



Joint Readiness Training Center & Fort Polk Home of Heroes





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November Due Outs



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Why do the FRG's have to pay a fee of \$5 to the head bagger to bag for their FRG's fundraiser?

RESPONSE

- The fee collected is used to replace items damaged by the baggers during their service to the customer.
- A request for an exemption to this policy is currently in staffing, pending legal review.



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Corps Road Neighborhood Signage

Could we please have better signage entering the neighborhoods at both ends of Corps Rd where it meets 467? People ignore the "Residents and Guests only" and fly down that 15 mph road. This is our neighborhood, not a convenient short cut. In addition, the sign is ignored as people who drop off at North Polk turn in, zoom around Mudry and leave. We're not here to give people a way around the "No U-turn" on 467. This is our neighborhood and every neighborhood deserves to be the quiet refuge behind the "residents and guests only" signs.

RESPONSE

- DES will periodically have a patrol/traffic unit stationed in the area to target moving violations while the North Fort Polk School TCP is active.



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Staff Vehicles Idling

If there is no current policy re: vehicles idling, could one be implemented? Vehicles running while the driver sits inside - unless the weather is very hot or cold-are wasting funds and polluting. Can't the vehicle be parked there and the driver inside if his passenger is going to be longer than a few minutes?

RESPONSE:

- Fort Polk Energy Conservation Measures Policy (DPW-02), states government vehicles are not to be left idling if unattended or waiting for more than 30 seconds as this is a vehicle violation.**
- Instructions on vehicle idling will be included during dispatch**



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Dangerous Intersection

The intersection at 9th St and Mississippi is dangerous, saw one collision, several near-misses, the stop line / sign is not far enough up, you can't see to your right...if you move up beyond the stop line / sign...you can't see to the left due to signage.

RESPONSE

- The information sign that was obstructing the view was removed Thursday 8 November.**
- Recommendation received from DES to repaint the stop bar 6 feet or so forward to allow better visibility of Mississippi Ave.**
- The DPW engineers are reviewing the possible realignment of the information sign, stop bar and stop sign at the intersection.**



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ARMY CAREER AND ALUMNI PROGRAM



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CURRENT SERVICES **TITLE 10 USC 1142-1144**

- Uneven support/release of Soldiers
- Only standard timeliness
- Pre-separation Brief, Initial Counseling (IC), Individual Transition Plan (ITP) – Mandatory for all NLT 90 days remaining in service
- Additional services encouraged but not mandatory
- The Preseperation Brief, IC, ITP, TAP Workshop, VA Benefits Briefing, and DTAP are currently mandatory for all Soldiers undergoing MEB process



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NEW ARMY TRANSITION PROGRAM

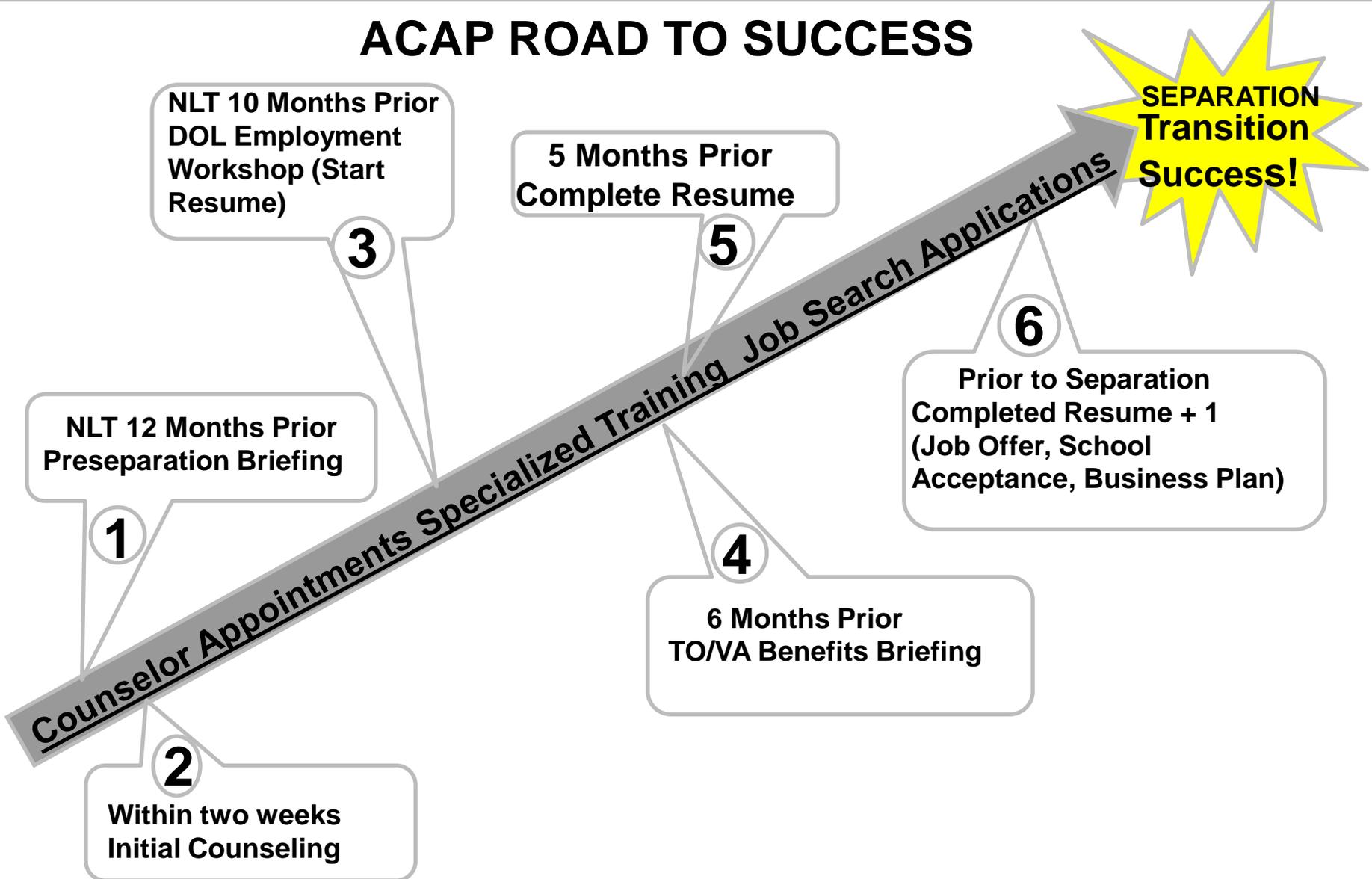
- Commander's Program
- Focus on results
- ACAP Services mandatory for all Soldiers prior to transition
- NLT 12 months: attend Pre-separation Brief
- Within two weeks of briefing, receive IC and initiate ITP
- NLT 6 months: complete VA Benefits Briefing
- NLT 10 months: attend DOL Employment Workshop
- NLT 5 months: complete resume
- Register DOL's CareerOneStop, MyHealthe-Vet, and eBenefits
- Life-Cycle Program



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ACAP ROAD TO SUCCESS





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Army Substance Abuse Program





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THIS HOLIDAY SEASON



IF YOU CATCH A BUZZ
CATCH A RIDE

Army Substance Abuse: You and Those you Love A Safe and Happy Holiday!
For information on Safe Driving call Mary Thompson @ 521-1462



- Prior to any drinking, designate a non- drinking driver when with a group
- Don't let your friends drive impaired
- Take their keys away
- If you have been drinking, get a ride home or call a taxi
- If you're hosting a party where alcohol will be served, remind your guest to plan ahead and designate their sober driver; offer alcohol-free beverages; and make sure all guests leave with a sober driver





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FORT POLK SPOUSES' CLUB



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FORT POLK SPOUSES' CLUB

- **December Luncheon**

Thursday, 13 December, 1100-1300 Showboat Theatre

This month's cruise theme: Mexico

- **2013 Luncheons**

January through May luncheons will be held at WCC, due to Showboat Renovations

FPSCpresident@gmail.com



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Who can be a member

- **Spouse of an active duty service member**
- **Spouse of retired service member**
- **Spouse of reservist or National Guard service member on assignment at Fort Polk**
- **Spouse of foreign exchange service member on active duty at Fort Polk**
- **Family member over the age of 18, residing with service member**
- **Spouse of government-employed civilians currently employed at Fort Polk**
- **Spouses of those who hold public office, or those who hold office themselves in the surrounding communities**



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Special Events Update



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- Free Christmas Trees
- 8 Dec 12
- ACS Bldg 924
- 0900-1300
- First come first serve
until supplies last





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BOSS Update





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DECEMBER

- **Karaoke!**
 - 5,12,19 DEC – 1900 @ Home of Heroes Soldier Recreation Center
 - Free! - 12,000+ Songs to Choose From!
- **Ping Pong Tournament**
 - 7 DEC – 1900 @ Home of Heroes Soldier Recreation Center
 - \$5.00 Per Soldier – Sign Up at Event
 - Prizes for First Place
- **Dominoes Tournament**
 - 14 DEC – 1900 @ Home of Heroes Soldier Recreation Center
 - \$5.00 Per Soldier – Sign Up at Event
 - Prizes for First Place



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Child, Youth, & School Services Update



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YOUTH SPONSORSHIP

- **Army Initiative to support transitioning military youth**
- **Two Components**
 - **Military Installation**
 - **Garrison Youth Sponsorship**
 - **Grades 1st-12th**
 - **Military Child/Youth Sponsors assigned**
 - **Monthly activities (Hail/Farewells)**
 - **Applications online at fortpolkcyss.com or at Parent Central Services**
 - **Schools-Student 2 Student**
 - **Three Components: Academics, Find Your Way, and Relationships**
 - **Military or civilian student sponsors**
 - **Available at Leesville High, Pickering High, Leesville Junior High (Junior Student 2 Student)**



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SCHOOL PERFORMANCE SCORES AND LETTER GRADES

School Name	Baseline SPS (2011-2012)	Letter Grade (2011-2012)
Anacoco High School	144.6	A
Anacoco Elementary School	124.8	A
Leesville High School	123.7	A
Rosepine High School	121.3	A
Simpson High School	120.1	A
Hicks High School	118.9	B
Evans High School	114.3	B
West Leesville Elementary School	114.2	B
Hornbeck High School	113.8	B
Pitkin High School	112.7	B
Pickering High School	112.2	B
Vernon Middle School	109.0	B
South Polk Elementary School	108.7	B
Pickering Elementary School	107.0	B
Leesville Junior High School	106.4	B
East Leesville Elementary School	106.0	B
North Polk Elementary School	103.0	C
Rosepine Elementary School	102.2	C



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Army Community Service Update



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December 8, 2012
9am-1pm



FREE!!

- **8 Dec 12**
- **ACS bldg 920**
- **0900-1300**
- **Crafts for kids**
- **Santa Claus**
- **Cookie Decorating**



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Parent's Night Out Date Night

- **14 Dec 1800-2230**
- **Location of YOUR Choice**
- **FREE CHILD CARE**
 - Children **MUST** be registered with CYSS
- **An evening set aside to give the married couple or single parent, the opportunity to enjoy a stress free evening**
- **For information or to register, please call 531-1938**
- **Deadline to register 10 Dec**





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Directorate of Family and Morale, Welfare, and Recreation Update



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UPCOMING EVENTS

- **Sunday Brunch (WCC, 1000-1400)** 1st Sundays Dec & Jan
- **Showboat Theatre Winter Production**
“The Best Christmas Pageant Ever” by Barbara Robinson
Dinner Theatre (Dinner, 1830; Show, 1930) 6 & 8 Dec
Performance Only (1930) 7 Dec
- **CG Golf Scramble (WHGC, 1130)** 7 Dec
- **5K Run & Toy Drive (WHGC, 0900)** 8 Dec
- **Snowflake Festival & Trees for Troops (ACSC, 1100-1500)** 8 Dec
- **Christmas Shamble (WHGC, 1000)** 8 Dec
- **ACS Date Night (ACSC, 1800)** 14 Dec
- **Turkey Shoot (Recreational Shooting Range, 1200-1500)** 15 Dec
- **Holiday Bowling Party (Strike Zone Bowling, 1700)** 15 Dec
- **Santa Bowl (Strike Zone Bowling, 1800-2000)** 17 Dec
- **Warrior Community Center Closed** 23 Dec – 1 Jan
- **Family New Year’s Party (Strike Zone, 1800-2100)** 31 Dec



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UPCOMING EVENTS

- **New Year's Eve at Spare Time Lounge (2130-0130)** **31 Dec**
- **Late Night New Year's Eve at Strike Zone (2200-0100)** **31 Dec**
- **CG Golf Scramble (WHGC, 1130)** **4 Jan**
- **New Year's Par 3 Tournament (WHGC, 1000)** **5 Jan**
- **Golf Super Bowl Shootout (WHGC, 1000)** **2 Feb**



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UPCOMING EVENTS

UNIT SPORTS

- **Volleyball Tournament (1st MEB Gym, 1730)** 10 Dec
- **5K Run (Wheelock, 0630)** 12 Dec
- **Basketball Season Begins (1st MEB Gym, 1730)** 8 Jan
- **Racquetball Tournament (1st MEB Gym, 1800)** 22 Jan
- **Powerlifting Competition (Wheelock, 1100)** 25 Jan
- **Dodgeball Tournament (TBA, 1800)** 28 Jan
- **5K Run (Wheelock, 0630)** 30 Jan



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UPCOMING EVENTS

CYS SERVICES

- **Spring Soccer Registration, Ages 3-18 years** thru 4 Jan
(Bldg 400, 0800-1700)
- **Skills Assessment, Ages 5-18 years (Perez Field, 1800)** 8 or 10 Jan
Season (All age groups) 2 Feb - 23 Mar
- **Parent's Night Out (CDC 701, 1830-2230)** 7 Dec, 4 Jan, 1 Feb
- **Youth Soccer Camp (Perez Field, 1800-1930)** 10-14 Dec
- **Parent's Day Out (CDC 701)**
(0900-1800) 15 Dec
(1200-1700) 5 & 19 Jan & 2 Feb
- **Middle School & Teen Lock-In** 21 Dec
(Siegfried Youth Center, 1900-0700)
- **CYSS Closed for Holiday Observations** 25 Dec, 1 Jan, 21 Jan
- **Basketball Season (Siegfried Youth Center)**
Ages 3-4 years 7 Jan - 16 Feb
Ages 5-18 years 7 Jan - 2 Mar



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Public Affairs Office Update



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- **Vernon Parish Chamber Christmas parade** **8 Dec**
Downtown historic Leesville, 5:30 p.m.
318-308-1950
- **Gem and Mineral Show** **8-9 Dec**
Beauregard Parish Fairgrounds
- **Holiday tour of Homes** **8 Dec**
Natchitoches. www.natchitoches.net
- **Vernon Parish Tourism holiday tour of homes** **15 Dec**
Vernon Parish Fairgrounds, 10 a.m.-4 p.m.



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Public Affairs Update

- **Cajun-Creole Christmas activities** **Through Dec**
<http://www.lafayettetravel.com/play/festivalsevents/cajun-creole-christmas>
 - **Cajun Christmas activities** **Through Dec**
www.louisianatravel.com/lake-charles
 - **Unique Louisiana museums, exhibits**
www.louisianatravel.com/louisianas-unique-museums-and-exhibitions
- Twelfth Night celebration** **6 Jan**
5 p.m. Lake Charles Civic Center. 5 and under free



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Public Affairs Update

Concerts of note:

- CenturyLink Center, Shreveport
Dec. 19: Trans-Siberian Orchestra
Jan. 29-30: Sesame Street Live
Feb. 21: Jason Aldean

- Houston Toyota Center
Jan. 31: Lady Gaga
Feb. 21: P!nk
March 2: Gabriel Iglesias
March 19: Maroon 5
April 15: Rihanna

- L'Auberge Du Lac Casino and Resort
March 22: Matchbox 20

- Coushatta Casino
Dec. 28: Larry the Cable Guy

www.ticketmaster.com





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Public Affairs Update

- www.thefortpolkguardian.com, www.twitter.com, www.youtube.com/ftpolknews & www.facebook.com
(Search Fort Polk Guardian and JRTC and Fort Polk)
- Submit your Family Readiness Group events to the Guardian. Email tradingpostads@yahoo.com
- Submit free trading post ads (Guardian classifieds) to the tradingpostads@yahoo.com. Deadline is Tuesday at noon. No commercial (or home) businesses
- Let PAO know what's going on for coverage in the Guardian or WSTV. Unusual human interest story? Interesting training? Call 531-1392



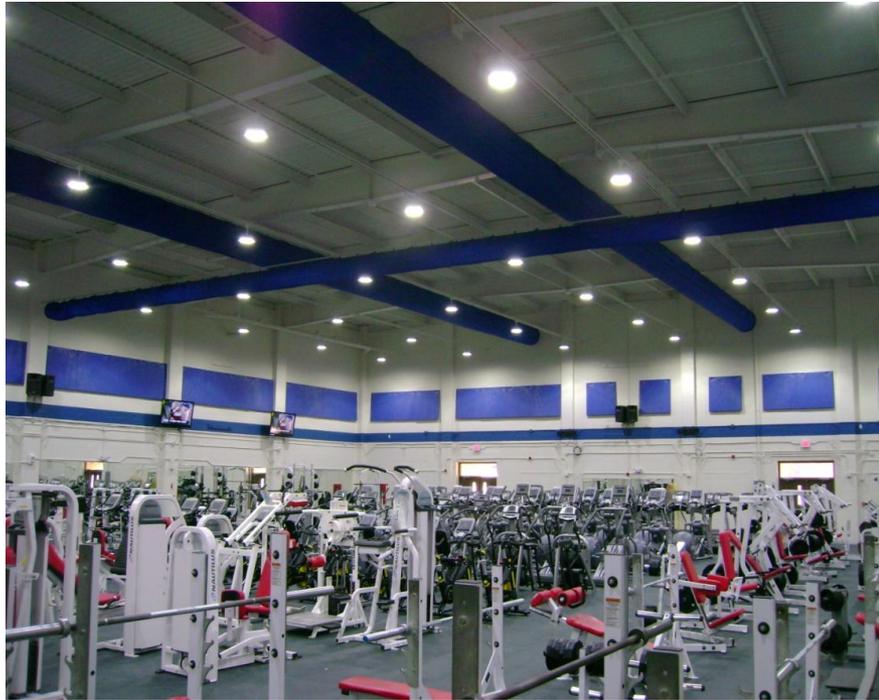
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Directorate of Public Works Update



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Cantrell Gym Repair & Upgrade Project

Completed November 2012





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50 Meter Pool Under Construction



Scheduled Completion: May 2012



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Net Zero Waste Center

Community Recycle Day



**Corner of Georgia and Maine Ave
Bldg 3622**

Drop Off Every Wednesday

0830-1530

531-7556



NET ZERO WASTE
everything is a resource



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Net Zero Waste Center Community Recycle Day



• Drop Off Your Recyclable Commodities

- White Paper
- Mixed Paper
- Aluminum Cans
- Scrap Metal
- Used Cooking Oil
- Automotive Batteries
- Cardboard

- Every Wednesday @ Bldg 3622
- No munitions or hazardous materials

To request a presentation on NZW call (337)-531-6008



www.facebook.com/NetZeroWastePolk

Stay Informed. Stay Involved.

NET ZERO WASTE
everything is a resource



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Picerne Program Update



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Picerne Program Update

Construction (Dogwood)

- Meeks and Horn – Triplex (27 homes, 3 bedrooms) 21 homes delivered through end of November

Infill on existing lots/foundation

- Dogwood- (16 homes, 4 bedrooms) 12 homes delivered through end of November
- Camellia- (24 homes, 4 bedrooms) 20 homes delivered through end of November





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Picerne Program Update

Renovations

- Dogwood Combos (2 homes delivered)
- 4 homes in progress



Site Work

- Radio Road
- Clearing and site demolition in progress





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Pictures with Santa

6 Dec – Maple Terrace
Neighborhood Center 1600-1900

Christmas Tree Recycling

Picerne will collect Christmas
Trees curbside from Dec 31
through Jan 12





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Holiday Office Hours

Friday, Dec 7

- All Offices Close at 1600

Christmas

- 24 Dec - All Neighborhood Offices
Open 0900-1300
- 25 Dec - All Offices Closed

New Years

- 1 Jan - All Offices Closed

Martin Luther King, Jr. Day

- 21 Jan – All Offices Closed



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Resident Responsibility Program

October

	Total			
	Statements	No Action	Billed	Refunds
Camellia	468	345	71	52
Cypress	214	172	22	20
Dogwood	807	588	120	99
Maple	952	756	110	86
Palmetto	504	380	67	57

Service Period 10/1/12- 10/31/12	Monthly Actual	Avg. Dollar Value (\$)
Number of Actual Statements Sent	2945	
# of Resident Rebates Provided	314	\$37.14
# of Resident Charges Provided	390	\$40.65
# of Resident Statements Provided	2241	



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Staff Judge Advocate Update



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JRTC & Fort Polk Special Victim Prosecutor

Fun Ethics Facts

- Rule: Superior cannot accept gift from a subordinate, and a subordinate cannot give a gift to a superior
 - ✓ Exception: hospitality gift for a personal residence host
 - ✓ Perception, perception, perception

Additional Resources

- <http://www.jrtc-polk.army.mil/SJA/index.html>
- <http://www.facebook.com/FortPolkLegal>
- <http://www.facebook.com/FortPolkClaims>



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162d Infantry Brigade Update



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162d Infantry Brigade

- Joint Security Force Assistance Course
 - Class 153 (15 OCT – 8 DEC)
 - Class 154 (3 DEC – 9 FEB)
- Security Force Assistance Course
 - 3/1 ID (27 NOV – 4 DEC)
 - 2/1 CD and 2 CR (22-29 JAN)



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162d Infantry Brigade

- FRG Family Holiday Celebrations
 - 6 Dec, 1800 6th BN FRG Christmas Party at Bldg 8201
 - 6 Dec, 1800 5th BN Christmas Party at Bldg 8209
 - 8 Dec, 1st BN Christmas Party at Neighborhood Center
 - 10 Dec, 1600, 4th BN Christmas Party at Bldg 8209
 - 11 Dec, 1700, HHC BDE Christmas Party at Showboat Theatre
 - 11 Dec, 1600, 3rd BN Christmas Party at Bldg 8209
 - 12 DEC BDE Senior Leader Christmas Party, at WCC
 - 13 Dec, 1700, 2nd BN Christmas Party at Warrior Community Center



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4th Brigade, 10th Mountain Division (LI) Update



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FORGED FOR WAR!

4BCT Dec/Jan Events

- 18 Dec - 3 Jan, Block Leave
- 5 Jan, BCT New Years Reception



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4BCT Dec FRG Meetings & Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 94 th BSB Strong Bonds Retreat , Houston, TX
2 94 th BSB Strong Bonds Retreat , Houston, TX	3	4 4 th BSTB BN SCM 1800 BNCR 2-30 IN BN SCM, 1800 BNCR	5	6 94 th BSB HHC Co FRG Meeting 1800 Co Area	7 2-4 IN BN Strong Bonds Retreat, Houston, TX	8 2-4 IN BN Strong Bonds Retreat, Houston, TX
9 2-4 IN BN Strong Bonds Retreat, Houston, TX	10 3-89 CAV SCM 1000 SQDN 94 th BSB B Co FRG Meeting 1800 Maple Terrance CC	11	12 94 th BSB A Co FRG Meeting 1900, Co Area	13 HHC BDE FRG Meeting 1800 FRC 3-89 CAV Holiday Party 1700 Dogwood CC 94 th BSB C Co FRG Meeting 1800 Co Area	14	15
16	17	18 94 th BSB SCM 1800 FRC	19	20	21	22
23	24	25	26	27	28	29
30	31					



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1st Maneuver Enhancement Brigade Update



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1st MEB FRG Events Dec/Jan



• 519th MP BN

204 th MP Co X-Mas Party @ Showboat	12 Dec
HHD MP FRG Bagging @ Commissary	13 Dec
272 nd MP Co X-Mas Party @ Showboat	13 Dec
HHD MP Co X-Mas Party @ Dogwood Terrace	14 Dec
91 st MP Det X-mas Party @ Showboat	14 Dec
209 th MP Co X-mas Party @ Dogwood Terrace	15 Dec
258 th MP Co X-mas Party @ Showboat	17 Dec
204 th MP Co FRG Bagging @ Commissary	18 Dec
HHD MP Unit Bagging @ Commissary	19 Dec
91 st MP Det X-mas Bagging @ Commissary	23 Dec
91 st MP Det X-mas Bagging @ Commissary	30 Dec

• 46th EN BN

BN Fun Run	13 Dec
BN Birthday- Dozer Lighting	13 Dec

• 178th:

Holiday Party	14 Dec
Resiliency Training	18 Dec
Parent to Parent Mtg	21 Dec
Angel Tree Gift Deliveries	21 Dec
Adopt a Soldier/Family for Dinner	25 Dec



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1st MEB FRG Events Dec/Jan Continuation



• 88th BSB BN

A/Co X-Mas Party @ WCC	10 Dec
546 th X-Mas Party @ WCC	11 Dec
HHC X-Mas Party @ Palmetto	14 Dec
41 st X-Mas Party @ Company	14 Dec
337 th X-Mas Party @ Maple Terrace Center	18 Dec
B/Co X-Mas Party @ Maple Terrace Center	19 Dec

88th BN Sports Day @ Perez Sports Complex 14 Dec

HHC, 1st MEB

FRG Scavenger Hunt	10-14 Dec
FRG unmanned Bake Sale @ HQ	12Dec
HHC Bake Sale at Exchange 1700-2000	13 Dec
FRG/Co Christmas Party	14 Dec



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1st MEB FRG Meetings Dec/Jan



•88th Brigade Support Battalion

A/Co FRG MTG @ Company	10 Jan
41 st FRG MTG @ Company	14 Jan
B/Co FRG MTG @ Company	16 Jan
546 th FRG MTG @ Company	16 Jan
383 rd FRG MTG @ Company	17 Jan
337 th FRG MTG @ Company	25 Jan
HHC FRG MTG @ Company	30 Jan

•88th BSB Spouses Tour 23 Jan

• 46th EN NB

178th FRG MTG @ Bayou Theater 6 Dec

• HHC 1st MEB

FRG Meeting @ Conference Room 20 Dec
FRG Meeting @ Conference Room 18 Jan





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1st MEB SCM- Dec/Jan



- **46th EN BN Steering Committee Meeting**
@ 1630 in BN Conf Room **11 Dec**
- **88th BSB Steering Committee Meeting**
@ 1600 in BN Conf Room **9 Jan**
- **1st MEB Steering Committee Meeting**
@ 1st MEB DFAC 1130-1300 **9 Jan**



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JRTC Operations Group Update



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Rotation 13-03 4/101 ABN (OEF)

8 – 10 JAN	Main Body Arrives
12 – 24 JAN	Live Fire Exercise
17 – 21 JAN	CPX
12 – 29 JAN	FOF
30 JAN – 1 FEB	Main Body Departs

Increased vehicle and air traffic



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1-509 PIR FRG Events

BN wide

7-9 Dec - Couples Strong Bonds Retreat, Galveston, TX

14-15 Dec - Single Soldier Strong Bonds Retreat, Galveston, TX

19 Dec 1800 - BN Christmas Cookie Exchange, Showboat Theater

Event Flyers available on the 1-509th BN FRG Facebook page.

<https://www.facebook.com/#!/groups/119726561455235/>

Questions? Contact (337) 537-8219



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115th Combat Support Hospital Update



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Training

- **EFMB Testing** **1-6 DEC**
- **EFMB Graduation** **6 DEC**
- **Holiday Schedule** **17 DEC – 2 JAN**



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115th Combat Support Hospital Family Readiness Groups

115 th CSH Steering Committee	12 Dec
HHD/ A CO FRG Meeting	12 Dec
485 th /33 rd FRG Meeting	13 Dec
B CO FRG Meeting	14 Dec

POC: 531-6203



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Installation Chaplain Update



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Weekly Religious Services & Events

- **Catholic Mass, Saturday at 1700 & Sunday at 0900, Main Post Chapel (MPC)**
- **Contemporary Protestant Service, Sunday, 1045 , MPC**
- **ChapelNeXt Contemporary Protestant Service, Sunday, 0930-1030 , Glory Chapel**
- **Gospel Service, Sunday, 1100, Glory Chapel**
- **Sunday School, 0915-1015 , MPC**
- **Catholic CCD, Sunday, 0800-0845 , MPC**



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Weekly Religious Services & Events

- **Protestant Women of the Chapel (PWOC), Tuesdays, 0900-1130, MPC**
- **Catholic Women of the Chapel (CWOC), Wednesdays, 0900-1130, MPC**
- **Community Meal, every Wednesday, 1730-1800, MPC**
- **AWANA, every Wednesday, 1815-1945, MPC**
- **Youth of the Chapel (YOC) every Thursday, 1830, MPC**



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Catholic Events

- **Immaculate Conception Mass, Saturday, 8 Dec 12, 1700, MPC**
- **Christmas Eve Mass and Pageant, Monday, 24 Dec, 1700-2000, MPC**
- **Christmas Day Mass, Tuesday, 25 Dec 12, 0900, MPC**



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Installation Events

- **Combined College Graduation, Thursday, 6 Dec 12,
1700, MPC**
- **Holiday Tree Lighting Ceremony, Friday, 7 Dec 12,
1730, MPC**
- **Protestant Christmas Eve Candlelight Service, Monday, 24 Dec 12,
1700-1800, Glory Chapel**
- **Please see the Guardian Closer to Time Frame for all
Main Post Chapel Holiday Events/Schedule**



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Bayne-Jones Army Community Hospital Update



Bayne-Jones Army Community Hospital

NCQA Recognition

- BJACH received accreditation from the National Committee for Quality Assurance for the Patient Centered Medical Home Clinic
- PCMH is a new approach to healthcare that focuses care around the patients instead of systems
- BJACH was awarded Level 3 certification from the NCQA, the highest certification given



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Bayne-Jones Army Community Hospital

TRICARE Prime Travel Reimbursement

Prime enrollees **may be** reimbursed for travel expenses when receiving approved care. This includes meals, gas, tolls, parking and tickets for public transportation – plane, train, bus, etc. Receipts above \$75 must be submitted.

This benefit is limited to specialty referrals when no other specialist (MTF, network or non-network specialist is available within 100 miles (one way) of PCM's office.

Travel expenses **will not** be authorized for elective procedures or non-covered benefits.

Call 531-3597 to see if you are eligible for this benefit.



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Bayne-Jones Army Community Hospital

- **Holiday Gatherings**

All BJACH clinics will close at 1300, on 14 Dec for the annual holiday staff gatherings. The lab and Outpatient Pharmacy will remain open, however, staffing will be limited, which may increase waiting times.

- **Flu shot update**

Flu shots are available on a walk-in basis Tuesday and Thursday, 0800 to 1100 and Wednesday, 1300-1530 in the Immunization Clinic on the 2nd floor. Flu shots are available to all eligible beneficiaries.



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Bayne-Jones Army Community Hospital

Christmas- Holiday Hours

- All clinics, lab and Outpatient Pharmacy will be closed 23-25 Dec
- The Outpatient Pharmacy will be open 22 Dec from 0830- 1230

New Year's Day Holiday Hours

- All clinics and the lab will be closed 31 Dec - 1 Jan
- The Outpatient Pharmacy will be open 31 Dec from 0730-1300
- The Outpatient Pharmacy will be closed 1 Jan 2013

BJACH Emergency Room and wards are open 24/7



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Bayne-Jones Army Community Hospital

Martin Luther King holiday

- All clinics and lab will be closed 18-21 Jan
- The Outpatient Pharmacy will be open 18 Jan ,0730-1600 and 19 Jan 0830 –1230
- The Outpatient Pharmacy will be closed 20-21Jan

BJACH's Emergency Room and wards are open 24/7



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Dental Activity (DENTAC) Update



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Dental Update

Grand Opening Ceremony

Shira Dental Clinic

7223 Mississippi, Bldg 1561

Thursday, 13 Dec, 1000



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The Hidden Powers of (sugarless) Gum



- Only varieties of gum with the ADA Seal are sugarless
- 20 minutes following meals can help prevent tooth decay
- Neutralizes acids produced by bacteria in the mouth and provides disease-fighting substances throughout the mouth
- More calcium and phosphate to help strengthen tooth enamel
- Does not replace daily brushing and flossing



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Directorate of Emergency Services





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Fort Polk House Watch Program

- When on leave/vacation, stop by DES and submit form; Patrols will check your home at least twice per shift
- Designate a POC, leave house key/contact information with DES
- Ask someone pick up mail and newspapers
- Leave lamps on timers if possible
- Check/Secure all Doors/Windows





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Directorate of Emergency Services

- **Holiday Alcohol Related Vehicle Crashes 2011**
 - Louisiana = 629 fatality Accidents; 263 involved Alcohol (42%)
 - Majority Involving Alcohol Occur 2400-0300 (23%)
 - **Fatality Crashes w/Alcohol increase 81% During Evening Hours**
 - 45 Child Deaths From Drunk Drivers
 - Average BAC% for Fatality Accidents = .18% (twice the legal limit)
 - 21-24 Y/O account for 38% of DUI Fatality Accidents Over .08% BAC
 - 47 Fatality Accidents occurred during holidays in 2011
 - 40% Involved Alcohol
 - **Impairment Begins With Your First Drink (“I’m fine to drive”)**
 - **Call a Taxi/Friend/Spouse/Unit**
 - **Designated Driver (give up keys before drinking)**
 - **Walk if Destination is Near**



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JRTC & Fort Polk Hunting Dates 2012/2013

Deer:

Archery, either-sex: 15 Sep 12 – 15 Jan 13

Firearms, bucks only: 29 Oct 12 – 22 Nov 12 / 08 Dec 12 – 01
Jan 13

Small Game:

Quail: 17 Nov 12 – 28 Feb 13

Rabbit: 06 Oct 12 – 28 Feb 13

Squirrel: 04-26 May 12 / 06 Oct 12 – 28 Feb 13

Dove: 01-16 Sep 12 / 06 Oct 12 – 04 Nov 12 / 15 Dec 12 – 07
Jan 13

Woodcock: 18 Dec 12 – 31 Jan 13





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JRTC & Fort Polk Hunting Dates 2012/2013

Waterfowl:

Ducks, Coots, & Mergansers: 10 Nov 12 – 09 Dec 12 / 22 Dec 12 – 20 Jan 13

Geese: 10 Nov 12 – 09 Dec 12 / 22 Dec 12 – 03 Feb 13

Feral Hogs: 15 Sep 12 – 28 Feb 13

Fishing: Refer to publication (210-18)

Additional information @

<http://www.jrtc-polk.army.mil/hunt2/hunt/>





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Command Safety Office Update



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HOLIDAY ACCIDENT/ INJURY PREVENTION

Decorating Safely



- ❖ Use only laboratory tested lights (UL)
- ❖ Use no more than 3 light sets per extension cord
- ❖ Use lights rated for Outdoors only on the outside
- ❖ Place candles where they won't be knocked over and away from flammable materials

Christmas Tree Safety

- ❖ Choose a fresh natural tree or a “Fire Resistant” artificial tree
- ❖ Use a secure stand and check and water cut trees daily
- ❖ Place trees away from heat sources and exits
- ❖ Never use electric lights on a metal tree (battery lights only)
- ❖ Never use real candles on any type of tree



Never leave children or pets unattended!



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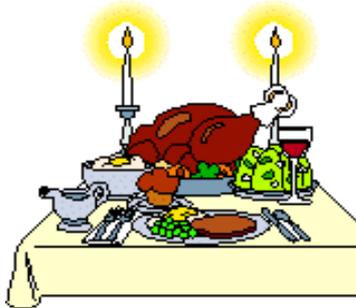
Fireplace Safety

- ❖ Have chimneys inspected and cleaned
- ❖ Always use a fireplace screen or doors
- ❖ Don't burn paper or pine boughs (burning cinders float)
- ❖ Don't use flammable liquids (use starter logs)
- ❖ Remove all items from the mantle that are flammable
- ❖ Make sure the coals are completely out before going to bed



Cooking Safely

- ❖ Keep cooking areas clean to prevent fires
- ❖ Heat oils slowly, have a lid ready to cover a flash fire
- ❖ Keep flammables away from the stove
- ❖ Don't open the door on a microwave fire
- ❖ Do not wear loose clothing while cooking over open flames
- ❖ Never leave cooking unattended



Have a fire extinguisher readily available and know how to use it!!



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Holiday Shopping Safety

- ❖ **BEWARE** thieves are shopping, too!
- ❖ Shop with a friend and don't flash your cash
- ❖ Lock your car and do not leave valuables in clear sight
- ❖ Park in a well lighted area, **DO NOT** park near vans or closed in areas
- ❖ Check the back seat before getting into your car
- ❖ Don't try to carry too many packages at once
- ❖ Stay alert to your surroundings



Safety at Parties

- ❖ Always have non-alcoholic beverages available
- ❖ Offer to let over-doers stay over
- ❖ If smoking is allowed, have deep ashtrays and only empty into a fire resistant container
- ❖ When cleaning up, check upholstery and trash cans
- ❖ Have a designated driver plan and stick to it!
- ❖ Take a taxi if you're so set on leaving



DON'T LET ANYONE DRIVE DRUNK!!!



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HAPPY HOLIDAYS!

- ❖ POV safety is paramount!
- ❖ Drive safely and take scheduled rest breaks
- ❖ Plan your route and stay on it
- ❖ Stay alert to your surroundings
- ❖ If traveling by air, be prepared for layovers
- ❖ Should an emergency occur and you cannot return on time, contact your unit

MERRY CHRISTMAS & HAPPY 2013
from the **Command Safety Office!!**

**Always wear your seat belt and never
drink alcohol and drive.**





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Exchange Update



EXCHANGE

We go where you go!



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Exchange

2012 Holiday Layaway Programs

- **Fee free layaway for all authorized items** **21 Sep – 24 Dec**
 - Exclusion: final payment must be made on layaway to qualify
- **Extended layaway for toys** **21 Sep – 23 Dec**
 - 60 days
 - Toys qualify for the Fee Free layaway offer with standard exclusions
- **Layaway for Electronics** **1 Nov – 16 Dec**
 - Computers, Laptops, iPads & Netbooks only
 - 30 days
 - Qualifies for the Fee Free layaway offer with standard exclusions



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Fort Polk Commissary Update



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DeCA

2013 Scholarships for Military Children

- Opens 1 December 2012 and closes 22 February 2013
- Estimated individual scholarship awards of \$1500
- Children of Active Duty, Reserve/Guard, or Retired military personnel may apply for a scholarship under this program
- Applications available 1 December 2012 at the Fort Polk Commissary or at www.militaryscholar.org.
- Application must be turned in at a Commissary not later than 23 February 2013



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DeCA

Christmas Holiday Hours of Operation 23-29 December

- **Sunday Open 1000-1800 (Normal Operating Hours)**
- **Monday 0800-1600 (Christmas Eve)**
- **Tuesday - CLOSED (Christmas Observed)**
- **Wednesday open 0930 - 2000 (Early Bird 0800-0930)**
- **Thursday open 0930 - 2000 (Early Bird 0800-0930)**
- **Friday open 0930 - 2000 (Early Bird 0800-0930)**
- **Saturday open 0900-2000**



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DeCA

New Year's Holiday Hours of Operation 30 December - 5 January 2013

- **Sunday 1000-1800 (Normal Operating Hours)**
- **Monday 1000-1800 (New Year's Eve)**
- **Tuesday CLOSED (New Year Observed)**
- **Wednesday 0930 - 2000 (Early Bird 0800-0930)**
- **Thursday 0930 - 2000 (Early Bird 0800-0930)**
- **Friday 0930 - 2000 (Early Bird 0800-0930)**
- **Saturday 0900-2000**



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DeCA

New Commissary facility is moving forward toward construction.

The next milestone meeting is 19 DEC 2012 where we will review the final design.

Additional updates will continue to be provided as they become available.



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Audience Open Session



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**Next CAC will be conducted at 0900 on
Wednesday, 6 Feb 13
at Warrior Community Center**