

**THE JRTC AND FORT POLK**

# **GUARDIAN**

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# Fort Polk bids **farewell** to Henry

By **CHRISTY GRAHAM**

Public Affairs and Communications

FORT POLK, La. — A change of responsibility ceremony for the Joint Readiness Training Center and Fort Polk's outgoing Post Command Sergeant Major, Command Sgt. Maj. Michael C. Henry, took place March 3 at Warrior Field.

Brig. Gen. David S. Doyle, JRTC and Fort Polk commanding general, welcomed the distinguished guests, Soldiers and Family members to the ceremony.

"I'm thankful that all of you have come today to recognize Command Sergeant Major Henry's contributions to this installation, this organization and the United States Army."

Doyle said that Henry is going on to Fort Eustis, Virginia, where he will continue to serve the U.S. Army in the Training Doctrine Command headquarters.

"I'm confident that Command Sergeant Major Henry has all the skills, responsibility and leadership attributes to continue making an impact for our Army and exercise the influence that is necessary in this critical time," Doyle said.

Doyle said that Henry is going to continue shaping the Army in great ways, with a degree of professionalism expected from all nominative command sergeants major.

"A command sergeant major, who is fulfilling his or her charge, lives and breathes the Army's highest priority, which is people first," Doyle said, "and Command Sergeant Major Henry personifies this charge."

Doyle explained that Henry effectively trained and mentored eight subordinate mission command sergeants major, more than 30,000 Soldiers who came to JRTC and Fort Polk during his tenure



*Command Sgt. Major Michael Henry speaks at his Relinquishment of Responsibility ceremony, held on Warrior Field March 3.*

CHRISTY GRAHAM/GUARDIAN

and "became the reliable advocate for the 20,000 personnel, Soldiers, Family members, civilians and individuals affiliated with the installation who live or are assigned to the greater Fort Polk area."

The commanding general said that Henry has been a sounding-board for JRTC and Fort Polk leaders.

"He's been reliable and consistent in providing candid feedback, he's helped our garrison team, and he's vigilant as an observer and communicator when dealing with the needs and concerns of our Families," said Doyle.

In dealing with other Army leaders, Doyle said that Henry always applied his knowledge and understanding of executive communications to achieve the JRTC and Fort Polk's purpose and goals.

"Command Sergeant Major Henry, thank you for your work ethic, leadership and trusted consultation," Doyle said.

"You've made the JRTC and Fort Polk a better place, you've made me a better officer and you've ensured that our Soldiers are more prepared than they were before they met you to answer our nation's call. For that,

we all say thank you and job well done."

Henry first thanked those in attendance at the ceremony and then recognized his wife, Heather.

"During these ceremonies I have always, and will always, recognize my wife first. You are the most selfless person in our Family, and we are in your debt — it will take more than this lifetime to repay you," Henry said.

Henry said that, to help express his experiences over the last 24 months of service at the JRTC and Fort Polk, he read "The Hero Code," written by Admiral William H. McRaven, U.S. Navy, Retired, which conveys 10 hero codes (courage, duty, hope, integrity, humility, perseverance, humor, sacrifice, compassion, and forgiveness) that pay a tribute to the heroes McRaven met over the years of his life.

"The book recounts stories of people who possess qualities giving them the power to help others, make a difference and save others," Henry said.

Henry said that he, too, witnessed everyday heroes who displayed the 10 hero codes described

Please see **Farewell**, page 3



**JRTC and Fort Polk**  
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**@JRTCOperationsGrp.** @

**BayneJonesACH** or **@fortpolkmwr**.



**Cover photo:** Command Sgt. Maj. Michael C. Henry, outgoing post command sergeant major, prepares to pass the colors to Brig. Gen. David S. Doyle, JRTC and Fort Polk commanding general, signifying his relinquishment of responsibility at a ceremony held March 3 at Warrior Field. Henry served at the JRTC and Fort Polk for more than two years and will continue his military service at Fort Eustis, Virginia, at the Training Doctrine Command headquarters. (Photo by Christy Graham).



# JRTC, Fort Polk Soldier, civilian **engineers** among nation's best

By **CHUCK CANNON**

Public Affairs and Communications

FORT POLK, La. — The Joint Readiness Training Center and Fort Polk joined the rest of the U.S. Army and the nation in celebrating the work of engineers during National Engineer Week, Feb. 20-26.

For JRTC and Fort Polk, the week called attention to the contributions engineers make not only to the Soldiers and Families that call the installation home, but also to the myriad of Soldiers who pass through the gates of the Army's premiere training center.

Greg Prudhomme, director, Fort Polk Directorate of Public Works, said the installation's engineering division staff has been strained addressing workloads well above the baseline annual work plan, combat training center and customer funded requirements.

"In addition to the baseline services, the engineering team started an aggressive fiscal year 2020 developing acquisition packages and strategies to execute numerous Quality of Life initiatives identified by the QoL Task Force," Prudhomme said. "After the QoL actions were successfully awarded, the engineer team's 2020 holiday season was interrupted with project development requirements following two hurricanes which impacted Fort Polk in August and October 2020."

Prudhomme said the engineering team completed damage assessments covering the entire installation, developed scopes and acquisition packages for repairs to 163 buildings, and ensured the fiscal year 2021 obligation of funds received for identified damages.

"The work continues today with the majority of the efforts underway," he said. "These achievements were made without additional manpower resources which has drastically impacted the morale of the workforce. The engi-



*Garrison command presented certificates to Directorate of Public Works engineers Feb. 24 as part of National Engineer Week.*

CHUCK CANNON/GUARDIAN

neers keep plugging along to support the installation mission."

Prudhomme said environmental engineers in the Directorate of Public Works, Environmental Division, excelled in managing the Army's Compliance Branch.

"They successfully passed a difficult External Environmental Performance Assessment inspection for the installation," he said. "They have played key roles for the installation by solving difficult environmental issues, compliance problems and addressing new requirements."

The Operations and Maintenance Division engineering team provides the overarching management of the Service Contract portfolio, executing about \$43 million annually, Prudhomme said. These services range from routine municipal services such as solid waste collection, vegetation control and custodial services, to more complex problem sets of utility services and property repair and maintenance.

"During the past two years, the OMD engineers have provided managerial and technical expertise to the contracted service providers

through two major hurricanes, two tornadic events, and one major winter storm, all while working in a COVID environment," Prudhomme said. "Their efforts were realized in minimizing utility outages and real property asset loss, which directly correlated to cost savings."

To honor the engineers, a ceremony was held on the installation's Spike Field for DPW Engineers. Col. Sam Smith, commander, U.S. Army Garrison Fort Polk, presented certificates to the DPW engineer team and spoke about its importance to the JRTC and Fort Polk.

"We wanted to bring you all together and let you know that you're appreciated, and say 'thank you' for everything you do for our community and installation," Smith said. "You've completed a lot of projects, with a lot of complexities, and we wanted to honor you during National Engineers Week."

National Engineers Week was started in 1951 by the National Society of Professional Engineers in conjunction with President George Washington's birthday. Washington is considered the nation's first engineer, notably for his survey work.

## Farewell

Continued from page 2

in McRaven's book, while serving here.

Henry said he sees courage, sacrifice, compassion, duty and hope in the men and women that serve or work at the Bayne-Jones Army Community Hospital, in the Cajun Dust-off air crews and in the JRTC and Fort Polk senior leadership.

"Know, too, there are many more heroes across the enterprise who display compassion, duty and hope. We are fortunate to have these heroes in our ranks and communities, showing that, ultimately, people do come first," he said.

Another example of heroes, Henry said, is found in the mortuary affairs team, displaying courage, humility, integrity, compassion, duty and hope.

"These heroes are trusted sentinels at the

last watch for our Soldiers, Families and our communities," he said.

Henry said that there are also heroes in our parishes, serving as first responders, government officials and local business owners, who exemplify the hero codes compassion, humility, courage, hope, humor and perseverance.

"I will take away memories of compassion in going to restaurants and businesses in our parishes where dinner felt like I had been welcomed at their home dinner tables. We're fortunate to have these heroes, and it is that sense of home at the JRTC and Fort Polk that Heather and I will miss the most," he said.

Hero codes courage, sacrifice, compassion, perseverance, hope and humor were shown by the Families, officers, non-commissioned offi-

cers and Soldiers serving in their assigned formations, said Henry. He said that these qualities are displayed by event organizers and the Soldiers or Department of the Army civilians at installation events, such as movie night, cosmic golf and the mud and color runs, or during the shared experiences of significant weather events.

"Our Soldiers and Families are the most humbled people I have ever served with — the hero codes I've spoken to captures the essence of each of the subordinate commands under our charge," Henry said.

"During my time at the JRTC and Fort Polk, I have been afforded an opportunity to walk amongst giants — we are humbled to have been a small part of this experience," he said.



# MEDEVAC Conference endeavors to inform, enhance emergency response

By **ANGIE THORNE**

Public Affairs and Communications

FORT POLK, La. — Understanding the procedures and protocols when asking for help from the U.S. Army is an essential form of communication in an emergency and can be the key to saving lives.

That open communication between Fort Polk and its parish and state partners was the focus of the Joint Readiness Training Center and Fort Polk Medical Evacuation Conference held March 3 at Fort Polk's Berry Mission Training Complex.

JRTC and Fort Polk command and leaders from the Directorate of Plans, Training, Mobilization and Security, Bayne-Jones Army Community Hospital, Directorate of Emergency Services, 1st Battalion, 5th Aviation Regiment — Cajun Dustoff, Judge Advocate General and others attended the event, along with representatives from state and local emergency agencies.

Off-post agencies were briefed about current Army regulations centering on cooperation between Fort Polk and its state and local counterparts.

Mark Leslie, interim deputy garrison commander, said the event established a dialogue and enhanced understanding that Fort Polk assistance must be requested within the legalities, obligations and policies of the Army. He encouraged those in attendance to ask questions and relay ideas.

"We aren't going to be talking the entire time. We want this to be a dialogue on everything from MEDEVAC situations to emergency management," he said.

Brig. Gen. David S. Doyle, JRTC and Fort Polk commanding general, said the conference prioritized a collective understanding among participants.

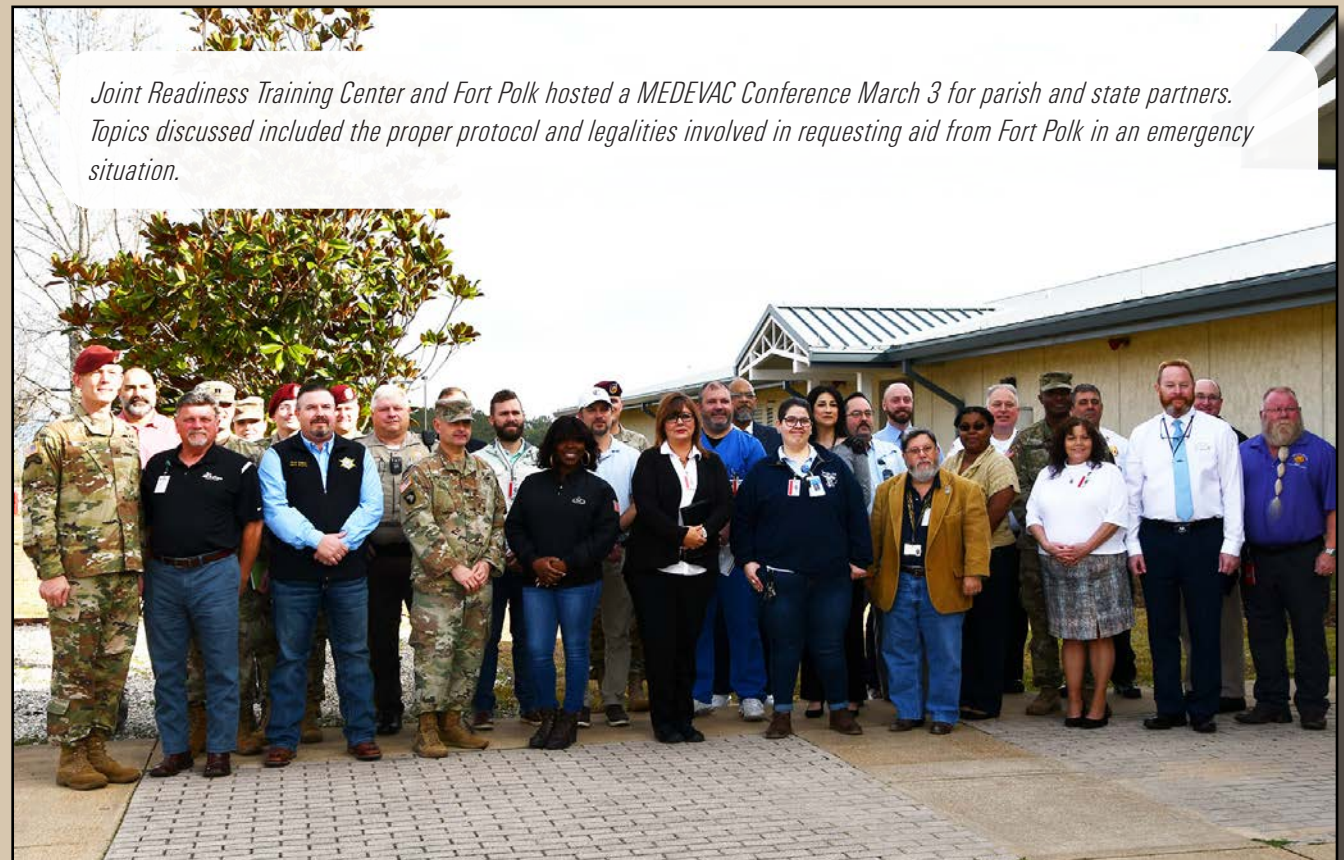
"These discussions we have about how we do business when lives are at risk are essential. We don't want to pick things up on the fly. We want to already have a degree of confidence that we all understand and execute what we agree to in an emergency situation," he said.

Doyle said taking the information from this conference and using it is something Byrd Regional Hospital has done well in the past.

"They made the last MEDEVAC request that we authorized," he said.

Jeremy Lambright, Byrd Hospital emergency room director, said the MEDEVAC conference was a great opportunity to develop working relationships that are important when an emergency occurs.

"This is an opportunity to get to know those people (at Fort Polk and beyond) on a personal basis and better help them understand what we can offer, as well as what we can depend on when an emergency strikes. We are fortunate to have that access and opportunity to give



*Joint Readiness Training Center and Fort Polk hosted a MEDEVAC Conference March 3 for parish and state partners. Topics discussed included the proper protocol and legalities involved in requesting aid from Fort Polk in an emergency situation.*



*Brig. Gen. David S. Doyle, JRTC and Fort Polk commanding general, welcomes those attending the MEDEVAC Conference held March 3.*

and receive help when it's needed," he said.

Paul Fuselier, Director of Business Development for Acadian Ambulance, said the conference was the perfect way for civilian agencies to understand how things work at Fort Polk.

"That kind of information strengthens our relationship and makes clear the assets we both have. You can't have enough communication and training when it comes to emergency situations," he said.

Jennifer Huntley, Vernon Parish 911 supervisor, said she believes the conference is just one way to keep communication open between Fort Polk and Vernon Parish.

"That interaction is especially important in our field — emergency services. It's an important partnership and we've always had a good dialogue with Fort Polk. This also keeps us abreast of new policies, technology and advancements. We really appreciate being invited to such a great event," she said.

Chief Deputy Brad Walker, Sabine Parish

Sheriff's Office, said he attended the conference because he knows if there was a major catastrophic event and they didn't have the resources to handle it alone, Fort Polk would be there for them.

"I feel confident saying Fort Polk would have our backs," he said.

Craig Wilgus, Fort Polk DES fire chief, went over the process to follow when you need support from the fire department.

"The most recent request we received and assisted with involved a vehicle extraction on La. Hwy 28," he said.

Wilgus said he has been at Fort Polk more than two years and in that time much has happened when it comes to emergency response.

"We appreciate all that our parish partners do and we hope they appreciate what we do in return," he said.

Doyle said Fort Polk loves being part of Central Louisiana and strives to be a good friend and neighbor.





### Fort Polk renews contract

Col. Sam Smith, Fort Polk garrison commander, (left) signs the renewal of an Intergovernmental Service Agreement with the City of Leesville to clear vegetation at Fort Polk. Smith says the IGSA allows the Fort Polk community the opportunity to be ready to train on their ranges and drop zones, while Leesville maintains the grounds at Fort Polk, saving money each year. Smith says

Fort Polk is appreciative for the support and partnership the Leesville community provides. Rick Allen, Leesville mayor, waits his turn to sign the official paperwork. Allen says Leesville is thankful for the chance to support their neighbor. Allen says it their partnership has been a win-win for his community as well as Fort Polk.

## Ribbon-cutting celebrates South Fort Green Sand Filtration System

By **ANGIE THORNE**

Public Affairs and Communications

FORT POLK, La. — The ribbon-cutting ceremony for the South Fort green sand filtration system was held March 7 in Fort Polk's Dogwood Terrace neighborhood.

The filtration system's purpose is to filter out the high levels of iron and manganese found in the installation aquifers, which made the water brown.

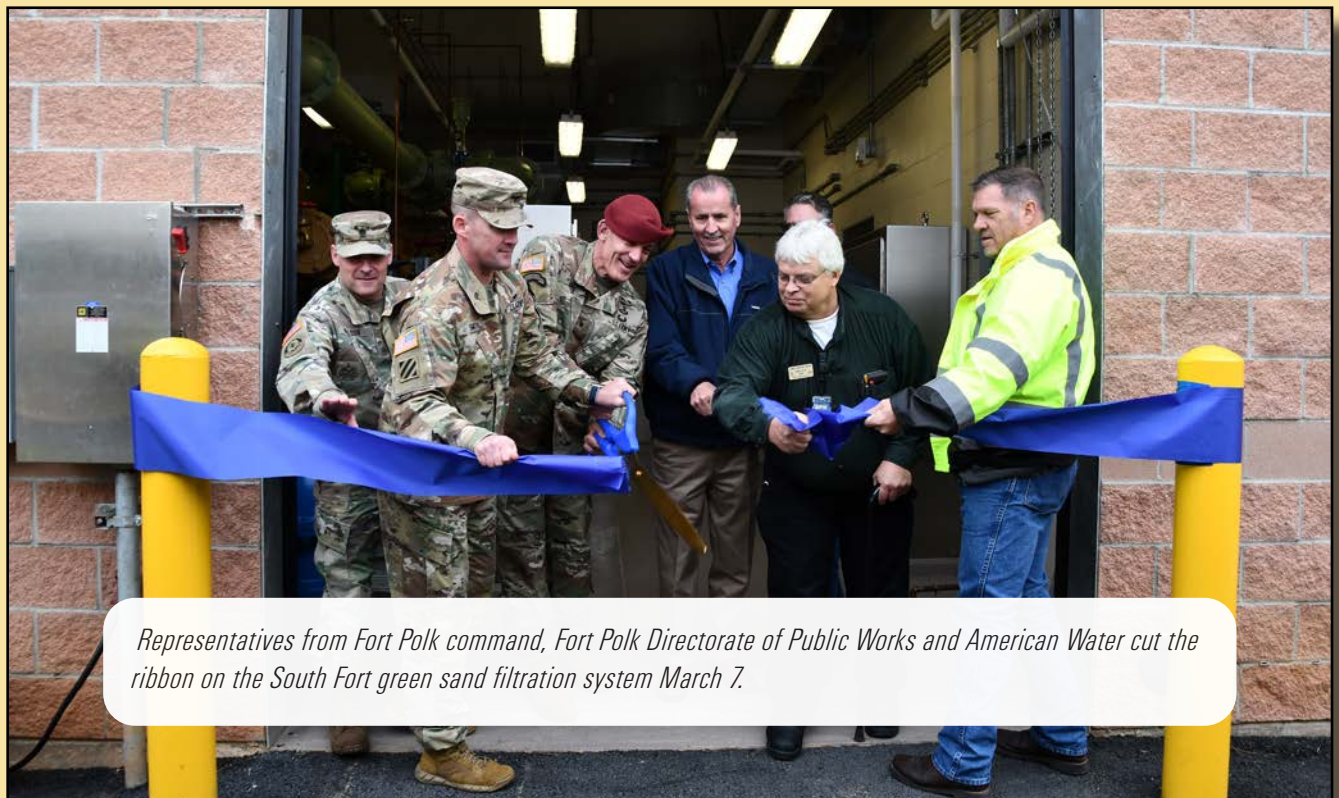
Discolored water is an issue Fort Polk has been dealing with since 1941, said John Williams, American Water general manager.

"In September of 2014, American Water, a privatized partner, was asked to design and construct three green sand filtration systems to remove these compounds in the South Fort cantonment and housing water system and North Fort cantonment area. These water system upgrades demonstrate Fort Polk's commitment to the quality of life for our Soldiers and Families," he said.

Col. Sam Smith, Fort Polk garrison commander, said the Green Sand Filtration System was an important addition to Fort Polk's quality of life.

"Although the discoloration impacted the aesthetics of our water, it was safe to use and consume. Fort Polk has been invested in testing to confirm this," he said.

Smith said in June of 2019 Fort Polk was approved to install the green sand filtration wa-



Representatives from Fort Polk command, Fort Polk Directorate of Public Works and American Water cut the ribbon on the South Fort green sand filtration system March 7.

ter treatment plant.

"We secured \$12.8 million for the project. It became operational Jan. 24 and has been removing iron and manganese from the well water before it reaches our residents' taps," he said.

Smith said projects like the Green Sand Filtration System take clear vision and a lot of hard work to complete and thanked American Water and DPW for getting the job done.

"We also want to thank the community for

their patience on this project," he said.

Smith said the North Fort Green Sand Filtration System construction is currently underway. "This \$6.8 million project is expected to open in November of 2022," he said.

Bob Dohoney, American Water regional director, said, "This filtration system is a game changer for water quality on Fort Polk. Soldiers, Families and government employees benefit from this huge advance in quality of life."





SPOUSE  
EMPLOYMENT



HEALTH CARE



CHILD CARE



PCS MOVES



HOUSING

# Employment Readiness Program offers spouse employment opportunities

By **ANGIE THORNE**

Public Affairs and Communications

FORT POLK, La. — If you are a Fort Polk military spouse trying to find employment, look no further than Fort Polk's Employment Readiness Program.

Stacey Delgado, Fort Polk's ERP manager, said that military spouses have a plethora of resources available to them when it comes to finding employment.

The following ERP programs and opportunities are central to assisting spouses in their job search, according to Delgado:

- Military One Source Spouse Employment and Career Opportunity Program — the Department of Defense established the program to provide education and career guidance to military spouses worldwide and offers comprehensive resources and tools for all stages of a spouse's career progression including career exploration, education, training and licensing, employment readiness and career connections. For more information visit <https://myseco.militaryonesource.mil/portal/>.

- Military spouse employment partnership — The DoD Military Spouse Employment Partnership connects military spouses with hundreds of partner employers who have committed to recruit, hire, promote and retain military spouses. For more information visit <https://msejobs.militaryonesource.mil/msep/>.

Delgado said the partnership includes business such as AT&T, Lowes, Walmart and Navy Federal Credit Union.

"These employers have agreed to hire spouses in their companies and help them. The positions are usually portable so that spouses can move with them when they have a permanent change of station from installation to installation," she said.

Delgado said she works with these companies locally, as well as other businesses in the surrounding area, to get ERP clients connected to jobs.

"I work with the Vernon Chamber of Commerce to get information out to the public about hiring military spouses. We had a parish wide hiring event hosted by Fort Polk's Employment Readiness Program, the City of Leesville and the Greater Chamber of Commerce July 22 at the Vernon Parish Fairgrounds. Fifteen employers participated in the event and provided



21 on-the-spot hires and 32 conditional hires to 57 job seekers," she said.

Living in a smaller community, Delgado said she is able to personally talk to employers about positions.

"I can pick up the phone and ask if they have any open positions because there is a spouse that has the right experience or credentials that would fit in their organization," she said.

The City of Leesville loves to hire spouses, said Delgado.

"When positions come available, they let me know and I post them on the spouses' Facebook page and the Fort Polk Employment Readiness Program Facebook page," she said.

- Licensure certification reimbursement program — the program helps military spouses with certifications or licensure in other states to get their state licensure in Louisiana or whatever state they are in. It covers up to \$1,000 and that includes testing.

Delgado said the burden of spouses having to do it themselves is no longer there.

"Last year in April, the state of Louisiana passed a law that went into effect in January of 2021 to help military spouses get through the state's licensing boards easier. If you search on some of the (licensing and certification) web-

sites, you will see that there is actually a military form, which makes the process a lot easier for spouses in Louisiana," she said.

- Military Spouse Relief Act for state income tax — if a sponsor is from a state that doesn't pay state income tax, such as Texas, you don't have to pay state income tax in the state of Louisiana.

Delgado said this can be financially beneficial to military families.

"When you are looking at those just above minimum wage jobs it's hard to think about losing more money to state taxes. It's one thing when they take out federal taxes, but to also take out state income taxes can hurt financially, especially when you are trying to pay for day-care. But if you don't have to pay those state income taxes, that money could go toward child care," she said.

- Red Cross Dental Assistant Program — dates aren't available yet for this course, but Delgado said it's a wonderful program for military spouses to learn the skills necessary to become dental assistants.

- Jackson-Hewitt and H&R Block scholarship — available for spouses interested in be-

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# Fort Polk's **HBB** provides self-employment option

By **ANGIE THORNE**

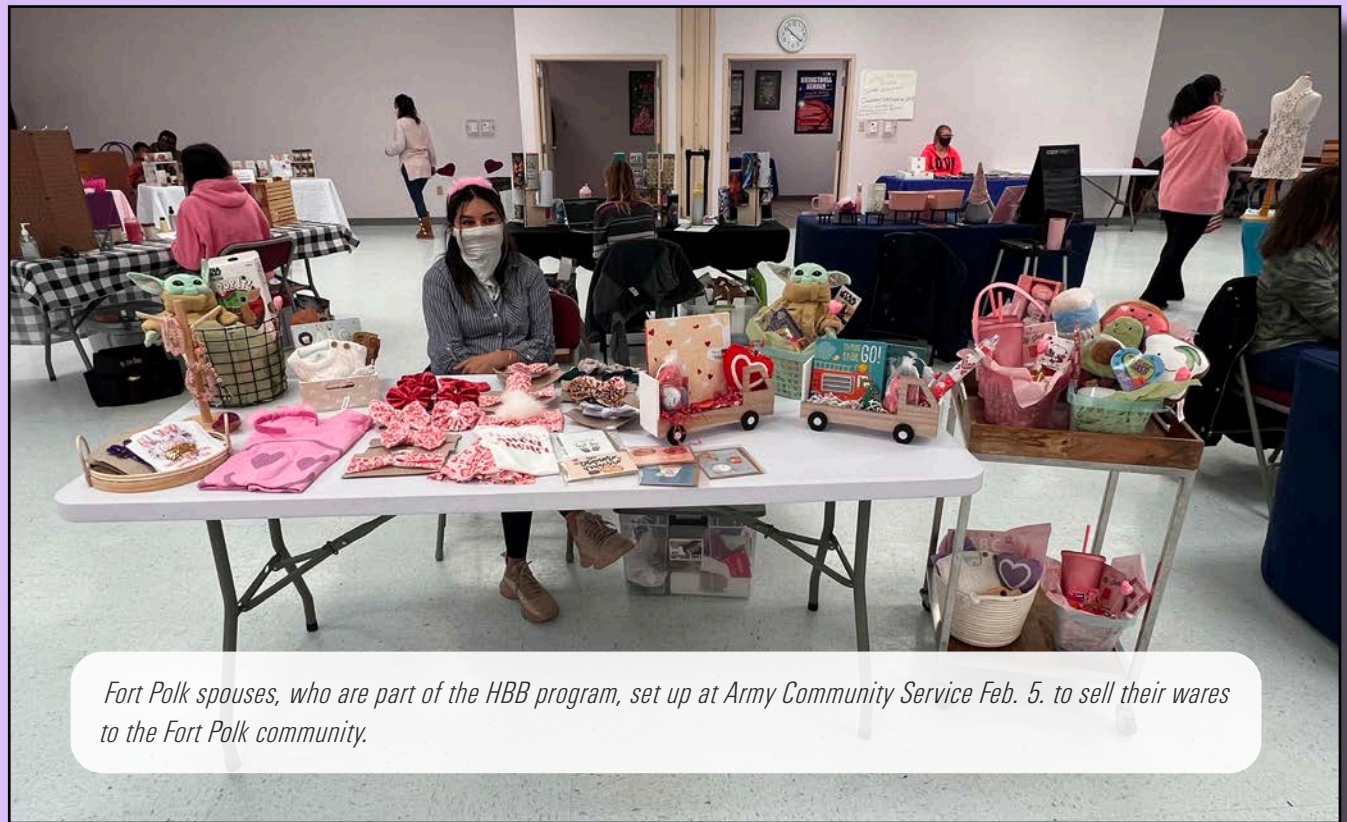
Public Affairs and Communications

FORT POLK, La. — Due to permanent changes of station, military spouses have historically had difficulties starting from scratch when it comes to finding employment and furthering careers at each new installation.

One way to end that frustration and empower spouses is by offering them the opportunity to start their own business — one that can travel with them through each PCS and continue to expand while bringing much-needed financial support to military Families on the move.

Stacey Delgado, Fort Polk's Employment Readiness Program Manager, said military spouses interested in operating a small home based business have to apply for a command approved solicitation permit or home based business permit.

Please see **HBB**, page 8



*Fort Polk spouses, who are part of the HBB program, set up at Army Community Service Feb. 5. to sell their wares to the Fort Polk community.*

CHRISTY GRAHAM/ GUARDIAN

## Employment

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coming tax professionals.

"They (spouses) take the course and go to work for either company. It's another portable career where spouses can set their own hours. The more they work, the more money they will make, she said.

Delgado said when she first started with the Employment Readiness program, she asked her boss if she could take the course.

"I wanted to take it so that I could better assist our clients by giving them an idea of what to expect when they took the course. I ended up being a tax professional for H&R Block for two years and the knowledge I gained helped me when it came to filing my family's taxes," she said.

- Family Child Care providers — these are in-home child care providers on Fort Polk.

"There is a need for FCC providers. It's a great way to earn an income without leaving your home," she said.

- Home Based Businesses — military spouses interested in operating a small Home Based Business must apply for a command-approved solicitation permit or home based business permit.

"The Army sees this as a positive way for spouses to earn an income and bring that into the home. They can set their own hours, work from home and bring their children to their jobs, which means they don't have to pay for child care. This is a program that has grown quickly and continues to expand," she said.

At Fort Polk, Delgado said she can pinpoint jobs available right now.

"The last time I talked to the Main Post Exchange (Army and Air Force Exchange Service)

I think they had quite a few positions open," she said. "There is upward mobility and it is a federal job that falls under non-appropriated funds. They can take that job from station to station and continue to grow with AAFES."

Delgado said there are also NAF positions with the Directorate of Family Morale, Welfare and Recreation.

NAF jobs can range from bartenders, security guards and maintenance workers to social workers, mechanical engineers and nurses.

There are also many federal jobs out there that spouses can apply for, said Delgado, anything from administrative positions to a medical support assistant and more.

"Understanding how the federal system works is key to getting those jobs. It can be a challenge for spouses. That's why we need them to seek subject matter experts and get the training they need. I teach the federal application process and they can make an appointment with me.

"I will sit down with them one-on-one and go through the online process from start to finish to help them learn how to look for jobs, understand what they are looking at by learning how to read the information, help them gather the important information they need to include when applying for a job and double check their profile to make sure they have all the correct blocks marked. It only takes one little thing to disqualify an applicant," she said. "I can also help spouses build their resumes. I have had success with spouses I've personally helped through the process of applying for federal positions."

Sherina Blett, who has volunteered at the

Family Readiness Center, said she took a course with Delgado called 10 Steps to a Federal Job.

"I learned so much from that class including how to write a federal resume, the difference between contract, NAF and General Schedule positions and the ins and outs of the government system," she said.

Blett said Delgado is a vital resource for spouses when it comes to jobs on and off post.

"If there is a job out there, Stacy knows about it," she said. "If you need information about employment or don't understand something, she is the person to talk to," she said.

Delgado urges spouses to contact her when they need help finding employment.

"All they need to do is come see me. I am here for them five days a week, Monday through Friday from 8 a.m.-4:30 p.m. to help however I can," she said. The Employment Readiness Program is located in the Family Readiness Center, 7960 Mississippi Ave.

For more information visit Facebook: Fort Polk Employment Readiness or call (337) 531-6922/7268.

**Got News?**  
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# On-the-spot job offers extended during JRTC and Fort Polk hiring

By CHRISTY GRAHAM

Public Affairs and Communications

FORT POLK, La. — The Joint Readiness Training Center and Fort Polk's Army Community Service hosted a hiring event at the Family Readiness Center March 2, offering interviews and job offers to attendees.

Stacey Delgado, Fort Polk Employment Readiness Program manager, said "These events assist with spouse-employment challenges.

"We are providing a venue for spouses to come, be interviewed and receive on the spot offers."

Employers at the event included Upper Iowa University; Fort Polk's Directorate of Family Morale, Welfare and Recreation; Manpower and the Army and Air Force Exchange Service.

Yasmine R. Grayson, Upper Iowa University center director, said the university is looking to fill part-time, adjunct teaching positions in the fields of psychology, business, accounting, English, math, criminal justice and sociology.

Manpower, a staffing agency at the event, said they were currently offering positions as dining facility attendants and in landscaping.

"As a staffing agency, we also take applicants' resumes and get them to the right people, helping to fill positions outside of what we are offering," said Mike Bell, Manpower onsite coordinator.



CHRISTY GRAHAM/ GUARDIAN

"During the last event, we helped someone find a human resources manager position," he said.

AAFES and Fort Polk's DFMWR each had several offerings spanning the food and retail industries to child-care and lifeguard or water-safety instructor positions.

"DFMWR hired 19 employees during last month's hiring event and had high hopes for

this month's event," Delgado said.

A military-spouse attendee Alaina Olsen said, "I've never been to a job fair, but the process was easy. I spoke to a hiring representative and she scheduled a same-day interview for me, and I got a job offer."

By the end of the event, 21 attendees received job offers, two of which were extended within the first 30 minutes of the event.

## HBB

Continued from page 7

"The Army sees this as a positive way for spouses to earn an income and bring that into the home. They can set their own hours, work from home and bring their children to their jobs, which means they don't have to pay for child care. This is a program that has grown quickly and continues to expand," she said.

In November of 2019, Fort Polk had eight Home Based Businesses on the installation and a four to six month paperwork process.

"After we looked at the process, we saw that we could shorten that time frame and make it a better program by improving the application process. Today — just two years later — we have grown to 101 Home Based Businesses," she said.

Delgado said one reason for that growth is that it's so easy to sign up.

"The HBB packets have a checklist of what they (spouses) need, the process they have to go through and a Garrison Policy letter that explains the rules and regulations of the program," she said. "They can print an application from the HBB website under the Joint Readiness Training Center and Fort Polk website page — [https://home.army.mil/polk/index.](https://home.army.mil/polk/index.php/about/garrison-directorates-and-support-offices/HBB)

[php/about/garrison-directorates-and-support-offices/HBB](https://home.army.mil/polk/index.php/about/garrison-directorates-and-support-offices/HBB)) — or they can stop by the Family Readiness Center, bldg 924, to pick up a packet and application from me at the Employment Readiness Program Office," she said.

Delgado said HBB spouses have started their own little community at Fort Polk and have become a huge support system to one another.

"They are making friends, connections and networking with other Home Based Businesses to grow their businesses by collaborating and using their skills to promote each other's talents," she said.

Delgado said in addition to the events spouses attend at Fort Polk, many of the HBBs are venturing out to local communities to set up at events such as parades, festivals and more.

"Spouses have attended events in DeRidder and worked with the city of Leesville to set up at the Third Street Market. They are bringing their products and services not only to Fort Polk, but to the parish as a whole," she said. "It's a program that has the potential to continue to grow," she said.

For more information about the HBB program call Delgado at 337.531.6922 / 7268.

Spouses that have taken part in HBB markets had great things to say about the program.

Nicolette Perez, owner of Southern Joyful Creations, said she has always loved to make a little bit of this and that.

"I do things like macrame, hand-made custom wreaths and more," she said.

Perez is a stay-at-home mom, but said she loves to work and help her Family out financially. She said she heard about Home Based Businesses and was interested, so she talked to Stacey and the ERP manager gladly walked her through the process.

"I love crafting, so it (becoming a Home Based Business vendor) kills a lot of birds with one stone for me," she said. "I've crafted all my life and done my own home decor on a budget. Now I've turned it into a business. HBB allowed me to do this. It's just been a wonderful experience in every way."

Perez said Delgado doesn't get enough credit for all she does.

"She has changed so many spouses' lives. We had nothing and she became a beacon of

Please see **HBB**, page 9



light for us," she said.

Erika Salazar, owner of Sticky Icky Customs, said she started her business organically.

She would see things on TikTok and thought she could do that herself.

"I've always loved being creative, so I thought I would give it a try. Basically, I taught myself how to screen print and cut vinyl decals through Youtube videos. I started with tumblers and moved on to T-shirts, wooden signs and more," she said. "I did the research, found wholesale vendors that sold me the equipment and decal styles I needed and my journey began. Once I got my Cricut — an electronic cutting machine that can cut designs from materials like paper, vinyl, card stock and iron-on transfers — the first thing I did was make a decal for my cup."

Salazar said she wanted to create a business for herself, as well as her Family.

"In 2020, all my Christmas presents were hand made. Everyone loved them, so I started posting on Facebook. The business has grown

from there to where it is today," she said.

Salazar said her business has become her passion.

"I love everything I do, but I especially enjoy not having to go to work at a 9 to 5 job and being able to spend time with my son," she said. "It's extremely important to me as a spouse and mother. It gives me a way to help provide for my Family. That gives me confidence and makes me feel good about myself."

Salazar said she is proud of what she does and Fort Polk has helped her business grow.

"To sell my creations at Fort Polk, I knew I had to follow the regulations and apply to become a Home Based Business. I've been really excited because of the many events such as the Pumpkin Spice Market and monthly HBB vendor events that draw the Fort Polk community out to see what I and other spouses have to offer. It's also a great way to meet other spouses and make friends."

Amanda Lincoln, an independent Scentsy consultant, said when she first signed up to be

a Scentsy consultant, it was before she moved to Fort Polk. She said to continue selling her product and stay within regulations, she applied to become a Home Based Business.

"It's free and vendor events help spouses tremendously when it comes to selling their products. My new customer base has grown, but the best part is, I'm making new friends," she said.

Lincoln said she would rather support other spouses with Home Based Businesses than buy online.

"Whether it's for a birthday, Christmas or some other event, I try to buy from a spouse because we are all just trying to make it (financially)," she said.

Lincoln said Fort Polk's HBB program is amazing.

"I love Stacey. She is constantly trying to create vendor opportunities to help us get the word out about our businesses. She, Fort Polk and this program do a lot for spouses. I appreciate it so much," she said.



## FORT POLK HYBRID HIRING EVENT

**TRANSITION**  
ASSISTANCE PROGRAM

### IN-PERSON

**21 April 2022**

**10 am - 1:00 pm**

**Fort Polk Library and Education Center  
7460 Colorado Avenue, Bldg. 660  
Fort Polk, LA 71459**

### VIRTUAL

**21 April – 21 May 2022**

**This a free registered event  
transitioning Soldiers, Spouses, Veterans  
and surrounding communities**



**Fort Polk Transition Assistance Program  
to register or for more information at  
(337)531-1594/4621**

**[usarmy.polk.id-readiness.mesg.tap@army.mil](mailto:usarmy.polk.id-readiness.mesg.tap@army.mil)**

**Over 4,000  
nationwide  
positions  
available**



**Architecture &  
Construction**



**Energy**



**Finance**



**Health &  
Science**



**Hospitality &  
Tourism**



**Information  
Tech**



**Manufacturing**



**Science, Tech,  
Engineering &  
Math**



**Tele-  
Communication**



**Trans, Distro,  
Logistics**





DEFENSE.GOV

WASHINGTON — As the Department of Defense commemorates International Women's Day — March 8 — and Women's History Month, we are reflecting on progress we have made towards gender equity and equality at home and abroad, and celebrating the invaluable expertise of women throughout DoD.

In 2021, the department saw the first woman leader confirmed by Congress as Deputy Secretary of Defense.

We are making progress in empowering women leaders and a range of initiatives to enhance opportunities for women and minorities across the department—all of which are vital to enhancing U.S. national security.

“Around the world, our Allies, partners and major international organizations are celebrating the advancements gender parity brings to the world,” said Deputy Secretary of Defense Dr. Kathleen H. Hicks. “These advancements support better governance and a more stable and less turbulent world. Our work on women, peace, and security is critical not just for U.S. national security, but equally importantly, for the safety, equality, and opportunity of women and girls around the world. We are proud to join the international community in recognizing the achievements of women around the world.”

Over the last year, the department:

- Appointed two women as combatant commanders: Air Force Gen. Jacqueline Van Ovost took command of U.S. Transportation Command and Army Gen. Laura Richardson took command of U.S. Southern Command in October 2021. They join retired Air Force Gen. Lori Robinson, who commanded U.S. Northern Command, as department pioneers.
- Released the road map for implementation of the Independent Review Commission on Sexual Assault in the Military (IRC): Secretary Austin established the IRC in early 2021 to counter the scourge of sexual assault and sexual harassment in the military, with focus across four lines of effort — accountability, prevention, climate and culture, and victim care and support. The department is now implementing all 82 of the IRC's recommendations to ensure that all service members are able to serve in environments of dignity and respect.
- Expanded Women, Peace, and Security (WPS) Programming: DoD WPS programs work to ensure that the DoD exemplifies a diverse organization with women's meaningful participation across the Joint Force, advance opportunities for women in partner nation security sectors, and protect women and girls during conflict and crisis. Notably, the DoD leveraged its workforce of trained Gender Advisors (GENADs) to support the relocation

COMMENTARY

and resettlement of Afghan evacuees during Operation Allies Welcome (OAW) — the first time that the department has ever deployed this capability during an operation.

“Alongside our partners, the Department of Defense is working to develop an inclusive, holistic approach towards the security challenges of today and tomorrow. Incorporating diverse gender perspectives is key in this effort, from mitigating the unintended consequences of military action and protecting civilians, to addressing transnational security challenges that impact all of us such as climate change and global pandemics,” said Michelle Strucke, DASD for Global Partnerships in the Office of the Under Secretary of Defense for Policy. “I am excited to recognize the outstanding contributions women have made to the department, to highlight men who welcome and accelerate these changes, and I look forward to deepening this important work alongside our Allies and partners.”

“One of our primary objectives in the de-

partment is to better enable meaningful participation of women across the ranks of our Joint Force. Our national defense is stronger when we fully leverage the skills and capabilities of all our people to the maximum extent possible. That's why when women in our armed forces can succeed, then our military is more likely to succeed, too,” said Beth Foster, Executive Director of Force Resiliency in the Office of the Under Secretary of Defense for Personnel and Readiness.

“This past year, we have seen firsthand how applying Women, Peace, and Security principles to efforts such as Operation Allies Welcome enhances our military capabilities and better accounts for the safety and security of an entire affected population,” responded Brigadier General Rebecca Sonkiss, Deputy Director for Counter Threats and International Cooperation in the Joint Staff J5. “Integrating a gender perspective to inform our military strategy, plans, and operations is crucial to building a more resilient Joint Force, capable of identifying and addressing strategic and operational blind spots.”






JRTC AND FORT POLK  
INTRAMURAL SPORTS

# 9 HOLE GOLF SEASON

**MARCH 26**  
8 AM | WARRIOR HILLS GOLF COURSE



**Registration Open**  
For more information, please contact  
**Travyon Amir**  
travyon.a.amir.naf@army.mil  
(337) 378-2201  
or  
**Summer Inwood**  
summer.j.inwood2.naf@army.mil  
(337) 353-3424

Participants will compete individually, once a week, throughout six designated weeks. Active Duty, Dependents, Retirees and DoD Civilians personnel may participate. Individuals must register with Intramural Sports Office NLT 25 March by submitting a registration form found on the DFMWR Intramural Sports website. DFMWR Sports will provide rules, equipment and supplies

This is a Commander Cup Point event (Active Duty can only earn points)



# Perez Field

**Free | Ages 8 and up!**  
**Registration at 9-10 a.m. on site**  
**Trophies will be given to winners in each age division/category**  
**Call (337) 531-6004 for more info**

**Categories:**  
• Bare Bow  
• Compound (Aided)  
• Compound (Un-aided)

**Bows may be brought in, CVS will supply those without bows**

**26 MAR 10 A.M.**

# Youth Sports ARCHERY Competition



## Tax tip: Understanding child, dependent care credit

### OSJA

FORT POLK, La. — Taxpayers who are paying someone to take care of their children or another member of the household while they work may qualify for child and dependent care credit. For tax year 2021, the maximum eligible expense for this credit is \$8,000 for one child and \$16,000 for two or more.

Depending on their income, taxpayers could write off up to 50% of these expenses.

For the purposes of this credit, the IRS defines a qualifying person as:

- A taxpayer's dependent who is under age 13 when the care is provided.
- A taxpayer's spouse who is physically or mentally unable to care for themselves and lived with the taxpayer for more than half the year.
- Someone who is physically or mentally unable to take care of themselves and lived with the taxpayer for six months and either:

The qualifying person was the taxpayer's dependent or they would have been the taxpayer's dependent except for one of the following:

- The qualifying person received gross income of \$4,300 or more
- The qualifying person filed a joint return
- The taxpayer or spouse, if filing jointly, could be claimed as a dependent on someone else's return.



Taxpayers can use the Interactive Tax Assistant on [IRS.gov](https://www.irs.gov) to determine if they can claim this credit, and can also visit the Fort Polk Tax Center for assistance. Through five weeks of operation, the Tax Center has accounted for more than \$1,150,000 combined in federal and state returns.

By using this free service instead of paid services on the economy, the Tax Center has

saved Soldiers, Families, and retirees more than \$70,000 in fees.

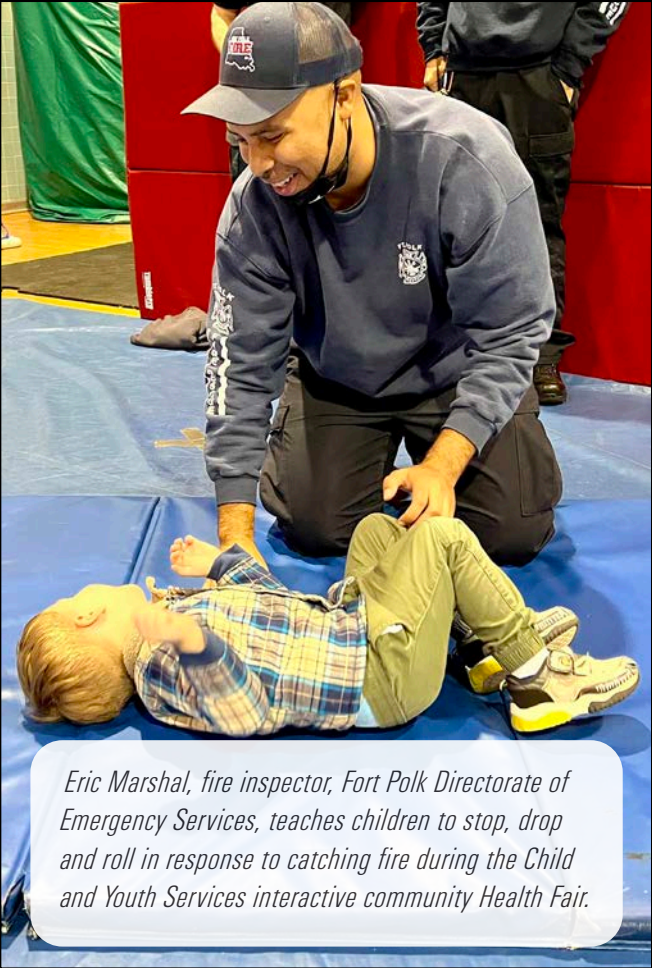
If you have any questions about tax issues or would like to schedule an appointment for free tax filing services, please contact the installation tax center at (337) 531-1040.

If you want to schedule an appointment with an attorney, you may contact the Legal Assistance Office at (337) 531-2580.



# Health Fair teaches children great habits to follow

Fort Polk's Child and Youth Services hosted an interactive community Health Fair Feb. 25.



Eric Marshal, fire inspector, Fort Polk Directorate of Emergency Services, teaches children to stop, drop and roll in response to catching fire during the Child and Youth Services interactive community Health Fair.



Lt. Col. Leanne Battler, chief, Public Health and Hearing Program at Bayne-Jones Army Community Hospital, discusses the importance of safe listening and hearing protection during the Child and Youth Services interactive community Health Fair Feb. 25.



Angie Magee, nurse for Child and Youth Services teaches children how to sneeze into a tissue to stop the spread of germs.



Holly Seager, registered dietician and Sgt. 1st Class Christopher Gadson nutrition care specialist for BJACH, teach children about making positive food choices.



Sgt. Nicole Dupreez, dental assistant, illustrates to children how to brush their teeth and tongues during the interactive community Health Fair held Feb. 25.



Lt. Col. Leanne Battler, chief, Public Health and Hearing Program at Bayne-Jones Army Community Hospital, demonstrates what happens in the inner ear when you experience loud music.

JEAN GRAVES/BJACH PAO







# Briefs

## Alabama Ave. closure

Beginning March 28, the segment of Alabama Avenue north of Louisiana Avenue will be closed for approximately 1-2 months pending weather. Motorists accessing facilities along Ninth, 10th, 11th and 12th streets will be detoured to Mississippi Avenue. Fourth Street will remain open for through traffic. Facilities with access limited from Alabama Avenue will be accessed from Georgia Avenue with flaggers or channelizing devices providing safe passage across the work zone (Alabama Avenue). Georgia Avenue will be converted to two-way traffic during this closure. Please see attached exhibit for details.

Rough road conditions and loose aggregate are possible near these work zones.

## 519th bicycle clean up

Abandoned bicycles on the 519th Military Police Battalion footprint will be marked for collection and removal withing 45 days of marked notice. If you own a bicycle at the 2450 22nd Street barracks, call to confirm that your bicycle has not been marked as abandoned as soon as possible. For more information call 513-967-5620.

## Fire marshal class

A Fire Marshal Class is held the second Tuesday of each month at 9 a.m. in the Main Fire Station. The next class is Tuesday. The Fort Polk Fire Prevention Division's goal is to provide fire protection services to prevent loss of life or personal injuries and reduce property loss to the lowest attainable level consistent with mission and sound engineering and economic principles.

This is accomplished by providing education to the public and establishing and enforcing regulations that foster fire safety inside the work environment. As a fire marshal, you are the first line of defense in ensuring a safe working environment for your area. Contact fire inspector James McArthur for more information at 337-5310686 or 337-378-9198.



**NAF Sale**

**1-22 MARCH**

Online Auction Dates

**Bid on various NAF property with our online auction!**

**Public Viewing of items: 4 - 5 Mar (9 a.m. - 4 p.m.)**


**Pick up at DFMWR Warehouse: 24 - 25 Mar (9 a.m. - 4:30 p.m.)**

**Pick up at Auto Skills Center: 25 - 26 Mar (9 a.m. - 5 p.m.)**

**Auction link will be live on March 1 on MWR Website**

**DFMWR Warehouse (BLDG 3219) | Autoskills Center (BLDG 4529)**

**polk.armymwr.com**



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Instagram: jrtc\_and\_fort\_polk  
Twitter: @JRTcandFortPolk

# MHS

Continued from page 13

ing access to her medical records regardless of where she goes worldwide.

"Every time we move it takes forever for our records to arrive," she said. "At one point my kid's records got mixed up and I think having one electronic health record that could potentially follow someone from cradle to grave will reduce mistakes and give providers access to our health information anytime, anywhere."

Chapman said she understands there will be a decrease to some services at BJACH when

MHS GENESIS initially goes live on March 19.

"I know there will be some issues initially getting this new system up and running," she said. "But I'd rather go through it now knowing that once MHS GENESIS is fully deployed it will be a huge benefit to military families."

Mony Lopez, MHS GENESIS site and communications point of contact for BJACH is excited for the transformation.

"MHS GENESIS allows the patients to partner in their health care," he said. "Our team

is doing everything we can to get our staff trained and ready while simultaneous keeping our beneficiaries informed about the upcoming transformation on March 19."

**Editor's note:** To obtain a premium DS Logon for the MHS GENESIS patient portal please visit [myaccess.dmdc.osd.mil](https://myaccess.dmdc.osd.mil).

To stay informed about MHS GENESIS and other things happening at BJACH visit [bayne-jones.tricare.mil](https://bayne-jones.tricare.mil) or follow us on Facebook @ BayneJonesACH.



# March's National Nutrition month offers variety of healthy options

By Spc. KELLY ACEVEDO

Public affairs specialist

FORT POLK, La. — How often are you putting your health and nutrition at the top of your list of priorities?

Whether that is maintaining a healthy diet or staying active in your daily routine, it can be challenging.

Have you been able to commit to a lifestyle that is better for your health? Obstacles will always be in the way of accomplishing goals, but setbacks are not permanent. With the world progressing its way back to life before COVID, now is the perfect time to start setting goals to improve your nutritional lifestyle. That is why celebrating National Nutrition Month in March is so important.

The campaign encourages everyone to learn about making informed food choices and developing healthful food and physical activity habits. The event was created by the Academy of Nutrition and Dietetics. This year's theme is "Celebrate a world of flavors; embrace global cultures, cuisines and inclusivity".

One of the great aspects about being part of the military environment is its diversity. What better way to celebrate and appreciate diversity than with food?

The Academy of Nutrition and Dietetics has provided substantial information on its website to encourage learning about different ways to implement new nutritional values into daily lifestyles. A weekly set schedule can be found at [eatright.org](http://eatright.org) to organize and focus on health and wellness.

The website also includes dietary guidelines, nutrition games and facts, cooking tips and budgeting tips, snack and meal ideas, vitamins and supplements and a tool kit offered in seven different languages: English, Arabic, Chinese, Hindi, Spanish, Tagalog, and Vietnamese.

A video made by a registered dietician can also be found on the site to help you create healthy habits that celebrate your heritage and introduce you to new foods and flavors.

For those looking for similar resources here on Fort Polk, you can always visit the Army Wellness Center located at the Bayne-Jones Army Community Hospital. Speaking with one of their certified wellness/fitness professionals could be more beneficial for those wanting more of a one on one type of counseling session.

The AWC offers an extensive amount of services for those looking to change their lifestyle and is open to all active duty Soldiers and department of Defense civilians. Some services offered include wellness coaching, health assessments, physical fitness testing and exercise prescription, body composition tests and metabolic testing. General education on nutrition is offered by their health educators as well as



classes to improve sleep and one on one bio-feedback sessions for stress management. The AWC can be found on Facebook at "Fort Polk AWC". Hours are Monday-Friday from 7:30 a.m.-4:30 p.m.

Adopting new ways to improve your health can be fun when you have a great support system to remind you of your goals. Meal prepping with others and creating challenges to find the best meals are a couple of ways you can help sustain your new lifestyle.

Fitness works hand in hand with nutrition. If you want to improve your physical fitness, but can't always make it to the gym, compromise by watching free fitness videos online at home. For parents it can sometimes be challenging to find time to exercise. One solution is to incorporate kids into your workout by going for a walk at the golf course or quarter mile track.

This is a great way to exercise and spend time with your kids.

The Cantrell Gym (one of the three gyms available to all Department of Defense personnel) is the 24 hour gym on post and is available for those who have tight schedules.

Once the weather warms up, those wanting to swim will be able to at the 25 meter pool. Swimming is a great form of cardio, especially for those recovering from injuries. Hours are 8:30 a.m.-1 p.m. from Tuesday-Friday.

National Nutrition Month reminds people that there are many resources available when it comes to improving health and lifestyle. Remember, the goal is to adopt these healthy habits and sustain them.

As Mahatma Gandhi said, "Strength does not come from physical capacity. It comes from an indomitable will."



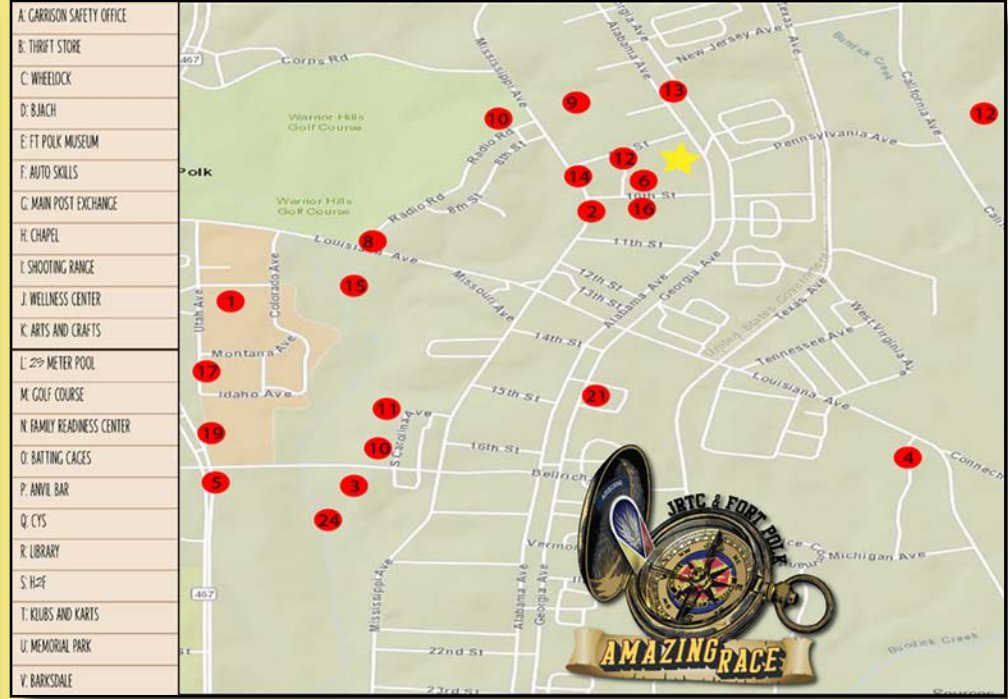
# Amazing Race brings fun, adventure to Fort Polk community



Fort Polk's Family Morale, Welfare and Recreation hosted The Amazing Race March 5. Teams had fun competing in obstacles that tested their mental and physical skills all across the installation.



COURTESY MWR







# Fort Polk Soldiers **punished** for disciplinary issues

## 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.

- A sergeant assigned to the 519th Military Police Battalion was separated from the Army under Other than Honorable conditions for domestic violence and violating a military protective order. A discharge under Other than Honorable conditions results in the loss of most benefits and disqualification from service in the future. It may also result in difficulty obtaining civilian employment.

- A captain assigned to Joint Readiness Training Center, Operations Group, received a General Officer Memorandum of Reprimand, which was permanently filed in their AMHRR,

for extramarital sexual conduct and conduct unbecoming an officer.

- A staff sergeant assigned to JRTC, Operations Group, received a General Officer Memorandum of Reprimand, which was permanently filed in their AMHRR, for making inappropriate sexual comments to two junior enlisted service members.

- A sergeant assigned to 5th Battalion, 25th Field Artillery Regiment was separated from the Army under Other than Honorable conditions for child neglect and child abuse.

A discharge under Other than Honorable conditions results in the loss of most benefits and disqualification from service in the future.

It may also result in difficulty obtaining civilian employment.

## PUBLIC AFFAIRS OFFICE

FORT POLK, La. — #FortPolkThingsToDo is a listing of highlighted events taking place both on and off the installation that may be of interest to Fort Polk’s Soldiers and Families. It is distributed every two weeks.

If you’d like to be on the distro list, please send your email address to [kimberly.k.reischling.civ@mail.mil](mailto:kimberly.k.reischling.civ@mail.mil). The distro list is strictly voluntary. If you have any events that you know of within the communities (or on Fort Polk), please send an email.

For more information call (337) 531-1392

- Friday: Paint and Sip at the Arts and Crafts Center, 6:30 p.m. Preregistration required. (337) 531-1980.

- Friday: Raising an Emotionally Intelligent Child. 9:30-11:30 a.m. at Army Community Service, bldg. 920. Please call to register at (337) 531-1938.

- Friday and Saturday: Dueling Pianos, presented by Dueling Pianos and hosted by DFM-WR. Two shows: March 18 at the Anvil Bar and March 19 at the Warrior Center. Both start at 7 p.m. Tickets are limited.

- Friday-Sunday: Crawfest 3-9 p.m. Crawfest is a celebration of food, art, music, and

## #FortPolkThingsToDo

community, held in Shreveport’s historic Betty Virginia Park.

- Saturday: St. Patrick’s Day Klubs and Karts, 1 p.m.

- Saturday: Louisiana Redbud Festival, 9 a.m.-5:30 p.m. Vivian. Free admission. Arts, crafts, food, entertainment and more.

- Saturday: Wearing of the Greet St. Patrick’s Day Parade; Baton Rouge, 10 a.m. Marching bands, bagpipers, special attractions like the Big Idaho Potato truck and the Budweiser Clydesdales, over 80 decorated floats, and dignitaries.

- March 22-23: Army Family Team Building, 8:30-2:30 p.m. at Army Community Service; learn about the Army life and much more. Child care not available. Lunch is provided. Register at (337) 531-9426.

- March 25: MWR Outdoor Movie Night, “Luca.” Headquarters Field at 7 p.m. Complimentary concessions, a magic show and more.

- March 25-26: The Pioneer and Heritage Festival; Merryville, 3-11 p.m. To celebrate the rich heritage of not only Merryville but also Beauregard Parish, No Man’s Land, Sabine River, SW Louisiana and SE Texas. Live music, demonstrations, vendors. The Pioneer and Heritage Festival | Louisiana Travel

- March 26: Youth Sports Archery Competition, Perez Field, register onsite from 9-10 a.m. Bows may be brought in. CYS will supply those without bows.

- April 2: Cork Red River Revel Wine Festival. Shreveport. Festival Plaza in Downtown Shreveport, 2-5:30 p.m. More than 85 fine wines will be poured, live music, delicious samplings from the area’s finest eateries.

You will receive a signature CORK wine glass and everything you’ll need for a relaxing afternoon of wine tasting. Premium winemakers from around the country will be on hand to offer advice, answer questions and discuss fine wines.

- April 2: Spring Herb Day at Kent Plantation House in Alexandria. Treasures can be found on the grounds of Kent Plantation House during Spring Herb Day.

Start with your selection of herbs, then move to the visitor’s center full of yard sale items. Proceeds benefit Kent House educational programs. Craft vendors will be on site. ([kent-house.org](http://kent-house.org))

- April 2-3: Pirates of the Pontchartrain. Pirates of the Pontchartrain is a brand-new festival, produced by the Louisiana Renaissance Festival.