

JRTC AND FORT JOHNSON

GUARDIAN

JAN. 23 VOL. 52, NO. 2



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COVER PHOTO

Sgt. Maria Manley, Dental Activity, is the noncommissioned officer in charge of barracks 2450. Manley was in the reopen Department of Public Works Troop Self-Help Store to exchange some lightbulbs and take a look around Jan. 18. (U.S. Army photo by Angie Thorne)



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JRTC AND FORT JOHNSON

Brig. Gen. Jason A. Curl
Commanding General
Col. CJ Lopez
Garrison Commander

PUBLIC AFFAIRS STAFF

Laurel Stone
Director of Public Affairs
Keith Houin
Deputy Director of Public Affairs
Angie Thorne
Command Information
Jeff England
Public Affairs
Chuck Cannon
Community Relations
Porsha Auzenne
Public Affairs
Gabe Walker
Community Relations
Antoine Aaron
Public Affairs
Karen Sampson
Public Affairs

Editorial Offices

Building 4919, Magnolia Street
Fort Johnson, LA 71459-5060
Voice 337-531-4033
Fax 337-531-1401
Fort Johnson Homepage
home.army.mil/johnson/

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For additional information, please visit the @JRTCandFortJohnson Facebook page.



ON POST

Upcoming Events



MST Family Game Night

Jan. 24, 5:30-7:30 p.m. at Building 744

Join the Middle School and Teen Center for a fun-filled family game night - we're bringing out the classics! Snacks and drinks will be provided.

*Youth must be registered with MST to participate. For more information call 337-531-1992.



Call of Duty: Warzone Tournament

Jan. 31, 6 p.m. at Home of Heroes Rec Center

Your mission, survive until every other player or squad has been eliminated from the game. Prizes will be given to 1st, 2nd and 3rd place. Drinks and refreshments will be provided.

*This event is for single Soldiers only. Registration open until Jan. 29. For more information call 337-531-5870.



Cupid's Cantrell Challenge

Feb. 14, 6 p.m. at Cantrell Fitness Center

Do you have what it takes to test the strength of your valentine? This workout challenge will put you and your special someone to the test! Answer Cupid's call with a "partner workout for couples", raffle prizes and more.

No registration required. Children's room available. Call 337-531-1935 for more information.



Sweetheart Scotch Doubles

Feb. 15, 5 p.m. at Warrior Lanes Bowling Center

Strike up a conversation with your sweetheart over 3 games of scotch doubles! Cost is \$20 per couple. For more information call 337-531-6273.



OFF POST

EVENTS



28
Jan.

Sourdough Beginner Course

NATCHITOCHES, LA.

[Click for more info](#)



31
Jan.

LA Armed Forces Alliance Grand Opening

LEESVILLE, LA.

[Click for more info](#)



8
Feb.

Candies & Candles

NATCHITOCHES, LA.

[Click for more info](#)



15
Feb.

Rayne Parade & Gumbo Cookoff

RAYNE, LA.

[Click for more info](#)



28
Feb.

Merchant's Parade

LAKE CHARLES, LA.

[Click for more info](#)

NO ARMY OR FEDERAL ENDORSEMENT IMPLIED.

Operations Group hosts change of responsibility

Col. Richard P. Taylor, commander of Joint Readiness Training Center Operations Group, hosted a change of responsibility ceremony welcoming Command Sgt. Maj. William J. Gallant as command sergeant major of JRTC Operations Group and to bidding farewell to Command Sgt. Maj. Michael D. Hall, Jan. 8, at the JRTC and Fort Johnson, Warrior Center. (U.S. Army photo by Karen Sampson)



The
THREAT
may be closer than you think

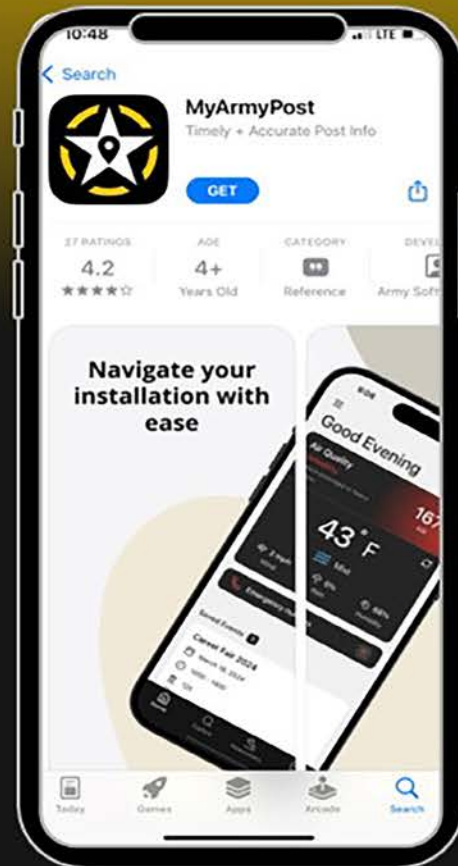


Stay Vigilant

Report all suspicious activities — See Something. Say Something.

My Army Post App

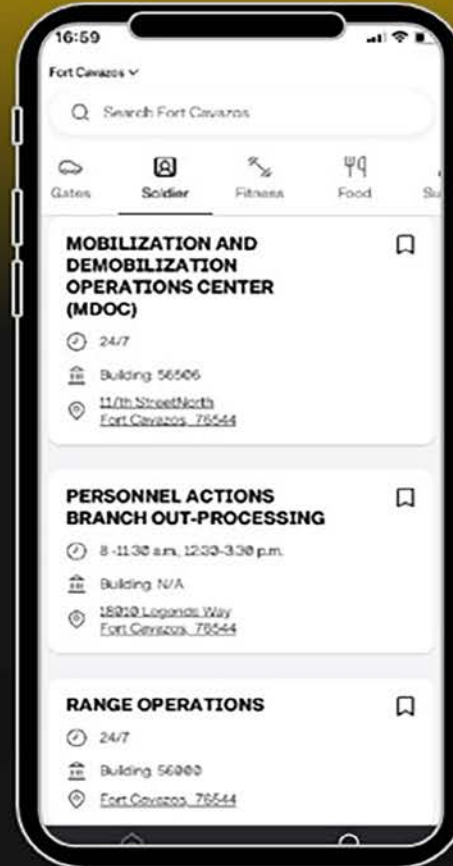
Step 1:
Download the app



Step 2:
Select your base



Step 3:
Stay in the know!



WE ARE THE ARMY'S HOME | HOME.ARMY.MIL | ARMYMWR.COM



Know Your Government Vehicle -Drive Smart, Arrive Alive!

- 1. Familiarize Yourself with the Vehicle**
- 2. Clean Windows and Mirrors**
- 3. Pack Essential Safety Equipment**
- 4. Perform Preventive Maintenance**
- 5. Practice Defensive Driving**
- 6. Plan Ahead**



Historical data from the last several years indicates that government-owned motor vehicle accidents consistently peak between January and March. Use safety precautions to ensure safe operations of TMPs

If you have any questions or need further clarification, please don't hesitate to contact Mr. Albert Slider, Garrison Master Driver Manager at (337)531-3787 or albert.j.slider.civ@army.mil

Serving Soldiers, Self-Help Store reopens with cut of ribbon

By Angie Thorne

Fort Johnson Public Affairs Office

FORT JOHNSON, La. — Fort Johnson's Directorate of Public Works Troop Self-Help Store has reopened in its new, more accessible location, 2265 Louisiana Ave., Bldg 3307.

This move marks a significant step in enhancing convenience and efficiency for facility managers, Soldiers, and Department of the Army civilians. The new location is designed with their needs in mind, making it easier to access essential supplies and handle minor repairs with minimal disruption.

By collaborating with the Better Opportunities for Single Soldiers team, DPW is also working to expand its inventory, incorporating valuable input from the BOSS Soldiers to better serve the Fort Johnson community.

The new location has many benefits including:

- Quick Access to essential maintenance items, including fluorescent bulbs, replacement mini-blinds, Mold Buster kits and rodent and insect traps

- A faster turnaround on minor issues for Garrison building occupants who can now address basic repairs themselves, allowing craftsmen to focus on more complex issues.

- A centralized location ensures increased convenience and easier access for all personnel, saving valuable time and effort. The new location is there to better serve Fort Johnson Soldiers and help keep operations running smoothly.

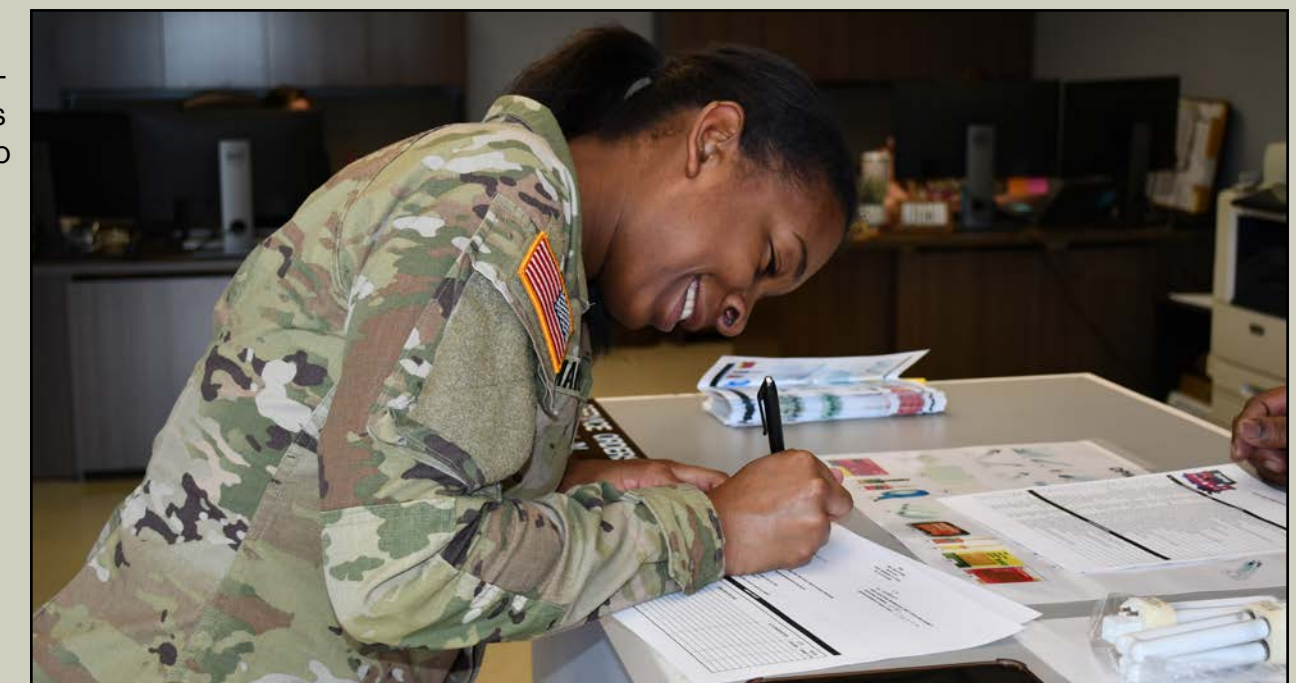
Col. CJ Lopez, Fort Johnson garrison commander, Nathan Jernigan, Public Works director, representatives from the troop store and other installation organizations gathered to cut the ribbon to reopen the store.

"We hope this will be a facility that will be far more user friendly," Jernigan said. "It's in a better location and we hope to see a lot more foot traffic."

After the ribbon cutting, guests were invited to check out the store and enjoy light refreshments.



Col. CJ Lopez (left), Fort Johnson garrison commander, Directorate of Public Works leadership and other representatives helped cut the ribbon at the newly reopen Troop Self-Help Store Jan. 18. (U.S. Army photo by Angie Thorne)



Sgt. Maria Manley, Dental Activity, filled out paperwork to exchange old lightbulbs for new ones at the reopen Troop Self-Help Store Jan. 18. Manley is a resident and the noncommissioned officer in charge of barracks 2450. (U.S. Army photo by Angie Thorne)



Sgt. Maria Manley, Dental Activity, looked at the many items offered at the reopen Troop Self-Help Store Jan. 18. (U.S. Army photo by Angie Thorne)



One of the many items offered at the reopen Troop Self-Help Store is a mold buster kit. (U.S. Army photo by Angie Thorne)

Spouses, check out My Career Advancements Account scholarship

By Department of Defense for course credits required for a degree approved under the program (including the College Level Examination Program tests).

WASHINGTON — Furthering your education can be expensive. Every little bit helps. That's why military spouses should check out the Department of Defense Military OneSource My Career Advancement Account Scholarship.

What is the My Career Advancement Account Scholarship?

The scholarship is a workforce development program that provides up to \$4,000 in financial assistance to eligible military spouses for the pursuit of a license, certification or associate degree or for continuing education courses to maintain a license or certification necessary for employment.

The MyCAA Scholarship is part of the Defense Department Spouse Education and Career Opportunities program, which offers comprehensive coaching, information, tools and resources to support military spouses in meeting their career and education goals.

Spouses can use their My Career Advancement Account scholarship at any approved institution to receive assistance with the costs of national tests

Who is eligible for MyCCA?

- Spouses of active-duty service members under Title 10 orders in pay grades E-1 to E-6, W-1 and W-2 and O-1 to O-3.
- Spouses of National Guard and reserve members under qualifying Title 10 orders in the above pay grades.
- Spouses who have completed high school or obtained a GED.

How do you establish an account with the MyCareer Advancement Account Scholarship?

Spouses can visit the MyCAA Scholarship website at <https://mycaa.militaryonesource.mil/mycaa/> and provide the required spouse profile information. All scholarship participants are required to use DS logon to access their accounts. Military spouse enrolled in the Defense Enrollment Eligibility Reporting System are eligible for a DS Logon account.

For more information about creating a DS Logon premium account, click on the **Need Support?** button at the DS Logon page.



FAST FACTS

•The My Career Advancement Account Scholarship provides a maximum tuition benefit of \$4,000 with an annual fiscal year cap of \$2,000 to assist eligible military spouses who need professional credentials to meet their career goals.

•The My Career Advancement Account Scholarship will pay for tuition and testing fees.

•You have a three-year time limit to use your My Career Advancement Account Scholarship funding, which begins on the start date of the first course taken.

•NOTE: Programs only leading to a certificate are not eligible for the My Career Advancement Account Scholarship. You must be in pursuit of a recognized post-secondary credential.

Additional information, assistance

- 1.) Visit <https://mycaa.militaryonesource.mil/mycaa/resources>
- 2.) Call 800-342-9647 to speak with a SECO career coach or advisor from 7 a.m. to 10 p.m. Monday through Friday or from 10 a.m.-5 p.m. on Saturday.
- 3.) You can connect directly with an SECO career professional about your unique career or education needs by clicking on MySECO.militaryonesource.mil at the top of any page. The career center can help spouses:
 - Explore career interests, evaluate school options and compare programs of study, including costs.
 - Review and approve spouse education and training plans.
 - Make allowable changes to career goals and coursework.
- 4.)Call Stacey Delgado, Fort Johnson Employment Readiness Program manager at 337-531-6922.

Fire Department, Starbase team up to explain fire whirls

By Fort Johnson Fire Department

Fort Johnson, La. — The Fort Johnson Directorate of Emergency Services Fire Department has partnered with Starbase to teach students the many scientific and interesting aspects of firefighting.

Alex Rivera, a Fort Johnson firefighter, teaches the classes. The last one took place Jan. 10.

As part of the introduction to the class Rivera explained the role of a firefighter and the different responsibilities they have, such as responding to fires, rescuing people and providing emergency medical care. To do their job, firefighters have to have extensive training including physical fitness, firefighting techniques and emergency medical certifications.

Rivera also highlighted the dangers firefighters face, such as exposure to hazardous materials and extreme temperatures, as well as the personal satisfaction of saving lives and property.

He then explained fire triangles, which are the essential components needed for a fire to occur:

- Heat: A source of energy that can cause combustion (e.g., flame, friction, electrical sparks).
- Fuel: Any material that can burn (e.g., wood, gasoline, paper).
- Oxygen: Air typically provides the oxygen that fuels the fire.

Without one of these three elements, a fire cannot occur or will be extinguished. This understanding is fundamental for both fire prevention and firefighting.

Rivera talked about current events such as the wildfires in California.

"Wildfires can be caused by dry conditions, high winds and human activity. The destruction caused, and the impact on communities

and the environment can be tremendous," he said.

Wildfires tend to take place in vast uncontrollable areas and can spread quickly because of wind and dry vegetation, which can cause fire whirls or tornadoes. These are rare but dangerous phenomena that can occur in intense wildfires.

They are spinning columns of fire, created when intense heat causes air to rise rapidly, forming a vortex.

As the vortex spins, it draws in hot gases, smoke, and burning debris.

"When a fire is large and intense enough, the heat can create updrafts of air, and the surrounding winds can cause a vortex to form," Rivera said. "This vortex picks up flames, smoke and debris, creating a rotating column of fire that can spread quickly, endanger firefighters and be extremely destructive."

Rivera then created a small, contained fire whirl for the class.

Title: Understanding Fire Whirls

Fire whirls are natural phenomena that occur during forest fires. They are like fire tornadoes, created when hot air rises from the flames and begins to rotate. The rising heat causes the air to spin, drawing more air into the vortex, and with it, the flames. This makes the fire spread faster, especially to the treetops, where it can cause even more destruction.

In nature, this happens when intense heat from the fire causes an updraft. The surrounding air, either from the wind or uneven heating, starts to rotate. As this rotation gets stronger, it pulls in more air, creating a swirling column of flames and smoke. But today, we're simulating this process in a more controlled setting. The trash can and net work together to create that same rotating air vortex. The net inside the can grabs the air molecules, forcing them to spin, just like the natural rotation caused by a wildfire.

Without the net, the air wouldn't spin. There would be no vortex, and without that rotation, the fire whirl couldn't form. The net is essential in creating the movement needed to sustain the spinning wind inside.

In nature, a fire whirl can be an unpredictable and dangerous phenomenon, but here, we've used the same principles to create a small-scale, controlled version. The net inside the trash can mimics the rotating winds that occur in a wildfire, allowing us to understand how fire whirls work, all while keeping the process under control.

So, next time you see a fire whirl in nature, you'll know that it's just hot air, a little rotation, and a whole lot of fire working together to create a force of nature.



Alex Rivera (left) and Mark Gilbert, Fort Johnson firefighters, fan the flame to demonstrate a fire whirl. (U.S. Army photo by Karen Sampson)



Alex Rivera, Fort Johnson firefighter, explains a fire whirl to fifth grade students from Hicks High School. (U.S. Army photo by Karen Sampson)

Firearm Registration

Weapons registration is easy

- Transfer from previous duty station
- Download [form 563](#) from the web
- Pick up form 563 from the exchange gun counter
- Pick up form 563 from Fort Johnson's Directorate of Family and Morale, Welfare and recreation shooting range
- Pick up form 563 from the Visitor Control Center

For more information call the Visitor Control Center at 337-531-0380. Use this link to print out [form 563](#).



Steps

- Commander's signature
- Return to Visitor Control Center
- Registration complete
- Send courtesy email to commander

Commander's evaluation

- Domestic violence
- Felony convictions
- Mentally incompetent
- Outstanding warrants
- Possession, use or sale of drugs (marijuana/narcotics), including ART-15
- Weapons safety

Key points

- 24-hours to register weapons
- Safe transport on installation
- Weapons safety
- Hunting on installation
- Don't store in vehicles
- Don't store in barracks
- Prohibited concealed carry

Do it now: Don't fear weapons registration

By Directorate of Emergency Services

FORT JOHNSON, La. — Over the past few months, there have been several incidents in which Soldiers, Family members or civilians were apprehended for possessing unregistered, concealed, loaded or prohibited weapons in their vehicle, quarters or in their physical possession.

"Most of these incidents could have been prevented if those personnel had followed the installation's established weapons registration policy," said Gregory W. Funderburk, Directorate of Emergency Services deputy director.

Fort Johnson Regulation 190-3 outlines the post policy on the registration, possession and use of privately owned weapons and ammunition on the installation. According to the regulation, all privately owned weapons stored on, or transported through the post must be registered.

Weapons Registration is performed at the Visitor Control Center, next to the main gate

on Entrance Road. Registering a weapon only takes a few minutes, and the process can be started from your computer. Gun owners can follow the link to the Visitor Center for more information and the weapons registration form:

https://home.army.mil/johnson/4717/2908/5017/FJ_FORM_563_Registration_of_Personal_Firearms_2.pdf.

Download Fort Johnson Form 563. Once filled out, the form should be reviewed and approved by the unit commander. The registration form can then be dropped off at the Visitor Center to complete the process. **Do not bring the weapon to the Visitor Center.**

Active Duty members in a permanent change-of-station status who reside on the installation must register their weapon(s) with DES within 24 hours of arrival.

Those who purchase a weapon at the Fort Johnson Exchange are required to temporarily register their weapon during the purchase process.

Funderburk said many personnel were under the impression they would get ap-

prehended or in trouble with their chain of command if they tried to register weapons that had been on post but not registered.

"This is simply not true. DES does not validate when the weapon was purchased or acquired," Funderburk said. "We just want to assist Soldiers, family members and civilians in doing the right thing."

Funderburk also said, although he couldn't speak for individual commanders, he would hope that all commanders on the installation would support any Soldier with registering their weapons, no matter when they were acquired.

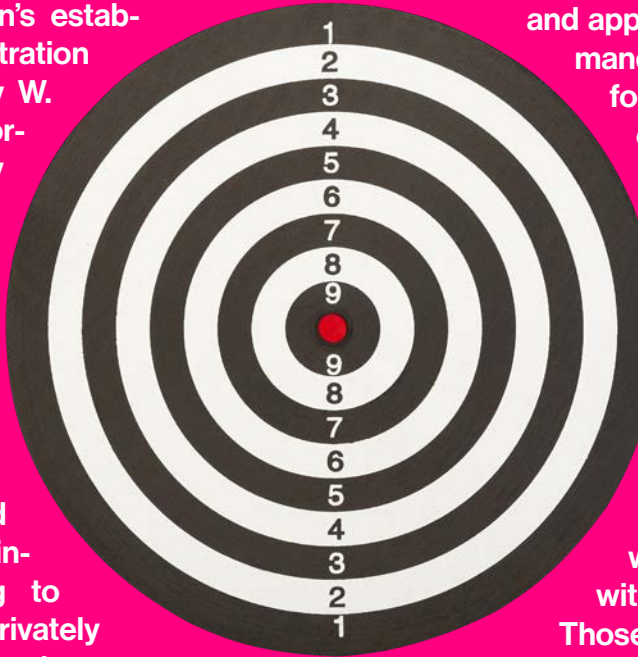
"If you frequent Fort Johnson, then you know that the installation has an effective Random Anti-terrorist Program that involves vehicle inspections," Funderburk said. "Don't be the one that gets caught at an access control point with an unregistered weapon."

Funderburk frequents the MWR shooting range on Post.

"Because of that, I keep a copy of my weapons registration in my glove box and my shooting bag," he said.

DES wants to raise weapons registration awareness for all. Look for more articles on weapons registration in the Guardian throughout the month of February.

For more information on weapons or weapons registration contact the DES Physical Security Division at 531-7756/7907, or the Visitor Center at 337-531-0380.



U.S. ARMY AND FORT JOHNSON HISTORY

On June 14, 2025, the U.S. Army will mark a significant milestone – the 250th anniversary of the establishment of Army service.

One year older than the nation it defends, the U.S. Army has dedicated itself to fighting and winning the nation's wars for 250 years. As we celebrate the 250th birthday of the United States Army, we reflect on the rich history and legacy of service, sacrifice and dedication. From the Revolutionary War to present-day missions, our Soldiers have consistently demonstrated their resolve to defend freedom at home and abroad. Since its establishment in 1775, U.S. Army Soldiers, families and Army civilians have supported our nation, bearing true faith and allegiance to the country, the U.S. Constitution, the Army, their units, and fellow team members.



1775



Camp/Fort Polk is born

The mock battles of what became known as the Louisiana Maneuvers had one purpose: To prepare America's Soldiers for the war that had already begun in Europe and was threatening to spread around the world. The Louisiana Maneuvers were a prelude to World War II. Likewise, the rudimentary barracks and facilities that sprang up as a result of the massive exercises were a prelude to the importance of Central Louisiana to the U.S. armed forces. And so, Camp Polk was born.

1993



Fort Polk redesignates to Fort Johnson

On June 13, 2023, Fort Polk was redesignated as Fort Johnson in honor of the WWI Medal of Honor recipient, Sgt. Henry Johnson. Today, the units of Fort Johnson, along with the U.S. Army Garrison, all carry a tangible legacy of the men and women in uniform who have served Fort Johnson and the nation throughout the years. That legacy is carried in the hearts and minds of veterans, Soldiers, families and the community.

2025



Establishment of the Continental Army

Since its official establishment, June 14, 1775 – more than a year before the Declaration of Independence – the U.S. Army has played a vital role in the growth and development of the American nation. Drawing on both long-standing militia traditions and recently introduced professional standards, it won the new republic's independence in an arduous eight-year struggle against Great Britain. At times, the Army provided the lone symbol of nationhood around which patriots rallied.

1941



JRTC moves to Louisiana

In 1993, the Joint Readiness Training Center moved from Fort Chaffee, Arkansas to Fort Polk, thus beginning the installation's reputation as the Army's premier Combat Training Center. During the 1990s, America's Soldiers trained at JRTC and Fort Polk-based Soldiers deployed to Haiti, Southwest Asia, Suriname, Panama, Bosnia and more. As Fort Polk grew, so did the surrounding communities – as well as the support received by those communities.

2023



The Army celebrates its 250th Birthday

"As we prepare for our future we also reflect on our past. 'This we'll defend' was first used as a battle cry by the Continental Army. Today it reminds us that our Army's purpose is clear: To fight and win the nation's wars. We remain committed to honing our warfighting skills, enforcing standards and discipline, and living the values that have defined our Army culture for the past 250 years."

– Gen. Randy A. George,
CSA

Focusing on importance of Teen Dating Violence Awareness Month

By Family Advocacy Program

FORT JOHNSON, La. —Thanks to Valentine's Day, February is considered one of the most romantic months.

However, it's not always hearts and flowers as February is also known as Teen Dating Violence Awareness Month.

Teens, like everyone else, want to be loved, but can sometimes have a hard time determining the difference between a healthy and unhealthy relationship.

Like domestic violence, teen dating violence is a pattern of emotional, verbal, sexual, or physical abuse used by one person in a current or past dating relationship to exert power and control over another.

Teen dating violence is a reality that no parent wants to see their child go through. Still, one in three teenagers – nearly 1.5 million – in a romantic relationship admits to being in an unhealthy relationship, according to teendatingviolencemonth.org.

Teen dating violence abuse may include insults, coercion, social sabotage, sexual harassment, stalking, threats, and/or acts of physical or sexual abuse. The abusive partner will use these things to gain power and control over the victim. This may also include stalking via electronic devices such as cell phones and computers. This harassment can even come from a third party.

Knowing these signs and understanding what dating violence is, can help with the short- and/or long-term effects on the victims.



According to the Centers for Disease Control and Prevention, those who are victims of teen dating violence are more likely to:

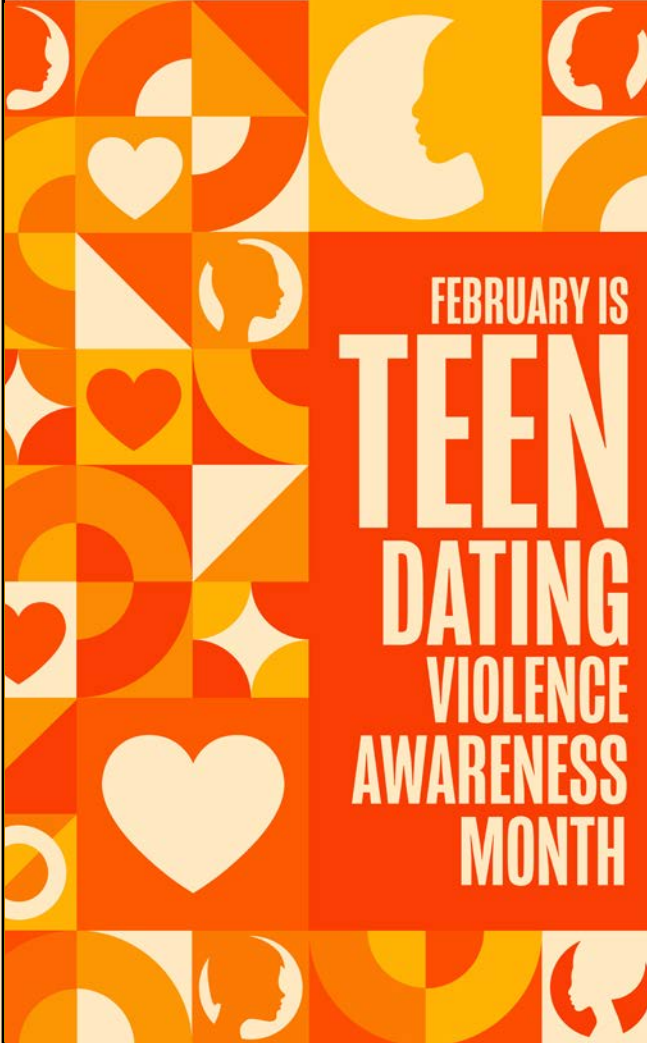
1. Experience depression and anxiety symptoms
 2. Engage in unhealthy behaviors, like using tobacco, drugs and alcohol
 3. Exhibit antisocial behaviors, like lying, theft, bullying, or hitting
 4. Think about suicide
 5. Lose interest in activities they used to enjoy
 6. Change in sleep patterns
 7. Appetite changes
 8. Physical complaints like headaches, stomachaches, or other physical pains
 9. Withdrawal
 10. Dropping grades
 11. Irritability or mood swings
 12. Self-harm
 13. Stopping seeing their friends and family members
- Teenagers aren't always forthcoming with

their parents or guardians, so it is important to encourage open and non-judgmental communication. If teens fear punishment from their parents, they may not speak out about their problems or even be embarrassed or fearful of what their peers will think. It is essential to leave open communication to help stop teen dating violence.

If not, teen dating violence can set the path for future relationship problems, according to healthday.com

Fort Johnson is joining Army installations and organizations nationwide to highlight the need to educate teens about dating violence. In addition, parents of teens will be given the opportunity to learn how to recognize signs of abuse and keep their youth safe from dating violence. Online safety will also be emphasized.

If you or someone you know is experiencing teen dating violence, you can always call the Fort Johnson Hope line at 337-531-4673. It is a 24/7 hotline number to report suspected or known abuse.



Family Advocacy Program hosts teen activities, classes through February

- Jan. 31 — Teen Art Poem contest registration begins. The poem contest is an opportunity for teens to show and express their thoughts on #RespectThat! what self-respect and respecting others looks like to them.
- Feb. 4 and 6 — Outreach information table at the Post Exchange 11:30 a.m. – 1:30 p.m.
- Feb. 13 — Teen Workshop at Bldg. 744 from 4:30 – 5:30 p.m., a workshop to educate teens about dating violence and to help promote healthy relationship skills.
- Feb. 14 — Art and Poem contest registration ends.
- February 25 — Parent Workshop at Bldg. 744 from 4:30– 5:30 p.m., a workshop for parents to present the opportunity to learn how to recognize signs of abuse and how to keep their youth safe from dating violence.
- Feb. 28 th — Winners of Art Poem contest announcement.

You can call Aarmy Community Service at 337-531-1941 for more information. ACS is located at 1591 Bell Richard Ave., Bldg. 920.



SATURDAY
MARCH 1, 2025 **\$10 Per Float**

Line up at 3:00 PM
Parade starts at 4:00 PM

DeRidder
Parade

Parade Route: To begin at 1st Street & Hwy 171 Intersection. Ending at Steamboat Bills.

Register for Parade at www.beauchamber.org.





Corvias Military Housing Scores Well in Army Survey

Resident feedback reflects improvements across portfolio



By Corvias

Warwick, RI — Corvias' military housing properties across seven installations showed significant improvements in the annual Army Tenant Satisfaction Survey. The survey allows residents living on the installations to give feedback about their housing and community infrastructure.

Launched in April 2024, the third-party administered survey aims to gain on-base housing feedback from soldiers and their families about the physical condition of the housing and community infrastructure.

Across the portfolio, both Corvias family housing and unaccompanied apartment communities improved in the survey's three satisfaction index focus areas: Overall satisfaction, property satisfaction and service satisfaction. Two family housing communities at Fort Novosel and two more at Aberdeen Proving Ground won A List awards, which recognize a "Best In The Industry" rating for providing the highest level and quality of service. Additionally, Fort Novosel's service score earned the installation a Crystal Award.

Unaccompanied service member community Randolph Pointe at Fort Liberty ranked "outstanding" in all business success factor



Children play on a new playground in Palmetto Terrace. (U.S. Army photo by Porsha Auzenne)

scores including readiness to solve problems, responsiveness and follow-through, quality of leasing services and quality of maintenance services. Reece Crossings at Fort Meade followed closely behind.

Pete Sims, Corvias Department of Defense managing director commented, "Our local property management teams put our residents first and the results of this survey reflect

that commitment. We are humbled each day to serve our military families."

Survey feedback evaluates needed improvements in military housing or community infrastructure. Then, Corvias and the Army partner to determine the best ways to solve for those improvements.

To learn more about Corvias' military housing communities, please visit corviaspm.com.

Follow tips as freezing temperatures hit Fort Johnson

By Corvias

FORT JOHNSON, La. — Due to the forecasted below freezing temperatures, Corvias asks residents to prepare their homes using the following tips to help prevent freezing water pipes, water leaks and other weather-related issues.

- Ensure your thermostat is functional and set between 65 or 70 degrees in heat mode. This is particularly important if you expect to be at work or away for an extended period of time.

- Keep indoor faucets flowing by setting your faucets to a slow drip. For maximum effectiveness, make sure both hot and cold lines are opened slightly.

- Disconnect hoses attached to outdoor plumbing fixtures and make sure they are turned off

- Open cabinet doors under the bathroom and kitchen sinks to let warm air from your home circulate around the pipes.

- If your water pressure decreases, open the cold water faucet nearest the frozen pipe to relieve the pressure of expanding ice that may cause a pipe to burst.

- Ensure you know where water shut-off valves are. This will help turn water off and will assist the Corvias maintenance team in the event of an emergency.

- Close garage doors. This will help keep cold air out of your home and other appliances that might be located in the area.

- Bring potted plants and pets indoors.

- If freezing precipitation occurs with the cold weather, you should be prepared for possible power outages.

If residents experience a power outage and choose to utilize a portable generator or candles, please practice caution and safety.

- Never use a generator indoors or in enclosed spaces such as garages.

- Make sure a generator has 3 to 4 feet of clear space on all sides and above it to ensure adequate ventilation.

- Do not use a generator outdoors if its placement is near doors, windows and vents that could allow carbon monoxide to enter your home or a neighbor's home.

- Never leave a burning candle unattended.

- Keep burning candles out of the reach of children, pets or any flammable object.



If you experience a maintenance emergency such as a water leak, frozen pipes, power loss or if your heater is not working, please contact the Maintenance Hotline at: (337) 537-5050 or (866) 436-2047.

As a reminder, the Resident Portal is for routine requests only. Please do not use the Portal App for emergency requests to minimize delays in receiving and responding to your work order request.

If you are currently away from your home for an extended period of time, please contact your Community Office. A dedicated team member will visit your home to prepare for the freezing temperatures.

SAFETY CORNER

TEXTING & DRIVING

So you got a new phone for Christmas?



Don't let that ruin someone else's new year



Recycle your Christmas tree!

From now until Jan. 31, Fort Johnson Environmental will be collecting discarded, live Christmas trees to improve wildlife habitat.

The recycling center will have a 24-hour drop-off container for those who are able to bring their trees. Environmental will also drive around housing periodically collecting any trees put out on the curb.

We ask that families please remove all tinsel, lights and ornaments from the trees.

For more information please contact amy.c.brennan3.ctr@army.mil.

Located on the corner of Georgia Street and Maine Street at building 3620



Geronimo paratroopers jump

With A Co 1-5 Aviation Regiment



Paratroopers from 509th Infantry Regiment jump with Alpha Company, 1st Battalion, 5th Aviation Regiment's UH-60 Blackhawk helicopter into a drop zone in the training area at the Joint Readiness Training Center, Fort Johnson, Jan. 15.



Bayne-Jones Army Community Hospital Nutrition Care Division Commissary Tour



*Are you overwhelmed by food labels?
Do you want to make healthier food
choices but not sure where to start?*

**Join the BJACH Nutrition Care Experts at
the JRTC & Fort Johnson commissary
from 8-9 a.m. on the first or third Friday
every month to learn how to navigate
the grocery isles to optimize your
nutrition for improved health.**

**Open to all DoD ID
Card Holders
Scan QR CODE
to send and email us
for more information
and to reserve your
spot!**



Subject: Commissary Tour

usarmy.johnson.medcom-bjach.list.nutrition-care@health.mil



Exchange shoppers can save while eating healthy

By Chris Ward
AAFES Public Affairs

DALLAS — Military diners can turn over a new leaf on healthy dining thanks to Salad Wednesday, a new program at Army & Air Force Exchange Service restaurants.

Authorized shoppers, including Department of Defense and Coast Guard civilians and retirees, can maintain a BE FIT 360 lifestyle every Wednesday at participating Exchange restaurants.

Diners save \$2 when purchasing any salad priced \$4 or more. Military Star cardholders can stack the savings to receive an additional 10% off their salad when using their card.

"The Exchange is dedicated to supporting

readiness and resiliency among service members and their families," said Air Force Chief Master Sgt. Rich Martinez, the Exchange's senior enlisted advisor. "The military community can count on the Exchange to make it easy and affordable to make healthy choices."

Salad Wednesday is a military-exclusive deal that supports the Exchange's BE FIT 360 initiative to empower military shoppers to make healthy lifestyle choices.

Fort Johnson exchange restaurants participating in the program include Subway, Qdoba, Charley's and Slim Chickens. Visit [ShopMyExchange.com/befit](https://www.shopmyexchange.com/befit) for more information on nutrition, fitness and better-for-you options at the Exchange. To apply for a MILITARY STAR card, visit [MyECP.com](https://www.myecp.com).

Military communities can BE FIT in New Year with tips, resources from Exchange

By Marisa Connor
AAFES Headquarters

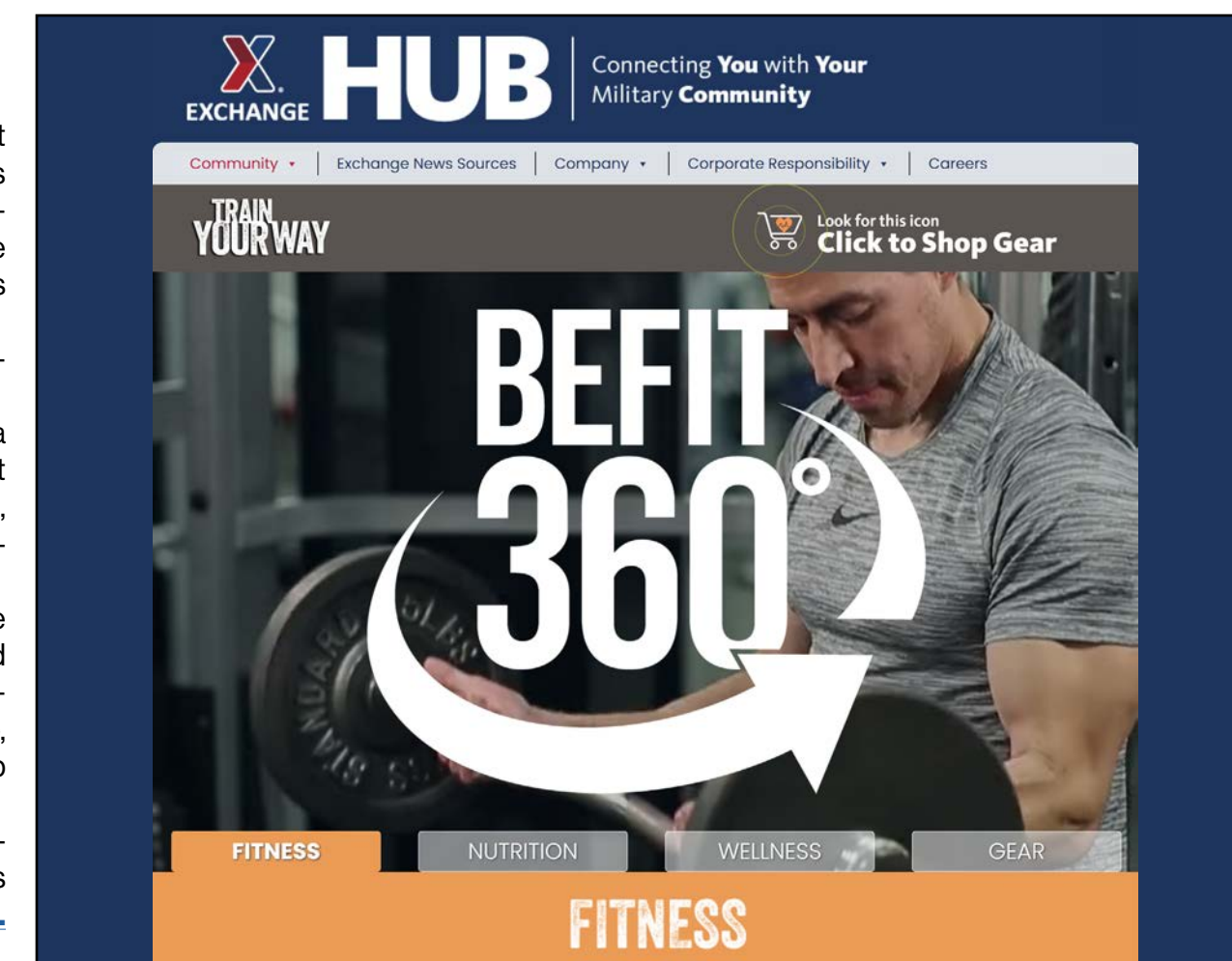
DALLAS — If you didn't already know about it, the Army & Air Force Exchange Service has a program to help its customers get fit and healthy. It makes sure military communities have health and fitness resources at their fingertips all year with the online BE FIT 360 Hub.

The Exchange's BE FIT 360 program focuses on holistic wellness.

The BE FIT 360 Hub offers all the tools for a healthy lifestyle in one place, including workout videos, fitness tips, healthy eating guidance, links to activewear and gear, wellness information and more.

"The BE FIT Hub is a bulked-up all-in-one resource for making healthier choices," said Air Force Chief Master Sgt. Kevin Osby, the Exchange's senior enlisted advisor. "With the Hub, the Exchange can be a partner in helping keep those New Year's resolutions all year long."

The BE FIT 360 Hub, which is updated often with new workouts, nutrition and wellness content, can be found at [ShopMyExchange.com/BeFit](https://www.shopmyexchange.com/BeFit).



FRIGID TEMPERATURES ABOUND

WHILE SOME JOBS FUNCTION BEHIND A DESK IN A TEMPERATURE-CONTROLLED ROOM DURING WINTER, OTHER OCCUPATIONS REQUIRE WORKERS TO VENTURE OUTSIDE, SUCH AS CONSTRUCTION, UTILITY MAINTENANCE, AND SOME FACILITY MANAGERS. IN THESE CASES, SAFETY TOPICS OFTEN TAKE THE FORM OF TOOLBOX TALKS. HERE'S HOW YOU CAN ENSURE THOSE WHO WORK OUTSIDE STAY SAFE IN JANUARY AND OTHER COLD MONTHS.

- > As a leader, know where your employees perform their duties; what cold weather gear they are equipped with; if they are alone or work in groups; and how they keep in touch with HQ
- > Train your outdoor workers on the signs of cold stress and frostbite, such as red skin, numbness, and swelling. Deploy workers according to a "buddy system", so there is a greater chance someone notices the signs of cold stress – and there's someone to provide aid if needed
- > Provide adequate cold-weather clothing and inspect regularly, those that keeps workers both warm and dry, as well as a set of spare warm clothing in case the primary set becomes wet

<https://www.osha.gov/sites/default/files/publications/OSHA3982.pdf>

CARBON MONOXIDE POISONING

(Silent or Invisible Killer)

Carbon Monoxide poisoning kills several hundred Americans each year. Unfortunately, as temperatures drop, the potential for injury or death from carbon monoxide increases, i.e., vehicle exhaust, small engines, stoves, grills, fireplaces, furnaces, gas ranges, lanterns and hot water heaters.

Prevention includes:

- > Install CO detectors in your home especially where you sleep [check batteries every spring/fall]
- > Service your heating system once a year
- > Clean out your chimney if you have a fireplace
- > Never use generators indoors
- > Check venting to all your gas appliances
- > Don't use gas range or oven to heat your home

Carbon Monoxide is odorless, colorless, toxic gas that cannot be seen, tasted, or smelled

January is the deadliest month for Carbon Monoxide poisoning

Signs of a good night out? Or carbon monoxide poisoning?

HEADACHES NAUSEA BREATHLESSNESS COLLAPSE DIZZINESS LOSS OF CONSCIOUSNESS

Cold Soldiers sleeping in running vehicles or enclosed tents with heaters are extremely susceptible

WINTER SAFETY TIPS

ICE & SNOW TAKE IT SLOW

Although Fort Johnson doesn't see too many winter days, it does receive a lot of rain and in January temperatures can drop below freezing and turn wet pavement into 'black ice' (called that because its transparent and looks like wet pavement)

What to do if you get caught in areas of black ice

- ☐ Keep your steering wheel straight. If you turn the wheel, you have a better chance of sliding and losing control of your vehicle
- ☐ Do not brake. Braking causes the vehicle to slide, especially if you brake too hard
- ☐ Take your foot off the accelerator to reduce speed. It is best to let the car stop on its own if you have enough room in front of you

ALERT TODAY, ALIVE TOMORROW!

WINTER WEATHER SAFETY



GENERAL SAFETY

People and Pipes

Ensure thermostat is functional and set between to at least 65 degrees in heat mode. This is particularly important if you expect to be.

If using a space heater, place on a level, hard and nonflammable surface, not rugs or carpets. Keep heater at least 3 feet from bedding, drapes, furniture, and other flammable materials. Keep children and pets away from heaters. To prevent risk of fire, never leave heater on when you go to sleep or place heater close to any sleeping person. Turn heater off if you leave the area.

Keep indoor faucets flowing by setting them to a slow drip. For maximum effectiveness, make sure both hot and cold lines are slightly opened.

Turn off outdoor plumbing fixtures and disconnect hoses.

Open cabinet doors under bathroom and kitchen sinks to let warm air circulate around pipes.

If a pipe freezes, open cold-water faucet nearest frozen pipe to relieve pressure of expanding ice that may cause pipe to burst.

Ensure you know where water shut-off valves are. This will help turn water off and assist Corvias maintenance in the event of emergency.

Close garage doors. This will help keep cold air out of your home and other appliances that might be located in the area.

Ensure antifreeze levels in your vehicle are sufficient to avoid freezing.

Maintain at least a half tank of gas.

If freezing precipitation occurs, be prepared for possible power outages.

Motorists observing traffic lights without power are to treat the intersection or roadway as a four-way stop.

Pets and Plants

Bring potted plants and pets indoors.

Ensure food and water for pets doesn't freeze.

Limit outside time for pets and keep them bundled up.

Know temperature thresholds for plants.

If possible, cover plants before cold weather sets in to help retain some heat.

POWER OUTAGE TIPS



Close blinds or curtains to keep in some heat.

Close off rooms to avoid wasting heat.

Wear layers of loose-fitting, lightweight, warm clothing.

Eat and drink. Food provides energy to warm the body. Avoid caffeine and alcohol.

Stuff towels or rags in cracks under doors.

If you experience any problems with water leaks, pipes, power loss or if your heat is not working and the outside temperature is 55 degrees or below, please contact the Maintenance Hotline at: 337-537-5050 or 866-436-2047.

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.



2008	Yamaha	R6	5446
2016	Yamaha	R3	2153
UNK	UNK	Boat trailer	N/A
UNK	UNK	Kayak trailer	N/A
UNK	McClain	Boat trailer	N/A
UNK	UNK	M/C trailer	N/A
2001	Ford	F150	0450
2000	Ford	Ranger	3852
2006	Nissan	350Z	4586
2004	Cadillac	Escalade	5765
2003	Ford	Crown Victoria	2046
2011	Chevrolet	Cruz	6489
2018	Ford	Eco Sport	1215
2002	Ford	Mustang	6793
2004	Infinity	G35	5369
2016	Hyundai	SUV	7506
2015	Chevrolet	Camero	4295
2017	Lincoln	MK Z	9372

FORT
JOHNSON

SHOOTING
RANGE

SATURDAY
9am - 5pm

SUNDAY
9am - 5pm

PISTOL - SKEET/TRAP - RIFLE - ARCHERY - PAINTBALL - AIRSOFT

(337)353-0528

1ST SATURDAY
OF EVERY
MONTH
WARRIOR
CENTER

Military Spouse Owned Business

MARKET

MARKET DATES SUBJECT TO CHANGE DURING HOLIDAYS/SPECIAL EVENTS
VISIT JOHNSON.ARMYMWR.COM FOR MORE INFORMATION

\$20
PER PERSON
3-GAMES
EACH

Warrior Lanes
BOWLING CENTER

9 PIN NO TAP

BOWLING

LAST SATURDAY OF EACH MONTH



Bayne-Jones Army Community Hospital WALK-IN WELLNESS



A confidential way to get tested for an STI (Sexually Transmitted Infection) without having to see a provider first. You can have an STI even if you have NO symptoms

H
HOSPITAL

How does it work?

1. Go to the BJACH Lab
2. Select "Walk-In Wellness Testing" at the Kiosk
3. Lab collects blood and urine
4. APHN will call you if your results are positive and treat you.

What will I be tested for?



- HIV
- Chlamydia
- Gonorrhea
- Syphilis
- Hepatitis C

Who can use this service? ALL TRICARE beneficiaries, 8 a.m. - 4 p.m., Monday - Friday.

Why Get Tested?

Why should I get tested?

Knowing your STI status is an important step in stopping the spread of infection.

Untreated infections can cause more health problems.

When should I get tested?

Within one week of unprotected sex with a new partner.

At least 21 days after last STI treatment.

Within
1 week
after
unprotected sex

At least
21 days
after last STI
treatment

See your doctor or go to the ER immediately if:



- Testicle pain
- Abdominal pain
- Pelvic pain
- Fever
- Discharge from penis, vagina, anus

What can you do to protect yourself?

Be Safe
Stay Healthy

- Wear condoms 100%
- Abstain from all sexual activity
- Have sex with just one person that you trust
- Get the HPV vaccine

CONTACT
US

Need more information?

Contact Army Public Health Nursing or your PCM
References: <https://www.cdc.gov/std/prevention/default.htm>



GET CONNECTED

f /JRTCandFortJohnson

@jrtcandfortjohnson

@JRTCandFortJohnson

Poppy seed consumption versus codeine urine analysis positive

By Army Substance Abuse Program

Washington — According to a study in the Journal of Analytical Toxicology, poppy seeds used in food products are derived from the opium-producing poppy.

Consumption of food products containing poppy seeds such as poppy seed cakes, cookies, muffins and flat-breads can result in opiate-positive urine drug test results. The Department of Defense has released several memorandums highlighting this issue and the Fort Johnson Drug Testing Center is taking proactive steps to warn the military community of the potential for false drug positives. This includes education classes, as well as training the Unit Deterrence Leaders at the Company level to be aware of the issue.

Poppy seeds used in food products are derived from the opium-producing poppy

Papaver somniferum L., the latex of which contains numerous alkaloids, including morphine and codeine. Although the seeds themselves

do not contain opiates, they may be contaminated with them, via the poppy latex, during the harvesting process. On Feb. 17, 2023, Service members were advised to avoid foods containing poppy seeds over concerns that newer seed varieties contained elevated levels of codeine, which could impact military drug testing.

Since the last warning memorandum, significant work has been undertaken to address the issue. The military drug testing program implemented additional measures to distinguish poppy seed ingestion from codeine misuse, including raising the drug testing cutoff for codeine.

While these measures significantly reduce the possibility of a drug positive test, avoiding foods containing poppy seeds remains the best policy.

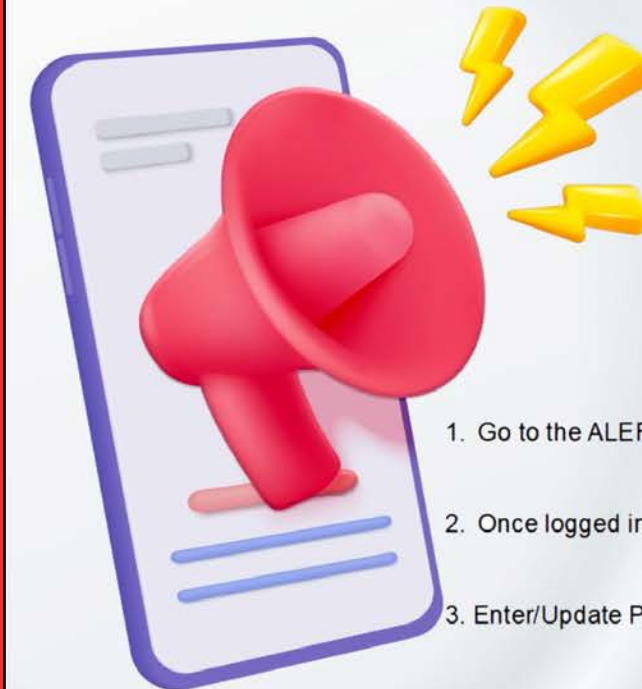
Service members are directed to work with their local legal office for any related concerns with urinalysis results, and we will continue to review and update this policy.



Are you receiving Fort Johnson Alerts?

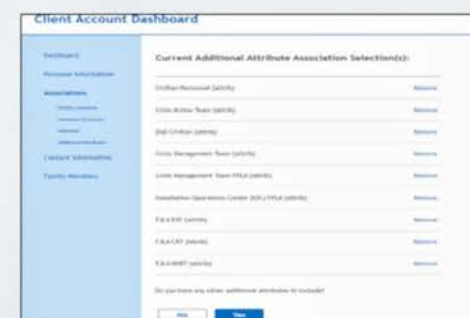
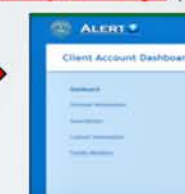
When Soldiers and Civilians (with a CAC) change duty station, they must make the update in the system themselves.

If they do not, they will not receive Fort Johnson alerts. Soldiers and Civilians with a CAC can add family members to the alert system. Family members without a CAC cannot independently sign up for Fort Johnson alerts.



It's easy to set up!

1. Go to the ALERTS homepage: <https://alert.csd.disa.mil/AlertSplashPage> (CAC Login)
2. Once logged in, the client dashboard will display.
3. Enter/Update Personal Information
4. Enter/Update/Select "Associations" (military location, command, YOUR addresses (work/home) and "Additional Attributes")
"Additional Attributes" define your preferred/required "notifications" lists
5. Under "contact Information" once you add your primary numbers, ensure you check the "Receives Text Messages" box.
6. Family Members is NOT required (optional only)



GARRISON COMMANDER'S GOLF SCRAMBLE

FRIDAY **FEBRUARY 7**
WARRIOR HILLS GOLF COURSE

To register to play contact **\$50**

337-531-4661
johnson.armymwr.com

PRICE INCLUDES

- GREEN FEE
- HALF CART
- AWARDS
- DINNER

\$55 DAY OF EVENT
NOON TEE OFF



JANUARY 2025

Teal Touchpoints



Congratulations to Our New Protect Members!

We are thrilled to celebrate those who have successfully finished the 3-Day Protect Program Course. Your commitment to recognizing harmful behaviors, bystander intervention and supporting those in need demonstrates your dedication to building safer environments. As graduates, you are now prepared to champion a culture of respect and responsibility. We appreciate your effort and enthusiasm. The influence you will have is sure to spark positive change within our community and is truly Forging the Warrior Spirit! Job well done!



Protect Program is a 3-day course encouraging peer intervention in the instance individuals sought out advice from a friend rather than a stranger or someone, they were less familiar with.

PROTECT Application Requests



Office of Special Trial Counsel (OSTC)



The Office of Special Trial Counsel is comprised of specially trained lawyers, legal professionals and support staff responsible for the expert and independent prosecution of 13 serious offenses called "covered offenses." Sexual Harassment will become a covered offense on Jan. 1, 2025, if committed after that date and a formal complaint is made and substantiated

JANUARY 2025

Interactive Advocacy

Are you ready to make a difference? Interactive Advocacy is here to empower you with the skills needed for effective advocacy! They are dedicated to equipping individuals to drive change in their communities. Their vision is a world where every voice is heard and valued. Join the SHARP Team in welcoming Interactive Advocacy **February 4th and 5th** at 0930 | 1300 in the Bayou Theater.



WELCOME, PURE PRAXIS

Creating Awareness Through Proactive Training

Pure Praxis

Pure Praxis empowers people and communities to create positive transformations through innovative practices. Their vision is a collaborative world where everyone's voice matters. Pure Praxis provides the tools and resources needed to enhance advocacy skills and connect with like-minded individuals. This event is a great opportunity for inspiration and action!

Google Play



We Care App

This app allows its users who are aware of, witnesses to, or involved with a high risk behavior the ability to have points of contact and resources readily available with one click of a button.

App Store



JRTC & Fort Johnson SHARP Hotline: (337) 531-1848



FOLLOW US ON FACEBOOK



SHARP
SEXUAL HARASSMENT/ASSAULT
RESPONSE AND PREVENTION

Sponsored by
DAV
Jack Redell Memorial
Chapter 20
and
VFW
Old Stage Post 3106

2025 VETERANS INFORMATIONAL SEMINAR

1 FEBRUARY 2025

Guest Speaker:

**BEVERLY
JAMES**

DAV National Service Officer



**VETERANS
ACTIVE DUTY
AND
FAMILY**

ALL ARE WELCOME

**Breakfast
Provided**

Beginning 8 AM.

Lunch provided by
DAV Auxiliary
Jack Redell Unit 20

Key Discussions & Insights:

- Benefits Eligibility ●
- Disability Claims : Filing and Updating ●
- PACT Act and DOLE Act Highlights ●
- Caregivers Support Programs ●
- Service Officers Onsite ●

AT 9 AM 🕒

1 FEBRUARY 2025 📅

205 E. HARRIET STREET 📍

LEESVILLE, LA

Point of Contact: Kevin Wenthe

(337) 208-3826

kevin@davdol.org

Art for Vets

RealArt DeRidder Gallery
108 West First Street
Deridder, LA
13 February from 3–5 PM
27 February
13 March
27 March

All Veterans are Welcome.
Family members may attend
if space is available.
Free, Free, Free!
Paula Baldwin
(Combat Soul Sister)
337-424-1379