. This includes passing a national security investigation, a medical physical, drug testing and a review of all criminal history within the National Criminal Information System. Any disqualification in these areas will bar a potential guard for employment.

Once hired, the new DASG is required to successfully complete training in 42 subjects, totaling more than 160 hours of classroom and hands on training. The training includes:

- Interpersonal communication techniques
- Use of force
- Weapons qualification



Department of the Army Security Guards train and perform the duties that keep the Fort Polk community safe.



- Use of taser
- Use of pepper spray
- Force protection conditions and security measures
- Vehicle inspections
- Reaction to criminal or illegal activity
- Random antiterrorist measures
- Emergency first aid
- 28 emergency action battle drills

The training takes a security guard approximately 45 days. Once completed, guard training is still not finished.

“The DASG is then trained in the Individual Reliability Program. The program, outlined in Army Regulation 190-56, is designated for those employees within DES that have been placed into positions of trust,” Coker said. “The IRP program requires a DASG to be physically, mentally and morally capable of performing their duties.”

At any time, during the course of their employment, if a guard becomes disqualified in any of these areas, they are no longer certified to perform security duties at Fort Polk's ACPs.

“The IPR program requires an annual review of each DASG's qualifications, and it has a self-reporting criterion,” Coker said. “If a

DASG gets a speeding ticket on the weekend, they are required to report it to their supervisor even though it may be a disqualifying action. If they are on prescribed medications, they have to report. This may also disqualify them depending on the medication's effect on their performance of duties and use of firearms and equipment. Failure to self-report is also a disqualification under the IRP program.”

Once a guard is certified they undergo a six-month Field Training Officer Program. The program is designed to evaluate each DASG to ensure they have a thorough understanding of all training and is capable of operating under any conditions they may face while protecting the installation.

Only when these phases of onboarding are complete, is a DASG truly certified to be a security guard at Fort Polk.

“As you can see, our DA security guards are trained professionals that are dedicated to the work they perform,” Coker said. “During National Security Officers Appreciation Week please take the time to let our DASGs know how much you appreciate them and the hard work they do each day to keep the Joint Readiness Training Center and Fort Polk Safe.”

White after Labor Day about more than possible fashion faux pas

By **MELISSA BOX**
BJACH Public Affairs

FORT POLK, La. — Have you ever heard someone say, “Don’t wear white after Labor Day?” I have, and always wondered why. Is it bad luck? Is fashion really directed by the seasons?

Actually, it has roots in American history. Wearing white after Labor Day was a symbol of class wealth, a distinguishing mark in society.

In the 19th century, people began migrating from rural farming towns to the cities in search of more opportunity. During the Industrial Revolution, many laborers found themselves working in mines, mills and factories.

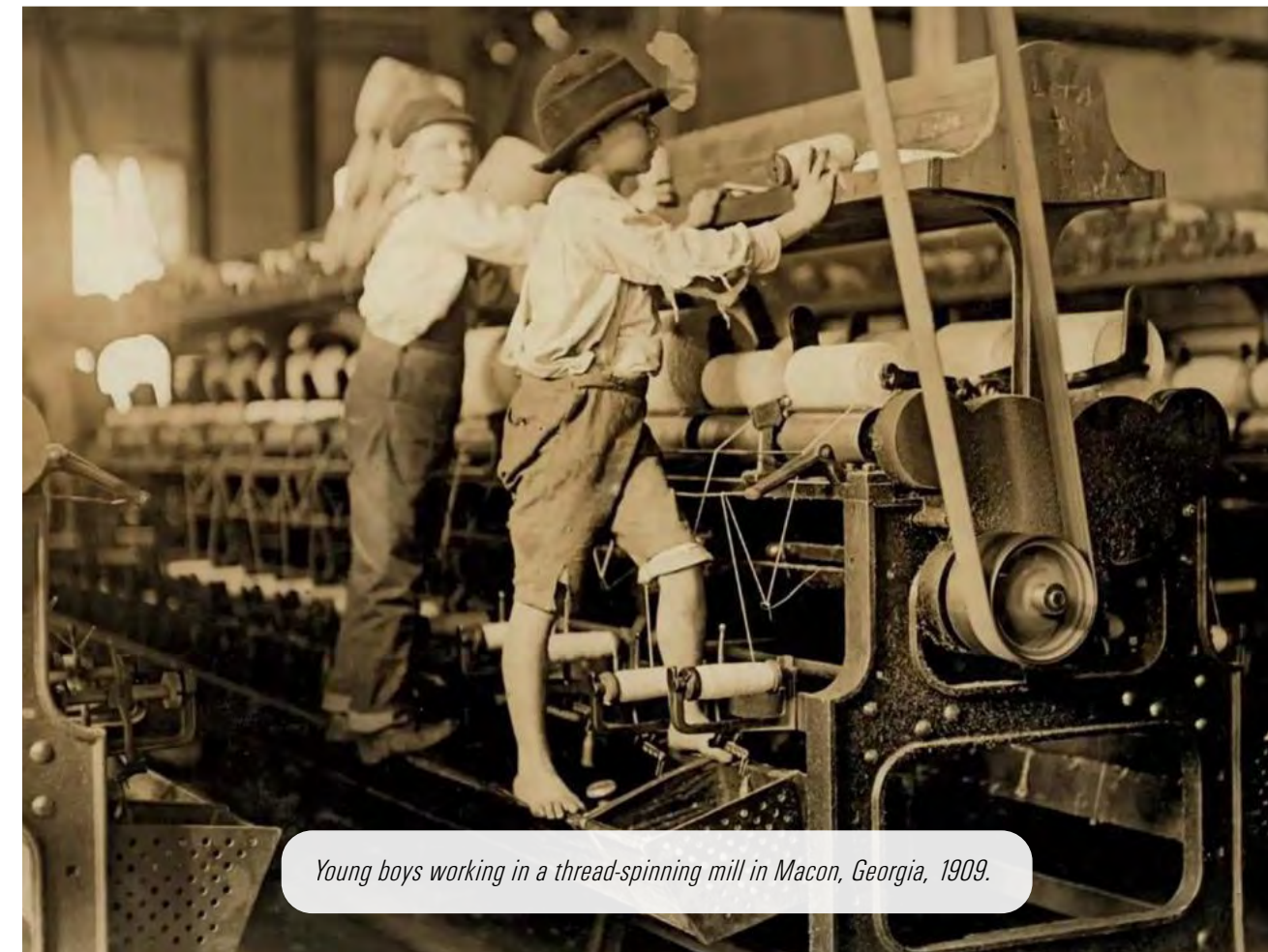
The working class found themselves at the mercy of big business owners as they performed dangerous jobs and extreme working conditions. At this time, the government didn’t involve itself in commerce, leaving the workers with no basic rights to fight for improvements.

It wasn’t uncommon for entire families to be employed to make enough wages to pay for the basic necessities of life.

The average worker endured a strenuous work environment. The jobs were not only hazardous, but also tedious. Compensation was meager at best — men were paid approximately 10 cents per hour, women received half of the men’s pay and children were paid a scant 1 cent per hour. Many workers were maimed and left deformed by the machines. If injured, they were sent home jobless and with no compensation.

It wasn’t long before the laborers banded together, organized a series of strikes and demanded better working conditions. This movement ultimately led to what we recognize today as our modern day labor unions.

After much bloodshed and economic loss, the government heard the people’s cry and



Young boys working in a thread-spinning mill in Macon, Georgia, 1909.

COURTESY LIBRARY OF CONGRESS

COMMENTARY

Labor Day was born. It is celebrated the first Monday in September. This day was chosen as a halfway mark between Independence Day and Thanksgiving, giving the laborer a much needed rest, striving for a balance between work and home.

The Labor Day weekend has long since marked the end of summer. Many families choose to take a short vacation and recoup before heading back to work full-steam ahead — a saying that also became prevalent during the Industrial Revolution. The steam-powered machinery would run at full capacity, until the fog was so thick inside the factories workers couldn’t see their own hands in front of you while working.

Let’s get back to how wearing white attire

after Labor Day became part of American language. At the time, anyone caught wearing white after Labor Day was labeled as rich and elite, since only the wealthy could afford to take time off other than what was designated by the employer.

It wasn’t practical for workers to wear white clothing to labor in the dirty conditions of the mills. Those outfits were considered frivolous and saved for special occasions.

What we can take away from Labor Day:

- Strive for a balance in life (make time for work, life and play)
- Have a voice (speak out against unfair work practices)
- Wear white on Labor Day (and remember past workers throughout history)

JRTC & Fort Polk Motorcycle Safety Courses

See your unit Motorcycle Mentor first!



- Type in <https://safety.army.mil>
- Click on 'OFF-DUTY' at the top of the page
- Under 'PMV-2 (Motorcycles)' choose 'Training'
- Click on visit AIRS Website at https://imc.army.mil/airs/usg_disclaimer.aspx
- Follow the above link, type in your CAC code and click on "I ACCEPT"
- At the top for Region, click on "Southeast", and in Garrison, click on "Fort Polk"
- Utilize the calendar and choose a course/date and click on "Location"
- This will take you to a page. Read the instructions and fill out the form

SEPTEMBER 2022							Call 531-RIDE	
SUN	MON	TUE	WED	THU	FRI	SAT		
(337) 531 - RIDE				1 Intermediate Drivers Training	2	3		
4	5	6 Basic Riders Course	7	8 Advanced Rider Course	9	10		
11	12		14	15	16	17		
18	19	20	21	22 Intermediate Drivers Training	23 Advanced Rider Course	24		
25	26	27 Basic Riders Course	28	29 Intermediate Drivers Training	30			

HURRICANE PREPAREDNESS



Assemble Disaster Supplies



- Food & water
- Medicine & prescriptions
- Keep gas tank full
- Cash on hand
- Radio, batteries, phone chargers

Emergency Preparedness Checklist

- Flashlight
- Batteries
- Water Bottles
- Radio

weather.gov

CONNECT TO PROTECT: SUPPORT IS WITHIN REACH WE'RE IN THIS TOGETHER



ARMY
RESILIENCE
DIRECTORATE



Debunking Myths About Suicide

FACT SHEET

Myths about suicide can make it hard for those who are struggling to seek help. These common misconceptions can even perpetuate harmful social stigmas, or negative and unfair beliefs, about people who have considered suicide or have made an attempt. The following facts aim to not only debunk these myths and help eliminate stigma, but also foster a climate of trust, compassion, and connection among Soldiers, leaders, and their Families.

Myth: Asking someone if they're thinking about suicide will put the idea in their head.

Fact: Talking to a loved one about suicide will not give them the idea to end their life. It can actually help someone share their story with others, encouraging them to seek further support.

Myth: Soldiers should be disciplined to be physically and mentally tough. Suicide is for the weak.

Fact: This stigma can erode the commitment between peers and leaders, which reduces trust within the unit. "Mentally tough" Soldiers can have hidden wounds that need care and treatment. Encouraging those who are struggling to get help can not only lead to the reduction of the social stigma, but also normalize healthy behaviors surrounding receiving support for mental health concerns.

Myth: Only depressed people have suicidal thoughts.

Fact: It is true that someone who expresses thoughts of suicide or attempts to end their life could struggle with an underlying mental health concern. However, they could also have recently experienced trouble with a relationship/marriage, are struggling with feelings of isolation or loneliness, criminal/legal matters, eviction/loss of home, death of a loved one, or a combination of losses or traumatic circumstances. It usually is not one incident or event, but a whole host of contributing factors.

Myth: Soldiers who are suicidal don't ask for help because they don't want support.

Fact: There are many reasons why Soldiers in distress do not seek help or support on their own (i.e., wanting to take care of problems themselves, a misidentification of root causes, a lack of problem-solving skills, etc.). Identifying Soldiers at risk can help leaders reach those in greatest need and connect them to care and support.

Myth: Most suicides are unexpected and happen without warning.

Fact: Warning signs such as dramatic shift in mood or other suicidal behaviors often precede suicide attempts. Some people who are suicidal may only show the people who are closest to them that they are in distress. It's important for Family and friends to learn and understand the warnings signs associated with suicide so that they can watch out for the signs and provide support.

Myth: If someone is thinking about suicide and has the means to do it, nothing can stop them.

Fact: Safely storing firearms and minimizing access to substances such as alcohol or prescription drugs, can drastically change a suicide outcome. According to the American Public Health Association, storing firearms and ammunition safely reduces the risk of suicide from 55% to 73%.

RESOURCES

For additional support:

- 988 Suicide and Crisis Lifeline: <https://988lifeline.org/help-someone-else/>
- Army Resilience Directorate website: <https://www.armyresilience.army.mil/>
- Defense Suicide Prevention Office website: <https://www.dspo.mil/>

If you or a loved one are thinking about or experiencing thoughts of suicide, please call the Military Crisis Line by dialing **988** and **pressing 1** or visit <https://www.veteranscrisisline.net/get-help-now/military-crisis-line/>. In Europe, dial 00-800-1273-8255. In Korea, dial 00-808-555-118.



THIS IS OUR ARMY.

SPM
SUICIDE PREVENTION MONTH

@ArmyResilience
www.armyresilience.army.mil

Briefs

Fort Polk Kiosk

Meal card holders should visit the Fort Polk Kiosk, building 2382. They are operating under a new vendor and providing a wide variety of quality meal choices for Soldiers. Hours of operation are 7:30 a.m.-2:30 p.m.

Anger management

Fort Polk Army Community Service, 1591 Bell Richard Ave., building 920, hosts an anger, stress and crisis management class.

The class helps people learn to identify triggers and potential stressors, along with positive methods of coping. The next class is 11 a.m.-noon Sept. 26. If you are interested, call (337) 531-0636/1938.

Career classes

Fort Polk Army Community Service, 1591 Bell Richard Ave., building 920, hosts the Stars Are Lined Up For Military Spouses For Federal Careers classes.

Class dates are Sept. 20, Oct. 4, Nov. 1 and Dec. 6. The class is 10-11:30 a.m. If you are interested, call (337) 531-6922 to register.



#FortPolkThingsToDo

Sept. 15-Nov. 15: Frogmore Plantation picking and ginning, Frogmore. Experience the cotton harvest as you drag a sack through the fields or watch your guide demonstrate the art of picking cotton. Call (318) 757-2453 for times and dates to verify the modern gin operation.

<https://www.frogmoreplantation.com>

Sept. 16-17: Le Tour De Bayou, Alexandria.

Take part in the multilevel event for cycling, running and family fun. Run or ride beautiful scenic byways and party on the bayou. All rides are led and followed by assistance vehicles and there are plenty of stops along the routes. After the rides, enjoy live entertainment, food, fun and southern hospitality. Registration is open now to take part in this fun event.

<https://www.bikereg.com/le-tour-de-bayou>

Anytime: Louisiana Art and Science Museum, Baton Rouge. The museum has both rotating and permanent exhibitions for every interest, including ancient Egypt and the solar system. A highlight is the OmniGlobe. Using the touchscreen on the kiosk, visitors can explore over 200 images and animations related to atmospheric science, ocean science, geophysical science, cosmology, heliophysics and more. Stop by the Irene W. Pennington Planetarium, which houses a 60-foot domed theater that presents digital movies and sky shows.

<http://www.lasm.org/>

Sept. 22-25: Louisiana Sugar Cane Festival, New Iberia. Ever wonder about the sugar you use in your sweet recipes? If so, you might stop

by the Sugar Cane Festival. Enjoy a street fair, fais do-do's (Cajun dance party), coronation of Queen Sugar, blessing of the sugar cane crop, photo and art exhibits and more.

<https://hisugar.org/>

Oct. 4-8: Beauregard Parish Fair, DeRidder. It's time for candy apples, funnel cakes and carnival rides at one of the oldest agricultural fairs in the state. The fair is held at the Beauregard Parish Fair Grounds, 506 West Dr., and includes a parade, heart racing rides, exhibits, food, live music and entertainment. Admission is \$5 per person.

<https://beauregardparishfair.com/>

Oct. 6-8: Zwolle Tamale Fiesta, Zwolle. The fiesta offers a tamale making demonstration, tamale eating and judging contests, treasure hunt, live bands and dancing, arts and crafts and a parade. The event also features pageants, arm wrestling contests for all ages, a trail ride, Spanish costume contests, carnival rides and food booths, Fiesta Mud Bog Race for trucks and a lot of tamales for sale.

<https://zwolletamalefiesta.com/>

Oct. 1-9: Red River Revel Arts Festival, Shreveport. The Red River Revel is an annual festival of food, culture, art and music. Check out more than 80 artists specializing in oils, acrylics, sculpture, jewelry, woodwork, glass, metal and more. There is an entire area for children's activities. This year's festival will be held at Festival Plaza, 101 Crockett St.

<https://redriverrevel.com/>

FREE ADMISSION
 ADULTS: \$3.00
 STUDENTS: \$2.00
 KIDS 5 & UNDER: Free
 LIKE US ON FACEBOOK
www.facebook.com/forestryfestival

WEST LOUISIANA FORESTRY FESTIVAL
OCTOBER 5-9
 AT THE VERNON PARISH FAIR GROUNDS
 CARNIVAL, LIVESTOCK, FOOD, & FUN

FREE ADMISSION
 for all law enforcement, first responders, military, and family members with valid identification

PRE-FESTIVAL ACTIVITIES	SEPT 24	THROUGH	OCT 4
Junior Forestry Festival Pageant	September 24 @ 9:00a		
Teen Forestry Festival Pageant	September 24 @ 5:00p		
Miss Forestry Festival Pageant	October 1 @ 7:00p		
(All pageant events at the Fairgrounds Auditorium)			
4-H Horse Show	October 2 @ 11:00a Rodeo Arena		
Pine Straw Stacking Contest	October 3 @ 5:30p Livestock Barn		
4-H Woodsman Skill Contests	October 4 @ 5:30p Rodeo Arena		

SR. CITIZENS DAY
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JRTC and Fort Polk 46th Annual Retiree Appreciation Day!



15 October 2022

Opening Ceremony 8:00AM

Consolidated In & Out Processing

1716 3rd Street, BLDG 250

Fort Polk, LA. 71459

Open to all DOD ID card holders.

**We will have Information Booths,
Equipment Displays, refreshments,
Legal, ID card services and a
Soldier for Life Golf Tournament!**

After the opening ceremony, and cake cutting

Bayne-Jones Army Community Hospital

1585 3RD Street. BLDG 285

will be offering Information Booths, Health Screenings,
Immunizations as well as Pharmacy and Dental Services.

Come out and
see what we
have for you!



Sponsored by your
Fort Polk Retired
Soldier Council

Soldier For Life Golf Tournament

JRTC and Fort Polk's Retired Soldier Council

Invites all DOD Id card holders on

15 October 2022

4 Person Team Scramble
Price is \$50 per head for all
fees, lunch and prizes galore!



The Event Begins at 9:00am

Register Today at (337) 531-

4661

Warrior Hills Golf Course

1321 Corps Road

Fort Polk, LA. 71459

This tournament is part of the 46th Annual Retiree Appreciation Day
Activities and sponsored by the Retired Soldier Council.



RAISING AN EMOTIONALLY INTELLIGENT CHILD

Learn 5 key steps to becoming
an emotional coach, guiding
your children through
self awareness and positive
social lessons.

SEPTEMBER 23

9:30 - 11:30 AM

To register please call
337-531-1938/0636

Earn Parent Participation Points on
childcare with CYS!

Army Community Service

1591 Bell Richard Ave. Bldg 920

Fort Polk, LA 71459

HOPELINE: 337-531-HOPE/4673
Fort Polk Domestic Violence Hotline:
337-424-7494



fortpolkfamilyadvocacyprogram

Welcome Fall

2-Day Home Based Business Market

SEPT 17 & 18
9 AM TO 3 PM

Come stop by
ACS and see all
what wonderful
goods our
spouses have
for sale!

ACS BLDG 920
1591 Bell Richard Ave.
Fort Polk, LA 71459
337-531-1941



Fort Polk Soldiers found guilty for UCMJ violations

OSJA

FORT POLK, La. — The preamble to the Manual for Courts-Martial states, “The purpose of military law is to promote justice, to assist in maintaining good order and discipline in the armed forces, to promote efficiency and effectiveness in the military establishment, and thereby strengthen the national security of the United States.” At the Joint Readiness Training Center and Fort Polk, the commanding general and subordinate commanders take good order and discipline seriously.

Across Fort Polk, the following disciplinary issues continue to be prevalent: Driving under the influence of alcohol, wrongful use/possession of controlled substances, fraternization, sexual assault and underage drinking.

Below are the most recent examples of adverse legal actions for units within the Fort Polk jurisdiction.

- Three Soldiers assigned to units across the installation received permanently filed general officer memorandum of reprimands for driving while under the influence of alcohol.

- A specialist assigned to 1st Battalion, 509th Infantry Regiment received a field grade Article 15 for wrongfully using tetrahydrocannabinol. They received a punishment of reduction

to the grade of E-1, 45 days of extra duty, 45 days of restriction and an oral reprimand.

- A specialist assigned to 519th Military Police Battalion received a field grade Article 15 for wrongful use of THC. They received a punishment of reduction to the grade of E-2, forfeiture of \$1,027 pay per month for two months, 45 days of extra duty and 45 days of restriction.

- A specialist assigned to 46th Engineer Battalion was separated from the Army with a general discharge for violating the Army’s sexual harassment policy, and obstructing justice. A general discharge may result in a loss of benefits and could cause difficulty in obtaining civilian employment.

- A captain assigned to Joint Readiness Training Center Operations Group received a permanently filed GOMOR for domestic violence.

- A sergeant assigned to 1st Battalion, 509th Infantry Regiment received a field grade Article 15 for disrespecting a superior noncommissioned officer and failing to report to their appointed place of duty. They received a punishment of reduction to the grade of E-4, 21 days of extra duty and an oral reprimand. The Article 15 was also permanently filed in the Soldier’s Army military human resource record.

Check VIN numbers

The Directorate of Emergency Services Traffic Division will release the following vehicles to Family Morale, Welfare and Recreation for disposal, if they remain unclaimed. Vehicles are listed with the last four of their VIN number. If one of these vehicles belongs to you, please contact the Fort Polk Police Traffic Division at (337) 531-1806, 6675 or 2677.

1988	Chevrolet	3500	4195
2011	Dodge	Avenger	1373
2014	Nissan	Altima	6092
2016	Kia	Reo	5808
2008	Ford	Explorer	3754
2001	Volvo	S 40	1073
2007	Acura	RDX Turbo	1092
1995	Chevrolet	Caprice	3876
2008	Chevrolet	1500	0226
2008	Ford	Edge	1971
2017	Nissan	Versa	1496
2008	Saturn	Aura XE	3244
2004	Chevrolet	Trail Blazer	8828
2003	Toyota	Tacoma	7528
2010	Nissan	Altima	6499
2005	Ford	Explorer	4483
2012	Chevrolet	Malibu	1689
2016	Chevrolet	Malibu	5420
2002	Dodge	1500	7497
2006	Ford	F150	6507
2015	Ford	Escape	8502
2004	Infinity	Q35	8469
2012	Kia	Optima	1405
2011	Nissan	Sentra	4417
2009	Honda	Civic	3562
UNK	Baja Warrior	Mini bike	UNK
1997	Dodge	1500	3720
2012	Dodge	Avenger	0247
2016	Jeep	Cherokee	7670
2006	Ford	Focus	5525
2020	Kia	Sorento	5641
2018	Toyota	Corolla	9110
2000	Dodge	Durango	1293
2012	Chevrolet	Malibu	7822
2004	Chevrolet	1500	1742
2008	Mitsubishi	Galant	1159
2013	Dodge	Dart	1997
2015	Kia	Cadenza	1160
2003	Honda	Accord	6673



BOSS
Car Show
OCTOBER 1 (BEFORE HAYRIDE)

CLASSIC



MUSCLE



TRUCK



MOTORCYCLE



BICYCLE



(KIDS CATEGORY)



