



Loretta Nale

Welcome to Louisiana

From the Director of Family and Morale, Welfare and Recreation

What makes Fort Polk special?

On behalf of the staff of Fort Polk's Family and Morale, Welfare and Recreation (F&MWR), welcome to your new home. We publish this quarterly magazine to highlight seasonal fun, both on and off post.

Fort Polk has opened three beautiful new Child, Youth and School Services centers to help support our hard-working Families. Our youth travel with CYS Services all around the region with plenty of things to do when school is out—when school is in session, there's even tutoring if they need it. Youth of all ages have sports opportunities of every kind. For singles, our Better Opportunities for Single Soldiers (BOSS) program is one of the most active anywhere and has raised thousands of dollars for gift packages to deployed Soldiers, while sponsoring trips and tours throughout the region.

People are flocking to our Toledo Bend Recreation Site, which offers accessible cabins, and a covered fishing pier. If you'd rather drive than float, discover the many faces of Louisiana in one of our rental campers (including pop-ups) for a great way to spend the weekend. The campers can be found along with a wide selection of boats, giant inflatables, canopies, tents, grills and more at the F&MWR Rental Center on Louisiana Ave. (behind Burger King®). TBRs is also hosting the ToledOlympics August 13th for a day of fun while running a beach obstacle course and competing for a ToledOlympics medal.

F&MWR also offers two terrific eateries in relaxing atmospheres: Mulligan's and Strike Zone. Mulligan's, right next to the golf pro shop, offers lunch specials during the week. Strike Zone features plenty of its own hot, spicy food, including pizza. It offers bowling of every type, including Cosmic Bowling and League Bowling. Next-door, Spare Time Lounge offers patrons free Wi-Fi and Wii, as well as old favorites like pool and darts. It features Domino and Texas Hold'em tournaments, as well as free UFC fights on multiple screens.

Have you heard a good book lately? Don't miss the Playaway experience at the library. Allen Memorial Library has much more than the wide selection of paper books. You can check out videos, keep up with all your favorite periodicals, download an e-book, or use our free computers. While you're visiting, pick up travel discounts from the Leisure Travel Services office and enjoy a smoothie from the Gator Store.

The Showboat Theatre hosts Operation Rising Star beginning in August. This event is an opportunity for Soldiers to share their talents. While Showboat chooses its stars, it will also host Dueling Pianos on September 24. Please join us for these entertaining events.

Join us for the Spouse's Conference on September 23rd. This conference is going to be quite informative and our guest speaker, military spouse and author, Michelle Cuthrell, shares her story about her first deployment.

Your F&MWR offers a full recreation program, and was recently recognized Army-wide for its innovative Recreation Delivery System programs. All fitness classes are now at Cantrell Fitness Center as we renovate and upgrade the popular Wheelock Fitness Center. Two gyms at north fort and two at south fort offer all the workout gear you need. As you turn the pages, you will enjoy all there is to do here: year 'round golf, arts and crafts, live theatre, shooting and archery, a paintball course, an auto skills shop, fitness and sports—the list goes on and on. Be sure to attend our Special Events and attractions and take the time to access the many cultural activities that contribute to the unique character of the state of Louisiana.

These are exciting times. Our "Home of Heroes" is going to add a Chili's®, Splash Park, Fantasy Putting Course, Go-Kart Track, and RV Parks at Toledo Bend and Alligator Lake Recreation sites. Army F&MWR wants you to know "Soldiers and their Families are entitled to a quality of life commensurate with their service." It's not a slogan—it's a commitment.

Service First—keeping our Army Family Covenant!

Loretta L. Nale, Director

