

THE JRTC AND FORT POLK

GUARDIAN

Monday, May 8, 2023 Vol. 50, No. 9



Inside:

- Supporting Big Latch On page 1
- Tips for severe weather page 4
- Volunteer of the Year event page 5
- College recognition ceremony page 6

QUALITY OF LIFE LINES OF EFFORT



HEALTH CARE



SPOUSE
EMPLOYMENT



CHILD CARE



HOUSING

BJACH Big Latch On brings community together to support breastfeeding

By JEAN CLAVETTE GRAVES
BJACH PAO

FORT POLK, La. — Bayne-Jones Army Community Hospital hosted the Global Big Latch On April 16 to promote and provide breastfeeding support to Soldiers and Families at the Joint Readiness Training Center and Fort Polk.

Nearly 50 people attended the inaugural event at the hospital with 24 mothers and their babies latching on to breastfeed and offer peer support to each other.

Allison Harrison, American Red Cross volunteer at BJACH, helped organize the event. She holds the military lactation counselor credentials, is a certified lactation counselor and is the Mom2Mom Global ambassador for Fort Polk.

She has been working to raise awareness and provide support and education to Fort Polk mothers since her arrival in 2019.

"When I first arrived at Fort Polk there were very few quality resources available to breastfeeding moms. In the last year, we've really pushed to change that," Harrison said. "This event was a wonderful way to show the community that BJACH supports nursing moms and will continue to look for ways to improve services to their patients."

The Big Latch On is a global initiative to normalize breastfeeding and let parents know their choice to breastfeed is supported.

According to biglatchon.org,

these events take place at registered locations around the world during a three-day window each April. Breastfeeding moms, their friends, family and community join the celebration to promote and support breastfeeding.

Volunteer events like the one hosted at BJACH create a lasting support network for the community.

As of the publication of this story, more than 1,600 mothers participated in Big Latch On events across the globe April 14-16 with results still being reported.

Mom2Mom Global is a nonprofit that works to support both Soldiers and spouses who are breastfeeding.

"We provide peer support, as well as working with leaders to ensure policies are in place to protect breastfeeding parents," Harrison said.

According to their website (mom2momglobal.org), Mom2Mom Global started in 1999 at Landstuhl Regional Medical Center in Germany and provides individual and group support to help new families meet their breastfeeding goals. Mom2Mom Global is also home to the military lactation counselor professional credential. They offer evidence-based support, friendship, advocacy and networking to breastfeeding parents.

Harrison is a motivated and

Please see **Breastfeeding**, page 2



Spc. Sydney Pierce, practical nursing specialist at Bayne-Jones Army Community Hospital, and her daughter Esmeralda, 6 months, participate in the Global Big Latch On.

JEAN CLAVETTE GRAVES/BJACH PAO



Nataly Colman and daughter Nalani Skye, 1, participate in the Global Big Latch On April 16.



JRTC and Fort Polk

Brig. Gen. David W.
Gardner

JRTC and Fort Polk

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



Cover photo: Keith Houin, Fort Polk Public Affairs Office deputy director (left), works with a Better Opportunities for Single Soldiers member to pour live crawfish into a boiling pot of water April 22 at a BOSS crawfish boil. Houin, a New Orleans native, volunteered to teach the Soldiers how to clean, prepare, eat and appreciate the delicious Louisiana delicacy. (Photo by ANGIE THORNE)

Breastfeeding

Continued from page 1

passionate advocate for nursing moms.

"I know how it feels to try to breastfeed when your extended family doesn't support your decision," Harrison said. "I know how it feels to receive antiquated or incorrect medical advice regarding breastfeeding my children. I know how isolating it can be when you feel like you don't have anyone you can talk to about the unique challenges you are facing. I don't want anyone else to feel that way. I want to be available to listen, support them and help them find more support or medical help if need be."

Statistics show women are more likely to meet their breastfeeding goals when they feel supported.

The event included community resources, information tables and door prizes.

Capt. Kodi Humpal, pediatrician, and Maj. Lesli Thomas, family practice physician and chief of the BJACH Patient Centered Medical Home, were in attendance to share medical expertise, show support and answer questions.

"We are here today as medical professionals to support our breastfeeding moms," Humpal said. "There are many significant health benefits associated with breastfeeding."

This applies to both mother and child.

"For babies, studies show that breastfeeding up to six months can decrease risk of respiratory infections, diarrhea, asthma and a whole host of other issues," Humpal said. "For moms it has been proven to decrease their risk of hypertension, type two diabetes and a variety of cancers. Currently, the recommendation is to solely breastfeed for six months with the goal to breastfeed children for up to two years with supplemental complimentary foods."

Humpal was happy to support the event.

"We wanted to be here today to show our support for breastfeeding moms, because it is not easy," Humpal said.

Spc. Sydney Pierce, practical nursing specialist at BJACH, was there to represent the labor, delivery and postpartum ward and participate in the Big Latch On.

Pierce was enthusiastic to be there in both capacities.

"Several nurses from LDRP, including myself, are getting certified as lactation counselors," Pierce said. "We are all very interested in being a support system for breastfeeding mothers."

Pierce said being in the Army forces people to find support outside of their extended families.

"Serving in the Army, we are away from home and family which can make you feel isolated," Pierce said. "Breastfeeding is a journey. It can last several months or years. We are here to support moms for the long term."

Pierce and her six-month-old daughter Es-



Jessica Wood and her son Griffin, 2 months, participate in the Global Big Latch On April 16.



Dani Gehring and her son Samuel, 7 months, take part in the Global Big Latch On, hosted by Bayne-Jones Army Community Hospital at the Joint Readiness Training Center and Fort Polk.

JEAN CLAVETTE GRAVES/BJACH PAO

meralda are currently breastfeeding.

"For me, this event was important not only from a professional standpoint, but also personal," Pierce said. "I am so happy with my decision to breastfeed Esmeralda. It's hard to describe in words the bond we have. Breastfeeding her has helped us create a world of our own. When I'm nursing her, it's just she and I. I feel fulfilled."

It's been challenging.

"As an LPN working 10-hour shifts it's hard," Pierce said. "Despite it all, it's very rewarding."

Heather Hoosier, licensed clinical social worker and New Parent Support Program home visitor, set up an informational table at the Big Latch On.

"I wanted to be here to contribute to the event and our breastfeeding community," Hoosier said. "I brought resources to our Families, so they know what is available to them at the JRTC and Fort Polk."

The New Parent Support Program is designed to provide education and support for expectant parents and Families with children 3 years old and younger.

"We have a few classes, conduct home visits and have office hours," Hoosier said. "If new and expectant Families have questions, we can assist them or refer them to appropriate resources."

Hoosier said Army Community Service and the NPSP are here for military Families.

"We have a lot of resources," Hoosier said. "But first and foremost, we are here in a non-judgmental environment for new parents to have adult conversations, provide assistance, answer questions they might have and refer them to other agencies when necessary. Parenting is hard, especially in the beginning, and we are here to support new parents."

Nahomi Ortiz is new to the installation and expecting a baby in August.

"I am going to be a first-time mom and I'm lost on everything about motherhood," Ortiz said. "I'm trying to learn as much as I can. I plan to breastfeed because I know it is the healthiest option for me and my baby."

Ortiz plans to breastfeed for one year.

"I didn't realize how much support there was in the community for new parents," Ortiz said. "It was great to see the providers, nurses and lactation counselors here today."

Jessica Wood and her 2-month-old son, Griffin, won a new breast pump during the Big Latch On.

"Griffin is my first child and breastfeeding is hard," Wood said. "I was looking for a supportive community to find answers to some of my questions."

Wood learned about the event from the New Parent Support Program's stroller walk.

"Events like this are so valuable," Wood said. "It's hard to make friends when you move to a new place. I like to go to things like this to meet new people with similar interests. Sometimes attending events like this are the only time I get to talk to people."

Harrison said the event was so successful she's looking forward to the next one.

"I hope this is just the beginning and we can collaborate on future endeavors like this throughout the year to support everyone's breastfeeding journey," Harrison said.

TRICARE offers a variety of breastfeeding and lactation support services and supplies to beneficiaries. Visit the following to learn more: <https://www.tricare.mil/CoveredServices/IsItCovered/BreastfeedingCounseling> <https://www.tricare.mil/CoveredServices/IsItCovered/BreastPumpsSupplies>



Bayne-Jones Army Community Hospital



BREAST CANCER

Support Group

Tuesday, May 23rd, 11:30 a.m. - 12:30 p.m

Physical, Occupational Therapy (PT/OT) Conference Room
Located on the 1st Floor of BJACH next to the barber shop!

**We are better together! Join us for our first meeting.
Let's build a community of survivors, loved ones and those
who continue to fight this battle!**



For More Information Call Chaplain Walker at 337-531-3728

Take action to protect your Family from Severe weather

Hurricane Preparedness

weather.gov/hurricane

Prepare Before Hurricane Season

-  Develop an evacuation plan
-  Assemble disaster supplies: food, water, batteries, charger, radio, cash
-  Get an insurance checkup and document your possessions
-  Create a communication plan with a hand-written list of contacts
-  Strengthen your home





NOAA



Hurricane Preparedness

weather.gov/hurricane

Understand Forecast Information

-  Rely on forecasts from the National Hurricane Center & your local NWS office
-  Know your alerts & the difference between a Watch and Warning
-  Focus on potential impacts, regardless of storm size or category
-  Know that deadly hazards occur well outside of the Forecast Cone



Hurricane Preparedness

weather.gov/hurricane

Know Your Risk: Water & Wind

-  Consider your threats: storm surge, flooding from heavy rain, strong winds, tornadoes, rip currents
-  Determine if you live in a flood-prone area
-  Find out if you live in an evacuation zone
-  Identify your home's structural risks (mobile homes & basements can be especially vulnerable)






NOAA



Hurricane Preparedness

weather.gov/hurricane

Get Moving When a Storm Threatens

-  Protect your home: cover windows, secure doors & loose items
-  Determine sheltering options and consider your pets
-  Ready your go-bag, meds & supplies, charge phone, fill up/charge vehicle
-  Help your neighbors, especially the elderly & other vulnerable people
-  Follow evacuation orders if given



Hurricane Preparedness

weather.gov/hurricane

Stay Protected During Storms

-  Stay in your safe places from water & wind
-  Have a way to get weather alerts and forecast updates
-  Keep in mind that impacts can be felt far from the coast
-  Listen to local officials & avoid travel unless ordered to evacuate

NOAA



Hurricane Preparedness

weather.gov/hurricane

Use Caution After Storms

-  If you evacuated, only return home when directed it's safe to do so
-  Remain vigilant, as hazards remain: heat, downed powerlines, floodwaters, & more
-  Clean up safely: don't push yourself, and check on neighbors
-  Only use generators outdoors, 20+ feet from your home
-  Prepare for the likelihood that help and communications may not be available

NOAA



Volunteers honored for service at Warrior Center

By KAREN SAMPSON

Public Affairs Office

FORT POLK, La. — Members of the installation Army Volunteer Corps serving the community throughout 2022 received awards during the commanding general's installation volunteer of the year ceremony April 24 at Fort Polk's Warrior Center.

"Volunteers are truly the heart of the community," said Brig. Gen. David W. Gardner, Joint Readiness Training Center and Fort Polk commanding general, as he addressed an audience of leaders, volunteers and Families.

The ceremony closely followed National Volunteer Week April 16-22. Most in attendance represented volunteers from the JRTC and Fort Polk services spectrum.

"The ceremony is recognizing volunteers nominated by their units or organizations for their exceptional volunteer service," said Lucianne Buch, the Army Volunteer Corps coordinator.

There were a number of ways the volunteers stepped forward to help including as troop leaders for the Cub Scouts, Girl Scouts and Boy Scouts; Better Opportunities for Single Soldiers representatives; assistance to the American Red Cross; teachers of religious education; labor in the print shop; help at Army Community Service; mentors to youth services; administrators and event organizers for the Military Spouses Club; workers for Directorate of Family and Morale, Welfare and Recreation; school education volunteers; youth sports coaches; leaders, co-leaders and trainers for the Soldier and Family Readiness Group and more.

Those being honored exemplified the 257 volunteers who donated time and energy to benefit the JRTC and Fort Polk community throughout the year.

Of the 21 volunteers recognized, Gardner awarded two distinguished service awards for outstanding contributions; installation volunteer of the year, Lindsay Nemec, a military spouse nominated by the 5th Battalion, 25th Field Artillery Regiment, and installation youth volunteer of the year, awarded to Arielle Martinez, nominated by Girl Scout Troop 2172.

Along with their certificates of appreciation and engraved blue glass commendations, they received an iron anvil-shaped award with their names embossed in black lettering.

Arielle Martinez follows closely in her mother and troop leader Jade Martinez's footsteps spending time volunteering and exercising leadership with Girl Scout Troop 2172.

Arielle hoisted her black anvil-shaped award triumphantly, then lowered it to look at her name emblazoned across the metal.

"The event is nice," Arielle said. "I am happy to be among fellow volunteers."

Jade and Arielle said the annual best youth award was unexpected and slightly over-

Brig. Gen. David W. Gardner, addresses an audience of volunteers and families April 24 at the Warrior Center.



Col. Sam Smith, garrison commander, applauds volunteers' exceptional service April 24 at the Warrior Center.



Brig. Gen. David W. Gardner gives the installation volunteer of the year, Lindsay Nemec, military spouse, an award at a volunteer awards ceremony April 24 at the Warrior Center.

whelming. "We are proud of Arielle!" Jade exclaimed.

Arielle enjoys her time mentoring Girl Scout Troop 2172 and volunteering with the Red Cross. She logged 80 hours with the Red Cross.

"She worked in labor and delivery and the woman's health center," Jade said.

Arielle attends many events as a Girl Scout.

"My favorite event was a two-day camp with the younger Girl Scouts," Arielle said.

"She also volunteered to work at the installation Thrift Shop," Jade added.

Volunteering is necessary and a force multiplier for the Army community.

"Volunteering is an activity that involves one's time and energy to help others without any expectations or personal reward," Gardner explained. "Volunteering is crucial for the individual and the community and makes one feel closer to the Army Family."

The Army Volunteer Corps mission promotes volunteerism by uniting community

volunteer efforts, supporting professional management, enhancing volunteer career mobility and establishing volunteer partnerships to support individual growth and life-long volunteer commitment.

"Volunteers provided 14,576 hours of service over the past 12 months!" Gardner exclaimed.

He said that if this year's volunteers were paid by salary, the workforce hours accumulated would equal \$440,000 worth of human resource assets.

The Fort Polk Army Volunteer Corp seeks innovative ideas and processes to improve the quality of life at Fort Polk through volunteer agencies.

For more opportunities, complete a volunteer registration packet, which includes Volunteer Agreement DD Form 2793 and, if you are under 18, the Parental Permission Form DA Form 5671. Register at MyArmyOneSource. For more local information, call the Fort Polk Army Volunteer Coordinator at (337) 531-1895.

College Graduate Recognition Ceremony celebrates class of 2023

By **KAREN SAMPSON**
Public Affairs Office

Fort Polk, La. — Soldiers, Family members and civilians earning degrees united during a College Graduate Recognition Ceremony hosted by Fort Polk Education Services May 3 at Fort Polk’s Bayou Theater.

Brig. Gen. David W. Gardner, Joint Readiness Training Center and Fort Polk commanding general, along with representatives from the education center and liaisons from installation college programs, was present to bestow diplomas to 19 graduates representing seven universities.

Before graduates took the stage, Gardner imparted his advice.

“In professional circles, it is called networking. In organizations, it is called team building. In life, it is called family, friends and community,” Gardner said. “We are all gifts to each other.”

“My growth as a leader has shown me again and again my most rewarding experiences come from my relationships,” Gardner added.

Gardner encouraged the graduates to follow their passion.

“Don’t be afraid to take risks or try new things, even if they seem daunting or unfamiliar,” Gardner emphasized. “Your passion will provide the fuel you need to overcome obstacles and achieve great things.”

Staff Sgt. Nyakeni Schuol, a training non-commissioned officer assigned to the 353rd Training Regiment, aspires to be a teacher.

“Throughout my career, I’ve taken classes now and then to pursue my degree,” Schuol said.

As one of the college graduates who moved the tassel of her graduation cap to the left, signifying the completion of her Associate of Arts program from Central Texas University, Schuol said earning her associate is a vital stepping-stone to her success and being an excellent example to her children.

“The reason I want to teach is to share my life experience as a Soldier with the next generation,” Schuol said.

Schuol said the opportunities the Fort Polk Education Center offers inspire those who pursue their education.

“A lot of service members do not get to participate in a graduation ceremony due to their location,” said Karyn Jones, education counselor at Fort Polk Education Center. “The ceremony allows graduates to experience putting on the cap and gown and walking across the stage and celebrating that with loved ones.”

The education center holds commencement ceremonies in spring and late fall.

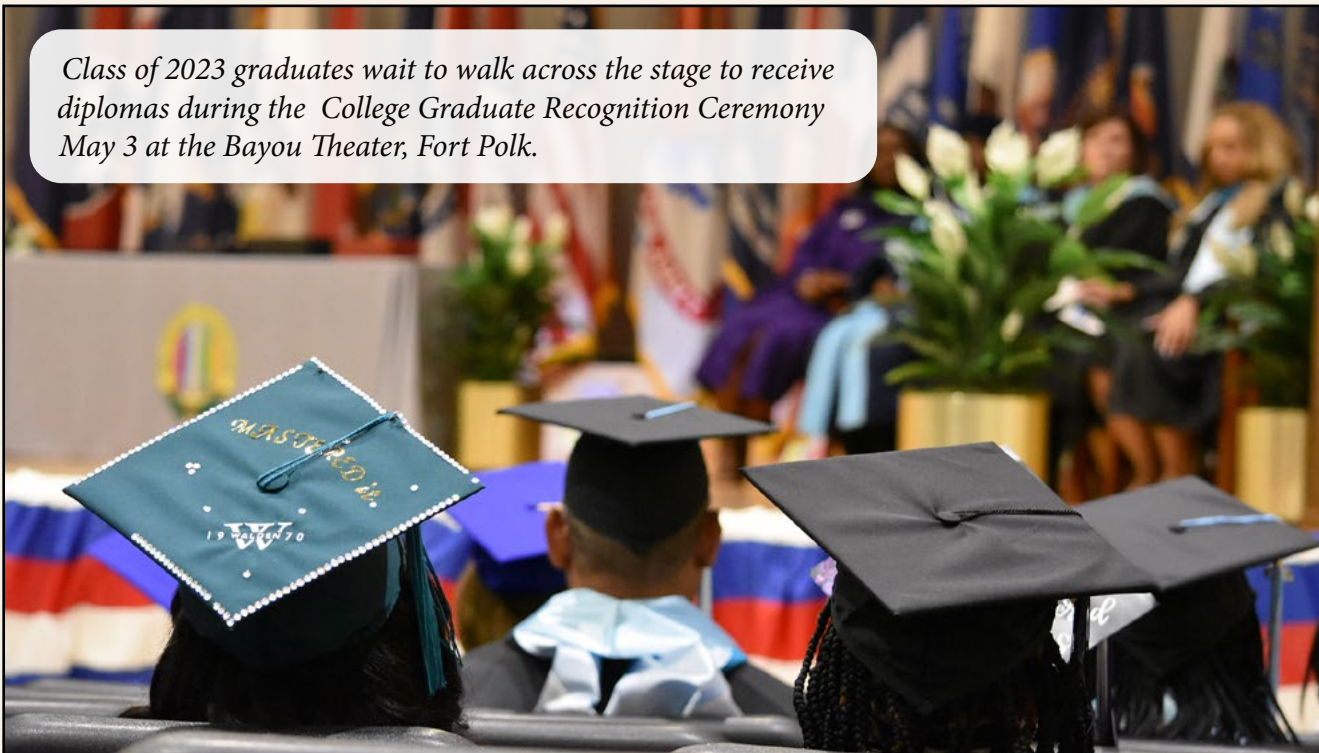
For more information about education opportunities reach out to the Fort Polk Education Center at (337) 531-5269.



College graduates from the class of 2023 move the tassels of their graduation caps to the left signifying the completion of their college programs May 3 at the Bayou Theater, Fort Polk.



Brig. Gen. David W. Gardner, commanding general for JRTC and Fort Polk, speaks to college graduates during the College Graduate Recognition Ceremony May 3 at the Bayou Theater, Fort Polk.



Class of 2023 graduates wait to walk across the stage to receive diplomas during the College Graduate Recognition Ceremony May 3 at the Bayou Theater, Fort Polk.

KAREN SAMPSON/EGUARDIAN



SHELBEY WARRAS/ PUBLIC AFFAIRS

Baton Rouge visit

Joint Readiness Training Center and Fort Polk leadership spent the day in Baton Rouge at the Louisiana State Capitol. The leaders met with Gov. John Bel Edwards, Sen. Mike Reese, Louisiana Economic Development, Louisiana Department of Veterans Affairs, Louisiana Department of Transportation and Development, Louisiana Department of Education and Explore Louisiana. The leaders discussed education, spouse employment, infrastructure, the redesignation of Fort Polk to Fort Johnson and the quality of life for Soldiers, Army Families, retirees, and veterans.



Employee Assistance Program

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Family Members

Army Civilians, Retirees, their family members, as well as Active Duty family members are eligible



Rolling Year

Use up to 5 EAP sessions per rolling year; Year begins on intake date

Reasons to Consider Counseling



Workplace Stressors

Conflict, difficult people, burnout or overwhelmed with workload

Phase of Life

Starting a family, divorce, marriage, retirement, etc.

- ✓ Relationship Concerns
Personal or workplace interactions
- ✓ Stress & Anxiety
Feeling down, hopeless, and/or overwhelmed



Substance Abuse or Other Concerns
Alcohol, marijuana, opioids, pornography, gambling, etc.

Grief, Loss, Other Concerns
Death of loved one, death of coworker, loss of relationship, financial stress, referrals, etc.

HOT WEATHER SAFETY

THE HEAT IS ON (15 MAY – 15 OCT) – STAY HYDRATED!



- ✓ Drink plenty of water & hydrate the night before
- ✓ Wear light clothing
- ✓ Take frequent breaks
- ✓ Do not drink tea, coffee, or alcohol

FOR MORE INFO CONTACT THE
GARRISON SAFETY OFFICE AT
531-SAFE





#FortPolkStrong



Inspector General Newsletter

Army Directive 2023-05 (Administrative Absence for Non-covered Reproductive Health Care)

This directive implements Army and DoD policy changes for administrative absence associated with non-covered reproductive health care. Commanders are responsible to meet operational requirements and protect the health and safety of Soldiers in their care. Commanders will exercise objectivity, compassion, and discretion when addressing all healthcare matters, including reproductive healthcare matters, and have a duty to enforce existing policies against discrimination and retaliation in the context of reproductive healthcare choices. Eligible Soldiers will be able to access lawfully available non-covered reproductive health care, as defined in the enclosure to this directive, regardless of where they are stationed. Eligible Soldiers may request an administrative absence from their normal duty station without being charged leave to access non-covered reproductive health care. Requests must include supporting documentation to certify medical provider validation of the medical condition and location of care. Company-level, or equivalent, commanders may approve an administrative absence for a period of up to 21 days per request for eligible Soldiers to receive or accompany a dependent or dual-military spouse who receives non-covered reproductive health care.

MILPER Number: 23-121 (Army COVID-19 Vaccine Rescission)

On Feb. 24, 2023, Secretary of the Army (SA) Christine E. Wormuth signed a memorandum rescinding all Department of the Army policies specifically associated with the implementation of the COVID-19 vaccination mandate. The Army is committed to the health and welfare of our Soldiers. We will continue to promote and encourage vaccinations for all personnel to ensure readiness, facilitate mission accomplishment, and protect our force.

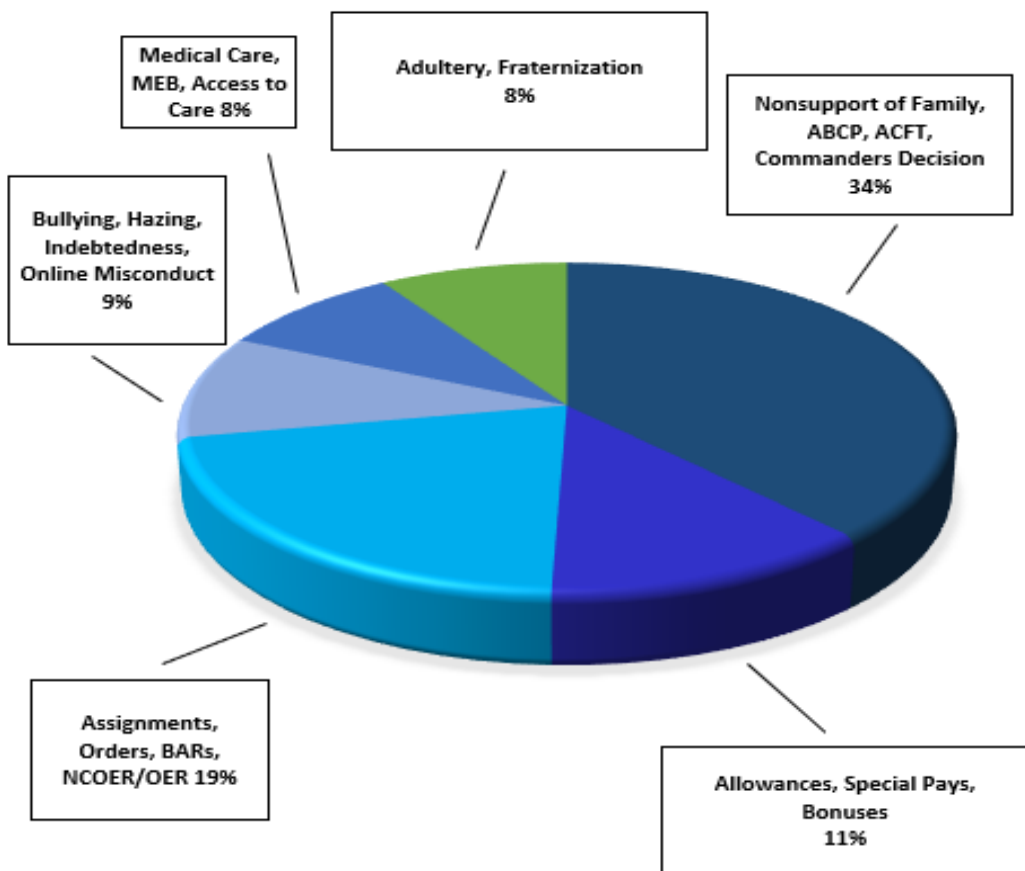
MILPER Number: 22-493 (Temporary Change to Timeline for Requesting Voluntary Retirement from Active Federal Service)

Effective Jan. 1, 2023, RA Soldiers may submit voluntary retirement requests at least nine months, but no more than 24 months, before their requested retirement date. Soldiers requesting voluntary retirement must have 18 or more years of active federal service (AFS) at the time the request is submitted and meet all other retirement eligibility requirements or have an approved waiver prior to the requested retirement date. Retirement approval authority remains unchanged.

LATEST PUBLISHED ACTIONS

- Army Directive 2023-08 (Army Body Fat Assessment Exemption for Army Combat Fitness Test Score)
- ALARACT 018-2023 (Expansion of the Military Parental Leave Program (MPLP) Implementation Guidance)

APRIL 2023 ASSISTANCE AND INVESTIGATION TRENDS



Fort Polk Atmospherics

Pros -

- Tight-knit community
- Education and job fairs
- Opportunities for Soldiers (education, events, activities)
- 24-hour gym
- Bowling Center (great staff)

Cons-

- Soldiers not receiving Warrior Time (outside of training requirements).
- Personnel actions not being submitted/processed
- Soldiers just sitting around waiting to be released, no task or purpose.





ARE YOU AN EMPLOYER SEEKING QUALIFIED CANDIDATES?

Look no further than the **Military Spouse Career Accelerator Pilot** program.

Benefits of being a host employer

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- Opportunity to host military spouses at no cost. This pilot program is fully subsidized by the Defense Department.
- Recognition through promotional activities and social media engagement.

Participating employers gain access to a pipeline of highly skilled military spouse talent, who are equipped with education, transferable skills and experience in a variety of roles and industries. Once the military spouse fellow completes the 12-week program, you have the opportunity to bring them onto your team full time.



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or contact mscap@uschamber.com to learn more.

ARE YOU A MILITARY SPOUSE SEEKING A CAREER?

Candidates of the fellowship will be evaluated and matched with organizations based on their skill set.

Once matched with a host company, fellows undergo exclusive on-the-job training at their host company, gaining firsthand experience in the private sector.

ELIGIBLE FELLOWS	DURATION	JOB LOCATIONS
 <p>Spouses of currently serving members of the U.S. Army, Navy, Marine Corps, Air Force and Space Force to include active, reserve and National Guard components</p>	 <p>12 weeks</p>	 <p>In-person or remote</p>

The Military Spouse Career Accelerator Pilot is a paid fellowship program for spouses of currently serving members of the U.S. Army, Navy, Marine Corps, Air Force and Space Force to include active, reserve and National Guard components. The program places select military spouses across a variety of industries and locations where they receive professional training, mentoring, networking and hands-on experience.

Accelerator Pilot Program Information and How to Apply



BOSS Soldiers congregate, make connections at **crawfish** boil

By **ANGIE THORNE**
Public Affairs Office

FORT POLK, La. — The chance to enjoy a little Louisiana culture in the form of a crawfish boil was more than Better Opportunities for Single Soldiers members could resist. BOSS hosted the boil and single Soldiers showed up in force to enjoy every step of the process from cleaning the crawfish to eating the spicy, boiled little crustaceans April 22 at the Home of Heroes Recreation Center.

Sgt. Sydney Alexis Secours, 2nd Battalion, 30th Infantry Regiment BOSS representative and a Louisiana native, commandeered an extra propane burner and also made a quick gumbo to appease appetites until the crawfish was done.

“We are giving them (BOSS Soldiers) the full Louisiana treatment with gumbo and crawfish. I think, depending on where they are from, some of the Soldiers might be overwhelmed by the food we are asking them to try. It’s probably way out of their comfort zone, but I have no doubt they will love it,” said Secours. “Food brings people together. The Soldiers have worked together to clean and prep the crawfish, chopped food for the gumbo, learned how to use a propane burner and gotten tips about how to cook both dishes.”

When they weren’t watching the crawfish boil in real time, the Soldiers were playing football and cornhole on a bright, sunny day.

“It’s about being together and having a good time,” said Secours.

Spc. Kevin West, BOSS president, said the crawfish boil was about taking care of single Soldiers outside of a field environment.

“This is a chance they wouldn’t normally have to meet other single Soldiers and make friends. It’s really a community event that gets them out of the barracks and gives them an opportunity to communicate with each other,” West said.

There were also representatives at the boil from organizations across post such as unit BOSS representatives, the Protect program, Sexual Harassment/Assault Response and Prevention and more to interact on a one-on-one basis with Soldiers.

“That’s a benefit to Soldiers because it brings them into contact with people they might need if something happens,” West said. “This way they already know the person and might not be as intimidated to ask for help.”

Spc. Diane Santos, BOSS representative for Medical Department Activity, attended the event because she would like to get more MEDDAC Soldiers involved in BOSS and because she loves crawfish.

“I would eat tons of it! We are at Fort Polk and it’s part of the culture here. I enjoy shar-



Fort Polk’s Better Opportunities for Single Soldiers hosted a crawfish boil April 22. Soldiers work to prepare the crawfish by cleaning them before the boil begins.



Fort Polk’s Better Opportunities for Single Soldiers vice president, Sgt. Demarius Stewart, 1st Battalion (Airborne), 509th Infantry Regiment, nudges crawfish into a boiling pot.



Checking to see if the crawfish are done.



Soldiers toss a football while waiting for the crawfish to boil.

Please see **Crawfish**, page 11

Crawfish

Continued from page 10

ing that with other Soldiers. BOSS works really hard to organize events like this to make sure single Soldiers have a place to meet other single Soldiers and have fun,” Santos said. “If I hadn’t come out to the boil today, I would have missed out on a great time. I want to encourage Soldiers that aren’t part of BOSS to get involved and give it a try.”

Pfc. Steven McCurdy, 115th Field Hospital, 32nd Hospital Center, stopped by the crawfish boil because he is new to Fort Polk and wanted see what BOSS was all about.

“I really like it here so far. The people are fantastic and the food is delicious. I’ve never had Cajun food before. I love it. The spices are wonderful,” said McCurdy.

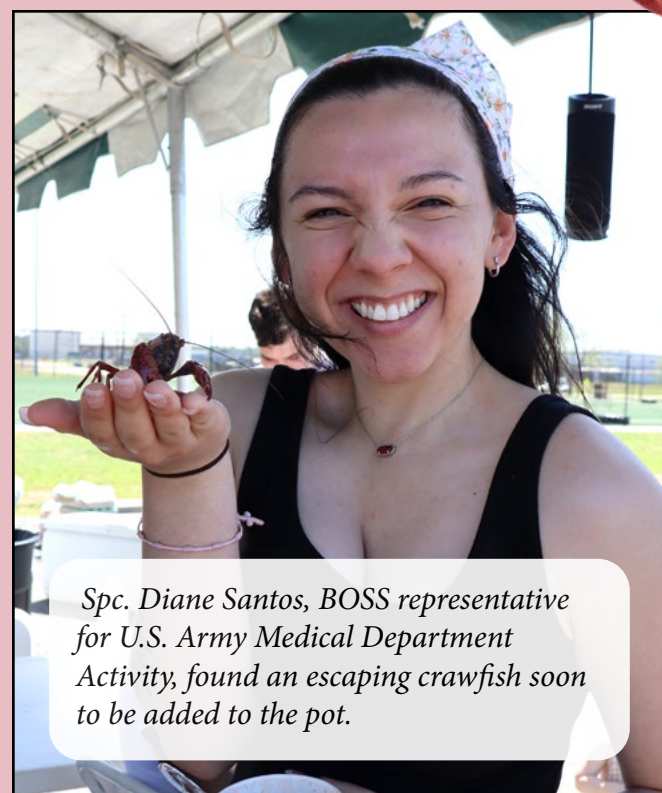
Events like this help bring people together.

“Part of what BOSS does is support the physical, financial and emotional needs of our Soldiers.” West said.

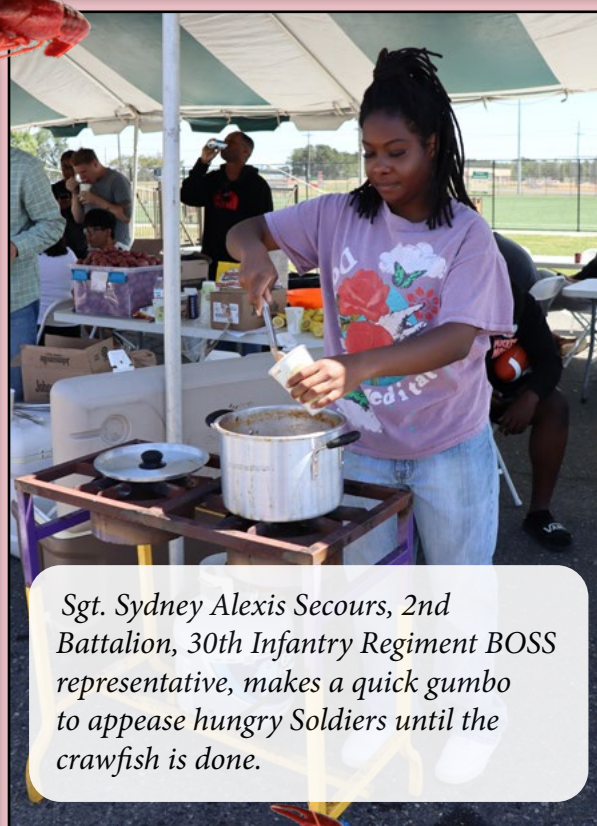
For more information about BOSS call (337) 531-1948/5540.



Once done, the crawfish are scooped from the pot into an ice chest to keep them hot.



Spc. Diane Santos, BOSS representative for U.S. Army Medical Department Activity, found an escaping crawfish soon to be added to the pot.



Sgt. Sydney Alexis Secours, 2nd Battalion, 30th Infantry Regiment BOSS representative, makes a quick gumbo to appease hungry Soldiers until the crawfish is done.



BOSS Soldiers play cornhole and have a good time at the crawfish boil April 22.



The crawfish is done and BOSS Soldiers line up to get platefuls of crawfish, corn and sausage to chow down on.



Let the peeling and eating begin.

National Prayer Luncheon offers praise to power of prayer

By ANGIE THORNE
Public Affairs Office

FORT POLK, La. — Fort Polk celebrated the National Day of Prayer at a prayer luncheon held at Fort Polk's Warrior Center May 4.

The National Day of Prayer is an annual day of observance designated by the United States Congress and held on the first Thursday of May, when people are asked "to turn to God in prayer and meditation."

The holiday was signed into law by President Truman in 1952, and every president since has signed a proclamation that encourages Americans to pray on and celebrate this day.

Chaplain (Col.) Michael Jeffries, Fort Polk garrison chaplain, said the day helps support spirituality, create unity across denominations and build spiritual resilience and readiness to complete the Army's mission.

"The day is also a way to build community, which I believe helps keep people healthier and happier overall. That's really my main goal," Jeffries said.

Jeffries introduced the guest speaker at the luncheon.

"It's a daunting task because Chaplain (Col.) Karen Meeker, U.S. Army Medicine command chaplain, is a rock star across the chaplain corps," Jeffries said. "She has distinguished herself by being not only a distinguished and accomplished officer, but also by mastering the art of being an Army chaplain. She is a person of deep integrity who leads from the heart with care and professionalism."

In keeping with the day's purpose, Meeker's focus was the importance of prayer and praying daily.

"The world to me through decades of service in the Army, you go through seasons with summits and valleys. You need friends all along the way. We need each other and look to God for strength," Meeker said. "On this day as we gather at breakfasts and luncheons to pray, I'm honored to be here at Fort Polk to pray with you and lift up our nation."

Meeker thanked those in attendance for being at the luncheon, for their service, for shaping the Army to be ready and making this a great community.

"Fort Polk, Louisiana has got community. It's got heart and that's because of you," Meeker said. "We gather on the Nation Day of Prayer to pray the prayers and lift the prayers that we have prayed and to continue to pray."

Every generation is faced with its challenges. Meeker touched on the last few years of working through a global pandemic.

"That's when great leaders step into the gap. First pray. Look up to God and look out to each other. That's where we find our strength, direction and purpose. That's why we are part of this great Army Family, to take care of others



Chaplain (Col.) Karen Meeker, U.S. Army Medicine command chaplain, speaks to attendees of Fort Polk's National Prayer Luncheon May 4.

ANGIE THORNE/CGUARDIAN



Chaplain (Col.) Michael Jeffries, Fort Polk garrison chaplain (left) and Sgt. 1st Class Jason Robinson, senior religious affairs noncommissioned officer in charge (right) present Chaplain (Col.) Karen Meeker, U.S. Army Medicine command chaplain, a Fort Polk anvil for her inspiring words about prayer at the National Prayer Luncheon May 4.

and our world," Meeker said.

Meeker extolled the power of prayer and its importance in living each day to its fullest.

"Persevere in prayer, prevail in prayer and let the power of prayer change your life, home and community. That's what changes our county and our world," Meeker said.

Celebrating prayer and his faith in God is what brought Tony King, headquarters comp-

troller, to the Warrior Center to attend the National Prayer Luncheon.

"I think this is a great opportunity to bring the Soldiers and civilians of this installation into one house to represent our belief in our Lord and savior," King said. "Spiritually, an event like this strengthens us, mind, body and soul, which enables us to live and perform our jobs better."



KAREN SAMPSON/eGUARDIAN

Superintendent tour

Dr. Cade Brumley, Louisiana State Superintendent of Education, visits Fort Polk's School Age Center April 27.



Corvias **reinvestments** improve on-post housing, enhances quality of life

By **ELISABETH MCCOLLUM**
Corvias

Warwick, R.I. — With quality of life a top priority for Fort Polk leadership, Corvias, a solutions provider to the Department of Defense, is an Army partner dedicated to housing and infrastructure enhancements.

Corvias Property Management continues its commitment to operate, maintain and provide service to the more than 4,800 residents of on-base housing at Fort Polk, Louisiana.

In 2021, Corvias announced a commitment to begin more than \$92 million worth of housing upgrades to Fort Polk by 2024. As part of that commitment, the company, along with its Army partner, celebrated the delivery of 22 newly renovated homes during a ribbon-cutting ceremony on Berkley Court April 18.

Guests at the event included Fort Polk and Corvias leadership. After sharing a few words, attendees were able to walk through one of the homes to see upgrades and details firsthand. Local residents also stopped by the event to connect with other guests and enjoy refreshments.

"As a long-term Army partner, we are fully invested in providing quality homes for our military Families.

After a long trip from Alaska, we welcome Staff Sgt. Brody Gragg and his Family not only to Fort Polk, but also to a house that they can be proud to call home," said Pete Sims, Corvias DOD managing director.

From new countertops, cabinets, flooring,



appliances, light fixtures, windows and doors on the interior to exterior upgrades like new roofs, porches and walkways, these homes received a variety of extensive renovations. Both the interiors and exteriors received a fresh coat of paint, as well.

Geothermal heating and cooling pump upgrades will also significantly reduce the community's carbon footprint. Additional road and driveway improvements, as well as modifications to allow for better drainage, strengthened the community's infrastructure.

Corvias' future Fort Polk improvements include playground updates and both medium and major home renovations and a ground-

mount solar project. This work is part of both short and long-term capital improvement plans, as well as through partnership savings created by utilities and water efficiency programs that reduce expenses and fund additional improvements.

Corvias continues to reinvest in its Fort Polk partnership with the U.S. Army and at all installations in which they have military housing partnerships to consistently improve the on-post housing experience and enhance the quality of life for military Families.

To learn more about Corvias' military housing partnerships, please visit their website at <https://www.corvias.com/military-partners>.



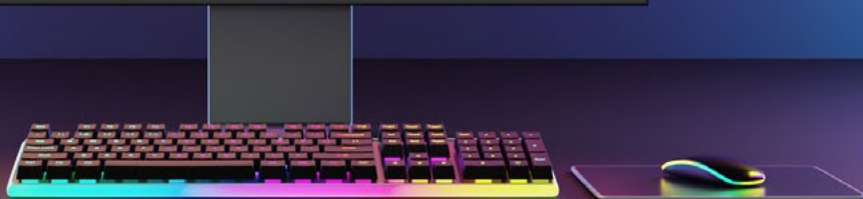
ANGIE THORNE/GUARDIAN

Celebrating International Firefighter's Day
Col. Sam Smith, Fort Polk garrison commander, stopped by the Fort Polk Central Fire Station May 4 to show his appreciation to the installation's firefighters for their contribution to the success and safety of the Joint Readiness Training Center and Fort Polk. The Fort Polk's Fire and Emergency Services has conducted more than 914 emergency response missions protecting the JRTC and Fort Polk. They have showcased their professionalism and skills through the support of 10 JRTC rotations, multiple housing fires, building fires, vehicle fires, vehicle accidents, medical emergencies and more. The firefighters received a letter of appreciation from Smith.



PC GAMING TOURNAMENT

HOH REC CENTER
MAY 19 @ 6 PM
Open to all Soldiers
337-531-5780



MWR PRESENTS

Mother's Day Brunch

THE WARRIOR CENTER
SUNDAY, MAY 14TH

SEATING TIMES
9:30 AM-12:00 PM AND 12:30 PM-2:30 PM

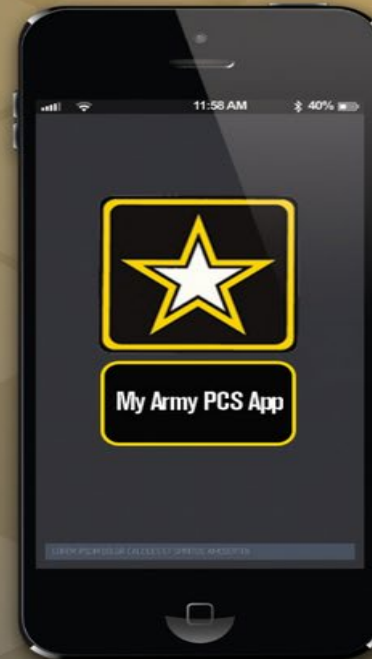
PRICING
ADULTS: \$30 | AGES 5-17: \$15 | AGES 4 AND UNDER: FREE
Reservations recommended. Walk-ins welcomed.
*MUST HAVE PRE-PAID RESERVATION TO CONFIRM SEATING TIME
To make a reservation call
(337) 531-4320 or (337) 531-4661



Plan Your PCS Move with a Swipe and Click



My Army PCS App



Get ready – Prepare for Your PCS

- ✓ Get your PCS Orders – **No Orders, No PCS**
- ✓ Talk with your family about your PCS move
- ✓ Download the "My Army PCS App"

Set –Plan Your Move

- ✓ Know Where You are PCSing to
- ✓ Review the Checklist
- ✓ Setup and track your important dates
- ✓ Request a sponsor
- ✓ Know Your Entitlements – Military Pay, BAH, Weight Allowance, etc.
- ✓ Know Pet travel requirements

Go - Organize Your Move

- ✓ Chat with a live Agent during Your PCS Move
- ✓ After your PCS move, file a Claim

Let's Get Moving



App, 2023

My Army PCS App



- The "My Army PCS App" is a customizable app that enhances users' PCS experience. It helps users prepare for their PCS before, during, and after their PCS report date.

- Knowledge-based information tool

- Entitlements
- Move types
- Resources
- Claims



Live Chat

Talk to a live agent at the Army Personal Property Call Center.



Calculate Days Until PCS

Customize

Claims

Transportation Customer Service



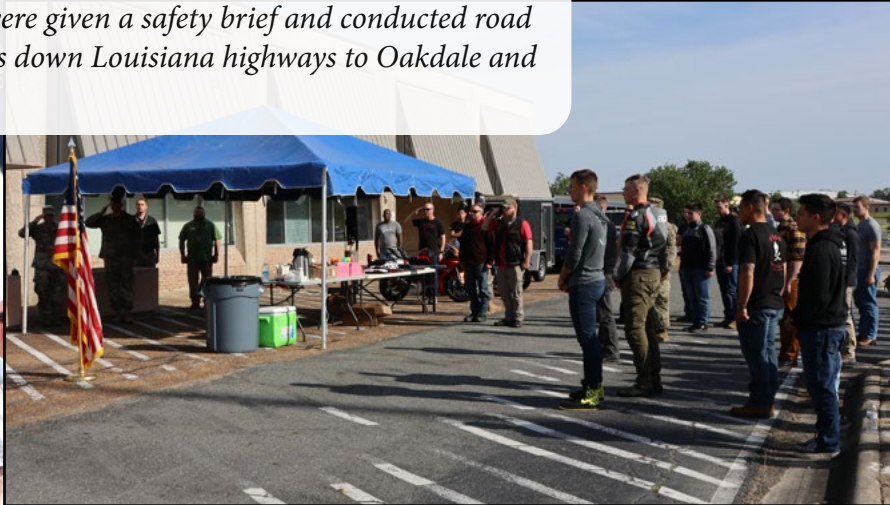
EFMP Location

Email: usarmy.pentagon.hqda-dcs-g-4.mbx.g43-hhg-app@mail.mil

Fort Polk magnifies Motorcycle Safety Awareness Month



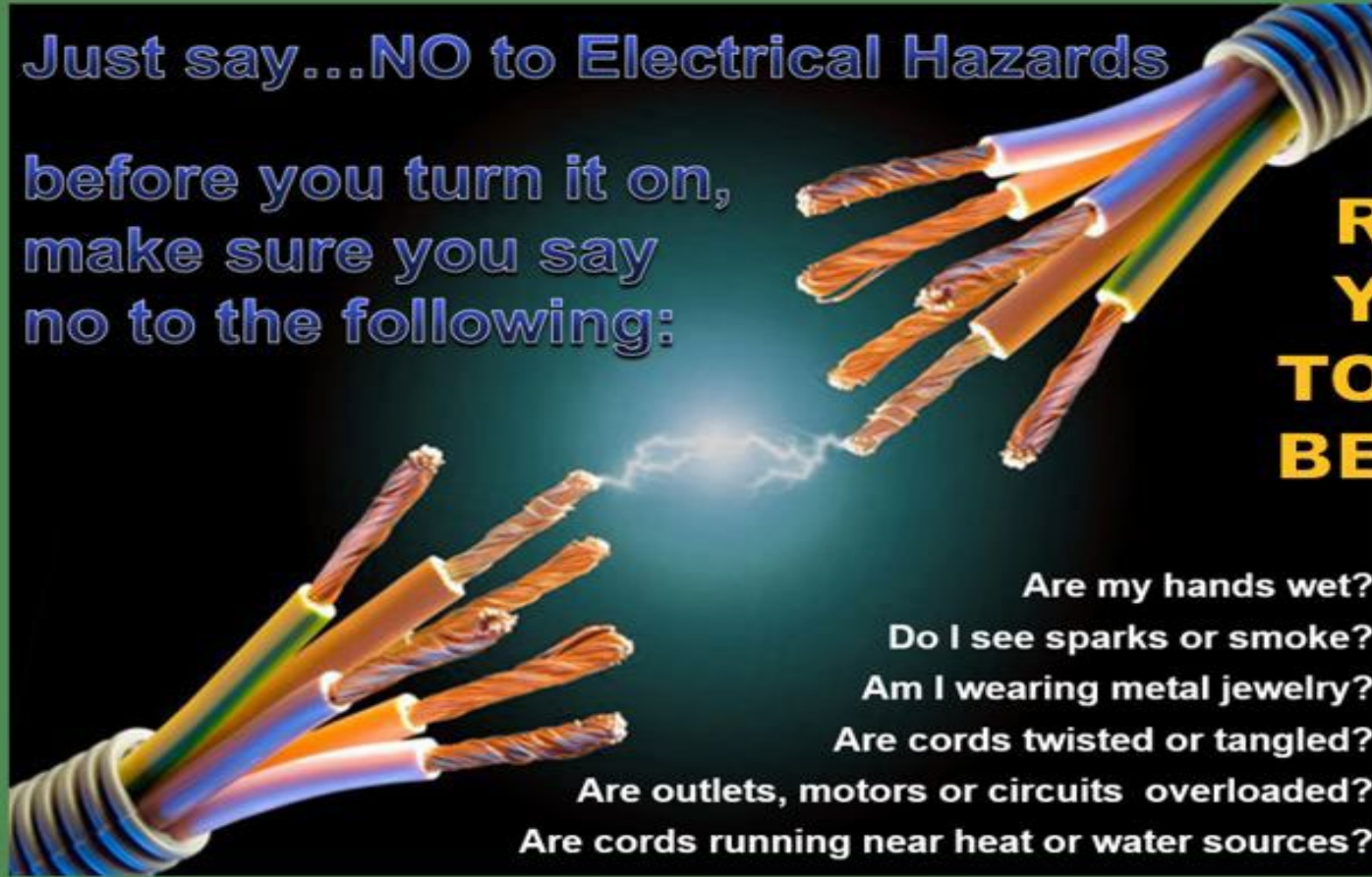
A Safety Day Ride was held May 4 to celebrate Motorcycle Safety Awareness Month and instill in Soldiers safe, legal and enjoyable riding disciplines through training and mentorship by experienced motorcycle mentors at the small unit level. The ride began and ended in the Thrift Shop parking lot. Before leaving, Soldiers were given a safety brief and conducted road safety hazard training. The route took the Soldiers down Louisiana highways to Oakdale and Oberlin and back to Fort Polk.



SAFETY CORNER

Just say...NO to Electrical Hazards

before you turn it on,
make sure you say
no to the following:



**REMEMBER,
YOUR FIRST
TOUCH COULD
BE YOUR LAST**

Are my hands wet?
Do I see sparks or smoke?
Am I wearing metal jewelry?
Are cords twisted or tangled?
Are outlets, motors or circuits overloaded?
Are cords running near heat or water sources?



MAY IS NATIONAL WATER SAFETY MONTH



SWIM WITH A BUDDY

There's safety in numbers. Don't let anyone navigate the water alone

SWIM ONLY IN SAFE AREAS

Make sure there's a lifeguard nearby, especially near bodies of water where you're unfamiliar with the strength of the tide or current

AVOID ALCOHOL

Drinking can impair your judgement and put you at risk for water-related injuries

ALWAYS SUPERVISE CHILDREN

Never leave kids of any age unattended. Avoid distractions like electronic devices when watching children

Lifelong **runner** raves about its physical, mental health benefits

By **GABE WALKER**
Public Affairs Office

FORT POLK, La. — I started running on my junior high cross country team almost 50 years ago. Since then, I’ve run either because I like it or to get in better physical shape. There have been long periods when I didn’t run, but I always started again.

I would have laughed 20 years ago if someone told me I would still be running at age 60. I would have laughed even harder if someone had told me I would run a few marathons, 60 half-marathons and four 10-mile races in my 50s. That younger version of me would probably think older me is a few French fries short of a Happy Meal. Yet, that’s exactly what happened and it’s because I love it. It’s a passion for me, one that calms my mind and feeds my soul. In fact, I miss it when I don’t run.

I know other runners can relate to those feelings, but there are a lot of nonrunners who are thinking, “No way.” What I say to that is give it a shot.

Anyone can run, but I recommend some basic rules.

First, see your doctor for a checkup prior to starting a running program. This is important if you are over 40, overweight or haven’t exercised in a long time.

Your doctor knows what you can and cannot do and will evaluate any health issues that may put you at risk during physical activity. The doctor will also advise you on a safe and effective running program

Next, get a partner in crime. A running buddy will help you through tough times. Plus they will motivate you to exercise on the days you just don’t feel like going.

I’ve gotten out of bed to run numerous times because I knew my running buddy was depending on me to be there.

Start by walking for a few weeks and then add in slow jogging. Mix jogging and running until you are comfortable with only running . Gradually increase your distance a little each week. About a 10% increase in distance is good to start.

A good rule on speed is you should be able to talk while running. If not, you are running too fast. Look on the internet for running plans. There are normally good plans for beginners, intermediate runners or folks who are already in shape.

Running has many health benefits. It helps to prolong an active life and improves all-round health. It helps to maintain mobility, suppleness and muscle tone. It relieves stress, gives you a positive mental attitude and helps with weight loss in conjunction with a nutritious diet.

Finally, make an exercise plan and be consistent. Start with realistic, specific and measurable goals and

COMMENTARY



Gabe Walker cools off after competing in Winnsboro Half Marathon in Winnsboro April 17.



Gabe Walker and running buddy Mark Leslie after the Swamp Stomp Half Marathon in Lake Charles Dec. 3, 2016.

stay committed. You don’t have to compete to run, but I enjoy testing myself. If you want to run in competitions, start with a 5K as your goal. My goal was a half-marathon and eventually a full-marathon. They didn’t happen right away. It took time and effort, but I

reached both of those goals. I recently completed my 60th half-marathon a week before my 60th birthday! I was privileged to meet a lady who was completing in her 800th marathon. She is amazing and in great shape. I doubt I’ll ever do that many races, but I’m enjoying the ones I do!

Learn perspective, complexity of **cyber** domain in “The Chaos Machine”

By Retired Lt. Col. MARK LESLIE
DPTMS director

I usually reserve my reviews to selections from the Chief of Staff of the Army’s professional reading list. However, I will admit upfront that this book, “The Chaos Machine, The Inside Story of How Social Media Rewired our Minds and Our World,” by Max Fisher, is not on the CSA Reading list — <https://www.army.mil/leaders/csa/readinglist/> — but it should be. It is that important.

The book falls into the same category as three other selections the chief has recommended to the professional Army reader leader dealing directly with understanding Multidomain Operations:

- “The Time is Now. The Future Is Faster Than You Think”
- “The Social Dilemma” (film)
- “Like War: The Weaponization of Social Media”

I have done reviews on these selections and “The Chaos Machine” nests nicely in the same realm of educating the reader about the social media domain, as well as making clear why multidomain operations are so important.

Much has been written and said about the Army’s inclusion of cyber and the internet as a domain. Multidomain operations are now captured in Army doctrine in the new FM 3.0 Operations and TRA-DOC PAM 525-3-1 — The U.S. Army in Multidomain Operations 2028. If you have not read these two documents, I highly encourage you to do so before launching into “The Chaos Machine.” They will help you with perspective and frame of reference.

This book is written clearly and crisply and does a good job of educating and informing the reader by putting theories and facts in context, as well as explaining the “why” before proceeding to the next layer of complexity.

To understand and dominate the information war, a person must understand the information environment. That environment is largely comprised of the cyber domain, which includes the internet and social media platforms that disseminate information.

Why do I consider this read so essential? Understanding the terrain of all domains is essential to winning any fight. Any good corporal knows that to set conditions, one must understand the physical terrain, the enemy and their capabilities.

“The Chaos Machine” is an excellent read that will leave the reader with no doubt as to why it is so necessary to not only have a presence in, but be dominant in all aspects of the cyber domain.

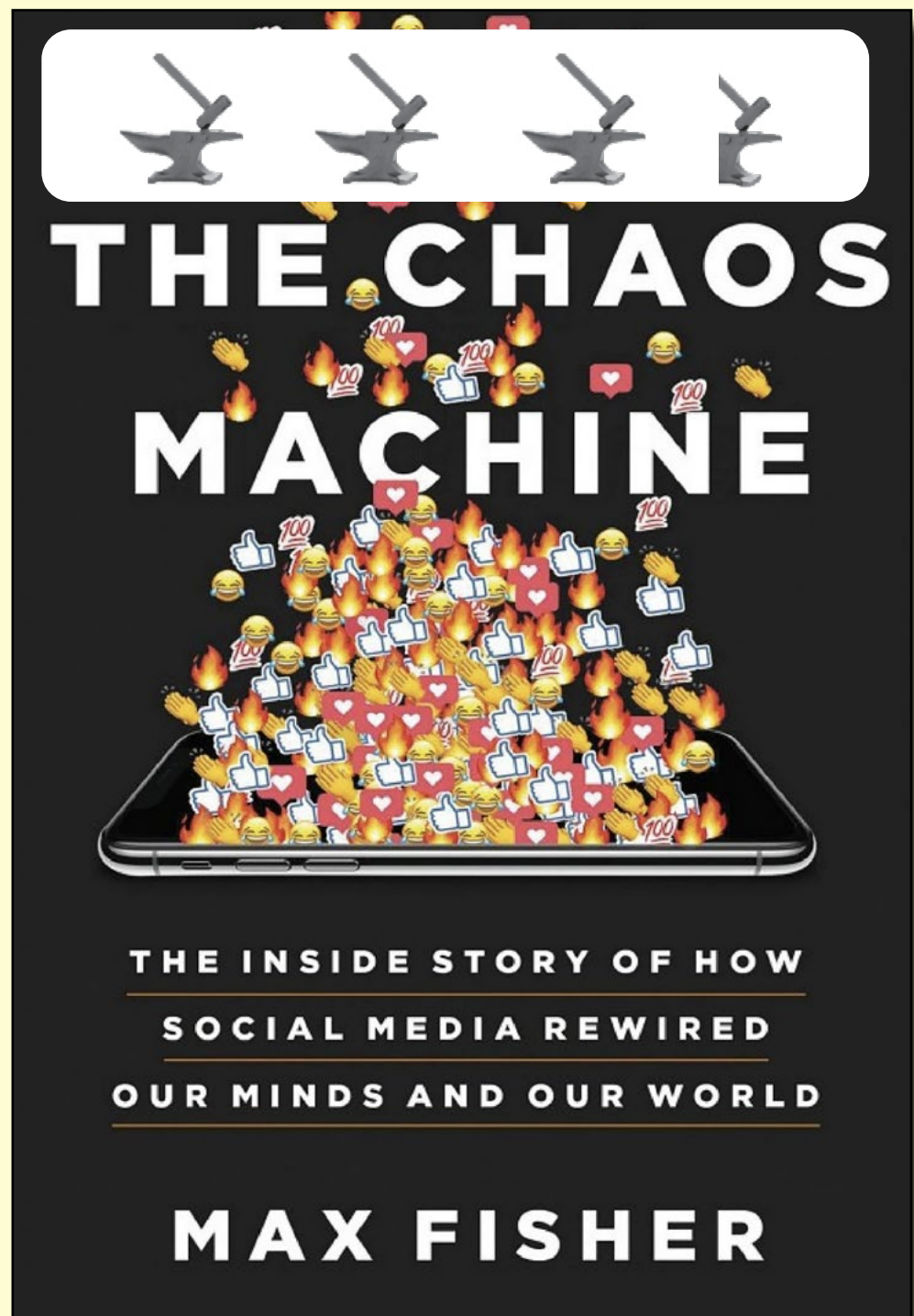
Social media is a weapon of not only influence but action. The power of social media to influence a population to action is undeniable and this read gives plenty of real-life examples of where and how this happened, most of it, not in a good way. Social media leverages the emotional power of misinformation, outrage and fear. Often, not by individual leaders, but by algorithms and the all mighty dollar. Profits drive social media companies, and it is unlikely any call for peace or patriotism will curb its appetite.

The material in this book is worth the study to equip the leader of today to effectively, efficiently and rapidly deal with this complex operational domain. This book gives people the tools to understand the operational environment and key influencers in this critical domain.

Much like the deep study of a country and the specific area a unit would be operating in prior to deployments to Iraq and Afghanistan, “The Chaos Machine” gives the reader the necessary historical background of the domain that explains “how we got here,” but, more importantly, it defines what the domain is and who and what the influential leaders of the domain are.

Who they are, how they operate and what they can, or won’t do may surprise you. It may even scare you. I know it made me think about the approach to operations at the tactical level and gave me a better insight into the fact that the feedback loop from the tactical to operational and strategic levels has got to be dynamic.

Cyber operations are often described by tactical units as “opera-



tions above reality,” but this book makes clear that to cling to this theory is a mistake. The feedback, connectivity and effectiveness of cyber operations is an ongoing dialogue that needs to move at the speed of the internet if we are to dominate this domain.

This read makes clear that the integration of cyber operations into fires is just as important as the integration of traditional physical fires on the battlefield. To not do so is living in a legacy past environment. Social media “fires” are here to stay and part of our operations at the tactical, operational and strategic level.

Those operating at all levels need to be integrated, nested and synchronized to be effective. The virtual domain has and will continue to be an environment that influences actions at the tactical level.

I must admit, the later part of the book bogs down in minutiae and excessive detail on specific cases. I encourage readers to stick with it and see it through to the end. The reward is a much better understanding of an operational environment that is often ambiguous and misunderstood.

“The Chaos Machine” is essential reading if you want to understand a domain that is reshaping the world and the very real consequences it is having on the operating environment.

This book is a great read that I recommend for any professional that is looking for how to fight and win on the battlefield of today. “The Chaos Machine” not only tells the reader how we got where we are, but also where we are going. This book earns three and a half anvils out of five on the Fort Polk “Anvil Scale.”

COMMENTARY

Catfish derby celebrates environment, Family fun



CHUCK CANNON/ eGUARDIAN






ARMY COMMUNITY SERVICE



HIRING EVENT

MAY 16 @ 10 AM-1 PM



ACS BLDG 920
 1591 Bell Richard Ave.

On-the-Spot interviews
 and possible hires.
 Many open positions within
 MWR divisions are available.

337-531-6922



QUALIFIER #1






MAY 19 @ 6:30 AM

@ HONOR FIELD



Individuals will be competing for a position on the JRTC & Fort Polk Army Ten Miler Team consisting of Active Duty personnel from the JRTC & Fort Polk Installation.

Any interested individual must register with Intramural Sports Office by submitting a registration form found on the Fort Polk MWR website. Registrations will also be accepted the morning of at the site.

Forms can be turned in at **Wheelock Gym** or sent to: travyon.a.amir.naf@army.mil. For more information please call 337-378-2201.

This event is open to all Active Duty Personnel



Check VIN numbers

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

2018	Chevrolet	Camaro	2576
2014	Kia	Optima	0324
2014	Dodge	Dart	5863
2011	Infiniti	2D	3365
2000	Chevrolet	Impala	8125
2000	Honda	Civic	8929
2011	Cadillac	DTS	6891
1995	Jeep	Cherokee	9563
1999	Honda	Accord	5783
2012	Hyundai	Elantra	8154
2016	Mazda	3	5679
2001	Kawasaki	M/C	0233
2008	Chevrolet	Impala	9420
2010	Chevrolet	Cobalt	6002
1997	Dodge	1500	9101
2002	VW	GTI	2558
1981	Yamaha	XJ650	8637



LEGO Museum calls all Lego artists

RELIGIOUS SUPPORT OFFICE

FORT POLK, La. — You won't want to miss the LEGO Museum Gala Event held June 24. The Family-focused event will be filled with creativity, engineering and fun. It's a chance to celebrate with the chapel community as they prepare for STACK Vacation Bible School.

This is a night to show off LEGO engineering feats, brimming with artistic talent and creativity, made by the children and young adults in the Fort Polk community.

They will create and submit works of LEGO art June 22-23 at the Main Post Chapel, where they will be cataloged and organized for the gala event in a display for the community to see. During the event, participants will be allowed to tour the viewing room where the art has been curated by category.

As attendees browse, waiters (youth of the chapel students) will roam the room serving refreshments including popcorn, tiny water bottles and LEGO brownies.

In the sanctuary, three build chal-

lenge stations will be set up for children or Families to build a presented challenge. Once the item is built, they must take it to Dr. Parker, the mad scientist engineer in character for the event, for inspection.

If he approves, he stamps their card and Families move onto the next station. If he disapproves, they need to rework the item. The build stations are set up to reflect the VBS theme Verse: Hebrews 13:8.

Once Families have a completed a card, they are invited to the photo booth with a large sign that says "We survived LEGO Museum." Photos will be printed and framed onsite for Families to take home. This event will last for two hours, and Families can wander through the experience with their children setting the pace.

Individual members of the Fort Polk community, not just Families, are encouraged to submit and view items at the gala event. Kits large and small are welcome, as well as free build items.

To submit an entry use the QR code found on the LEGO flyer.



Lego Museum




A Gala Event

June 24th , 1730-1930@MPC

Home based business

The Home Based Business Market is open to all HBB vendors, typically the first Saturday of the month. The next market is June 3 at the Warrior Center. Shop all kinds of vendors selling everything from soaps and baked goods to tumblers, clothing and more. For more information call (337) 531-7668.

Women's league

Nine, Wine and Dine is a new ladies golf league that takes place each Tuesday from 5-7 p.m. Women are invited to participate. It's a great opportunity to make new friends, enjoy a night of golf (nine holes) and then opting to have dinner and wine at the Forge Bar and Grill. The cost is \$22 for members and \$27 for nonmembers. The event takes place at the Warrior Hills Golf Course. The next Nine, Wine and Dine is May 9. For more information call 531-4661.

Golf Scramble

The Warrior Hills Golf Course hosts a scramble each Wednesday. It is a nine hole scramble from 5-6 p.m. The cost is \$20 per member and \$25 per nonmember. The next scramble is May 10. For more information call (337) 531-4661.

Board game fun

Select from Allen Memorial Library's extensive collection of board games or bring your own and get your game on. Board game night takes place every third Thursday of the month. Board games are available anytime during open hours at the library. The next game night is May 18. For more information call (337) 531-2665.

Bass tournament

The Toledo Bend Army Recreation Park's monthly Bass Tournament. The park is located at 1310 Army Recreation Road, Florien. The tournament takes place the first Saturday of each

month. The next tournament takes place June 3 and is open to the public. Check in is at first light. Weigh in is at 3 p.m.

The entry fee is \$40 per boat and \$5 per person for big bass. For more information call (318) 565-4235/4484.

Billiards night

The Home of Heroes Recreation Center hosts a Billiards Night for Soldiers May 11 from 6-7 p.m. Stop by to shoot pool or enjoy learning the basics. This event is open to all Soldiers. For more information call (337) 531-4337.

SOS Memorial Day

Memorial Day events to honor and remember the sacrifices made for this country will be held May 25 from 8 a.m.-4:30 p.m. After the Memorial Day Ceremony at Memorial Park, a luncheon for survivors will be held. For more information or to RSVP for the luncheon, call (337) 531-1965.

#FortPolkThingsToDo

May 4-14: Louisiana Pirate Festival, Lake Charles

Experience this unique pirate and seafaring festival with events on both land and sea. Held on the shores of Lake Charles, the Louisiana Pirate Festival showcases entertainment by a variety of talented musicians, performers and artists.

Stop by the festival for a family-friendly event with cannon demonstrations, costume contests, local arts and crafts, themed souvenirs, games and attractions, including carnival rides and more.

<https://www.louisianapiratefestival.com/>

May 11-13: Frog Festival, Rayne

The 51st Frog Festival is held May 11-13 at the Frog Festival Pavilion at Gossen Memorial Park, 206 Frog Festival Dr., Rayne. There will be music, food, drinks, arts & craft, carnival rides, a frog cook-off and more!

<https://raynefrogfestival.com/>

May 12-13: Natchitoches Jazz and R&B Festival, Natchitoches

Celebrating 26 years of bringing this regional musical event to the downtown historic district and Cane River Lake, the festival offers a variety of music from jazz and rock to soul and country.

The festival begins at 11:30 a.m. and ends at 11:30 p.m. May 13. The event features three stages of music on the historic and picturesque downtown riverbank in Natchitoches with food vendors onsite and promises something for everyone to enjoy. No umbrellas, ice chests or chairs are allowed.

<https://www.natchjazzfest.com/>

May 26: Mudbug Madness, Shreveport

Mudbug Madness was started on what began

in 1984 as a two-day street festival in downtown Shreveport and is now one of Louisiana's largest and most popular Cajun festivals, featuring renowned Cajun, zydeco, blues and jazz artists, mouth-watering Cajun cuisine, raucous contests and fun for all ages.

The three-day festival is held annually on Memorial Day weekend.

Mudbug Madness is nationally recognized as one of the Southeast Tourism Society's Top 20 Events and the American Bus Association's Top 100 Events in the nation.

<https://mudbugmadness.com/>

May 19-21: Chennault International Airshow, Lake Charles.

Enjoy jumps, thrills and jaw-dropping aerobatics at the Chennault International Airshow.

The show celebrates its 10th anniversary this year and the lineup is packed with world-class aviators and impressive aerobatic maneuvers by the U.S. Air Force Thunderbirds, U.S. Army Golden Knights, Aeroshell Aerobatics team and many others.

View the show from your own designated viewing area or venture out to enjoy flight simulators, Science, Technology, Engineering and Mathematics exhibits and the Kids Zone.

<https://chennaultairshow.com/>

May 19-June 9: Downtown at Sundown, Lake Charles.

The highly anticipated summer concert series is returning for another season of great music, food and fun. This annual event has become a staple of the Lake Charles community for 25 years. This year's lineup promises to be better than ever.

Starting on May 19, and running for four con-

secutive Fridays from 6 p.m. to 9 p.m., Downtown at Sundown will showcase some of the best local and regional talent, as well as some well-known headliners. Concert-goers can expect to hear a wide variety of musical styles, including rock, zydeco, pop, country, blues and more.

Downtown at Sundown proudly dedicates the June 2 concert to service men and women and the friends and Family of the Fort Polk community.

<https://www.visitlakecharles.org/event/downtown-at-sundown-concert-series/34767/>

June 3: Louisiana Peach Festival, Ruston

Discover the homegrown flavors, art, music and culture of Ruston at the 72nd Annual Louisiana Peach Festival.

This year's festival features more than ten hours of live music, a juried arts market, food vendors, kids' activities and more peachy fun in the heart of downtown Ruston.

<https://www.lapeachfest.com/>

June 3: Holly Beach Crab Festival, Cameron

The Holly Beach Crab Festival takes place June 9-11 at Holly Beach, which is located along the Creole Nature Trail All-American Road. The event features kids' games, crab bingo, crab racing, a crab dish cookoff, an afternoon and evening of bands, food vendors, snow cone vendors, a Friday night meet and greet and a Sunday pancake brunch.

It's a relaxing experience for Families to soak up some sun at one of the most popular gulf beaches in Southwest Louisiana.

<https://www.visitlakecharles.org/event/holly-beach-crab-festival/44045/>



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COUNTRY
105.7**

JRTC & FORT POLK MWR PROUDLY PRESENTS

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**US FAMILY
HEALTH PLAN**



**1 FIRST
COMMAND**
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Sponsorship does not imply
endorsement by JRTC & Fort Polk
and/or the U.S. Army



MAY 20

GATES OPEN AT 12 PM



*Runaway
June*



Blanco Brown

HEADQUARTERS FIELD

**CARNIVAL RIDES • VENDORS • STATIC DISPLAY •
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PLUS LIVE PERFORMANCES BY RUNAWAY JUNE • BLANCO BROWN

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**VINCE VANCE AND THE
VALIANTS**



DJ BLACK RHINO

SCAN FOR MORE
DETAILS



Fort Polk Solid Waste



CONSOLIDATED SOLID WASTE COLLECTION POINT

MONDAY – FRIDAY | 0800 – 1530
(337) 535 - 1155

SOLID WASTE (SCRAP METAL AND WOOD DISPOSAL)

QRP/RECYCLING CENTER

Bldgs. 3620 & 3622 - Corner of Georgia and Maine Aves.

MON-FRI 0800 -1600 (337) 531-7556

• Organizations should turn-in scrap metal to the QRP facility.

8300 BLOCK

MON-FRI 0800 -1530 337-535-1155

• Organizations should turn-in scrap wood to Solid Waste Consolidation Point (8300 block).

• Wood greater than 3 ft. long cannot be placed into the dumpsters.

• Don't place scrap wood next to dumpster.

• Used furniture/bulk items must be disposed of at the 8300 block.

• No hand receipt items.

BULK ITEMS IN HOUSING DISPOSAL INFORMATION:

All residents living in South Fort & North Fort military housing are authorized to dispose of bulk items into the roll off located at Corvias Warehouse site marked **"RESIDENTIAL WASTE ONLY"**. This is for "Housing Residents Only" not from barracks, Garrison entities or from off post. The site is located @ 6528 Holmlund Street next to the Dogwood "Bark Park". Operating hours are M-F 0800-1700.

KEYS TO SOLID WASTE SUCCESS

- Keep dumpster lids and doors closed to comply with Louisiana regulations to avoid state action (Title 33, Part VII, ref. 507.D).
- Don't bury, burn, or dispose of waste in the field or garrison.
- Sort hazardous and regulated waste from insert waste at the point of generation.
- Purge refrigerators, ACs, and freezers with freon before disposal at QRP Recycling Center.

Personal appliance DMOs are not accepted.

(FAQ) FREQUENTLY ASKED QUESTIONS

How do I request a roll-off for a large amount of scrap wood and how long can my unit keep it?

Call (337) 535-1155 Monday through Friday from 8 a.m. - 3:30 p.m. with your facility number or location, name, phone number. POC is responsible for items and other materials that are placed inside roll-off. Wood only. No trash or debris.

Where do I deliver scrap metal?

QRP recycling center, building 3620. Call (337) 531-7556 Monday through Friday from 8 a.m. - 4 p.m.

Can my unit dispose of bread racks in dumpsters from our field training exercises?

No. Deliver to building 4366 cold storage facility on Virginia Avenue for reuse.

Can my unit deliver used/damaged furniture to the CSWCP 8300 block?

Yes, but furniture must not be on the organization's hand receipt, and units must provide a detail to unload.

How does my unit request solid waste support for upcoming training or ranges?

Call (337) 535-1155 and provide unit name, POC, grid location or range number and dates needed.

Why didn't my unit or facility dumpsters didn't get serviced today?

The dumpster was blocked by a vehicle or equipment, too heavy from unauthorized items, had safety issues or contained a restricted item.

Where can my unit dispose of bags of leaves, pine straw, tree limbs and other yard waste from unit area cleanup?

The 8300 block on North Fort. All plastic bags must be emptied into the roll-off. For assistance call (337) 535-1155 Monday through Friday from 8 a.m. to 3:30 p.m.

Where can I dispose of clean cardboard?

Any green dumpster, building 3620 (QRP) or building 830 north of the Thrift Shop (old commissary) parking area.

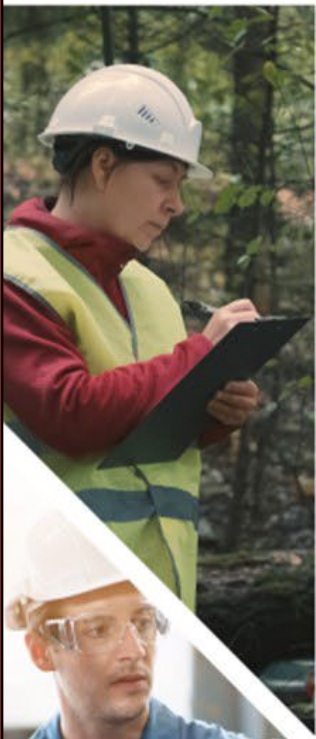


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IT Specialist
Accountant
Maintenance Worker
Aquatics Training Instructor
Recreation Aid
Cook
Shooting Sports Lead Recreation Assistant
Small Engine Mechanic
Bartender
Food and Beverage Attendant
Bowling Equipment Worker
Custodial Worker
Child and Youth Services Supervisory Program Specialist
Child and Youth Program Assistant

POSITIONS AVAILABLE THROUGH WWW.USAJOBS.GOV

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