

# GUARDIAN



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# Chief of Staff of Army, spouse, tour best of what Fort Johnson offers

By **ANGIE THORNE**  
Public Affairs Office

FORT JOHNSON, La. — Gen. Randy A. George, Chief of Staff of the U.S. Army, visited the Joint Readiness Training Center and Fort Johnson Jan. 21-22.

During his visit, George observed rotational training and spoke with Soldiers from the 101st Airborne Division (Air Assault).

As George witnessed the rotation in action, he saw first hand the collaboration between brigade combat teams such as the 82nd and 101st Airborne Divisions that contributed to making the rotation a success.

“Our CTCs (combat training centers), including JRTC, provide our formations the opportunity to see themselves on the modern battlefield. We can rapidly incorporate observations from conflicts worldwide, giving us the chance to quickly test evolving tactics and technology in a tough, realistic training environment,” George said.

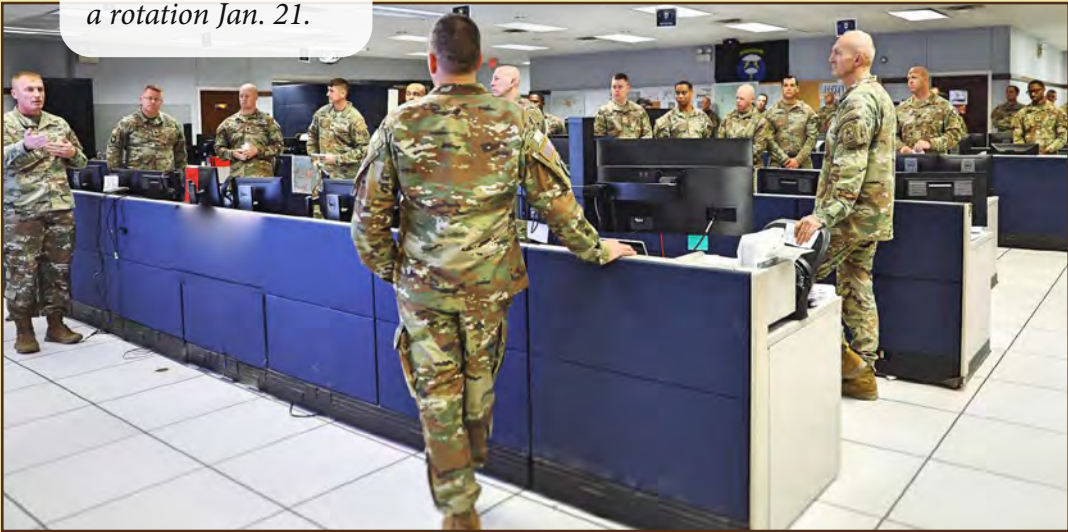
George also wants more leaders involved in capability development to visit the CTCs and wants Fort Johnson’s tactical units to inform changes based on their innovation and tactical employment.

“Warfare and our world are changing rapidly. We must continuously adapt to stay ahead of our adversaries on the battlefield. Our Army combat training centers help us refine our tactics and training from the bottom up. We test what works and what doesn’t. We focus on making our formations more lethal,” he said.

As George toured the Fort Johnson training areas, his spouse, Patricia George, was busy touring facilities such as Fort Johnson’s School Age Center, Army Community Center, housing and the Home of Heroes Soldier Recreation Center, which is the headquarters of Fort Johnson’s Better Opportunities for Single Soldiers. Her tour focused on



*Gen. Randy A. George, toured the Joint Readiness Training Center and Fort Johnson during a rotation Jan. 21.*



## Soldiers and Families.

Topics of discussion included programs prioritizing spouse employment, youth, education, exceptional Family members and how BOSS continues to succeed by integrating with major subordinate commands and the community through a robust network of representatives.

Along with installation leadership, she also attended the Fort Johnson Department of Defense STARBASE (a youth program that focuses on science, technology, engineering and math in an interactive way) ribbon cutting ceremony celebrating the opening of the facility while discussing plans for its growth.



*Patricia George (left), spouse of Gen. Randy A. George, speaks with members of the Better Opportunities for Single Soldiers program, as Col. CJ Lopez (second from left), garrison commander, looks on.*



**Cover photo:** Gen. Randy A. George, chief of staff of the Army, talks to a Soldier participating in rotational training while touring in the “Box,” the Fort Johnson training area. (Photo by SHELBY WARYAS, Public Affairs)



## JRTC and Fort Johnson Brig. Gen. David W. Gardner

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**Col. CJ Lopez**

Garrison Commander

**Deven B. King**

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# Fort Johnson reaches for **stars** with ribbon cutting

By PORSHA AUZENNE  
Public Affairs Office

FORT JOHNSON, La. — The Joint Readiness Training Center and Fort Johnson celebrated the completion of the installation's Department of Defense STARBASE Youth Program Jan. 22. The ribbon cutting, held at Child Development Center building 744, symbolized a four-year effort between Fort Johnson, Vernon Parish and the Louisiana State University of Alexandria to improve quality of life for Soldiers and Families by giving local children a program which will improve their knowledge in science, technology, engineering and math in an interactive way.

DOD STARBASE is sponsored by the Office of the Assistant Secretary of Defense for Manpower and Reserve Affairs. The program offers students opportunities to participate in challenging "hands-on, minds-on" activities in STEM. Students interact with military personnel to explore careers and observe STEM applications in the "real world." The program provides students with stimulating experiences at bases across the nation, according to <https://dodstarbase.org>.

During the STARBASE groundbreaking Feb. 4, 2021, Tiffany Koch, Fort Johnson's school liaison officer, discussed what the program will bring to the post.

"The students will experience activities that allow for collaboration, digital literacy, critical thinking and creative problem solving," Koch said. "They will design rockets, Mars rovers and explore how to survive in space."

Koch said the STARBASE program will provide on site instructors, materials and mentorship opportunities from installation units.

"Our partnership is only beginning to grow. Within the next five years we plan to expand STARBASE and apply for the STARBASE 2.0 program," she said.

Dr. Elizabeth Beard, LSUA interim provost & vice chancellor for academic affairs, opened the ribbon cutting with a welcome and introduction.

"We could not be prouder of the community partnerships that are represented in this room today," Beard said. "There is so much to celebrate here today."

Brig. Gen. David W. Gardner, JRTC and Fort Johnson commanding general, expressed how invested the installation is with the local community and how important the program is



*Fort Johnson leadership and Louisiana State University of Alexandria representatives cut the ribbon to the brand new STARBASE Youth Program Jan. 23.*



*Brig. Gen. David W. Gardner addresses the audience at the STARBASE ribbon cutting ceremony.*



*Post Command Sgt. Maj. David P. Hanson tests out the virtual reality equipment after the ribbon cutting.*

for both parents and children.

"STARBASE is what we're doing for Fort Johnson's kids. It is important to us as parents as well as leaders here," Gardner said. "I am appreciative, not just as the commanding general of JRTC and Fort Johnson and someone in the U.S. Army, but as a father of kids that have been a product of local schools. I am thankful that kids in the future are going to be able to participate in this STARBASE program."

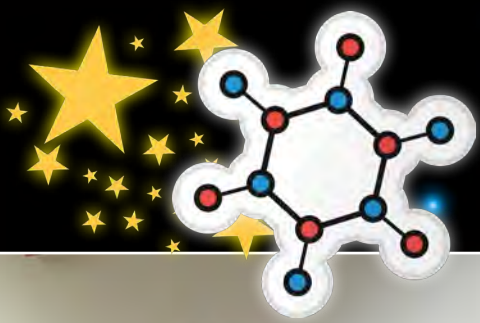
Dr. Paul Coreil, LSUA chancellor, conveyed his appreciation in partnering with the DOD and Fort Johnson. Coreil also explained how important STEM education can be to Vernon Parish, as there are a shortage medical professionals and science teachers in most rural areas.

"We are really focusing a lot on STEM education in an effort to entice young people into these careers," Coreil said. "With the workforce shortages we're seeing, it'll only get worse if we don't address it now. Fifth grade is a perfect place to start by getting students interested in STEM education, as well as getting them comfortable with applying knowledge learned in their day-to-day lives."

Upon conclusion of the formal portion of the ceremony, Fort Johnson leadership, LSUA and

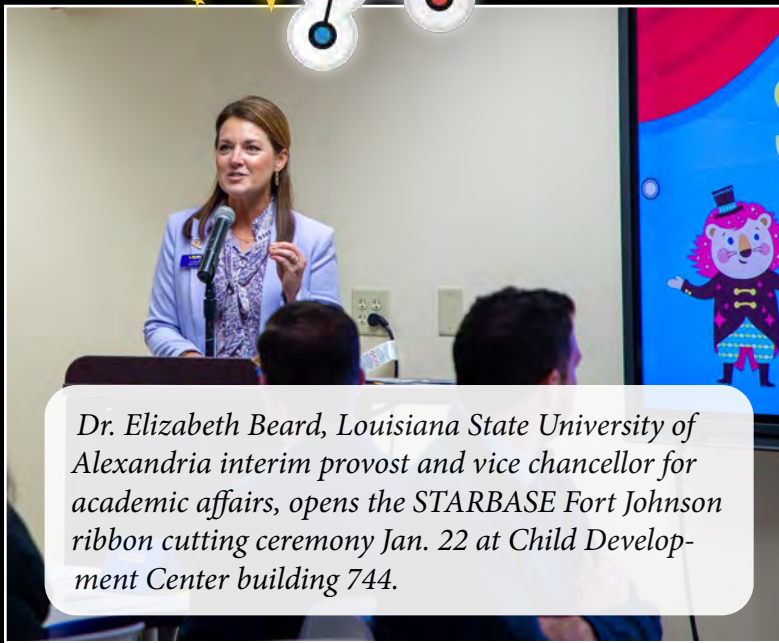
DOD STARBASE personnel gathered to do the honors of cutting a yellow ribbon, officially marking the completion of the project. Afterward, attendees were able to engage in the many activities available at the facility, from testing out virtual reality equipment to viewing the 3D printers in action.



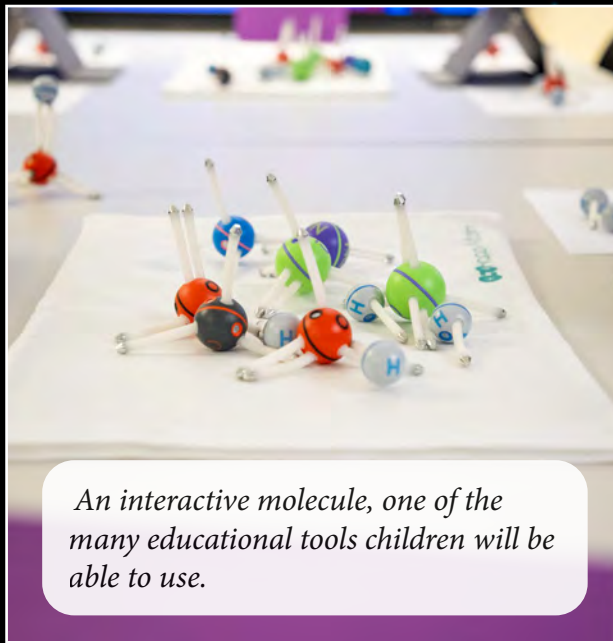


# Fort Johnson DoD STARBASE

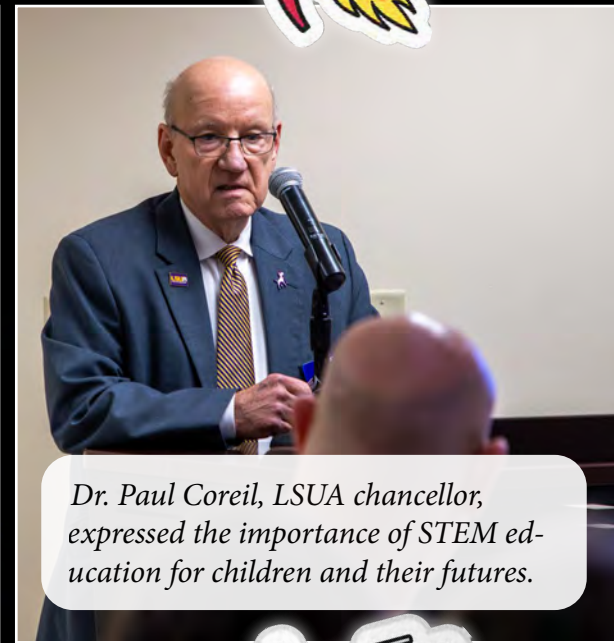
A Department of Defense Youth Program



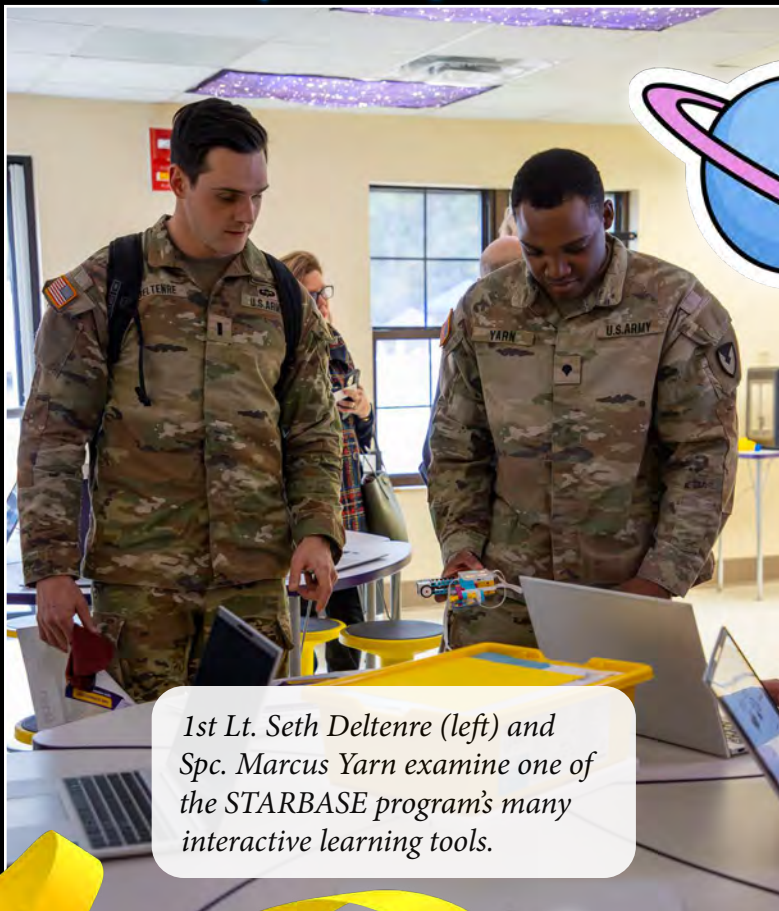
*Dr. Elizabeth Beard, Louisiana State University of Alexandria interim provost and vice chancellor for academic affairs, opens the STARBASE Fort Johnson ribbon cutting ceremony Jan. 22 at Child Development Center building 744.*



*An interactive molecule, one of the many educational tools children will be able to use.*



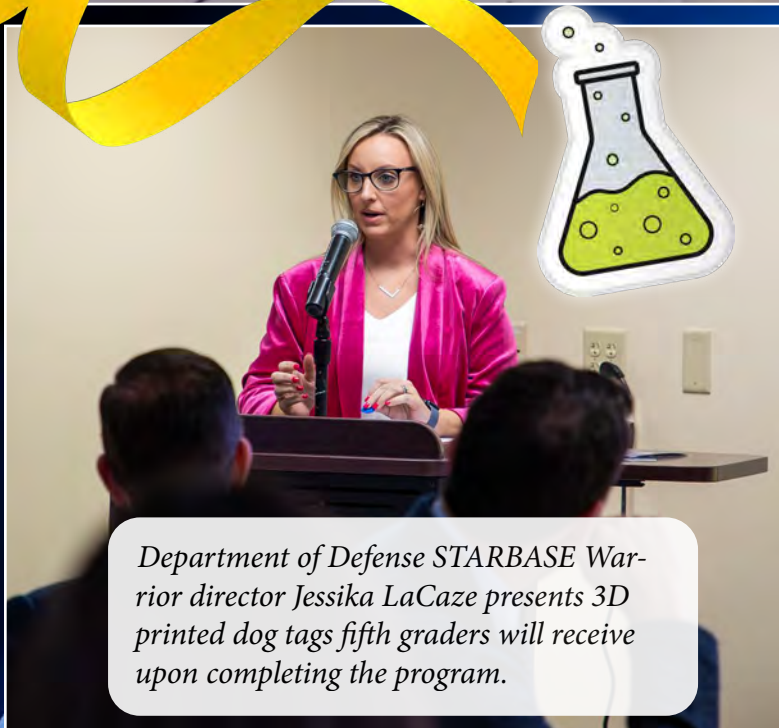
*Dr. Paul Coreil, LSUA chancellor, expressed the importance of STEM education for children and their futures.*



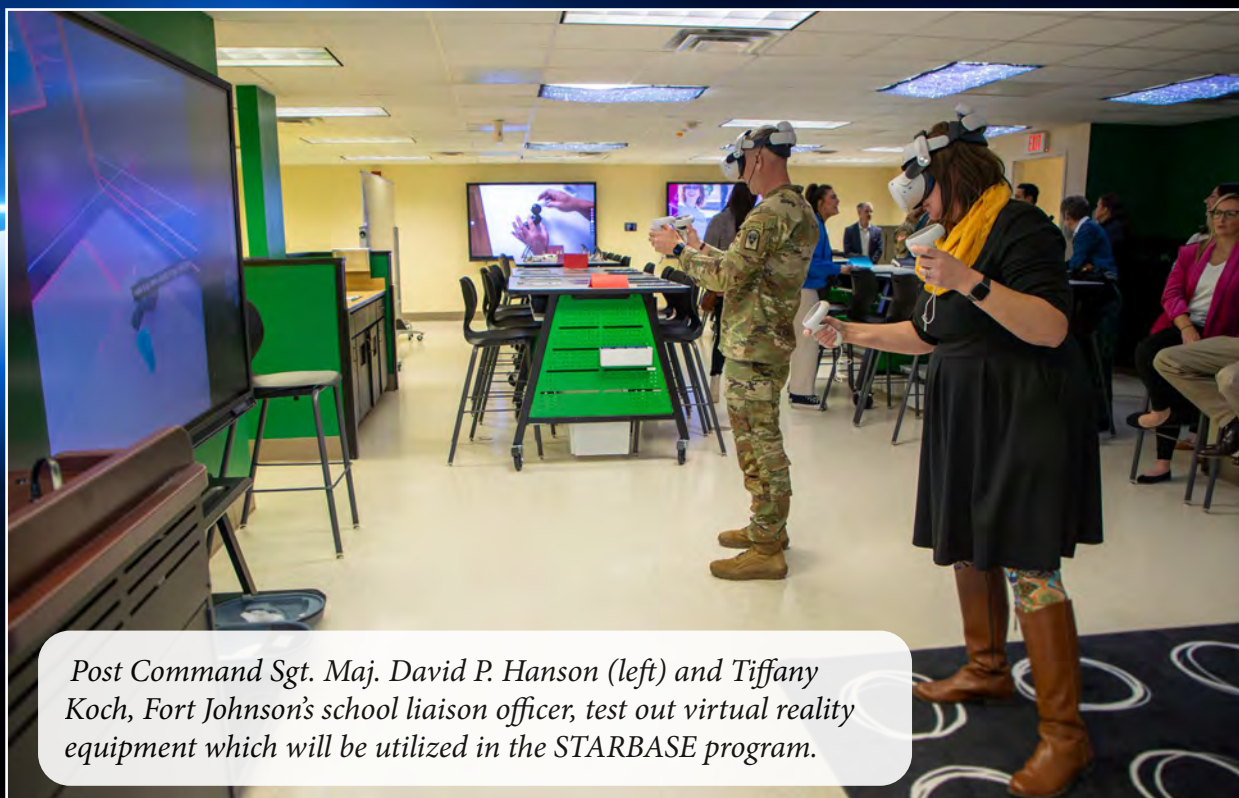
*1st Lt. Seth Deltenre (left) and Spc. Marcus Yarn examine one of the STARBASE program's many interactive learning tools.*



*Attendees at the STARBASE ribbon cutting ceremony listen as Beard speaks more about the program's progress. The classroom will be utilized by fifth graders in local Vernon Parish schools.*



*Department of Defense STARBASE Warrior director Jessika LaCaze presents 3D printed dog tags fifth graders will receive upon completing the program.*



*Post Command Sgt. Maj. David P. Hanson (left) and Tiffany Koch, Fort Johnson's school liaison officer, test out virtual reality equipment which will be utilized in the STARBASE program.*



# EDUCATION SUMMIT

## Summit highlights education advances in 2023

By **CHUCK CANNON**  
Public Affairs Office

FORT JOHNSON, La. — The Joint Readiness Training Center and Fort Johnson hosted its annual education summit with local, state and Department of the Army stakeholders at the Fort Johnson Warrior Center Jan. 18.

Representatives from the Vernon Parish and Beauregard Parish school boards, as well as partners in education from Louisiana State University of Alexandria, attended the summit. Additionally, presenters from STARBASE Warrior, Region 5 and 6 STEM centers, Fort Johnson Child and Youth Services, Fort Johnson Exceptional Family Member Program, Fort Johnson Employment Readiness, Fort Johnson Transition Assistance Program and Fort Johnson Transition, Assistance and Resources Team, gave updates on their programs.

Brig. Gen. David W. Gardner, JRTC and Fort Johnson commanding general, provided opening remarks for the summit about strides made in 2023 to improve quality of education in Vernon and Beauregard parishes. He thanked those in attendance and area representatives for working on behalf of Fort Johnson's children and spouses.

"We care about education ... Command Sergeant Major (David) Hanson and I both have children in the system," Gardner said. "I'm excited about today and look forward to the information from the different presenters."

Advances made in education in Vernon and Beauregard parishes during 2023 include:

- Expanded career tech opportunities
- STARBASE curriculum development and approval
- Campus expansion and STEAM (science, technology, engineering, arts, math) infrastructure
- Special education working group and partnership workshops



*A close-up of interactive STEM displays at the summit.*

- Louisiana Board of Regents STEM Center participation
  - Expanded volunteer opportunities and outreach
  - Improvements to out-of-state teacher certification legislation
  - Louisiana Department of Education Purple Star School recognition
  - Partners-in-Education expansion
- Following Gardner's remarks, certificates were presented to principals of the year, students of the year, and support personnel of the year.

Key topics covered during the summit included:

- Student opportunities to include expanded course offerings, and advances in STARBASE Warrior and STEAM
  - Challenges facing schools and parents, to include a shortage of qualified teachers and how Fort Johnson is working with the school systems to overcome those challenges
  - A legislative update
- Superintendents from Vernon (James Williams) and Beauregard (Larry Hollie) schools gave updates on their systems and improve-



*Dr. Elizabeth Beard, Louisiana State University of Alexandria interim provost and vice chancellor for academic affairs, expresses the importance of education.*

ments made for students. Logan Morris, civilian aide to the secretary of the Army, gave a legislative update.

Following a short town hall session, Col. CJ Lopez, Fort Johnson garrison commander, gave closing remarks.

"I'm very appreciative of your commitment and passion for our children," Lopez said. "I pledge to support you and be a partner with you."

Tiffany Koch, Fort Johnson school liaison officer, moderated the summit.

She said the summit is important to continue relationships between Fort Johnson, area school systems, legislators and parents of students.

"It allows an opportunity for both school districts, our elected officials and stakeholders to gather together and hear about the good things that have happened during the past year, as well as challenges looking ahead," Koch said. "It's where we celebrate our success and areas we're still working on. It gives us a forum to celebrate what we've done, but also let everyone know we're still working."





# FORT JOHNSON 2024 EDUCATION SUMMIT

Victoria Salazar, a Child and Youth Services training specialist, demonstrates one of the STEM interactive learning resources to guests at the Fort Johnson Education Summit Jan. 18 at the Warrior Community Center.



CHUCK CANNON/GUARDIAN



A close-up of interactive STEM displays at the summit.



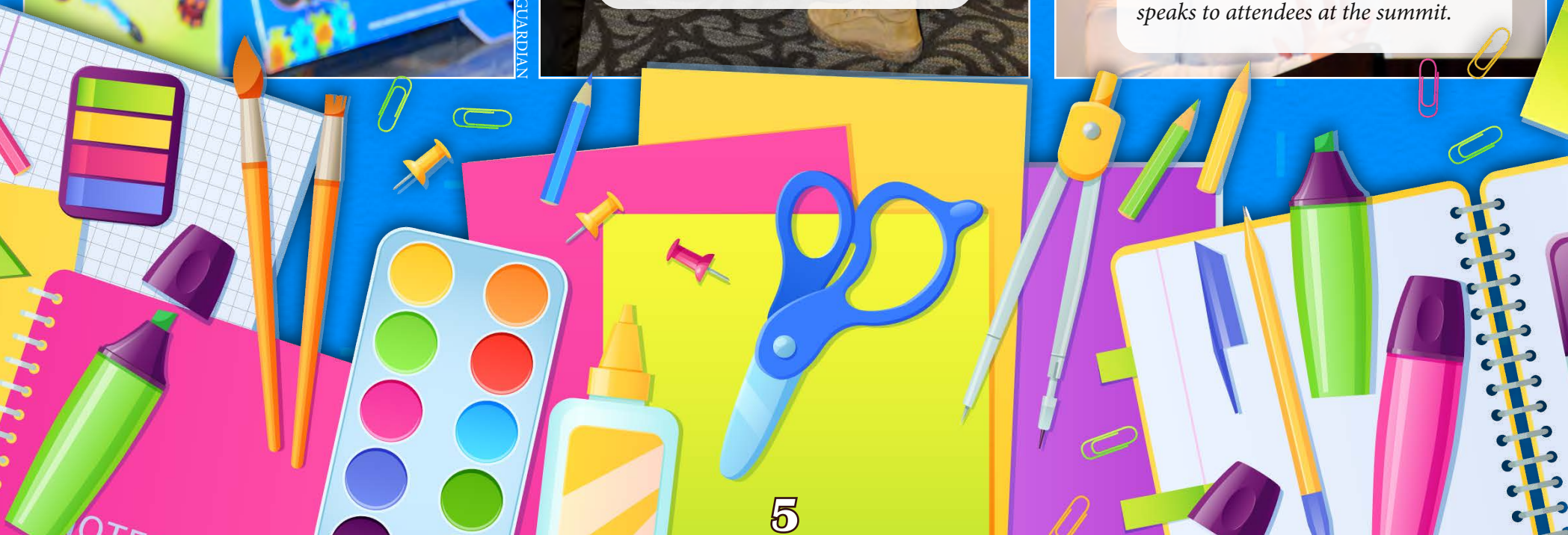
Jean Wadman (left), Fort Johnson Child and Youth Services director, discusses one of the displays with Brig. Gen. David W. Gardner, Joint Readiness Training Center and Fort Johnson commanding general.



Brig. Gen. David W. Gardner says a few words to the audience.



Jessika LaCaze, Department of Defense STARBASE Warrior director, speaks to attendees at the summit.





# Fort Johnson increases emergency capabilities with new fire station

By **ANGIE THORNE**  
Public Affairs Office

FORT JOHNSON, La. — Fort Johnson leadership held a ribbon cutting ceremony for the North Fort Fire Station Jan. 16. Completing the 2.7 million dollar project is a testimony to the efforts of the Fort Johnson Directorate of Public Works, U.S. Army Corps of Engineers and Aegis Security Insurance Company.

The single story, standard design, one-company satellite fire station spans approximately 5,800 square feet. The newly completed station is located on Entrance Road, just west of the existing North Fort Fire Station.

The new building is designed to provide first responders with adequate facilities that meet current standards, and improve emergency service response to Fort Johnson and the surrounding areas.

Brig. Gen. David W. Gardner, Joint Readiness Training Center and Fort Johnson commanding general, was the guest speaker for the ceremony.

Gardner acknowledged the work it took to complete the project and thanked the garrison and Corps of Engineers for their continued efforts to hold the project to high construction standards.

“We did the punch list. We got through it and now we have an almost 6,000 square foot facility to finally house our first responders on North Fort appropriately,” Gardner said.

He emphasized the personnel who will live and work at the station not only keep Soldiers safe while training, but also help the community outside the gate.

“The teamwork and partnership of our firefighters is amazing. They worked along with our 1st Battalion, 5th Aviation Regiment and 46th Engineers, as well as Vernon Parish and the National Guard while fighting the third largest wildfire in the United States for weeks. Through it all, we had no loss of life,” Gardner said. “They deserve this station.”

Fort Johnson Fire and Emergency Services chief, David J. Kass, said the new fire station meets all current life, health and safety standards and dramatically improves quality of life for firefighters working 48-hour shifts.

It also includes backup power to support all critical power requirements, fire protection and alarm systems and security access control.

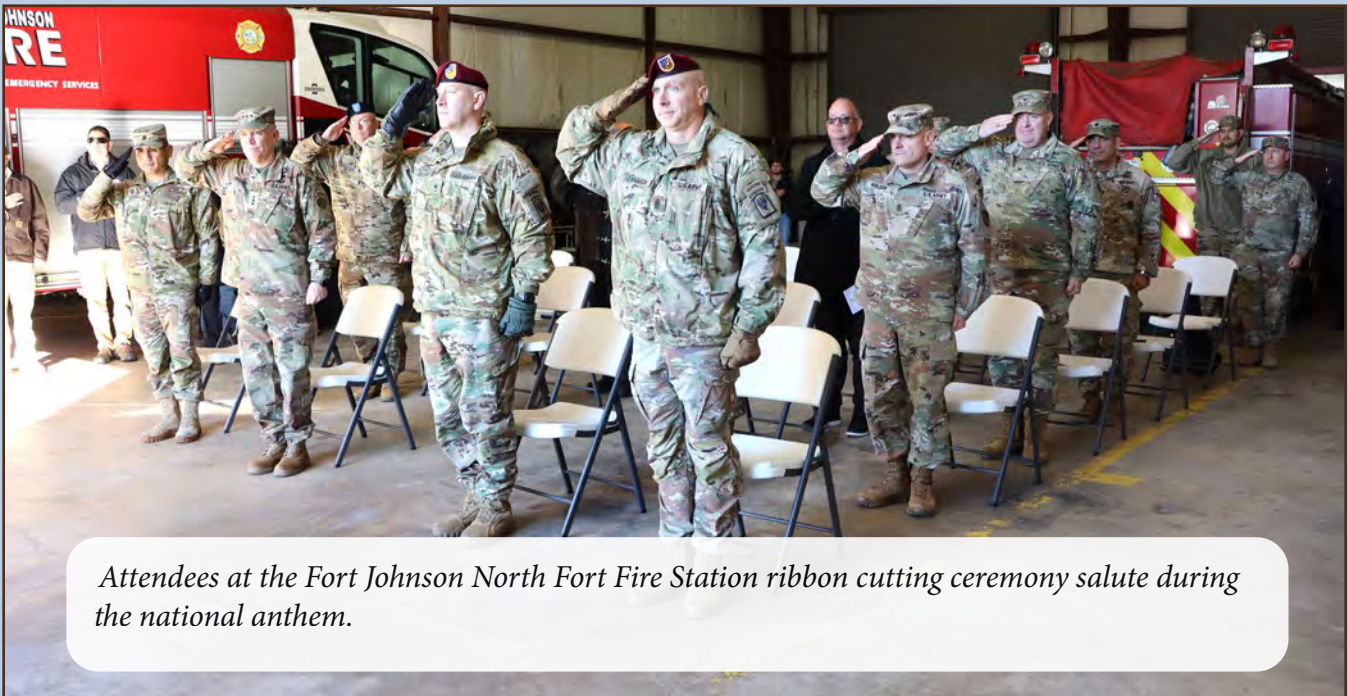
“The resulting improvements to quality of life is expected to aid in retaining personnel,” Kass said. “Firefighters can now take great pride in a facility that supports our efforts in keeping the Soldiers and Families of Fort Johnson safe, not to mention the community beyond our gates, as we did this past summer during the historic wildfires in our area.”

Interior spaces include: administrative, residential, training, fitness, laundry and more.

Capt. Elinda Hollis, lead firefighter, is currently on rotation at the North Fort Fire Station.



*Lt. Gen. Patrick D. Frank (fourth from left), U.S. Army Central commanding general; Brig. Gen. David W. Gardner (third from right), Joint Readiness Training Center and Fort Johnson commanding general; and other Fort Johnson leadership and guests cut the ribbon at the new North Fort Fire Station during a ceremony Jan. 16.*



*Attendees at the Fort Johnson North Fort Fire Station ribbon cutting ceremony salute during the national anthem.*

rently on rotation at the North Fort Fire Station.

“The station we have been using is pretty old, so this new station is going to be better for us in many ways including better sleeping quarters, a training area, dayroom, gym and more. It will be a great place to work and relax,” Hollis said.

She said people would pass by the old North Fort Fire Station and not even realize what it was unless the bay doors were open.

“With the new station, people will actually realize there is a fire station here. I think it will give them better peace of mind to know that we are close in case the worst happens and they need us,” Hollis said.

Shane Gremillion, DPW project manager for the North Fort Fire Station, said, “The completion of the fire station is a great achievement for the installation. This new station was needed, and days like this make all the hard work worth the it.”

People interested in touring the new fire station should call 337-531-7247.



*Fort Johnson fire chief David J. Kass (left) and former fire chief Michael Kuk, cut the cake celebrating the opening of the North Fort Fire Station.*



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PORSHA AUZENNE/GUARDIAN

## Dogwood Housing Town Hall

Joint Readiness Training Center and Fort Johnson leadership, along with unit leaders and representatives from Corvias, held a Housing Town Hall Jan. 22 in the Dogwood Terrace neighborhood. Streets covered included Kucinski Street, Holmlund Street, Guiney Street and Kleveno Street. Residents were able to share their housing questions and concerns, maintaining the open dialogue between the Fort Johnson community and leadership. Residents and leadership then gathered at the Dogwood Community Center to further engage in discussions about quality of life. Topics discussed included drainage issues, acknowledgment signs for homes of Exceptional Family Member Program children, speeding, street light outages and debris.

# WINTER SAFETY TIPS

**TIP  
#5**



**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.**



# Soldiers, Families weather icy blast thanks to coordinated efforts

By ANGIE THORNE

Public Affairs Office

FORT JOHNSON, La. — Winter Storm Indigo impacted the Fort Johnson community with temperatures below freezing from Jan. 12-20 — many days dipping down into the 20s and teens.

It's safe to say Louisiana isn't used to those kinds of temperatures. The result was power outages and facility closures that tested the installation's resiliency.

Before the storm even hit there was a concerted effort by the Fort Johnson Warrior Operation Center, Public Affairs Office and Corvias (Fort Johnson's housing partner) to disseminate severe weather messaging, equipping residents with essential emergency contacts and valuable safety tips for the challenging weather conditions. As the storm unfolded, critical information continued to be communicated to the Fort Johnson community through email and social media.

During the storm and in its aftermath, Fort Johnson's leadership, Directorate of Public Works and Corvias joined forces to ensure a rapid recovery.

Organizations including DPW Operations and Maintenance, DPW Environmental, Army Housing Office, Corvias and Entergy, combined their efforts to tackle the many issues brought about by the icy weather.

Corvias maintenance teams worked tirelessly to mend damaged pipes and heating systems within Fort Johnson neighborhoods.

Tim Courson, Corvias facilities director, said winter weather became an issue on the evening of Jan. 16 and continued through Jan. 21 with freezing temperatures, power outages and frozen pipes putting their staff into 24-hour emergency operations.

"Preplanning and actions were successful in Dogwood and Palmetto neighborhoods, but outages hit Maple Terrace leaving 1,130 homes without electricity, HVAC and domestic water. The Fort Johnson Corvias team reacted promptly, receiving and dispersing over 300 related work orders in 12 hours. Corvias worked 24 hours a day for five days straight and did so with no safety related incidents while still taking care of our normal workloads. Our team truly showed their commitment to our residents and we are extremely proud of every member of the staff," Courson said.

Simultaneously, PRIDE Industries maintenance teams took on the challenges of repairing water pipe breaks within garrison facilities.

DPW's Operations and Maintenance division made significant progress, successfully completing 179 submitted demand maintenance orders associated with the storm.

Their efforts included stand by emergency generator preparations, salting and sanding initiatives, isolation and repair of water pipe



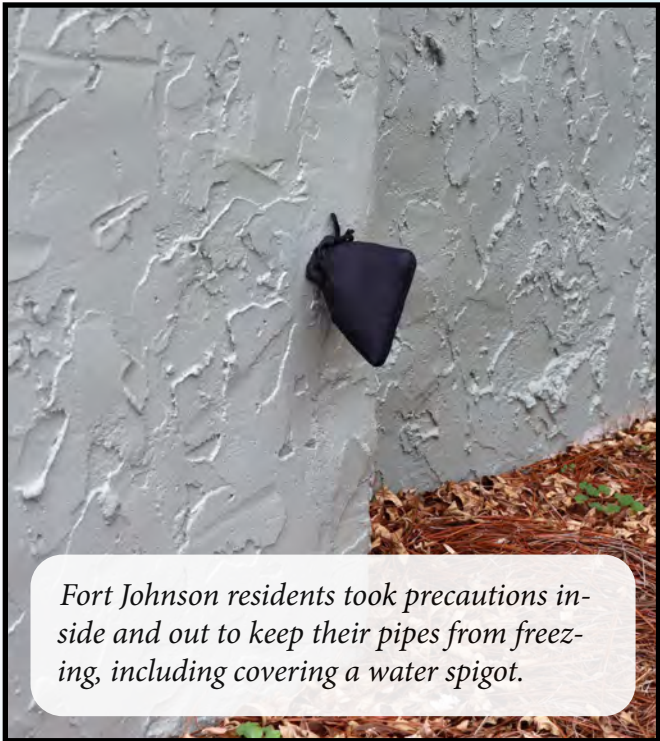
ruptures and the restoration of facility heating and electrical systems. The proactive and preemptive preparations of the team proved instrumental in minimizing interior facility damage.

Nathan Jernigan, Fort Johnson director of Public Works, said the directorate of public works teams, in conjunction with their contracted partners, expended numerous man-hours and resources in the recovery efforts of the recent winter storm.

"During the near record cold temperatures, these dedicated teams performed with professionalism, expertise and selflessness. They worked around the clock to restore the electrical distribution and facility systems in a safe and timely manner, while minimizing infrastructure damages," Jernigan said. "The synchronization and actions of garrison directorates and DPW divisions were the key factors that minimized the impacts across the garrison facility and housing portfolios. Clear communication between all organizations during storm preparation, emergency mitigation efforts and recovery and reporting, were the foundation of our success. As with any recovery effort, there are lessons to be learned. We'll continue refining our processes and action plans by incorporating those lessons learned and making an even better posture for future installation weather events."

Betty M. Beinkemper, chief of the Army Housing Office, said taking care of Families is what they do.

"Early morning freezing temps and a wake-

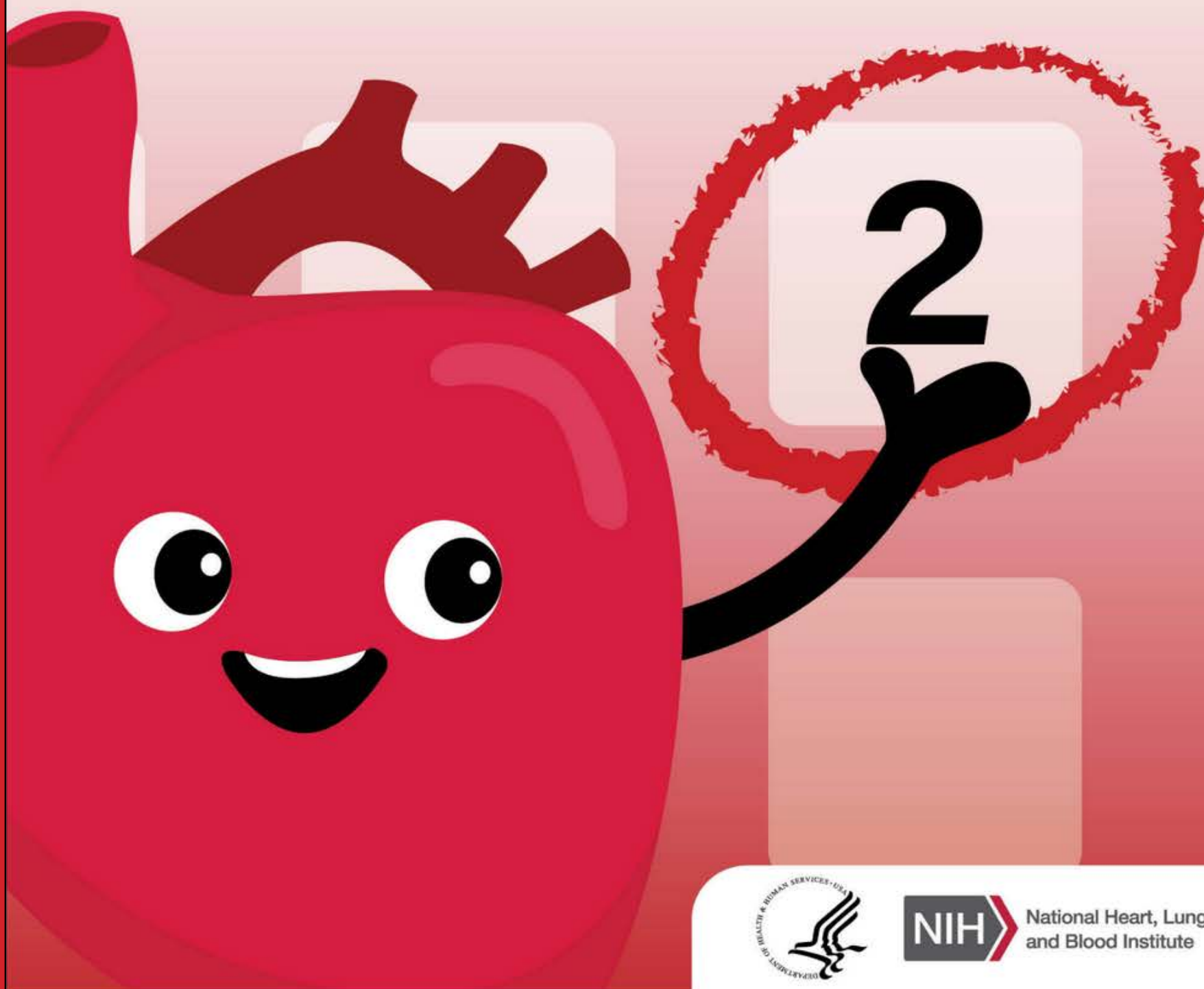


up text from Col. Lopez (Fort Johnsons garrison commander) on a downed power line that left all of Maple Terrace / North Fort and portions of South Fort Cantonment without power and heat set in motion the Army Housing Office team. The team visited the installation facilities that were set up to keep our Families warm until the heat and power were returned. Mr. Bernard Harris is our Maple Housing manager and provided customer service (where to go) and updates to the residents of Maple Terrace. The AHO responded to all requests for information on Soldiers and Families who reside in Maple Terrace and ensured that all power and heat were restored," Beinkemper said.



# National Wear Red Day®

February 2024



National Heart, Lung,  
and Blood Institute





# Corvias Home Tour, Spouse-Owned Business Market combine for success

By **ANGIE THORNE**  
Public Affairs Office

FORT JOHNSON, La. — Normally, a home tour and a vendor’s market aren’t two things you think of putting together. But in the case of the Fort Johnson Corvias Property Management Open House Home Tour and Military Spouse-Owned Business Market, it simply worked.

The event took place at the Corvias Leasing Office Jan. 20 and people attending the event were encouraged to both browse vendor wares and tour duplexes, townhomes and apartments.

Michelle Land, Corvias leasing consultant, said Corvias wants to support their military in every way, and working with the spouses let them support military Families in a unique way.

“They sacrifice so much. For this event in particular, we strengthened our relationship with the spouses, and were happy to meet their customers too. Many of the people who came in for the market had not toured a home on Fort Johnson, nor seen a renovated home,” Land said.

The event was the chance for people to do both.

Mallory Simpson attended the event and said she and her daughter, Dannii, 11, were excited when they found out about it.

“She wanted to spend a little mom and daughter time together and I think the market is awesome,” Simpson said. “I love seeing these Army spouses come together to provide a wide variety of wonderful items above and beyond what you can get locally.”

Larriesha Legier runs Fleur De Leigh, a business based on embroidery designs and items. Legier took part in the market event held at the Corvias leasing office and said it was great to team up with them.

“Today has been beneficial because this market gives me the opportunity to grow my business and connect with the Fort Johnson community,” Legier said. “It’s all about networking. As Army spouses, we won’t be here long, so an opportunity like this is just another chance to reach out and grow our social media presence and business, which will go with us to our next duty station, wherever that is.”

Cody and Elizabeth Foyer, were one of the families who toured homes during the event. They were shown two homes with different floor plans that fit their needs.

Cody liked what he was seeing.

“The extra storage and newly refurbished homes are so nice. It’s the perfect space for us,” he said.

The Foyers are civilians and are planning to move their family in the next few months. Corvias housing is open to nonmilitary applicants to include veterans, Department of Defense



*Fort Johnson community members browsed vendors at a Corvias Open House Home Tour and Spouse Owned Business Market Jan. 20.*



*Buying cupcakes are a treat for attendees of the Corvias Open House Home Tour and Spouse Owned Business Market.*



*Elizabeth and Cody Foyer (left), tour a home with Michelle Land, a Corvias leasing consultant during the Corvias Open House Home Tour and Spouse Owned Business Market.*

employees and civilians.

“The price is reasonable and it’s far better than anything else we’ve looked at in the last year. We didn’t feel comfortable with a lot of the houses we have toured off the installation, but these homes on Fort Johnson are wonderful,” he said.

The tour and market event caught the attention of Cody’s wife and they made the decision to book a tour.

“This event has been very helpful and the people have been kind. I’m really looking forward to living here in the future. I looks like a great place to raise our family,” Cody said.

Land led the Foyers on their tour and said the home tour portion of the event was very successful.

“When it comes to home tours and potential residents, it exceeded our expectations. We did

well over 10 tours and met some future residents,” she said.

Land said at the end of the day, it was a win for everyone involved in the event. Attendees were able to see homes if they wanted to know what Corvias had to offer, but even if they didn’t, they had a fabulous and unique shopping experience.

“What talent our vendors have ... we were so awed by their products. For our Corvias team, we made new friends and residents. For the spouses who participated in the market, the turnout gave them an avenue to make some sales and meet new people too,” Land said.

The next home tour and market event will take place April 27. For more information or if you are interested in touring a home call 337-537-5060.



# Army Medicine focuses on combat casualty care, exceptional Family members

By JEAN CLAVETTE GRAVES  
BJACH PAO

FORT JOHNSON, La. — Bayne-Jones Army Community Hospital hosted hospital executives from across Louisiana at an Army Medicine tactical combat casualty care and medical evacuation demonstration followed by a discussion of the Exceptional Family Member Program Jan. 9 at the Joint Readiness Training Center and Fort Johnson.

Trisha Kearns, EFMP program coordinator with Fort Johnson Army Community Service, defined the EFMP program as a comprehensive and coordinated approach to providing community support, housing, education, personal and medical services to military Families.

“The program is for those who have medical, mental, emotional, developmental or educational needs requiring specialty care for six months or more,” Kearns said. “EFMP ensures Soldiers and Families are assigned to locations that can provide necessary medical and educational services.”

Nearly 95 attendees from medical facilities, municipalities and local, state and federal officials attended the BJACH event.

Lt. Col. Grigory Charny, BJACH deputy commander of clinical services, said the reason BJACH held the event was threefold: to foster relationships, help the community understand Fort Johnson’s critical combat medic mission and share data about specialty services needed in the region.

“We provided information about the challenges faced by EFMP here in Central Louisiana,” Charny said. “We shared data with our partners that they may consider when making fiscal decisions on hiring actions of physicians, sub-specialties and behavioral healthcare providers.”

Charny said building relationships with network hospital partners is important.

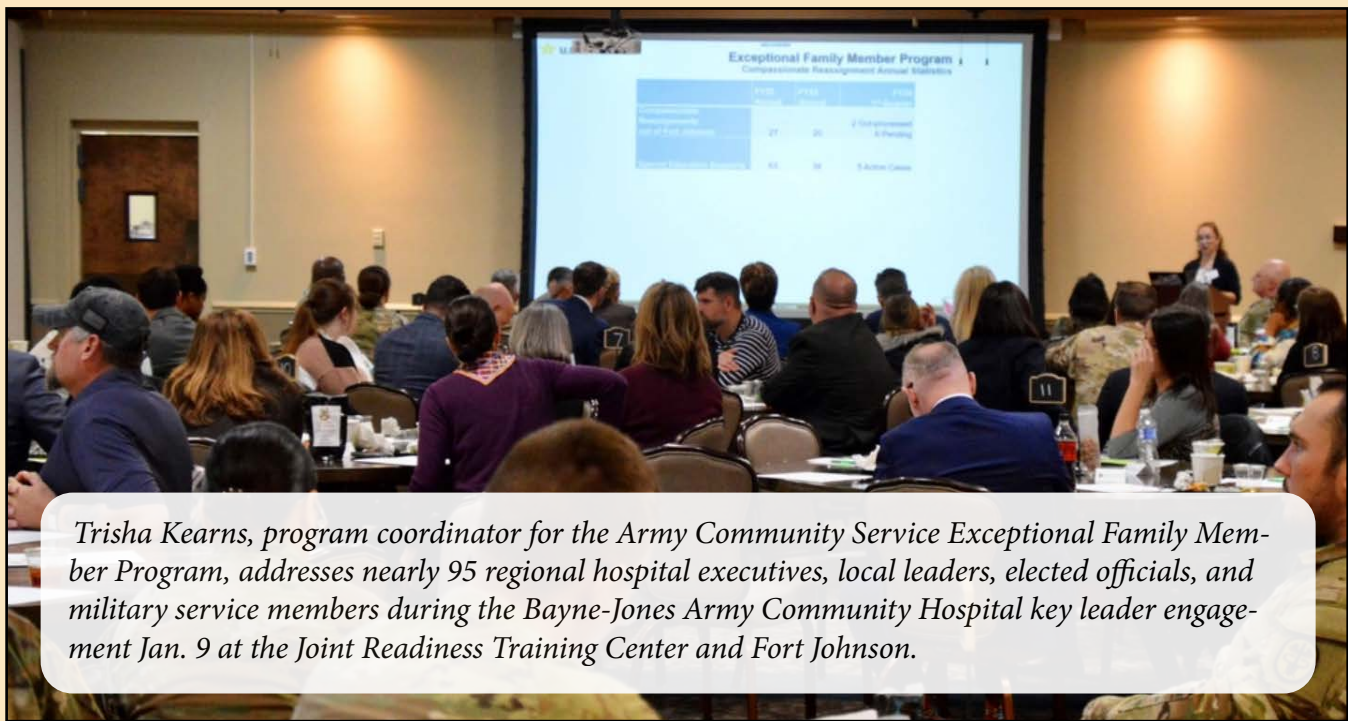
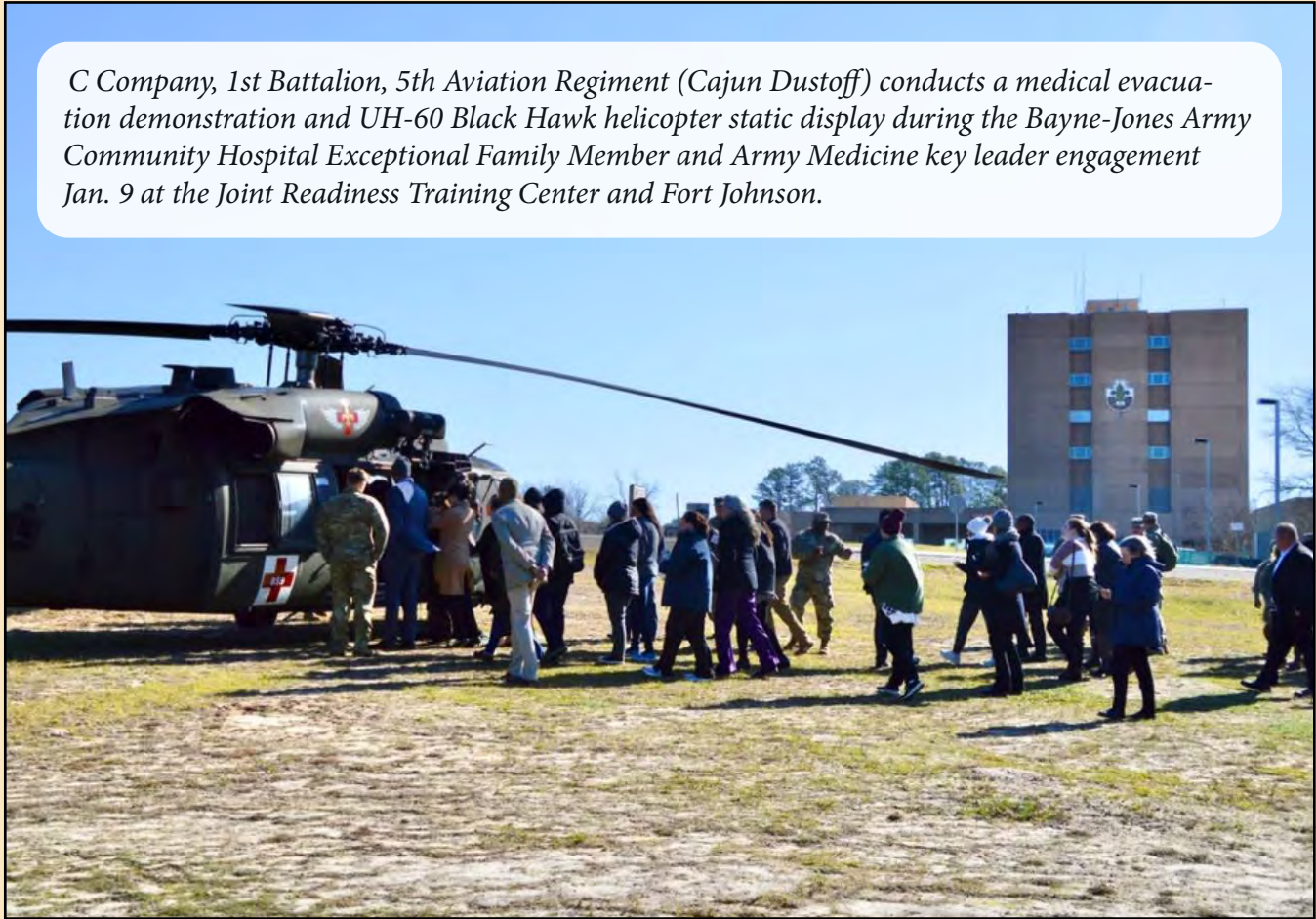
“I think engagements like this are priceless,” he said. “When there is a crisis, BJACH leadership can reach out to our counterparts on a first name basis to solve a problem and take care of a patient more quickly.”

Strong relationships with network hospital partners is vital to successful patient care.

“Medicine is not a practice in isolation,” Charny said. “All medicine is about professional and clinical relationships, white coat diplomacy and the ability to take care of a patient holistically across many specialties and facilities. Because of this, we work very hard to develop and sustain these relationships. Collaboration is also fulfilling and ensures the best outcomes for Soldiers and their Families.”

Traci Thibodeaux, CEO of Beauregard Regional Health System, appreciated the opportunity to attend.

“My biggest takeaway was learning more about EFMP and the unique healthcare re-



source needs of our military Families,” she said.

Thibodeaux said working together in healthcare is the key to success.

“It’s important to work together because rural healthcare providers don’t have the resources to be everything to everyone,” she said. “We can and should leverage each other’s strengths to help close gaps in care.”

Thibodeaux hopes the event inspires more collaboration amongst all organizations in attendance.

“I hope to gain improved collaboration, resource and risk sharing to avoid over burdening any one provider while improving community-wide access to care,” she said.

Charny said this event illustrates to network partners that BJACH delivers.

“We stated that we intended to engage our

partners and discuss EFMP during the fall of 2023 after the community hospitals had graciously welcomed us to their facilities,” Charny said. “We accomplished this task within 100 days. Our partners noted they have not experienced an event like this in many years. It started off in a fun, punctual, and well-organized fashion. The weather was perfect and C Company, Cajun Dustoff, 1st Battalion, 5th Aviation Regiment added to the whole program with a UH-60 Black Hawk demo and static display. We also illustrated to our civilian colleagues that Army Medicine is a unique organization of medical professionals who at any given moment can be called to support our nation, leaving Families behind to be cared for in the network.”

For more information about EFMP call 337-531-1941.





**PROTECTING  
CLASSIFIED,  
CONTROLLED  
UNCLASSIFIED  
INFORMATION  
AND OPSEC IS CRITICAL  
INFORMATION AND IS**



**EVERYONE'S RESPONSIBILITY.**

**FORT  
JOHNSON**

**SHOOTING  
RANGE**



**FRIDAY & MONDAY  
11 A.M.-5 P.M.**

**SATURDAY & SUNDAY  
9 A.M.-5 P.M.**



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



**337-353-0528**



# 3Rs (Recognize, Retreat, Report) Explosives Safety Education Program

All individuals who discover abandoned, unattended or discarded ammunition and explosives, potential unexploded ordnance or a potential explosive hazard should use the Army's 3R process:

1 – **RECOGNIZE**: When you may have encountered a munition or potential unexploded ordnance and recognize it is dangerous

2 – **RETREAT**: Do not touch, move or disturb the munition or unexploded ordnance. Carefully leave the area, informing other personnel in the area of the situation and evacuating the area

3 – **REPORT**: Report any and all ammunition, explosives and suspected unexploded ordnances immediately to the Directorate of Emergency Services by dialing 531- COPS (2677) or 911. Report as much information as you can like location, description (size/color).



Contact the Garrison Safety Office at  
**531-SAFE (7233)** for more information



## Personal Protective Equipment must be worn



Hey motivator...poor fit, too hot, not easily accessible or looks unattractive is not a daggone excuse! Get that PPE on and get back to work!

**98%** of employees said they have seen others not wearing PPE when they should have been



**9%**  
of all injuries are head injuries



**25%**  
of all workplace accidents involve hands and fingers



**50%**  
of construction workers will suffer a serious injury during their career



**25%**  
of workers are regularly exposed to noises at or above recommended limits





# 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



BY ALEX RIVERA

MELVIN'S MOMENTS



## TURKEY HUNT MARCH 30

The Louisiana Department of Wildlife and Fisheries is hosting their annual Youth Turkey Hunt March 30. Ten slots are available for active-duty military dependent youth ages 10-17. LDWF will hold a random lottery drawing in mid-March.

Applications can be filled out at the link below:

**[Click here for application form](#)**

Applicants must bring their own gun and gear. Application must be filled out by active-duty military parent or legal guardian assigned to Fort Johnson. If active-duty member is deployed, spouses may sign up their youth. Please submit completed application via email to [klegleu@wlf.la.gov](mailto:klegleu@wlf.la.gov). Applications due no later than Feb. 29. All youth must purchase a \$5 Youth Hunting License and download/print turkey tags at [www.wlf.la.gov/page/lottery-hunts](http://www.wlf.la.gov/page/lottery-hunts).

**For more information please call LDWF at 337-491-2575.**





# Armed Forces Wellness Center helps with new year's resolutions

By PORSHA AUZENNE  
Public Affairs Office

FORT JOHNSON, La. — With a new year comes new resolutions. One of the top priorities people look forward to improving is their overall health. From fitness to nutrition, many individuals started their 2024 with a list of health goals.

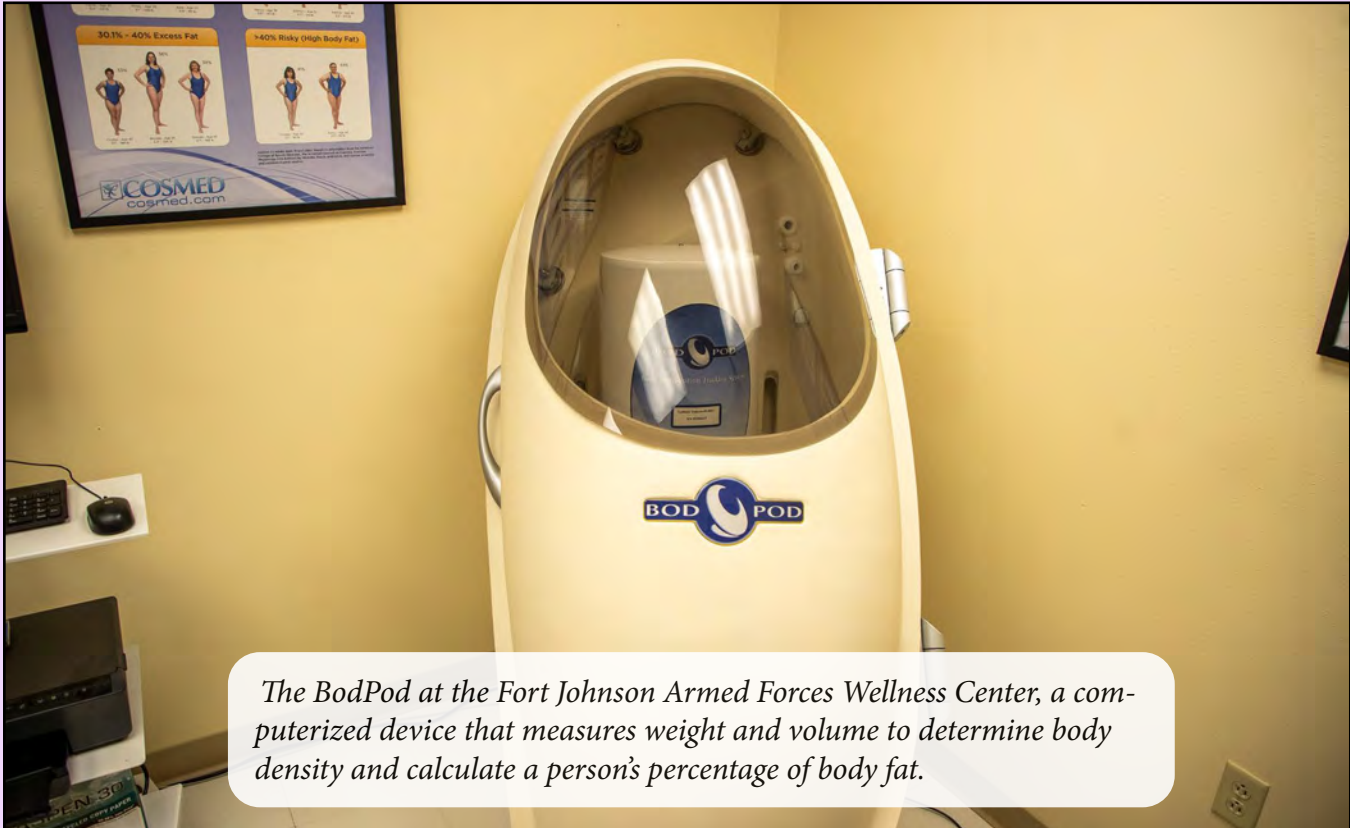
For those looking to kick-start their new year's resolutions, the Armed Forces Wellness Center, located at the Bayne-Jones Army Community Hospital, has multiple resources to help reach those goals.

The AFWC offers an extensive amount of services for those looking to change their lifestyle and is open to active-duty Soldiers, Families, retirees and U.S. Department of Defense civilians. An appointment at the AFWC may include body composition testing via the BodPod, metabolic testing, fitness testing, or a biofeedback session. The AFWC can also help with increasing metabolism, healthy nutrition, stress management and healthy sleep habits.

"As far as health goes, we want to help assess where you are currently," said Pamela

Richard, director of the Fort Johnson AFWC.

"Once finding that out, we'll



*The BodPod at the Fort Johnson Armed Forces Wellness Center, a computerized device that measures weight and volume to determine body density and calculate a person's percentage of body fat.*

help you meet the goals you're trying to reach."

Richard discussed how people come to the AFWC for a number of reasons. Though the top reason is weight loss and management, she expressed the center focuses on the overall health of an individual.

"At the wellness center, if you're looking to make improvements, we can definitely help you," Richard said. "Whether it's weight loss, weight gain, eating healthier or exercising, our goal is to help you manage your life better. We remind people that they don't have to deprive themselves of what they love, just to remember there is a balance between what we love and what we know is going to love us."

Those looking to begin the process

can either have a provider refer them or they can refer themselves to the AFWC.

First, fill out the Health and Wellness Tracker at [awc.army.mil](http://awc.army.mil). Once a login and password have been created, begin filling out the health history questionnaire. While completing each tab of the survey, answer each question carefully and click 'continue' until you reach the end of the questionnaire. Once the survey is complete, clients will contact the AFWC to schedule an appointment.

The AFWC is open Monday-Friday from 7:30 a.m.-4:30 p.m.

For more information about the AFWC, please call 337-531-3055 or visit [bayne-jones.tricare.mil/Health-Services1/Preventive-Care1/Army-Wellness-Center1](http://bayne-jones.tricare.mil/Health-Services1/Preventive-Care1/Army-Wellness-Center1).



JOINT READINESS  
TRAINING CENTER

**FORT  
JOHNSON**



FORT JOHNSON

**AFWC**

ARMED FORCES WELLNESS CENTER

**Open to active-duty Soldiers, Families, retirees  
and Department of Defense civilians**



### Services

- Body composition analysis
- Metabolic testing
- Weight management
- Stress management
- Health assessments
- Exercise testing
- Exercise prescription
- Nutrition education
- Wellness coaching

**337-531-3055**



# Transition Assistance Program offers **Employers' Day** workshops

By ALEX RIVERA

Public Affairs Office

FORT JOHNSON, La. — Soldiers nearing the end of their military career and seeking to explore available avenues in civilian employment should stop by the Fort Johnson Transition Assistance Program, where they can start the shift from military to civilian life.

Clifton Hill, TAP specialist, said TAP has programs to help Soldiers with everything from writing resumes to networking and more.

"If you are getting ready to transition, come on down and see us at the TAP center," Hill said.

There are many classes and opportunities that fall under the TAP umbrella. One such workshop is Employers' Day, held on alternate Thursdays each month from 9 a.m. to noon at the Fort Johnson Education Center.

Employers' Day provides an opportunity for Soldiers to meet with employers who are eager to acquire new talent. A representative from the organization is available to sit and discuss job positions, qualifications, skills, application procedures and any inquiries Soldiers may have.

Additionally, TAP extends its support by coordinating a two-day Department of Labor workshop that begins on the Wednesday before each Employers' Day from 9 a.m. to noon and continues again on Thursday during the event.

The workshop is designed to equip Soldiers with information and skills such as preparing resumes and providing insights into what attributes employers look for when considering potential employees.

But TAP isn't just for active-duty Soldiers hitting their expiration of term of service. They can also help retirees, Soldiers processing through medical evaluation boards and those who are separating for other reasons.

Christopher Phillips, a representative for Vet



*Stacey Delgado, Transition Assistance Program representative, speaks to the Department of Labor workshop class about what programs TAP has to offer and the Developmental Assignment Program that she is currently participating in.*

Solutions for Life, participated in TAP and Employers' Day a year ago when he was still in uniform.

"I met with the representative of Vet Solutions for Life and was asked if I was interested in a job and now I come to these events to talk about the organization and my experience," Phillips said.

If you are leaving military service and seeking to integrate into the civilian workforce, consult with the specialists at the TAP center. They are here to guide Soldiers through their next career endeavor and align them to a professional pathway for future success. For more information please contact the center by clicking this link to [TAP](#).



*Lt. Col. Donald M. Lee, representative with Mission and Installation Contracting command, explains the organization to a Soldier at Employers' Day.*



*Students in the Department of Labor workshop course listen to Vet Solutions for Life representative Christopher Phillips about the organization and Employers' Day Jan. 25.*



# BRIEFS

## Books and Brews

Books and Brews returns Jan. 30 at 5 p.m. at The Forge! Bring your favorite book that's been intriguing to you lately and share a cold one with your fellow bookworms.

## 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.

For more information call 337-531-6149.

## Christmas tree recycling

Fort Johnson Environmental is collecting discarded, live Christmas trees from now until Jan. 31.

Trees can be dropped off at the recycling center, located on the corner of Georgia Street and Maine Street at building 3620, where a 24-hour drop-off container is available. Please remove all ornaments, tinsel and lights from the tree before recycling.

The trees will go towards improving the habitats for northern bobwhites and local fish.

For more information please contact [amy.c.brennan3.ctr@army.mil](mailto:amy.c.brennan3.ctr@army.mil).

## Big buck competition

Ready, aim, fire! The Fort Johnson Shooting

Range is hosting a big buck competition now until Jan. 31.

Categories include age ranges 5-10 years, 11-14 years, 15-17 years and 18+. One winner will be selected from each category. Hunters will measure their buck at one of three locations and submit their photos through the link below.

For more information call 337-353-0528.

<https://johnson.armymwr.com/happenings/big-buck-competition>

## Commander golf scramble

Swing into the new year at Warrior Hills Golf Course! The monthly garrison commander's golf scramble takes place Feb. 2 starting at noon.

Register by calling 337-531-4661.

## Friday night live

Laissez les bons temps rouler Fort Johnson! We're bringing Mardi Gras to the Forge Feb. 2 starting at 5:30 p.m. with games, prizes and overall fun. Participants can also design and bring their own wearable cardboard box float to enter into the cardboard box parade.



## Super Bowl LVIII watch party

Bringing all the action from Las Vegas to the Anvil Bar!

Come on down Feb. 11 at 5:30 p.m. to watch the big game, kick back with some delicious Super Bowl Sunday favorites and have a great time.



## Knot 5k

Calling all couples! Tie the knot at the upcoming Valentine's Day Knot 5k run Feb. 10 at Marion Bonner. Run kicks off at 8 a.m. Cost is \$5 for 12+ and free for ages 11 and under.

Lovebirds who want to run away together can register by visiting Wheelock Fitness Center or calling 337-531-6795.



## Drew Hernandez meet n' greet

Rising young comedian Drew Hernandez will be making a stop at the AAFES Class 6 Feb. 16 before taking the stage in his upcoming comedy show. Guests can meet with Hernandez between 4 p.m.-6 p.m.

[www.facebook.com/events/906180337373607/](https://www.facebook.com/events/906180337373607/)

# FORT JOHNSON THINGS TO DO

## Feb. 2: Pineville Mardi Gras Parade Pineville, La.

Each year, to kick off Mardi Gras celebrations for the cities of Pineville and neighboring Alexandria, the City of Pineville hosts its annual "Night of Lights" Mardi Gras parade.

The 2024 parade kicks off at 7 p.m. Feb. 2 at the flagpole on the riverfront and travels north on Main Street through downtown Pineville to the entrance of Louisiana College. Then join us for the after party at the Trotter Center (1600 Military Hwy). This is a parade you don't want to miss!

[www.pineville.net/topic/index.php?topicid=19](http://www.pineville.net/topic/index.php?topicid=19)

## Feb. 3: Lake Arthur Mardi Gras Lake Arthur, La.

Annual Lake Arthur Mardi Gras run and parade floats, chicken run and throw, horseback country riding and more.

[www.explorelouisiana.com/events/festivals/lake-arthur-mardi-gras](http://www.explorelouisiana.com/events/festivals/lake-arthur-mardi-gras)

## Feb. 3: Twin Cities' Krewe of Janus Mardi Gras Parade Monroe, La.

The Twin Cities' Krewe of Janus Mardi Gras parade will roll out Feb. 3. The Twin Cities' Krewe of Janus Parade has entertained revelers since 1984 who eagerly gather along the 3.8-mile route through West Monroe and Monroe. The parade is Northeast

Louisiana's oldest and most recognized Mardi Gras parade. The parade includes nearly 50 units featuring several high school bands, as well as University of Louisiana at Monroe's Sound of Today Marching Band!

[www.explorelouisiana.com/events/cultural-event/twin-cities-krewe-janus-mardi-gras-parade](http://www.explorelouisiana.com/events/cultural-event/twin-cities-krewe-janus-mardi-gras-parade)

## Feb. 10: DeRidder Mardi Gras Parade DeRidder, La.

The annual DeRidder Mardi Gras parade kicks off at 4 p.m. Feb. 10! The route will begin at the Old First Baptist Church on U.S. 171 North Pine and end at Steamboat Bill's.

## Feb. 10: Leesville Mardi Gras Parade Leesville, La.

When the police sirens wail, the crowd roars, "Throw me something, mister!" and beads are airborne as the Mardi Gras celebration in Leesville gets underway. This year's parade kicks off Feb. 10.

[greatervernon.org/events/calendar/#id=183](http://greatervernon.org/events/calendar/#id=183)

## Feb. 10: Nachitoches Mardi Gras Parade Nachitoches, La.

Join the Krewe of Dionysos as they kick off Mardi Gras in Nachitoches! Parade rolls at 6 p.m. from the River South Common shopping center (Bealls



Outlet/Goodwill) parking lot. Travels down South Drive turning left on Keyser Avenue, crossing the bridge turning left on Jefferson Street, right on University Parkway, right on Second Street continuing to Texas Street, turning right on Texas, right on Washington Street continuing down Front Street to Touline Street which will be officially the end of the parade.

[kreweofdionysos.com/](http://kreweofdionysos.com/)

## Feb. 17: Drew Hernandez Comedy Show DeRidder, La.

Come see rising young comedian Drew Hernandez that you've been watching for years as 'A Combat Veteran' on social media as he makes yet another stop on his Veteran Service Organization Tour! Drew has sold out at multiple VFWs and American Legions, so be sure to get your tickets on pre-sale now before Feb. 1 to save. A 10% military/vet discount upon proof of eligibility will also be offered.

[www.eventbrite.com/e/drew-hernandez-comedy-night-tickets](http://www.eventbrite.com/e/drew-hernandez-comedy-night-tickets)







## Service Culture Campaign

# Pledge to our CUSTOMERS

As a service provider organization, we are committed to providing programs and services delivered with a sense of individual pride, professionalism and in keeping with the spirit of Army values and U.S. Army Installation Management Command principles.

We create value for our customers through consistent and easily-accessible service. We will:

- ✓ deliver quality products and services
- ✓ build relationships with our customers, community and each other
- ✓ be kind and respectful to those we serve
- ✓ conduct ourselves professionally
- ✓ welcome and encourage feedback; we will communicate and listen
- ✓ provide neat, professional and aesthetically pleasing facilities
- ✓ take ownership of our actions



### Fort Johnson Commissary Hours

The Fort Johnson Commissary **self-checkout** lanes open starting at 8 a.m. every day.

	COMMISSARY HOURS	CASHIER LANES OPEN AT
<b>Sunday</b>	8 a.m.-8 p.m.	10 a.m.
<b>Monday</b>	8 a.m.-8 p.m.	10 a.m.
<b>Tuesday</b>	8 a.m.-8 p.m.	9:30 a.m.
<b>Wednesday</b>	8 a.m.-8 p.m.	9:30 a.m.
<b>Thursday</b>	8 a.m.-8 p.m.	9:30 a.m.
<b>Friday</b>	8 a.m.-8 p.m.	9:30 a.m.
<b>Saturday</b>	8 a.m.-8 p.m.	9 a.m.



### COLE-MEIRS VFW POST 3619

## COMMUNITY MARKETPLACE

1ST SATURDAY OF FEBRUARY, APRIL, AUGUST  
& NOVEMBER  
OPEN 7 A.M.-2 P.M.

VFW POST 3619, 1115 LA-27, DERIDDER, LA

★ BREAKFAST ★ LUNCH ★ LOCAL VENDORS ★  
★ NON-PROFITS ★ PARKING LOT YARD SALE ★  
★ LIFESHARE BLOOD DRIVE ★

