

GUARDIAN



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Army Emergency Relief 2024 campaign kicks off with day of fun

By **PORSHA AUZENNE**
Public Affairs Office

FORT JOHNSON, La. — Fort Johnson kicked off the 2024 Army Emergency Relief campaign March 1. The day commenced with a 2-mile fun run at Warrior Hills Golf Course, where the Fort Johnson community joined together in the early morning hours to start this year’s campaign with a bang.

For more than 80 years, AER has been the link through which Soldiers provide financial support to their fellow U.S. Army service members. Held three months of every year, the annual campaign looks to fully inform 100% of all active-duty Soldiers, retirees and their Families about the types of financial assistance available from AER, as well as provide Soldiers the opportunity to donate toward the cause. The program’s mission is to provide interest-free loans, grants and scholarships to promote readiness and financially assist Soldiers and their Families.

Molly Van Dyke, Financial Readiness Program manager at Fort Johnson’s Army Community Service, has been invested since she first got word of the campaign.

“Army Emergency Relief is incredibly important to our community,” Van Dyke said. “Last year Fort Johnson Soldiers, Families, and retirees received more than a quarter of a million dollars of AER funds to help with immediate financial needs and transitioning out of the military.”

Broken down, Fort Johnson Sol-



Participants take off for the Army Emergency Relief kickoff run March 1 at Warrior Hills Golf Course. (U.S. Army photo by Porsha Auzenne)

diers and Families received \$191,000 in 0% interest loans, \$62,000 in grants and \$30,000 in scholarships.

“Without the support of our community, AER would not be able to meet the financial needs of Soldiers and Families on the installation,” Post Command Sgt. Maj. David P. Hanson said at the fun run. “AER is asking you to consider the thousands of Soldiers who don’t have an emergency fund yet or parents or friends they can turn to for help. Those Soldiers come to AER for assistance, and we are asking our community to ensure they get the help needed by making a small month donation by allotment.”

Pvt. Maghate Duncan, one of the guest speakers at the kickoff run, shared how AER funds helped both

him and his Family.

“I first learned about AER last year when I started basic training,” Duncan said. “My wife got in a critical accident around this time, so I needed assistance flying back home to take care of her, assist with bills and provide for my Family. My drill sergeant back then introduced me to the AER office, and immediately they ensured I was able to go home with the funds needed for my Family and wife’s recovery.”

This year, Fort Johnson aims to reach \$100,000 in donations. The AER campaign runs from now until June 14.

To donate and help Fort Johnson Soldiers and Families, please visit: <https://give.armyemergencyrelief.org/ftjohnson>.



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DONATE TODAY!
[Click here to donate](#)



Cover photo: Soldiers take part in a 2-mile run during the Army Emergency Relief kickoff March 1. (Photo by Porsha Auzenne.)



KICKOFF 2024



(U.S. Army photos by Porsha Auzenne)

HIRING EVENT: connecting communities, fostering opportunities

By ANTOINE AARON
Public Affairs Office

FORT JOHNSON, La. — Fort Johnson's Army Community Service hiring event took place Feb. 26 to help bridge the gap between job seekers and potential employers.

Stacy Delgado, Employment Readiness Program manager, organized the event and said it offers anyone attending a wide range of employment opportunities.

"The event focuses on transitioning Soldiers and spouses, but is open to any individual seeking employment opportunities," Delgado said. "It's a great format for networking and making connections."

The event hosted a diverse range of 17 employers offering jobs opportunities in fields such as health care, law enforcement, engineering, banking, administrative support and more.

From remote and part-time jobs to full-time positions, the event presented a plethora of opportunities for qualified applicants eager to embark on new professional journeys. A total of 80 job seekers attended the hiring event focused on building strong relationships between attendees and vendors alike.

Kimberly Jannone, representing Navy Federal Credit Union, highlighted the significance of stability and networking for military spouses, emphasizing the invaluable support system events like these provide.

"It's important because if you're a military spouse, and you're always moving, it's essential to have stable ground to build connections. You may meet someone at one hiring event and see them again at another one with someone else and there's your next job opportunity."

Laura Lemere Kock, a military spouse, echoed these sentiments, expressing gratitude for these types of events amidst the challenges of relocation.

"It's a great opportunity to meet people and explore potential career paths," Lemere Kock said.

For some vendors the event was not only a platform for recruitment, but also a means of giving back to the military community.

Marcus McLilly, a military veteran and employer at Christus Health, draws from his own experiences as a veteran navigating the employment landscape and emphasizes the importance of informing transitioning Soldiers and spouses about the many opportunities available to them.

"As a veteran, I lacked the amount of programs to seek employment that Soldiers have today and it took awhile to find a position. I feel it's great to be able to talk to these guys and let them know of the great opportunities they have now," McLilly said.

Navigating the job market can be daunting, especially for individuals with varied work experiences due to military-related relocations. Vendors at the ACS hiring event understand these unique challenges.

"My resume has good job listings, but my time at these jobs aren't that long. The vendors have been very understanding when you tell them the reason is due to the Army moving my Family around," Lemere Kock said.

Beyond job opportunities, the event also served as a valuable learning tool for attendees who were able to add to their interview and resume skills.

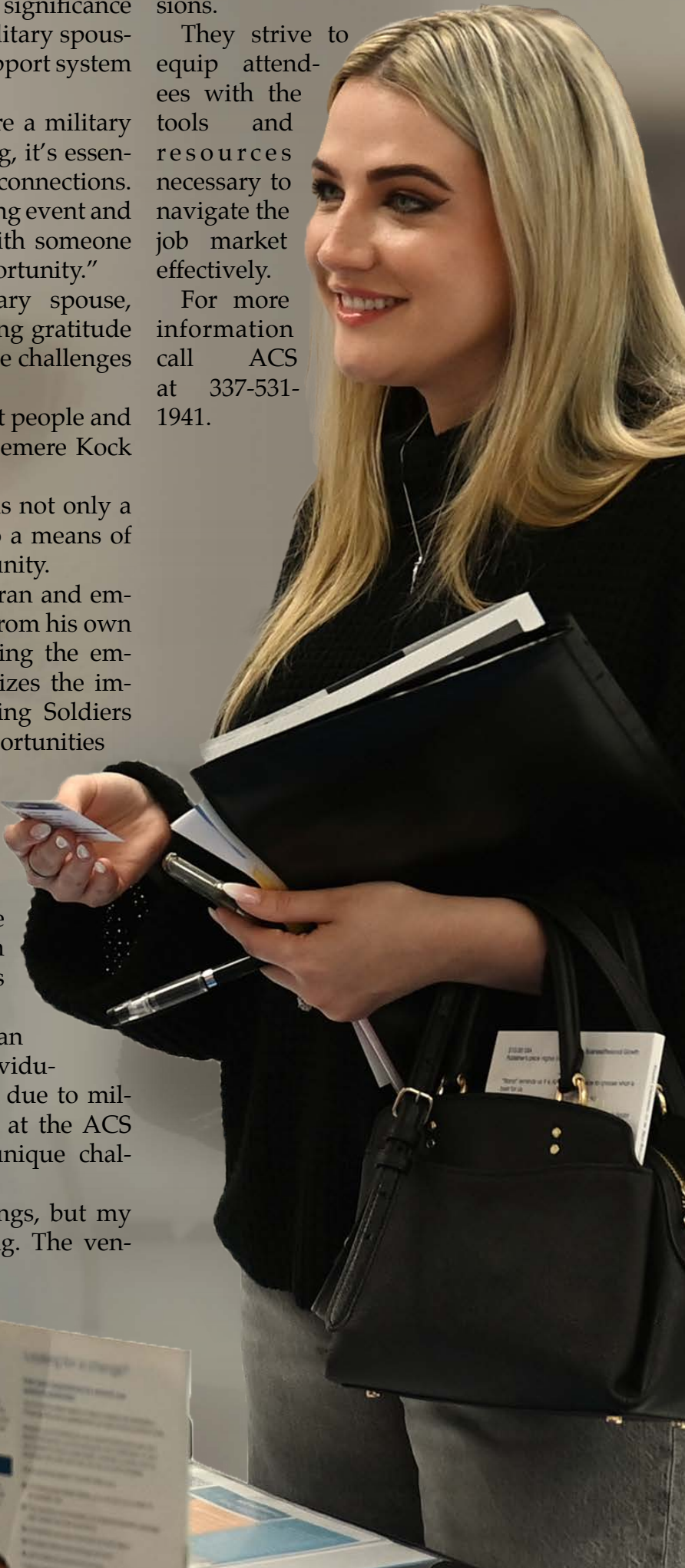
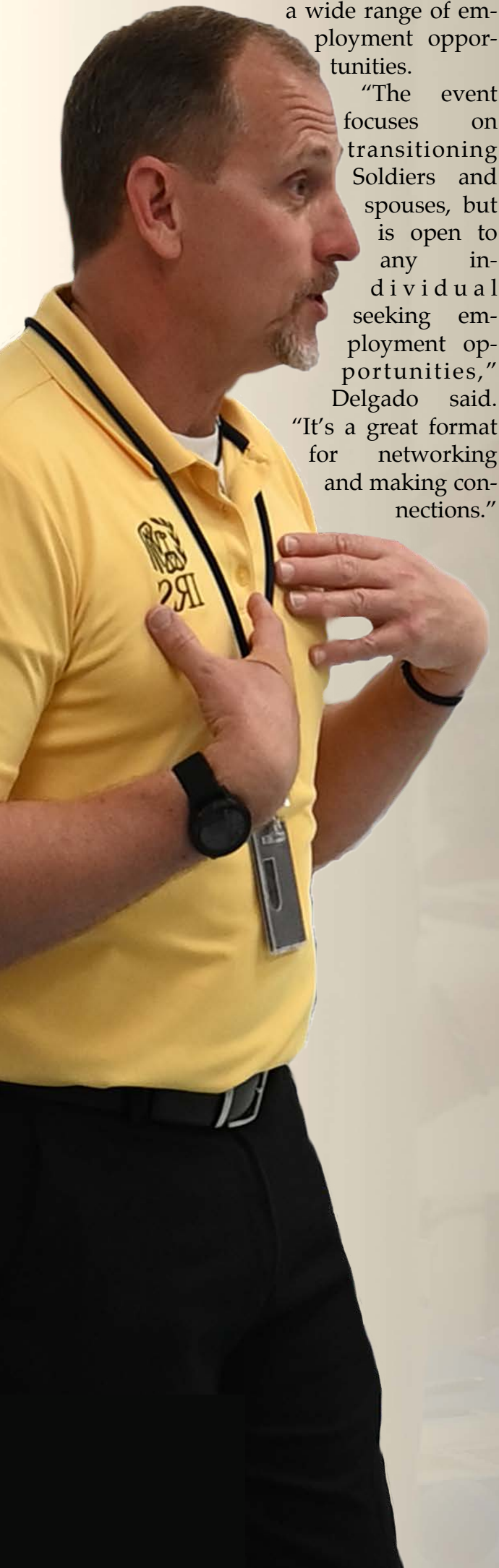
No matter the level of skill, Jannone emphasized the significance of self-assurance in every aspect of the job-seeking process.

"Be confident in everything you do including your resume, what you wear, your attitude and especially yourself," Jannone said.

In addition to its quarterly job fairs, ACS offers classes focusing on interviewing, resume writing tips and coaching sessions.

They strive to equip attendees with the tools and resources necessary to navigate the job market effectively.

For more information call ACS at 337-531-1941.





SPOUSE-2-SPOUSE

SPONSORSHIP TRAINING



MARCH 18 AT 1:30 PM

Do you want to help incoming spouses?

Well, now you can!

ACS is offering a new training to Fort Johnson spouses to become sponsors to assist incoming Families.

Sponsors will be in contact with incoming spouses before they arrive and can answer questions, provide resources, etc.

Sponsors will get volunteer hours for their time!

We want all who PCS here to feel like part of the Fort Johnson Family!



**Class is held at ACS, building 920
Please call 337-531-7087 to register!**



**Your opinion
matters!**

**Your feedback can make a BIG DIFFERENCE
in the quality of life for Army families.**

**Your Army Wants to
Hear from You!**

TENANT

SATISFACTION SURVEY

March 4 - April 18

*Completely confidential

We are investing significantly in housing improvements to ensure quality living conditions are provided to our Soldiers and families. Survey feedback will guide the Army's efforts to provide quality, safe and secure housing.



The completely confidential survey will be emailed from ArmyHousingSurvey@celassociates.com. For additional questions, please contact your local **Army Housing Office**.

You never know who you'll run into at Fort Johnson,



especially during hours of limited visibility.

Not all PT is conducted on designated PT routes. Slow down and use extra caution when driving in hard-to-see conditions, such as nighttime or bad weather.

Patriot Brigade takes time to forge resilient Warriors

By **CHUCK CANNON**
Public Affairs Office

FORT JOHNSON, La. — The motto of Fort Johnson is “Forging the Warrior Spirit.” The 3rd Brigade Combat Team, 10th Mountain Division, has taken that motto a step further by forging resilient warriors.

Chaplain (Capt.) Jacob Brooks, 710 Brigade Support Battalion, 3rd BCT, 10th Mtn Div, said spiritual readiness initiatives — part of the Army’s Spiritual Fitness Training — are chaplain led, but command sponsored. The iteration used by 3rd BCT is a blend of spiritual resiliency training and the popular History Channel television show “Forged in Fire.”

Chaplain (Capt.) Greg Ledbetter, 3rd Squadron, 89th Cavalry Regiment, 3/10, started the 3/10 program more than 18 months ago. He reached out to Powel and Sons, a company in nearby Anacoco who own a forge. Thus, was born the Forged in Resiliency initiative.

“We’ve seen good results and great feedback from both Soldiers and units,” Brooks said. “Commanders wanted to see it used brigade wide. We have learned that it is good for both new Soldiers and career Soldiers.”

The three-day program begins with Soldiers asked, “Who am I?” Each Soldier is given a small plate of steel, each unique in shape and size. The Soldiers are then asked, “Where do you come from?”

“We want to know their background, what drives them,” Brooks said. “Then we talk about purpose. Next the Soldiers draw a template of the knife they want to build, giving them and their steel purpose.”

On day two, the Soldiers are asked to think about how they respond to challenges and adversity in life. That is tied to knife-making by using grinders and adjustments to improve their steel. The process shows the Soldiers how they can turn adversity into something that could turn out beautiful or appreciated.

The third day Soldiers and mentors discuss how everything comes together to make a knife, and how the Soldiers can go back to their units and become part of a trusted team, working together. The day ends with a discussion on how to care for their knife, keep it sharp, and take those principals to their unit and life.

“For me, the real value is it gives Soldiers firsthand opportunities to reflect and learn,” Brooks said. “Every part of the process of building a knife translates back to the idea of being forged as individuals, and across Fort Johnson, forged for war.”

While many people might think of spirituality as religious, Brooks said that’s not always the case.

According to the Army, a Soldier’s spirituality can be about following a chosen religion, but it can also mean just being spiritual in their own way. He said Army spirituality considers



3rd Brigade Combat Team, 10th Mountain Division Soldiers hone their blades at the Forged in Fire event. (U.S. Army photo by Chuck Cannon)

a Soldier’s core values to be what drives the them and gives their life meaning.

“We help them see why that is important and how it helps them to be trusted professionals in the Army,” Brooks said. “United States citizens entrust us with a lot of responsibility with tanks and weapons, and we have to be people of purpose, and have morals and ethics that drive our decision making.”

Spc. David Frazier and his spouse, Pfc. Madison Frazier, both with 2nd Battalion, 4th Infantry Regiment, 3/10, attended the most recent resiliency training together. For Madison, it was her second time through the course.

“This is amazing,” she said. “The chaplains walk you through each step of the process and lets you know how it relates to the challenges you will face. I was able to translate each step of the knife-making process into my life.”

David agreed, and added he learned a new aspect of spirituality. He said he knew the Army had many field manuals, but never knew spirituality had its own: FM 7-22.

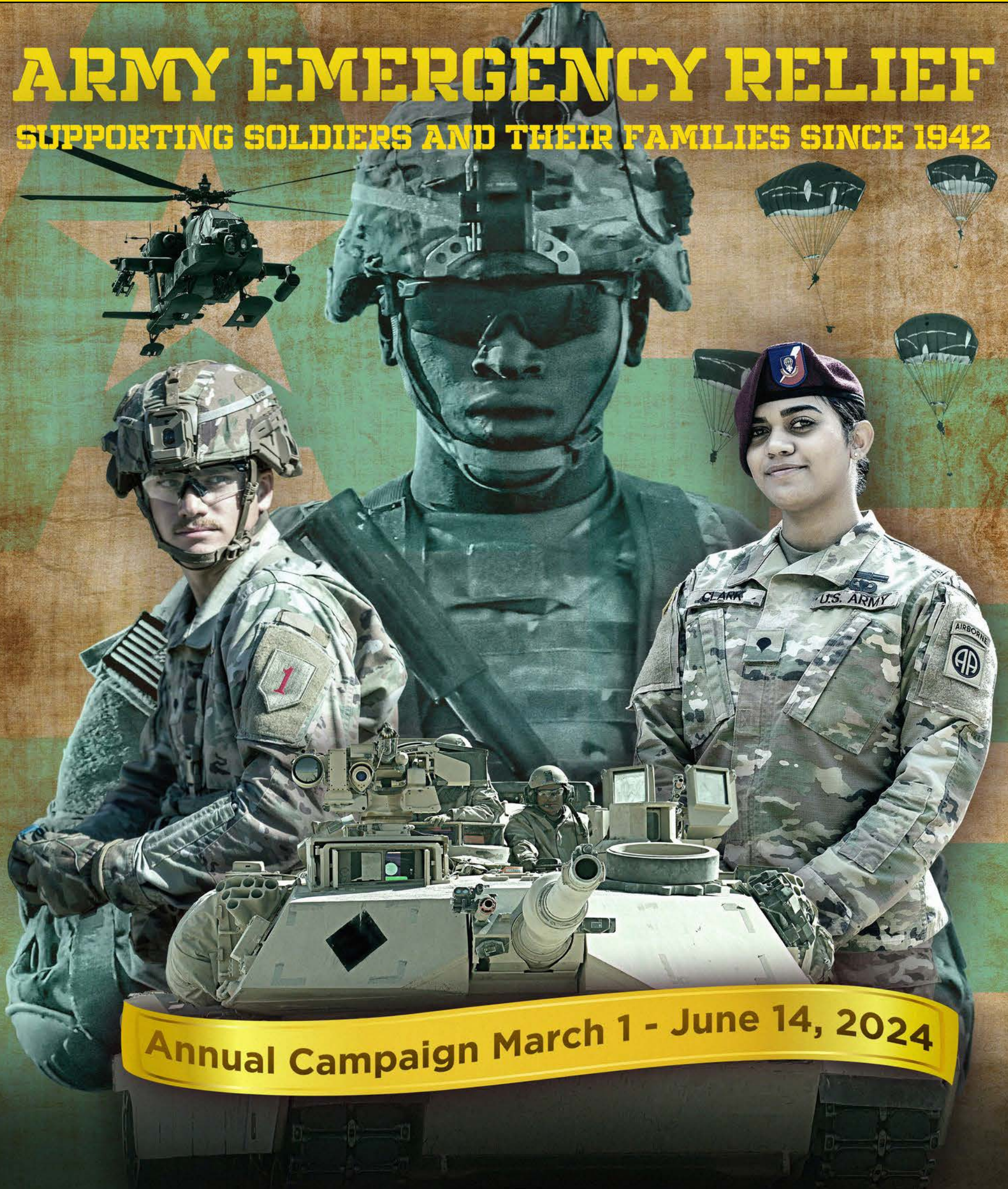
“I always thought that if you were in the Army you had to be a Soldier first, but I’ve learned that Family is just as important,” he said. “This program has brought my wife and I closer.”



Staff Sgt. Lin Lin, chaplain’s assistant in 3rd Brigade Combat Team, 10th Mountain Division, is using Big Blue, a forging hammer. (U.S. Army photo by Chuck Cannon)

ARMY EMERGENCY RELIEF

SUPPORTING SOLDIERS AND THEIR FAMILIES SINCE 1942



Annual Campaign March 1 - June 14, 2024

ARMY
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YOUR DONATION HELPS SOLDIERS AND FAMILIES IN NEED
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Fort Johnson commemorates Medal of Honor recipients

By Retired Lt. Col. MARK LESLIE
Director of Plans, Training, Mobilization and Security

FORT JOHNSON, La. — The Medal of Honor is the nation’s highest form of recognition and gratitude. It is bestowed to an exceptional few who execute extraordinary acts of bravery involving extreme risk to their personal safety in the face of the enemy.

Though that standard of honor is simply stated, it is anything but simple to achieve.

According to the Congressional Medal of Honor Society website, to receive the medal the service member must distinguished theirself conspicuously by gallantry and intrepidity at the risk of their life above and beyond the call of duty.

To honor that level of dedication and promote gratitude and recognition of Medal of Honor recipients, National Medal of Honor Day was established by Congress March 25, 1999.

That day was chosen because it was on March 25, 1863, the first Medals of Honor were presented to six members of Andrews’ Raiders (Union troops who conducted a raid in support of the battle of Chattanooga during the Civil War).

Since its inception, 3, 536 Medals of Honor have been awarded, which includes 19 double recipients. There are currently 63 living Medal of Honor recipients.

Think about the millions of men and women who have served in the military and the tens of thousands, no, hundreds of thousands of selfless acts of courage and bravery that have been performed on the battlefield and the small number of Medals of Honor awarded since the medal’s creation.

That should tell you something about not only how selective our country is in bestowing this medal, but also something about this elite group of extraordinary men that have been awarded our Nation’s highest honor.

President Harry Truman captured the essence of esteem and merit involved in awarding of the medal to service members: “As I have told the rest of these young men who have been here before me, I would much rather have that Medal around my neck than to be President of the United States. It is the greatest honor that can come to a man. It is an honor that all of us strive for, but very few of us ever achieve,” Truman said.

The Army, Navy and Air Force each have their own unique and distinct version of the Medal of Honor that represent their service culture. How can a nation appropriately honor men who have displayed such selflessness and gallantry? Everlasting respect and recognition of their sacrifice is a small gesture from a grateful nation. But an educated and informed citizenry is also part of this enduring effort.

This Medal of Honor Day, Fort Johnson will



do its part to not only honor these heroes with everything it has at its disposal, but to also educate the community on their contributions. The week of March 18, our Army and Air Force Exchange Service partners will display an exhibit in the post exchange honoring all 29 Medal of Honor recipients credited to the State of Louisiana. Stop by and check it out.

Fort Johnson’s Allen Memorial Library will host a children’s themed Medal of Honor story time hosted by Col. CJ Lopez, garrison commander, March 22 at 11:30 a.m.

On March 25, Medal of Honor Day, the installation will release a podcast about Medal of Honor heroes. You can find the podcast at <https://www.youtube.com/@jrtcandfortjohnson>. That day, Fort Johnson will also be posting social media tributes honoring Medal of Honor recipients.

In addition to these events, a special Medal of Honor tribute is planned to highlight recipients, which will help inform the Fort Johnson community about the rich Army history that can be found right here on the installation.

By now, it shouldn’t be news to anyone at Fort Johnson that this installation memorializes Sgt. William Henry Johnson, a World War I Army Soldier who earned the Medal of Honor, among many other decorations, for his heroic and selfless actions in World War I. But that is not this installation’s only connection to the

Medal of Honor.

That’s why Fort Johnson has renamed 10 streets across our three housing areas memorializing Army Medal of Honor recipients.

Thanks to the wonderful partnership with Corvias, Fort Johnson has achieved a first in the Army. All 10 streets named after Medal of Honor recipients have been emblazoned with the Army Medal of Honor to inform the public and residents that they live on a street memorializing a Medal of Honor recipient.

There will be an installation unveiling ceremony on Diamond Street in Palmetto terrace March 18 at 5 p.m.

This unveiling will symbolize the unveiling of all 10 Medal of Honor streets on Fort Johnson. If you live on one of these streets, be proud and learn more about your street’s Medal of Honor recipient as you take part in Army history in a unique and special way.

The 10 Fort Johnson streets named after Medal of Honor recipients are:

1. J.H. Diamond Court (Palmetto)
2. East Stance Loop (Palmetto)
3. H.B. Whittington Court (Palmetto)
4. Roach Court (Palmetto)
5. Ma Lee Street (Palmetto)
6. L.H. Huges Court (Dogwood)
7. Fournet Court (Dogwood)
8. Wise Street (Maple)
9. Kane Street (Maple)
10. Schowalter Street (Maple)



THIS WEEK 4-8 MAR 2024



EYE PROTECTION

Getting into the habit of wearing military combat eye protection (MCEP) 24 hours a day and changing the lenses was difficult. Honestly, it was a pain. But as my deployment progressed and I witnessed firsthand what shrapnel did to the eyes of Soldiers who were not wearing MCEP, eye protection became extremely important to me. In no time, it became second nature.



TASK SATURATION

Overloaded when it came time to simulate firing the missile, natural instinct took over and the co-pilot/gunner's left hand went directly for the trigger. The missile left the rail and headed straight for the mountain ahead.



PMV-2 TRAINING

Jimenez owned the bike for about two months when he was on his way home from work. Speeding on a poorly lit section of highway, he lost control and crashed into a guardrail. Although he was taken to a hospital, he later died there.

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A family of information technology systems that underpins the Army Safety and Occupational Health Management System.



A great resource for motorcycle information and learning to be a safe rider.



An interactive, easy-to-use, automated system designed to assist users with the application of risk management.



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A collection of resources to aid commanders and leaders in the management of range operations and safe weapons handling.

DID YOU KNOW?

Do you want to start receiving U.S. Army Combat Readiness Center safety products — such as the weekly **RISK MANAGEMENT** newsletter and Preliminary Loss Reports — via email? If so, just click the **subscribe to safety products** box at the bottom of this newsletter and select which products you'd like to receive.

SUBSCRIBE



WHAT'S NEW

SAFETY SHORTS

Safety Shorts are one-slide or one-page briefings that contain a quick video clip and safety tips for individual topics. To date, the USACRC has released 18 Safety Shorts covering on- and off-duty topics, as well as a variety of season-specific themes.

Click here to check them out. No CAC required!

Safety SHORTS

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WATCH THIS

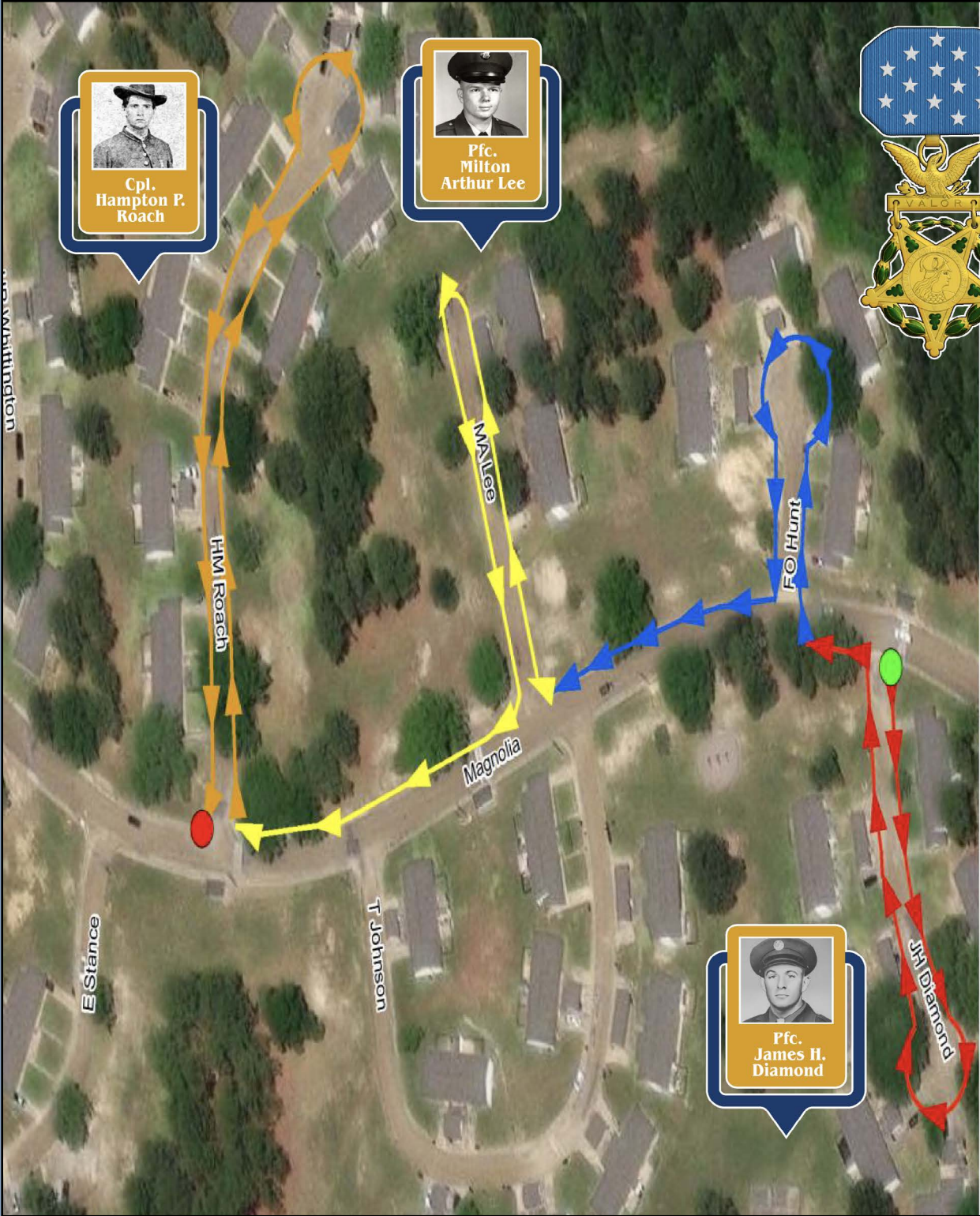


CLICK TO VIEW



Housing Town hall

Fort Johnson held its monthly housing town hall in the Maple Terrace neighborhood Feb. 26. Members from Fort Johnson leadership, Corvias and the Directorate of Emergency Services met with residents to discuss quality of life. The town hall concluded at the Maple Terrace Community Center, where members of the community were able to voice additional inquiries. (U.S. Army photos by Porsha Auzenne)



Palmetto Terrace

March 18 | 5 p.m.

Sequence of Events

- Start at Diamond Street at 5 p.m. for walking tour
- Team will take a left on Magnolia Street
- Right on Hunt Street
- Right on Magnolia Street
- Right on Lee Street
- Right on Magnolia Street
- Right on Roach Street
- Team will end tour at the Palmetto Terrace Community Center
- ★ Commanding general open discussion upon completion of walking tour. Town hall concludes at 6 p.m.

Four Fort Johnson Soldiers administer medical aid to person in need

By **ANGIE THORNE**
Public Affairs Office

FORT JOHNSON, La. — Whether you know you have an existing medical issue or not, you never know when a medical emergency will happen.

When a woman found herself in just such dire medical straits, she was lucky that a group of four Fort Johnson Soldiers enjoying a round of golf were there to help.

On Feb. 2 at approximately 2 p.m., Chief Warrant Officer 2 William Roberts, 32nd Hospital Center, Capt. Lukas Dubose, 32nd Hospital Center, Sgt. 1st Class Bradley Robinson, Joint Readiness Training Center Operations Group, and Staff Sgt. Ridge Gargas, 32nd Hospital Center, responded to a real-life medical emergency during the Garrison Commander’s Golf Scramble.

The following is a short narrative described by Robinson:

“We had just finished the eighth hole and were moving to the next when we tried to engage in conversation with a woman who was nearby.

She was nonverbal and not responding to Gargas when he tried to engage her in conversation. She seemed to be in a state of confusion, so the group stopped to assess the situation and quickly realized something was wrong.

As we walked up to the individual, she began to stumble. I assessed the situation as the patient started to lose consciousness. The patient began having a medical episode. We stayed with her until it was over.

As the patient regained consciousness, I continued my assessment until emergency services arrived.

While their teammates were administering aid, Dubose and Roberts looked for identification and called 911 to relay a patient report to dispatch, helping to ensure that the right care would be provided upon arrival by an ambulance.

“Given that all four us have dealt with similar situations, the reaction was immediate as we began providing care and executing our roles,” Dubose said.

After confirming with Dubose that emergency services were being contacted, Roberts began mentally noting the specifics of the situation, including the time and the treatments administered by Robinson.

Robinson said having been a combat medic for the last 15 years, it comes naturally to respond to any medical emergency at any time.

“It’s what we are called to do and there is an overwhelming sense of relief when you can put into action the education and training you have received in your profession,” he said.

In the end, helping the woman is what was most important to these Soldiers.

There’s a sense of pride in what they do when



ROBERTS



ROBINSON



DUBOSE



GARGASZ

These are the four Fort Johnson Soldiers that helped in with the medical emergency Feb. 2.

helping someone said Dubose. “I’m just happy we were at the right place and time to help,” he said. “It just goes to show that repetition of your craft can prepare you for when you are needed the most.”

Being able to help the individual during a medical episode is something that was rewarding for Gargas.

“The likelihood that trained personnel that handle these types of situations were there at the exact right time is extraordinary. There is no telling how long she could have been there without any medical care. I was just thankful we were there,” Gargas said.

Roberts said it’s affirming to use the skills acquired through military training, even

though one hopes never to need them.

“The opportunity to assist someone during their most challenging moments is an unparalleled experience,” Roberts said.

Robinson believes Army medical training is the very best in the world.

“I believe this situation was a testament to the fantastic training we put our first responders through. The team responded appropriately and in doing so, gave the chance for other medical professionals to respond quickly and move the patient to the next level of care. The quality of Army medicine is showcased through the selfless acts of service we see across the force on a consistent basis,” Robinson said.



Women's
HISTORY
Month

Hospital Soldiers partner with 4-H to help support regional camp

By JEAN CLAVETTE GRAVES
BJACH Public Affairs Officer

FORT JOHNSON, La. — Sgt. 1st Class John Martinez and Staff Sgt. Andres Perez from Bayne-Jones Army Community Hospital conducted stop the bleed training and shared information about their military careers during the 4-H Victory Challenge Camp in Anacoco, Louisiana, Feb.23.

The camp is an annual event for the 10 parishes in the region.

“Each year, a different parish hosts the camp,” said Ester Coco Boe, Louisiana State University Agricultural Center, 4-H Central Regional Coordinator. “This year we had a patriotic theme. In addition to team-building skills, we also performed acts of service.”

The 70 campers wanted to show appreciation for those who’ve served by making quilt tops for Quilts of Valor. The organization donates machine or hand-sewn quilts to service members or veterans who have been touched by war.

Martinez, a combat medical specialist, and Perez, an operating room specialist, engaged with campers to help them learn more about active-duty service in military medical occupational specialties.

Martinez said it’s important to educate the next generation about careers in the military.

“Despite coming from a military background, I didn’t feel like there were any opportunities to learn about the military firsthand from service members when I was growing up,” he said. “It’s important for me to talk to these kids about my career and how rewarding serving in the Army has been for me.”

Perez said community engagements in schools and at camps like this are beneficial for students.

“As an NCO (noncommissioned officer) it’s important to influence the next generation of leaders in a positive way,” he said. “Today we were able to demonstrate positive future career opportunities for these kids.”

Perez hopes the campers left with a better understanding of the possibilities available to them in the U.S. Army. Tiffany Koch, school liaison officer for the Joint Readiness Training Center and Fort Johnson, coordinated BJACH’s participation in this year’s camp.

Koch said it’s important for Soldiers to engage with school-aged children whenever opportunities arise.

“It’s a sense of community,” she said. “These kids understand Soldiers fight and win our nations wars, but that’s all they really think about. As I’ve traveled around the state, I’ve noticed that kids think Soldiers are G.I. Joes running around Fort Johnson all day shooting guns and blowing things up.”

Koch said it’s valuable for kids to see a different side to the armed forces.

“It’s really neat for kids to learn more about



Sgt. 1st Class John Martinez (left) and Staff Sgt. Andres Perez from Bayne-Jones Army Community Hospital conducted stop the bleed training and shared information about their military careers Feb. 23 during the 4-H Victory Challenge Camp in Anacoco, Louisiana. (U.S. Army photos by Jean Clavette Graves)



Soldiers, their backgrounds, where they come from, why they serve and what their jobs entail,” she said.

Koch said outreach opportunities give children the chance to really connect with Soldiers.

“Events like this help kids better understand the cool things Soldiers get to do. They also learn that Soldiers have children and Families too,” she said. “Connecting our military members with our community like this is rewarding for all parties involved.”

Koch said she provides an important

resource for military Families.

“All installations across the Department of Defense have a school liaison officer,” Koch said. “We are the connection to help military kids find programs like the 4-H. The biggest thing that makes a child and a Family feel welcome and part of their community is through programs and activities children are interested in.”

Koch said she can help children find activities they are interested in to build that sense of community, helping to ensure a successful transition from duty station to duty station.

JRTC & Fort Johnson Motorcycle Safety Courses




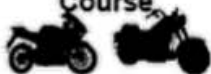




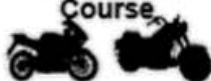

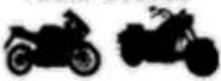
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- Type in <https://safety.army.mil>
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- Click on visit AIRS Website at <https://airs.army.mil/Home.aspx>
- Follow the above link, type in your CAC code and click on "I ACCEPT"
- At the top for Region, click on "Southeast", and in Garrison, click on "Fort Johnson"
- 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

(337) 531 - RIDE

MARCH 2024

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5 Basic Riders Course 	6	7 Intermediate Drivers Training 	8 Advanced Rider Course 	9
10	11	12 Basic Riders Course 	13	14 Intermediate Drivers Training 	15	16
17	18	19 Basic Riders Course 	20	21 Intermediate Drivers Training 	22 Remedial Drivers Training 	23
24	25	26 Basic Riders Course 	27	28 Intermediate Drivers Training 	29 Advanced Rider Course 	30



**LOOKING TO HAVE THE
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FORTJOHNSONPAO@GMAIL.COM**



Increased access to **optometry** for Fort Johnson community

By **JEAN CLAVETTE GRAVES**
BJACH Public Affairs Officer

FORT JOHNSON, La. — Optometrist Dr. Catherine Liu joins the Bayne-Jones Army Community Hospital Eye, Ear, Nose and Throat Clinic, increasing access to care for active-duty Family members and retirees beginning April 1 at the Joint Readiness Training Center and Fort Johnson.

Lt. Col. Grigory Charny, deputy commander of clinical services at BJACH, said the addition of Liu to the EENT clinic will allow the hospital to see more patients.

“Dr. Liu’s arrival doubles our optometry practice at BJACH,” Charny said. “We are thrilled to have her on our team. Now we can take care of more of our patients.”

“I’ve been seeing a full load of patients for about a week,” Liu said. “I was able to hit the ground running because I am already trained on MHS (Military Health System) GENESIS. This has allowed our clinic to get after the backlog of active-duty eye appointments and start paving the way to start seeing dependents and retirees.”

Liu is a Doctor of Optometry with a degree from the Illinois College of Optometry, with residency training in ocular disease and low vision, along with certifications in minor surgical procedures.

Liu is a military spouse and has been working at the Alexandria Veterans Affairs Health Care System in Pineville, Louisiana, since their permanent change of station from Fort Carson, Colorado.

Liu became an eye doctor because she wanted to be in a profession that was easily accessible and impactful for a patient’s overall health.

“I believe the old adage that our eyes are the



Optometrist Dr. Catherine Liu, joins the Bayne-Jones Army Community Hospital Eye, Ear, Nose and Throat Clinic, increasing access to care for active-duty Family members and retirees beginning April 1 at the Joint Readiness Training Center and Fort Johnson. (U.S. Army photos by Jean Clavette Graves)

window to our souls,” Liu said. “When you look at someone’s eyes, you can tell a lot about their health. As a medical professional, it’s all about preventative care. Catching things early is beneficial for the patients and the medical system.”

Liu has diagnosed diseases ranging from diabetes, dry eye, high blood pressure, to cataracts, and brain tumors.

Liu said going to the eye doctor isn’t scary or invasive.

“Seeing an optometrist at BJACH is helpful for Soldiers and their Families,” she said. “If you come and see me, I will give you a very

thorough exam and try to address all of your concerns.”

As a military spouse, Liu understands the stress her patients are under from personal experience.

“I know deployments, moving, or transitioning out of the Army is stressful,” she said. “I can empathize with my patients because I know where they are coming from. Having optometry services at BJACH will hopefully alleviate some of that stress for them.”

For more information call BJACH’s EENT clinic at 337-531-3276/3277 or visit [BJACH EENT](#).

IMCOM TIP OF THE WEEK

You can further your
education with **Army**
University and
ACCESS.



home.army.mil/johnson





Celebrating promotion

In a ceremony held March 8, Maj. Gen. David W. Gardner, Joint Readiness Training Center and Fort Johnson commanding general, was promoted by Gen. Andrew P. Poppas, the United States Army Forces Command commanding general.

JRTC & Fort Johnson and DFMWR Presents

MARCH 28

FORGE FEST

SEAN KINGSTON

BRANDON DAVIS
KAYLEE ROSE
DJ BLACK RHINO

**Headquarters Field
Gates Open at 4:00 p.m.**

**LIVE MUSIC - FOOD - CARNIVAL
LIVE PERFORMANCES
HOME BASED BUSINESSES
FIREWORKS**



IGSA signing

Fort Johnson garrison leadership met with Leesville Mayor Rick Allen to sign an intergovernmental support agreement in reference to vegetation control services March 8. The IGSA between the City of Leesville and Fort Johnson provides a win-win partnership to keep vegetation on the installation and training areas within requirements standards. The City of Leesville and Fort Johnson entered the partnership in March 2018 and the City has continued to provide excellent services to the installation. Mayor Allen was gifted a commemorative garrison coin and a Forging the Warrior Spirit” hammer for his continued, unwavering support to Fort Johnson and the community.





JOINT READINESS
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CALLING ALL MILITARY SPOUSES!



▶ How do I take the survey?

The **2024 Active-Duty Spouses Survey** is open March 4-Apr. 18. It assesses the impact of military life on spouses and their Families. Unlike many surveys about military Family life, this survey is a representative sample and is authorized by the Department of Defense. This is our opportunity to share what is working and what is not working in this military life we all live. It will take about 10 minutes!



Scan
to take the survey or visit
DODSURVEYS.MIL

- 1 Scan the QR Code in the bottom left corner
- 2 Click the **"DON'T HAVE A TICKET"** button
- 3 Put your 10-digit **BENEFICIARY DOD ID NUMBER** found on the back of your military ID card. This ensures only military spouses are the ones completing the survey and completing it on time. All surveys are anonymous
- 4 Put in your date of birth and click the **"GET MY TICKET NUMBER"** button
- 5 Click **"START SURVEY"**

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 Johnson Police Traffic Division at 337-531-1806, 6675 or 2675.

1994	Ford	F250	3432
1997	Dodge	1500	3720
2003	Nissan	Maxima	6157
2014	Chevrolet	Cruze	0491
2002	Pontiac	Grand Prix	1285
1995	Dodge	1500	8277
2016	Jeep	Patriot	9883
2005	Buick	LaSaber	7593
2001	GMC	Yukon	6444
2010	Hyundai	Genesis	5409
Unknown	Unknown	Utility trailer	N/A
2000	Ford	Mustang	8551
2016	Hyundai	Elantra	3891
2008	Yamaha	R6	5446
2016	Yamaha	R3	2153
UNK	UNK	Boat trailer	UNK
UNK	UNK	Kayak trailer	UNK
UNK	UNK	Boat trailer	UNK
UNK	UNK	M/C trailer	UNK



ARMY COMMUNITY SERVICE ARMY FINANCIAL LITERACY PROGRAM

DTG	Financial Literacy Classes	Location
Every Wednesday 8:30 AM - 12:30 PM	Refresher Course	ACS, Bldg. 920
1st Wednesday of each month 1:00 PM - 2:00 PM	Prepare Finances for vesting in the TSP	ACS, Bldg. 920
1st Wednesday of each month 2:30 PM - 3:30 PM	Prepare Finances for Continuation Pay Under Blended Retirement System	ACS, Bldg. 920
2nd Wednesday of each month 1:00 PM - 2:00 PM	Prepare Finances for a Deployment	ACS, Bldg. 920
2nd Wednesday of each month 2:30 PM - 3:30 PM	Prepare Finances for Return From Deployment	ACS, Bldg. 920
2nd Wednesday of each month 3:30 PM - 4:30 PM	Prepare Finances for a PCS	ACS, Bldg. 920
3rd Wednesday of each month 1:00 pm - 2:00 pm	Prepare Finances for a Marriage	ACS, Bldg. 920
3rd Wednesday of each month 2:30 PM - 3:30 PM	Prepare Finances for Welcoming a New Child	ACS, Bldg. 920
4th Wednesday of each month 1:00 PM - 2:00 PM	Prepare Finances for Divorce	ACS, Bldg. 920
4th Wednesday of each month 2:30 PM - 3:30 PM	Prepare Finances for a Disabling Sickness or Condition	ACS, Bldg. 920
4th Wednesday of each month 3:30 PM - 4:30 PM	Prepare Finances for a Promotion	ACS, Bldg. 920

RSVP Required: Please call ACS at 337.531.1957/1958

GARRISON COMMANDER'S MARKSMANSHIP COMPETITION MARCH 24



**12 P.M. TO 5 P.M.
MWR SHOOTING RANGE
\$25 PARTICIPATION FEE**

Compete for prizes in archery, axe throwing, rifle and shotgun!

Participants can provide their own weapon!

FOR MORE INFORMATION OR REGISTRATION

CALL 337-531-7552

Amazing race offers fun challenges for Fort Johnson community



At the fire station, teams had to dress in firefighter gear, unroll hoses and attach nozzles and connections before figuring out their clue to the next location. (U.S. Army photo by Angie Thorne)



Amazing Race teams gather for a safety brief before the start of the race March 2. (U.S. Army photo by Angie Thorne)



At the Allen Memorial Library, contestants had to find a book in the digital card catalog and then head to the stacks to pull the book. (U.S. Army photo by Angie Thorne)



Showing perfect form, this Amazing Race team member releases his paper airplane in an effort to make it through the orange hoop at Army Community Service. (U.S. Army photo by Angie Thorne)



Participants in the Amazing Race work as a team to create a splint for a "broken leg" at their stop at Bayne-Jones Army Community Hospital. (U.S. Army photo Courtesy BJACH)

BRIEFS

Assisted stretch therapy

Cantrell Fitness Center is now hosting assisted stretch therapy sessions. Benefits of stretch therapy include improved performance in physical activities, joint stiffness prevention, stress reduction, enhanced flexibility and more.

Cost is \$20 for 30 minutes and \$30 for 60 minutes.

<https://johnson.armymwr.com/happenings/assisted-stretch-therapy>



Story time

The Allen Memorial Library hosts Story Time each Tuesday and Friday at 11:30 a.m. Library staff, or a special guest, read a story to children from the Fort Johnson community. After listening, kids participate in a craft.

For more information call 337-531-2665.

Outdoor movie night

Come out to Headquarters Field March 15 for an outdoor movie night complete with complimentary popcorn and drinks! Military spouse-owned businesses will set up shop as well as an evening full of fun activities. Event opens at 6:30 p.m. and movie begins at 7:30 p.m.



<https://johnson.armymwr.com/calendar/event/outdoor-movie-night/6224915/83168>

Basic skills maintenance

Calling all single Soldiers! No matter if you're an expert or just entering the auto mechanic field, this class will teach you how to manage your vehicle's basic needs. This free event takes place March 15 at the Auto Skills Center from 5:30 p.m.-6:30 p.m.

<https://johnson.armymwr.com/calendar/event/life-skills-basic-vehicle-maintenance/6385384/87324>



Cars and coffee

Join the Auto Skills Center for discussion about cars around a hot cup of coffee. Takes place every third Saturday from 9 a.m.-1 p.m. The next Cars and Coffee event is scheduled for March 16.

For more information call 337-531-6149.

Easter egg scavenger hunt

Youth ages 10 and under are invited to partake in this fun, egg-citing scavenger hunt at Catfish Cove March 16 from 11 a.m.-2 p.m. Plus, the Easter Bunny may be making a surprise appearance!

<https://johnson.armymwr.com/calendar/event/easter-eggs-scavenger-hunt/6384722/87240>

Youth strongest competition

It's time to flex those muscles, Fort Johnson youth! Come out to Perez Field March 19 for the annual Strongest Youth Competition. From 10 a.m.-1 p.m. children will compete in challenges such as sand bag sack, log toss, tire flip, shed pull and more.

For more information call 337-531-6004.

Easter at PlayTown & Café

Hop on over March 23 from 11 a.m.-3 p.m. for a visit with the Easter Bunny at PlayTown & Café!

For more information call 337-531-4057.

FORT JOHNSON THINGS TO DO

March 13: CEO Roundtable

Lake Charles, La.

On Wednesday, March 13, from noon – 1 p.m., the City of Lake Charles will host a CEO Roundtable featuring Larry Avery, managing partner/owner of Big Easy Foods and co-founder of Crying Eagle.

The free event will be held in the Lake Charles City Council Chambers, located at 326 Pujo St.

For more information call 337-491-1388.

March 16: Wearin' of the Green Parade

Baton Rouge, La.

The 39th Annual Wearin' of the Green St. Patrick's Day Parade will roll on Saturday, March 16 promptly at 10 a.m. Louisiana State University basketball legend Seimone Augustus will lead the parade as Grand Marshal with her Family and friends. Expect to be entertained by



the Caledonian Bagpipers, numerous marching bands and their dance groups, the Magic Circus Leprechaun, numerous dignitaries and over 80 decorated floats with enthusiastic Krewes. The parade route will be dotted with green shamrocks painted on the street. We are always hoping for great weather and possibly some last

minute surprises!

<https://wearinofthegreen.com/>

March 17: Celtic Bayou Festival

Lafayette, La.

Celtic Bayou Festival is a family-friendly festival held annually in March to celebrate St. Patrick's Day in the heart of Cajuncountry with traditional and modern Celtic music, Lenten crawfish boil, whiskey tasting, Celtic vendors, and much more! Come on out for some good ole craic et laissez les bons temps rouler!

<https://www.explorelouisiana.com/events/festivals/celtic-bayou-festival>

March 22: Alice in Wonderland Performance

Lake Charles, La.

Join us for a Family-friendly ballet with Alice as she embarks on a whimsical journey through Wonderland. Takes place at the Rosa Hart Theater.

<https://www.facebook.com/events/859716905852983>

March 24: Art Under the Oak

Lake Charles, La.

Hop on over to Art Under the Oak! Our free-to-attend holiday Family festival offers the perfect



way to spend your Sunday while discovering Southwest Louisiana's small businesses. Bring your family for a delightful day under the historic Sallier Oak.

And that's not all! Our friend the Easter Bunny will be stopping by to say hi and for pictures. Be prepared for the cuteness of Almosta Farm's mini petting zoo! Enjoy browsing at our open-air market showcasing local artists, artisans, and delicious food. We'll be taking advantage of the beautiful March weather with a variety of games, including giant Jenga and more.



<https://www.facebook.com/events/863811881569507/>





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PERFORMANCE PLAN

MEAL PREP MENU



MONDAY

Beef & broccoli w/ steamed rice
Pesto pasta w/ steamed asparagus
Grilled chicken breast, brown rice
and carrots



TUESDAY

Roasted turkey, mashed potatoes
and green beans
Herb baked chicken, roasted
potatoes and mixed veggies



WEDNESDAY

Caribbean chicken w/ green beans
Turkey yakisoba w/ asparagus



THURSDAY

Spaghetti w/ meat sauce
Pesto pasta w/ steamed carrots



FRIDAY

Beef & broccoli w/ brown rice
General Tso's chicken, rice
and broccoli



Meal card holders use
their MEC w/ CAC and
BAS Soldiers pay \$7.00
(standard lunch rate).

Request meals at point
of sale (restaurant).
Soldiers can request two
meals per day and no
more than 14 meals per
week.

Average calories per
entree: 450-800

Entrees include:
Side salad, fresh fruit,
chips, dessert, flatware
and more!

Starting Feb. 12 at Geronimo Warrior
Restaurant and Patriot Warrior Restaurant
Now available for Soldiers!