



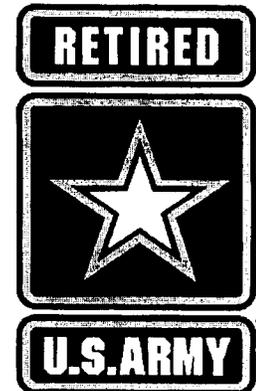
**JOINT READINESS TRAINING
CENTER AND FORT POLK
RETIREE BULLETIN**



VOLUME 2

SEPTEMBER 2007

**COME JOIN US FOR THE
32D ANNUAL RETIREE APPRECIATION DAY
SATURDAY - 20 OCTOBER 2007**



INCLUDED IN THIS ISSUE:

**FORT POLK SERVICES
FORT POLK VOLUNTEER VICTIM ADVOCATES PROGRAM
BJACH OFFERS OPHTHALMOLOGY SERVICES TO RETIREES
TRICARE RETIREE DENTAL PROGRAM
RETIREE APPRECIATION DAY EVENTS**

A LETTER FROM YOUR RETIREE COUNCIL CHAIRMAN

Dear Service Retirees and Spouses:

I hope that you are planning to come and be a part of the 32d Annual Retiree Appreciation Day (RAD) hosted by JRTC and Fort Polk on 20 October 2007.

The RAD "County Fair" activities will be located at the Family Readiness Center (FRC), Building 924, on the corner of Mississippi and Bellrichard Avenues. Last year, the FRC was utilized and provided a large open area for both visiting with old friends and easy access to the various stations. It will be even better this year since the flu shots will be administered at Building 3504 on Georgia Avenue. Due to limited parking, transportation will be provided to Building 3504 and return. However, those with special vehicle needs may use their privately owned vehicles.

The 1st CSB Dining Facility will provide a meal from 1000-1300 at a cost of approximately \$4.20. Transportation will be provided to and from the dining facility as well.

The Retiree Appreciation Golf Tournament will be at Warrior Hills Golf Course on 19 October 2007. All golfers or those who just enjoy getting out and having fun should plan on participating.

For more information on RAD events, contact the Retirement Services Officer at (337) 531-0363. Your retiree council always welcomes suggestions on how to better serve you.

"Retired Still Serving."

HARRY J. MONTGOMERY
Colonel, AUS (Retired)
Chairman, Fort Polk
Retiree Council

2007 RETIREE COUNCIL

COL(R) MONTGOMERY, Harry J., Sulphur, LA
COL(R) THOMPSON, Ronald, Baton Rouge, LA
LTC(R) GRIFFITH, Lessie A., DeRidder, LA
LTC(R) GIBSON, Stephen C., Shreveport, LA
MAJ(R) BREWER, Alvie, Ruston, LA
MAJ(R) SAUCIER, Charles E., Alexandria, LA
SMA(R) GATES, Julius W., DeRidder, LA
CSM(R) HENDERSON, Carl C., Metairie, LA
SGM(R) BARATTINI, Anthony L., Chauvin, LA
MSG(R) BOURG, Rudolph, Lafayette, LA
MSG(R) CLARK, Lathern P., Bossier City, LA
MSG(R) BURRELL, George, Bossier City, LA
SFC(R) HORN, Dan M., Anacoco, LA
SFC(R) HUMPHRIES, Stephen D., Leesville, LA
SFC(R) WILLIAMS, Lovelace, Port Arthur, TX
MRS. SMITH, Dianne H., DeRidder, LA



HONORARY COUNCIL MEMBER

COL(R) ANDERSON, Warren S. DeRidder, LA
COL(R) CLAYBROOK, Linden, Baton Rouge, LA
COL(R) KEITH, Norman A., Leesville, LA
COL(R) ORPHE, Wilson, Lake Charles, LA
COL(R) TUCKER, Thomas A., Baton Rouge, LA
LTC(R) GILES, Jimmie, Shreveport, LA
LTC(R) MILLER, Richard W., Shreveport, LA
MAJ(R) DEBNEY, Charles A., Village Mills, TX
MAJ(R) THOMPSON, George, Leesville, LA
CW3(R) CLEARY, Joseph, Leesville, LA
CSM(R) MARCANTEL, William, Lake Charles, LA
CSM(R) MYRICK, James C., Leesville, LA
CSM(R) POTTER, Bobby G., Waskom, TX
CSM(R) WARE, Vernon, Oakdale, LA
CSM(R) WHERLE, Greg, Leesville, LA
1SG(R) DEKARSKE, Don, Anacoco, LA
1SG(R) ESQUIVEL, Daniel J., Donaldsonville, LA
MSG(R) OTTS, Ancil, Baton Rouge, LA
SFC(R) DIXON, Harold, Colfax, LA
CPO(R) VINCENT, Robert, Crowley, LA
BM1(R) CLARK, Glenn C., Goodrich, TX

**NOTE FROM FORT POLK'S
DIRECTOR, OF HUMAN RESOURCES**

I cordially invite you and your family to attend the JRTC and Fort Polk's 32d Annual Retiree Appreciation Day on 20 October 2007. This year's event is planned with you in mind and to allow you the time and opportunity to take advantage of all available services. The County Fair activities and registration will begin at 0830 at the Family Readiness Center, Building 924. You will be able to obtain many services from the medical/dental staff, the Staff Judge Advocate (SJA), and other participating agencies. This is a great opportunity to renew old acquaintances and meet new members of the retired community.

I feel that you will find the available activities both informative and enjoyable. It is our pleasure to recognize the efforts of the men and women who made the United States military the outstanding force that it is today. I thank you, the military retiree, for your dedication, contributions, and continued support. Please make plans to attend.

If you need any assistance with retiree benefits, feel free to contact the Fort Polk Retirement Services Officer or staff at (337) 531-0363, or you may write to: Consolidated In/Out Processing, RSO, Bldg. 1830, 2030 14th Street, Suite 128, Fort Polk, LA 71459-5302. E-mail: polkrso@conus.army.mil. Please include your telephone number in your correspondence.

BOBBI STARK
Director, Human Resources

**ARMY CAREER AND ALUMNI
PROGRAM (ACAP) – REACHES OUT TO
RETIREES**

Soldiers may retire from the Army, but they do not retire from life. More and more retirees are

reentering the workforce each day. Their reasons are many and varied. Whatever the reason, and regardless of how long you've been retired, ACAP is available to assist retirees reach their employment goals.

ACAP has a number of services available to assist retirees and their eligible Family Members during and after their transition from the military, regardless of their ambitions. Some of the services offered:

- Transition Assistance Workshop- includes presentations on writing resumes and cover letters, interviewing techniques, networking, evaluating job offers, negotiating salaries and a follow-on Veterans Benefits briefing.
- Counseling- trained counselors are available to assist with resume preparation and submission (on and off line); conducting effective job searches; locating and taking advantage of alternative options for a second or subsequent career; and preparation/posting of federal resumes and applications.
- Automated tools – available tools assist with job search, career decision making, and interview preparation.
- Job listings- local, national, and international positions posted.

ACAP also provides updates on current benefit information and upcoming changes or events. ACAP on-line is an integral part of ACAP. Retirees can access ACAP on-line at www.acap.army.mil by clicking on the "Army Military Retirees" link. ACAP On-Line contains transition and job assistance tutorials, internet resources, job listings, and contact information for all ACAP Centers. The ACAP webpage is a valuable source of services and benefits available and has a wide range of information to assist retirees in their employment endeavors.

Retirees can also contact the Fort Polk ACAP Center at (337) 531-1591 or by visiting the office located at 7950 Alabama Avenue, Bldg. 2155, Suite 105, Fort Polk, Louisiana.

6699/1126/2369. **Thanks again for all your service to our Great Nation.**

Rory L. Malloy
Post Command Sergeant Major
President, Sergeants Major
Association

ID CARD

COMMISSARY NEWS

The ID Card Section is located at 2030 14th Street, in Building 1830. Hours of operation are: Monday through Friday from 0730 to 1600. Please ensure that you have all supporting documents for changes that are made in DEERS. If you are traveling from a long distance or you are from out of state, please call beforehand if you have questions and/or to confirm required documentation. The telephone numbers for information and/or assistance are (337) 531-1891/1430.

The Commissary will conduct the annual Retiree Appreciation Day Case Lot Sale in conjunction with the other post activities in October.

The Commissary operating hours are:
Sunday..... 1000-1800
Monday..... Closed
Tuesday..... 0930-2000
Wednesday..... 0930-2000
Thursday..... 0930-2000
Friday..... 0930-2000
Saturday..... 0900-2000

SERGEANTS MAJOR ASSOCIATION

The Commissary will open at 0800 with checkout services limited for Early Bird Shopping Tuesday – Friday. The point of contact is the Commissary Store Director, Fort Polk, LA (337) 531-2747.

On behalf of the Sergeants Major Association located at Fort Polk, we would like to invite all Retired Command Sergeants Major and Sergeants Major to join our association. You have served selflessly for many years and we want to thank you for all those honorable years of service to our Great Nation. Your experiences are still valuable to those who continue to serve.

ARMY COMMUNITY SERVICES

Please come out and share your experiences with the Fort Polk Sergeants Major Association. We know that your time is valuable; however, we encourage you to attend our quarterly meetings and socials.

Become a Volunteer Victim Advocate and Help others to see that “Love Should Never Speak Through Violence!” The Fort Polk Volunteer Victim Advocate Program (VAP) was established to address spouse abuse in the military. Since VAP’s inception, significant progress has been made within the program’s framework to successfully accomplish its mission. To effectively address spouse abuse, the VAP found that it had to fill in some missing pieces. An important missing piece was an on-the-scene response that would immediately, after an incident, provide victims with the support and information necessary for making decisions that would enhance the quality of life for themselves

You may contact the members of the Sergeants Major Association by calling (337) 531-

and their children. In June 1997, Fort Polk took the lead in the field of victim advocacy with one of the first volunteer-driven VAPs in the Army. The effectiveness of the program has given Fort Polk Army-wide recognition as a model victim advocacy program. At Fort Polk, volunteer advocates work closely with the Military Police (MPs) and command to ensure that victims of domestic violence are protected, are not re-victimized throughout the intervention process, are able to access available services, and that their rights are observed.

Duties of victim advocate volunteers include, but are not limited to:

- (1) Conducting risk assessments.
- (2) Informing victims of limited confidentiality prior to disclosure.
- (3) Providing crisis intervention services to victims of domestic violence.
- (4) Working with law enforcement, sponsoring command, and community agencies, etc., as needed to ensure the safety of victims.
- (5) Informing victims about medical services available.

Training: Volunteers undergo background checks and must complete 24 hours of initial training in history and dynamics of domestic violence, crisis response and intervention, ethical guidelines, community resources, cultural diversity, domestic violence laws, protection orders, and safety planning. In addition, volunteers are provided 2-hour blocks of instruction each month on topics related to domestic violence, service delivery, and policy and procedures.

To register for training to become a volunteer and/or for additional information on the VAP, please contact the program coordinator at (337) 531-6333.

MORALE, WELFARE, AND RECREATION (MWR) SERVICES

The Stars and Strikes Bowling Center is set to receive a food court called Strike Zone with renovations under way. The snack bar at the bowling center has temporarily been relocated to the pro shop, but new items have been added to the menu to include: BLT, BBQ sandwiches, and tossed salads.

Remodeling will effect operation hours for the snack bar only. The new hours are: Monday and Tuesday: 11:00 a.m. to 8:00 p.m., Wednesday and Thursday: 11:00 a.m. to 9:00 p.m., Friday and Saturday: 11:00 a.m. to 11:00 p.m., and Sunday: 12:00 p.m. to 8:00 p.m.

The Strike Zone is the latest entry into the MWR branded theme food concept. The Strike Zone was developed exclusively for bowling centers and can serve all meal periods including lunch, dinner, and special events. Once operational, the Strike Zone will offer new items such as 8" or 17" pizzas, nachos, daily specials, and meal combinations.

BAYNE-JONES ARMY COMMUNITY HOSPITAL (BJACH) NEWS AND HEALTH BENEFITS ISSUES

Bayne-Jones Army Community Hospital Ophthalmology Clinic (Eye Surgery and Diseases) provides service for retirees. Even though much of BJACH is not currently seeing military retirees, Dr. Brooks is open for business. In order to get an appointment, have any medical professional provide a referral.

We offer state-of-the art cataract surgery right here at BJACH. If you have been told before that you have cataracts or you think you might have them, the ophthalmology clinic has one *free* cataract screening day per month (No referral is needed). It usually occurs from 1300-1500 on the afternoon of the second Friday of each month. Please call in advance for details

prior to coming at (337) 531-3276. This is open to all TRICARE for Life, TRICARE Extra, Prime, and Standard beneficiaries.

Common symptoms of cataracts include cloudy, fuzzy, or foggy vision. You may have difficulty seeing while driving (especially at night), or symptoms of glare with bright lights, problems seeing fine detail, or problems seeing the letters on the television.

Please spread the word to fellow Retirees/Spouses because many don't know they can receive quality eye surgical and medical care at BJACH. Questions can be addressed to the Eyes, Ears, Nose, and Throat (EENT) clinic at (337) 531-3276.

TRICARE RETIREE DENTAL PROGRAM

Here are some tips to help the TRICARE Retiree Dental Plan (TRDP) enrollees make sure they don't get caught paying more than they should for their covered dental care:

- Know their TRDP co-payments, deductibles, and maximums to help keep the program affordable and their out-of-pocket expenses in check.
- A quick check of their Explanation of Benefits (EOB) will provide assurance that they have been billed correctly for the services their dentist provided during their recent visit. Knowing their coverage ensures they are paying their correct share of the costs in applicable co-payments and deductibles as required by the TRDP.
- Enrollees should be wary of dentists who advertise "waiver of co-payment" offers. This practice, also known as "over billing", is illegal and unethical, and could eventually increase the cost of the TRDP and other dental programs by as much as 40 percent.

- If enrollees need assistance with EOB, call Delta Dental's TRDP Customer Service Department at (888) 838-8737 to speak directly to an agent. You may also use the automated telephone system or the on-line Consumer Toolkit at www.trdp.org to periodically check their benefit levels, co-payments and deductibles.

- There will be a representative from Delta Dental at this year's Retiree Appreciation Day on 20 October 2007 to answer any questions that you may have.

RETIREE APPRECIATION DAY ACCOMODATIONS

Retirees who desire overnight accommodations can make their own reservations at the following locations. Local Inns/Motels include:

Magnolia House, (337) 531-9200/9237, Fort Polk, LA. Reconfirm 2 days prior to arrival

Landmark Hotel, (337) 239-7571/238-2854, Hwy 171 South, Leesville, LA

Country Inn, (337) 238-3506/800-256-2210, Hwy 171 South, Leesville, LA

Days Inn, (337) 239-2612/800-329-7466, Hwy 171 South, Leesville, LA

Sandman Travel Inn, (337) 239-0950, Hwy 171 South, Leesville, LA

Best Western Stagecoach Inn, (337) 392-1672, 1200 North 6th Street, Leesville, LA

DeRidder Inn, (337) 462-3665, 1213 North Pine Street, DeRidder, LA

Red Carpet Inn, (337) 463-8605, 806 North Pine Street, DeRidder, LA

Skippers Motel, (337) 463-4421, 740 North Pine Street, DeRidder, LA

Stagecoach Inn, (337) 462-0022, 505 E 1st St., DeRidder, LA

Toledo Bend Army Recreation Site, (888) 718-9088 (Mobile Homes & RV Sites for rent)

32D ANNUAL RETIREE APPRECIATION DAY
SCHEDULE OF EVENTS

- 0830 – 1400 FAMILY READINESS CENTER – BLDG 924
HEALTH CARE INFORMATION – DENTAL CHECKS
LEGAL ASSISTANCE – VETERAN’S SERVICES AND ASSOCIATIONS
ID CARDS – ACS – MWR – TRICARE – TRICARE RETIREE DENTAL
HUNTING/FISHING INFORMATION – VEHICLE REGISTRATION
- PREVENTIVE MEDICINE – BLDG 3504 (RED ROOF INN)
HEALTH AND WELLNESS – SCREENING/COUNSELING
IMMUNIZATIONS: PNEUMONIA VACCINE – FLU VACCINE (IF AVAILABLE)
BLOOD PRESSURE SCREENING – CHOLESTEROL TESTING
GLUCOSE TESTING – GLAUCOMA SCREENING – ASK A DOC
- SHUTTLE BUSES PROVIDED FROM BLDG 924 TO BLDG 3504 AND RETURN
- 1000 – 1300 BRUNCH (1ST CSB DINING FACILITY)
- SHUTTLE BUSES PROVIDED TO DINING FACILITY AND RETURN
- 1300 DOOR PRIZE DRAWING (DO NOT HAVE TO BE PRESENT TO WIN –
NAMES OF WINNERS WILL BE POSTED IMMEDIATELY AFTER DRAWING
AT BLDG 924 AND BLDG 3504)
- 0900 – 1400 FORT POLK HISTORICAL HOLDING AREA (SELF-GUIDED TOUR)

JOINT READINESS TRAINING CENTER AND FORT POLK WEBSITE

Visit the Joint Readiness Training Center and Fort Polk Website at
<http://www.jrtc-polk.army.mil> and learn more about available installation
services and activities. On this home page you will find a special link to
Retirement Services that will provide the latest information on retiree
benefits and services.

DHR CONSOLIDATED IN/OUT
PROCESSING RSO BLDG 1830
2030 14TH STREET STE 128
FORT POLK LA 71459-5302

OFFICIAL BUSINESS

**MARK YOUR CALENDAR TO ATTEND
JRTC AND FORT POLK'S 32D ANNUAL RETIREE APPRECIATION DAY
20 OCTOBER 2007**



The Secretary of the Army has determined that the publication of this periodical is necessary in transacting public business as required by law of the Department. Use of funds for printing this publication has been approved by the United States Army Forces Command, FCJ6-OAP, Publications and Printing, Fort McPherson, GA 30330-6000 on 30 Nov 90. The local office for publication of this periodical is the Directorate of Human Resources, Retirement Services Office, ATTN: IMWE-POL-HR-OR, Fort Polk, LA 71459-5302. Commercial and DSN Telephone Numbers: Comm: (337) 531-0363; DSN 863-0363. This publication is mailed to all US Army retirees living in Louisiana and in nine counties of Southeast Texas, as well as retirees from all branches of service residing in a 40-mile radius of Fort Polk. Articles in this bulletin do not necessarily reflect the position of the Department of the Army or Fort Polk. We do our best to ensure accuracy; some material was provided by the RSO.