

U.S. Army Garrison Fort Polk

Fort Polk First!

GUARDIAN

May 8 Vol. 53, NO. 8

Fort Polk hosts Best Squad Competition

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Fort Polk families enjoy Catfish Derby

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It's OPSEC Awareness

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COVER PHOTO

Soldiers taking part in an evening event during the T2COM Best Squad Competition hosted by Fort Polk. (U.S. Army photo)



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Best Squad
Competition



15
Fort Polk families enjoy
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17
It's OPSEC
Awareness
Month



28
Corvias creates
pickleball courts



USAG FORT POLK

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





FORT POLK

MEMORIAL DAY

CEREMONY
★★★★★

THURSDAY
MAY 21

10 a.m. at
Warrior Memorial Park

Open to the public



OUTSIDE THE GATES

OFF POST

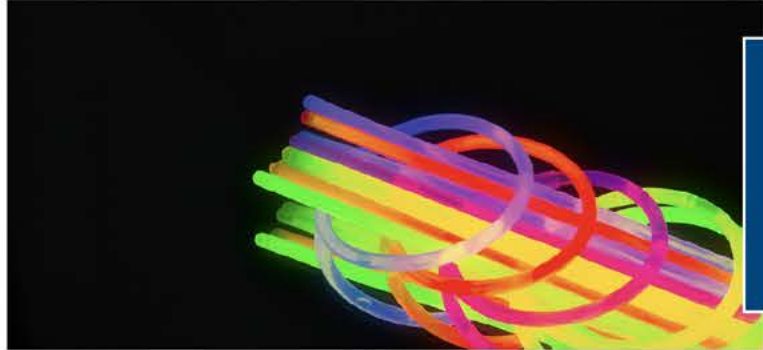
EVENTS





16
May

Spring Art Walk
LAKE CHARLES, LA.
[Click for more info](#)



23
May

Glow Pool Party
DERIDDER, LA.
[Click for more info](#)



22-23
May

Beauregard Watermelon Fest
DERIDDER, LA.
[Click for more info](#)



29
May

Coffee Art Jazz
DERIDDER, LA.
[Click for more info](#)



30
May

Calcasieu Parish Short Film Festival
LAKE CHARLES, LA.
[Click for more info](#)

Discover Louisiana



BEAUREGARD WATERMELON FESTIVAL



St

ake some melon memories with your crew this month at the annual Beauregard Watermelon Festival in DeRidder. From **May 21-23**, your family can enjoy some of the best watermelons in the state.

Beyond the sweet treats, there's plenty to do — carnival rides, live entertainment, livestock exhibits, craft vendors, games and a wide variety of food and drinks. Before you head home, stop by the exhibit hall to learn how to grow your own watermelon.

The festival takes place at the Beauregard Parish Fairgrounds.

[Click here for more information!](#)



OTHER UPCOMING FESTIVALS



Cruisin Cajun Country

May 14-16 · New Iberia, La.

[Click for more info](#)



Washington Parish Balloon Festival

May 29-31 · Franklinton, La.

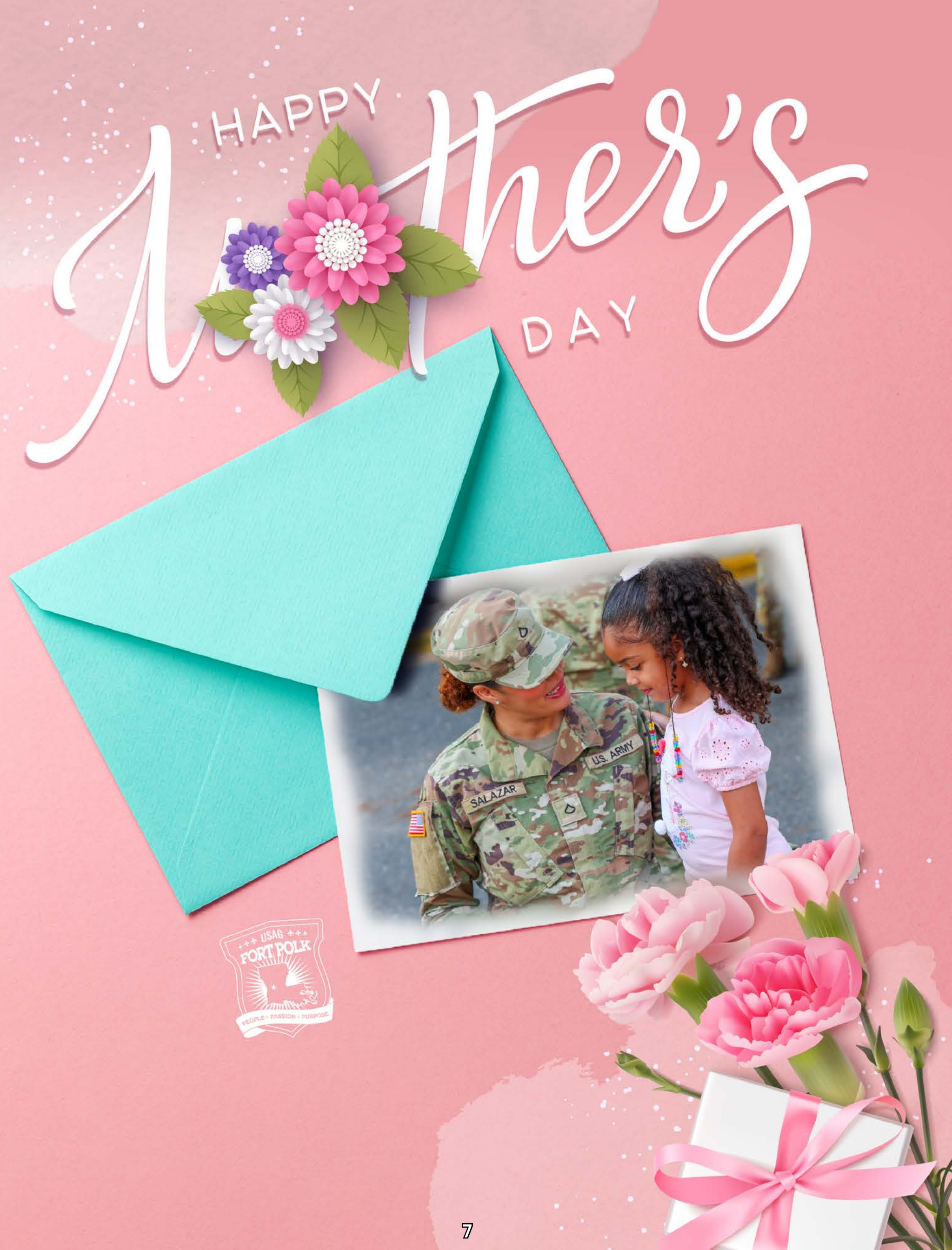
[Click for more info](#)



76th Annual Louisiana Peach Festival

June 6 · Ruston, La.

[Click for more info](#)



Fort Polk recognizes Silver Star Service Banner Day



Fort Polk recognized Silver Star Service Banner Day May 1 by placing flags across the installation. Silver Star Service Banner Day is a time to recognize those awarded the Silver Star Medal and honor the sacrifices of our wounded and ill veterans. Gen. James H. Polk, for whom Fort Polk is named, received the Silver Star for his heroic actions in service. The Silver Star is described as the third-highest military decoration for valor in combat and is typically awarded for actions over a short-term and may be earned for specific acts in combat. Compare that to other types of medals for longer-term service, the Meritorious Service Medal, for example, which is awarded at the end of a military tour when conditions warrant. (U.S. Army photo by Porsha Auzenne)





MENTAL WELLNESS STARTS WITH SIMPLE DAILY HABITS

By Chet Curtis
Directorate of Prevention, Resilience and Readiness

WASHINGTON — It's never too late to prioritize your mental wellness.

Just like our physical health, we need to stop and take care of our mental health. Taking care of your mental health will help reduce stress, promote a positive attitude and outlook and improve the quality of your relationships.

"Mental health is not merely the absence of a mental illness," said Lt. Col. Jasmin Gregory, chief, Department of Public Health, Alexander T. Augusta Military Medical Center at Fort Belvoir, Virginia. "It's a state of well-being where an individual realizes their own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to contribute to their community."

A strong sense of mental well-being encompasses several core concepts:

Emotional fitness: Being able to accept, manage and articulate a wide range of emotions without allowing them to control your behavior.

Resilience and coping: Possessing the capacity to navigate stressful situations and adapt to changes, such as post-deployment or life transitions.

Social support: Having a healthy support network of people who affirm, support and love you, reminding you of the goodness in life even when under stress.

Spiritual/purposeful fitness: Having a strong sense of hope, inner peace and meaning in life. This involves recognizing that there is something greater than oneself, which can be a vital source of strength.

"Service members and Veterans face unique challenges," said Gregory. "The emotional and psychological burdens of military service and the transition back to civilian life mean they have to make mental wellness a more deliberate practice."

Here are simple, first steps for proactive mental wellness:

Embrace and maintain routine: A consistent daily routine for meals, exercise and sleep provides structure and a sense of normalcy that can help stabilize mood.

Re-engage with your battle buddy culture: Intentional socializing is crucial to combat isolation. Check in with your battle buddy, Family or fellow veterans.

Opening up about your feelings can alleviate the burden of isolation and strengthen your social support.

Mindfulness and boundaries: Practice techniques like journaling or meditation to stay grounded. Additionally, hold firm on protective boundaries; it's OK to decline invitations or cut back on social commitments if they feel overwhelming.

Lean on military-related resources: Do not hesitate to use the support systems built for the military community. These are resources staffed by professionals who understand your unique experiences:

Directorate of Prevention, Resilience and Readiness: DPRR offers numerous resources, from Morale, Welfare and Recreation activities

to improve your overall well-being, to Ready and Resilient Performance Centers to improve your physical and mental resilience. For more information, visit www.armyresilience.army.mil.

Psychological Health Resource Center: Service members, Veterans and Family members can call 866-966-1020 to speak with a trained health resource consultant.

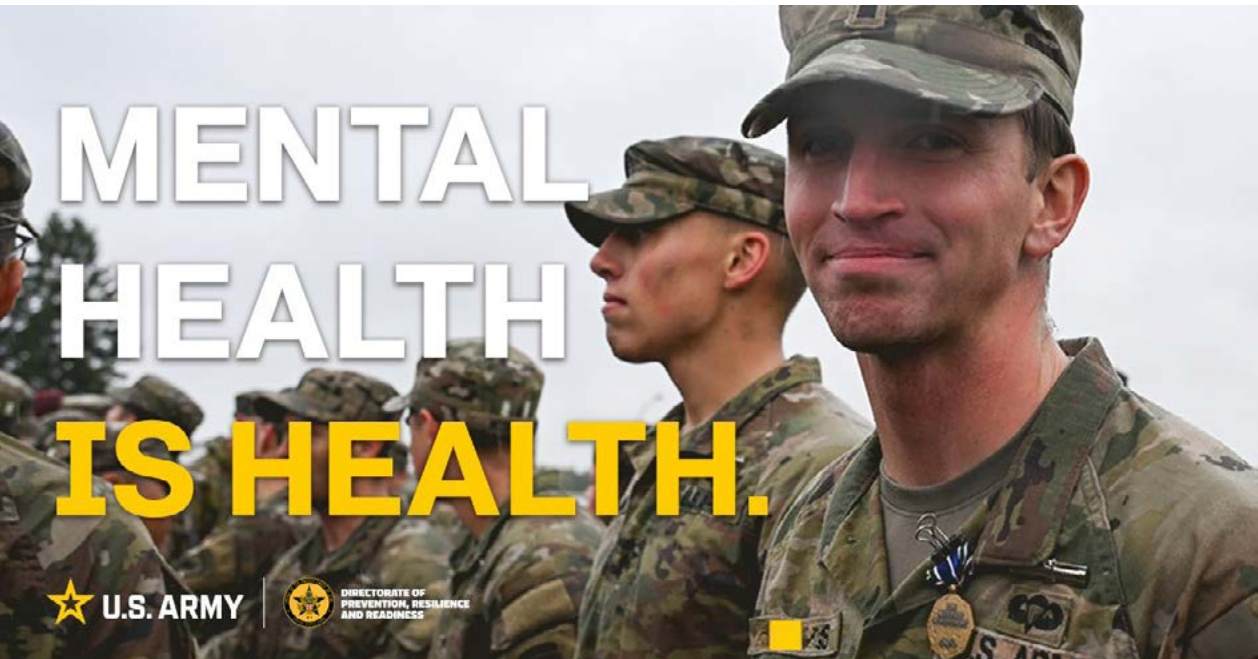
Veterans Affairs: The VA offers mental health services, counseling and therapy specifically tailored to Veterans' needs. Call 800-698-2411.

Military OneSource: Offers service members and their Family resources and benefits to support military life. Call 800-342-9647.

Crisis support: For immediate crisis, the 988 Suicide & Crisis Lifeline is an invaluable resource available 24/7. Dial 988 and press 1 for the Veterans/Military Crisis Line.

"Prioritizing mental wellness is not about fixing a problem," said Gregory.

"It's about building a foundation of strength and resilience for every day. By understanding the powerful connections between your mind, body and social world, you can take simple, proactive steps to enhance your overall well-being."



FORT POLK HOSTS T2COM BEST SQUAD COMPETITION



(U.S. Army photos)





Air Force Weather Squadron keeps Fort Polk safe through every storm

By Karen Sampson
Fort Polk Garrison Public Affairs Office

FORT POLK, La. – There is always someone from Detachment 2, 18th Combat Weather Squadron providing weather oversight for the community and events happening here.

“Everything that we do in terms of weather is all done in-house, which is super nice for risk mitigation and mission execution,” said U.S. Air Force Capt. Ethan Black, commander of Detachment 2, 18th Combat Weather Squadron.

“We support the commanding general by creating as much decision-making space for him in terms of risk management,” Black said.

When it comes to the forecast, the detachment coordinates with instillation leaders to determine exactly what they want discussed in terms of severe weather or damaging threats, he said.

“Our detachment also runs by Air Force regulations in terms of what we will produce as a watch, warning or advisory,” Black said.

“Every forecaster has expertise earned through training and experience gained forecasting,” said Air Force Master Sgt. Alex Brosnahan, senior enlisted representative, Det. 2, 18th Combat Weather Squadron.

Airmen at the detachment gather current weather conditions, feed the data into models and predict the trajectory and outcome of weather systems.

“Those models take all that information and run computations to create a simulation of weather happening over the next 10 days,” Brosnahan said.

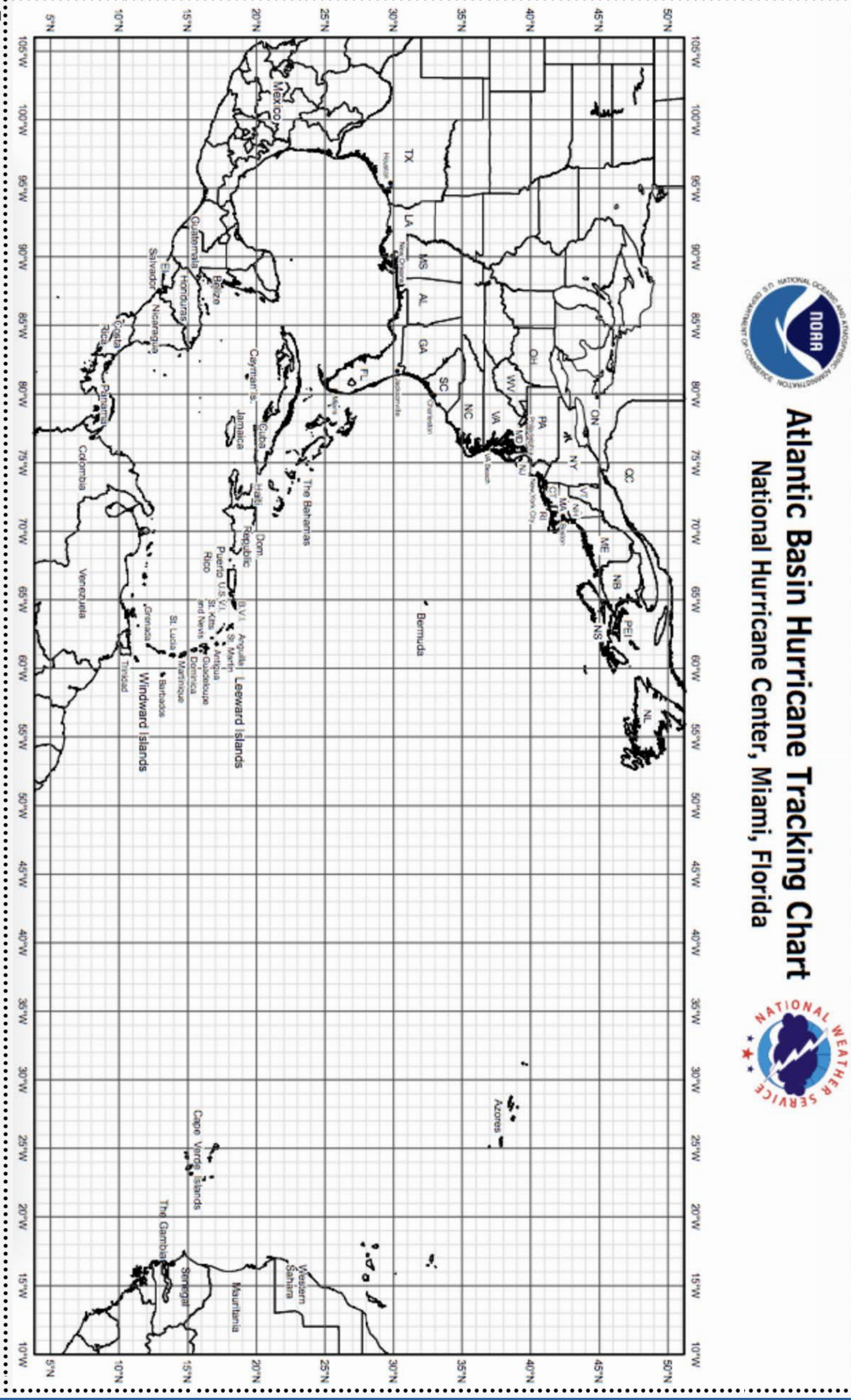
NOAA predicts broader areas of the United States issuing watches, warnings and advisories of severe weather and the detachment does use their guidance.

“The detachment does most of their forecasting just like NOAA but on a smaller scale,” Black said. “What’s important is we can produce watches, warnings and advisories solely based on the Fort Polk area and give guidance to the community here.”

For up-to-date guidance on Fort Polk’s weather

<https://home.army.mil/polk/units-tenants/det-2-18th-combat-weather-squadron>

HURRICANE
SEASON
BEGINS
JUNE 1,
PRINT
AND
CUT
OUT
YOUR
OWN
HURRICANE
TRACKING
CHART
TODAY!



Atlantic Basin Hurricane Tracking Chart
National Hurricane Center, Miami, Florida





Fort Polk hosted its annual Catfish Derby

Fort Polk families were up early April 25 to claim their spot around Catfish Cove for the annual Catfish Derby. Kids caught fish, won prizes and had a good time.



Follow these simple suggestions to make OPSEC part of everyday life

By Angie Thorne
Fort Polk Garrison Public Affairs Office

FORT POLK, La. — May is National Operations Security Awareness Month. OPSEC, put simply, is what keeps sensitive information from getting into the wrong hands. Practicing OPSEC is essential to the success of the mission and the lives of U.S. service members, Department of Defense employees, contractors and Family members. This is done by identifying Critical Information and implementing safeguards for protection.

OPSEC is a never-ending process, and it can include simple things nobody even thinks about. Even unclassified information can be dangerous. Someone could put out many unclassified information posts on different social media sites and individually they would be harmless, but together those things could result in someone gathering classified information. That can create vulnerability. The priority is to protect Fort Polk by posting as little information as possible.

Kenneth Smith, DPTMS operations security officer, said OPSEC is a shared responsibility. “It’s people coming together as a community to encourage individuals to take responsibility for their actions and the actions of others, which can enhance trust and cooperation,”

Smith said. “Helping people realize they are part of a larger community that fosters a sense of belonging and connection when it comes to protecting each other is crucial to the OPSEC mission,” Smith said. How do you protect critical information in your everyday life? Even small actions can keep yourself and others safe. Smith gives a few examples of easy ways to do that.

- * Be cautious about discussing sensitive information in public places.
- * Be aware of your surroundings and avoid talking about personal details.
- * Protect your personal information and be mindful of your digital exposure.
- * Safeguard your privacy from prying eyes and cyber-criminals.

Keep it to yourself — How many times have you overheard a conversation from someone saying how they just won some money from the lottery? Or how they just bought a big new screen TV? I overheard someone talking very loudly on their cell phone one day about how they just got paid \$1,000 and they were planning to go down to the club later to spend it all. Someone with evil intentions could easily take advantage of that person.

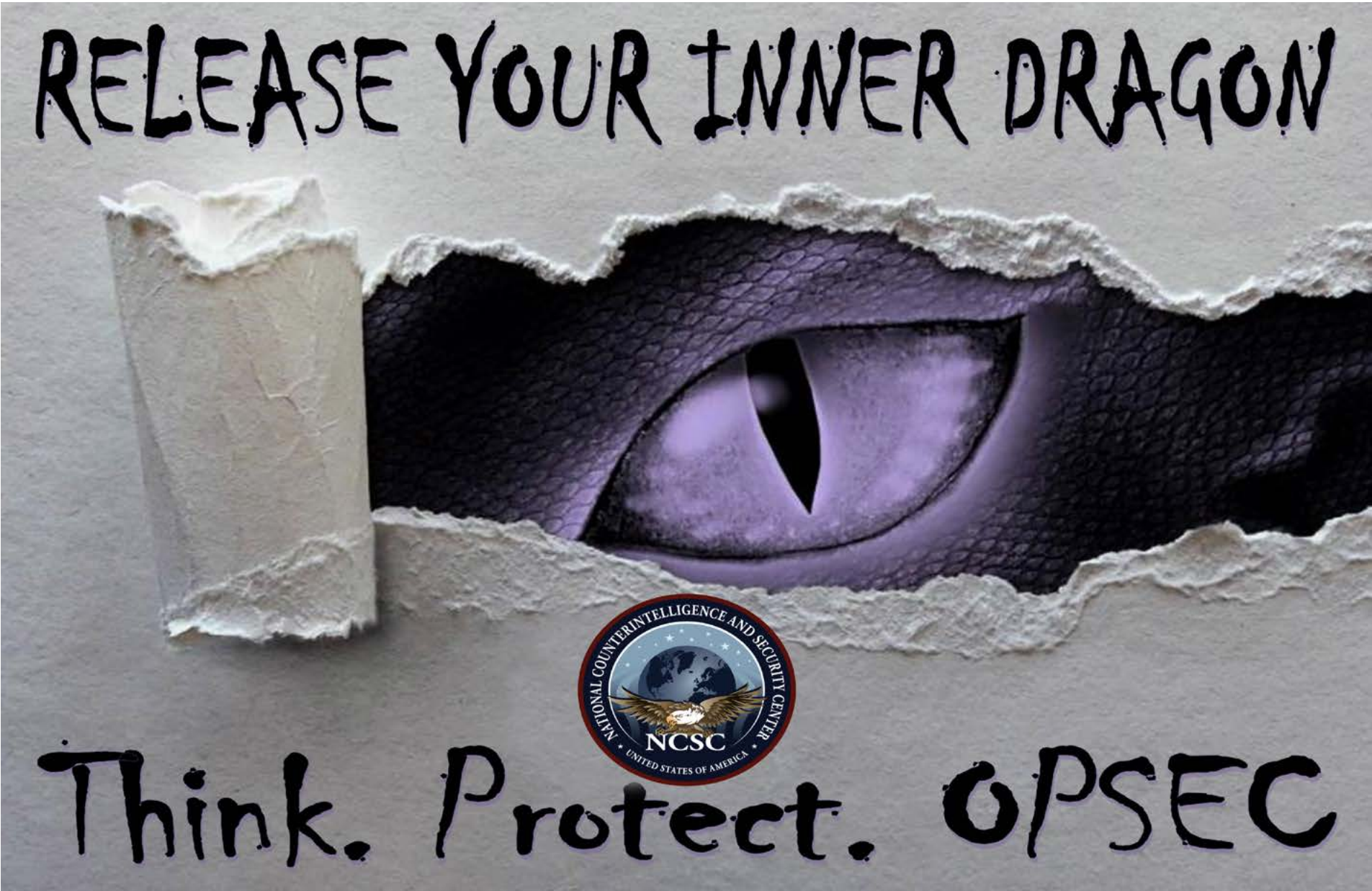
Shred personal documents and packages — You’d be surprised how many people might go through trash to get valuable information

such as your banking or credit statements. Shred any documents with any personal information or account numbers on them and, if you can, place those shreds in different trash cans.

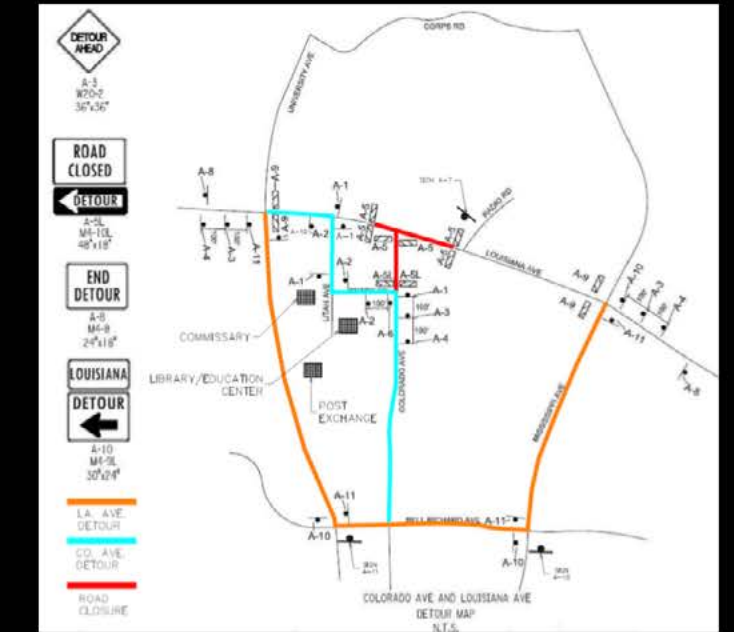
Be aware of suspicious packages — Speaking of packages, if you’re not expecting a package, be very wary of it. Did you hear about the package bombings that took place in Austin, Texas? Packages were sent to completely random addresses across Austin and when they were opened, killed on impact.

Ditch bumper stickers — I constantly see people with stickers plastered all over their vehicle representing their beliefs, what organizations they’re apart of and more. This is not the smartest thing to do. This is one of those things that should be kept to yourself. For example, the whole world doesn’t need to know what you support the NRA.

Mix it up — People case houses, buildings and workplaces looking for routines to take advantage of. Do you come and go at the same time every day? People have the same routine, but it might be a good idea to try to switch the routes that you use to get to work. Do your best to try to mix up your everyday routine. Even small changes such as leaving a few minutes later or earlier can throw off an adversary. Think about your daily routine and see what could be mixed up to throw anyone watching off.



Colorado Avenue Pedestrian Upgrades



Update: 9-10 May Colorado/Louisiana Ave. Intersection Closure

Pedestrians and motorists are encouraged to avoid the construction zone and exercise caution as they enter the construction site.

Intermittent lane closures and flagging will continue through May.

Georgia Avenue

Update: Asphalt milling and paving south of LA Avenue is complete.



Update: Georgia Avenue paving operations north of Louisiana Avenue to start week of 4 May.

Pedestrians and motorists are encouraged to avoid the construction zone and exercise caution as they enter the construction site.

Texas Avenue

Update: Asphalt milling and paving from Pennsylvania Ave. to Magazine Ave. to start Mid-May.



Texas Ave. (between PA Ave. and Magazine) will be closed to all traffic. California Ave. will serve as a detour route during construction activities.

Pedestrians and motorists are encouraged to avoid the construction zone and exercise caution as construction efforts continue.

Middle School Teen Sidewalk, Fence Relocation, & Trail Upgrades
Work Started 12 January.



Entrance Road Repairs

12 January-May 2026



Update: Milling and asphalt paving projected to start mid-May.

Project scope includes milling and overlay operations and pavement full depth repairs.

Flagging and temporary traffic control devices will be used to manage one lane closures.

Motorists should anticipate traffic delays. Motorists should exercise caution as they enter the construction zone and utilize alternate routes when available.



Myth or Truth? Let's Fact Check!



MYTH

If you run into a PCS problem you have to figure it out on your own.



TRUTH

Your local Transportation Office is your first stop for assistance. If that doesn't resolve the issue, contact the Personal Property Activity!



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



**Getting ready to PCS?
Call Fort Polk's
Transportation/
Household Goods of-**

**Transportation/
Household Goods
726-780-0505**

**Overseas Port Call
726-780-0505**



Check out helpful PCS websites, links



Military PCS Move Planning & Support/Military OneSource
Whether you are moving to another state or another country, relocation can be a challenge. That's why the War Department provides programs and services to support all aspects of your life before, during and after your move.

<https://www.militaryonesource.mil/moving-pcs/plan-to-move/>

Defense Personal Property Program/Military OneSource
Use the Defense Personal Property System, or DPS, to schedule your move, track your shipment or file a claim. Need assistance accessing DPS? Contact the Personal Property System Response Center. If you can't reach the website, call 833-645-6683.

<https://www.militaryonesource.mil/moving-pcs/moving-personal-property/>

PCS Pay-it-Forward®
Free Military PCS Support at more than 115 bases. PPA connects you with verified housing options, local military communities and personalized relocation support nationwide — all at no cost to you.

<https://pcspayitforward.com/>

Personal Property Activity
PPA provides a high-quality, reliable and efficient personal property program that enhances fore readiness and improves the quality of life.

<https://www.facebook.com/profile.php?id=61578849654924>

DID YOU KNOW?

Pro-Gear (PBP&E) does not count toward your household goods weight allowance



Pro-Gear includes mission essential items required for your duties.

This may include issued equipment, specialized gear, or training materials.

Personal items and home office equipment do not qualify as pro-gear.



Separate pro-gear before pack-out and notify your Transportation Office early.

Make sure all pro-gear is properly documented in DPS to avoid delays or issues.

For help, contact your local Transportation Office.

1-833-MIL-MOVE (645-6682)
PCSCALLCENTER@MAIL.MIL



PRO TIP

Take photos and video of high value items such as TVs, antiques, jewelery and furniture in clean condition and working order.

PERSONAL
PROPERTY
ACTIVITY



DID YOU KNOW?

Your local Transportation Management Office (TMO) is your go-to resource during a PCS move.



What can TMO do for you?

- Schedule your household goods shipment
- Explain your entitlements (HHG, PPM, storage)
- Provide trusted, up-to-date guidance
- Help resolve delays, damages, or issues



Working with TMO early can help prevent problems and

reduce stress during your PCS.

If you have questions or concerns

Contact your local TMO office first.

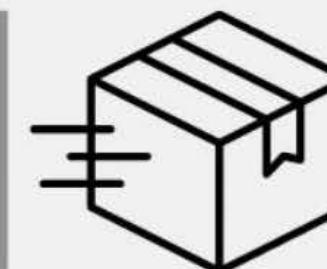


MOVING DAY MUST

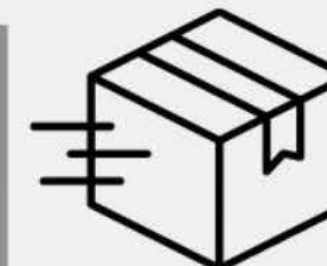
Contact Us
1-888-MIL-MOVE
(645-6682)
PCSCallCenter@mail.mil



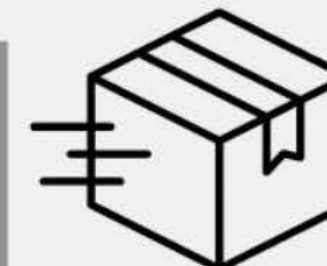
Keep all hand-carried items (car keys, jewelry, cash, cell phones, etc.) and documents containing personal information (ID cards, orders, move paperwork, passports, etc.) in a secure place, out of sight, so they don't get packed.



Ensure the inventory form shows the true condition of all your goods and note inaccuracies on the form BEFORE signing.



Verify inventory is correct BEFORE your goods are loaded on the truck or placed into wooden containers.



Inspect every area (rooms, attic, basement, yard, etc.) BEFORE the truck leaves to ensure all items are packed and there is no damage to your home.





YOU ARE NEVER **ALONE**

HELP IS AVAILABLE

SUICIDE PREVENTION
988 AND PRESS 1

**BETTER OPPORTUNITIES FOR
SINGLE SOLDIERS**
726-780-1353

ARMY SUBSTANCE ABUSE PROGRAM
726-780-1092

FINANCIAL ASSISTANCE
726-780-1073

FAMILY ADVOCACY PROGRAM
726-780-0385

RELIGIOUS SUPPORT OFFICE
337-208-2868

BEHAVIORAL HEALTH
726-780-2566/2567

**MILITARY AND FAMILY
LIFE COUNSELING**
228-313-7205
318-592-9671
318-592-9601

**SEXUAL HARASSMENT/ASSAULT
RESPONSE AND PREVENTION PROGRAM**
726-780-1101



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 dates:

19-21 MAY

17-19 AUG

email: fortpolksharpteam@army.mil for application

Corvias completes energy modernization project for Fort Polk families

By Corvias

FORT POLK, La. — Corvias has completed a major energy modernization initiative across its military housing community at Fort Polk, converting approximately 3,600 homes to high-efficiency ground source heat pump technology.

The project replaces legacy HVAC systems with geothermal heating and cooling for more consistent indoor comfort, quieter operation, and improved efficiency.

It builds on prior energy enhancements at the site, including advanced metering and optimized hot water systems.

The upgrades are expected to reduce annual electricity consumption across Fort Polk's military family housing community by 30 percent, generating more than \$2.6 million in annual utility and operational cost savings.

Strengthening military housing

"Energy modernization is a key part of our long-term partnership with the U.S. Army and reflects our commitment to listening to residents and delivering tangible improvements that matter in their daily lives," said Kolby Stobbe, SVP, Property Operations, Corvias. "At Fort Polk, we've delivered a community-wide transformation that increases resident comfort and strengthens long-term housing performance and resilience."

The milestone is part of a \$92 million investment in infrastructure improvements to the Fort Polk military family housing community,



At Fort Polk, construction workers replace legacy HVAC systems with geothermal heating and cooling for more consistent indoor comfort and improved efficiency. (Courtesy Corvias)

including:

- Full interior renovations of approximately 140 homes
- Exterior upgrades to nearly 1,000 homes, including new siding, paint, trim, and gutters
- Roof replacements and structural improvements
- Updated kitchens with modern appliances and finishes
- Improved lighting, fixtures, and flooring
- Neighborhood playground enhancements and refreshed community spaces
- Utility and drainage upgrades to support

long-term performance

Whole-community modernization

As one of Corvias' long-standing public-private housing partnerships with the U.S. Army, the Fort Polk military family housing partnership demonstrates how sustained reinvestment can elevate the resident experience while also driving local economic impact.

Together, these improvements transform legacy U.S. Army housing into refreshed, modern neighborhoods that better reflect the expectations of today's service members and their families.



Corvias partners with Fort Polk spouses to build pickleball courts in housing

By Corvias

FORT POLK, La. — Fort Polk's Corvias Property Management is investing in pickleball courts as part of a broader commitment to enhancing quality of life for Soldiers, families and residents on post.

What began as a conversation between our team and the Fort Polk spouses' group has grown into a tangible community initiative that reflects our belief that listening to residents and acting on their input is the foundation of exceptional military housing.

It started with a conversation. A Corvias Property Management Resident Manager conducting routine community outreach stopped to listen to what Fort Polk families wanted from their neighborhood.

What came back was clear: residents wanted more. More activity, more connection, more reasons to be outside and together.

Among the most consistent requests was something that might have surprised a few people: pickleball.

That outreach brought the idea to the attention of Chris Brown, Corvias Operations Director at Fort Polk. He recognized immediately that this was an opportunity worth pursuing.

"The spouses were enthusiastic, passionate and clear about what they wanted for their community. For us, that kind of direct resident feedback is invaluable," Brown said. They were central to the initiative has been the partnership with the Fort Polk spouses' group, whose advocacy helped turn the idea into a reality."

When residents feel heard and see results, trust is built and that benefits everyone, said Brown.

"That is what this partnership is about, active listening, working within our budget to deliver resident satisfaction and creating a positive experience for everyone on post," he said. "I am proud of the way this came together and grateful to the spouse's group for their energy and advocacy."

Pickleball has become one of the fastest-growing sports in America, and it is easy to understand why.

The game is accessible to every age group, requires minimal equipment, and has a social energy that is hard to replicate. For a military



The Corvias pickleball courts are located on Seay St. in the Dogwood Terrace neighborhood. They are in the process of being completed. (U.S. Army photo by Angie Thorne.)

community where families are frequently navigating the challenges of service life like deployments, relocations and extended time apart, that social dimension is not just a bonus. It is a necessity, according to Brown.

Corvias heard that message and acted on it. Fort Polk now has four active pickleball courts open to residents, enabling more people to play simultaneously. The expansion is being approached thoughtfully, with community input, budget planning and long-term sustainability in mind.

The goal is bigger than a sport.

"It is about making Fort Polk a destination, a place where Soldiers and their families feel a genuine sense of community, pride and belonging," Brown said. "We want Fort Polk to be more than just an assignment. Every improvement we make to the quality-of-life experience on post moves us closer to that."

Corvias currently has an active pickleball court open and available to residents on post. "After consideration, we expanded the current pickleball court into four courts on Seay Street," Brown said. "This expansion will continue to build goodwill between Corvias and the residents of Ft. Polk and create more choices for residents."

Pickleball is one of the fastest-growing sports in the country, because it is accessible to all ages

and fitness levels, easy to learn and incredibly social.

"When you are managing a military community, you are not just managing homes, you are managing quality of life for Soldiers and their families — who sacrifice so much in service to this country. Investing in amenities like pickleball courts is one of the most direct ways we can say to our residents: we see you, we hear you and we are committed to making Fort Polk a place you are proud to call home," Brown said.

The goal is simple, create more reasons for Soldiers and families to choose Fort Polk and stay connected to their community once here.

"Amenities like pickleball courts contribute to a sense of belonging and pride in where you live. We want Fort Polk to be a destination, not just an assignment. Every improvement we make to the quality-of-life experience on post moves us closer to that goal," Brown said.

Military life comes with unique stressors like deployments, frequent moves, time away from family and the constant demands of service.

Brown said having accessible, fun, community-building amenities right outside your door makes a real difference.

"Pickleball brings neighbors together, encourages physical activity and gives families a reason to get outside and connect. For spouses who may be navigating life on post while their Soldier is in the field or deployed, having that kind of community outlet is especially meaningful. These courts are about more than a sport, they are about fostering a community where people genuinely want to be," Brown said.

Corvias pool rules and reminders

- Pool access is for residents with a key FOB and their guests only.
- All minors must be accompanied by an adult 18 or older.
- No diving, running, or horseplay in the pool area.
- No glass, alcohol, or smoking in the pool area.
- Children who are not potty-trained must wear swim diapers while in the pool.
- Inflatable rafts, water wings/floaties, and outside toys are not permitted in the pool. Floatation devices must be US Coast Guard approved.
- No more than two guests per household at any time and residents are responsible for the conduct of their guests.
- Proper swim attire is required, no street clothes in the pool.
- Clean up after yourselves and dispose of all trash properly.
- Loud music and disruptive behavior are not permitted.

Get out and enjoy the season!



Check your inbox for the Army housing survey!

We mask know what
you think!

Through
May 15

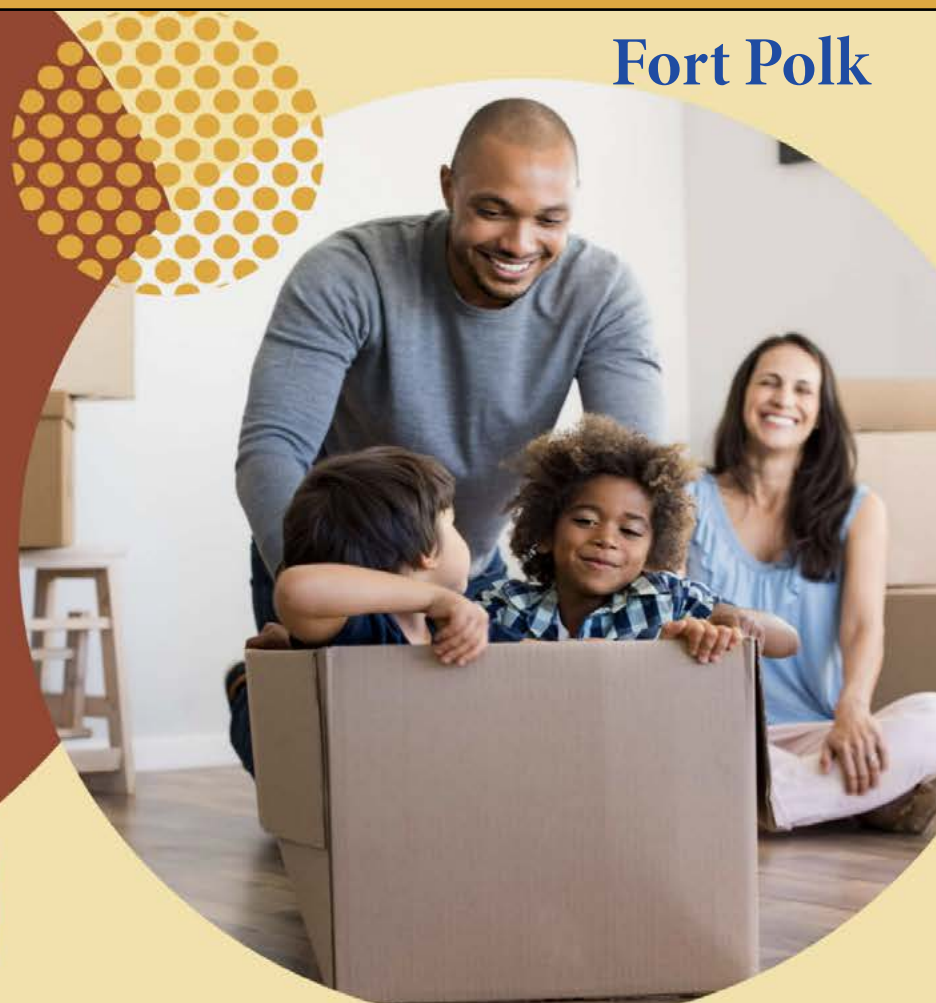


OMB Control Number: 0704-0553 Expiration: 5/31/2025

Your move-out made easy

Guide &
Checklists

Fort Polk



Corvias
PROPERTY MANAGEMENT

How to make your move-out stress free



Move-Out Notice

Residents must provide at least 30/60 days written notice to Corvias Property Management using the form available at the Community Office/Center. Residents are encouraged to provide notice as soon as they begin planning to move. As soon as you anticipate a move, even if you don't yet have your orders, we highly encourage you to provide written notice. If a service member is not able to provide the written notice to vacate, the spouse or designated individual of legal age must provide a special power of attorney that allows them to start and/or stop an allotment.

Move-Out Information Sessions

When providing a notice to vacate, the Community Office/Center will assist in determining a move-out date and final inspection appointment. Residents are encouraged to attend a Move-Out Information Session to learn about the move-out process and expectations. The sessions are held at various locations and times throughout the week for your convenience. You may choose to attend whichever session fits your schedule best.

For more information please contact your Community Office/Center.

- Provide 30/60 days written notice
- Schedule a move-out date
- Attend a Move-Out Information Session
- Final Inspection

Move-Out Session Final Inspection

Date: _____ Date: _____

Time: _____ Time: _____

Move-out house cleaning checklist

Walls, Ceilings & Doors

Walls, ceilings and doors should be free of dust, dirt, cobwebs and grease / food particles. Remove pen, pencil, crayon or other markings from surfaces. Candle soot on the walls should be removed. Remove all tape, tacks, borders or other items that were installed during occupancy. In some cases, ceiling hooks may be left in place and nail holes do not need to be filled.

Holes

larger than 1" x 1" are considered damage. All walls and trim must be either primed or a color light enough to be covered with one coat of paint. See your Community Office/Center for details.

Window Coverings

There should be a screen in all storm windows. Blinds should not be bent, cracked, or have broken slats and should be functional.

Bathrooms

All surfaces must be clean, deodorized and wiped down.

Trash & Recycling

All containers must be empty and cleaned. No trash is to be left inside or outside the home.

Kitchen & Laundry

All surfaces must be clean and deodorized. All cabinets, counter-tops, shelves, sinks and faucets must be cleaned to remove grease, food, mildew and dust.

Appliances

Thoroughly clean the range/hood, dishwasher, refrigerator/freezer and microwave (if applicable). The stove should include racks and broiler pan.

Floors

Should be swept and mopped, removing all dirt, dust and surface contamination. Carpets should be vacuumed.

Garage, Patio, Balcony & Basement

Please sweep all areas including the garage, driveway and sidewalks.

Home Exterior & Yard

Please remove all trash, animal feces and other debris from all areas. Repair and fill holes made in yard. Yards with flower beds must be free of weeds, trash, and other debris.



BJACH Soldier earns advanced CT credential, strengthens imaging readiness

By Jean Clavette Graves
BJACH PAO

FORT POLK, La. — Less than a year after earning his first national credential, Spc. Johnny Rainwater, a radiology specialist at Bayne-Jones Army Community Hospital, has added a second professional milestone by passing the American Registry of Radiologic Technologists computed tomography registry exam March 23 in Shreveport.

Computed tomography, commonly known as CT, uses advanced X-ray technology to create detailed cross-sectional images that help providers diagnose injuries and illnesses quickly. The capability is especially valuable in emergency and high-tempo care settings.

The advanced certification expands Rainwater's qualifications in diagnostic imaging and supports the hospital's ability to deliver timely care to Soldiers, Families, retirees and other beneficiaries at the Joint Readiness Training Center and Fort Polk.

Rainwater previously earned his ARRT radiography credential in July 2025. He said pursuing the CT registry was a natural next step.

"I like to always have something to work toward," Rainwater said. "I was already working in CT, so I felt like I should take advantage of the opportunity, study for it and earn the credential."

A native of Mississippi, Rainwater joined the Army after earning a bachelor's degree in healthcare management from the University of South Alabama. He said military service provided an opportunity to gain hands-on patient care experience while continuing to build a long-term career in healthcare.

"I like to have options," he said. "I want to keep learning, keep growing and be prepared for whatever opportunity comes next."

Maj. Zarana Trivedi, chief of radiology at BJACH, said Rainwater's dual credentials bring immediate value to the department.

"With this recent CT certification, Specialist Rainwater has demonstrated not just technical proficiency but also a commitment to professional growth," Trivedi said. "This cross-training allows for more departmental flexibility and improves patient throughput at a small hospital like ours."

Trivedi added that Rainwater consistently produces quality diagnostic images while maintaining patient care and safety.

"His strong understanding of anatomy has contributed to better image acquisition, reducing the need for repeat exams," she said. "He has shown sound clinical judgment and humility by researching and verifying information when faced with uncertainty."

Sgt. 1st Class Michelle Ellison, noncommissioned officer in charge of radiology, said Rain-



Spc. Johnny Rainwater, a radiology specialist at Bayne-Jones Army Community Hospital, conducts a staged computed tomography scan with a fellow Soldier (Spc. Mitchell Bertazon) April 20 in the radiology department at Fort Polk. (U.S. Army photos by Jean Clavette Graves)



Spc. Johnny Rainwater, a radiology specialist at Bayne-Jones Army Community Hospital, Fort Polk. Rainwater recently passed the American Registry of Radiologic Technologists computed tomography registry exam, expanding advanced imaging capability at BJACH.

water recognized early that BJACH's smaller setting offers opportunities to train across multiple imaging areas.

"Earning multiple registries is the goal of many radiology Soldiers," Ellison said. "Specialist Rainwater recognized that early and began working hard to complete the requirements needed to challenge the registry."

Ellison said credentialed Soldiers increase the Army's medical capability across a variety of assignments.

"It benefits the Army to have competent, well-trained and credentialed X-ray technicians who can adapt to mission requirements across every area of operation, whether in garrison or overseas," she said.

Staff Sgt. James E. Brunson III, assistant noncommissioned officer in charge of radiology, said Rainwater's accomplishment is already influencing others in the section.

"It showed the rest of the team that this isn't some far-off goal," Brunson said. "It's achievable right here, right now."

Brunson said another Soldier is already working toward an initial registry with plans to pursue CT next.

"He's already demonstrating the ownership and professional development we expect from future leaders," Brunson said.

Rainwater said that while the credential is meaningful, it is also part of a larger mindset centered on progress. "I don't like wasting time," he said. "If there's an opportunity to improve myself or learn something new, I want to take it."

As BJACH continues to support readiness and healthcare delivery at Fort Polk, Rainwater's achievement reflects the value of Soldiers who combine initiative, technical skill and commitment to continuous growth.

OCCUPATIONAL THERAPY NOW DIRECT ACCESS!

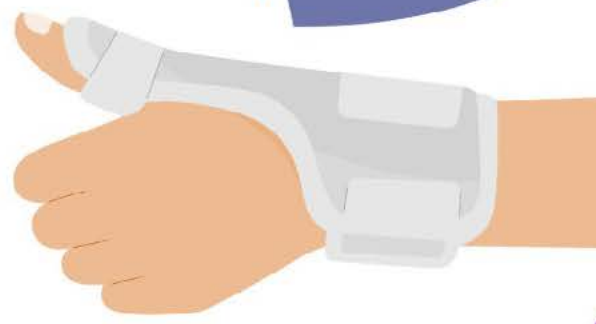


**Bayne-Jones Army
Community Hospital
Department of Rehabilitation**

Direct Access Clinic: NO REFERRAL REQUIRED

WHAT DO WE TREAT?

- Shoulder, elbow, wrist, and hand pain
- Numbness or tingling of the upper extremity
- Unexplained weakness or loss of grip strength



WALK-IN SERVICES AVAILABLE!

- ACTIVE DUTY
- ACTIVATED RESERVISTS
- MONDAY - FRIDAY AT 0800

**MON - THURS 0900-1500
all 726-780-2326
to schedule with
CPT CARLY WILLIAMS!**



BODY COMPOSITION CHALLENGE

JOIN NOW

6 WEEK BODY COMPOSITION CHALLENGE

PARTICIPANTS WILL COMPLETE WEEKLY WORKOUTS, TRACK THEIR PROGRESS, AND SUBMIT SIMPLE CHECK INS

ACHIEVE THE GREATEST WEIGHT LOSS AND WIN A WELLNESS BASKET

OUR SERVICES

- BODY COMPOSITION TESTING
- HEALTH COACHING
- HEALTH CLASSES

SHAPE YOUR BODY

SIGN UP BEFORE MAY 1ST

726-780-1152/1190

1585 Third Street, BLDG 285
Fort Polk, LA 71459
Entrance A, RM 1321



Attention Fort Polk Community, Drones in the Air!

The Fort Polk community may have seen units operating small Unmanned Aerial Systems (sUAS) on the installation. These operations are authorized and part of ongoing efforts to enhance training, proficiency and operational readiness.

However, it's important to note that while sUAS will be conducting authorized flights on post, Fort Polk remains a "No Drone Zone" — personal drones are not permitted. Unauthorized drone operations violate the Commanding General's Policy Letter #19, poses safety risks, and can disrupt military activities.

Your understanding and cooperation are appreciated. If you have any questions or concerns, contact the Warrior Operations Center, usarmy.polk.imcom.mbx.eoc-ioc@army.mil or 726-780-0410. Thank you for your cooperation.

FORT POLK MEDAL OF HONOR

EVENT Center



RANGER

Let your voice be heard! put it on



By Plans, Analysis & Integration Office

FORT POLK, La. — As part of a customer focused workforce, Fort Polk provides everyone with a chance to submit feedback through the Interactive Customer Evaluation system, which is a real-time link to leaders and managers, with hundreds of service providers across the installation.

ICE is designed to give you, our valued community member, a direct way to share feedback about your experience with Fort Polk's services and facilities.

Whether you want to commend a staff member for outstanding service, suggest improvements, or comment on facility appearance, operating hours, or service timeliness, ICE is your tool for making your voice heard. Through ICE, you can recognize exceptional service, suggest areas for improvements, share your satisfaction or concerns about the services you receive.

While your feedback is important, it's essential to use ICE appropriately. What ICE should not be used for is to spread rumors, make threats, make SHARP complaints, internal employment grievances, or report crimes. These types of comments unrelated to the services provided are considered a misuse of the ICE system. For these types of concerns, please use the proper reporting channels to ensure your issue is addressed correctly and promptly.

Your feedback through ICE helps us improve our services and better serve the Fort Polk community. Take time to fill out an ICE comment, good or bad, because your input is valuable.

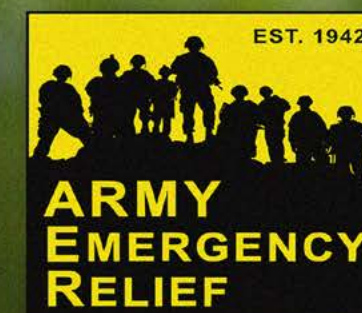
Interested in filling out an ICE comment? Click <https://ice.disa.mil/> or scan the QR Code.



ARMY EMERGENCY RELIEF OFFICIAL NONPROFIT OF THE U.S. ARMY



Empowering Soldiers, Enhancing Lives 2026 Annual Campaign



March 1 - June 14





Partnering with Forest Service

Before the Warrior Information Exchange began May 6, Joint Readiness Training Center and Fort Polk command, along with US Forest Service representatives, signed a renewed Special Use Permit Agreement, which allows for the continued use of 98,125 acres of USFS lands for the installation training and readiness mission. This permit and continued partnership is critical as it provides nearly 40% of available training lands for maneuver area and accounts for 50% of the installation's static ranges. The permit is tied to a Plan of Operation which details agency responsibility for compliance with terms and conditions that are monitored and reported to the community and leadership over the life of the permit. This permit is valid through May 2046 and JRTC and Fort Polk looks forward to this continued partnership with the USFS that directly supports installation readiness and the Army's mission. (U.S. Army photo by Angie Thorne)



Celebrating volunteers

Volunteers are awarded certificates by Maj. Gen. Jason Curl at the Joint Readiness Training Center and Fort Polk's commanding general's Volunteer of the 2nd Quarter Awards ceremony May 5 at the Warrior Center, Fort Polk. (U.S. Army photos by Karen Sampson)

Award winning youth

Noah Chance was selected as Louisiana Military Youth of the Year, through the Directorate of Family Morale, Welfare and Recreation Child and Youth Serices. Youth of the Year serves as both an exemplary ambassador for Boys & Girls Club and Youth Center youth, and as a strong voice for all young people. The application to become Youth of the Year includes developing a resume, cover letter, obtaining two letters of recommendation — one from your installation program, as well as a community letter of recommendation. Also included in the application packet are four short essays outlining: My club/youth center experience, What matters to me, personal growth, and my military youth experience. The youth's packets are scored by a panel. The panel then scores a public speaking "elevator pitch" portion that highlights the applicant's essays, as well as conducting a formal interview. (U.S. Army photo by Angie Thorne)



New mayors introduced

The new United States Army Garrison Mayor Volunteer Program introduced its newly elected housing mayors at the Warrior Information Exchange May 6. The USAG MVP program is intended to improve communication through education and transparency. Each MVP will serve as a voice to help better understand resident's needs and concerns.

Mayor Volunteers
leading
the way for growth
and development.

Ms. Dina Carrington Ms. Jessica Cobb
Palmetto Terrace Dogwood Terrace
Ms. Aubree Wilson
Maple Terrace

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

LEMON LOT

REGISTER YOUR VEHICLE AT
AUTO SKILLS CENTER
2651 LOUISIANA AVENUE
726-780-1369

Quality
USED CARS

WARRIOR
Fort Polk
Teamwork

YOUTH RESIDENTIAL LEADERSHIP CAMP
North Toledo Bend State Park
REGISTRATION MAY 4 - JULY 6

CAMP 1
JUNE 15-19
GRADES 4 - 6

CAMP 2
JULY 13-17
GRADES 6 - 12

\$150
PER CHILD
(NON REFUNDABLE)

REGISTER AT PARENT CENTRAL SERVICE
7960 Mississippi Ave., Bldg. 924

All participants must be registered with CYS and have a current sports physical
Call 726-780-1359 for more information

GAMERS NIGHT

Warrior Lanes
BOWLING CENTER

EVERY WEDNESDAY
WARRIOR LANES BOWLING CENTER
5:30 PM - 8:30 PM

FORT POLK DFMWR
RV, CAR, & BOAT

STORAGE

FOR STORAGE RATES OR QUESTIONS,
PLEASE CONTACT OUR AUTO SKILLS CENTER
726-780-1369

AMERICA'S
ARMED FORCES

KIDS RUN

9 am
MAY 16
Honor Field
Registration 8 am

Free and open to the public!
726-780-1359

FORT POLK'S *Exceptional* FAMILY MEMBER PROGRAM



CONTACT LIST

FAMILY SUPPORT EFMP

Army Community Service Prevention Center
1591 Bell Richard Ave., building 920

Christina Barrett, program coordinator
571-644-4204 or 726-780-1162
christina.l.barrett2.civ@army.mil

Ethel Jones, system navigator
520-706-2549
ethel.m.jones46.ctr@army.mil

MEDICAL EFMP

Bayne-Jones Army Community Hospital
1585 Third St.

Tammy Summers, health systems specialist (FMTS/EFMP)
726-780-2169
tammy.k.summers.civ@health.mil

EFMP Exceptional Family Member Program

ALLEN MEMORIAL LIBRARY
armymwrlibrary

HOST

STORYBOOK CREATIONS

Join us for storytelling and craft activities for EFMP enrolled or eligible families!

Where: Allen Memorial Library (7460 Colorado Ave, Bldg. 660)
When: 2nd Wed every other month (FEB, APR, JUN, AUG, OCT, & DEC)
Time: 4:00p-6:30p

NEW TIME!

RESERVE YOUR SPOT:

or email interest to
usarmy.polk.id-readiness.mbx.efmp-support-services@army.mil

Service animals welcome!

Join us for the opportunity to play, engage, and interact with other EFMP Families & EFMP staff to build a stronger community!

scan to email us for more info

NO outside food. Socks must be worn.

Army Community Service & Prevention Center

EFMP Exceptional Family Member Program

PLAY TOWN & CAFE

EFMP PLAY TIME

AT PLAYTOWN & CAFE

TIME CHANGE:
4:00PM-6:00PM
4th THURSDAY OF EACH MONTH

Service dogs allowed!

Join us for the opportunity to play, engage, and interact with other EFMP Families & EFMP staff to build a stronger community!

scan to email us for more info

NO outside food. Socks must be worn.

Army Community Service & Prevention Center

Chaplain explains attachment styles for stronger relationships

By Chap. (Maj.) David Thompson
Family Life Chaplain

FORT POLK, La. — In a military community, relationships are often tested in ways many never experience: deployments, long hours, high stress and constant transition. Whether you're a Soldier, spouse, Department of Defense civilian, or family member, one reality remains: how we connect with others directly impacts our resilience, readiness and well-being.

One powerful way to understand these patterns is through attachment theory; a psychological framework that explains how our early relationships shape the way we connect, communicate and respond to stress in adulthood.

Simply put, the way you learned to connect early in life often shows up in how you connect today.

Why attachment matters at Fort Polk

Life in the military doesn't just test physical endurance — it tests emotional connection.

- Distance during deployment can amplify insecurity
- Reintegration can challenge communication
- Operational tempo can strain relationships
- Stress can trigger emotional withdrawal or conflict

These pressures don't create relationship patterns — they often reveal them.

Research shows that adult attachment styles influence how we communicate, handle conflict and maintain closeness under stress.

In other words, the way you respond in your relationships may have deeper roots than you realize.

The four attachment styles

Attachment theory identifies four primary ways people tend to connect:

- Secure — Comfortable with closeness and independence
- Anxious — Seeks reassurance, fears abandonment
- Avoidant — Values independence, avoids emotional closeness
- Disorganized — Desires connection but struggles with trust and fear

These patterns often begin early in life. As noted in current research, "early childhood bonding experiences ... significantly impact how you approach relationships today."

Take a moment to reflect on which statement sounds most like you. Knowing which style you relate to isn't a diagnosis — just a starting

Family Life Chaplain couples counseling

Can help you better understand attachment styles for stronger relationships

Reach out today

Call Chap. (Maj.) David Thompson at 337-531-1161 or 337-718-8822



point for awareness.

How it shows up in real life

Attachment styles don't stay theoretical — they show up in everyday moments:

- During a disagreement with your spouse
- When a text goes unanswered
- In how you respond after a long day
- When you feel stressed, overwhelmed, or disconnected

For example:

- One partner may pursue closeness during conflict
- Another may withdraw to avoid escalation

Without understanding, this can feel like rejection or pressure — but often, it's simply different ways of coping.

As research explains, these patterns influence both emotional reactions and communication habits.

The good news: You can grow

Here's what's encouraging, attachment styles are not fixed.

People can and do move toward more secure patterns over time. Studies suggest that many individuals shift toward healthier attachment styles through supportive relationships and intentional growth.

A secure attachment is marked by:

- Emotional stability
- Clear communication
- Trust and openness
- Healthy independence

And these skills can be developed.

Practical steps for stronger relationships

If you want to strengthen your relationships, start here:

1. Increase Awareness — Notice your patterns, especially during stress or conflict.
2. Slow your response — Pause before reacting and ask: What am I really feeling?
3. Communicate clearly — Use statements like "I feel ..." instead of blame.
4. Stay Engaged — Avoid shutting down or escalating and lean into understanding.
5. Seek Support — Talking to a counselor, chaplain, or trusted mentor can help you grow.

Why this matters

Strong relationships aren't just personal — they are mission-critical.

When relationships are healthy:

- Families are more stable
- Stress is better managed
- Communication improves
- Overall readiness increases

At Fort Polk, building strong connections isn't just about home life — it's about strengthening the entire community.

Because at the end of the day, resilient people are built through meaningful relationships.

Final thought

Understanding how you connect is one of the most powerful steps you can take toward healthier relationships. And in a place like Fort Polk — where life moves fast and demands are high — that understanding can make all the difference.



**FORT POLK
RELIGIOUS SUPPORT OFFICE**

Peace, Love, and **PAUL**

VACATION BIBLE SCHOOL

JULY 28-31

9AM-12PM

GRADES K-6

Registration opens May 15th!



**MAIN POST CHAPEL
7217 RADIO ROAD
BLDG 427, FORT POLK
726-699-3141**



**OUR CREW IS TOTALLY TUNED IN TO SUPPORT CHILDREN WHO NEED SPECIAL
ACCOMMODATIONS. DROP A LINE TO CHRIS.M.GROSS.CIV@ARMY.MIL.**

Fort Polk Religious Education

MAY



-  PWOC: May 5th & 12th. 0930-1130 at Main Post Chapel
-  Power Wed.: May 6th & 13th from 1800-1930 at Main Post Chapel
-  Small Group Thursday (LDS,CWOC POLK@Polk : May 7th & 14th 1000-1130 at Main Post Chapel.
Note: LDS will also meet on 21 May 2026
-  Sunday Mornings : May 3rd, 17th and 24th
CH Liturgy during mass, Unity Kids during Protestant Worship
1120-1205 service and CCD ends for the year on May 10th, 1015-1115.
-  Saturdays: Pagan Religious Ed : May 16th from 4pm-7pm at Main Post Chapel & Men of the Anvil May 16th from 0800-1000 at Main Post Chapel.
-  Special Events this month: Peace Love and Paul
VBS registration opens 15 May 2026.



**Fort Polk
Religious Support Office
725-218-6324**

Army, Air Force Exchange Service named 2026 VETS Indexes 5-star employer

By Marcia Rhodes
AAFES Public Affairs

DALLAS – For the sixth consecutive year, the Army & Air Force Exchange Service has earned recognition in the VETS Indexes Employer Awards, this year achieving the program's highest distinction as a 5-Star employer. "Bringing those who have served into our workforce ensures the Exchange remains deeply connected to the community we support," said Exchange Director/CEO Tom Shull, an Army Veteran. "Hiring heroes is a Quality-of-Life force multiplier for the military community and keeps the Exchange strong, connected and mission-focused."

Veterans, active-duty military, National Guard members, Reservists, military spouses and dependents represent 46% of the Exchange's workforce. As the Department of War's largest retailer, the Exchange remains focused on attracting and retaining top talent by offering competitive compensation, including paid vacation and sick leave.

For Veterans joining the Exchange as full-time associates, their military service counts toward retirement, reinforcing the organization's commitment to long-term financial stability and support for those who've served. Additionally, the Associate Transfer Program helps military spouses maintain employment when their active-duty spouse undergoes a permanent change of station, allowing them to build



careers and maintain benefits.

This year, hundreds of organizations completed surveys for the VETS Indexes Employer Awards. VETS Indexes evaluate employers' policies and practices across several key areas, including:

- Veteran job candidate recruiting and hiring.
- Veteran employee development and retention.

• Veteran-inclusive policies and workplace culture.

• Support for members of the National Guard and Reserve.

• Military spouse and family support.

Veterans, military spouses and others interested in exploring a career with the Exchange can visit [ApplyMyExchange.com](https://aafes.media/cacbenefitspa) for a list of job openings worldwide.

Exchange Shoppers Can Win Big in Red Bull Shopping Spree

By Chris Ward
AAFES Public Affairs

DALLAS — While Red Bull can give you wings, entering the Army & Air Force Exchange Service's latest sweepstakes can give military shoppers a chance at winning a \$500 gift card.

Through May 31, authorized Exchange shoppers 18 and older can enter at [ShopMyExchange.com/sweepstakes](https://shopmyexchange.com/sweepstakes) for a chance to win one of 20 prizes. Ten grand-prize winners will receive a \$500 Exchange gift card, and 10 first-prize winners will receive a Red Bull KTM Racing Team Rev backpack valued at more than \$150.

"Sweepstakes provide military members and their families a chance to win prizes that make a difference in their quality of life," said Air Force Chief Master Sgt. Rich Martinez, the Exchange's senior enlisted advisor. "Offering these contests makes shopping the Exchange even more of a valuable benefit for service members and their families."

No purchase is necessary to win, and drawings will take place around June 12. Department of War and Coast Guard civilians and

ENTER FOR A CHANCE TO

WIN AN EXCHANGE SHOPPING SPREE

10 GRAND PRIZE WINNERS
\$500 Exchange Gift Card

10 FIRST PRIZE WINNERS
Red Bull KTM Racing Team Rev Backpack A \$153.95 value each

retirees and honorably discharged Veterans who have confirmed their eligibility to shop online may also enter. Veterans can visit [https://](https://aafes.media/paveterans)

aafes.media/paveterans to learn more about their shopping benefit. DoW civilians can visit <https://aafes.media/cacbenefitspa>.

INSTALLATION SERVICES FAIR

Fort Polk invites the community to meet leadership and hear about some of the outstanding programs and services offered on the installation.



MAY 28
4:30-6 P.M. AT THE WARRIOR CENTER

ORGANIZATIONS

- Family and Morale, Welfare & Recreation
- Human Resources
- Garrison Safety Office
- Religious Support Office
- Plans, Training, Mobilization and Security
- Emergency Services
- Logistics Readiness Center
- Public Works
- Staff Judge Advocate
- SHARP
- Bayne-Jones Army Community Hospital
- Better Opportunities for Single Soldiers
- American Red Cross
- Equal Opportunity
- Corvias
- United Services Organization
- Human Resources
- Commissary
- AAFES
- Plans, Analysis and Integration Office
- R2 Performance Center
- Non-Federal Employers
- MSC CFFRs and more!



SERVICES

General Powers of Attorney, extreme weather notifications sign-up and more

Childcare provided for service members, families and attendees

**Not available for organization employees working a booth*

Complimentary food will be available!

For more information call 337-353-1694

Fort Polk Commissary hosts Military Appreciation Day

Fort Polk shoppers enjoyed Military Appreciation Day April 25 at the Commissary. Folks talked to vendors and recieved coupons and free gifts, watched demonstrations and signed up for raffle prizes while checking off their grocery list. (U.S Army photos by Angie Thorne)





NEAR MISS
OSHA defines a near miss as incidents “in which a worker might have been hurt if the circumstances had been slightly different”. They are a precursor to accidents and are opportunities to identify hazards and unsafe conditions

**REPORT ALL NEAR MISSES TO THE
GARRISON SAFETY OFFICE AT
(726)780-1087**

TAP is there to help with Career Skills Program options

By Transition Assistance Program

FORT POLK, La. — The Transition Assistance Program staff has heard your concerns and wants to assure you that the Career Skills Program is still going strong — it has simply transitioned to a new operational process.

Service members still have three excellent avenues to choose from: the traditional Career Skills Program, Department of Defense SkillBridge and the Individual Internship Program.

Service members are authorized to participate in one Army Career Skills Program during their last 180 days in service.

Transition to the Virtual Center

The CSP application process is now managed through a Virtual Center. You can reach the VC via email, phone, or through their website (note: see flyer for information).

Once you make contact, you will receive a virtual briefing outlining the required steps, and a counselor will email you the specific application packet for your chosen avenue.

Upcoming IPPS-A PAR Integration

Currently, service members must still hand-carry their packets to obtain the necessary command signatures.

However, a major improvement is on the horizon: starting in May (exact date to be determined), the process will be modernized. Service members will be able to create an IPPS-A



Personnel Action Request to route their packets and gather all required signatures digitally.

Important note on individual internships

Currently, TAP is seeing common challenges regarding individual internships, specifically surrounding the vetting process.

Be aware that individual internships require vetting before approval. The unit commander is responsible for vetting the service member's program and signing the memorandum for record validating the verified information.

The entire application packet must be submitted to the Judge Advocate General for a legal review. Once the legal review is complete, the packet goes back to the service member's

commander and is then returned to the service member to be uploaded to the VC.

TAP is here to help

The TAP staff continues to provide updates on this process during the weekly Pre-Separation Briefings conducted every Wednesday.

The staff regularly highlights new changes and highly encourage any service member considering a CSP track to contact the VC to begin their process.

If you need clarification or assistance at any point during your transition journey, stop by the TAP office or call them at 726-780-1018.

The staff is ready to answer any questions you may have.



Career Skills Program

“Where Military Skills Meet Civilian Careers.”



What is the Army Career Skills Program (CSP):

CSP provides transitioning Soldiers with industry-recognized credentials and comprehensive job skills training to significantly enhance their employment prospects.

Who Is Eligible:

- Soldiers must be within 180 days of their separation/retirement date. Initiate your CSP packet EARLY to maximize your opportunities in the program.
- All Soldiers must complete the TAP Career Readiness Standards requirements.
- Must have Commander approval.

➔ Career Skills Program Participation Guidelines

- Must register for TAP
- Must attend Individualized Initial Counseling (IIC) and Pre-Separation Brief (PSB)
- Attend Career Skills Program Brief virtually
- Identify and enroll in a Career Skills Program (CSP), a DoW SkillBridge partnership, or an Individual Internship that aligns with your career goals.
- Complete the CSP checklist

➔ Need Assistance

Connect with the TAP Virtual Center CSP Counselors to receive the guidance and tools necessary for success in the Career Skills Program. Visit www.armytap.army.mil, call 1-800-325-4715, email usarmy.knox.hrc.mbx.tagc@army.mil, or scan the QR code to get started.



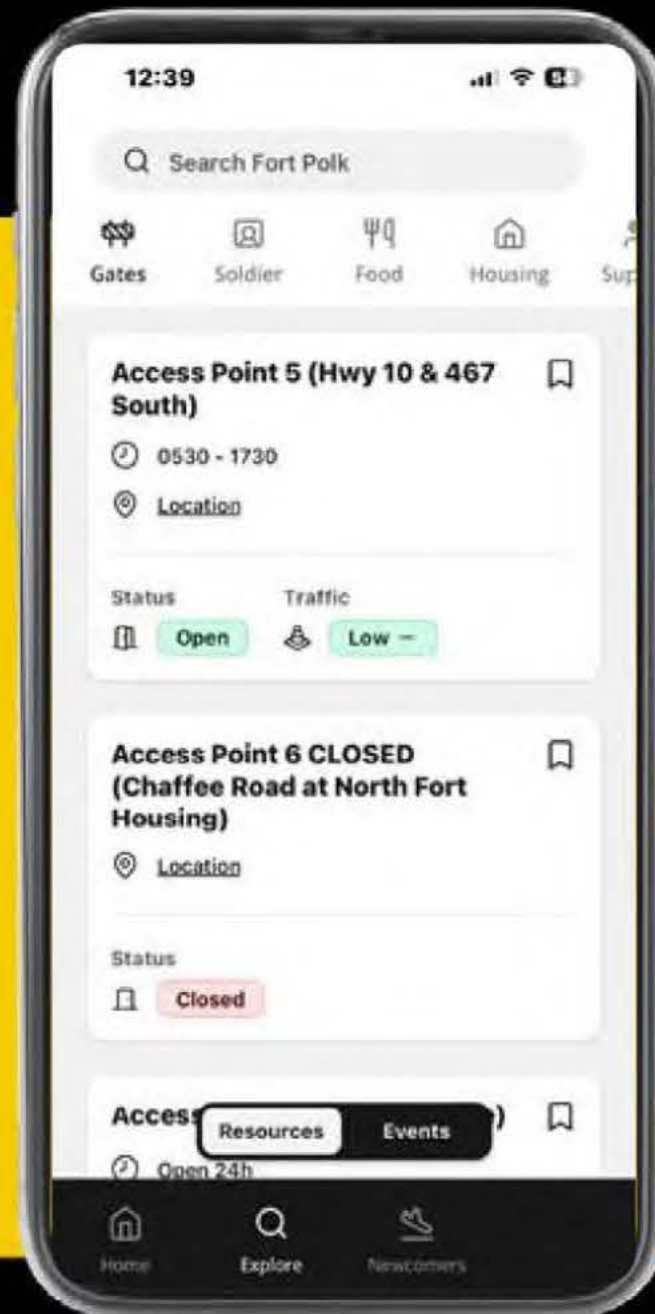
“The Career Skills Program allowed me to secure meaningful employment before I left active duty. That peace of mind meant everything for my family and our future.” - Transitioning Soldier

Don't miss out

DOWNLOAD TODAY!

STAY IN THE KNOW AT FORT POLK

- INSTALLATION SERVICES
- GATE HOURS
- COMMUNITY EVENTS
- MAINTENANCE REQUESTS
- WEATHER
- RESOURCES
- EMERGENCY ALERTS
- AND MORE



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on important information!



**June 26
at
Honor
field**

Fort Polk Motorcycle Safety Rally



All Department of Defense card holders, including active duty, Reserve, veteran, family members and DoD civilians, are welcome to participate.

Riders are to assemble at Honor field at 8:30 a.m. and the rally will begin at 9 a.m.

The ride takes place through the Kisatchee National Forest to Oakdale and ends back at Honor field.

Biker vests/cuts are prohibited. For more information call 726-780-1592.



**May is
Motorcycle Safety
Awareness Month**

**LOOK TWICE FOR
MOTORCYCLES**



**Motorcyclists were
15%
of all traffic fatalities in 2025.**