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Army Substance Abuse Program





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You Can Prevent a Tragedy

- Plan ahead; be sure to designate a sober driver before the party begins
- If you will be drinking, do not plan on driving. Even one too many drinks increases the risk of a crash while driving a motor vehicle

If You Catch a Buzz, Catch A Ride



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FORT POLK SPOUSES' CLUB



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FORT POLK SPOUSES' CLUB

- **Newcomer's Welcome recap:**
Hosted by Mrs. Chinn, Thursday 18 October
60 people attended
10 new members
201 membership
- **November Luncheon**
Thursday, 8 November, 1100-1300 Showboat Theatre
This month's cruise theme: England
- **2013 Luncheons**
January through May luncheons will be held at WCC, due to Showboat Renovations



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HOME OF HEROES 2012 TOY DRIVE

Donation Boxes
Popping Up Soon!!!
Eligibility Forms
Available at the Unit



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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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NOVEMBER

- **Pool Tournament**
 - 2 NOV – 1900 @ Home of Heroes Soldier Recreation Center
 - \$5.00 Per Soldier – Sign Up at Event
 - Prizes for First Place
- **Karaoke!**
 - 14,21,28 NOV – 1900 @ Home of Heroes Soldier Recreation Center
 - Free! - 12,000+ Songs to Choose From!
- **Call of Duty: Black Ops 2 Tournament (XBOX360)**
 - 16 NOV – 1900 @ Home of Heroes Soldier Recreation Center
 - \$5.00 Per Soldier – Sign Up at Event
 - Prizes for First Place
- **Day After Black Friday Shopping Trip**
 - 24 NOV – 0800 @ Home of Heroes Soldier Recreation Center
 - Mall of Louisiana – Baton Rouge



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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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IMPACT AID-MONEY LEFT ON THE TABLE

Vernon Parish-7M

Beauregard Parish-.38M

Provided to local school districts to compensate for tax revenue lost

- **Schools have 3 sources of revenue**
 - State Aid-50% of revenue
 - Taxes on local business/industries-25% of revenue
 - Taxes on local homes and vehicles-25% of revenue
- **Eligibility for Funds**
 - 400 federal students in Average Daily Attendance (ADA); OR 3% of the total ADA
 - Civilians only count if:
 - there are 1,000 in ADA; OR
 - they represent 10% of the total ADA
- **Weighted Federal Student Units**

• Military live on Federal property	1.00
• Civilian live on Federal property, Parent work on Federal property	1.00
• Military live off Federal property	.20
• Civilian only work on Federal property	.05



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Local Schools' Upcoming Events

Vernon Parish School District

- Election Day 6 November (holiday)
- Veterans Day 12 November (holiday)
- Thanksgiving Break 19-23 November
- End of Course Testing 3-19 December
- Christmas Break 24 Dec- 4 Jan

Beauregard Parish School District

- Election Day 6 November (holiday)
- Veterans Day 12 November (holiday)
- Thanksgiving Break 19-23 November
- Christmas Break 21 Dec- 4 Jan



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Military Family Life Consultants (MFLC)

- **Army contractors embedded in schools**
- **Provide confidential, non-medical counseling and training to students, Families, and school staff**
- **Possess a master's degree or PhD and are licensed or certified**
- **Provide support on topics such as problem solving, bullying, sibling/parental relationships, anger and time management, separation coping skills**



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End of Course (EOC) Testing

- **End of Course Testing replaced Graduate Exit Exam**
- **EOC tests required for graduation**
- **Passing scores must be posted on at least one EOC test per category**
- **EOC subjects are English II or English III, Algebra I or Geometry, and Biology or American History**
- **EOC exams are administered at completion of core subjects**
- **Students earn four achievement levels: Excellent, Good, Fair, or Needs Improvement**



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TUTOR.COM

www.tutor.com/military

**On-demand
educational assistance in a safe and
secure online environment**

**SkillsCenter™: resources for
Homework Help, Test Prep, Basic
Skills, Research, Writing, and more**

**Live Homework Help®: one-to-one
live, anonymous connections with real
tutors**

**Department of Defense Program
managed through MWR Library
Programs**

**Math, Science, Social Studies, English,
and Writing**

**U.S. active duty service members
& dependents**

**U.S. reservist on active duty in a
deployed status & dependents**

**National Guard on active duty in a
deployed status & dependents**



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Tutor.com To Go

- Eligible registered military students, must have account access- (www.tutor.com/military)
- Available as free download in iTunes store:
<http://cts.vresp.com>
 - connect to live tutor from iPhone, iPad or iPod
 - store essays, homework problems, etc. in mobile locker and share with tutor
 - take pictures of assignments and textbook pages from iPhone, iPad or iPod



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Army Community Service Update



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**Childcare provided
\$5 per Family
Must be registered with CYSS**

**Register @ ACS, Bldg 920
Conference Registration
\$15**

**14 NOV 12
0800-1430
ACS, Bldg 920**

**1230-1430, Warrior Community Center
Keynote Speaker
Leslie J. Bonci, MPH, RD, CSSD, LDN
Sports Dietitian for the Pittsburgh Steelers**



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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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UPCOMING EVENTS

- **ACS Closed** **23 NOV**
- **ACAP Financial Class** **30 NOV**
0800, ACS Bldg 920
- **PAIRS Marriage Workshop** **27 NOV-18 DEC**
1800-2000, ACS Bldg 920
- **Victim Advocate Training** **3-5 DEC**
0800-1630, Education Ctr
- **Snowflake Festival** **8 DEC**
0900-1300, ACS Bldg 920
- **English as a Second Language** **Tue & Thurs**
0900-1100, FRC Bldg 924





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EMPLOYMENT READINESS PROGRAM

**U.S. Chamber Of Commerce Hiring Our Heroes
Military Spouse and Veteran Job Fair**

Hosted By

ACS Employment Readiness Program

27 Nov 2012

1300-1600

ACS, Bldg 920

For further information please call

337-531-6922



To register go to

<https://hoh.greatjob.net/sc/viewEvent.action?id=595296>



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Directorate of Family and Morale, Welfare, and Recreation Update



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UPCOMING EVENTS

- **Sunday Brunch (WCC, 1000-1400)** **Every Sunday**
- **Army Digital Photography Contest** **thru 30 Nov**
(contact Arts & Crafts Center, 531-1980)
- **Vernon & Beauregard Schools CLOSED, Election Day** **6 Nov**
- **Turkey Shoot (Recreational Shooting Range, 1500)** **10 Nov**
- **Showboat Theatre Winter Production**
- **“The Best Christmas Pageant Ever” by Barbara Robinson**
- **Dinner Theatre (Dinner, 1830; Show, 1930)** **24 & 30 Nov**
- **Performance Only (1930)** **6 & 8 Dec**
- **CG Golf Scramble (WHGC, 1130)** **1 & 7 Dec**
- **CG Golf Scramble (WHGC, 1130)** **7 Dec**

UNIT SPORTS

- **Flag Football Season (Soldiers Complex, 1730)** **Ongoing - 5 Dec**
- **Volleyball Tournament (1st MEB Gym, 1730)** **10 Dec**
- **5K Run (Wheelock, 0630)** **12 Dec**



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UPCOMING EVENTS

CYS SERVICES

- **Cheerleading & Tackle Football Season, Ages 4-18 years** thru **30 Nov**
(Perez Field)
- **Flag Football & Cheerleading Season, Ages 5-18 years** thru **8 Dec**
(Perez Field)
- **CYS Services CLOSED for Veteran's Day Holiday** **10 Nov**
- **HIRED! College Fair (Siegfried Youth Center, 1700)** **15 Nov**
- **NFL Punt, Pass, & Kick, Ages 6-15 years (Perez Field)** **16 Nov**
- Register, 1730; Competition, 1815 –
- **Parent's Day Out (CDC, Bldg 701, 1200-1700)** **17 Nov**
- **Cheerleading Competition for Flag & Tackle Football** **17 Nov**
(Bldg 2070, 1800)
- **Babysitter Training, Ages 12-18 years** **19-20 Nov**
(Siegfried Youth Center, 0800-1700)



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UPCOMING EVENTS

CYS SERVICES (continued)

- **Babysitter Training, Ages 12-18 years** **19-20 Nov**
(Siegfried Youth Center, 0800-1700)
- **CYS Services CLOSED for Thanksgiving Holiday** **22-23 Nov**
- **Spring Soccer Registration, Ages 3-18 years** **3 Dec-4 Jan**
(Bldg 400, 0800-1700)
- **HIRED! Appreciation Night (WCC, 1800)** **4 Dec**



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Public Affairs Office Update



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Public Affairs Update

- **Operation Grateful Nation** **10 Nov**
Vernon Parish Fairgrounds, 10 am-4 pm
- **Turn on the holidays** **17 Nov-6 Jan**
Downtown Natchitoches. www.christmasfestival.com
- **An Elegant Affair** **1 Dec**
6:30 pm Vernon Parish fairground auditorium
- **Miracle on Washington Christmas Fest/parade** **1 Dec**
DeRidder, 8 am
- **86th Annual Christmas Fest** **1 Dec**
Downtown Natchitoches. Fireworks, laser show, parade



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Public Affairs Update

- **Vernon Parish Chamber Christmas parade** **8 Dec**
Downtown historic Leesville, 5:30 pm
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 am-4 pm



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Public Affairs Update

Concerts of note:

- CenturyLink Center, Shreveport

Nov. 27: WWE Smackdown

Jan. 29-30: Sesame Street Live

- Houston Toyota Center

Nov. 28: Andrea Bocelli

Jan. 31: Lady Gaga

Feb. 21: P!nk

April 15: Rihanna

www.ticketmaster.com

- L'Auberge Du Lac Casino and Resort

Dec. 7: Dionne Warwick Dinner Show

Coushatta Casino

Nov. 17: Dierks Bentley

Dec. 28: Larry the Cable Guy





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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



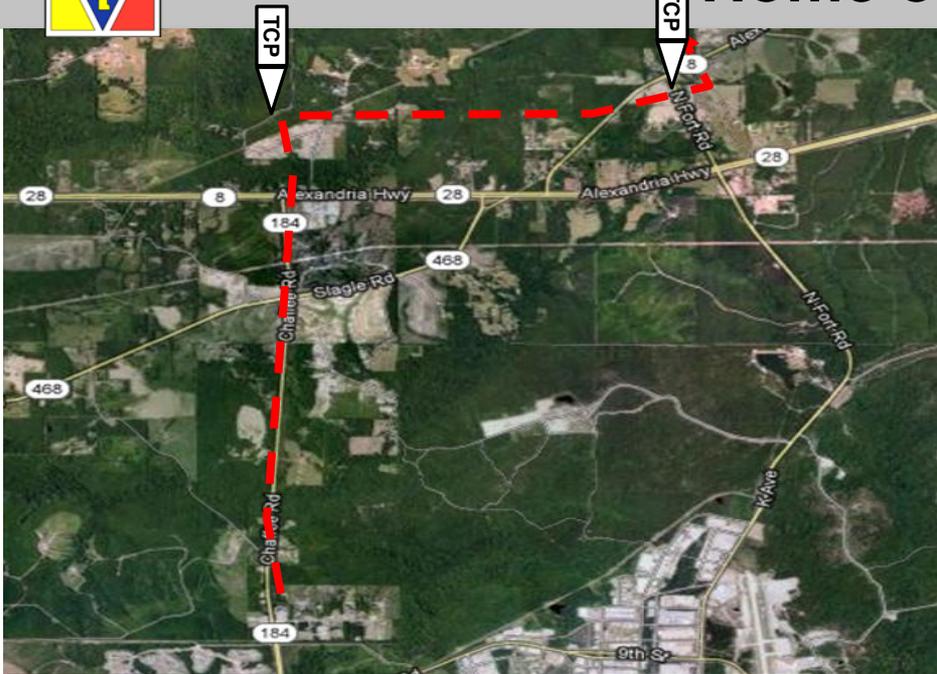
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Directorate of Public Works Update



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LFX Movement Plan

RTN 130-02 LFX 1-12 Nov 12

- Route Convoys thru ACP 6 (Chaffee Rd.) then back to normal MSR
- Coordinate TCP/visual markings ICW JRTC Safety and VPSO
- Provide patrol vehicle for visual deterrent if required



Concept

- DES barricades N. Fort at Fenceline Rd.
 - Maintains freedom of movement for rotation and OPS Group
 - Zero sum cost - ACP 7 manning shifted to ACP 6 ISO 24 hour OPS
 - Assume limited risk with traffic from rotation box accessing cantonment –scan
- Public awareness/IO Campaign: Portable road signs, Weekly Bulletin, Guardian, PAO release for local news



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New Fort Polk Sign on Hwy 171 & Entrance Rd



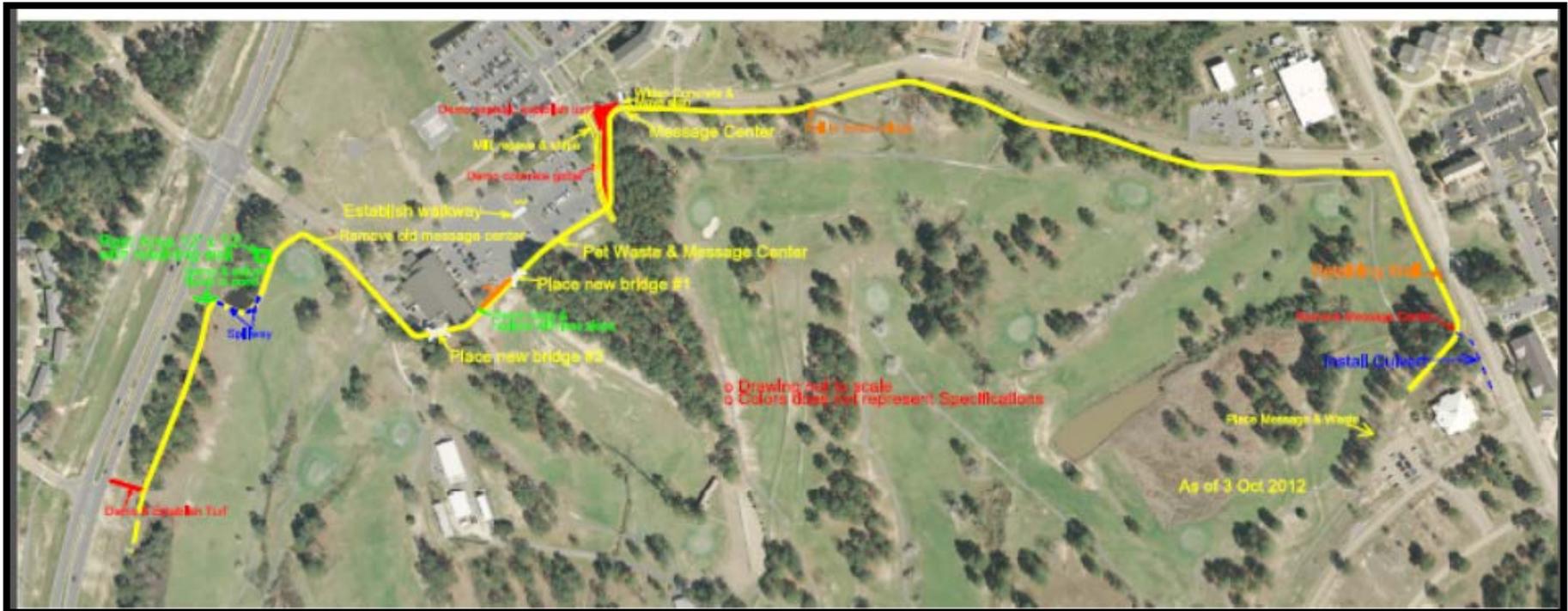
- Constructed of weather resistant materials
- Mounted on breakaway mounts to decrease injury in the event of a collision
- Illuminated with solar powered LED lights



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Golf Course Improvements





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Golf Course Improvements

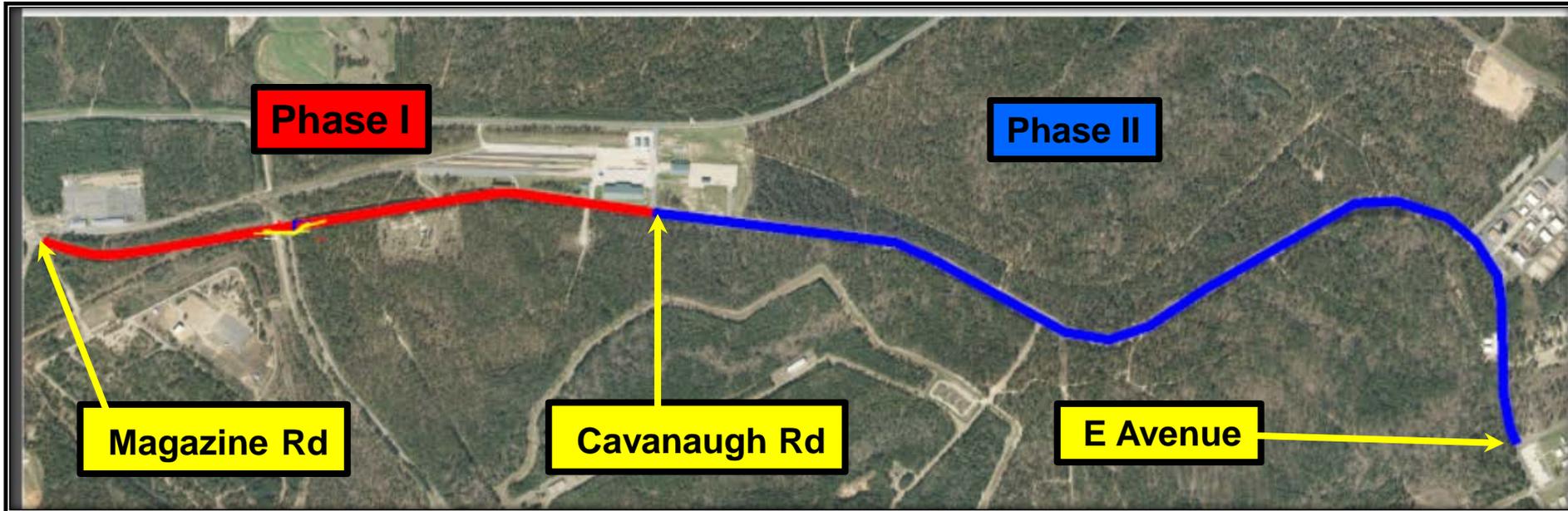
- Widen 5,500' of current running trail to establish a 10' wide multi-use trail
- Construct two pet waste stations
- Re-establish Patterson Drive, construct new and re-stripe, demo concrete, gutter, and guard rail
- Replace three bridges and add sidewalk from crosswalk at bldg 350 to parking lot
- Add concrete sidewalk from crosswalk at building 350 to parking lot
- Construct rest area
- Remove 30 trees
- Remove pedestrian sidewalk on LA 467 at Cypress Drive



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Repair/Overlay of Texas Ave



- Repair/Overlay of Texas Ave, 3.5 Miles
- Phase I: Magazine Rd to Cavanaugh Rd, 1.3 Miles,
Began Oct 2012 – Completion Date: May 2013
- Phase II: Cavanaugh Rd to E Avenue, 2.20 Miles,
Began Aug 2012 – Completion Date: Apr 2013

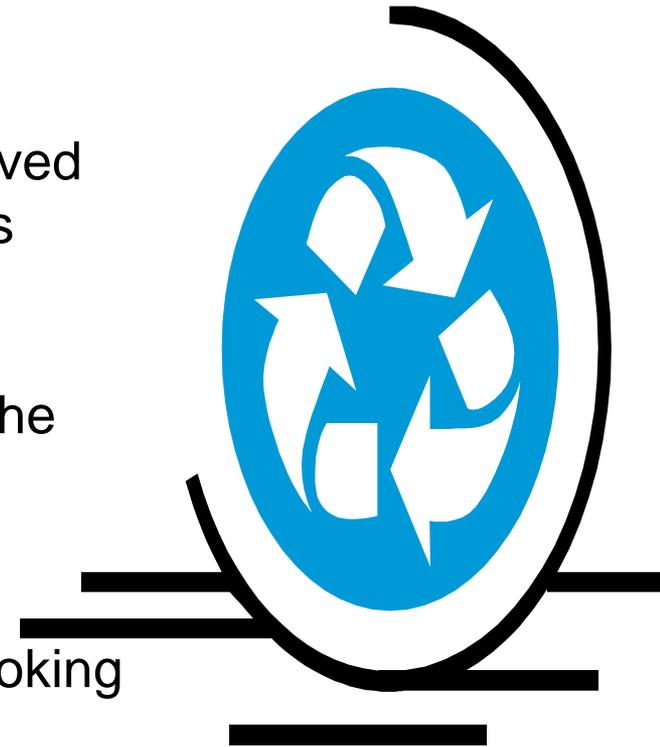


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Qualified Recycling Program (QRP)

- The Qualified Recycling Program (QRP) has moved to Bldgs 3620 and 3622. The Grand Opening is scheduled on 26 Nov 12
- White and mixed paper collection will remain in the old building (1455), until the new facility's power supply can be upgraded
- The QRP is now accepting scrap metal, used cooking oil and lead acid batteries at the new location





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AMERICAN WATER



Steps to Control Water Use in the Home

- Ensure your property is leak-free. Leaks can account for 1/4 of water use inside the home. Use of dye tablets inside toilets can help in the discovery of possible leaks
- Review miscellaneous and outdoor water use
- Inspect garden hose, unattended lawn sprinkler, and car wash frequency
- Frequency of laundering, and dishwashing
- Inspect your indoor water devices, sinks toilets, and appliances
- Complete a water use survey
- Survey outdoor watering needs
- Establish a water efficiency checklist for household use

www.amwater.com



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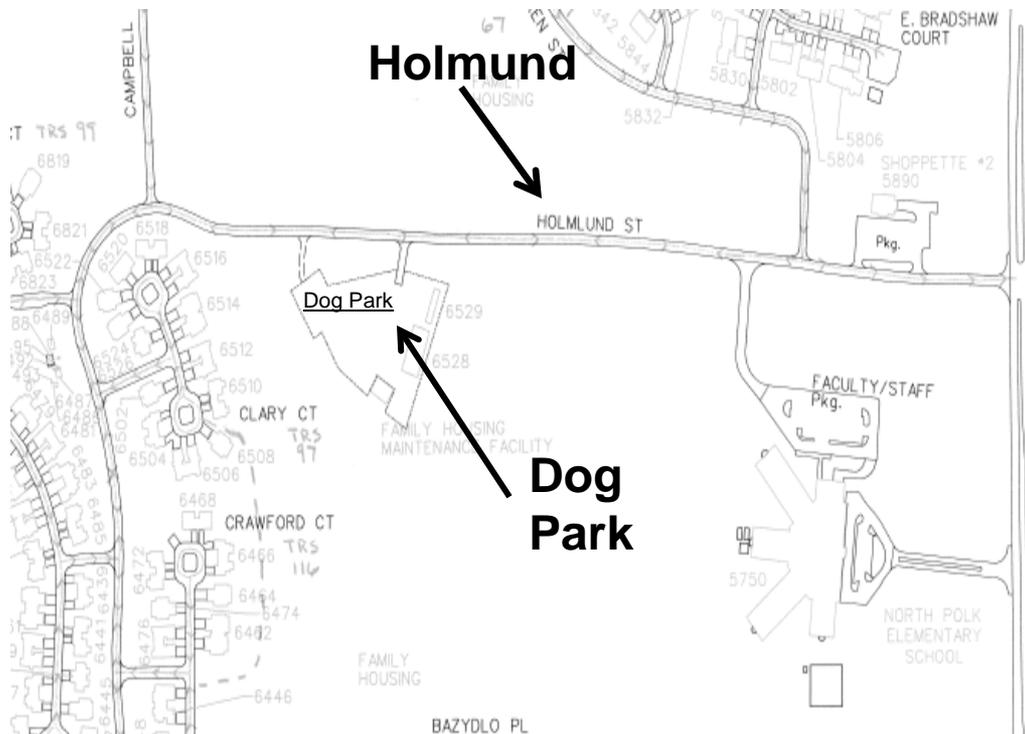
Picerne Program Update



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Dog Park Officially Opened Located in Dogwood Neighborhood (6528 Holmlund)





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Picerne Program Update

Construction (Dogwood)

- Meeks and Horn – Triplex (27 homes, 3 bedrooms)

15 homes delivered through end of October

Infill on existing lots/ foundation

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





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Picerne Program Update

Palmetto/ Camellia- 2/3 bedroom

- Total of 64 homes delivered through the end of October

Project complete

Dogwood Combos

- 6 homes in progress

Demolitions- Dogwood

- 48 homes through the end of October



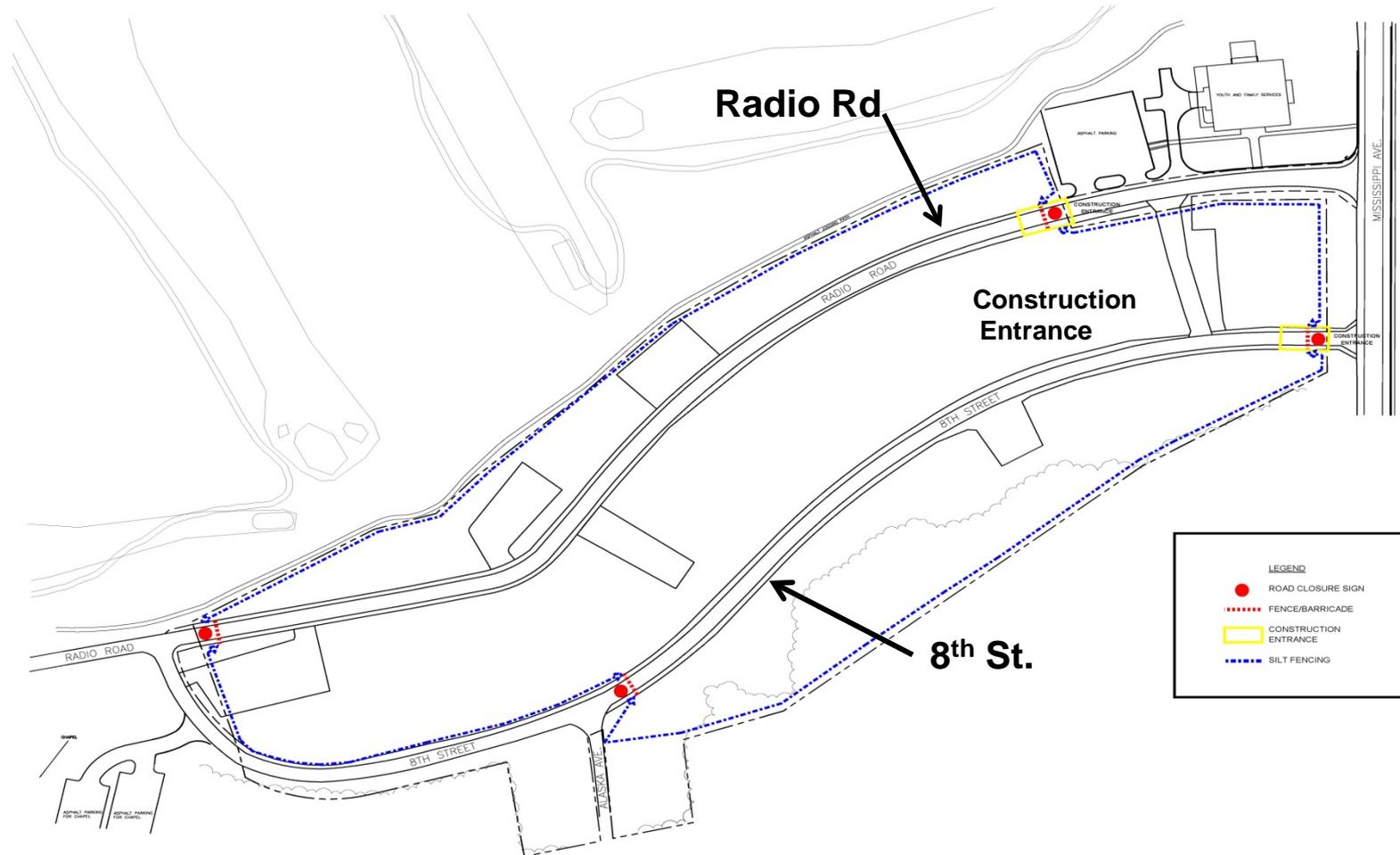


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Site work on Radio Road has begun

Mississippi Ave





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November Holiday Hours

Veterans Day

- 12 Nov- All Offices Closed

Thanksgiving

- 22 Nov - All Offices Closed
- 23 Nov - All Neighborhoods, Offices Open 0900-1300

Pictures with Santa

- 4 Dec - Dogwood Terrace Neighborhood Center 1600-1900
- 6 Dec – Maple Terrace Neighborhood Center 1600-1900





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Resident Responsibility Program September

	Total	No Action	Billed	Refunds
	Statements			
Camellia	0	0	0	0
Cypress	23	18	3	2
Dogwood	119	99	12	8
Maple	0	0	0	0
Palmetto	261	201	36	24

Service Period 9/1/12- 9/30/12	Monthly Actual	Avg. Dollar Value (\$)
Number of Actual Statements Sent	403	
# of Resident Rebates Provided	34	\$37.69
# of Resident Charges Provided	51	\$34.41
# of Resident Statements Provided	318	



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Staff Judge Advocate Update



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Staff Judge Advocate Update

Mortgage Assistance (2012 Program)

- Foreclosure Assistance & Protection
- Interest rate caps
- PCS underwater sales protected (Fannie Mae/Freddie Mac)

Fun Ethics Facts

- Gifts to a spouse are imputed to the Soldier when they are based on position rather than personal relationship

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 152 (17 SEP – 10 NOV)
 - Class 153 (15 OCT – 8 DEC)
- Security Force Assistance Course
 - 1/1 AD (3-20 NOV)
- Combat Training Center Support
 - JRTC 13-02 (4-17 NOV)



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162d Infantry Brigade

- FRG Events, Fundraisers and Meetings
 - 7 Nov, 1200, 4th BN FRG Steering Committee Meeting at Battalion Headquarters
 - 13 Nov, 14 Nov, 3rd BN FRG Will be Bagging Groceries at the Commissary as a Fundraiser
 - 5 Dec, 1800 6th BN FRG Christmas Party at Bldg 8201
 - 11 Dec, 1400, HHC BDE Christmas Party at Showboat Theatre
 - 13 Dec, 1600, 4th BN Christmas Party at Bldg 8201
 - 13 Dec, 1600, 2nd BN Christmas Party at Warrior Community Center



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



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4BCT Nov Events



FORGED FOR WAR!

- **Communications Training Continues**
- **21 Nov Thanksgiving Meal Patriot DFAC**
- **29 Nov, 1700, 4BCT Steering Committee Meeting**



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4BCT Nov FRG Meetings & Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
					2-30 IN Married Couples Strong Bond Retreat	2-30 IN Married Couples Strong Bond Retreat
4	5	6	7	8	9	10
2-30 IN Married Couples Strong Bond Retreat			4 th BSTB CSM 1800 BNCR 2-30 IN CSM 1800 BNCR			
11	12	13	14	15	16	17
			4 th BSTB HHC FRG Meeting 1800 FRC 4 th BSTB B Co FRG Meeting 1800 Co Area	3-89 CAV SCM 1800 SQDN CR 4 th BSTB Strong Bonds Marriage Retreat Houston, TX	4 th BSTB A Co FRG Meeting 1800 FRC 4 th BSTB Strong Bonds Marriage Retreat Houston, TX	4 th BSTB Strong Bonds Marriage Retreat Houston, TX 2-4 IN Strong Bonds Marriage Retreat Cypress Bend
18	19	20	21	22	23	24
4 th BSTB C Co FRG Meeting 1800 ACS 2-4 IN Strong Bonds Marriage Retreat Cypress Bend	94 th BSB B Co FRG Meeting 1800 FRC 2-4 IN Strong Bonds Marriage Retreat Cypress Bend	5-25 FA HHB FRG Meeting 1800 BNCR	94 th BSB SCM 1800 FRC	3-89 CAV A TRP FRG Meeting 1800 SQDN CR		
25	26	27	28	29	30	
			5-25 FA A,B,G BTRY FRG Meeting 1800 Co Areas 3-89 CAV Strong Bonds Marriage Retreat Cypress Bend	94 th BSB C Co FRG Meeting 1800 FRC 3-89 CAV Strong Bonds Marriage Retreat Cypress Bend	3-89 CAV Strong Bonds Marriage Retreat Cypress Bend 94 th BSB Strong Bonds Marriage Retreat Houston, TX thru 2 Dec	



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1st Maneuver Enhancement Brigade Update



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1st MEB FRG Events Nov



• 519th MP BN

HHD MP Co Commissary Bagging	7 Nov
204 th MP Co Bake Sale @ Exchange	17 Nov
HHD FRG Commissary Bagging	20 Nov
91 st MP FRG Commissary Bagging	23 Nov
91 st MP FRG Commissary Bagging	30 Nov

• 46th EN BN

93 rd Harvest Celebration @ Alligator Lake	9 Nov
814 th Lunch/Snacks Fundraiser	19 Nov
46 TH EN BN FRG Pre-Deployment Briefing Dec FTX	20 Nov



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1st MEB FRG Meetings Nov

•88th Brigade Support Battalion

383rd FRG MTG @ Company	8 Nov
A/Co FRG MTG @ Company	15 Nov
41 st FRG MTG @ Company	19 Nov
337 th FRG MTG @ Company	20 Nov
B/Co FRG MTG @ Company	21 Nov
HHC FRG MTG @ Company	21 Nov

• 46th EN NB

814 th FRG MTG @ Company	7 Nov
HHC FRG MTG @ Company	14 Nov

• 519th MP BN

91 st MP Det FRG MTG @ Detachment	13 Nov
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• HHC 1st MEB

FRG MTG @ Co Conf RM	15 Nov
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Gift to the Community



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1st MEB SCM- Nov



- **88th BSB Steering Committee Meeting**
@ 1600 in BN Conf Room **7 Nov**
- **46th EN BN Steering Committee Meeting**
@ 1630 in BN Conf Room **13 Nov**
- **519th MP Steering Committee Meeting**
@1330- 1430, BN Conf RM **21 Nov**



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JRTC Operations Group Update



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Rotation 13-02 4/3 BCT (OEF)

28-30 OCT	Main Body Arrives
1-12 NOV	Live Fire Exercise
6-10 NOV	CPX
12-18 NOV	FOF
19-21 NOV	Main Body Departs

Increased vehicle and air traffic



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1-509 PIR FRG Events

BN wide

10 Nov - Box Tour, Warrior Community Center

19 Dec 1800 - BN Christmas Cookie Exchange, Showboat Theater

HHC

21 Oct - ENDEX Meal, HHC HQ

D TRP

Wed Nights - 1900 - Tiffany Vallejo - Operation Rising Star
Contestant, 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

- **Preparation for JRTC and Fort Polk EFMB** **Ongoing**
- **EFMB Candidate Training** **5-16 NOV**
- **EFMB Establishment, Mission CMD Establishment** **13-16 NOV**
- **EFMB TCO Validation** **19-21 NOV**
- **EFMB Standardization Week** **26 NOV- 1 DEC**



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115th Combat Support Hospital Family Readiness Groups

115th CSH Steering Committee

14 Nov/ 12 Dec

485th FRG Meeting

16 Nov/ 12 Dec

B CO FRG Meeting

16 Nov/ 13 Dec

33rd FRG Meeting

16 Nov/ 12 Dec

HHD/A CO FRG Meeting

19 Nov/12 Dec

POC: 531-6203



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Installation Chaplain Update



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Weekly Religious Services & Events

- **Catholic Mass, Saturday, 1700 & Sunday, 0900**
Main Post Chapel
- **Contemporary Protestant Service, Sunday, 1045**
Main Post Chapel
- **Sunday School, 0915-1015**
Main Post Chapel
- **ChapelNeXt Contemporary Protestant Service**
Sunday, 0930-1030, Glory Chapel
- **Gospel Service, Sunday, 1100**
Glory Chapel



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Weekly Religious Services & Events

- **Protestant Women of the Chapel (PWOC)**
Tuesday, 0900-1130, Main Post Chapel (MPC)
- **Catholic Women of the Chapel (CWOC)**
Wednesdays, 0900-1130, MPC
- **Catholic CCD, Sunday, 0800-0845, MPC**
- **AWANA, every Wednesday, 1730-1930, MPC**
- **Adult Gospel Bible Study**
Wednesday, 1830 Glory Chapel
- **Youth of the Chapel (YOC) every Thursday, 1830, MPC**



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Catholic Events

- **Mary Mother of God, 01 Dec 12, 1145 & 1730, MPC**
- **1ST Day of Advent, Sunday, 02 Dec 12**
- **Immaculate Conception, 08 Dec 12, 1700, MPC**
- **Christmas Day Mass, Tuesday, 25 Dec 12, 0900, MPC**



Joint Readiness Training Center & Fort Polk Home of Heroes



Installation Events

- **Combined College Graduation, 06 Dec 12, 1700, MPC**
- **Holiday Food Program, Date/Time TBD,
POC: (337)531-7601**
- **Holiday Tree Lighting Ceremony, Friday, 14 Dec 12,
1730, MPC**

**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



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Bayne-Jones Army Community Hospital

- **Communicate with PCM via new service**

Coming Soon.

Army Medical Secure Messaging Service – Non-urgent service

Communicate with PCM anytime from anywhere

Must register and have access to Web browser & internet connection

To register, stop by Family Medicine Clinic or you can register on your next visit

Open to all beneficiaries who receive care in Family Medicine Clinic



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Bayne-Jones Army Community Hospital

Contact PCM online to request an appointment, request/review lab & test results, medication refills, referrals or email your PCM with a question

- **Flu shot update**

Flu shots are available on a walk-in basis Tuesday & Thursday, 0800-1100 and Wednesday, 1300-1530

Immunization Clinic on the 2nd floor

Flu shots are available to all eligible beneficiaries

- **Health Care Consortium**

15 Nov 1300, Room 1039, first floor. Open to unit representatives, FRG and FRSA leaders



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Bayne-Jones Army Community Hospital November Holiday Hours

•Veteran's Day

- All BJACH clinics and lab will be closed 9-12 Nov for Veteran's Day
- The Outpatient Pharmacy will be open 9 Nov 0730 - 1600 & 10 Nov 0830 – 1230. It will be closed 11-12 Nov

•Thanksgiving

- All clinics and lab will be closed 22-25 Nov for Thanksgiving
- The Outpatient Pharmacy will be closed 22 & 25 Nov
- The Outpatient Pharmacy will be open 23 Nov from 0730- 1600 and 24 Nov from 0830 – 1230

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



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Bayne-Jones Army Community Hospital

- **Warrior Care Month**

Warrior Care Month is a DoD-wide effort designed to increase awareness of DoD's Warrior Care Transition programs and resources.

Fort Polk's WTU Warrior Care Month Celebration is to acknowledge the care provided to our Soldiers by their Family members, cadre and WTU civilian staff. Various activities are planned.



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Dental Activity (DENTAC) Update



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Dental Update

Community Water Fluoridation

Given that we get fluoride from other sources, is it still beneficial to fluoridate drinking water?

YES

- Benefits
 - Fewer and less severe cavities
 - Less pain, suffering, fillings, cost, tooth loss



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Community Water Fluoridation

- Other Sources of Fluoride (more costly, require conscious decision to use)
 - Toothpaste
 - Mouth rinses
 - Professionally applied treatment
 - Prescription supplements
- Bottled Water – majority has no fluoride
 - www.mineralwaters.org

<http://www.ada.org/fluoride.aspx>.



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Directorate of Emergency Services Update





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Issues from October CAC

- Parking on sidewalks in the housing areas (lack of infrastructure for multiple car families)
- Traffic flow on Holmund adjacent North Polk Elementary (2 way traffic down to one lane at the 0800 time frame)





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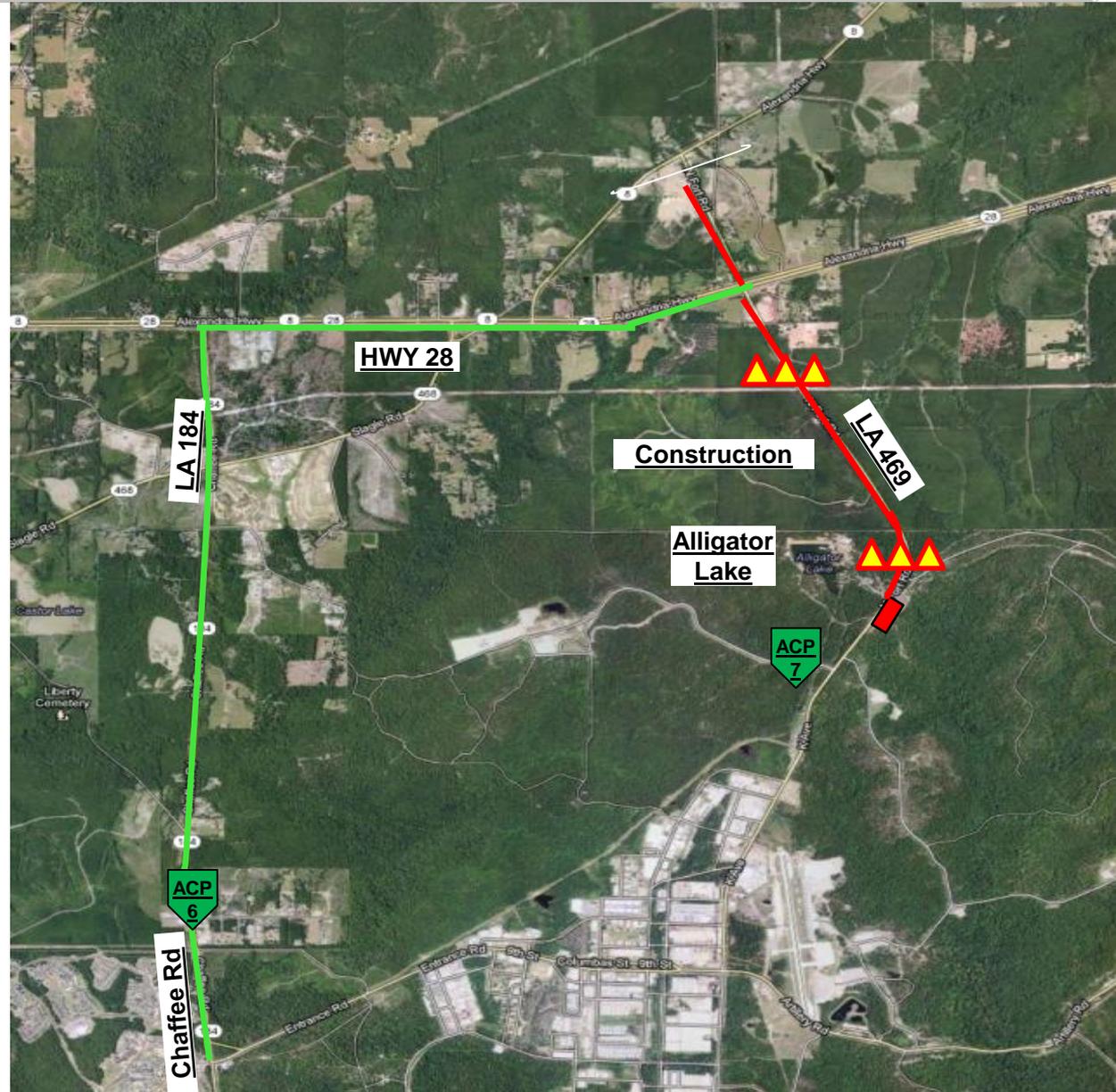


LA 469 Paving/Construction 4 Nov – 23 Dec 12

Issue: LA 469 will be closed for repair and all through traffic 4 NOV – 23 DEC 12. DES will provide 24/7 access through ACP6 (Chaffee Road) while ACP7 is closed. Vehicle passes may also be obtained from ACP 6.

Movement to Fort Polk: Alligator Lake must be accessed from the Fort Polk side of LA 469 through ACP 7.

To access Fort Polk, travel west on LA 28 and turn south onto LA 184, to Fort Polk which terminates and becomes Chaffee Road @ ACP 6.





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Turkey Fryer Safety



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Turkey Fryer Safety

- Cooking units **easily tip over**, spilling hot cooking oil over a large area
- Overfilled cooking pots or partially frozen turkey will cause **cooking oil to spill or boil over**
- A small amount of cooking oil in contact with the burner will cause a **large fire**/No thermostat cause fryers to overheat/combust
- The cooking pot, lid and pot can get **dangerously hot**, creating severe burn hazards
- **Use fryers outdoors**, on a solid level surface, safe distance from buildings and flammables





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Turkey Fryer Safety

- Never use a fryer on a **wooden deck**, under a **patio cover**, in a garage or enclosed space
- **Never leave the fryer unattended**, without thermostat controls, the oil will continue to heat until it catches fire
- Never let children or pets near the fryer when in use or after use as the oil can **remain hot for hours**
- Use well-insulated potholders or oven mitts; **wear long sleeves** and safety **goggles** to protect from splatter
- Ensure turkey is **completely thawed** before placing in fryer





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JRTC & Fort Polk Hunting Dates 2012/2013

Deer:

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

Firearms, either-sex: 27-28 Oct 12 / 23-25 Nov 12

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

Primitive Firearms either-sex: 13-19 Oct 12

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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VETERAN'S DAY 11 NOVEMBER 12

Holiday weekends call for extra safety measures as you prepare for road trips, short or long:

- **Tires have good tread and proper pressure**
- **License plate is securely fastened and current**
- **Inspection is current and your insurance card readily available**
- **You must be properly licensed for the vehicle you drive**
- **All lights function properly, headlights high and low, turn signals, brakes, hazard flasher, and reverse**





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- **Plan your rest breaks**
- **Plan extra time to make your trip in case an emergency arrives**
- **Contact your unit immediately if you have problems returning on time**
- **Wear your seat belt and ensure that all occupants in your vehicle are buckled up. Secure any loose items that may become a projectile if you should have to make a sudden stop.**
- **Never drink alcohol and drive. Never allow anyone else to drive after drinking alcohol. Call them a cab, give them a place to sleep it off or take them home if you are sober**
- **Have a plan and stick to your plan if you are out partying with friends. Getting home safely is your primary goal**



Pets included



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Happy Thanksgiving

Thanksgiving means lots of good food, Family, and friends and as we gather to enjoy our good fortune, we must give thanks to those that make it possible for us to celebrate

- You must watch your cooking area to make sure there are no flammable materials on the cooking surface
- Keep children and pets away from any area where they could be harmed
- Never leave your stove unattended if you are using hot grease, it only takes a couple minutes for it to catch on fire
- Keep a fire extinguisher handy or use a lid to smother flames on frying pans



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Have a Great Thanksgiving and Stay Safe



**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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Exchange

- **Exchange Restaurants Catering 2012** **1 Sep – 26 Jan**
Anyone can use catering! Customers will receive a \$10 Exchange Restaurant Gift Card for spending with a \$50 or more purchase. See any Exchange Restaurant for more details.
- **Extended Holiday Refund Policy** **1 Nov – 24 Dec**
Items purchased between 01 November 2012 through 24 December 2012 can be refunded/exchanged through 31 January 2013 at your Fort Polk Main Exchange.
- **Furniture Military Star Promotion** **2-15 Nov**
Free delivery with any furniture purchase of \$499 or more with your Military Star Card. Valid at any Army and Air Force Exchange facility. Limited to stock on hand.



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Exchange

- **Human Resources Pet Adoption Event** **10 Nov**
Fort Polk Main Exchange from 0900-1500
- **Exchange Holiday** **12 Nov**
Veteran's Day (Observed)
- **\$1 Cappuccino Event** **12 Nov**
Express 2 from 0800-1000
- **Sharp Electronics Military Star Promotion** **16-22 Nov**
12 months/minimum purchase \$999 no down payment, no payments and no interest until Dec 2013. Offer applies to entire Sharp electronics purchase of \$999 or more



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Exchange

- **Butterball Turkey Giveaway** **20 Nov**
See Express 2 for details
- **Exchange Holiday** **22 Nov**
Thanksgiving Day
- **Black Friday** **23 Nov**
Fort Polk Main Exchange open at 0400
- **Christmas Stocking Drawing** **15 Dec**
See Express 2 for details



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Exchange

- **Exchange Holiday** **25 Dec**
Christmas Day
- **Exchange Holiday** **1 Jan**
New Year's Day (Observed)



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Fort Polk Commissary Update



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DeCA

Thanksgiving Week Hours of Operation 18-24 November 2012

Sunday	18 NOV	1000-1800
Monday	19 NOV	0930 - 2000 (Early Bird 0800-0930)
Tuesday	20 NOV	0930 - 2000 (Early Bird 0800-0930)
Wednesday	21 NOV	0930 - 2000 (Early Bird 0800-0930)
Thursday	22 NOV	CLOSED Thanksgiving
Friday	23 NOV	CLOSED
Saturday	24 NOV	0900-2000



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DeCA

New Commissary facility is moving forward toward construction!!

- **The Post Award Conference was held on Wednesday, 17 OCT 12**
- **Upcoming Important Milestones:**
 - **05 NOV 12 Notice To Proceed (with Design)**
 - **28 NOV 12 100% Site/Building Foundation & 50% Building Design Submittal**
 - **19 DEC 12 Design Review Conference at Fort Polk**



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Audience Open Session



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**Next CAC will be conducted at 0900 on
Wednesday, 5 Dec12
at Warrior Community Center**