

THE JRTC AND FORT POLK

GUARDIAN

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3/10 Deployment

See story page 2

Patriot Brigade forges through evacuating Afghanistan

By Maj. ANDREA KELLY
3rd BDE Public Affairs Officer

FORT POLK, La. (Dec. 15) — From company level training at Fort Polk to the first unit arriving in Afghanistan in July, the 3rd Brigade Combat Team, 10th Mountain Division (Light Infantry) continues to forge through every mission.

In true 10th Mountain Division fashion, Patriot Soldiers answered the call at a moment's notice.

Upon arrival in Afghanistan, 3rd Brigade Combat Team, 10th Mountain Division's mission was to plan, prepare and execute the retrograde of U.S. Forces from the United States Embassy in Kabul, Afghanistan.

"As the mission began mid-July, it became very clear that it was not going to be an ordered departure but a more rapid evacuation," said Maj. Jim Lee, 3rd BCT Operations Officer.

As withdrawal from Afghanistan progressed, Col. Matt Hardman, Commander of 3rd BCT, led the brigade as it became the Multi-National Coordination Cell at Hamid Karzai International Airport (HKIA).

In this cell, the brigade staff processed requests for evacuation of U.S. citizens, allies, foreign nationals and Afghan citizens who received special immigrant visas.

"We safely evacuated the embassy. We moved approximately 2,000 people, while in contact with the enemy, within 24 hours without any injuries or fatalities," said Hardman.

The brigade staff led efforts to facilitate the non-combatant evacuations of all approved personnel through HKIA.

Fortunately, the Patriot Brigade was one of the most recent brigades tested and certified at the Joint Readiness Training Center.

"No training event you can do internally replicates the stress, the chaos, and the complexity that JRTC does," said Hardman. "It is harder than combat and it's supposed to be. Moving the BCT four times in the rotation by truck, foot,

and aircraft really prepared us well in Afghanistan for having to do different but similar actions."

Hardman reflected on how proud he was of the young officers, non-commissioned officers and Soldiers on this mission.

The readiness, maturity, and problem solving skills displayed by the brigade's younger leaders during this mission were humbling for him as the Soldiers consoled grieving Afghans, cared for children and controlled riots, he said.

"It's hard to put into words how chaotic and, frankly, desperate the situation on the ground was. A real humanitarian crisis on the ground," Hardman said. "Horrific things happened. But our junior Soldiers and NCOs were incredibly mature, empathetic and professional with how they interacted with other people."

Soldiers across Alpha Company, 2nd Battalion 30th Infantry Regiment were instrumental in the evacuation of the U.S. Embassy in Kabul.

The unit was charged with an array of missions that included the embassy evacuation, quick reaction force, reinforcing area security, parameter security and evacuee extraction. For many of the Soldiers, this was their first and only experience in Afghanistan.

Sgt. Ian Finegan, an infantryman, serving as a squad leader in 2nd Platoon, Alpha Company, led his squad as their mission evolved daily on a moment's notice.

Finegan's team extracted approximately 50 Afghans through the gates at HKIA.

He boasted about how his squad adapted quickly to the ever-changing environment.

"I feel good that I got to help that many people," Finegan explained. "As a group, we wish we could have done more. But nothing goes as planned."

Pfc. Mitchell Peterson, an infantryman serving as 1st Platoon, Alpha Company's radio telephone operator while deployed to Af-

ghanistan, established communications with other platoons, company headquarters and other partner forces on the ground.

Peterson's knowledge enabled the company to receive actionable intelligence and coordinate their efforts with other units at HKIA.

"Hands down the most important thing we did was being able to work directly with families who evacuated," Peterson said. "We were pretty much the only force that was pulling people directly off the gates. That was a huge morale thing for us any time we brought people back."

Spc. Richard Gill, infantryman, was on the USEK security and evacuation team as well as QRF at HKIA. Gill, a Soldier in first platoon, recalls assisting embassy personnel with sanitizing the building before their withdrawal. His squad set up a defense on the rooftop of the embassy. After completing the embassy evacuation, Gill's squad assisted with controlling the crowd that gathered around HKIA.

"We were put in charge of what we called snatch and grabs," Gill said. "We would go to the gate and find the families that were prepared with their paperwork to process for visas."

The Joint Readiness Training Center at Fort Polk trains BCTs to conduct large scale operations on a decisive action battlefield against a near-peer threat with multi-domain capabilities.

"Multiple times, in moments of extremely high stress and chaos, I heard leaders and Soldiers from the 3rd Brigade team look at each other and say, 'Just do what we did at JRTC,'" Hardman said.

Leaders across the brigade reflected on how JRTC specifically enabled the brigade to complete the missions set before them. Maj. Lee highlighted that the brigade's JRTC rotation directly ties into the mission in two distinct ways.

"Jumping Command and Control (C2) nodes, looking at the number of times battalions and the brigade had

Please see **Patriot**, page 3



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For more information on Fort Polk units and happenings visit the following Facebook pages:
@JRTCOperationsGrp, **@BayneJonesACH** or **@fortpolkmwr**.

Patriot

Continued from page 2

to transition C2 nodes across the rotation,” Lee said. “This was directly applicable to what they did from the south compound to the embassy to HKIA. Executing those transitions during JRTC built the muscle memory required to execute during the retrograde.”

Lee reflects on how JRTC teaches units that the first priority of work is always security. Securing HKIA became paramount to the success of the rest of the mission.

JRTC has an enduring mission for the last 28 years to train units and prepare Soldiers to survive the rigors of war. Each rotation at this combat training center challenges units to their

limits, whether through coordinating missions with coalition forces or working directly with the Department of State.

“The stress and the complexity and being coached through that at JRTC gives you the sets and reps you need,” said Hardman. “It gives you a mental model to come back to. You get to go into this war laboratory at JRTC and practice and learn things about your unit: What works and what does not work.”

The Patriot Brigade relied on the level of training received during their rotation. JRTC provides unparalleled large scale combat operations training for our Soldiers and our mul-

tinational partners, which allows the U.S. to deploy and win our nations wars.

National leaders acknowledge the danger and complexity of this mission.

“The extraordinary success of this mission was due to the incredible skill, bravery and selfless courage of the United States military and our diplomats and intelligence professionals,” said President Joe Biden. “The men and women of the United States military, our diplomatic corps and intelligence professionals did their job and did it well, risking their lives not for professional gains but to serve others; not in a mission of war but in a mission of mercy.”



Dec. 18 is Wreaths Across America Day. This is a picture of a past Wreaths Across America at Arlington Cemetery. In addition to Arlington, more than 2,500 additional locations in all 50 U.S. states, at sea and abroad will participate. Locally, the Central Louisiana Veteran Cemetery will host a Wreaths Across America ceremony Saturday at 10:55 a.m..

COURTESY ARLINGTON CEMETERY

Emergency resources: Why emergency preparedness matters

DPTMS

FORT POLK, La. — Emergency preparedness encompasses the steps you take to make sure you are safe before, during and after a natural disaster. These plans are important for your safety in natural disasters such as tornadoes, hurricanes and floods, as well as man-made disasters to include explosions, fires and chemical and biological attacks.

About 96% of Americans feel it is important to prepare for emergencies, but less than 20% are totally prepared. Despite guidelines from government organizations and community based services like the American Red Cross, only 40% of Americans have created a personal emergency kit.

People with disabilities may be especially vulnerable during and after emergencies. In an emergency, many systems you rely on may not function as well as they usually do. Familiar landmarks and usual travel routes you and your service animal know may be altered. Utilities like electricity, water, gas and phone service may be disrupted. You might need to temporarily evacuate to a shelter, which may not be fully accessible for your needs.

Why is it important to prepare for an emergency?

There are many reasons to prepare for an emergency, but these are some of the most important: Immediately after an emergency, services and utilities may be cut off. If you're not prepared, you may not have access to water, refrigeration, or communication to stay updated on the situation.

Emergency preparedness steps for any disaster:

Whether it's a fire, flood, shooting, power outage, or other situation, emergencies hit the headlines often enough that the subject of preparedness is no longer limited to security and facility professionals.

Think through the activities involved in developing an emergency response plan. One of the biggest reasons to think through and pay attention to an emergency response plan is to be as prepared as possible for an emergency. While there is no one-size-fits-all approach, there are common elements that should be addressed in the creation of a plan. Here are five



steps that you can use to help guide emergency planning.

Know your risks:

Listing potential emergencies and ranking them in importance and likelihood is essential to knowing what to do and what resources to invest. There is no need to invest dollars in earthquake planning if you're not near an area normally susceptible to earthquakes or with a history of seismic activity. That doesn't mean that you totally ignore these risks, just that you don't dwell on detailed response tasks.

The risk assessment should be based on an all-hazards approach for those hazards affecting your area. Categorize each risk or emergency based on the impact it would have if it occurred and on the likelihood of the event happening in your area. As an example, a critical emergency may be a hurricane or tornado in Vernon Parish and the Fort Polk community, which would have a high impact on the area and a high likelihood of occurring.

Build a team:

Many emergency response plans are created in a vacuum, with no input from the end users.

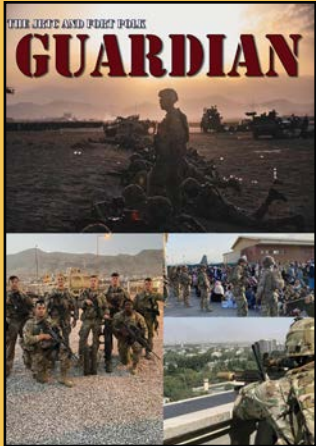
That's the wrong approach to take. In today's environment, every individual in the family or organization may have a role as a kind of first responder, who is expected to follow the rule, "see something, say something." Emergency plans should be the product of an inclusive team instead of a single individual. Putting together a team helps in determining the overall span of the plan.

Make critical information quickly accessible:

Often, if you ask to see an emergency plan, someone goes to a file cabinet or shelf and pulls out a three-ring binder, at least two inches thick, and hands the weighty document to you for reading. A plan like that certainly reflects a lot of work, but does anyone really know what's in it and does it really describe the methods to respond during the emergency event?

When it comes to writing a plan, the thinking is sometimes that, the bigger the document, the better. This couldn't be farther from the truth. Plans need to be concise as to the threat, risk,

Please see **Preparedness**, page 4



Cover photo: (Top) Soldiers assigned to 2nd Battalion, 30th Infantry Regiment pull security at Hamid Karzai International Airport in Afghanistan. (Middle right) Soldiers with 3rd Brigade, 10th Mountain Division supervise evacuees during the VISA process at Hamid Karzai Internatioanl Airport. (Bottom right) Spc. Richard C. Gill, infantryman with Alpha Company, 2nd Battalion, 30th Infantry Regiment, pulls security on the rooftop of the U.S. Embassy, Kabul. (Bottom left) Sgt. Ian P. Finegan, Infantryman, served as a squad leader in Alpha Company, 2nd Battalion, 30th Infantry Regiment. Finegan's team extracted approximately 50 Afghans through the gates at Hamid Karzai International Airport. (Photos courtesy of 3rd Brigade Combat Team, 10th Mountain Division).

It's time to start gathering information for tax season

OSJA

FORT POLK, La. — As you prepare to file your 2021 taxes, here are two key items to consider.

Check on advance Child Tax Credit payments

Families who received advance payments will need to compare the advance Child Tax Credit payments that they received in 2021 with the amount of the Child Tax Credit that they can properly claim on their 2021 tax return.

Taxpayers who received less than the amount for which they're eligible will claim a credit for the remaining amount of Child Tax Credit on their 2021 tax return.

Eligible Families who did not get monthly advance payments in 2021 can still get a lump-

sum payment by claiming the Child Tax Credit when they file a 2021 federal income tax return next year.

This includes Families who do not normally need to file a return. Taxpayers who received more than the amount for which they are eligible may need to repay some or all of the excess payment when they file.

In January 2022, the IRS will send Letter 6419 with the total amount of advance Child Tax Credit payments taxpayers received in 2021. If you are getting your taxes done by this office, or another office, please bring that letter with you.

Economic Impact Payments and claiming the Recovery Rebate Credit

Individuals who did not qualify for the third Economic Impact Payment or did not receive the full amount may be eligible for the Re-

covery Rebate Credit based on their 2021 tax information. They will need to file a 2021 tax return, even if they do not usually file, to claim the credit.

In early 2022, the IRS will send Letter 6475 that contains the total amount of the third Economic Impact Payment.

If you are getting your taxes done by this office, or another office, please bring that letter with you.

The Fort Polk Installation Tax Center will be opening its doors in late January.

If you want to make an appointment to get your taxes done or to ask questions, you may call 337.531.1040 after Jan. 24.

If you want to talk to an attorney about taxes or any other legal issue, you may call the Fort Polk Legal Assistance Office at 337.531.2580 to make an appointment.

Preparedness

Continued from page 3

what to do and how quickly it can be accessed.

Update your alert and response procedures:

Plans are made to ensure everyone knows what to do in a timely fashion. Plans need to be specific and to the point, with everyone involved knowing what may happen and what to do. This does not mean your action plan should have the specific details of what the responders will do; rather, the focus should be on the plans each person should know to protect themselves and others. Register to receive ALERT notifications from the Fort Polk War-

rior Operations Center.

Notification tools such as email, voice and text blasts are now common. However, keep in mind that no one will get the alert notification unless someone starts the process, not only by calling 911, but also by notifying the people responsible for sending out the message to do so. In addition, it's essential that the language of the alerts be clear and easily understood.

Test the plan:

Once the plan has been created, the next question is, will it work? How do you know? The answer is to rehearse and test the plan. Go through the procedures that you are expected to know to save your own life and the lives of others. 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.



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

Hurricane Season: June – November

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

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

Download the digital garrison APP !!!

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<https://twitter.com/FortPolkPAO>

https://www.instagram.com/jrtc_and_fort_polk/

ALERT

IPAWS

Alert Notification Set-up

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

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

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

STEP 4: Add Associations. Add Military Location

everbridge NIXLE

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

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

LA DOTD

Cameras

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

7 KPLC

<http://www.kplctv.com>

Cameras

KALB

Weather Sports Great Health

<https://www.kalb.com>

Build a kit, Make a Plan, Be Informed!

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

Giving Tuesday Military inspires acts of kindness in Fort Polk Spouses

FPSCC

FORT POLK, La. — Giving Tuesday, which is the Tuesday directly following Thanksgiving Day, was established in 2012 with a goal of making generosity go viral.

Giving Tuesday Military seeks to activate military members, their Families and veterans in providing 1 million acts of kindness throughout the world.

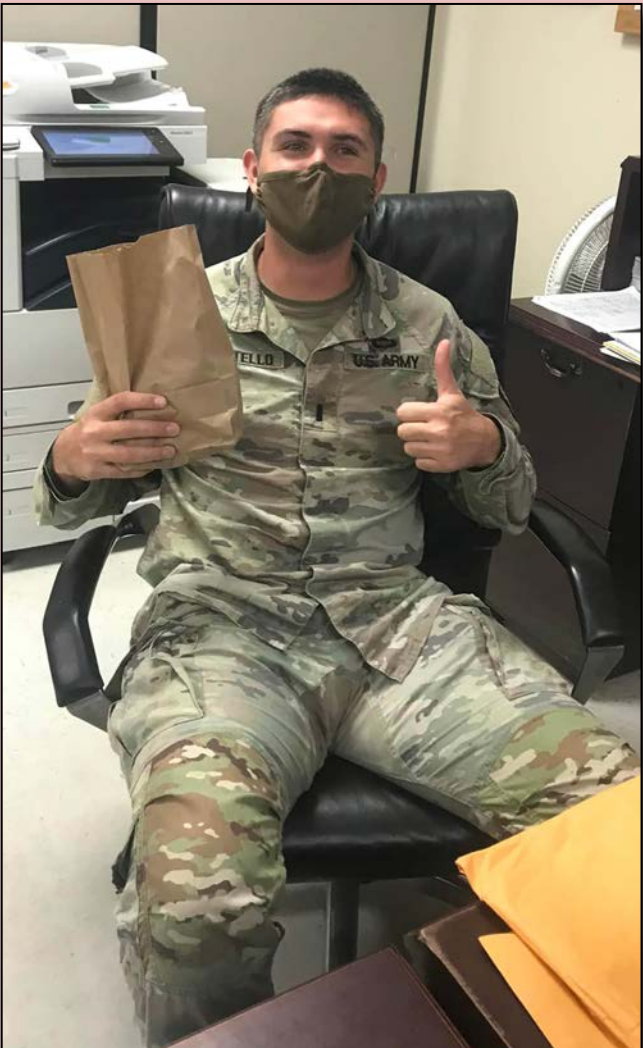
Emily McGruder, local chapter ambassador for Giving Tuesday Military and President of the Fort Polk Spouses’ and Community Club set out to unleash kindness on Fort Polk with the help of other FPSCC board members.

The team gathered on Nov. 29 to assemble 100 goodie bags that were then passed out on Tuesday to gate guards and staff at their duty desks.

The holidays are a special time for many, but it’s also the time of year when rates of depression sky rocket.

The Fort Polk Spouses’ and Community Club is determined to change that through intentional small acts of kindness.

Never underestimate military spouses with big hearts.



Check out Family, Morale, Welfare, Recreation holiday block leave hours

ACTIVITY	DEC 20 MON	DEC 21 TUE	DEC 22 WED	DEC 23 THU	DEC 24 FRI	DEC 25 SAT	DEC 26 SUN	DEC 27 MON	DEC 28 TUE	DEC 29 WED	DEC 30 THU	DEC 31 FRI	JAN 1 SAT	JAN 2 SUN	JAN 3 MON
Anvil Bar	CLOSED	CLOSED	CLOSED	1800-2200	1800-2100	CLOSED	1500-2200	CLOSED	CLOSED	CLOSED	1800-2200	1800-2400	CLOSED	1500-2200	CLOSED
Army Community Service	0800-1630	0800-1630	0800-1630	0800-1500	CLOSED	CLOSED	CLOSED	0800-1630	0800-1630	0800-1630	0800-1500	CLOSED	CLOSED	CLOSED	0800-1630
Arts & Crafts Center	CLOSED	CLOSED	1000-1800	1000-1800	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	1000-1800	1000-1800	1000-1500	CLOSED	CLOSED	CLOSED
Automotive Skills Center	0900-1700	CLOSED	CLOSED	0900-1700	CLOSED	CLOSED	0900-1700	0900-1700	CLOSED	CLOSED	0900-1700	0900 - 1500	CLOSED	0900-1700	1200-2000
Cantrell Fitness Center	0500-2100	0500-2100	0500-2100	0500-2100	0500-1500	CLOSED	0900-1800	0500-2100	0500-2100	0500-2100	0500-2100	0900-1500	0900-1800	0900-1800	0500-2400
Library	0900-1700	0900-1700	0900-1700	0900-1700	CLOSED	CLOSED	CLOSED	0900-1700	0900-1700	0900-1700	0900-1700	CLOSED	CLOSED	1200-1700	1100-1900
CYS Child Development Centers Building 701, 702, 3349, 14500	0545-1800	0545-1800	0545-1800	0545-1500	CLOSED	CLOSED	CLOSED	0545-1800	0545-1800	0545-1800	0545-1500	CLOSED	CLOSED	CLOSED	0545-1800
CYS Parent Central Services Building 400	0800-1700	0800-1700	0800-1700	0800-1700	CLOSED	CLOSED	CLOSED	0800-1700	0800-1700	0800-1700	0800-1700D	CLOSED	CLOSED	CLOSED	0800-1700
CYS School Age Center Building 260	0545-1800	0545-1800	0545-1800	0545-1800	CLOSED	CLOSED	CLOSED	0545-1800	0545-1800	0545-1800	0545-1500	CLOSED	CLOSED	CLOSED	0545-1800
CYS Middles School/Teen Center Building 4996	1430-1900	1430-1900	1430-1900	1430-1900	CLOSED	CLOSED	CLOSED	1430-1900	1430-1900	1430-1900	1430-1900	CLOSED	CLOSED	CLOSED	1430-1900
Forge Grill	1100-1400	1100-1400	1100-1400	1100-1400	CLOSED	CLOSED	CLOSED	1100-1400	1100-1400	1100-1400	1100-1400	1100-1400	CLOSED	CLOSED	1100-1400
Home of Heroes Fitness Center	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	0500-1900
Home of Heroes Recreation Center	1100-2200	1100-2200	1100-2200	1100-2200	1100-2000	CLOSED	1100-2200	1100-2200	1100-2200	1100-2200	1100-2200	1100-2200	1100-2200	1100-2200	1100-2200
Klubs and Karts	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
Outdoor Recreation Toledo Bend Recreation Park	0800-1600	0800-1600	0800-1600	0800-1600	0800-1500	CLOSED	CLOSED	0800-1600	0800-1600	0800-1600	0800-1600	0800-1500	CLOSED	CLOSED	0800-1700
Outdoor Recreation Alligator Lake Recreation Park	0800-1600	0800-1600	0800-1600	0800-1600	CLOSED	CLOSED	CLOSED	0800-1600	0800-1600	0800-1600	0800-1600	0800-1500	CLOSED	CLOSED	0800-1700
Outdoor Recreation Recreational Shooting Range	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	1300-1700	CLOSED	CLOSED	CLOSED	CLOSED	1100-1500	1100-1700	0900-1700	CLOSED
Swimming Pool (25M)	CLOSED	1100-1300	1100-1300	1100-1300	CLOSED	CLOSED	CLOSED	CLOSED	1100-1300	1100-1300	1100-1300	1100-1300	CLOSED	CLOSED	CLOSED
Tigerland Fitness Center	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
Warrior Fitness Center	1200-2000	1200-2000	1200-2000	1200-2000	CLOSED	CLOSED	0900-1800	1200-2000	1200-2000	1200-2000	1200-2000	1200-2000	CLOSED	0900-1800	0500-2000
Warrior Hills Golf Course and The Warrior Store	08001800	0800-1800	0800-1800	0800-1800	0800-1500	HONOR SYSTEM	0800-1800	0800-1800	0800-1800	0800-1800	0800-1800	HONOR SYSTEM	0800-1800	0800-1800	0800-1800
Wheelock Fitness Center	0900-1800	0900-1800	0900-1800	0900-1800	0900-1500	CLOSED	0900-1800	0900-1800	0900-1800	0900-1800	0900-1800	0900-1500	0900-1800	0900-1800	0500-2100

32nd Hospital Center Soldiers train with CHRISTUS Southeast Texas Health System

By Sgt. 1st Class MARKETTA A. NOBLE
32nd Hospital Center

FORT POLK, La. — The 32nd Hospital Center, Fort Polk, partnered with CHRISTUS Southeast Texas Health System in November to enhance and broaden Soldiers’ medical skills.

The partnership increases Fort Polk Soldiers’ capabilities and willingness to serve the community. Although it is not common for Soldiers to receive training along their civilian counterparts, it is a first for the 32nd Hospital Center to train at this partnered trauma center.

The CHRISTUS education staff put great effort into offering supplementary classroom training and certification that elevated the Soldiers’ abilities to treat patients during the COVID-19 pandemic and teach them additional trauma skills. This partnership makes the 32nd Hospital Center better trained and even more ready to deploy globally in support of U.S. military operations.

CSTHS is located in Beaumont, Texas, and according to the hospital education director, Michelle Hammerly, treats approximately 1,500 trauma patients annually.

Soldiers handpicked by their platoon sergeants were in the first cohort to train and rotate through the various departments of the CHRISTUS Southeast hospital.

The 32nd HC medical skills rotation involved 10 Soldiers from multiple military occupational specialties to work in the trauma center for 30 days.

The relationship with CHRISTUS Health Care System has proven to be a vital asset to Soldiers’ clinical training.

The ongoing requirement to fulfill annual Individual Critical Skills Task List objectives for each MOS is accomplished through these partnerships.

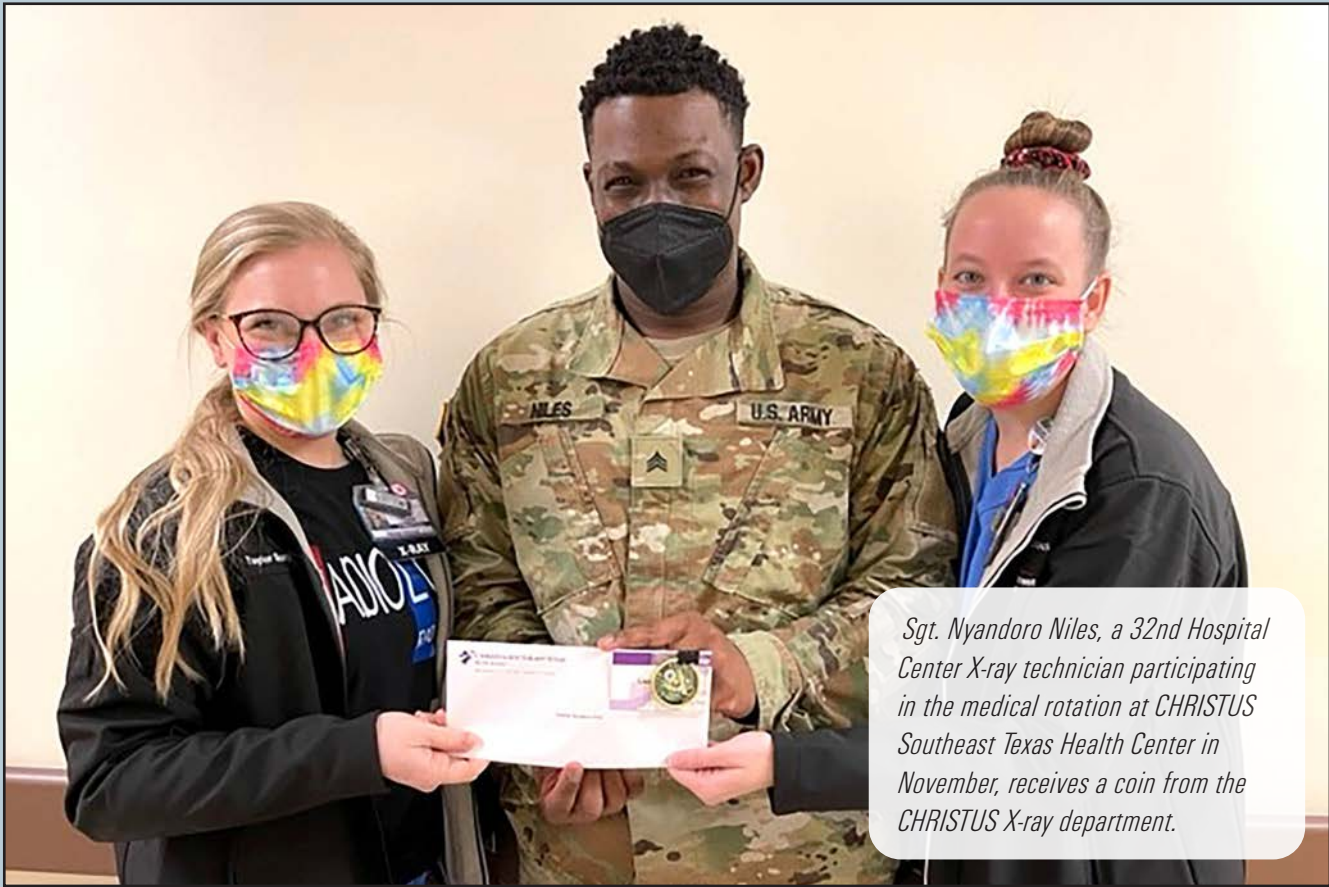
The rotation through the emergency department, intensive care unit, mother-baby, nutrition care and several other departments display the diversity of the exposure for Soldiers’ experiences. There was positive feedback and praise from the staff of each department when it came to Soldiers showing initiative and expertise.

The excitement of having Soldiers in the hospital was palpable. They excitedly told stories of their experiences from the past 30 days during the close-out breakfast.

CHRISTUS staff also stated the Soldiers displayed a positive attitude and ability to lighten the environment. Staff said the Soldiers were a breath of fresh air and a source of the excitement



32nd Hospital Center Soldiers participate in the medical rotation at CHRISTUS Southeast Texas Health Center in November.



Sgt. Nyandoro Niles, a 32nd Hospital Center X-ray technician participating in the medical rotation at CHRISTUS Southeast Texas Health Center in November, receives a coin from the CHRISTUS X-ray department.

ment of the doctors, nurses, specialty providers, nursing students and, even more so, the patients. Appreciation was evident by the patients offering handshakes and the statements, “Thank you for your service.”

Fourteen years into his military career, Staff Sgt. Michael Morgan completed his first civilian hospital rotation. He said he was thoroughly impressed by the effort and professionalism

that the CHRISTUS staff put forth.

“If every Soldier’s training comes close to what I have experienced, our Soldiers will continue to be better trained and educated because of the CHRISTUS staff.”

The staff at CHRISTUS said they were sad to see the Soldiers leave, but expressed their excitement about the next group of Soldiers to come.

COURTESY 32ND HOSPITAL CENTER

BJACH conducts skills fair for installation providers

By JEAN CLAVETTE GRAVES
BJACH PAO

FORT POLK, La. — Bayne-Jones Army Community Hospital hosted an area of concentration, individual critical task list skills fair Dec. 13-14 at the Joint Readiness Training Center and Fort Polk.

Capt. Lizamara Bedolla, chief of BJACH hospital education and staff development, said the event was set up for military medical providers.

“What we’ve created is a skills fair with tasks specific to the providers so they can get the required repetitions and training they may not get otherwise” she said.

Bedolla said the fair had eight stations and the instructors were subject matter experts from BJACH.

“We went through the ICTLs, determined which were necessary and most commonly shared among the majority of our providers,” she said. “Our goal was to provide an effective training event for as many people as possible. ICTLs are a continuous dynamic requirement that vary from task to task. Getting the necessary receptions in the time frame allotted is what it takes to stay current on each task.”

Bedolla said the participants were medical doctors, physician assistants, nurse practitioners, pediatricians, surgeons and emergency medicine physicians from BJACH, 3rd Brigade Combat Team, 10th Mountain Division and 32nd Hospital Center.

Lt. Col. Daniel Cash, deputy commander for clinical services at BJACH, said the skills fair ensures medical readiness for all military providers.

“This training is very important,” he said. “We get hands on repetitive instruction that is necessary on the battlefield.”

Cash said BJACH will host ICTL skills fairs on a regular basis to give all providers the opportunity to attend.

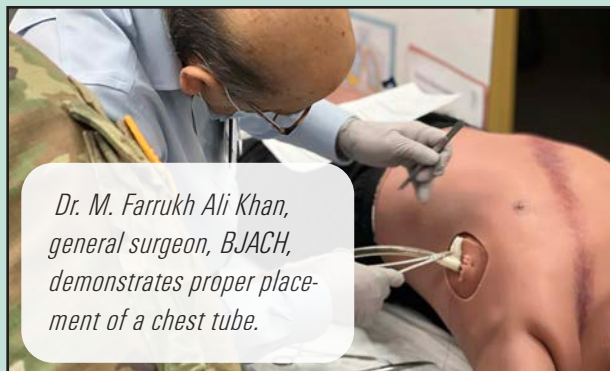
Maj. Loraine Baraki, chief of obstetrics and gynecology at BJACH said revisiting these skills during the fair was valuable training.

“As a 60J, Advanced Operations Course as an obstetrician-gynecologist, we have been identified as being somewhat like a Swiss Army knife,” she said. “Not only do we develop the skills to run a clinic and provide excellent care in that setting, we have also gone through training for surgical skills as well. There are a wide variety of procedures we are expected to perform.”

Baraki said exposure to the procedures taught during the skills fair is beneficial not



Lt. Col. Jeffery White and Dr. Edward Southern, orthopedic surgeons, Bayne-Jones Army Community Hospital, provide a block of instruction on the proper placement of a tourniquet and how to splint a fracture during the individual critical task list skills



Dr. M. Farrukh Ali Khan, general surgeon, BJACH, demonstrates proper placement of a chest tube.



Medical providers from Bayne-Jones Army Community Hospital practice treating an abscess and cysts.

only for individual provider knowledge and confidence in different areas but also for patient safety and outcomes.

“Labor and delivery is a very interesting place and I love it,” she said. “No matter how low risk we screen our patients to be, anything can happen at any time. Preparing myself and my OB-GYN colleagues to be able to respond to emergencies and perform life saving measures is extremely, extremely important.”

Baraki said being a military OB-GYN is exciting and during a deployment she has a lot of skills and flexibility to provide.

“The unique thing about my AOC is that we can potentially wear three hats while deployed,” she said. “We can deploy as a general practitioner, as an OB-GYN or as a surgical assistant. While we don’t do trauma surgery on a regular basis, we do know how to safely and quickly access an abdomen to control hemorrhage, for example.”

1st Lt. Steven Reed, battalion physician assistant, 2nd Battalion, 30th Infantry Regiment, 3rd BCT, 10th Mtn Div, said he participated in the skills fair to get some hands on training.

“I needed to brush up on stabilizing eye trauma, sutures, abscess drainage and completing my ICTLs,” he said. “I see a lot of lacerations at 3/10 and the emergency room doc, Captain

Dane Nerad, showed me some tricks I will be able to utilize immediately.”

Maj. Mike Stevens, optometrist at BJACH, was the instructor for the eye trauma station.

“It’s important to prepare all health-care providers for a downrange experience,” he said. “While deployed I’ve seen ocular trauma and this training will give providers the tools necessary to treat a penetrating eye injury or chemical burn.”

Stevens said the eye is a very resilient organ and stressed that the training is beneficial to stabilize a casualty for evacuation.

Lt. Col. Marcia Brimm, chief of the primary care clinic at BJACH, said she enjoyed the hands on training.

“The trauma aspect of this training is not something we see in primary care regularly,” she said. “This was a great opportunity to refresh our skills and work with other providers with different specialties. When we deploy we work together and knowing what our roles are in a trauma situation is critical. Understanding a little bit about the responsibilities of specialists to my left and right is vital. While deployed I will have to provide the first assessment and respond appropriately to stabilize the patient and treat the injury until they can be taken to higher levels of care.”

Life can be stressful.
Below are some sites that can be helpful.



911 EMERGENCY
PHONE: 911

Request emergency police, fire, and ambulance services in North America 24/7.



SUICIDE PREVENTION
PHONE: 800-273-8255
suicidepreventionlifeline.org

Free and confidential emotional help for people in suicidal crisis or emotional distress 24/7.



MILITARY CRISIS LINE
PHONE: 800-273-8255, press 1
Militarycrisisline.net

Free & confidential help for Active, Reserve, National Guard Service Members, and Veterans in crisis or in need of help 24/7.



MILITARY ONE SOURCE
PHONE: 800-342-9647
Militaryonesoure.mil

Free, comprehensive information on every aspect of military life for Active Duty, Guard, Reserve, and their families.



SEXUAL ASSAULT SAFE LINE
PHONE: 877-995-5247
Safehelpline.org

Free and confidential help for members of the DoD community affected by sexual assault 24/7. Staff can refer you to local civilian or military resources available.



DOMESTIC VIOLENCE HOTLINE
PHONE: 800-799-SAFE (7233)

Available 24/7 for safety planning and referrals to local resources.



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. Check the last four numbers of the VIN number. If one of these vehicles belongs to you, please contact the Fort Polk Police Traffic Section at 531.1806 / 6675 / 2677.

1999	Chevrolet	Suburban	3573
2000	Chevrolet	2500	0222
2005	Toyota	4 dr	8911
1993	Honda	Civic	0478
2019	Ford	Fiesta	9660
2009	Chevrolet	Equinox	7783
2002	Honda	CRV	7722
2014	Nissan	Maxima	0131
1988	Chevrolet	3500	4195
2005	Mercury	Sable	9544
2011	Chevrolet	Equinox	3730
2014	Chevrolet	Malibu	9771
2009	Chevrolet	Cobolt	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	9048
2005	Nissan	Altima	9465
2017	Nissan	Sentra	3505
2006	Dodge	Charger	5068
2000	Ford	Ranger	3852
1998	Honda	CRV	6564
1995	Ford	Crown Vic	4288
1995	BMW	530i	4287
2006	Jeep	Commander	5558
2005	Chevrolet	Cobalt	1230
2009	Pontiac	G6	7014
2001	Kawasaki	650	0233



ANGIE THORNE/ GUARDIAN

Walking Town Hall

A Joint Readiness Training Center and Fort Polk Walking Town Hall was held Dec. 14 in the Dogwood Terrace neighborhood. Fort Polk command, along with unit leaders and representatives from organizations such as Bayne-Jones Army Community Hospital, Directorate of Emergency Services, Office of the Staff Judge Advocate and more took part in the town hall, gauging

the satisfaction of neighborhood residents about their housing. During the tour, one neighborhood's children were hosting a holiday hot chocolate stand. Joint Readiness Training Center and Fort Polk Commanding General, Brig. Gen. David S. Doyle, patiently waited for the children manning the stand to make him a cup with marshmallows on top.

'TIS THE SEASON TO BE FIRE SAFE!

Prevent These Leading Causes Of Fire During the Holidays.

▲ **Cooking** is the leading cause of fires during the holidays. **Always stay in the kitchen** while cooking!

▲ **Heating equipment** is the second leading cause of fires during the holidays. Heating systems and chimneys should be **inspected and cleaned annually** by a qualified service technician.

▼ **Smoking** is the leading cause of fatal fires during the holidays. Butt-out cigarettes in **large, deep ashtrays**.

▲ **Alcohol** is a factor in approximately one in five fatal fires during the holidays. **Drink responsibly** during the holiday season.

Fire Moves FASTER Than You!

You Need To Be Responsible For Your Family's Fire Safety!

Install **smoke and carbon monoxide alarms** in your home. Test them every month.

Practice a **home fire escape plan** so everyone in your home knows what to do when the smoke and carbon monoxide alarms sound in an emergency.



Fort Polk Garrison Religious Support Office Community Christmas Workshop



Christmas Workshop

Who: Chapel Community

What: Christmas Workshop

When: 12 December 21

Where: Main Post Chapel, Fort Polk

Impact: The religious education team hosted an ecumenical hands on religious education workshop for the Fort Polk community. Families invited to participate in a two hour , open house style workshop where children of all ages were afforded the opportunity to participate in story time, ornament making, a sensory nativity experience, cookie decorating, and Advent wreath making. Two stories were held at scheduled times where families were invited to hear of the story of the birth of Jesus, and or the story of a Soldier's night before Christmas. A Nativity sensory experience we offered allowing children and adults to proceed through stations where they could touch, smell, and collect the people and animals from the nativity story. Each station was based upon scripture and families could choose a self-guided tour, or opt for a tour guide to walk them through the nativity story. At the end of the experience each child had a full nativity set to take home. Families were also offered a small table top Advent wreath to customize with guidelines on how to start a new family tradition during Advent. Each wreath had a candle coinciding with the week of Advent and a devotion to share as a family. The hope is that families will make this a part of their Christmas tradition. The event was well attended, and offered something for every age to participate in.

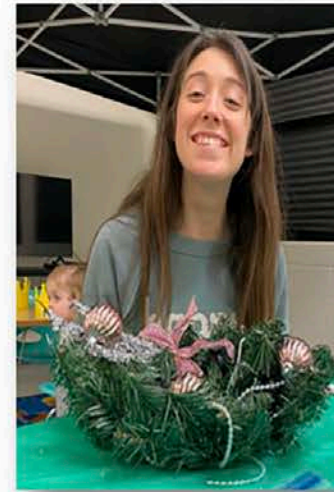
Submitted by, Chrissa M. Gross, Director of Religious Education, 337-531-7056, Chrissa.m.gross.civ@mail.mil



Children collect a kid friendly nativity set as they venture through the nativity stations.



The Nieves family makes Christmas ornaments together.



Mrs. Parrot Makes an advent table wreath for her family, starting a new Christmas tradition with her young child.



Ellie Markee reaches in the sensory box to find out what the Donkey that Mary rode may have felt like.



Asa Godwin makes an ornament with his mother.

FORT POLK CHRISTMAS SERVICE SCHEDULE AT MAIN POST CHAPEL

CATHOLIC SERVICES

- CHRISTMAS EVE MASS 24 DEC 1600
- NEW YEAR'S EVE MASS 31 DEC 1600

CHAPELNEXT SERVICES

- 1ST SUNDAY OF ADVENT "HOPE" 28 NOV 1000
- 2ND SUNDAY OF ADVENT "PEACE" 5 DEC 1000
- 3RD SUNDAY OF ADVENT "JOY" 12 DEC 1000
- 4TH SUNDAY OF ADVENT "LOVE" 19 DEC
- CHRISTMAS EVE CANDLELIGHT SERVICE 24 DEC 1800
- CHRISTMAS SERVICE 1000

GOSPEL SERVICE

- CHRISTMAS SERVICE 20 DEC 1200



Briefs

Georgia Avenue traffic

Beginning Jan. 5, traffic on Georgia Ave between 23rd Street and Louisiana Avenue will be two way traffic.

There will be cones up to delineate the two lanes of travel and additional signage at intersections to clarify the two way traffic pattern.

There may be slight delays in traffic on Jan. 5 along Georgia Avenue to allow for setup of all necessary markers, but should be of little impact to the general populace.

Georgia Avenue north of Louisiana (Louisiana Avenue to Third Street) will remain one way traffic and will be marked accordingly.

Flu shots

Flu shots are available for Department of Defense civilian employees at Occupational Health, bldg 3515, from 8 a.m.–3:30 p.m., Monday–Friday. If accommodations need to be made outside of those hours please contact 337.531-6131.

Retirees, Family members and beneficiaries can get their flu shot at BJACH Immunization Clinic on a walk-in basis from 9 – 11 a.m. and 1-3 p.m., Monday–Thursday and 9-11 a.m. Fridays.

COVID-19 shots and boosters are available. Call 337.531.3011 or visit [tricareonline.com](https://www.tricareonline.com) to schedule an appointment.

Christmas Festival

If you haven't had a chance to see the 95th Annual Natchitoches Christmas Festival, you still have time.

The festival is one of the oldest community-based holiday celebrations in the country. Starting as a one-day festival, it has evolved into a six-week long Christmas event that doesn't conclude until Jan. 6. Families can enjoy the spectacle of more than 300,000 lights and 100 plus set pieces on display every night at dusk.

Saturday, visitors can enjoy a variety of events:

- Cookies with Santa — the fun takes place from 10 a.m.-4 p.m. Children can create a Christmas craft, enjoy homemade cookies, write a letter to Santa and more. The cost is \$10.

- Lighted Boat Parade — watch from the riverbank at 5 p.m. as festively decorated boats travel

down the river.

- Fireworks — Enjoy a bombastic display of fireworks at 7 p.m. over Cane River Lake.

Admission to the festival is \$10 per person.

For more information visit <https://www.natchitocheschristmas.com>.

Holiday light safari

Looking for something a little different to engage your Christmas spirit? Look no further than the Alexandria Zoo's Holiday Light Safari. The safari takes place today, Saturday and Sunday, but the week of Christmas the safari is held Dec. 22-23 and the last week of December the safari is held Dec. 26-29.

The zoo opens at 5:30 p.m. The last entry is at 8 p.m. and the zoo closes at 9 p.m. General admission is \$8 per person. Children 3 and under get in free.

See the zoo in a different light — Christmas lights — and create wonderful holiday memories. Take a stroll through a zoo filled with thousands of sparkling and whimsical lighted animal figures.

You can also take a merry ride on the zoo train to see even more lights. For more information visit <https://www.thealexandriazoo.com>.

COVID-19 BOOSTER SHOT AVAILABLE NOW



At the BJACH Immunizations Clinic
Tuesday—Thursday 9 - 11 a.m. (Moderna)

Tuesday—Thursday 1-3 p.m. (Pfizer)

Call 337-531-3011 or visit [TRICAREONLINE.COM](https://www.tricareonline.com) to schedule your appointment.

More Americans are now eligible for booster shots.

- o Everyone 18 years and older is now eligible for a booster shot.
- o Healthy people who were not previously recommended for a booster shot may now receive one.
- o All people 50 years and older are recommended to get a booster shot.
- o Everyone 18 years and older who received a J&J/Janssen vaccine at least two months ago should get a booster shot.

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/booster-shot.html>

WHO IS ELIGIBLE FOR A BOOSTER?

What did you get?	When can you get a booster?	Who is eligible for a booster?
Pfizer	6 months after 2nd dose	18 years and older
Moderna		
Johnson & Johnson	2 months after single 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.





1ST TUESDAY OF THE MONTH

..... SSG REYES CLUB SECRETARY

BLDG 220 INPROCESSING BLDG AT 1145

MORE INFORMATION 847-809-3768