

THE JRTC AND FORT POLK

# GUARDIAN

Wednesday, Nov. 10, 2021 Vol. 48. No. 45



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# Emergency resources: Preparing for winter storms

DPTMS

FORT POLK, La. — During extremely cold weather or winter storms, staying warm and safe can be a challenge.

Winter storms can bring cold temperatures, power failures, loss of communication services and icy roads. To keep yourself and your loved ones safe, you should know how to prepare your home and your car before a winter storm hits.

## Make a plan

Be prepared before a winter storm hits by planning ahead. If you are in an area prone to winter weather, be sure to create a communication and disaster plan for your family ahead of time.

## Weatherproof your home

- Insulate any water lines that run along exterior walls so your water supply will be less likely to freeze.

- Caulk and weather-strip doors and windows.

- Insulate walls and the attic.

- Install storm or thermal-pane windows or cover windows with plastic from the inside.

- Repair roof leaks and cut away tree branches that could fall on your home or other structure during a storm.

## Have your chimney or flue inspected each year

If you plan to use a fireplace or wood stove for emergency heating, have your chimney or flue inspected each year.

Ask your local fire department to recommend an inspector or find one online.

## Install a smoke detector and a battery-operated carbon monoxide detector

- If you'll be using a fireplace, wood stove or kerosene heater,



install a smoke detector and a battery-operated carbon monoxide detector near the area to be heated. Test them monthly and replace batteries twice a year.

- Keep a multipurpose, dry-chemical fire extinguisher nearby.

- All fuel-burning equipment should be vented to the outside.

- Each winter season have your furnace system and vent checked by a qualified technician to ensure they are functioning properly.

## Keep an easy-to-read thermometer inside your home

If you or a loved one are over 65 years old, place an easy-to-read thermometer in an indoor location where you will see it frequently. The ability to feel a change in temperature decreases with age. Older adults are more susceptible to health problems caused by cold. Check the temperature of your home often during the winter months.

## Create an emergency car kit

If it is necessary to travel during winter weather, consider the following items for an emergency kit

for your vehicle:

- Cell phone, portable charger and extra batteries

- Items to stay warm such as extra hats, coats, mittens and blankets

- Windshield scraper

- Shovel

- Battery-powered radio with extra batteries

- Flashlight with extra batteries

- Water and snack food

- First aid kit with any necessary medications and a pocket knife

- Tow chains or rope

- Tire chains

- Canned compressed air with sealant for emergency tire repair

- Cat litter or sand to help tires get traction, or road salt to melt ice

- Booster cables with fully charged battery or jumper cables

- Hazard or other reflectors

- Bright colored flag or help signs, emergency distress flag, and /or emergency flares

- Road maps

- Waterproof matches and a can to melt snow for water.

Please see **Winter**, page 3



**JRTC and Fort Polk**  
Brig. Gen. David S. Doyle  
Joint Readiness Training Center  
and Fort Polk

Commanding General

Col. Samuel P. Smith Jr.

Garrison Commander

**Johnny Bevers**

Deputy Garrison Commander

## Guardian

## Editorial Staff

Public Affairs and Communications

**Kavanaugh Breazeale**

**Kim Reischling**

**Chuck Cannon**

**Keith Houin**

**Angie Thorne**

**Jeff England**

## Editorial Offices

Building 4919, Magnolia Street

Fort Polk, LA 71459-5060

Voice (337) 531-4033

Fax (337) 531-1401

Email:

**Kimberly.K.Reischling.civ@army.mil**

Fort Polk Homepage

**home.army.mil/polk/**

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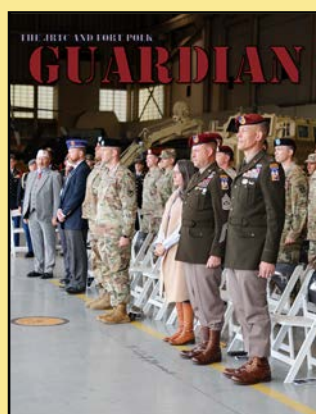
The Guardian is published by the Public Affairs Office, Joint Readiness Training Center and Fort Polk.

The Guardian can be found on the JRTC and Fort Polk web site at **home.army.mil/polk** and the JRTC and Fort Polk Facebook page at **@JRTCandFortPolk/**. Guardian archives can also be found on the JRTC and Fort Polk website.

Links to the Guardian are also included in all-users emails to government email users and by request to non-military units. To be included on all-users messages email **kimberly.k.reischling.civ@mail.mil**. 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 following Facebook pages:

**@JRTCOperationsGrp**, **@BayneJonesACH** or **@fortpolkmwr**.



**Cover photo:** Those in attendance at the Joint Readiness Training Center and Fort Polk Veterans Day Ceremony, held Nov. 10 at the 5th Aviation hangar, stood as the ceremony began. See story and more pictures on pages 5-6. (Photo by Kavanaugh Breazeale, Public Affairs and Communication)



# First in Fitness competition brings Fort Polk, communities together

By **ANGIE THORNE**  
Public affairs specialist

FORT POLK, La. — Encouraging a healthy lifestyle and exercise is a focus shared by Fort Polk's Youth Sports and Fitness and Vernon Parish schools.

As a result, the first-ever First in Fitness competition was held Nov. 5 at Fort Polk's Perez Field.

Leading up to the event, local physical educators from Parkway, Pickering, West Leesville and Rosepine Elementary schools, as well as Fort Polk's home school physical education class, taught their students the importance of physical fitness through healthy competition.

Students at each school competed in six events: Sit-ups, shuttle run, broad jump, speed jump rope, 100 yard dash and the mile run. The top competitors in each event at the schools and Fort Polk were then invited to the inaugural First in Fitness event.

Jodi Fowler, Child and Youth Services Sports/Fitness assistant director, said she feels the most important part of First in Fitness was the excitement and accomplishment felt by the students.

"Physical educators worked hard to test every student in grades second through sixth. Students practiced for and earned high scores during fitness testing. Students with the highest scores were invited to Fort Polk to compete for a chance at the title of best in the parish," she said. "I think the feeling of achievement they will take away from this process will stay with them for a long time."

Fort Polk Garrison Commander, Col. Samuel P. Smith Jr., opened the event by thanking everybody for their hard work and telling the students that they should be proud of themselves.

Smith encouraged the children to get out and have fun.

"You earned your place in today's competition. Each of you had the best qualifying score in your respective grade levels and schools. That's a job well done," he said.

Smith encouraged the children to get out and have fun.

"Remember, we are all winners today and the ultimate goal is to be fit in mind, body and soul," he said.

Staff Sgt. Brandon Simpson, U.S. Army Medical Department Activity, and his spouse, Mallory, attended the competition to cheer on their child, Danni, 9, (Parkway Elementary School — third grade) in the shuttle run competition.

Please see **Fitness**, page 4



Students and teachers from Parkway, Pickering, West Leesville and Rosepine Elementary schools, as well as Fort Polk's home school physical education class, surround Fort Polk Garrison Commander, Col. Samuel P. Smith Jr. Nov. 5 at the First in Fitness competition before the events began.



Charity Peebles, 8, a student at West Leesville Elementary School, takes part in the First in Fitness jump rope competition Nov. 5.

## Winter

Continued from page 2

### Listen to weather forecasts and check supplies

Listen to weather forecasts regularly and check your emergency supplies, including your emergency food and water whenever you are expecting a winter storm or extreme cold conditions.

Even though extreme cold can't always be predicted in advance, weather forecasts can sometimes give you several days of notice to prepare.

### Bring pets indoors

If you have pets, bring them indoors. If you cannot bring them inside, provide adequate shelter to keep them warm and make sure they have access to unfrozen water.

### Get your car ready

Have maintenance service on your vehicle as often as the manufacturer recommends. In addition, every fall, do the following:

- Have the radiator system serviced or check the antifreeze level yourself with an antifreeze tester. Add antifreeze as needed.
  - Replace windshield-wiper fluid with a wintertime mixture.
  - Make sure the tires on your car have adequate tread and air pressure. Replace any worn tires and fill low tires with air to the proper pressure recommended for your car (typically between 30-35 psi).
  - Keep the gas tank near full to help avoid ice in the tank and fuel lines.
  - Keep your car in good working order. Be sure to check the heater, defroster, brakes, brake fluid, ignition, emergency flashers, exhaust, oil and battery.
- For more information on how to plan and prepare for all disasters or hazards, contact Tommy J. Morris, Emergency Manager at 337.531.4875 or [tommy.j.morris2.civ@army.mil](mailto:tommy.j.morris2.civ@army.mil).





# Fitness

Continued from page 3

Simpson said an event like this creates a positive community outreach that brings people closer.

Mallory said military Families can sometimes feel isolated, but an event like First in Fitness brings unity and connects Fort Polk with local communities.

"It bridges a gap. It's also a really cool idea. We came from Fort Bragg and they didn't have anything like this," she said. "It encourages positive competition between kids. Danni is so excited to participate."

Tiffany Koch, Fort Polk school liaison officer, said community relations starts with the youngest stakeholders.

"Not only does First in Fitness foster healthy living, it also fosters healthy relationships," she said. "These students meet other students from around the parish. The event allows neighbors outside the gates to know we — all of us together — are the Fort Polk community."

As a former military spouse and military-connected Family member, Koch said being a part of a community can make or break a duty assignment.

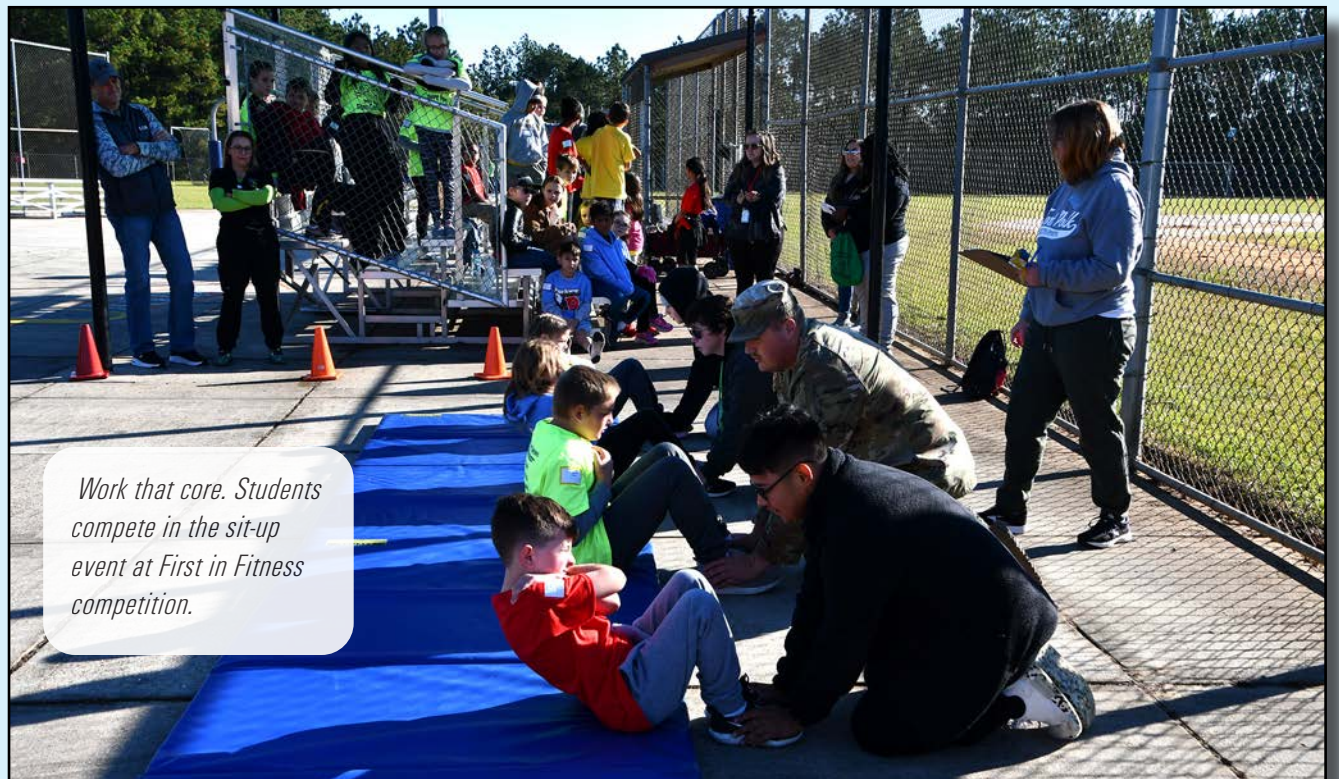
"Soldiers and Families feeling like they belong in their new home is a vital pillar of quality of life. How many times do we hear it's the people that made this or that installation awesome? Parents cheering on their child next to a complete stranger until they meet each other. Parents and community members from our neighboring cities and towns joining us for this competition. Our hope is the event and enthusiasm for it continues to grow," she said.

Shana Hunter, a physical education teacher at West Leesville Elementary School, said First in Fitness has been instrumental in supporting a life-long love of physical fitness in her students and their parents.

"The kids have been so excited and the competitiveness has stimulated a new love of exercise and a healthier lifestyle with their families," she said. "It's making a difference in their lives. A parent called me and asked how she could help support her child's new enthusiasm for being fit. That's why I appreciate Fort Polk giving our schools the opportunity to take part in this event. It has created a lot of positive reactions in a fun and competitive way."

Fowler said she thinks First in Fitness was a great success because everyone involved — from Fort Polk command and CYS to the physical education teachers, parents and more — were excited to do their part to make this a wonderful experience for participating students.

"Our school liaisons, Tiffany Koch and Lindsay Sloggett, were vital in maintaining the communication and connection between the school board, schools and the CYS sports program,"



*Work that core. Students compete in the sit-up event at First in Fitness competition.*



*Leo Florez, 11, (left) is a student at Pickering Elementary School and Alivia Suire, 11, is a student at Rosepine Elementary School. The two competed head-to-head at First in Fitness in the shuttle run event.*



*Students took part in the 100 yard dash at the First in Fitness held Nov. 5.*

she said. "During the event, Fowler said CYS sports staff took pride in ensuring each event was fairly scored and Better Opportunities for Single Soldiers volunteers did an outstanding job executing event duties and creating an exciting and memorable moment for students."

Benijer Ferrufino, 46th Engineer Battalion, was a BOSS volunteer at the event.

She said the word volunteer reminds her of the Spanish word *noluntad*.

"It means self will. Sharing that part of myself with my community brings me joy because even as it (volunteering) benefits the community, it also helps me grow as a person," she said. "Because the competition involves kids, it's even more important. These types of events bring back fun childhood memories for me and

I know today will make wonderful memories for these kids. That's important and makes me happy."

Leo Florez, 11, is a student at Pickering Elementary School, and said he was having fun. Florez competed in the shuttle run event.

"It's great to compete, but the event is really about learning sportsmanship," he said.

Alivia Suire, 11, is a student at Rosepine Elementary School and competitor at First in Fitness. Suire competed in the shuttle run event.

Suire said she wanted to compete to win.

"I'm competitive, so I enjoyed visiting Fort Polk and taking part in this competition. I think I got the best time," she said.

Fowler said she hopes First in Fitness will continue to grow each year.



# Ceremony honors JRTC, Fort Polk area Veterans

By CHUCK CANNON

Public affairs specialist

FORT POLK, La. — A ceremony honoring Veterans of every service was held Nov. 10 at 10 a.m. in the 5th Aviation hangar at the Joint Readiness Training Center and Fort Polk's Polk Army Airfield.

Guest speakers included retired Lt. Col. Mark Leslie, retired Command Sgt. Maj. Matt West, and Desert Storm veteran Belinda Hill. Brig. Gen. David Doyle, commander, JRTC and Fort Polk, served as keynote speaker. Leslie and West currently work as Department of the Army civilians at Fort Polk, while Hill is the senior vice commander for disabled Veterans in Louisiana.

Leslie, who spent 30 years in the Army, served in Operation Just Cause in Panama, Operation Desert Shield/Storm and Operation Iraqi Freedom and Operation Enduring Freedom. He pointed out that Veterans Day is to honor living Veterans and those they served with — that 7% of the United States population that has served in the armed forces.

"The Veteran has a family that is not blood by birth, but one formed through shared hardship," he said. "I ask that when you see a Veteran today, take a moment to think: That man with gray hair and weathered face may look past his prime — and likely is — but they are part of that 7% that willingly volunteered to defend America."

Leslie said that by doing so, Veterans often lost their youth, innocence and likely friends, but have few regrets.

"There is no greater feeling than to be part of something larger than oneself, and that is what being a veteran is all about," he said.

Leslie shared his combat experiences and said it was an honor to represent Veterans at the special ceremony.

"I am proud of being a Veteran, and proud of you, my fellow Veterans," he said. "Not because of my minuscule individual service, accomplishments or contributions, nor yours: I am proud of what we contributed and accomplished together. That is what makes being a Soldier so special."

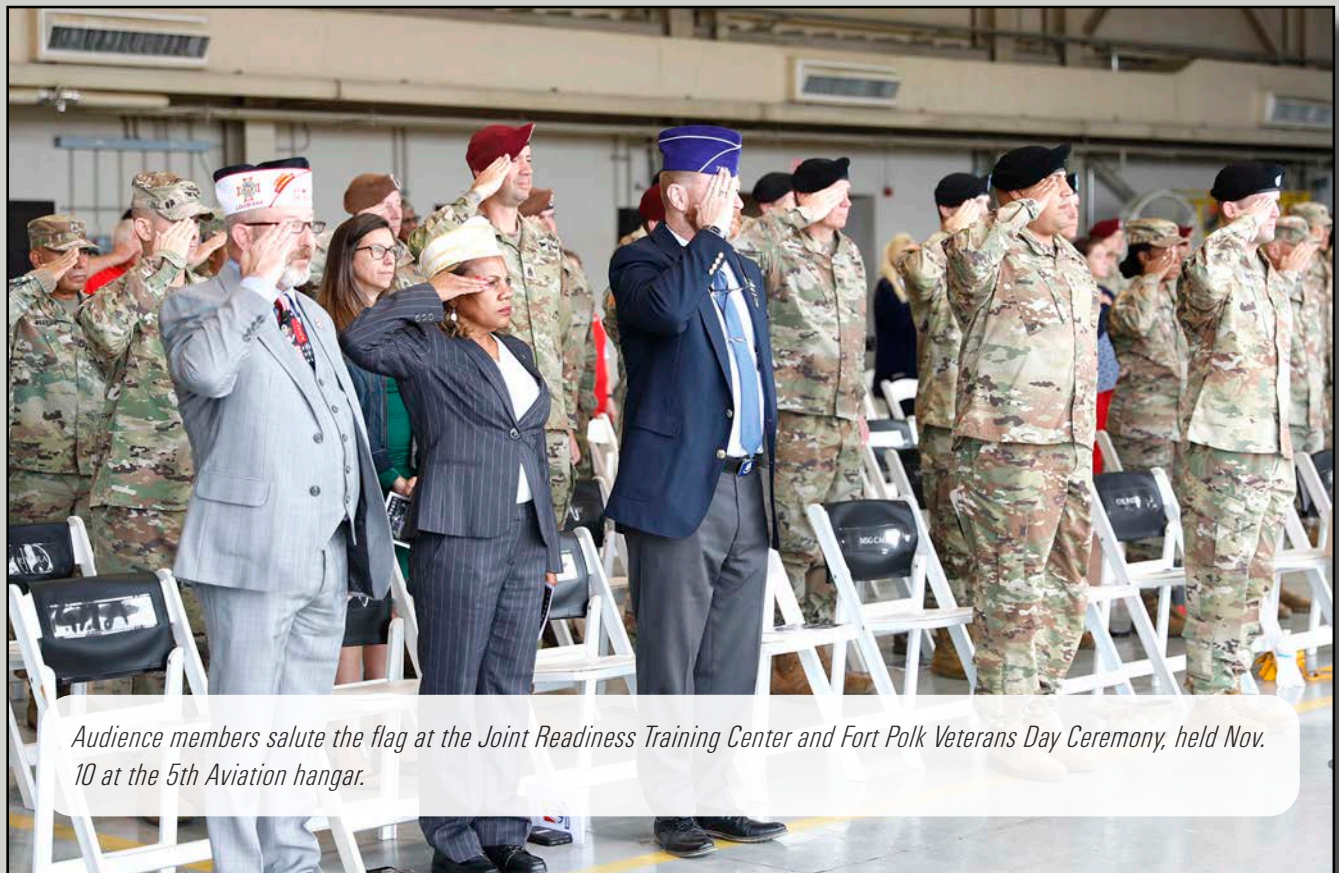
To all of you — from the bottom of my heart — I respect you, I wish you a Happy Veteran's Day — and I salute you."

Hill spoke about her service during Desert Storm and Desert Shield.

"I was in the Reserves at that time and volunteered for active duty because I felt an obligation to do something other than just one weekend a month," she said.

Hill said Veterans Day ceremonies are important because they recognize the sacrifice made by those who served.

"It's difficult for those who have not served to understand the close-knit relationships that are formed through serving together," she



*Audience members salute the flag at the Joint Readiness Training Center and Fort Polk Veterans Day Ceremony, held Nov. 10 at the 5th Aviation hangar.*

said. "We're like a Family."

West was next to take the podium and shared his experiences in the War on Terror fought in Afghanistan and Iraq. He relayed the numbers of servicemen and women who fought — and many died — in those operations. And he pointed out that serving in a war zone was not what qualified someone as a veteran.

"A Veteran is any person who served honorably on active duty in the armed forces of the United States for at least 180 days," West said. "The United States Veteran — whether active duty, discharged, retired or reserve, is someone who, at one point in their life, wrote a blank check made payable to the United States of America for an amount of up to and including their life."

West said that just because someone never had the opportunity to deploy to combat or serve overseas in a contingency operation, it did not diminish their service.

"If you raised your right hand and swore to defend the Constitution of the United States of America against all enemies, both foreign and domestic, and served for more than 180 active duty days, you are a Veteran," he said.

West said as Veterans Day is celebrated, everyone should find a Veteran and thank them for their service.

"Be proud that you have people in this nation, this the greatest nation on Earth, that are, have or were willing to step up to defend her," he said.

Doyle thanked Hill, Leslie and West for sharing their stories with those in attendance.

"We must always provide a platform for Veterans, service members, and military Families to share their stories," he said. "In doing so we honor their voices, amplify their experiences,

and let them know that we — as a nation — are listening."

Doyle provided background on the creation of both Veterans Day and the Tomb of the Unknown Soldier, which marks its 100th birthday this year.

"While Memorial Day is a time to remember those who died in the service of their country, Veterans Day is a time to remember all those who have served — past and present," he said. "Each year, we set this day aside all across the country to celebrate and pay tribute to America's Veterans for their devotion, patriotism, selfless service and sacrifice on behalf of us all."

Following their service in the armed forces, Doyle said each Veteran is committed to providing service to his or her new community, bringing their military values: Loyalty, duty, respect, selfless service, honor, integrity and personal courage.

"You know these Veterans as Little League baseball coaches, teachers in your schools, local business leaders, members of the city government, police officers and firemen, and neighbors lending a hand to our Fort Polk Soldiers and Army Families," he said.

Doyle said the nation must ensure that the service and sacrifice of its Veterans is never overlooked or forgotten.

"The Army believes that every Soldier is a 'Soldier for Life' and is committed to removing barriers to their success both in and out of the Army," he said. "On Veterans Day, we honor the brave men and women from all walks of life who have stepped forward to defend our nation throughout our history."

Doyle closed by saying the efforts of Veter-

Please see **Veterans**, page 6



# Veterans

Continued from page 5

ans have protected the citizens of the United States and maintained their freedom.

“As members of the greatest military force in history they have liberated hundreds of thousands of people from tyranny — across multiple continents and in different generations,” he said. “May we never forget how special it is to live in a nation that has been defended by these patriotic Veterans — each brave citizen volunteer who stepped forward to defend the United States of America.”

After Doyle’s remarks, he, JRTC and Fort Polk Command Sgt. Maj. Michael Henry and Staff Sgt. Rueben Fornah placed a wreath in honor of Veterans.

The Leesville High School band performed both the National Anthem and the anthem of each service during the ceremony. Army Junior Reserve Officer Training Corps Cadets from Leesville High School provided escorts for Veterans attending the ceremony.

Laniya Simmons, senior flautist, Leesville High School, was one of the band members who performed. She said she was excited to have the opportunity to play for Veterans.

“By playing today, we get to experience more about the military, and their perspective on service,” she said. “I’m considering joining the military when I finish high school.”



*Joint Readiness Training Center and Fort Polk Commanding General, Brig. Gen. David S. Doyle, (middle) stands with Post Command Sergeant Major, Command Sgt. Maj. Michael C. Henry, as they lay the wreath honoring Veterans at the Veterans Day Ceremony held Nov. 10.*

**From left to right:** Operations Group Soldiers Spc. Skeeter Buchanan, Spc. Anthony Franzone and Spc. Teddy Flor stand at attention in front of a tank display at the JRTC and Fort Polk Veterans Day Ceremony.



*Retired Lt. Col. Mark Leslie, Director of Fort Polk’s Directorate of Plans, Training, Mobilization and Security, was a guest speaker at the JRTC and Fort Polk Veterans Day Ceremony.*



# Check VIN numbers

The Directorate of Emergency Services Traffic Division will release the following vehicles to the Directorate of Family Morale, Welfare and Recreation if they remain unclaimed. Vehicles are listed with the last four numbers of their VIN number.

If one of these vehicles belongs to you, please contact the Fort Polk Police Traffic Section at 531.1806 / 6675 / 2677.

You may also report in person to the traffic division at 1668 22nd St., bldg 2396. Office hours are Monday through Thursday from 8 a.m.-4 p.m.

2006	Ford	Mustang	2407
2011	Toyota	Prius	9170
2011	Chevrolet	Cruz	7126
2011	BMW	4DSD	3071
2002	Chevrolet	Tahoe	0440
1977	GMC	K2500	1813
1998	Toyota	Avalon	1668
2001	Buick	Park Ave	7941
2004	Cadillac	CTS	2634
1998	Ford	Taurus	8440
2017	Nissan	Versa	1496
2004	Infinity	G35	4539
UNK	Sportrailer	trailer	UNK
1991	Tidecraft	V15	F191
2011	Chevrolet	Impala	0135
2002	Ford	Escape	5409
1999	Chevrolet	Suburban	3573
1996	Ford	F150	6750
1996	Acura	4dr	3406
1984	Chevrolet	Corvette	9704
2000	Chevrolet	2500	0222
2005	Honda	Civic	2048
2000	Toyota	Tacoma	0294
2005	Toyota	4dr	8911
1993	Honda	2dr	0478
2017	Ford	Fiesta	9660
2009	Chevrolet	Equinox	7783
2002	Honda	CR-V	7722
2014	Nissan	Maxima	0131
1988	Chevrolet	3500	4195
2005	Mercury	Sable	9544
2011	Chevrolet	Equinox	3730
2014	Chevrolet	Malibu	9771
2009	Chevrolet	Cobalt	8756
2006	Hyundai	Elantra	4769
2019	KIA	Forte	0634
2011	Dodge	Avenger	1373
1999	Ford	F150	6684
2003	Lincoln	Navigator	8394
2008	Chevrolet	Equinox	5638
2004	Lincoln	Town Car	1307
2014	Nissan	Altima	6092
2001	Toyota	Corolla	6348
2005	Ford	F150	9044
2008	Chrysler	PT Cruiser	6573
2005	Nissan	Altima	9465
2017	Nissan	Sentra	3505



JRTC & FORT POLK PRESENTS

PLYWOOD CHRISTMAS CARD

contest

NOV 8  
TO  
DEC 2

Open to any unit,  
organization or  
group affiliated with JRTC and Fort Polk

WINNERS WILL RECIEVE  
\$500  
UNIT FUNDS OR MWR  
FACILITY FEE/RENTAL OF  
EQUAL VALUE FOR  
NON-MILITATY  
ORGANZATIONS

- PLYWOOD CAN BE PICKED UP AT  
BLDG 3218 STARTING NOV 8
- CARD WILL NEED TO BE SET UP AT  
MAIN POST EXCHANGE BY DEC 2
- CARDS WILL BE DISPLAYED ALONG  
ENTRANCE RD AFTER THE  
SNOWFLAKE FESTIVAL

TEXT 337-353-3404 TO COORDINATE  
PICKUP TIMES

HEATER SAFETY

NOVEMBER

Heating equipment is the second leading cause of home fires in the United States. More than 65,000 home fires are attributed to heating equipment each year. These fire result in hundreds of deaths, thousands of injuries and millions of dollars in property damage.

Portable electric space heaters can be a convenient source of supplemental heat for your home in cold weather. Unfortunately, they can pose significant fire and electric shock hazards if not used properly. Fire and electrical hazards can be caused by space heaters without adequate safety features, space heaters placed near combustibles, or space heaters that are improperly plugged in.

- Place space heaters on a flat, level surface, away from high-traffic area
- Plug a space heater directly into an outlet and avoid using an extension cord
- Never leave space heaters unattended
- Only use space heaters with the certification label of a nationally recognized testing lab
- Don't use a space heater if the plug is broken or the cord is frayed, worn or damaged

IAW JRTC & FP Regulation 420-5, paragraph 6-3(f), "Portable electric heaters are generally prohibited for energy purposes; however, when otherwise permitted, written approval from the DPW will be required. When permitted, such heaters will be UL, Inc. labeled or listed and will be of a type in which the electrical circuitry is automatically shut off in the event the unit is tipped over. Power supply cords will be in good condition and supply circuit must be adequate for safe use."

SPACE HEATER SAFETY

Understanding the Dangers



# Briefs

## BOSS events

Fort Polk's Better Opportunities for Single Soldiers sponsors some fun events to take part in November.

- Monday — Stop by the Home of Heroes Functional Fitness Center at 6 p.m. for a stress management class.

- Thursday — Take part in a Paint and Sip event at the Arts and Crafts Center at 6 p.m. Bring cash for drinks. Limited space is available.

- Nov. 24 — If you are far from home, don't miss Friendsgiving at the Home of Heroes Functional Fitness Center at 5 p.m.

All events are free for single Soldiers only. For more information call 337.531.1948.

## Friday night live

Stop by the Warrior Center, Nov. 19 at 5:30 p.m. for Friday Night Live — a fun night full of trivia, live music, fun, prizes and free food while supplies last!

## COVID-19 vaccine

Schedule your COVID-19 vaccine (Pfizer and Moderna) appointments every Tuesday-Thursday through the Bayne-Jones Army Community Hospital call center at 337.531.3011.

If this is your second dose please bring your vaccination record with you.

## Soldier showdown

Assemble your squad of three for the Army Entertainment online Esports Soldier Show-

down 3. The first tournament starts Saturday. Compete for prizes. Sign up today at [www.armymwr.com/esports](http://www.armymwr.com/esports).

## Youth registration

Registration is now open for basketball — ends Dec. 10 — and spring soccer — ends Jan. 7. Reminder: Kids must be registered with CYS and have a current sports physical. Call 337.531-6004 for more information.

## Parent, youth fun

Sign up for a Christmas cookies and a painting activity at the Siegfried Youth Activity Center, 5538 University Parkway, Dec. 10 from 6-8 p.m. You and your youth have the opportunity to paint a canvas while engaging in conversation and enjoying Christmas cookies cooked by middle school and teen chefs at MST. Youth must be registered with MST. To register call 337.531.1992.

# FORT POLK COMMISSARY NOW OPEN MONDAYS

## Commissary Hours of Operation are:

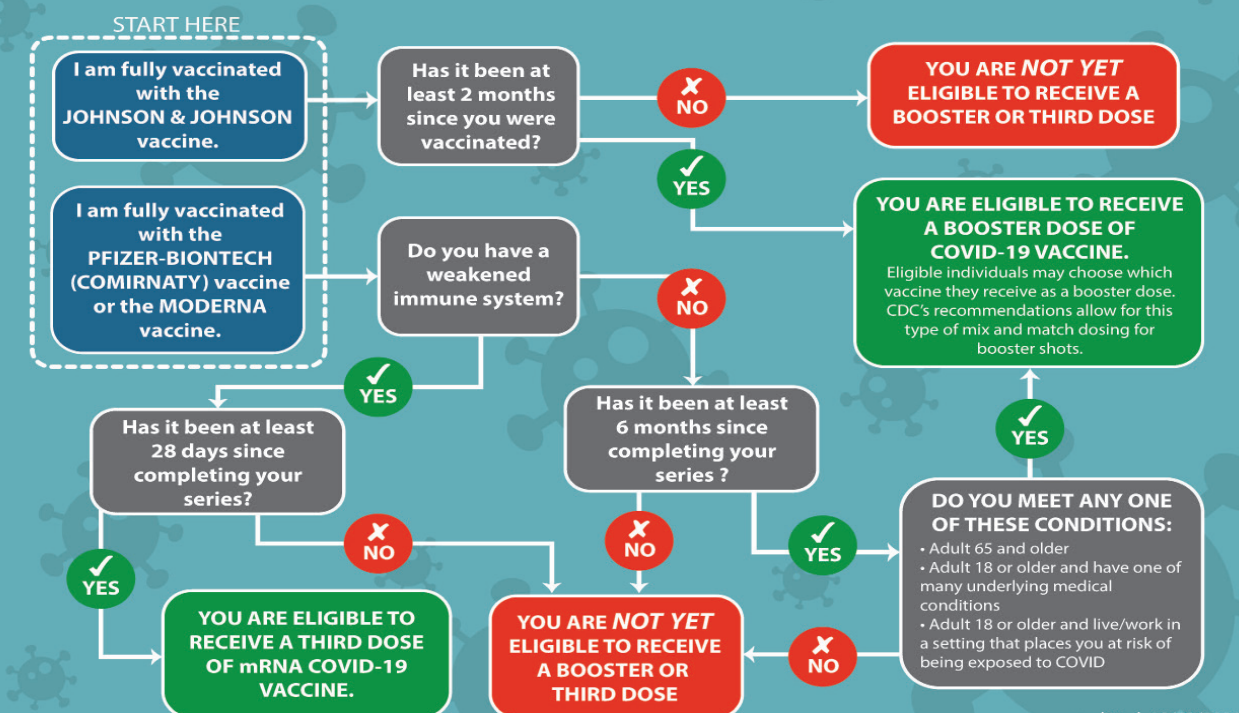
Sunday:	1000 - 1800
Monday:	1000 - 1800
Tuesday:	0930 - 2000
Wednesday:	0930 - 2000
Thursday:	0930 - 2000
Friday:	0930 - 2000
Saturday:	0900 - 2000

## Booster dose

Bayne-Jones Army Community Hospital has COVID-19 booster shots available for anyone 18 years and older who meet certain criteria. Retirees and beneficiaries can schedule an appointment with the immunizations clinic at 337.531.3011 or schedule on-

line at [tricareonline.com](http://tricareonline.com). Department of the Army civilian employees and contractors can visit the Occupational Health Clinic, during walk-in hours from 8 a.m.-4 p.m., Monday-Friday, 8099 Georgia Ave., bldg 3515.

## AM I ELIGIBLE FOR A COVID-19 BOOSTER DOSE OR A THIRD DOSE?



## Interactive Customer Evaluation (ICE) Program

How are we doing?

Tell us by scanning the QR code with your smart phone or tablet to leave us an ICE comment.



We are committed to providing the best Customer Service. Please answer "were you satisfied with your overall experience?" If you request a response we will contact you within three working days.

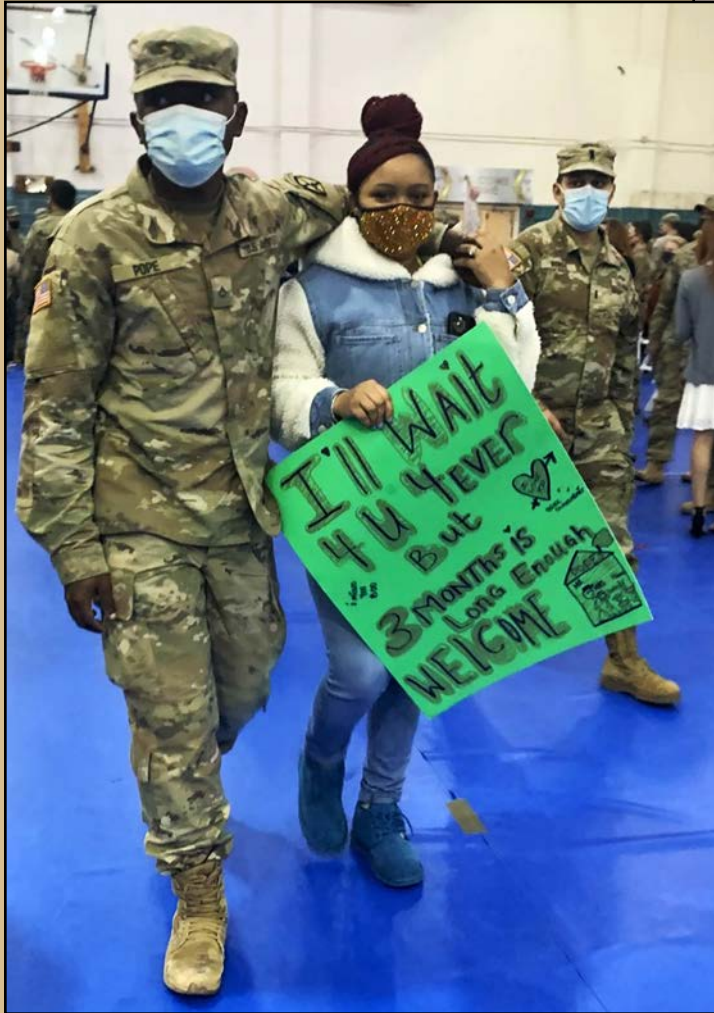




# PATRIOTS REDEPLOY — WELCOME HOME

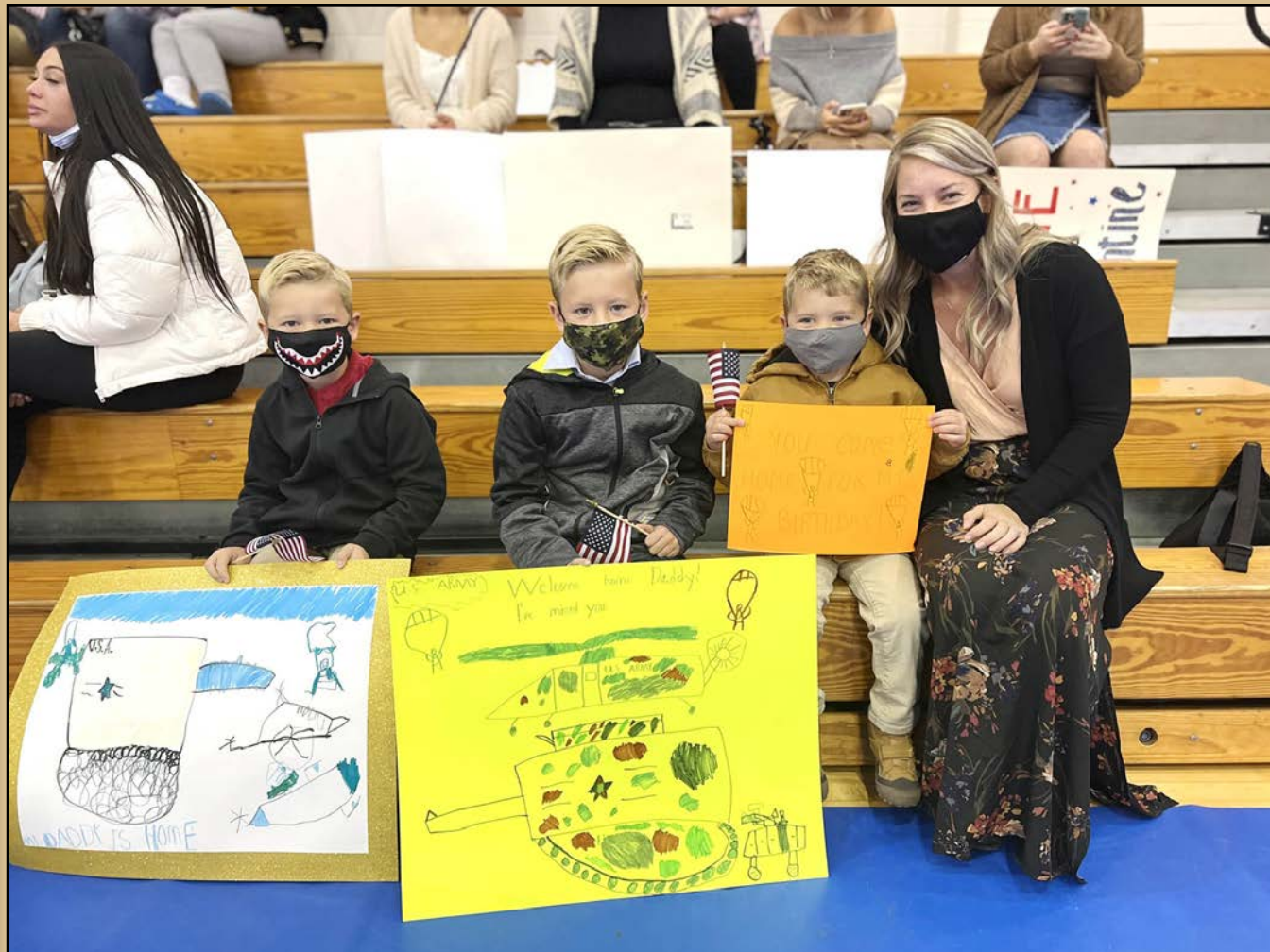
The Joint Readiness Training Center and Fort Polk welcomes home the 3rd Brigade Combat Team, 10th Mountain Brigade Patriots as they return home from supporting missions overseas. Soldiers are met by excited Family and friends eager to embrace them with open arms.

**Editor's note:** See the Nov. 19 Guardian for a story about the 3rd BCT, 10th Mtn Div redeployment.



Please see **Redeploy**, page 8





## Take action, quit

Take the pledge to quit smoking for one day — Nov. 18 — in honor of the Great American Smoke-out. The Fort Polk Department of Public Health — Health Promotions hosts a Great American Smokeout pledge booth from 11 a.m.-1 p.m. Nov. 17 on the first floor of Bayne-Jones Army

Community Hospital in front of the dining facility. Participants who pledge to quit smoking in support of the Great American Smoke Out will receive a goodie bag and a quit smoking survival kit. Be a quitter. It's never too late!

 ★ **GREAT** ★  
**AMERICAN**  
**SMOKE**  **OUT**  
**BE A QUITTER. IT'S NEVER TOO LATE!**





KEITH HOUIN / GUARDIAN

## 705th outreach

*Soldiers from the 705th Explosive Ordnance Disposal Company visited Anacoco Oct. 30 as part of the company's community outreach during "Hotdogs in the Park." The 705th brought EOD equipment such as a robot and bomb suit to demonstrate what they do.*



**Join Faculty from the College of Nursing  
and  
School of Allied Health for a**

# Meet & Greet

**Fort Polk Education Center  
Room 203  
Wed, November 17th  
3 PM - 7 PM**



**For more information contact Michelle Stephens @  
337-653-0812 or [stephensv@nsula.edu](mailto:stephensv@nsula.edu)**



# MILITARY HEALTH SYSTEM MHS GENESIS

## MHS GENESIS, the Department of Defense's new electronic health record is coming soon!

GOING LIVE AT BAYNE-JONES ARMY COMMUNITY HOSPITAL

★ MARCH 2022 ★

For more information visit [health.mil/mhsgenesis](http://health.mil/mhsgenesis)

or [bayne-jones.tricare.mil](http://bayne-jones.tricare.mil)



## TRICARE® OPEN SEASON

Nov. 8 – Dec. 13



**TRICARE Open Season is the annual period when you can enroll in or change health plans for the next year.**

### How do TRICARE Prime® and TRICARE Select® differ?

TRICARE Prime	TRICARE Select
<ul style="list-style-type: none"> <li>A health maintenance organization (or HMO)-style plan available if you live in a stateside Prime Service Area. TRICARE Prime Overseas is for active duty service members and their command-sponsored family members only</li> <li>Get most of your care coordinated through your primary care manager</li> <li>Referrals required for specialty care and certain other services</li> <li>Pre-authorization for some services</li> <li>No deductible applies. Copayments apply for beneficiaries, except active duty service members and their family members</li> </ul>	<ul style="list-style-type: none"> <li>A preferred provider organization (or PPO)-style plan available when living stateside or overseas</li> <li>Manage your own health care and choose your own TRICARE-authorized providers</li> <li>Referrals not required for most services</li> <li>Pre-authorization for some services</li> <li>Deductible, copayments, and cost-shares apply</li> </ul>

For more information, visit  
[www.tricare.mil/OpenSeason](http://www.tricare.mil/OpenSeason)



## TRICARE® OPEN SEASON

Mark your calendar!



TRICARE and Federal Benefits Open Season for enrollment or changes is:



Nov. 8 – Dec. 13

I'm a/an...	I want to change my TRICARE Health Care Plan	I want to Enroll in a FEDVIP Vision Plan	I want to Enroll in a FEDVIP Dental Plan
Active Duty Service Member	While on active duty, you can only be TRICARE Prime®/TRICARE Prime Remote.	<b>You don't qualify to purchase a FEDVIP vision plan.</b> You'll continue to get care as you do now.	<b>You don't qualify to purchase a FEDVIP dental plan.</b> You'll continue to get care as you do now.
Active Duty Family Member	You can enroll in or change plans during the <b>TRICARE Open Season</b> .	<b>You qualify to purchase a FEDVIP vision plan.</b> You must enroll during Federal Benefits Open Season. Visit <a href="http://www.tricare.mil/tdp">www.tricare.mil/tdp</a> .	<b>You don't qualify to purchase a FEDVIP dental plan.</b> You can purchase dental coverage through the TRICARE Dental Program. Visit <a href="http://www.tricare.mil/tdp">www.tricare.mil/tdp</a> .
Reserve Component Member or Family Member enrolled in TRICARE Reserve Select or TRICARE Retired Reserve	<b>Not applicable.</b> This doesn't apply to TRICARE Reserve Select® (TRS) or TRICARE Retired Reserve® (TRR). You can enroll year round in TRR/TRS if your eligibility is in good standing.	<b>You qualify to purchase a FEDVIP vision plan.</b> You must enroll during Federal Benefits Open Season.	<b>You don't qualify to purchase a FEDVIP dental plan.</b> You can get your dental care through the TRICARE Dental Program. Visit <a href="http://www.tricare.mil/tdp">www.tricare.mil/tdp</a> .
Retired Service Member or Family Member	You can enroll in or change plans during the <b>TRICARE Open Season</b> .	<b>You qualify to purchase a FEDVIP vision plan.</b> You must enroll during Federal Benefits Open Season.	<b>You qualify to purchase a FEDVIP dental plan.</b> You must enroll during Federal Benefits Open Season.
Retired Service Member or Family Member using TRICARE For Life	<b>Not applicable.</b> TRICARE Open Season doesn't apply to TRICARE For Life.	<b>You qualify to purchase a FEDVIP vision plan.</b> You must enroll during Federal Benefits Open Season.	<b>You qualify to purchase a FEDVIP dental plan.</b> You must enroll during Federal Benefits Open Season.

For more information, visit  
[www.tricare.mil/OpenSeason](http://www.tricare.mil/OpenSeason)







**Snowflake Festival 2021**

December 3 | 4 - 9 p.m. | Main Post Exchange  
 Tree Lighting at 5:30 p.m.  
 Santa arrives at 5:45 p.m.  
 Ice Skating  
 Inflatables  
 Facepainting & more!

**Sponsors:** CHRISTUS Health, 100% COUNTRY 100.7, GEICO, PAPA JOHN'S, BENOI, SWB, CORVIAS, K&R FURNITURE, Barksdale Federal Credit Union, USAA, HARLEY-DAVIDSON, AEBN, MWR, AIRBORNE, BBQ SALUTE.



**MWR SHOOTING RANGE 23A PRESENTS**

# TRUCKEE SHOOT

**DATE**  
**NOV 13**

**TIME**  
**9:00-10:15 AM**  
 (contestant arrival for sign-in and rules briefing)  
**10:30 AM**  
 (competition begins)

**LOCATION**  
**MWR RANGE 23A**

**Contest entry fee**  
**\$30**

(Includes contest entry, use of DFMWR rifles, ammunition and targets, plus contestants may use their personal firearms at the pistol and/or rifle range the day of the competition, after the event concludes)

**Pre-registration requested by**  
**\*Nov 11, 2021**  
 Register online, at MWR Shooting Range or the BOSS office  
**\*\$40 day of event**

**1** First, Second & Third high scorers will be awarded prizes!  
**2** Event is free and open to all DPMWR authorized patrons as spectators  
**3**

**Sponsors:** MWR, AIRBORNE, ARMY OUTDOOR RECREATION, BBQ SALUTE.



**Tuesday, Nov 16**

## TOY DRIVE Ruck March

Deck your rucks in **Christmas cheer!**  
 Wear your **best ugly Christmas sweater.**

Fill your **ruck sack** with **toys** you have purchased to **donate** to the **toy drive**. You can start the toy drive ruck march where ever your unit or yourselves would like to.

**Open to families to participate with their own bag filled with toys for donation.**  
 You just have to end at the Location (2613 Georgia Ave) @8:00 AM

**8:30 AM** we will be holding a **raffle** for the participants.  
**Snacks and refreshments provided!**

2613 Georgia Ave, BOSS Warehouse  
 Call (337) 378-3236 for more info

**Sponsors:** BOSS, MWR, AIRBORNE.



## HOME BASED BUSINESS EVENT

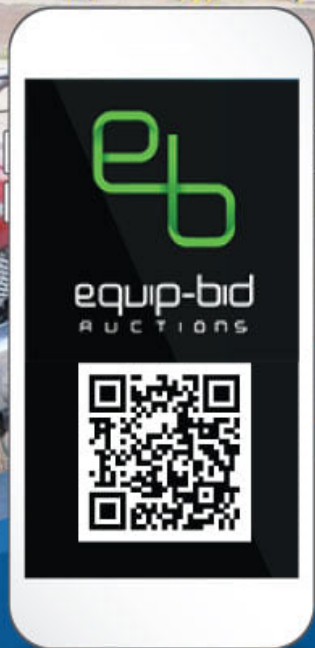
# PUMPKIN SPICE MARKET

START YOUR HOLIDAY SHOPPING  
 WITH TWO FULL DAYS OF  
 MILITARY SPOUSE OWNED HOME  
 BASED BUSINESSES

NOVEMBER 13-14  
 0900-1500  
 MAIN ACS CENTER BLDG 920



# FORT POLK MWR NAF VEHICLE SALE



November 8 thru December 7, 2021

Public Viewing is November 19-20, from 9 am - 5 pm  
Load out is December 10-11, from 9 am - 5 pm



MWR Auto Skills Center  
2651 Louisiana Avenue, Building 4529  
<https://www.equip-bid.com/auction/13950>

# music TOGETHER

Music Together® is for infants, toddlers, preschoolers, and their parents/caregiver. Classes include songs, rhythmic rhymes and movement, and instrument play activities that are developmentally appropriate for the children and easy for parents and caregivers, regardless of their own musical ability.

Every Tuesday from  
9:30am-10:15am

**January-March**

**1<sup>st</sup> Month ★ \$70** (\$40 monthly fee + \$30 one time material fee per family)

**2<sup>nd</sup> Month ★ \$40** monthly fee

**3<sup>rd</sup> Month ★ \$40** monthly fee

ENROLL AT BLDG 400!

PLEASE CALL  
**337-531-6004**  
FOR MORE INFO

\*MUST BE REGISTERED WITH CYS AND HAVE A CURRENT HEALTH ASSESSMENT\*



# COMMISSARY CLICK 2GO

Now Accepting  
**SNAP EBT card!**



\$4.95 SERVICE FEE **WAIVED!**

ORDER ONLINE **24/7** UP TO 6 DAYS AHEAD

[www.shop.commissaries.com](http://www.shop.commissaries.com)

NO MINIMUM ORDER REQUIRED



**TUESDAY, NOVEMBER 23 AT 9 A.M.**  
**HEADQUARTERS FIELD**  
**BN-LEVEL FLAG FOOTBALL TOURNAMENT**

Come out and watch Fort Polk Battalions battle it out on the gridiron to see who has the best flag football team around!

- Event is free and open to all members of the Fort Polk Community: Soldiers, Families, DOD Civilians, and Retirees

- Enjoy yard games, food, and other activities while supporting your unit!

For more information call 337-531-7669

