



Joint Readiness Training Center & Fort Polk Home of Heroes



COMMUNITY INFORMATION FORUM



ARMY COMMUNITY SERVICE



- 16-18 Aug** **Army Family Team Building Level G, “Personal Growth & Resiliency (FRC, 0830-1430) Call 531-1895**
- 18-19 Aug** **EFMP, STOMP “Specialized Training for Military Families” (FRC), 0900-1630) Call 531-2840/6650**
- 30 Aug** **ERP “10 Steps to a Federal Job” (FRC, 1730-2030) Call 531-9190**
- 7 Sep** **Small Victories Roundtable
(Camellia Terrace Neighborhood Center, 0900-1230) Call 531-7391**
- 9 Sep** **Date Night, “Tailgating into Love”
(ACSC, 1800-2130) Call 531-1938**



DFMWR UPCOMING EVENTS



- 15 Aug-26 Oct **CYSS Wrestling Registration, Ages 7-17 years**
- 16-18 Aug **Intramural Bowling, 9 Game Scratch (Strike Zone, 1100-1600)**
- 18 Aug **CYSS Teen Resiliency Training (FRC, 1800-2000)**
- 26 Aug **Intramural CrossFit Challenge (JRTC CrossFit, 1130)**
- 27 Aug **9-Pin Tournament (Strike Zone, 1200)**
- 27 Aug **Leisure Travel Show (Main Exchange, 1000-1400)**
- 10 Sep **Le Tour de Polk 41-Mile Bike Race (9th St behind HOH soldier Rec Center, 0700)**
- 13 Sep **Intramural Company-Level Flag Football (1400 Block, 1800)**
- 15 Sep **CYSS Teen Resiliency Training – Goal Setting (FRC, 1800-2000)**
- 16 Sep **CG Monthly Scramble (WHGC, 1130)**
- 17 Sep **Warrior Swamp Mud Run (Alligator Lake Rec Site, 0700-1500)**
- 23 Sep **Intramural Sprint Course Triathlon (50M Pool, 0630)**
- 23 Sep **CYSS NFL Punt Pass & Kick Competition (Perez Field, 1800, Registration, 1730)**
- 24 Sep **Boys and Girls Club of America (BGCA) Day for Kids (SAC, Bldg 260, 1200-1600)**
- SAVE THE DATE**
- 1 Oct **Domestic Violence Awareness Month (DVAM) Proclamation Signing Ceremony & Silent Remembrance Display (Leesville High School, 0930)**
- 1 Oct **DVAM 5K Purple Color Run/Walk (Leesville High School, Sign-in 0830, Race 0950)**
- 5 Oct **Community Information Forum (WCAC, 1000)**
- 14 Oct **DVAM Wear Purple Day (Ft Polk Garrison, 0800-1630)**
- 14 Oct **CYSS Dodgeball Tournament, 3 age groups (Siegfried, 1730-1800)**
- 28 Oct **DVAM Command Team Seminar (ACSC, 0900-1200)**
- 29 & 31 Oct **CYSS MST Haunted House (Youth Gym, bldg. 2070, 1800-2100)**
- 31 Oct **CYSS Alternative Trick or Treat (Youth Gym, bldg. 2070, 1800-2000)**

(337) 531-1945



SCHOOL SUPPORT SERVICES



- **SCHOOL CALENDAR**
 - 10 Aug 1st Day for Students - Beauregard Parish - 5 Day Schedule
 - 16 Aug 1st Day for Students - Vernon Parish Schools
 - 18 Aug Ribbon cutting ceremony for Parkway Elementary
 - 5 Sep School Holiday (Labor Day)

- **HOMEWORK/TUTORING ASSISTANCE**
 - www.homeworkla.org (tutor.com)
 - vbsb.k12.la.us-District website with parent homework resources
 - Tutor.com/military
 - KhanAcademy.org
 - Schoolquest.org

- **SCHOOL LIAISON BOARD –School & Parent Action Board Address School Issues**
 - Vacancies
 - ❖ Pickering Elementary and High Schools
 - ❖ Leesville Junior High School
 - ❖ Vernon Middle School
 - ❖ Parkway Elementary school
 - ❖ Rosepine Elementary and High Schools



DES



Fort Polk DES In-Brief





AREA OF EMPHASIS



- **DES 02 - Unattended Children/Pets**
- **DES 03 - Use of Mobile Devices (Cell Phone)**
- **DES 04 - Access Control / Visitor Center**
- **DES 05 - Juvenile Curfew Hours (FP Reg 190-2)**
- **DES 06 - Spice, Bath Salts, “Krokodilia”**
- **FP Reg - 190-3 Weapons Registration**
- **Driver License/Vehicle registration and insurance required**
- **Rain/Headlights/Wipers Required**
- **Assimilated Crimes Act Title 18 USC**
- **CVN \$\$ Tickets**



ACP HOURS



Access Control Point #	Hours of Operation (Weekday)	Hours of Operation (Weekend/Holiday)
ACP 1 - Entrance Rd	24/7	24/7
ACP 2 - LA 467 North	0500 - 2100	0500 - 2100
ACP 3 - Mill Creek Rd	Closed	Closed
ACP 4 - Louisiana & Lookout Rd	Closed	Closed
ACP 5 - LA 467 South	0500 - 2100	0500 - 2100
ACP 6 - Chaffee Rd	0500 - 2100	0500 - 2100
ACP 7* - Alligator Lake	24/7	24/7
ACP 8 - Artillery Rd	24/7 (Rotation Only)	24/7 (Rotation Only)

* HazMat ACP



DES POCs



Police Chief	531-2310
Police Operations.....	531-4416
Support Operations.....	531-6294
Resource & Training.....	531-2256
Operations Sergeant.....	531-1294
Operations Officer.....	531-6582
Military Police Investigations.....	531-7324/7166
Traffic Accident Investigations.....	531-1806/6675
Force Protection.....	531-7303-1746
Physical Security.....	531-4913/6012
Civil Liaison.....	531-6812/6339
Game Enforcement.....	531-5222/5715
Vehicle Registration.....	531-0380
ACP Guard Chief.....	531-0128
Police Desk.....	531-2227/2108
Visitor Center.....	531-4978

FIRE DEPARTMENT: 24 hour 531-2026/2296	
Fire Chief.....	531-7486
Assistant Chief.....	531-6161
Fire Inspectors.....	531-7247

EMERGENCY CALLS On post:

- All housing areas and non 531 number can use 531- COPS (2677)
- All 531 numbers can dial 911

This process is designed to give the Fort Polk community the quickest response until an Enhanced 911 system is incorporated



BOSS UPCOMING EVENTS



- 13 Aug 16 Single Soldier Pool Party
- 19 Aug 16 Pool Tournament
- 26 Aug 16 Texas Hold'em Tournament
- 27 Aug 16 Volunteer Opportunity Habitat for Humanity Lake Charles
- 16 Sep 16 Pool Tournament
- 12-18 Sep 16 **FREE SCUBA CERT** (For deserving BOSS Soldiers)
- 24 Sep 16 Scuba diving in Florida
- Karaoke! Every Wednesday
- Bow & Arrow Combat (Available upon appointment)



7 February 2016
Lake Charles, LA Children's Parade & Super Bowl Party



April 16th 2016
Lake Charles, LA
Project Build a Future

Call 531-1948 for information on BOSS program / events

Unless otherwise noted, all events will be held at the Home of Heroes Soldiers Rec Center

(337) 531-1948





PAO UPCOMING EVENTS



- **Delcambre Shrimp festival** **17-21 Aug**
Delicious dishes, top-notch entertainment www.shrimpfestival.net
- **2016 Arts and Crabs Fest** **20 Aug**
Music, entertainment craft brews, crabs, Burton Coliseum, Lake Charles
- **34th annual SWLA Zydeco Festival** **3 Sept**
Opelousas
- **Creole Renaissance Festival** **3 Sept**
Rayne Civic Center and Pavilion
- **Fort Polk Town Hall** **8 Sept**
6-8 p.m. Warrior Community Center



PAO UPCOMING EVENTS



- **2016 Natchitoches Meat Pie Fest** **16-17 Sept**
Riverbank Stage, “lotta hotta meat pies”, music, kid stuff
- **Sugar Cane Festival** **20-25 Sept**
A Louisiana staple. Annual event for 70+ years
- **Jim Bowie Fest and BBQ Throwdown** **26-27 Sept**
Vidalia. Weekend packed with events
- **Distro list for weekly community events:**
Send email to: usarmy.polk.imcom.mbx.pao-ci@mail.mil
- **Human interest (unusual, unique) training stories, we would like to know. Call 531-1392 or email kimberly.k.reischling.civ@mail.mil**



GARRISON CHAPLAIN



SPECIAL EVENTS

- **Youth of the Chapel:** Each Thursday at 1830 in Bldg. 1565 (OPSGRP CH)
- **Youth of the Chapel:** 19-21 August 2016 at Camp Pearl
- **Protestant Women of the Chapel (PWOC):** 0900-1200 “Kick Off” 23 August 16
- **Mothers of Preschoolers:** 0930 Main Post Chapel 1 September 16
- **Catholic Women of the Chapel:** 0900 17 August 16, (Main Post Chapel)
- **Warrior Spirit Night:** 1700-1930 (adults/children) 14 Sep 16 Main Post Chapel
- **AWANA Children’s Program:** 5yrs to 5th grade, 1700 at main Post Chapel
- **LDS Military Representatives** – Brent & Pamela Hart, for more information, call 208-403-9581
- **RSO website:** <http://www.jrtc-polk.army.mil/Garrison/chaplain/index.html>

531-4628



CSF2 UPCOMING EVENTS



Soldier & Family Development Classes provide education on the CSF2 and Performance Enhancement program which prepares Soldiers & Families to utilize mental toughness skills in order to be a more adaptive and effective team.

Classes Offered include

- Building Confidence
- Attention Control
- Core Values & Beliefs
- Building Confidence
- Goal Setting
- Put it in Perspective
- Integrating Imagery
- Effective Praise
- Energy Management
- Active Constructive Responding
- Problem Solving
- Avoid Thinking Traps
- Assertive Communication
- Character Strengths

Every Friday skill of the month training:

We offer the skill of the month

0900-UTC at the FRC Building 924 RM A

Second Friday of the month MRT refresher training:

Available to all trained MRTs

0900-UTC at the CSF2 TC Building 2380

Third Thursday of the month skill of the month training:

Offered two times:

1130-1300 at the ACS Building 920 RM G

1800-2000 at the FRC Building 924 RM A (Teen Training offered same time and location)

Last Friday of the month make-up Training:

We offer any skill the soldiers might need

0900-UTC at the FRC Building 924 RM B

In-processing training (7 Skills):

Every Tuesday and Wednesday

0900-1700 Education Center Rm 203



Fort Polk
TRAINING CENTER
COMPREHENSIVE SOLDIER AND FAMILY FITNESS

Call and schedule your class today at 531-2427 or stop by the Training Center at 8148 Alabama Ave, BLDG 2380

337-531-1897



DPW



24-hour Recycling

Located on the corner of Georgia & Maine Ave.

Cardboard, Aluminum Cans & #1 Clear Plastic Bottles



**For more information:
531 - 7556**

- Located just outside the recycling center
- Available to everyone with post access
- Please place bottles & cans in separate plastic bags



531-4352



DPW



Office and Packaging Supply ReStores

THE OFFICE SUPPLY ReSTORE
RESTORE YOUR SUPPLY TODAY

Bring usable, unwanted office supplies in. Take needed supplies out.
Free issue. It's that simple.

EVERYTHING IS FREE ABSOLUTELY

Located inside the
JRTC & Fort Polk Recycling Center
(corner of Georgia & Maine Ave.)
Monday - Friday
0830 - 1530

Use restricted to military, FRG leadership and government civilians only.

THE PACKAGING SUPPLY ReSTORE
RESTORE YOUR SUPPLY TODAY

Bring usable, unwanted packaging supplies in. Take needed supplies out.
Free issue. It's that simple.

EVERYTHING IS FREE ABSOLUTELY

Located at the
JRTC & Fort Polk Recycling Center
(corner of Georgia & Maine Ave.)
Monday - Friday
0830 - 1530
For more information call 531-1105

No use restrictions. Available to individuals with installation access.

2 Great
Stores...
1 **FREE**
Price



DHR UPCOMING EVENTS



- ❖ **Retiree Council Meeting** – 10 August, 0900 - 1200, Education Center Room 102, All Retirees are welcome, POC Donald Bufford, 531- 0363

- ❖ **SFL-TAP Hiring Events and Job Fair** – POC Jean Graves, 531-4621
 - 11 & 18 August, the Federal Bureau of Prisons, Pollock, LA application workshop and tour SFL-TAP Center B-4275, They will be making ON-THE-SPOT Job Offers!!
 - 24 August, US Department of Homeland Security Customs and Border Protection Hiring Event, SFL-TAP Center B-4275
 - 6 September, 0830-1230, Texas State Troopers will conduct testing for their March 2017 Academy at the SFL-TAP Center B-4275
 - 7 September, 0830-1200, Lucas Group - an Executive Search Firm FREE INFORMATION OPPORTUNITY and individual one on one interviews at the SFL-TAP Center B-4275
 - 8 September, 1000-1300, Warrior Community Center.

Target for audience ALL SFL-TAP events are Soldiers and Family members in transition

- ❖ **Voting Assistance** – Bldg. 250, Room 110, Consolidated In/Out Processing, POC Mark Anderson, 531-1755. 24 August, 1000-1500, Celebrating Women’s Equality Day at the Fort Polk Main PX with Fort Polk EO/EEO Office.



DHR UPCOMING EVENTS



❖ **Suicide Prevention Month**– POC Larry Bryant, 531-6187

- Suicide Prevention Month begins 1 September and goes through the entire month of September.
- Our guest speaker is Mr. Gabe Darbonne. Mr. Darbonne was featured in a CBS 60 Minutes documentary dealing with “Advanced PTSD Therapy”.
- Mr. Darbonne will speak at the Bayou Theater on Sept 7 & 8 and again on Sept 21 & 22
- The speaking times are at 1000 and 1400 each day.
- The guest speaker events are open to Soldiers, Spouses, and DACs.
- MEDDAC will conduct a Life Skills EXPO for Soldiers during the week of 26 thru 30 Sept.
- EXPO Topics will include ACS financial management and marriage, Family Advocacy, ASAP clinical, and Suicide Prevention.
- EXPO Classes begin at 0800 at the Education Center rooms 105, 107, 117 and 123. POC for the classes is SGT Robert Gates, NCOIC, Department of Behavioral Health, Office: (337) 531-7092. Email address is Robert.s.gates12.mil@mail.mil



MEDDAC



BAYNE-JONES ARMY COMMUNITY HOSPITAL

❖ Monthly Training Closure

BJACH will be close until 1 p.m. the third Thursday of each month for training starting August 18. This includes all clinics, Outpatient Pharmacy, lab, radiology etc. BJACH dining facility will not be open for breakfast on training days, but will open at 11 a.m. for lunch. Entrance B, 2nd floor, will remain locked until 12:45 p.m. If you must enter the hospital, you must use Entrance A.

❖ Labor Day Closure

2 Sept - Primary Care appointments will be available on a limited basis. The lab and Outpatient Pharmacy will also be open, but with reduced staffing, so wait times may vary. ER and wards open 24/7.

3-5 Sept - All clinics, Outpatient Pharmacy, lab and radiology will be closed for the federal holiday.

ScriptCenter is open 24/7 for refill prescription pick up. You must register prior to picking up refills at this location. ScriptCenter is located in Entrance A. To use this call-in refill location, call 531-DRUG (3784), select option 1, then option 2. ER and wards are open 24/7.

531-3111



MEDDAC



BAYNE-JONES ARMY COMMUNITY HOSPITAL

- ❖ 30 August- 1 Sept – MG Thomas Tempel/CSM Jayme Johnson, Commanding General and Command Sergeant Major Regional Health Command – Central (Provisional) will be visiting BJACH and DENTAC.



CORVIAS



- **Ongoing 2016 Projects**
 - ✓ **Street Light Repairs**
- **Resident Events**
 - ✓ **Effective August 15, Pool hours will change to 4-8pm Monday-Friday, weekend hours will remain the same.**
 - ❖ **(Dogwood community pool will be open 10am-8pm)**
 - ✓ **Pools close September 5th.**
- **Starting August 1, 2016 the Corvias Community Offices will have a change in hours. The new office hours are:**
 - ✓ **Monday-Friday**
8:00 AM – 5:00 PM
 - Saturday –Sunday**
CLOSED



CORVIAS



- **BANNED BREEDS ON POST**
 - ✓ There is a new Post wide Garrison pet policy that was signed by Garrison Commander that addresses banned breeds on post. Corvias is also in the process of updating the Resident Responsibility Guide to reflect the new policy and it will go into effect on August 20, 2016.



RED CROSS



What We Do:

- ❖ Emergency Communications
- ❖ Disaster Emergency Briefings
- ❖ Dental Assistant Training
- ❖ Volunteer Services (*BJACH, DENTAC, VETCOM*)

Wanted: Leadership Volunteers!

**Forming local Disaster
Action Team with free training
at Fort Polk**

Suicide Prevention

If a service member is threatening to harm him/herself, Red Cross can provide immediate location & intervention regardless where the person is serving

**24/7 Emergency Line
1-877-272-7337**

Contact Us

(804) 385-0966

BJACH, 1st floor (337) 531 - 3765





EXCHANGE EVENTS



Back to School Layaway – Now - 31 Aug - Shoppers can use layaway to hold computers, notebooks, tablets and iPads—. A \$3 service fee and a deposit of 15 percent are required to hold items on layaway. Items must be picked up by Aug. 31.

Back to School MilSTAR Optical Shop – Now – 1 Sep – No Interest No Payments for 6 months with an Optical Center purchase of \$199 or more on your STAR card.

New Merchandise Available – The Exchange has added Coach handbags, Calvin Klein Men’s suit separates and Martha Stewart linens as part of the repositioning project. Exchange prices are approximately 20% below suggested retail prices.

Free Screening – The Bayou Theater will host a free preview showing of “War Dogs” (R) Saturday, 13 August, 1900. Free tickets are available at Exchange retail stores and restaurants. Bayou Theater will also host a first run showing of “Pete’s Dragon” (PG) 12-14 August. Showtimes are 1900 Friday, 1400 Saturday and 1600 Sunday.

New Restaurants – Boston Market and Qdoba bidding process has been extended by two weeks. Construction should now begin mid-September for early December openings. Panda Express design plans have been forwarded to DPW and Exchange architects for review and approval. Anticipate opening early December as well.

337-537-1792 ext. 208



DeCA



• August--2016

- ❖ Kraft Heinz will sponsor a Contest, for an opportunity to win free groceries
 - ❖ Back to School promotion
 - ❖ Halloween candy display on queuing line
 - ❖ Feds Feed Families campaign
-
- Customers Appreciation Caselot: 1, 2, & 3 September 2016. Operation hours 0930-1800

337-531-7678



DeCA



- Bakery has a new Muffin Rack and German Specialty Rack located at entrance of the store
- Deli prepares fresh sandwiches, salads, and panini sandwiches, all made to order
- Wall located behind deli/bakery is now our club pack section, with products changed weekly to promote customer interest
- Store accepts special orders as needed
- Queuing line used for displaying holiday candy
- Sushi Bar is great option for Soldiers during lunch, snacks, and dinner
- Value brands products are located throughout store with special savings (23-38% off commercial pricing) identified with an orange tag.

337-531-7678



FORT POLK SPOUSES CLUB



**All inclusive private organization
Purpose: Social and Philanthropic**

Upcoming Events:

- **Super Sign Up August 25, 10-2 at the WCC**
- **Second Chance Sign Up September 10, 10-2 at the PX**
- **Home State Showdown Luncheon Sept 15 11am**

Volunteer opportunities available

**For more information contact:
fpscpresident@gmail.com**



Fort Polk Spouses' Club



www.fortpolkspousesclub.com



The next

Community Information Forum

will be held

7 September 2016, 1000

Warrior Community Activity Center