

U.S. Army Garrison Fort Polk

Fort Polk First!

GUARDIAN

July 17 Vol. 53, NO. 13



**Discover prime
fishing**

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**Command visits
Camp Warrior kids**

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PCS season continues

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**Find local farmers
markets**

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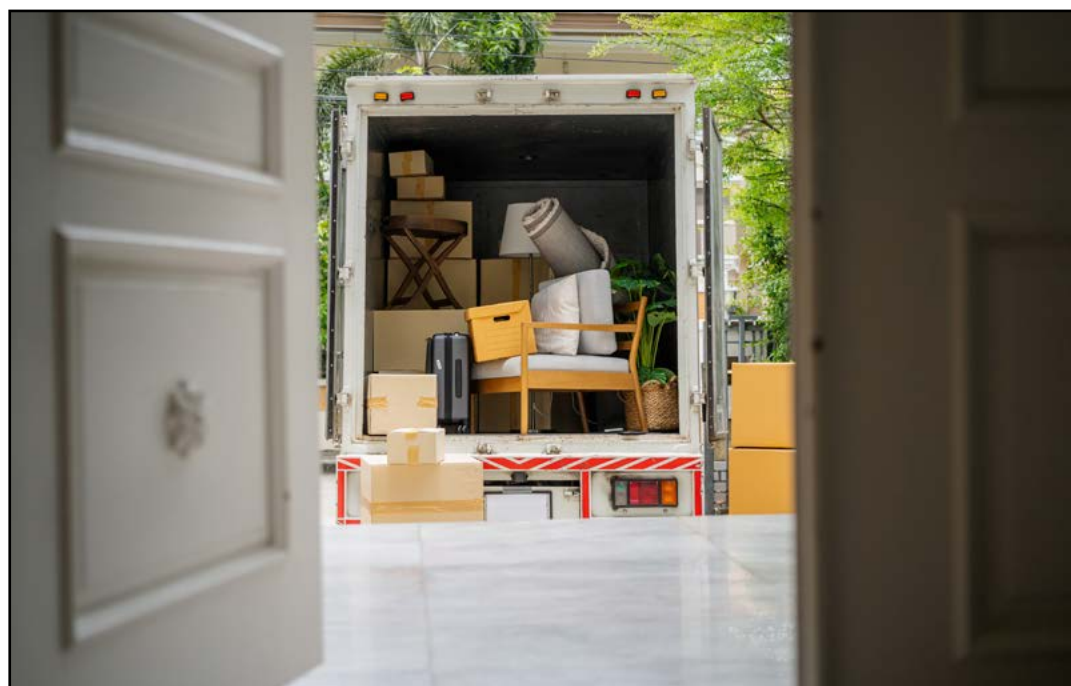
COVER PHOTO

Camp Warrior campers throw an arrow-like spear at targets July 15. This and many other skills, games and competitions were part of a week long stay at the Fort Polk Child and Youth Services North Toledo Bend State Park camp. (U.S. Army photo by Karen Sampson)



17

Command visits
Camp Warrior
kids



9

PCS season continues



19

Find local farmers
markets



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For additional information, please visit the @U.S. Army FortPolk Facebook page.



Professionals train their **Minds** and **Bodies** to perform under stress.

Soldiers engaging in physical competition face unique cognitive demands. Army **READY** and **RESILIENT (R2)** Performance Teams provides the tools to sustain focus, manage fatigue, and perform at your peak consistently.

Available anywhere - R2 Teams have options to meet your needs!



WHO?

You!

Individual Performance Coaching is open to all Soldiers, DoD Civilians or Family members interested in improving mental performance.

Regular Army, ARNG, USAR Soldiers, and their families are eligible for no-cost mental performance coaching anywhere in the world.



HOW

R2 Performance Coaches provide one-on-one coaching in person at installation performance centers, on location at relevant training sites, or remotely from your home or office.

R2 Performance Coaches work with you to identify your needs, prioritize skills and tools, and develop a tailored training plan to support your goals.



WHY?

Equip yourself to perform at your best!

- ✓ Boost physical endurance and stamina
- ✓ Fine-tune precision and motor skill control
- ✓ Overcome performance anxiety

Your R2 Performance Teams can help you target exactly what you need to succeed.

Mental Readiness is within reach. Scan the QR code to download the Individual Mastery Performance Coaching (IMPC) consultation request form, or contact your Fort Polk R2PC to learn more about what R2 Performance Teams can do for You or your Unit:

R2TeamPolk@army.mil / (726) 780-0822



OUTSIDE THE GATES

OFF POST EVENTS



20
July

Dinosaur Experience
DERIDDER, LA.

[Click for more info](#)



24-25
July

Marshland Festival
LAKE CHARLES, LA.

[Click for more info](#)



25
July

Back to School Supply Giveaway
DERIDDER, LA.

[Click for more info](#)



25
July

SC3 Chicken Fest
SULPHUR, LA.

[Click for more info](#)



7-8, 14-15
Aug.

Foolish Fishgirls & the Pearl
DERIDDER, LA.

[Click for more info](#)

NO ARMY OR FEDERAL ENDORSEMENT IMPLIED.

Discover Louisiana



FISHING SPOTS

Louisiana has earned its nickname, Sportsman's Paradise, thanks to its world-class outdoor recreation—and fishing is at the heart of that reputation. Recognized among the nation's top fishing destinations, the state offers countless opportunities to reel in your next big catch.

If you're staying in or around Leesville, you won't have to travel far to find great fishing. [Anacoco Lake](#) is a local favorite for bass, crappie, and bream, while [Vernon Lake](#) offers peaceful waters perfect for a relaxing day on the boat or shoreline. Just a short drive away, [Bundick Lake](#) is popular for largemouth bass and family-friendly fishing, and [Sabine River](#) provides excellent opportunities for anglers looking to explore winding waterways along the Louisiana-Texas border.

For a day trip, visit the historic Natchitoches, where charming brick streets, local shops, and riverfront views set the stage for an unforgettable outing. Nearby, [Cane River Lake](#) offers excellent bass, crappie, and catfish fishing, while the legendary [Toledo Bend Reservoir](#)—one of the premier bass fishing lakes in the country—is a must-visit destination for serious anglers.

Head south to Lake Charles to experience a different kind of fishing adventure. [Prien Lake](#) and [Calcasieu Lake](#), affectionately known as “Big Lake,” are famous for inshore fishing, where anglers regularly reel in redfish, speckled trout, and flounder. The surrounding marshes and bayous offer endless opportunities to explore Louisiana's unique coastal ecosystem while enjoying some of the state's best saltwater fishing.

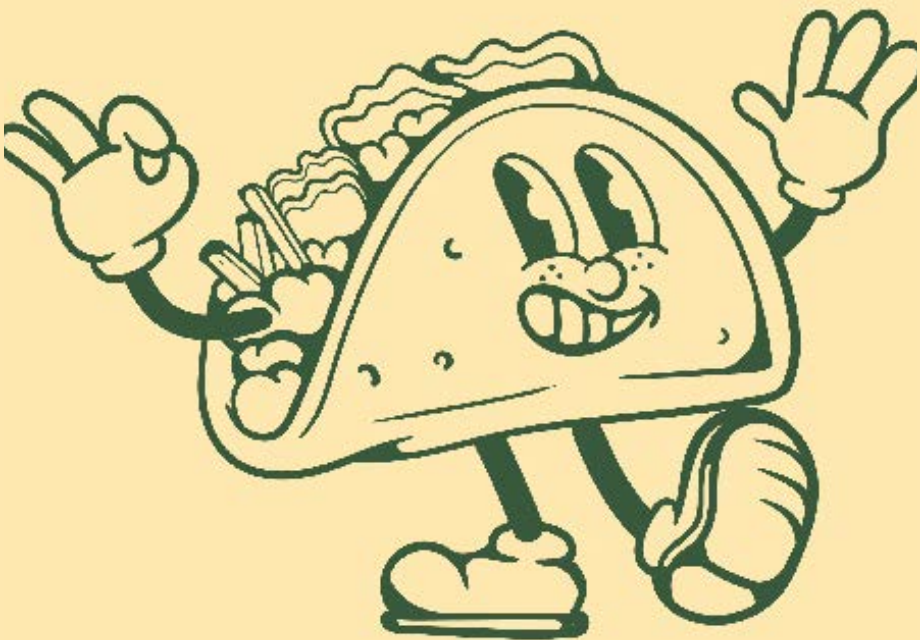
Looking for an off-the-beaten-path escape? Venture to [Spring Bayou Wildlife Management Area](#) near Marksville, where towering cypress trees, abundant wildlife, and productive freshwater fishing create an unforgettable outdoor experience.

Whether you're casting for trophy bass, chasing speckled trout along the coast, or enjoying a quiet afternoon at a local lake near Leesville, there's no shortage of places to discover why Louisiana proudly lives up to its reputation as Sportsman's Paradise.



Forge Food Truck

Master of the Walking Taco



USO CONNECTIONS

MORNING WELLNESS: YOGA TO START YOUR DAY

JULY 30
1000-1130



Join us at USO Fort Polk for a fun and welcoming yoga session. This **family- friendly** class is a great way to stretch, move and start the day with energy and positivity. **Children are welcome** to participate **alongside** their **parent**. Guided by an experienced yoga instructor.

If possible, please bring your own yoga mat, if you do not have one, we will have a limited amount available to borrow.

REGISTER HERE



tinyurl.com/USOYogaAM

Location: USO Fort Polk
8403 H Ave.
Fort Polk, LA 71459



USO.org

DID YOU KNOW?

Planning your PCS move early can make the entire process smoother.



A simple timeline can help keep your move on track

120+ Days

- Research your new duty station
- Create a PCS folder for important documents

90 Days

- Schedule your move
- Begin decluttering and organizing

60 Days

- Arrange travel and housing
- Notify schools and utilities

30 Days

- Pack your essentials bag
- Confirm your moving dates

WHAT NOT TO PACK

Not everything can go with the movers during your military move make sure you're in the know before you go!

Here's what NOT to include in your household goods shipment:



Vehicles
- Cars, trucks, vans, campers, mobile homes, horse trailers & even small aircraft



Privately Owned Ammunition
- Leave it out of the moving truck



Live animal
- Birds, reptiles, fish... they ride with you, not the movers



Hazardous Items
- Flammables, corrosives, poisons, propane tanks, and anything explosive are prohibited



Building material
- Even small scrap wood for crafts or DIYs must be left behind



Lithium Batteries
- Batteries over 100Wh or with more than 2g lithium content are a fire hazard



Household goods for resale
- No items meant for business or commercial resale



Paint, Cleaners & Car Supplies
- Use them up, give them away, or dispose of them properly before the move

1-833-MIL-MOVE (645-6683)
PCSCALLCENTER@MAIL.MIL

DID YOU KNOW?

Your inventory sheet is one of the most important documents during your PCS move.



Before signing:

- Review descriptions carefully
- Check for missing items
- Verify damage notes are accurate
- Ask questions if something looks incorrect

Incorrect inventory details may impact future claims.

During pack-out, movers assign inventory numbers to your items and boxes. The inventory sheet documents:

- Item descriptions
- Box counts
- Existing damage or condition
- High-value items

Each sticker number should match the inventory paperwork.

Keep copies of your inventory paperwork until your move is fully complete and all claims are resolved.

1-833-MIL-MOVE (645-6683)
PCSCALLCENTER@MAIL.MIL



TEMPORARY LODGING DURING YOUR PCS MOVE

Many military families use temporary lodging while waiting for housing or household goods delivery.



YOU MAY NEED TEMPORARY LODGING IF:



Base housing is unavailable



Your lease start date is delayed



Household goods are still in transit



Overseas travel timelines change



Your shipment is placed in temporary storage

FAMILIES MAY STAY IN:



Hotels



Temporary Military Lodging



Short-term Rentals

KEEP IMPORTANT ITEMS WITH YOU DURING TEMPORARY LODGING:



Uniforms



Toiletries



Chargers



Medications



Basic Cookware



Bedding



Children's Essentials



Pet Supplies



Having an "essentials bag" can help make the transition smoother while waiting for your shipment.

Temporary lodging expenses and reimbursement eligibility may vary based on your orders and PCS type. Track receipts and coordinate with your Transportation Office or finance office for current guidance.

1-833-MIL-MOVE (645-6683)
PCSCALLCENTER@MAIL.MIL



WHAT PCS QUESTIONS DO YOU HAVE?



WE'RE HERE TO HELP!

Your questions help us create the content and resources that matter most to **YOU** and your PCS journey.

EXAMPLES OF PCS QUESTIONS INCLUDE:



What are my housing and entitlements options?



What can I pack and what is prohibited?



How does the moving and delivery process work?



What if my items are damaged or lost?



How can I track my shipment?



What expenses am I eligible to be reimbursed for?



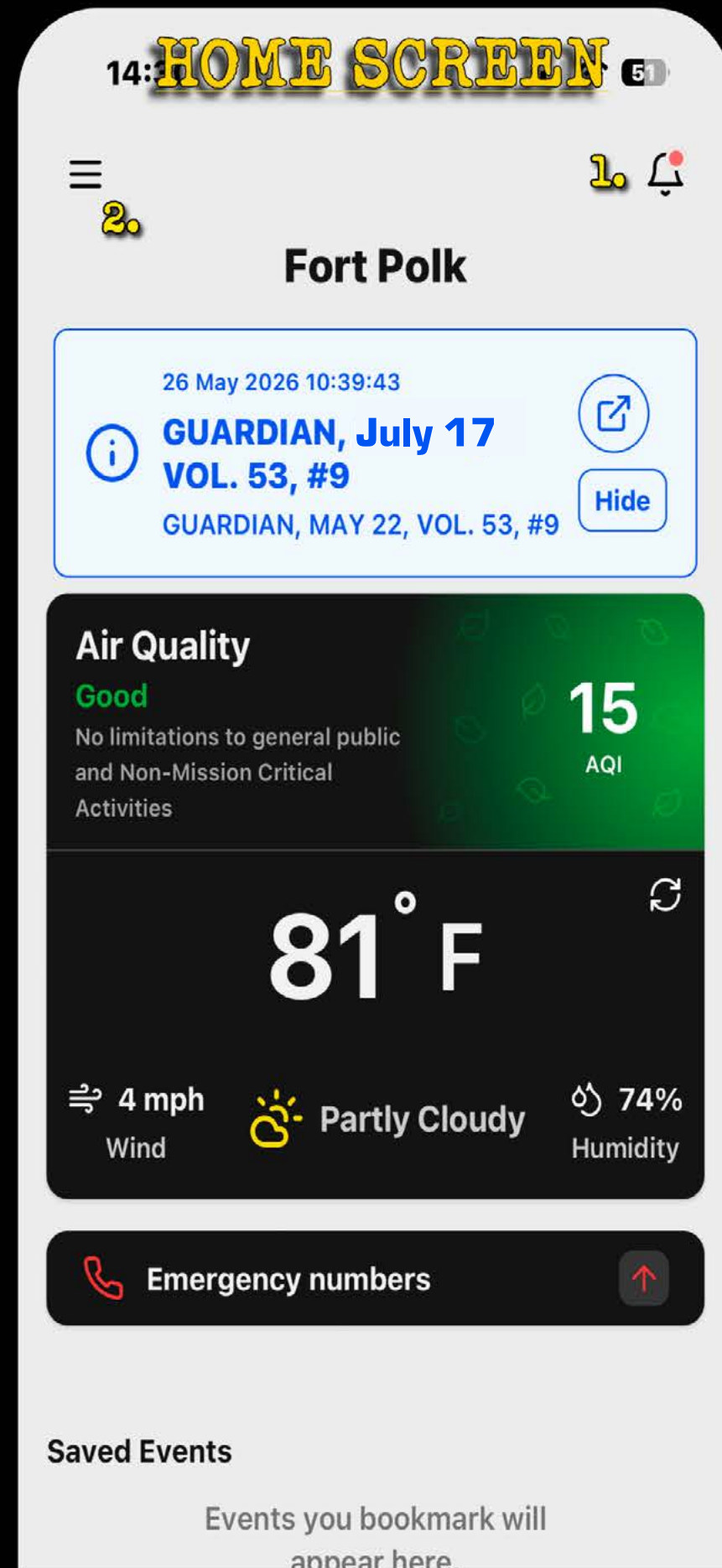
DROP YOUR QUESTIONS IN THE COMMENTS!
We may feature them in an upcoming video!



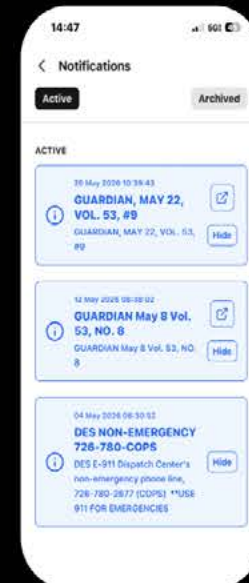
WE'RE HERE TO HELP.
1-833-MIL-MOVE (645-6683)

YOUR MOVE, OUR MISSION

MY ARMY POST APP



1.



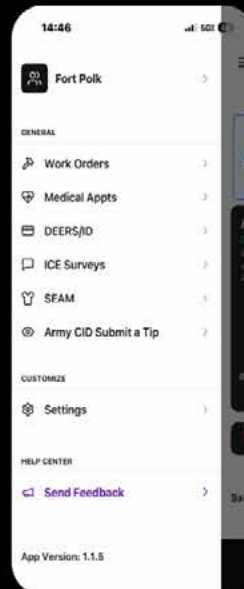
ALERTS

BLUE is general information

YELLOW is a warning

RED IS AN EMERGENCY!

2.

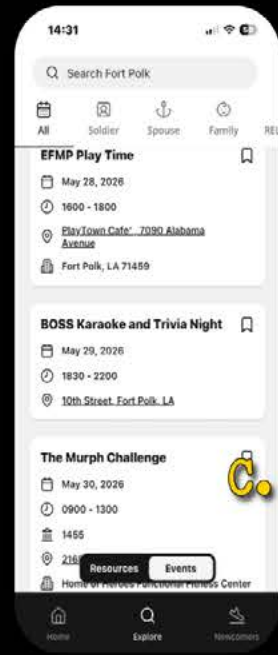
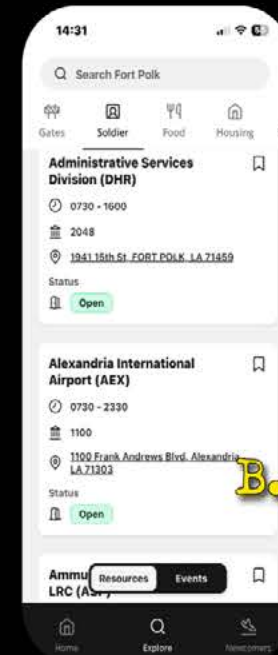
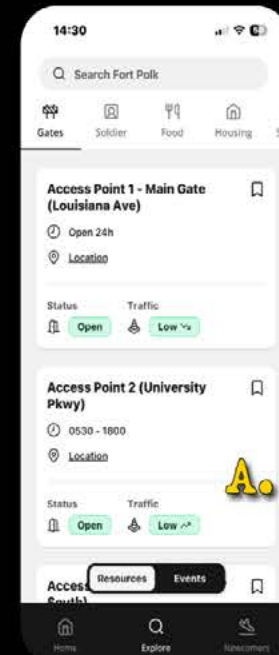


EXTERNAL SERVICES

SETTINGS

FEEDBACK TO APP DEVELOPER

3.

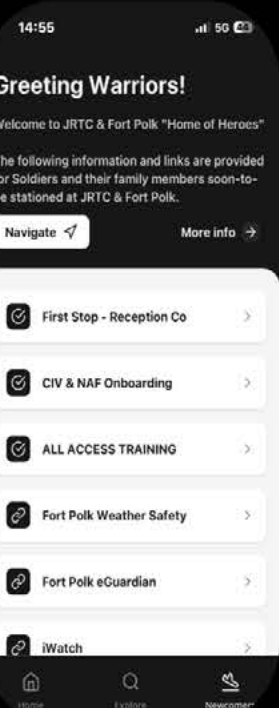


A. GATE NOTIFICATIONS

B. INSTALLATION RESOURCES/SERVICES

C. CURRENT AND UPCOMING EVENTS

4.

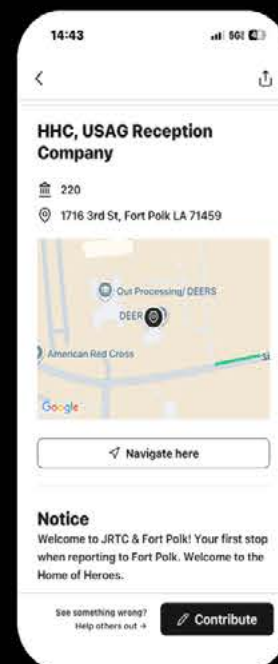


NEWCOMER HOMEPAGE

IN-PROCESSING CHECKLIST

INSTANT LINKS TO iWATCH, 988, ETC

NAVIGATION TO HHC USAG RECEPTION CO.



SERVICE

MAP LOCATION

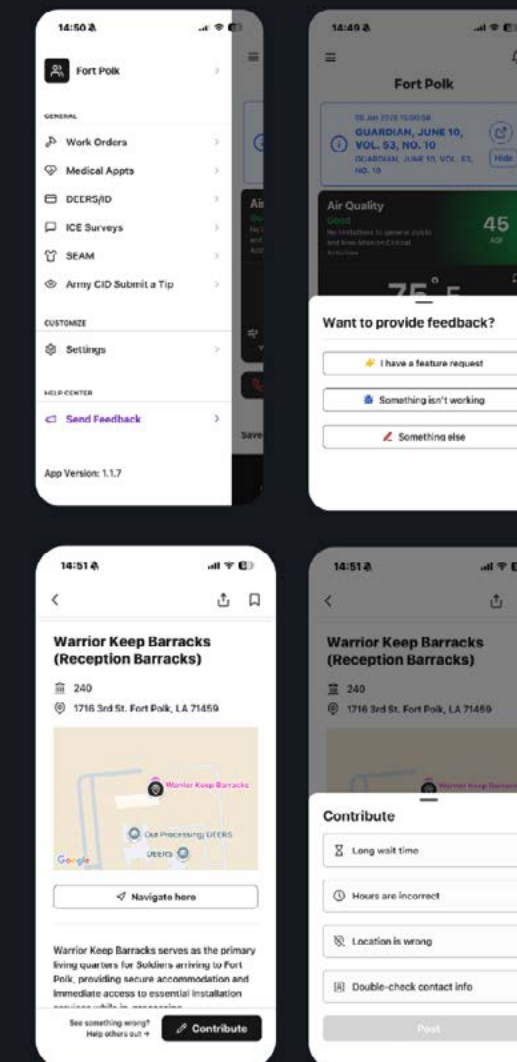
RESOURCE NOTICES

USER CONTRIBUTION BUTTON



MAPA community feedback

FEEDBACK BUTTONS ARE LOCATED ON THE MAPA MENU



CONTRIBUTION BUTTONS ARE LOCATED WITHIN THE RESOURCES

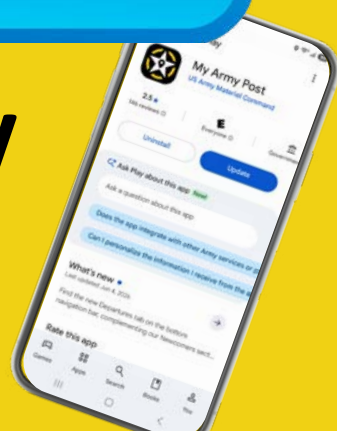
if there is further need for extended comments submit an ICE survey to PUBLIC AFFAIRS



Don't miss out on new and improved features.

UPDATE

your My Army Post App today!



Hunters Education Class



**The Fort Polk
Conservation Law
Enforcement Section
will be instructing
the safety Class
July 29-31 at
Building 2391,
1850 22nd St.,
suite 102 from
5-8 p.m. July 29-30
and 5-9 p.m. July 31.**

**Seating is limited.
For more information,
and to register, visit
<https://louisianaoutdoors.com/events/196057>**

Navigating deployment: Resources, recreation for Fort Polk

By Angelia Pagan
ACSPC Family Advocacy Program

FORT POLK, La. — Deployment can be a demanding time for Soldiers and their families, but they are not alone. Whether this is their first duty station, first deployment, or first time solo-parenting, Fort Polk understands the unique struggles that accompany these separations. To help ease the stress, it is vital to connect with the supportive resources and engaging activities the Fort Polk community has to offer.

Community Support Programs

The Army Community Service and Prevention Center is Fort Polk's community-oriented social service hub, specializing in maintaining readiness and resilience. The facility offers several programs designed to support military families during difficult times.

The New Parent Support Program is ideal for expectant parents and those with children under 36 months. It provides free, voluntary education, home visits, a Baby Boot Camp Workshop, an Infant Massage class and a Play Morning group at Play Town & Cafe.

For all Army Spouses and families, the Army Family Team Building program provides educational modules that build knowledge on the realities of Army life and teach practical strategies for navigating challenges. These courses can be taken online through the Army Family Web Portal at <https://olms.armyfamilywebportal.com>.

Additionally, the Exceptional Family Member Program supports families with special medical or educational needs. They offer support groups, advocacy and inclusive, calming community events to connect with other EFMP families.

The Mobilization and Deployment Program can help military families get connected to their unit Soldier and Family Readiness Group. The SFRG is a direct line to accurate command information, cutting through rumors and keeping families informed throughout the deployment cycle. It is also a vital network of mutual support.

Staying Active and Connected

It can be tempting to stay at home when Soldiers are deployed, and stepping out might feel nerve-racking at first. However, Fort Polk offers numerous welcoming experiences for families looking to get out of the house and meet others.

With hot weather becoming the norm, staying cool is a priority. Families can enjoy the community splash pad, neighborhood center pools and playgrounds located throughout the Dogwood, Palmetto and Maple neighborhoods. If you are looking for more interactive entertainment, be sure to check out the bowling alley, the mini golf and go-kart facility, or try



your hand at pottery painting at the arts and crafts center.

Moving Forward with Purpose

Deployment is a shared reality of Army life, making a solid routine is essential. Whether that means prioritizing mental health and mindfulness or filling the calendar with engaging activities, it's important to focus on positive, everyday moments rather than overwhelming details.

Understand that there are many others experiencing the exact same challenges and responsibilities as you. Fort Polk prioritizes the well-being of its Soldiers and families with passion and purpose, so step out, connect and

take advantage of everything your community has to offer.

For more information on the programs listed above please contact or visit:

- Army Community Service & Prevention Center at 726-780-1073
- New Parent Support Program at 726-780-1551
- Exceptional Family Member Program at 726-780-1162
- Mobilization and Deployment Readiness at 726-780-1092
- Family Advocacy Program at 726-780-1072
- Fort Polk Arts & Craft Center at 726-780-1086

♦ No Military ID Required to Shop

HOME of HEROES THRIFT SHOP



**OPEN: TUES. WED. THURS 9:30AM-4:30PM
& THE 1st SATURDAY OF THE MONTH 9AM-12PM**

Shop for a cause! At **Home of Heroes**, your thrift shop finds do more than save you money—they help build our community! We **reinvest 100% of our profits** into local and military efforts, providing over \$60,000 in grants to schools, sports teams, and organizations last year. **Every purchase makes a difference!**



Join us today!

Scan to Volunteer!

hohthriftshop.volunteer@gmail.com



Scan to Apply for a Grant!

hohthriftshopgrants@gmail.com

📍 830 COLORADO AVE, FORT POLK, LA



LOOK FOR THE PINK DOORS!

PROTECT PROGRAM

Protecting Our People Protects Our Mission!

This 3 Day course encourages peer-to-peer intervention and assists in the integration and preservation of the Army Values by supporting the Equal Opportunity Programs, SHARP, and Suicide Prevention programs.

Upcoming Due Dates:

Aug. 17-19

email: fortpolksharpteam@army.mil for application

GARRISON COMMANDER VISITS CAMP WARRIOR



Col. Adam Barlow, Fort Polk garrison commander, visits Camp Warrior participants and volunteers, July 14, at North Toledo Bend State Park. From outdoor challenges and team-building activities to new friendships and nonstop fun, campers seemed to be enjoying their camp experience. Hosted by Fort Polk Child & Youth Services at North Toledo Bend State Park, Camp Warrior gives youth the opportunity to build leadership skills, confidence and teamwork while creating memories that last a lifetime.

FRESH FINDS AT CENLA FARMERS MARKETS



Fresh finds await at Central Louisiana farmers markets!

There's no better way to experience the heart of Central Louisiana than by visiting a local farmers market. From vine-ripened produce and homemade baked goods to handcrafted gifts and locally made jams, these markets offer a taste of the region while supporting the farmers, artisans, and small businesses that make our communities unique. Whether you're searching for fresh ingredients, one-of-a-kind treasures, or simply a fun way to spend a Saturday morning, Central Louisiana's farmers markets provide a welcoming atmosphere for the whole family. Grab your reusable shopping bag and discover the fresh flavors and friendly faces waiting just around the corner.



DeRidder
[Click for more information](#)



Leesville
[Click for more information](#)



Lake Charles
[Click for more information](#)



Natchitoches
[Click for more information](#)



Alexandria
[Click for more information](#)



Oberlin
[Click for more information](#)

The EFMP Enrollment Process



Enrollment in the Exceptional Family Member Program is mandatory for active-duty military members who have family members who meet the criteria for identification with a medical or educational need. EFMP provides comprehensive and coordinated support to enhance mission and family readiness.

The essential steps for enrollment:

1 Identification

If a service member believes their spouse, child or adult dependent meets the medical or educational enrollment criteria, they should contact their military treatment facility EFMP office to initiate the enrollment process.

- ▶ DOW medical or education representatives may refer the service member to the MTF EFMP office if they believe the family may meet the eligibility criteria.

2 Completing the EFMP enrollment form(s)

Collaborate with the appropriate medical provider, educational provider or both to complete the DD Form 2792, "Family Member Medical Summary" or the DD Form 2792-1, "Early Intervention/Special Education Summary." Remember, the service member cannot sign for a family member who is over the age of majority.

- ▶ For both forms, the family completes the demographics information section. The provider is responsible for completing the remaining portions.
- ▶ The service member must submit a complete, up-to-date individualized education program or individualized family service Plan with the DD Form 2792-1, as applicable.
- ▶ After the provider completes the form, review for accuracy. Communicate with the provider if the form does not convey a full picture of the medical or educational needs. Once the form is complete and accurate, the service member or family member signs the document.

3 Form Review

The MTF EFMP coordinator or service designee will review the form for completeness.

- ▶ If the form has all the necessary information, the coordinator or designee will forward the form to the service enrollment office. If any information is missing, the coordinator or designee will contact the service member and assist with obtaining the information until the form is complete.

4 EFMP enrollment office decides

The service enrollment office will review the submission and determine whether the family meets the enrollment criteria, and provide notification of the decision.

- ▶ If the family member does not meet the criteria, the service enrollment office will contact the service member and the coordinator or designee to provide the determination and the process will end.
- ▶ If the family member meets the criteria, the service enrollment office will contact the service member and the coordinator or designee regarding enrollment in the program.
- ▶ After enrollment, the Family Support office will provide information on support services available to the family.

! Routine updates

The service member must provide updated information every three years or as the family member's needs change.

- ▶ Submit an updated DD Form 2792 or 2792-1 or both as needed.

For additional assistance, including specialty consultations, planning tools, confidential counseling and more, call or visit MilitaryOneSource.mil | 800-342-9647

At Fort Polk, call Christina Barrett, EFMP program coordinator,
at 571-644-4204 or 726-780-1162



**BAYNE-JONES
ARMY COMMUNITY HOSPITAL**

FOURTH ANNUAL FAMILY HEALTH FAIR



**SATURDAY,
AUGUST 8, 2026**



**8 A.M. - NOON
OPPORTUNITY DRAWINGS
EVERY 30 MINUTES**



**BJACH
ENTRANCE A**

This is a FREE post-wide family health fair for expecting, new and seasoned parents to learn more about community resources.

- WALK CYS/SPORTS PHYSICALS
- LACTATION SUPPORT
- NEW PARENT SUPPORT PROGRAM
- SAFE SLEEP
- WOMEN, INFANTS & CHILDREN (WIC)
- P3T PROGRAM
- BEHAVIORAL HEALTH (POSTPARTUM)
- EXCEPTIONAL FAMILY MEMBER PROGRAM (EFMP)
- CAR SEAT INSTALLATION/CHECKS
- HOME BASED BUSINESS EXPO
- ONE NATURAL WAY
- HEALTHY START
- FOOD TRUCKS
- FACE PAINTING, BOUNCE HOUSE, PHOTO BOOTH, POPCORN, KID GAMES, BALLOONS AND MORE...



****For children 5 years and older****

BJACH AFTER HOURS

**CYS &
SPORTS**

PHYSICALS

4- 6:30 P.M.

EVERY TUESDAY & THURSDAY

JULY 9 - AUGUST 13

TO SCHEDULE AN APPOINTMENT

CALL 726-780-2175

**PLEASE BRING
ALL REQUIRED
FORMS TO THE
APPOINTMENT**

TRICARE®

**Stay Connected with
the Q-Anywhere App**

The Q-Anywhere App provides a
convenient way to stay informed about
your visit from anywhere.



Why Download the App?



Receive real-time notifications directly
through the app



Quickly find participating locations



Stay connected to your visit even if you
close your browser



Access a more convenient mobile
experience

How it Works



Download the
Q-Anywhere App



Select your
location



Join the queue
or appointment
journey



Receive notifications
and updates



Arrive when it is
time for service

Scan a QR code to download the app

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www.tricare.mil/pharmacy



1-800-TRICARE

FORT POLK ANNIVERSARY EVENT
CELEBRATING **131** YEARS OF SERVICE
ANNIVERSARY CELEBRATION!
FRIDAY, JULY 24, 2026 • 10 AM - 6 PM
MAIN EXCHANGE • EXCHANGE MALL • CLASS SIX
DRAWINGS AT EACH LOCATION

MUST BE PRESENT TO WIN!
7742 COLORADO AVE., FORT POLK LA

FORT POLK EXCHANGE
CELEBRATING **131** YEARS OF SERVICE
THE EXCHANGE INVITES YOU TO PARTICIPATE!
ANNIVERSARY MEGA EVENT!
JULY 24 10 AM - 6 PM
DON'T MISS THE FUN!
BOOTHS • VENDORS • FOOD TRUCKS
• HOME BUSINESSES • ACTIVITIES

CELEBRATE WITH THE EXCHANGE
★ MAIN EXCHANGE-MALL-CLASS SIX-PARKING LOT ★
7742 COLORADO AVE., FORT POLK LA

FORT POLK CLASS SIX ANNIVERSARY FUN RUN!
Friday, July 24, 2026 • 10 AM - 6 PM
CELEBRATING **131** YEARS OF SERVICE
SUMMER FUN RUN FINALE!
FOOD • VENDORS • RAFFLE PRIZES!
GET YOUR 5th CARD!
DRAWING HERE!

Drawings 4 PM - 6 PM
7720 COLORADO AVE, BLDG. 752
MUST BE PRESENT TO WIN!

ATTENTION!
National HIRE A VETERAN Day
HIRING EVENTS

TUESDAY, JULY 21
1000-1200 Resume / Skills Building
Mock Interviewing
Fort Polk Education Center, 7460 Colorado Ave.
Building 660, Classroom 216
Resume building assistance and mock interview sessions for veterans and job seekers preparing for employment opportunities.

FRIDAY, JULY 24
1100-1300 Job Hiring Event
Fort Polk Exchange Mall
7742 COLORADO AVE. BLDG 850

APPLY TODAY!
applymyexchange.com

AAFES connects veterans to careers on national Hire a Veteran Day

By Marcia Rhodes
AAFES Public Affairs

DALLAS – The Army & Air Force Exchange Service is strengthening its commitment to those who served by hosting worldwide hiring events July 25 in recognition of National Hire a Veteran Day, connecting Veterans and transitioning service members with meaningful careers.

About 120 PXs, BXs and distribution centers worldwide will host recruiting events, offering on-the-spot interviews and information on meaningful careers with the Department of War's largest retailer to support Soldiers, Airmen, Guardians and their families.

"Hiring Veterans is a priority for the Exchange," said Air Force Chief Master Sgt. Rich Martinez, the Exchange's senior enlisted advisor. "Veterans strengthen the Exchange's mission, culture and connection to the military communities we serve."

In the days leading up to National Hire a Veteran Day, participating CONUS and Europe PXs and BXs will offer resume assistance, interview preparation and skills translation.

These resources help Veterans and transitioning service members identify transferable skills, strengthen resumes, prepare for interviews and connect their military experience to Exchange career opportunities. Military spouses can participate too.

Veterans can learn more about hiring events in their area by visiting <https://www.shopmy-exchange.com/hire-a-veteran>.



[exchange.com/hire-a-veteran](https://www.shopmy-exchange.com/hire-a-veteran).

Veterans make up about 10% of the Exchange's workforce. Veterans who join the Exchange receive competitive pay, paid leave, medical insurance, flexible work schedules and the ability to count military service time toward Exchange retirement eligibility.

The Exchange's commitment to Veterans, military spouses and military-connected associates has earned national recognition, including:

- 2026 VETS Indexes 5-Star Employer.
- 2026 Military Friendly Employer.
- Inaugural Top Military Spouse Employer by U.S. Veterans Magazine.
- Best for Vets Employer by Military Times for 12 consecutive years.
- Best of the Best recognition by U.S. Veterans Magazine.

Veterans, military spouses and others interested in Exchange careers can learn more at [ApplyMyExchange.com](https://www.applymyexchange.com)

AAFES earns 13th U.S. Veteran's Magazine top veteran-friendly employer award

By Marcia Rhodes
AAFES Public Affairs

DALLAS – For the 13th time, the Army & Air Force Exchange Service has been named a Top Veteran-Friendly Employer by U.S. Veterans Magazine, reaffirming its commitment to those who have served.

The honor, in the Top Government & Law Enforcement Agency category, highlights the Exchange's ongoing mission to provide meaningful careers for Veterans, transitioning service members and their families.

"The Exchange is honored to serve those who serve through career opportunities for Veterans who strengthen our workforce daily," said Chief Master Sgt. Rich Martinez, Exchange senior enlisted advisor. "Their leadership, resilience and mission-focus directly support Warfighters and military communities around the globe."

That impact is substantial. Since 2013, the Exchange has hired more than 68,000 Veterans and military spouses and today more than 80% of its U.S. workforce is military connected. As the Department of War's largest retailer,



the Exchange offers more than just jobs—it delivers careers with competitive pay, comprehensive benefits and the flexibility to move with military families during Permanent Change of Station relocations.

Alongside U.S. Veterans Magazine, the Exchange has earned recognition from Military

Times, VETS Indexes and Victory Media for advancing Veteran employment and fostering an inclusive workforce.

Veterans, military spouses and family members interested in joining the Exchange team can explore opportunities at [ApplyMyExchange.com](https://www.applymyexchange.com).

YOUR IDEAS SHAPE OUR FUTURE



WE WANT TO HEAR FROM YOU!

Hey Team Fort Polk! You are 100% part of our Installation's future, and this is your chance to take charge of our long-term vision.

We're creating a strategic plan that's all about **PEOPLE, PASSION, and PURPOSE, AND YOUR VOICE MATTERS.** Every idea counts—big, bold, small, simple, creative, game changing!

What should Fort Polk be tomorrow?

How can we improve?

How do we make Fort Polk the Army's most sought-after home where modern readiness meets hometown life?

It's your time to shine.

Share your brainpower and shape the installation we call home.



SCAN THE QR CODE
TO SHARE YOUR IDEAS

Let's dream big and create tomorrow—together.

YOUR TIPS SUPPORT OUR MISSION

As the U.S. Army's primary criminal investigative organization and the DoD's premier investigative organization, CID is responsible for conducting felony criminal investigations in which the Army is, or may be, a party of interest.

Operating throughout the world, CID Special Agents conduct criminal investigations that range from death to fraud, on and off military reservations and when appropriate, with local, state and other federal investigative agencies.

CID supports the Army, in peace and war, with highly trained special agents, the operation of a certified forensic laboratory, a protective services unit, computer crimes specialists, polygraph services, criminal intelligence collection and a variety of other services normally associated with federal law enforcement activities.

Keeping communities safe for Army personnel and their families isn't only up to law enforcement - CID relies on you to provide us with tips on suspected crime and threats to the Army.

That's why CID has launched CID Crime Tips, a web and mobile application that can be used to safely, discreetly, and anonymously report criminal activity affecting the Army.



HOW TO SUBMIT A TIP

There are two ways to submit a crime tip to CID. You can access the submission system via any Internet-connected device by visiting www.cid.army.mil or by using the mobile app that is available for download from the Apple Store and Google Play.



CID CRIME TIPS FEATURES

 CID values your privacy. Our web and mobile app was designed to keep communities safe without violating your confidentiality. CID Crime Tips does not track your location or other information. All tip submissions are safe, discreet, and completely anonymous.

 Stay connected with CID. When you submit a tip, you can choose to receive push notifications on your smart device to stay connected with CID.

 CID offers rewards. CID may provide a reward to you for information that leads to a felony conviction.

FREQUENTLY ASKED QUESTIONS

What types of crimes should I report?

You should report criminal activities, including homicide, rape, sexual assault, child physical and sexual abuse, burglary and robbery, larceny of government and personal property, and aggravated assault. When in doubt - report it.

How do I submit a tip using CID Crime Tips?

To submit an anonymous tip, you can download the CID Crime Tips application on your smart device, as shown on the back of this brochure. You can also visit www.cid.army.mil to submit a web-based tip.

What happens when I submit a tip using CID Crime Tips?

When you submit a tip using CID Crime Tips, you will receive a unique tip number and be able to communicate directly with a CID special agent. Your identity will remain anonymous unless you provide it to CID.

How do I report additional information?

You can provide additional information to supplement your original tip by logging onto CID Crime Tips using your tip number. If you lose your tip number, just submit a new tip.

Can I still call or go directly to my local CID office to report a tip?

Yes. To obtain CID contact information, go to www.cid.army.mil.

Unity Fellowship Chapel Welcomes You

SEND ME

A Call to the Harvest

July 19 – August 30, 2026 • 7 Sundays

The harvest is plentiful. Will you go?



07/19 — “Here Am I”
(Isaiah 6:1-8)



07/26 — “Among the
Harassed Crowds”
(Matthew 9:35-38)



08/02 — “At Jacob’s Well”
(John 4:1-30, 39-42)



08/09 — “On the Roads
of Judea”
(Luke 10:1-24)



08/16 — “At the Door of
the Sheep”
(John 10:1-18)



08/23 — “In the Streets
of the City”
(Romans 10:5-17)



08/30 — “On the Galilean
Mountain” (Matthew 28:16-20)



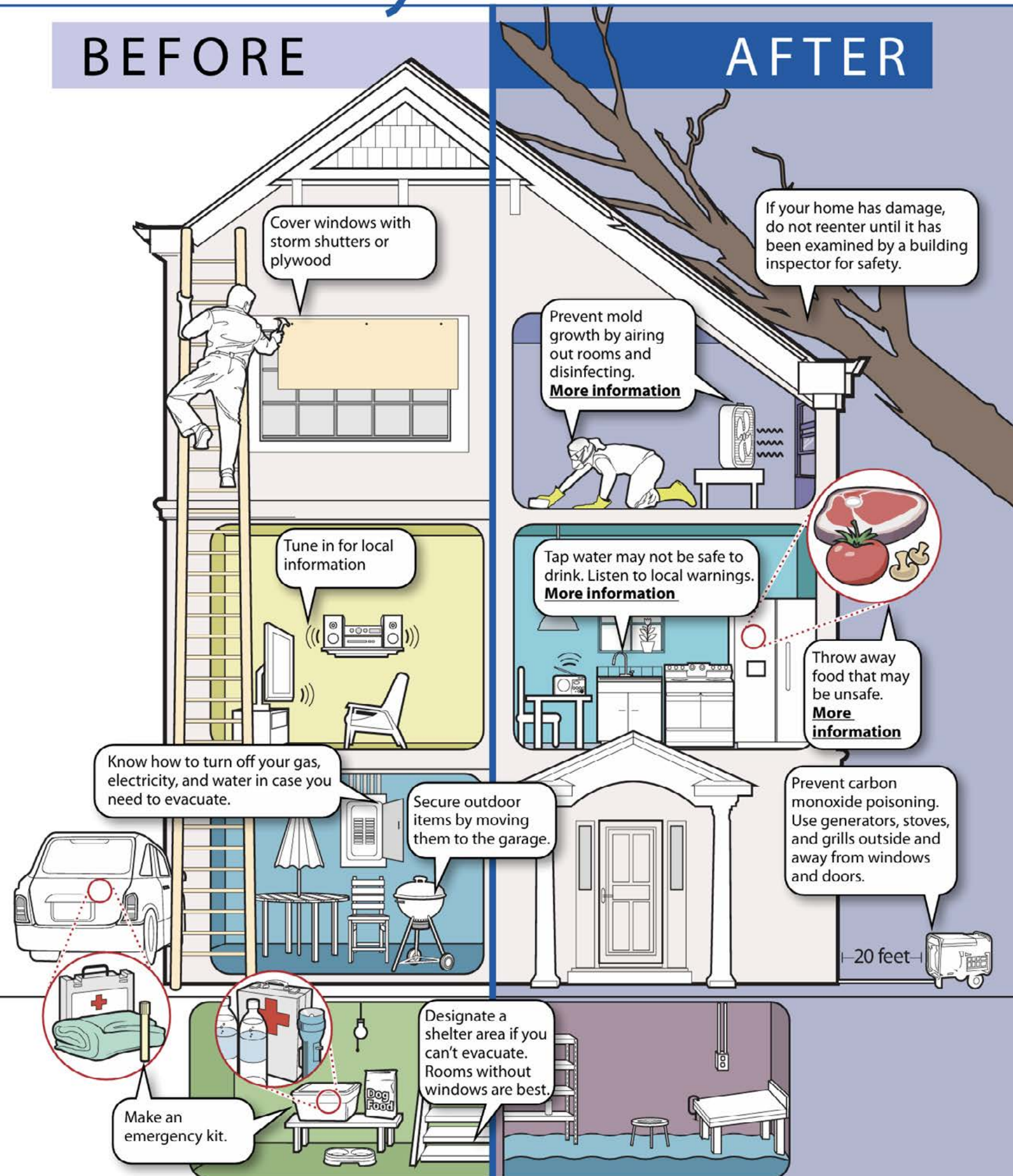
Main Post Chapel • 7217 Radio Road • Fort Polk, LA • 71459

For more information, contact CH (MAJ) Scott Ingram (337-208-2739)

Be ready! Hurricanes

BEFORE

AFTER



Public Health Preparedness and Response
Centers for Disease Control and Prevention

U.S. ARMY

Resources



Severe Thunderstorm Risk Categories

Thunderstorms (no label)
No severe storms expected
Lightning/flooding threat exist with all storms



Enhanced (ENH)
Numerous severe storms possible
More persistent and/or widespread, a few intense



Marginal (MRGL)
Isolated severe storms possible
Limited in duration and/or coverage and/or intensity



Moderate (MDT)
Widespread severe storms likely
Long-lived, widespread and intense



Slight (SLGT)
Scattered severe storms possible
Short-lived and/or not widespread, isolated intense storms



High (HIGH)
Widespread severe storms expected
Long-lived, very widespread and particularly intense



NWS defines a severe thunderstorm as measured wind gusts to at least 58 mph, and/or hail to at least one inch in diameter, and/or a tornado. All thunderstorm categories imply lightning and the potential for flooding. Categories are also tied to the probability of a severe weather event within 25 miles of your location.

JRTC & Fort Polk Motorcycle Safety Courses

See your unit Motorcycle Mentor first!

- Type in <https://safety.army.mil>
- Click on 'OFF-DUTY' at the top of the page
- Under 'PMV-2 (Motorcycles)' choose 'Training'
- Click on visit AIRS Website at https://airs.safety.army.mil/usg_disclaimer.aspx
- Follow the above link, type in your CAC code and click on "I ACCEPT"
- At the top for Region, click on "Southeast", and in Garrison, click on "Fort Polk"
- Utilize the calendar and choose a course/date and click on "Location"
- This will take you to a page. Read the instructions and fill out the form

(726) 780 - 0356

JULY 2026

SUN	MON	TUE	WED	THU	FRI	SAT
As of MAR, Intermediate and Remedial Drivers Training are taught via distance learning online			1	2	3 4th of JULY	4
5	6	7 Basic Riders Course	8	9	10	11
12	13	14	15	16 Advanced Rider Course	17	18
19	20	21 Basic Riders Course	22	23	24	25
26	27	28 Basic Riders Course	29	30	31	

SAFETY BRIEF

HEAT ILLNESS PREPAREDNESS

SAFETY MESSAGE: **Don't Get Caught by the Heat: Prepare, Acclimatize, and Act**

In a typical year, Heat Category 5 begins on 15 May and lasts through 15 September

The danger?
If you don't prepare now, you can become a casualty, i.e., heatstroke, permanent disability, or death

The good news?
It only takes about 14 days to acclimate

Common Causes: Of failing to acclimatize
Rushing the process; lack of physical fitness; alcohol & caffeine; lack of rest; certain medical conditions; medications; high humidity; wearing inappropriate clothing

Controls:
Education & training; gradual exposure schedule; increased fluid intake; scheduled rest breaks; reduced workload/pace; supervision & monitoring; access to cooling aids

Safety Rules to Remember:
Start slow and listen to your body; hydrate before, during, and after; take your breaks in the shade; dress for the heat; use a buddy system; know the signs of heat illness; avoid alcohol

HEAT EXHAUSTION

USUALLY A FEVER OVER 100.4° F

HEADACHE

FATIGUE, ANXIETY & FAINT FEELING

WEAKNESS & MUSCLE CRAMPS

NAUSEA & VOMITING

PALE, MOIST SKIN

DIARRHEA

HEAT STROKE

HIGH FEVER, OVER 104° F

HEADACHE

FATIGUE, CONFUSION, AGITATION & STUPOR

RAPID HEART RATE

SEIZURES, COMA & DEATH POSSIBLE

NAUSEA, VOMITING & LOSS OF APPETITE

WARM, DRY SKIN

Potential Risks:
Life-threatening or severe illness; cardiovascular strain; increased accident risk; severe muscle issues; impaired performance

Garrison Safety Office (726)780-1087 or usarmy.polk.imcom.mbx.garrison-safety@army.mil

31

SUPERVISOR DESKTOP ACCIDENT REPORTING SMART-Q CARD

(Simple Meaningful Answers to Really Tough – Questions)

WHAT TO DO IF YOU EMPLOYEE IS INJURED

- If possible, employee notifies supervisor ASAP
- AF Employee goes directly to emergency provider with **Duty Status Report (CA-17)**, NAF with **Employer's First Report of Injury or Occupational Illness (LS-202)**. If incapacitated, the supervisor will accompany employee with appropriate form
- Supervisor contacts the Garrison Safety Office ASAP at (726) 780-1087 and forwards CA-17/LS-202 at first convenience

MINIMUM REQUIRED INFORMATION FOR ACCIDENT REPORTING

9 LINE - MISHAP REPORT

Call Garrison Safety Office immediately at (726) 780-1087 After Normal Duty Hours: (726) 780-1323

LINE	ITEM	INCIDENT/MISHAP MESSAGE
1	Name(s) of Injured Employee(s) Date of Birth of Injured Employee DoD ID# of Injured Employee Job Title/Grade & Grade Email of Injured Employee(s)	
2	Date of Hire of Injured Employee(s)	
3	Date / Time / Location of Occurrence	
4	Detailed Description of Incident (Who, What, Where, When, Why)	
5	Detailed Description of Injuries	
6	If Equipment Involved / Nomenclature	
7	Name/Contact Phone Number of Reporting Person Name of Witness(es)	
8	Name/Contact Phone Number of Injured Employee's Supervisor(s)	
9	Hours Slept in Last 24 Hours Hours Awake Prior to Mishap Time Work Began (24 hr) Number of continuous hours this individual was on duty before the mishap	

GARRISON SAFETY OFFICE
(726) 780-1087
usarmy.polk.imcom.mbx.garrison-safety@army.mil

WHEN IN DOUBT REACH OUT

SAFETY BRIEF

SAFE LIFTING

SAFETY MESSAGE: **PROTECT YOUR BACK. PREVENT INJURIES**

Safe lifting is smart lifting. Protect yourself, protect your team, every time.

WHEN IN DOUBT – DON'T LIFT IT ALONE!

THE DANGER
Improper lifting is one of the leading causes of back injuries. Injuries can cause pain, lost time, and impact your quality of life

THE GOOD NEWS
Using proper lifting techniques and equipment protects your body and keeps you on the job

CONTROLS

- Plan the lift – know the load
- Use mechanical aids when available
- Get help for heavy or awkward loads
- Keep pathways clear
- Wear appropriate footwear
- Take breaks if fatigued

5 STEPS TO SAFE LIFTING

- PLAN AHEAD**
 - Know the weight.
 - Clear the path.
 - Use the right equipment.
- POSITION YOURSELF**
 - Feet shoulder-width apart.
 - One foot slightly forward.
 - Get close to the load.
- BEND YOUR KNEES**
 - Keep your back straight.
 - Bend at the hips and knees, not at the waist.
- LIFT SMOOTHLY**
 - Use your leg muscles.
 - Hold the load close.
 - Avoid twisting.
- MOVE SAFELY**
 - Keep your path clear.
 - Turn with your feet, not your waist.

Protect Your Body – It's the Only One You'll Take into Retirement

KEY RISKS
Strains and sprains; back and muscle injuries; dropped loads; lost work time

Garrison Safety Office (726)780-1087 or usarmy.polk.imcom.mbx.garrison-safety@army.mil

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Corvias leads military housing discussion as resident expectations continue to rise

By Corvias

NEW ORLEANS, La. — As resident expectations continue to evolve, military housing providers are being asked to deliver more than quality housing alone. Those changing expectations were a central focus at Apartmentalize 2026 in New Orleans, the National Apartment Association's recent annual conference, where Robyn Mack, Vice President of Military Stakeholder Relations at Corvias, led a panel discussion on how trust and connection increasingly define the resident experience.

The discussion reflected work already underway across Corvias' military housing portfolio. In 2025, nearly 12,000 military families rated their experience across Corvias communities, resulting in SatisFacts Community Awards for 39 military housing communities. Corvias earned an overall resident satisfaction score of 4.6 out of 5, including "Exceptional" rankings in both work order completion and move-in experience.

Drawing on more than 25 years of experience working alongside the federal government, Mack shared that the housing conversation in military communities has expanded beyond buildings and infrastructure.

"Soldiers and their families judge their housing the same way they judge everything else that affects daily life – does it work when they need it, are they treated with respect by management, and does someone follow through on their commitments?" Mack said. "Resident satisfaction scores and operational metrics matter because they tell providers whether we're delivering on their expectations."

Resident Feedback Drives Continuous Improvement

Resident feedback is instrumental in shaping important decisions at Corvias. Beginning in 2025, the company launched a \$610 million modernization initiative across its 22,000-home Army housing portfolio, supporting infrastructure upgrades, wellness improvements and long-term reinvestment across multiple installations. Recently, Corvias invested \$11 million in a resilient flooring program spanning six installations. The work came in direct response to resident input and is designed to enhance day-to-day comfort for military families, improve durability, and reduce maintenance.

These and other projects reflect Corvias' focus on scaling resident-focused innovations through its unique Solutions through Partnerships® model.

The Corvias Wellness at Home program exemplifies that approach, bringing advanced technologies to elevate the indoor environment in more than 4,500 homes. More than 2,800 of those homes have earned WELL Residence status, a third-party certification recognizing homes that meet or exceed rigorous scientific thresholds for indoor comfort and wellbeing.



Corvias Vice President of Stakeholder Relations, Robyn Mack (left), joined fellow military housing leaders at Apartmentalize 2026 to share insights on building trust and supporting residents. (Courtesy Corvias)

orous scientific thresholds for indoor comfort and wellbeing. Corvias' investment in wellbeing reflects a growing understanding that service member resilience and readiness is shaped by the in-home environment.

At Apartmentalize, Mack and fellow panelists from Mayroad, Winn Residential and Liberty Military Housing shared the perspective that military housing can offer valuable lessons for the broader housing industry. In military communities shaped by frequent relocation and disruption, trust, communication and consistency are essential to helping service members and their families feel supported and secure.

"As a military spouse for more than two decades, I've experienced the uncertainty that comes with every PCS move," Mack explained. "Housing providers can't eliminate those transitions, but they can make them easier by creating communities where families feel informed, welcomed, and supported from the moment they arrive," Mack said. "That's one of the biggest lessons military housing can offer the broader housing industry."

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YOU ARE INVITED

open home



Unwind at Fort Polk.

Step inside a home that was designed with care — from the spacious floorplan to the kitchen where your loved ones gather.

JOIN US

July 25
1PM-3PM

7509 Magnolia Drive.

See the homes. Meet the people behind them. Ask about our current specials.

- 2, 3, & 4 BR homes available
- Washer and dryer connections
- Pet Friendly
- Private yards
- Ample storage closets
- Luxury vinyl flooring
- 24/7 maintenance service
- All utilities included

LIVE BY DESIGN NOT BY DEFAULT

FORT POLK IS WAITING FOR YOU.
337-537-5060

Corvias[®]
PROPERTY MANAGEMENT



GOT CARDBOARD?



Are you PCSing and looking for a place to dispose of your cardboard?

Looking for an easy way to support the Fort Polk community? Recycling your cardboard can make a difference!

How you can help:

- Break down all boxes and place cardboard only in the green recycling bins.
- Ensure cardboard is clean and dry.
- Do not include tape, foam, plastic, packing materials or trash.

Five New Convenient Recycling Locations



- 1 Dogwood Terrace Community Center
300 Warren Ct.
- 2 Palmetto Terrace Community Center
200 Bell Richard Ave
- 3 Maple Terrace Community Center
100 Pendleton Dr.
- 4 Leasing & Relocation Office
5300 Magnolia Dr.
- 5 Corvias Warehouse
7059 Magnolia Dr.



Need to dispose of hazmat materials?

The Corvias maintenance team and residents can now use the post Recycling Center for proper disposal of scrap metal, aluminum cans, used motor oil, used transmission fluid, lead-acid batteries, used cooking oil, and used ink or toner cartridges.

Where: Building 3622 (Corner of Georgia and Maine Avenues)
Hours: Monday–Friday, 8:00 a.m.–3:30 p.m.
Contact: 337-531-7556



Check out Fort Polk's Community Mayor Volunteer Program



Mayor Dina Carrington Palmetto Terrace

For important information about Fort Polk check out the Mayor's Facebook page at: Mayor Volunteer Program MVP - Palmetto.
<https://www.facebook.com/profile.php?id=61560748367827>

If you have questions, contact Mayor Carrington at:
mvppalmetto@gmail.com



Mayor Aubree Wilson Maple Terrace

For important information about Fort Polk check out the Mayor's Facebook page at: Fort Polk Maple Terrace Community - Mayor Volunteer Program.
<https://www.facebook.com/profile.php?id=61588860068907>

If you have questions, contact Mayor Carrington at:
mvpmapleterrace@gmail.com



Mayor Jessica Cobb Dogwood Terrace

For important information about Fort Polk check out the Mayor's Facebook page at: Mayor Volunteer Program MVP - Dogwood.
<https://www.facebook.com/share/1Ja7gzLttm/?mibextid=wwXlfr>

If you have questions, contact Mayor Carrington at:
mvpdogwood@gmail.com

Check VIN numbers

The Directorate of Emergency Services Traffic Division will release the following vehicles to MWR for disposal if they remain unclaimed. Vehicles are listed with the last four of their VIN number. If one of these vehicles belongs to you, please contact the Fort Polk Police Traffic Division at 337-531-1806, 6675 or 2675.



2011	Chevrolet	Impala	4578
2003	Kia	Optima	2898
2009	Ford	Crown Victoria	2951
2012	Honda	Accord	8762
2013	Nissan	Sentra	5613
2020	Chevrolet	Malibu	9378
2014	Hyundai	Genesis	4966
2003	Chevrolet	Suburban	9751
2009	Chrysler	300	4616
2016	Ford	Escape	6912
2002	Ford	Taurus	5257
2002	R-Vision	Trail Bay	4262

TOLEDO BEND

MONTHLY FISHING TOURNAMENTS

BOAT AND CABIN RENTALS

318-565-4235

MOLD MITIGATION

TIP #6

Make sure the ground slopes away from the building foundation so that water does not enter or collect around the foundation.

MWR F.U.N. SCRAMBLES

DOOR PRIZES

LUNCH INCLUDED

2 MAN TEAMS 9 HOLES 9 AM

FREE DONUTS & COFFEE SERVED AT 8 AM

JULY 17 - BEAT THE GOLF STAFF

- GOLF STAFF V. EVERYONE
- TOP TEAM WINS \$100 GIFT CARD
- MEMBERS \$30 NON-MEMBERS \$35

AUGUST 21 - MEMBER APPRECIATION

- TOP TEAM WINS \$100 2ND TEAM WINS \$50 GIFT CARD
- MEMBERS PLAY FREE AND CAN BRING A GUEST FOR \$30

CALL WARRIOR HILLS GOLF COURSE TO REGISTER OR FOR MORE INFORMATION 726-780-1281 MUST REGISTER THE WEDNESDAY PRIOR TO SCRAMBLE

GAMERS NIGHT

Warrior Lanes BOWLING CENTER

EVERY WEDNESDAY

WARRIOR LANES BOWLING CENTER

5:30 PM - 8:30 PM

OUTDOOR MOVIE Night

THE SANDLOT

JULY 17 6 PM

SOLDIERS ATHLETIC COMPLEX

8164 Mississippi Ave BLDG 961

FOOD TRUCK ON-SITE

FORGE

STORE YOUR RV, BOAT, TRAILER, AND AUTO WITH CONFIDENCE

SECURE • AFFORDABLE • CONVENIENT

PREMIUM STORAGE SOLUTIONS

Find peace of mind with our top-rated storage solutions for your RV, boat, trailer, auto, and more.

We offer a secure, accessible, and well-maintained facility for your valuable investments. Whether you need short-term or long-term storage, we have a space that's right for you. Our competitive rates and flexible payment options make storing your items simple and affordable.

SIMPLE PRICING. BIG SAVINGS.		
LENGTH	MONTHLY RATE	YEARLY RATE (SAVES UP TO 15%)
UNDER 18'	\$30	\$330
18' - 23'	\$35	\$385
23' - 29'	\$40	\$480
30' - 38'	\$50	\$550
39'+	\$60	\$660

RESERVE YOUR SPOT TODAY!

CALL US TODAY FOR MORE INFORMATION AND HOW TO RESERVE YOUR SPOT!

+1 (726) 780-1369

PREMIUM STORAGE SOLUTIONS FOR SERVICE MEMBERS AND THEIR FAMILIES

Because every mission deserves a secure home base.

✓ SHORT-TERM OR LONG-TERM OPTIONS ✓ FLEXIBLE PAYMENT OPTIONS ✓ SAFE, CLEAN, CONVENIENT.

FORT POLK DFMWR

LEMON T

Quality USED CARS

REGISTER YOUR VEHICLE AT AUTO SKILLS CENTER

2651 LOUISIANA AVENUE

726-780-1369

Located at the AAFES parking lot.



The Spiritual Forge:

Set in the foundation 251 years of caring for the soul of the Army

By Chap. (Maj.) Scott Ingram
Fort Polk Religious Support Office

FORT POLK, La. — Fort Polk is pouring foundations this summer.

There was a groundbreaking ceremony for the new Rotational Unit Billeting Area in June. Texas Avenue is torn open for repairs. New commanders have taken their colors and new families arrive every week. Wherever you look, something is being set in place for a weight it has not carried yet.

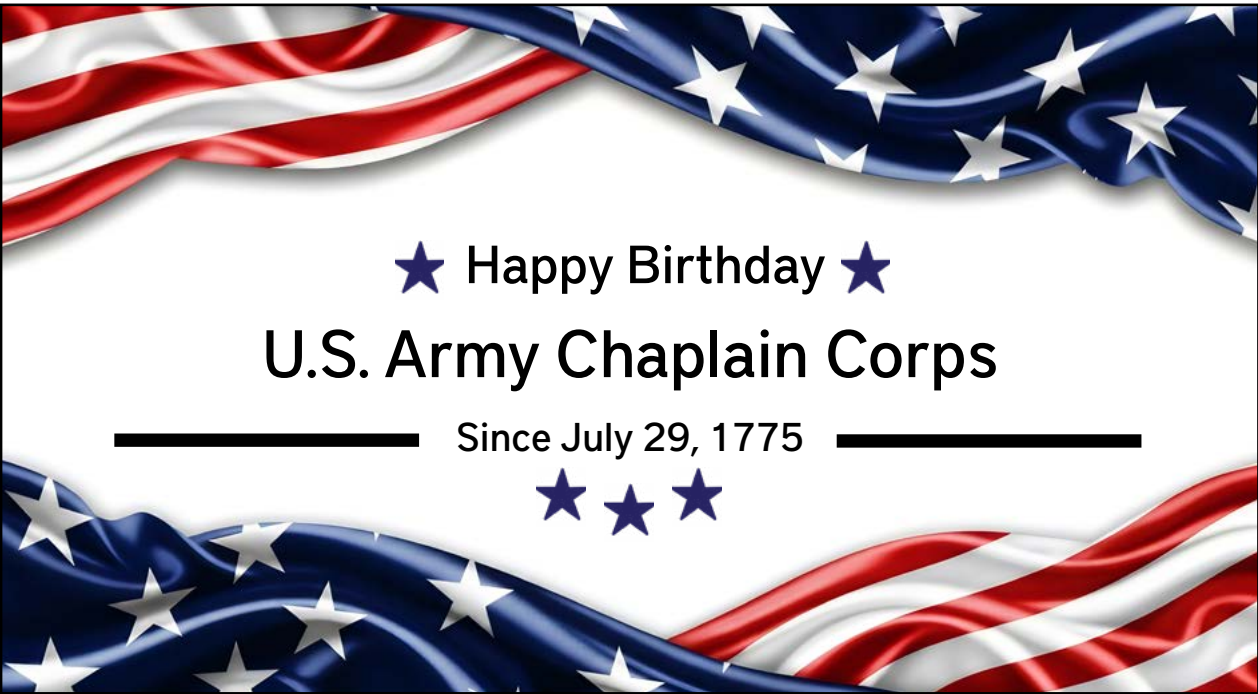
That is what a foundation is. Nobody pours one for the building they already have. You pour it early before the load arrives, because you know the weight is coming.

On 29 July, the Army Chaplain Corps turns 251 and its story starts the same way.

The Army was born on June 14, 1775 with a vote by the Continental Congress to raise ten companies of riflemen. Within days, Congress added engineers, quartermasters and a paymaster. The troops fighting what became America's war for independence needed feeding, moving and funding. Then came the last week of July. On July 27, Congress established the first Army hospital: provision for the Soldier's body. Two days later, on July 29, it provided pay for chaplains: provision for the Soldier's soul. Six weeks into its existence, a whole year before the nation had even declared its independence, the Army decided that care for the whole Soldier belonged in the foundation. The Army chaplaincy is older than the country it serves.

And Congress did not invent chaplains that day. It recognized them. Ministers from various churches were already serving with the regiments. The resolution simply put pay behind work already underway. The need came before the provision. It always does.

A year later, on July 9, 1776, General Washington's orders announced the Declaration of Independence to the troops in New York. The same orders directed every regiment to pro-



cure a chaplain — “persons of good Characters and exemplary lives.”

Independence and the care of the soul went out in the same day's orders. A few weeks ago, this column asked what our freedom is for. The men who won that freedom gave part of the answer before the ink was dry.

The provision proved itself soon enough. At White Plains that fall, Chaplain John Gano was stationed with the surgeons in the rear. By his own account, he ended up at the front of the regiment instead and was unwilling to pull back for fear of dampening the Soldiers' spirits. Soldiers would later call him the “fighting chaplain.”

The pattern is older still. In Deuteronomy 20, before Israel went to war, God commanded the priest to step forward and speak to the army: “Let not your heart faint ... for the LORD your God is he who goes with you.” Not a weapon. Not a command. A voice, placed ahead of the fear. God wrote presence into the order of battle.

The forge has a word for this. The fire gets the attention; the hammer makes the noise. But every forge is built around an anvil. Fires rise and fall. Hammers wear out and get replaced.

Metal comes and goes, glowing, cooling, piece after piece. The anvil holds. It was set in place before the first iron ever touched the fire, because nothing gets shaped without something steady underneath.

That is what Army chaplaincy has been for 251 years. Not the blacksmith; God does the shaping. Not the fire; life brings heat enough on its own. The anvil. A steady place in the formation for prayer, counsel and setting down what you are carrying. Doctrine calls it spiritual readiness now, but the provision is older than the name. The Army did not wait until Soldiers were breaking to decide their souls mattered. From the beginning, spiritual care belonged in the formation.

The same is true of a life. Foundations are poured before the weight arrives. If prayer, worship and a few honest friendships are set in yours now, they will hold when everything else is moving. Your chaplains are here for the ordinary weeks, not just the emergency. Come find us before you need us. That was the design from the start.

The Chaplain Corps turns 251 this month. The fires have changed. The anvil has not moved.

FORT POLK MAIN POST CHAPEL
— UNITY FELLOWSHIP —

— Men of the Anvil —

BOWLING Night

FRIDAY, JULY 17, 2026

Join us for fellowship, fun, and friendly competition.

TIME: 7:00 PM–9:00 PM

LOCATION: Warrior Lanes Bowling Center

AVAILABILITY: Only 25 slots available

POINT OF CONTACT
CH Scott Ingram
Register with CH Ingram or sign up today
(520) 672-4151 | gerald.s.ingram.mil@army.mil

PROVERBS 27:17 — “IRON SHARPENS IRON.”

PACKAGE INCLUDES:

- 2 hours / 5 lanes
- Free shoe rental and unlimited beverages
- 4 pizzas

FORT POLK RELIGIOUS SUPPORT OFFICE

LEADERSHIP TRAINING

with Jennifer Wake

AUGUST 15TH 2026
9AM TO 4PM
MAIN POST CHAPEL

Jennifer Wake is an author, Bible teacher, and speaker passionate about equipping women to grow in their faith. With 29 years of leadership in PWOC (Protestant Women of the Chapel), she has dedicated her ministry to training leaders, developing Bible-based resources, and encouraging military women worldwide. Jennifer loves connecting with women, writing, quilting, and fostering Christ-centered community within the military.

CONTACT:
CHRISMA.GROSS.CIV@ARMY.MIL
726-780-0337
MAIN POST CHAPEL
7217 RADIO RD
FORT POLK, LA

BREAKFAST & LUNCH PROVIDED!

RSVP BY AUGUST 5

WATCHCARE PROVIDED

SCAN HERE

Come learn with us!

This program is an auxiliary religious education program from Unity Fellowship Worship Service, a Religious Support Office Protestant Worship Service.

Fort Polk Religious Support Office

PWOC SUMMER STUDY

Join us at the
New Palmetto Community Center
Tuesday, July 7th, July 14th, and
July 21st from 9:30–11:00.

SCAN

HTTPS://APP.FIRST5.ORG/GROUPVIEW/63201

200 BELL RICHARD AVE, FORT POLK
Questions? Email, chrissa.m.gross.civ@army.mil or call 726-699-3141
This program is an auxiliary religious education program from Unity Fellowship Worship Service, a Religious Support Office Protestant Worship Service.

Fort Polk Religious Support Office

POWER WEDNESDAY

LITE CATHOLIC COURSE

Wednesdays
July 8, 15 & 22.

6pm – 7:30pm

Join us as we find deeper meaning in daily life because the last things are not the end, they are only the beginning!

Life Everlasting – Death, Judgement, Heaven & Hell

For more information contact the Director of Religious Education:
Chrissa Gross at Chrissa.m.gross.civ@army.mil.

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AUGUST 1, 2026

Diana Garcia – 1-956-763-1703