

THE JRTC AND FORT POLK

# GUARDIAN

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# Gardner takes helm of JRTC, Fort Polk

By **CHUCK CANNON**  
Public affairs specialist

FORT POLK, La. — Brig. Gen. David W. Gardner assumed command of the Joint Readiness Training Center and Fort Polk during a change of command ceremony held at 9 a.m., July 11 on the installation's Warrior Field.

Gardner replaced Brig. Gen. David S. Doyle, who is headed to U.S. Army Central Command in Tampa, Florida, where he will serve as CENTCOM Chief of Staff.

Lt. Gen. Paul T. Calvert, deputy commanding general, U.S. Forces Command, hosted the event held under clear skies and typical Louisiana summer temperatures. He welcomed the distinguished guests and others in attendance, and noted how it honored both the Doyle and Gardner Families.

In speaking to Doyle, Calvert quoted the 1941 edition of FM 100-5: "Command is the authority which an individual in the military service lawfully exercises over subordinates by virtue of rank or assignment. Command and leadership are inseparable. Whether the force is large or small, whether the functions of command are complex or simple, the commander must be the controlling head; his must be the master mind, and from him must flow the energy and impulse which are to animate all under him."

"For the past 22 months, Dave Doyle has animated all under him, and around him, through clear understanding of his roles, responsibilities and authorities that come with being the commander of both the JRTC and Fort Polk," Calvert said.

"His commandership has been a driver of positive change and a catalyst for mission success."

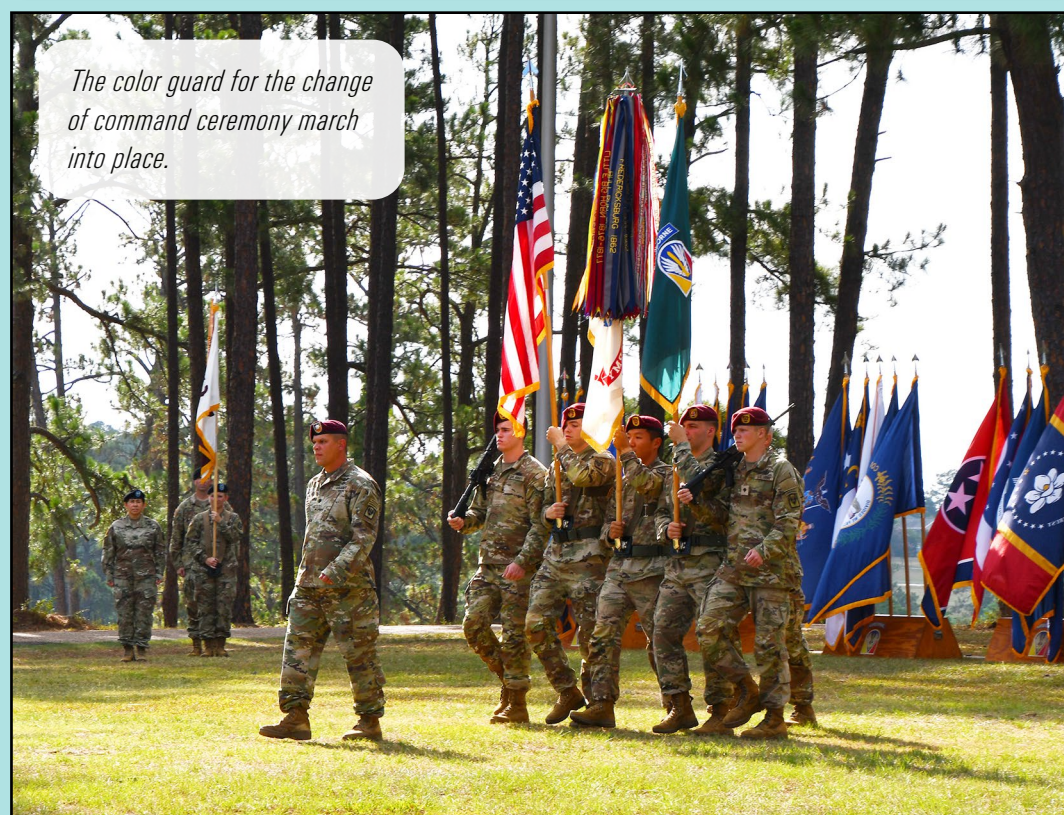
Calvert said both Doyle and his spouse, Renee, would be missed as they headed to Florida.

"We wish you safe travels and



*Those in attendance at the Joint Readiness Training Center and Fort Polk change of command ceremony, held July 11 at Fort Polk's Warrior Field, bow their heads during the invocation.*

ANGIE THORNE/GUARDIAN



*The color guard for the change of command ceremony march into place.*

look forward to your return to the FORSCOM team in the future."

Calvert then directed his comments to Gardner, noting the assignment is a homecoming of sorts for the Gardner Family.

"Dave, I know you are the right commander and leader to build upon the work that has been laid by Dave Doyle," he said. "Gener-

al (Andrew) Poppas (FORSCOM commander) and I have complete trust, faith and confidence in your abilities, and we look forward to the difference you and Eve-Lynn will undoubtedly make during your time here."

Next to the podium was Doyle, who thanked the JRTC and Fort Polk team

Please see **Gardner**, page 3



## JRTC and Fort Polk Brig. Gen. David W. Gardner

Joint Readiness Training Center  
and Fort Polk

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Garrison Commander

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

For more information on Fort Polk units and happenings visit the following Facebook pages:

[@JRTCOperationsGrp](https://www.facebook.com/JRTCOperationsGrp), @

[BayneJonesACH](https://www.facebook.com/BayneJonesACH) or [@fortpolkmwr](https://www.facebook.com/fortpolkmwr).



**Cover photo:** Brig. Gen. David W. Gardner, Joint Readiness Training Center and Fort Polk commanding general, takes the colors from Lt. Gen. Paul T. Calvert, deputy commanding general, U.S. Forces Command, during the JRTC and Fort Polk Change of Command July 11 at Warrior Field. (Photo Alice Malone/DPTMS/VI).



# Gardner

Continued from page 2

for the support they provided him during the past 22 months.

“Serving as your commanding general has been an honor and a privilege,” he said.

“We are winning — and continue to win — the fight for talent, because of you. Your ongoing team-oriented efforts make JRTC and Fort Polk a great place to train, to live and to build readiness.”

Doyle said the Army exists for one purpose: To fight and win the nation’s wars.

“You contribute directly to that mission,” he said. “This installation has been dedicated to that noble calling since 1941 when Camp Polk was first established.”

In closing, Doyle quoted the late Gen. Colin Powell: “A dream doesn’t become reality through magic; it takes sweat, determination and hard work.”

“Thank you all: For your sweat, determination and hard work to make JRTC and Fort Polk the Home of Heroes,” he said.

When it was Gardner’s turn to address those gathered, he thanked Doyle for his leadership, which continued to make JRTC and Fort Polk a jewel in the Army’s crown.

“What more can I say other than a simple and heartfelt, ‘Well done,’” he said.

As a former commander of Operations Group, Gardner said he had the opportunity to speak to leaders and Soldiers who trained “in the box” at the JRTC.

“Their successes in combat and contingency around the world are directly related to the training and preparation they have received here,” Gardner said.

He added the Fort Polk garrison’s stellar reputation for leading so many agencies dedicated to this installation is well earned and demonstrated by the plethora of quality of life ribbon cuttings over the past 12 months.

“I look forward to working with the great Soldiers and civilians of Fort Polk that I have admired for so many years,” he said.

Gardner said he is sure there is more greatness ahead for Fort Polk.

“I am committed to strengthening the positive partnerships that exist between our Soldiers, civilians, community and retirees,” he said. “JRTC and Fort Polk is a sum of all of its parts, and the stronger our bonds, the stronger and more effective we will be as a team.”

Gardner, a 1994 graduate of the U.S. Military Academy at West Point, comes to Fort Polk from an assignment as Commander, U.S. Army Operational Test Command, Fort Hood, Texas, a subordinate command of the U.S. Army Test and Evaluation Command. Prior to that, he was Commander, JRTC Operations Group.

About the Joint Readiness Training Center and Fort Polk:



*Participants and attendees salute the flag before the passing of the colors at the change of command ceremony.*



*Brig. Gen. David S. Doyle, outgoing commanding general.*



*Brig. Gen. David W. Gardner, incoming commanding general.*



*Brig. Gen. David W. Gardner, Joint Readiness Training Center and Fort Polk commanding general, takes command.*



# QUALITY OF LIFE LINES OF EFFORT



PCS MOVES



HOUSING



SPOUSE  
EMPLOYMENT



CHILD CARE



HEALTH CARE

## Corvias move out checklist makes PCS move easy for Soldiers, Families

### How to make your move-out stress free

#### Move-Out Notice

Residents must provide at least 30 days written notice to Corvias Property Management using the form available at the Community Office/Center. Residents are encouraged to provide notice as soon as they begin planning to move. As soon as you anticipate a move, even if you don't yet have your orders, we highly encourage you to provide written notice. If a service member is not able to provide the written notice to vacate, the spouse or designated individual of legal age must provide a special power of attorney that allows them to start and/or stop an allotment.

#### Move-Out Information Sessions

When providing a notice to vacate, the Community Office/Center will assist in determining a move-out date and final inspection appointment. Residents are encouraged to attend a Move-Out Information Session to learn about the move-out process and expectations. The sessions are held at various locations and times throughout the week for your convenience. You may choose to attend whichever session fits your schedule best.

For more information please contact your Community Office/Center.

- Provide 30 days written notice
- Schedule a move-out date
- Attend a Move-Out Information Session
- Final Inspection

#### Move-Out Session Final Inspection

Date: \_\_\_\_\_ Date: \_\_\_\_\_

Time: \_\_\_\_\_ Time: \_\_\_\_\_



### Move-out house cleaning checklist

#### Walls, Ceilings & Doors

Walls, ceilings and doors should be free of dust, dirt, cobwebs and grease / food particles. Remove pen, pencil, crayon or other markings from surfaces. Candle soot on the walls should be removed. Remove all tape, tacks, borders or other items that were installed during occupancy. In some cases, ceiling hooks may be left in place and nail holes do not need to be filled.

#### Holes

Larger than 1" x 1" are considered damage. All walls and trim must be either primed or a color light enough to be covered with one coat of paint. See your Community Office/Center for details.

#### Window Coverings

There should be a screen in all storm windows. Blinds should not be bent, cracked, or have broken slats and should be functional.

#### Bathrooms

All surfaces must be clean, deodorized and wiped down.

#### Trash & Recycling

All containers must be empty and cleaned. No trash is to be left inside or outside the home.

#### Kitchen & Laundry

All surfaces must be clean and deodorized. All cabinets, countertops, shelves, sinks and faucets must be cleaned to remove grease, food, mildew and dust.

#### Appliances

Thoroughly clean the range/hood, dishwasher, refrigerator/freezer and microwave (if applicable). The stove should include racks and broiler pan.

#### Floors

Should be swept and mopped, removing all dirt, dust and surface contamination. Carpets should be vacuumed.

#### Garage, Patio, Balcony & Basement

Please sweep all areas including the garage, driveway and sidewalks.

#### Home Exterior & Yard

Please remove all trash, animal feces and other debris from all areas. Repair and fill holes made in yard. Yards with flower beds must be free of weeds, trash, and other debris.



### Damages

#### Normal Wear & Tear

Residents are responsible for damage to their home or to equipment and furnishings caused by the abuse or negligence of family members and guests. Normal wear and tear is the amount of deterioration which occurs in the normal use of homes. Homes should be used as intended, avoiding any negligence, carelessness, accident or abuse of the premises by the occupant, members of the household, their pets or guests. For example, small nail holes are expected, large holes are not.

For a list of common damage costs, including damage caused by pets, please visit the Damage Cost Sheet found in the Resident Responsibility Guide. If you need a copy, visit your Community Office/Center.

#### We can help!

The following items may be available at your Community Office/Center and maintenance teams as self-help assistance for interior and exterior cleanup of the home prior to move-out:

- Pest control devices
- Air filters
- Touch up paint
- Soil to fill holes in yard



#### Safety First

Our residents' safety is always first in our minds; please pay attention to the following guidelines to help ensure a safe and injury free move:

- Lift with your legs by bending at the knees to reach objects. Avoid lifting with your back.
- Carefully stack boxes.
- Carefully read and follow warning labels and instructions for all cleaning products.
- Wear clothing that protects your skin, close toed shoes, gloves, safety glasses, and vapor/dust masks as appropriate for each task and as recommended for the proper use of each individual product.

### Trash Removal & Hazardous Material Disposal

#### Trash Removal

Residents are required to dispose all trash, bulk trash and debris on their normal scheduled trash day prior to the final inspection date. For questions about trash removal schedules or information about bulk trash removal, please contact your Community Office/Center.

#### Hazardous Material Disposal

Corvias will dispose of household and electronic hazardous materials on the normal bulk trash pickup day. These items must be placed curbside no later than 6:30 a.m.

If you miss your scheduled bulk trash pickup date, please call your Community Office/Center to arrange for collection. Additional fees may apply.

The following hazardous material items are ALWAYS the resident's responsibility to dispose of:

- Freon
- Vehicles or motorcycle
- Vehicle or motorcycle parts



### Final Inspection

After your final inspection, we will:

- Provide a list of damages or cleaning charges. (For excess damage, an additional damage assessment and repair estimate may be necessary)
- Collect all outstanding debt including damage and cleaning charges (for Service Members separating from the military, rent for that month must be collected at least 5 days prior to the final inspection)
- Provide a final utility statement to be paid directly to the third party vendor (if applicable)

In advance of your final inspection, please complete the checklist below. These items may help you avoid confusion and unforeseen costs. If all items are not removed, additional charges may apply.

#### Personalization

Any home improvements that occurred during the residency (unless otherwise approved by Corvias) must be reversed.

#### Painted Walls

Residents who received approval to paint must prime walls or paint with a color light enough and of the same paint finish used by Corvias that could be covered with one coat of paint prior to move-out. Contact your Community Office/Center for questions.

#### Cabinets

Please have all the cabinets and doors open to speed up the inspection process.

#### Keys, Remote Controls, Pool Pass & Fob

House keys (all sets provided upon move-in), pool pass, Community Center key fob(s) and garage door opener remotes that are provided by Corvias are required to be turned in.

If residents have purchased additional sets of keys, they too are required to be turned in at move-out.

#### Mail Forwarding

and work with your post office to ensure your mail is forwarded. Return mailbox keys to your Community Office/Center or post office.

You can visit [www.usps.com](http://www.usps.com) to submit an online request to have your mail forwarded for a nominal fee.

#### Rented Fences and Satellite Dishes

Residents are responsible for the removal of rented fences (if applicable) and satellite dishes.

Remember to contact your service provider 30 days prior to your move-out date to schedule the removal of these items.

### Post Move-Out

#### Remaining BAH

We may receive BAH for the portion of the month you did not reside in the home after move-out, because BAH is paid in full-month allotments at the end of each month. On or before the 10th of the following month, a check with any remaining BAH (minus any damage or cleaning charges) from the prior month will be mailed to the forwarding address provided. Unpaid charges or uncollected money owed is subtracted from the remaining BAH. If you do not receive a check, please contact your Community Office/Center.

Thank you for choosing to reside with Corvias Property Management. We thank you for your service, we wish you well and we hope to serve you again.

[www.CorviasMilitaryLiving.com](http://www.CorviasMilitaryLiving.com)

#### Our Communities

##### Army Installations

- Aberdeen Proving Ground, MD
- Fort Bragg, NC
- Randolph Pointe at Fort Bragg
- Fort Meade, MD
- Reece Crossings at Fort Meade
- Fort Polk, LA
- Fort Riley, KS
- Fort Rucker, AL
- Fort Sill, OK

##### Air Force Installations

- Edwards AFB, CA
- Eglin AFB, FL
- Eielson AFB, AK
- Hurlburt Field, FL
- McConnell AFB, KS
- Seymour Johnson AFB, NC





### 3rd BCT, 10th Mtn Div CoC

*The Patriot Brigade bids farewell to Col. Matthew J. Hardman, outgoing commander, and welcomes Col. Ryan D. Barnett, incoming commander, during the 3rd Brigade Combat Team, 10th Mountain Division change of command ceremony held July 12 at Fort Polk's Mountain Field.*



COURTESY 3RD BCT, 10th MTN DIV PAO



RAY BARNARD/PAO

### Operations Group CoC

*At a Change of Command Ceremony held July 13 at Joint Readiness Training Center Headquarters, JRTC, Operations Group bids farewell to Col. Andrew Saslav and welcomes their new Commander, Col. Matthew Hardman.*





# Cadets, leadership focus on performing PT skills



*Cadets joined Joint Readiness Training Center and Fort Polk leadership for Army physical training at the Home of Heroes Functional Fitness Center July 13.*



Spec. DaShawn Green/PAO



# Army partners with hospital to test new **tourniquet** monitor

By GLORIANN M. MARTIN  
Army Futures Command

AUSTIN, Texas — The Army partnered with medical experts from the Wellman Center for Photomedicine at Massachusetts General Hospital, a teaching hospital of Harvard Medical School, to test out a new tourniquet monitor designed to improve accuracy in tourniquet application.

The device underwent field scenario testing during the Army's recent Army Expeditionary Warrior Experiment, or AEWE, held Feb. 25 to March 7 at Fort Benning, Georgia, and hosted by the Army Maneuver Capability Development and Integration Directorate's Maneuver Battle Lab.

"The Wellman Center has a rich history of problem-driven science and engineering for Department of Defense needs with success in translating technologies out to the warfighter," said Dr. Conor Evans, the principal investigator on the Tourniquet Integrated Monitor project, also known as the TiMON.

The TiMON is a small, portable electronic device that enables real-time monitoring and evaluation of emergency tourniquet application.

The device is designed to work with any standard military windlass-based emergency tourniquet. The TiMON enhances a Soldier's ability to control traumatic bleeding by providing intuitive visual feedback on the amount of pressure applied by the tourniquet, as well as a timer for tracking the tourniquet's application duration.

As an additional indicator of effective tourniquet administration, variations of the device can track vitals such as limb tissue oxygenation.

Military personnel can utilize the TiMON to practice proper bleeding control methods and application of an emergency tourniquet in the field. The device, which was designed for use by dismounted infantry Soldiers, can be carried in a rucksack or attached to standard-issue emergency tourniquets prior to operations. "AEWE was a great experience that allowed us to see our research project being utilized in a real-world setting by actual Sol-

*Soldiers at the Army Expeditionary Warrior Experiment 2022 field test the Wellman Center for Photomedicine at the Massachusetts General Hospital's new Tourniquet Integrated Monitor, also known as the TiMON.*



ROB HARRISON/US ARMY PHOTO

diers," said Dr. John Nguyen, who led the TiMON team's first experience with AEWE. "We take each Soldier's input very seriously, and our collaborative participation in AEWE helped to underline the importance of bleed control and triage under austere environments."

While military personnel's use of emergency tourniquets has helped to drastically reduce the incidence of combat hemorrhage deaths due to traumatic limb injuries, even trained personnel can struggle to judge effective tourniquet administration.

This is especially true when service members are working under duress or in less-than-ideal settings, such as when visual and pulsatile feedback are obscured.

Over-tightening a tourniquet can result in tissue necrosis, while under-tightening a tourniquet might result in continuous bleeding.

Long-term tourniquet use can result in additional ailments such as compartment syndrome and limb amputation. Furthermore, depending on dynamic physiological changes following trauma, a properly applied tourniquet may need to be evaluated over time and progressively modified.

The TiMON was created to address these challenges by giving

precise and actionable feedback on applied emergency tourniquet pressure and duration without the need for a completely new emergency tourniquet design.

"Our TiMON clip attaches to existing combat tourniquets, which was a direct request from the DoD so that they could continue to use their preferred combat tourniquets," said Evans. "Our work on the TiMON is largely independent from that of other devices currently on the market, and was specifically developed with application to the military in mind, making it fairly unique."

The TiMON is now undergoing advanced prototype testing. It is fully functional, and the Wellman Center team is working to improve the technology and usability based on feedback from their participation in AEWE 2022.

The DoD is funding the TiMON project, which is overseen by the Partners Human Research and the Henry M. Jackson Foundation for the Advancement of Military Medicine through the Uniformed Services University for Health Sciences.

The TiMON project started in response to a request from retired Col. Michael Davis, then the head of the Combat Casualty Care Research Program, and was funded

by the Transforming Technology for the Warfighter grant.

The Wellman Center for Photomedicine is currently iterating a new TiMON design that integrates elements recommended by Soldiers from their previous involvement in AEWE.

"After AEWE 2021, the main feedback was that the device should be made smaller. When applying the tourniquet, the device could take up real estate on the tourniquet and require the Soldier to place straps over the device, which could cause difficulty during application," said TiMON research engineer Anna Wiatrowski. "For AEWE 2022, the main goals in updating the device were to create a smaller device overall, incorporate a new pressure indicator and improve timer to track tourniquet wear."

"We had the incredible fortune to participate in both AEWE 2021 and 2022, as well as have the opportunity to carry out a civilian study in parallel," said Evans. "The feedback we received from both AEWE events was extraordinary, and we see multiple routes forward for development. We sincerely thank the Army, the AEWE organizers and all the AEWE participants for these amazing opportunities."



# Sustainable linen practices: Bayne-Jones Army Community Hospital

## HEALTH DEFENCE AGENCY NEWSLETTER

FALLS CHURCH, Va. — Each year, hospitals in the U.S. produce more than five million tons of waste. Managing health care waste can be especially challenging, but waste prevention is one of the most impactful approaches to reduce costs and increase environmental sustainability. One target area for implementing waste prevention best practices is hospital linens. Almost 90% of linen used at U.S. hospitals does not reach its useful life due to misuse, theft, hoarding or incorrect disposal, which is estimated to cost hospitals \$840 million per year.

At Fort Polk, Louisiana, there is a one-of-a-kind linen department at Bayne-Jones Army Community Hospital making a sustainable impact in the health care industry.

BJACH's linen department is comprised of a small but mighty team of individuals dedicated to extending the life of their linens, which results in the reduction of waste, money saved and improved patient experience.

Janice Burkes, BJACH's linen supervisor and employee of 31 years, credits her fabric worker — Gilda Sanchez — for extending the life of BJACH's linen.

Sanchez stamps all their new linen with the BJACH logo, as well as issue scrubs to its physicians, lab employees and other authorized personnel on a signed hand receipt that ensures the safe return of their linen.

If anyone is short on their linen return, they must pay for it through the hospital's collection process. Through this strict system, more linen is returned and reused.

Of course, there comes a point when linen is no longer usable, but rather than disposing of torn or stained linen, this team goes above and beyond by repurposing the linen into usable items.

For about 20 years, Sanchez has been cut-



Linen stamped with BJACH logo.

COURTESY BAYNE-JONES ARMY COMMUNITY HOSPITAL

ting stained scrub pants into shorts and sending them to the clinics and outlying areas of the hospital for Soldiers to use. With about 200 of these shorts currently made, each valued at \$8.46, the repurposing practice has saved BJACH \$1,692 on shorts purchases.

The team has also collected dental scrubs that were otherwise being disposed of, sewed shorts from the pants and donated these shorts to their rotation unit. The true impact of this program is difficult to quantify because Soldiers brought to the facility are not admitted with an "overnight bag," so this program fills the need and brings a sense of caring to the patient.

Additionally, Sanchez creates two crib sheets from a single large hospital sheet and has saved the hospital \$679.20 with 120 crib sheets currently made. Unserviceable items such as worn blankets and towels are given to

the veterinary clinic to keep the animals warm and comfortable.

The value of items that Sanchez donated to the veterinary clinic and rotation unit in 2021 was \$1,746.

"We not only save the government money, but we can reuse these items for further patient experiences — plus the animals can appreciate this when it's cold here," said Burkes.

It's clear that BJACH's linen department cares deeply about improving patient experience. Good linen management can reduce the amount of waste generated in the health care industry as well as reduce costs, making a remarkable sustainable impact.

**Editor's note:** Information for this story was gathered from <https://practicegreenhealth.org/topics/waste/waste-0> and <https://www.trsa.org/resources/research/linen-loss-prevention/#whitepapers>

## Fort Polk's BJACH recognizes Red Cross volunteers

By JEAN CLAVETTE GRAVES  
BJACH PAO

FORT POLK, La. — Bayne-Jones Army Community Hospital recognized Red Cross volunteers during an informal ceremony July 7.

Hospital leadership celebrated the completion of the Pharmacy Technician and Summer Youth Volunteer programs, culminating in more than 2,000 combined volunteer hours.

Lt. Col. James Kenisky, BJACH pharmacy chief, said the pharmacy technician program provided an introductory experience to the participants.

"The program allows American Red Cross volunteers the opportunity to earn clinical rotation credits that are needed to become a

board certified pharmacy technician," he said. "The current job market for pharmacy technicians is great. There is a huge demand since the height of the pandemic, and that is not expected to lessen in the near future."

Kenisky said the pharmacy technician program at BJACH was beneficial to the hospital and military Families.

"Our partnership with the Red Cross benefits the hospital by helping us increase efficiencies in mission accomplishment," he said. "This program gives our Families an opportunity to gain experience and knowledge and gives them a deeper insight and appreciation of the services that we offer."

Miaesha Hemion is a military spouse and was one of three students recognized for com-

pleting the pharmacy technician program during the ceremony.

"This program was a great opportunity for me," she said. "I had been wanting to go back to school, but with small children at home it wasn't practical. When I heard about this program, I knew I had to apply for it."

Hemion said the first 10 weeks was independent study with weekly testing, followed by five hundred clinical hours.

"The next step for me is to take my national exam," she said. "I learned a lot during the program and am so glad that I was selected to participate. Now I'm motivated to advance my education to ultimately become an oncology

Please see **Volunteers**, page 9



# Volunteers

Continued from page 8

pharmacy technician."

Hemion said volunteering with the Red Cross and participating in the pharmacy technician program was a great opportunity to help people and for her professional development.

Mandy Thomas, a pharmacy technician in the BJACH outpatient pharmacy said she worked closely with Hemion during her clinical hours.

"This was a great program for Miaesha," she said. "I paid \$22,000 in tuition when I went to pharmacy tech school five years ago. This program allowed her to get the same training I had for free."

Stacey McLean, interim program manager for the American Red Cross of Louisiana, Service to the Armed Forces and International Services, acknowledged the efforts of each participant of the pharmacy technician and summer youth programs.

"Our volunteers should be proud of themselves for their achievements," she said. "This experience is an accomplishment that will follow them as they pursue future endeavors."

McLean thanked all of the volunteers for their hard work and dedication.

Col. Aristotle Vaseliades, BJACH commander, was the guest speaker during the recognition ceremony.

"When I was approached about supporting the pharmacy tech program, I enthusiastically said yes," he said. "The clinical hours conducted during the program increased our efficiency and helped our staff tremendously."

Vaseliades thanked all of the volunteers, the BJACH departments who supported both programs and the Red Cross for making every effort to fill needs within the hospitals whenever possible.

"The Army has seven values, one is selfless service. As volunteers, you are the epitome of selfless service," he said. "Our youth volunteers gave up six weeks of their summer vacation to explore careers in the medical field and support our hospital and staff."

Vaseliades said in addition to the certificates of appreciation presented during the ceremony, the volunteers will be receiving Presidential Volunteer Awards at a future BJACH monthly awards ceremony.

Ciamoni Gerbier, 13, a freshman at Leesville High School, participated in the youth volunteer program.

"I loved working with the nurses in labor and delivery where I was able to witness the miracle of birth," she said. "The whole program was really fun and rewarding."

Gerbier said volunteering during the summer was a gratifying adventure, and she recommends the program to others.

"Someday I plan to be a pediatric oncologist," she said. "This experience helped reinforce my goals to pursue a medical career."



*Ciamoni Gerber (left) and Makayla Goody (right), Leesville High School students, assist as needed in the Bayne-Jones Army Community Hospital Labor, Delivery and Postpartum department during the six week American Red Cross Summer Youth program.*



*Miaesha Hemion, spouse of Sgt. Rick Hemion, 46th Engineer Battalion, 20th Engineer Brigade, was recognized on July 7 for completing the Bayne-Jones Army Community Hospital American Red Cross Pharmacy Technician program. Hemion completed the academic and clinical requirements of the program and is preparing for her national board certification.*

Arielle Martinez, 15, reminisced about spending an entire day shredding paper while volunteering at BJACH.

"Shredding paper wasn't necessarily the best part of my experience, but I was proud for accomplishing that task," she said. "While volunteering, I was able to sit in on a variety of patient appointments, I got to see newborn babies and listen to their heart beats. The babies were so cute."

Martinez said a medical career wasn't something she had considered before this program.

"I'm not sure I would like being a nurse or doctor; I'm not good with gore or blood," she said. "But I think I might be interested in making the medicine or working in a pharmacy."

Martinez said volunteering was a valuable experience, she had no regrets and recommends the program to others.

Editor's Note: Individuals interested in volunteering at BJACH should email [stacey.mc-lean3@redcross.org](mailto:stacey.mc-lean3@redcross.org) to learn more.

Editor's Note: Individuals interested in volunteering at BJACH should email [stacey.mc-lean3@redcross.org](mailto:stacey.mc-lean3@redcross.org) to learn more.



## Arts and crafts contest

Don't miss the 2022 Arts and Crafts contest held through Aug. 15. There are two divisions: Novice and accomplished. There are also nine categories. Learn more and enter at [www.armymwr.com/artsandcrafts](http://www.armymwr.com/artsandcrafts).

## New Public Health hours

The Department of Public Health, Occupational Health Section, has new daily hours of operations. The Occupational Health section, located at 8099 Georgia Ave., bldg 3515, will open at 7:30 a.m. and close at 4 p.m. Civilian employees can call 531-6131 to schedule appointments.

## Anger management

Fort Polk Army Community Service, 1591 Bell Richard Ave., bldg 920, hosts an anger, stress and crisis management class. The class helps people learn to identify triggers and potential stressors, along with positive methods of coping. The next class is held from 11 a.m.-noon July 25. If you are interested, call (337) 531-0636/1938.

## FRC changes location

Army Community Service programs/services and ACS team members are now located in the main ACS facility across the street from the Family Readiness Center in bldg 920.

Telephone lines have been transferred and ACS operating hours remain the same — 7:30 a.m.-4:30 p.m.

## PCS app redesign

The Army is excited to invite you to explore the new and improved redesign of the Army Permanent Change of Station Move App now known as the "My PCS App."

This user-friendly app improves the PCS experience for Soldiers, civilians and their Families, while enhancing their quality of life.

The "My PCS App" is for the Soldier — by the Soldier. Download the app today from your Google Play Store or Apple Store.

- The Google link:

[play.google.com/store/apps/details?id=com.tradocmobile.MyPCS](https://play.google.com/store/apps/details?id=com.tradocmobile.MyPCS)

- The Apple link

[apps.apple.com/us/app/my-army-pcs/id1623381230](https://apps.apple.com/us/app/my-army-pcs/id1623381230)

- You can contact them at:

[usarmy.pentagon.hqda-dcs-g-4.mbx.g43-hhg-app@army.mil](mailto:usarmy.pentagon.hqda-dcs-g-4.mbx.g43-hhg-app@army.mil)

- Follow them on milSuite:

HQDA G4 News Page [www.milsuite.mil/book/community/spaces/sustainnet/news](http://www.milsuite.mil/book/community/spaces/sustainnet/news)

[items/hqda-g4-news](https://www.army.mil/hqda-g4-news)

- Follow them on Facebook:

U.S. Army Logistics, HQDA G-4

- Check them out on YouTube:

[www.youtube.com/channel/UCChoNMw0sstGAKLTyTJUXw](https://www.youtube.com/channel/UCChoNMw0sstGAKLTyTJUXw)

## Garrison innovation program

Do you have a good idea? Don't let it go to waste.

The Plans, Analysis and Integration Office wants the Fort Polk community to know that the garrison team is not only listening, but also taking action on many of the great ideas that have already been submitted through the Garrison Innovation Program.

Yours could be next. The program works by asking individuals to share their concepts to increase efficiency and enhance garrison processes for the Fort Polk community.

Submit your ideas through the Fort Polk Interactive Customer Evaluation system. The PAIO Garrison Innovation Program link: [ice.disa.mil](http://ice.disa.mil) or use the QR code.



# #FortPolkThingsToDo

**Through July 21:** Delcambre Shrimp Festival, Delcambre. The 70th annual shrimp festival honors the shrimping industry with events including a Shrimp Cook-off, queens pageants, fais-do-dos (that's Cajun for a dance), carnival rides, food court and much more. The event is family friendly and handicapped accessible.

[www.shrimpfestival.net/](http://www.shrimpfestival.net/)

**July 19-23 and 26-30:** Northwestern State University Theatre and Dance Department, Natchitoches. NSU presents a summer dinner theatre production, "Sister Amnesia's Country Western Nonsense Jamboree" — A country-western musical comedy. Will a former country singer leave the convent for the Grand Ole' Opry? You'll have to wait until the finale to get the answer. The show is appropriate for all ages. Tickets are \$35. For more information visit <https://www.eventbrite.com/e/nsu-summer-dinner-theatre-nonsense-jamboreecountry-western-musical-comedy-tickets-354819774497?aff=ebdsoporgprofile>

**July 22:** Paint and Sip, Fort Polk Arts and Crafts Center — 1685 Bell Richard Ave., bldg 922. It's time to let your inner Van Gogh out. The painting event is for ages 18 and older only, and IDs are required. The cost includes supplies and step-by-step instructions. Pre-registration is required. For more information about cost and event details, visit the Arts and

Crafts Center or call (337) 531-1980.

**July 23:** Cowgirls and Cocktails, Fort Polk Anvil Bar — Ninth Street, bldg 1457. Grab your girls and have a good time July 23 from 6-9 p.m. Enjoy music, dancing and let go of your stress. The cover charge is \$5. For more information call (337) 531- 8139.

**July 23:** NSU Folk Festival: Natchitoches. The annual festival features three stages of music, traditional food, crafts and exhibits, Kidfest, narrative sessions and the Louisiana State Fiddle Championship. Children 12 and under admitted free of charge. Located in air-conditioned Prather Coliseum on the Northwestern State University campus in Natchitoches. Vive la Louisiane! Parking is free. The event is family friendly and handicapped accessible.

[www.nsula.edu/folklife/](http://www.nsula.edu/folklife/)

**Through Aug. 13:** Historic City Hall, presents National Geographic's "Women: A Century of Change," Lake Charles. National Geographic presents a touring exhibition celebrating women worldwide. The show is divided into six chapters — beauty, joy, love, strength and hope — and comprises a selection of images taken from the National Geographic archive, focusing on past, present and future challenges in different countries and historical periods. Another section of the exhibition is dedicated to intimate shots and biographies of iconic wom-

en, scientists and celebrities. Historic City Hall is open Tuesday through Saturday, 10 a.m. to 6 p.m. Admission is free.

<https://www.cityoflakecharles.com/department/division.php?fDD=3-29>

**Aug. 20-21:** 2022 Pro Watercross National Championships, Lake Charles. Don't miss the Pro Watercross National Championships.

Action-packed competition will take place on North Beach of Lake Charles. Watercross is motocross on Personal Watercrafts or jet skis. Athletes compete on unpredictable liquid tracks varying from oceans to rivers to lakes.

[www.visitlakecharles.org/event/pro-watercross-national-championships/36555/](http://www.visitlakecharles.org/event/pro-watercross-national-championships/36555/)

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

[www.louisianatravel.com/events/culinary-events/cajun-music-and-food-festival](http://www.louisianatravel.com/events/culinary-events/cajun-music-and-food-festival)

**Got News?**  
Call the Guardian  
at 531-1416



# Don't let intense summer **heat** ruin your outdoor plans

## MILITARY HEALTH SYSTEM

FORT POLK, La. — Heat illnesses and injuries should be treated seriously.

As the weather continues to reach dangerous heat levels, don't be caught unaware of the safety risks.

What is a heat-related illness?

Heat-related illness, or hyperthermia, is a condition resulting from exposure to extreme heat. The body becomes unable to properly cool, resulting in a rapid rise in body temperature.

The evaporation of sweat is the normal way to remove body heat, but, when the humidity is high, sweat does not evaporate as quickly.

This, in turn, prevents the body from releasing heat quickly.

Prompt treatment of heat-related illnesses with aggressive fluid replacement and the cooling of core body temperature is critical to reducing illness and preventing death.

Be safe when taking part in outside activities and remember to hydrate.

In addition to hot temperatures, don't let the sun's dangerous rays affect your skin. Remember to always use sunscreen and take regular breaks from direct sunlight.

Check out the following link to find out more about beating the heat:

- Extreme Heat: Heat-Related Illness **Health.mil**
- Update: Heat Illness, Active Component, U.S. Armed Forces, 2019 | **Health.mil**
- Old-School Summer Safety Risks: Sun, Water, Insects and Alcohol | **Health.mil**



# CSA reading list book grows **perspective**, broadens horizons

By Lt. Col. (retired) MARK LESLIE  
DPTMS director

FORT POLK, La. — “Fighting Talk,” by Colin S. Gray, is a book based on 40 maxims about war, peace and strategy. To paraphrase the author’s own words, many people are seriously undereducated in the basics of the natures of, and the relations among, war, peace and strategy. I tend to agree and think that is why this book is on the Chief of Staff of the Army’s reading list.

We don't know what we don't know. As professional leaders in a war machine like the US Army, we must not only understand strategy but also the relationship between strategy and politics, as well as the cause and effect they have on one another.

The introduction starts this book off right: “This book is founded on two propositions. First, there is a body of maxims on war, peace and strategy, which are both true and important. Secondly, these truths frequently are forgotten, or misunderstood, often with dire consequences.”

There is likely no truer statement, and one only has to look back at the recent wars in Iraq and Afghanistan to see the parallels in the conduct and frustrations of these wars with Vietnam to see the validity of this.

An excellent read, this book has something for everyone and the author has brilliantly laid out the book in five parts.

**Part I — War and Peace**

Ten Maxims compose part one and focus on the intellectual exercise and process of strategic thought and practice.

The author has some pretty tough criticisms for what currently passes as strategic thought. I must admit, I had to pause and reread each maxim and then reflect upon the message the

### Book review

author is delivering.

**Part II — Strategy**

Again, 10 maxims compose part two. The section focuses on the all important link between strategic thought and the military vested interest that will follow in later parts of the book. I think this part is superb and a much needed component of the book. While there are other works devoted to many of these maxims individually, rarely do you see one part of a book devoted to the cultivation of how you think in preparation for a follow-on portion of the book and ultimately training the reader’s mind to be more receptive to the concepts contained within the book.

**Part III — Military Power and Warfare**

Comprised of seven maxims, this part of the book will feel more familiar and give a sense of comfort to most of the professional leader readers at Fort Polk. It focuses on the nuts and bolts of the business of the military — things like the operations, tactics and logistics.

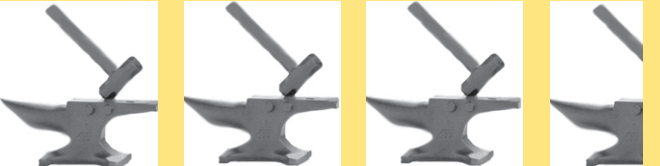
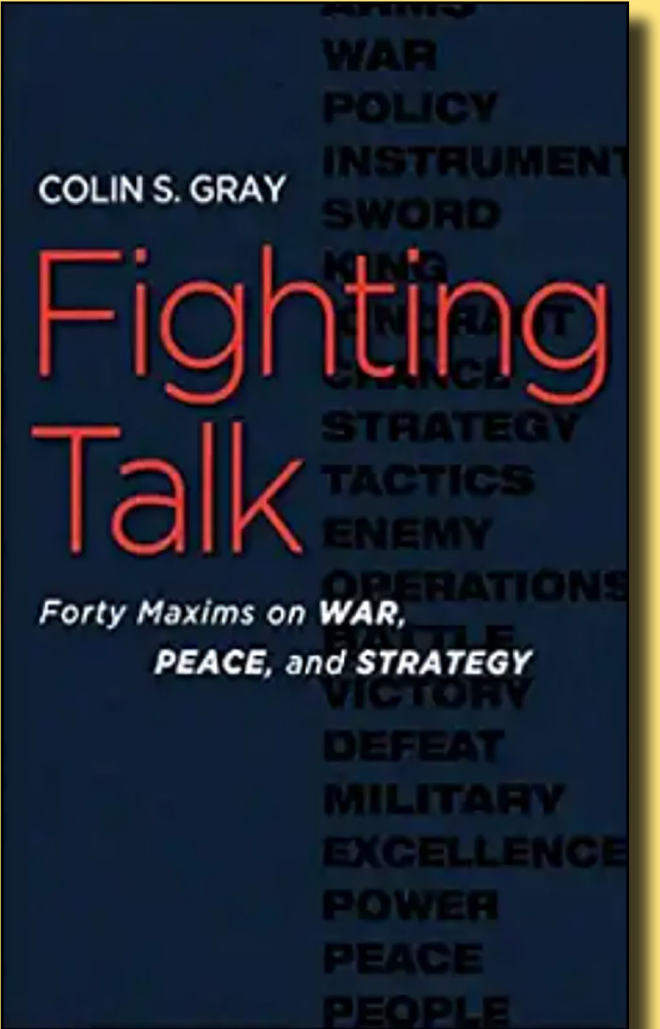
**Part IV — Security and Insecurity**

This part is again composed of seven maxims and is a real lesson in why strategy is important. I must admit, this chapter took me out of my personal comfort zone, and I read it more than once. It really gave me reason to reflect and think about the relationship between military power and its application in relation to politics.

**Part V — History and the Future**

Comprised of five maxims, with my favorite being maxim 39 — surprise is unavoidable, but its effect is not: There is a lot of information to squeezed in, and I think the reader will appreciate the message and lessons delivered herein.

Overall, while it may seem slow in some parts, this is an excellent read. It is a good addition for the leader who wants to grow



perspective and broaden horizons. The Chief thinks it has a place on our book shelf, and I am glad it is now on mine. The easy and conversant style, as well as the ready application to approaching modern day dilemmas, make this a good investment of your time.

This work earns three and a half anvils out of five on the Fort Polk CSA reading list review scale.



# JRTC, Fort Polk's Camp Warrior fosters youth leadership

By **CHRISTY GRAHAM**  
Public affairs specialist

FORT POLK, La. — It is well known that the U.S. Army trains Soldiers to grow into leadership roles, to continually prepare the stewards of future generations of noncommissioned officers and commissioned officers, alike. JRTC and Fort Polk's Camp Warrior, however, begins instilling the tenets of teamwork and leadership (through fun activities) within the military dependent youths on the installation.

"Camp Warrior is a leadership camp. It allows eligible civilian and military youth from Fort Polk a rare opportunity to attend a residential camp where they'll learn to work together in teams, not only with other youths, but with adults," said John Stromberg, Youth Sports and Fitness director.

The camp, which runs two weeks each summer, is split by grades. Last week, kids in 4th through 6th grade enjoyed everything North Toledo Bend State Park has to offer, and next week (July 25-29) kids in the 6th through 12th grades will occupy the campsite.

Marie Avery, Youth Sports assistant, said the campers partake in several leadership- and comraderie-building exercises, such as archery, tug-of-war, canoeing, kayaking, paintball, hikes, survival-skill lessons and atlatl, which is akin to a large dart that is set and thrown from a cradle.

"Campers also get to enjoy pool time, eating contests, movie nights, arts and crafts, dodgeball, foursquare, cornhole, bonfires and s'mores and an opportunity to try different foods, such as edible bugs and liver," she said.

Camp Warrior begins with the kids and their Families meeting at Fort Polk's Youth Gym, where camp staff give a farewell speech to the parents, and then kids load onto a bus to head to North Toldeo Bend State Park, said Avery.

Upon arriving at the campsite, Avery said, kids unload their belongings from the bus, they are shown to either a female or male cabin, they pick their bunks and then set up their things.

"The first day is mostly focused on letting the kids get acclimated to the area," she said.

"After campers have settled in, counselors will take the kids on a nature walk to show them the area."

At the start of their first full camp day, Avery said kids are divided into teams for the week (either the Red or Blue Team), and they are given name tags, water bottles and backpacks, helping campers keep their things together as they switch between activities and camp locations.

"Each camp day begins with an hour of morning (physical training) for the campers, led by Soldiers that have volunteered to assist



COURTESY CYS



Please see **Camp**, page 13



# Camp

Continued from page 12

with Camp Warrior. We have a fitness group doing circuits, a running group and a walking group,” Avery said.

Some of the volunteer Soldiers are also the cooks preparing the “feasts” provided to the campers, said Avery.

“You’d be surprised at how many kids go up for seconds. It really is a lot of food, and they always enjoy what the Soldiers make for them.”

Throughout the week, kids are practicing different skill sets, helping them bolster their abilities, learn to work well within their teams and prepare for the culminating competition at the end of the week, she said.

“This competition is the kids’ favorite part of the camp; they are practicing and getting mentally prepared all week long,” Avery said.

In addition to all the physical activities, Avery said kids are visited by Fort Polk’s Alcohol and Substance Abuse Program representatives, who come to discuss the dangers of drugs and alcohol with the campers.

Members of Fort Polk’s Environmental team also come to teach the kids about insects and animals, and how to safely react to wildlife while outdoors. They also take the campers on a nature walk, teaching them how to spot poison ivy, and how to determine which plants are edible.

“Overall, the camp works on the kids’ leadership skills — it helps them move forward in life and learn how to collaborate with people in various situations,” Avery said.

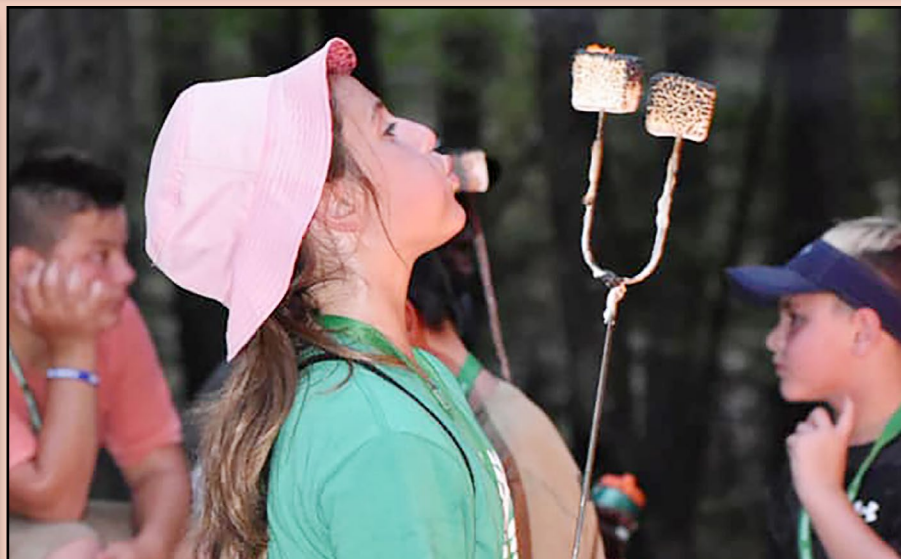
Through fun (yet educational) events, campers learn to work together as a team and build lifelong friends in the process, Stromberg said.

“I think this camp gives many kids their first ‘away-from-home’ experience, while still giving their parents the reassurance they are in good hands with our staff and Soldier volunteers — it is a safe start to their independence.”

For more information about Camp Warrior, or if you’re interested in registering your 6th through 12th grade youth, please call the Parent Central Services building at (337) 531-6004.



COURTESY CYS







# Soldiers punished, separated for UCMJ violations

## OSJA

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

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

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

- A specialist assigned to 519th Military Police Battalion was separated from the Army with an under other than honorable conditions discharge for solicitation of a minor. An under other than honorable conditions discharge results in a loss of most benefits and may cause significant difficulty obtaining civilian employment.
- A private assigned to 115th Field Hospital was separated from the Army with a general discharge for multiple alcohol related incidents including driving under the influence. A general discharge may result in a loss of benefits and could cause difficulty obtaining civilian employment.
- A sergeant assigned to 46th Engineer Battalion was separated from the Army with a general discharge for refusing to be vaccinated against COVID-19.
- A sergeant assigned to 46th Engineer Bat-

alion received a permanently filed General Officer Memorandum of Reprimand for refusing to be vaccinated against COVID-19.

- A private assigned to 317th Brigade Engineer Battalion was separated from the Army with a general discharge for fraudulent enlistment. A general discharge may result in a loss of benefits and could cause difficulty obtaining civilian employment.
- A Corporal assigned to 1st Battalion (Airborne), 509th Infantry Regiment was found guilty at a summary court-martial of making a false official statement in violation of Article 107, UCMJ, and larceny of over \$1,000. They received a sentence of reduction to the grade of E-1, forfeiture of two-thirds of one months pay for one month and confinement for 30 days.

## Sweet ribbon cutting

*The Joint Readiness Training Center and Fort Polk cut the ribbon at the Dunkin’ Donuts and Baskin Robbins grand opening. Who’s ready for ice cream and doughnuts?*



SHELBY WARYAS/COMMAND PAO

# Check VIN numbers

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

1988	Chevrolet	3500	4195
2011	Dodge	Avenger	1373
2014	Nissan	Altima	6092
1998	Honda	CRV	6564
2011	Dodge	Durango	6226
2016	Kia	Reo	5808
2005	Dodge	Magnum	9914
2008	Ford	Explorer	3754
2001	Volvo	S 40	1073
2007	Acura	RDX Turbo	1092
1995	Chevrolet	Caprice	3876
2008	Chevrolet	1500	0226
2008	Ford	Edge	1971
2017	Nissan	Versa	1496
2008	Saturn	Aura XE	3244
2004	Chevrolet	Trail Blazer	8828
2003	Toyota	Tacoma	7528
2006	Nissan	350Z	6628
2010	Nissan	Altima	6499
2005	Ford	Explorer	4483
2012	Chevrolet	Malibu	1689
2016	Chevrolet	Malibu	5420
2002	Dodge	1500	7497
2006	Ford	F150	6507
2015	Ford	Escape	8502
2004	Infinity	Q35	8469
2012	Kia	Optima	1405
2011	Nissan	Sentra	4417
2009	Honda	Civic	3562
UNK	Baja Warrior	Mini bike	UNK
1997	Dodge	1500	3720
2012	Dodge	Avenger	0247
2016	Jeep	Cherokee	7670
2006	Ford	Focus	5525

