GUA

## Inside

- Sgt. Johnson memorial ..... page 1
- Start year taking care of you ..... page 2
- Football leads to father, son memories ..... page 6
- OPSEC Awareness Month ..... page 7

## Fort Johnson unveils memorial commemorating namesake

#### **By PORSHA AUZENNE** Public Affairs Office

FORT JOHNSON, La. — The Joint Readiness Training Center and Fort Johnson hosted a memorial dedication ceremony Jan. 13 at Warrior Memorial Park to honor Sgt. William Henry Johnson. A monument, which commemorates the sacrifices Johnson made to the country, was unveiled.

In June of 2023, Johnson was also celebrated at a historical redesignation ceremony when the installation was rechristened Fort Johnson.

Johnson, who enlisted in the U.S. Army as part of the 369th Infantry Regiment in 1917, is renowned for his heroic performance in World War I.

In 1918, while on watch in the Argonne Forest, Johnson successfully fought off a 24-man German raid. Despite suffering 21 wounds in the midst of battle, Johnson defeated multiple enemy soldiers while aiding in the rescue of fellow Soldier Pvt. Needham Roberts.

After the war ended, and because of his courage and selflessness in the face of adversity, Johnson was bestowed a Croix de Guerre by France. He would later be posthumously awarded the Purple Heart in 1996 and the Medal of Honor in 2015.

As the community of Soldiers, civilians, leadership and elected officials sat awaiting the historic reveal, JRTC and Fort Johnson commanding general Brig. David W. Gardner expressed a few words of his own.

"I am proud to command one of the only, if not the only, bases named after an enlisted Soldier," said Gardner. "This monument stands as a symbol of our enduring gratitude and serves as a reminder of what we do at this special place which has been so important in America's history — we forge the warrior spirit."

Louisiana State Rep. Chuck Owen, added what the memorial unveiling meant to him. Brig. Gen. David W. Gardner, Joint Readiness Training Center and Fort Johnson commanding general, speaks during the Sgt. Henry Johnson memorial unveiling Jan. 11 as Spc. Kevin West (center) and Spc. Priya Simpson stand at attention.





"It's a wonderful moment for someone to be recognized for something that was lost on history," said Owen. "For someone of this level of heroism to finally be commemorated, both with word and a monument, says a lot about the American spirit, the U.S. Army and the bravery of Johnson himself."

The ceremony concluded with Gardner personally thanking five Soldiers from the 46th Engineer Battalion who assisted in building the monument.

A special JRTC and Fort Johnson coin was awarded to Chief Warrant Officer David Hatcher, Staff Sgt.



Louisiana State Rep. Chuck Owen views the Sgt. Johnson memorial after the ceremony.

Jared Mitchell, Sgt. Darius Smith, Spc. Brandon Sheehan and Spc. Vladislav Bobkov.



**Cover photo:** Brig. Gen. David W. Gardner, Joint Readiness Training Center and Fort Johnson commanding general (left), and Post Command Sgt. Maj. David P. Hanson unveil the Sgt. William Henry Johnson memorial Jan. 11. (Photo by PORSHA AUZENNE)



JRTC and Fort Johnson Brig. Gen. David W. Gardner Commanding General Col. CJ Lopez Garrison Commander Deven B. King Director of Public Affairs Keith Houin Deputy Director

## **Public Affairs Staff**

Angie Thorne Guardian Editor Jeff England Broadcast Chuck Cannon Community Relations Porsha Auzenne Writer Gabe Walker Operations Alex Rivera Contributor

#### **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/** The eGuardian is an authorized publication for members of the U.S. Army. Contents of the eGuardian are not necessarily official views of, or endorsed by, the U.S. Government, Department of Defense, Department of the Army or Fort Johnson. The Guardian can be found on the

JRTC and Fort Johnson website at home.army.mil/Johnson and the JRTC and Fort Johnson Facebook page at @JRTCandFortJohnson/. eGuardian archives can also be

found on the JRTC and Fort Johnson website.

Links to the eGuardian are also included in all-users emails to government email users and by request to non-military units. All editorial content of the Guardian is prepared, edited, provided and approved by the Public Affairs Office, Joint Readiness Training Center and Fort Johnson. For more information on Fort Johnson units and happenings visit the **@JRTCandFortJohnson** Facebook page.

## Taking care of others requires looking after yourself

#### **By MELISSA BOX**

Plans, Analysis & Integration Office

FORT JOHNSON, La. — People tend to give time and attention to their Families, coworkers, friends, and, at times, strangers. The focus being to take care of others.

But when was the last time you can remember doing something for yourself? Making yourself a priority isn't selfish, it's a necessity.

Army Leaders have responsibilities to those they serve and lead, but also to themselves. They are held responsible for both individual and organizational growth.

The Leader Requirement Model holds leaders accountable for six key attributes: character, presence, intellect, leads, develops and achieves. However, before a leader can develop others, they must develop themselves.

Installation Management Command professionals are entrusted with responsibilities as well. Those responsibilities include serving and treating every individual with dignity and respect.

The IMCOM principles include service, excellence, respect, vision, integrity, communication and empowerment, which spells out the acronym S.E.R.V.I.C.E.

These seven principles reinforce the message that IMCOM provides service to the Army and nation by enabling Army readiness. With so many responsibilities, it's easy to see how team members can become overwhelmed. Taking care of others leaves little time to take care of yourself.

After all, you can't pour from an empty cup. If you aren't taking care of yourself, then you won't have any resources to offer others.

Allowing your body and mind time to renew, replenish and regroup is easier than you think.

The performance triad (P3) is the Army's program aimed at optimizing performance, emphasizing the triad of sleep, activity and nutrition.

Getting back to basics is key for optimal personal and unit performance, resilience and readiness. P3 focuses on individual needs and ensures teams are highly functioning and adaptable.

The Army also takes into account the five pillars of wellness when focusing on individual growth: physical, emotional, social, spiritual and Family.

Growing and strengthening these wellness areas, enables individuals to better handle stressors and adequately help others in times of need.

Everyone is busy in the Army's fast-paced environment, but being busy should never be an excuse for not practicing self-care.

According to the World Health Organiza-



tion, self-care promotes health, prevents disease and aids in coping with illness.

A few basic tips for self-care are to stay hydrated, make sleep a priority, focus on positivity, set goals for yourself (both personal and professional) and routinely practice gratitude.

Taking care of yourself doesn't have to be difficult, outlandish, or even expensive. As IMCOM professionals we strive to practice professionalism, have patience, and adopt a "people first" attitude (this should also include ourselves).

Self-care shouldn't be viewed as a luxury, it's a necessary coping strategy. This year, challenge yourself to find areas of self-care interests and to mindfully practice them.



UNITED STATES ARMY GARRISON FORT JOHNSON



EMPLOYEE OF THE MONTH CHRISSA GROSS, RELIGIOUS SUPPORT OFFICE

Bayne-Jones Army Community Hospital Department of Public Health

# **10K STEPS A DAY** 90-DAY CHALLENGE





# JAN. 22 TO APR. 14

Open to Soldiers, Families and civilians

## WHAT DO YOU NEED TO DO?

1. Form a team of up to 20 Soldiers, civilians and/or Family members

2. Select a team captain to collect and report weekly steps

3. Register your team with the Health Promotions Team by contacting

veronica.c.alexander2.civ@health.mil

Thank you and happy stepping!

## **RESIDENTS! Refer-A-Friend** for

\$750

**Limited Time ONLY! Referred applicant must move in before** February 01, 2024! For additional details, please contact 337.537.5060

Open to Active-Duty, Retirees,

DoD Civilians &

General Public!

Corvias PROPERTY MANAGEMENT



## **CYS Spring Soccer**

Registration: Oct 16 - Jan 5 Season: Jan 27 - Mar 9 Ages 3-4 (PeeWee): \$25 Ages 5-18: \$50

Children must be registered with CYS and have a current sports physical CALL 337-531-6004



Find us on ()

Corvias Leasing: 5309 Frvar Ct. Ft Johnson, L/

t Johnson, Louisiana 71459

HAVE A DREAM

MARTIN LUTHER

KING DAY

Ē



## Ammo Storage Structure groundbreaking

Brig. Gen. David W. Gardner, Joint Readiness Training Center and Fort Johnson commanding general (center), and other Fort Johnson representatives pose in front of the future site of the Forward Ammunition Storage Pad Jan. 3. The facility has approximately three acres of storage capability and will allow for sorting, storage and issue of munitions as needed to facilitate a brigade-sized event. The project, which began in 2017, was awarded to CCI Mechanical for \$6.4 million and is slated for completion in the near future.



## Football fandom creates perfect chance for fantastic memories

#### **By ALEX RIVERA** Public Affairs Office

FORT JOHNSON, La. — I love being a dad. I have four children — I like to call them rug rats. They are my heart. Maybe I enjoy being a father so much because I didn't get the chance to grow up around my biological father and I realize how precious that relationship is. It could also be the fact I grew up with a series of father figures that positively influenced my life.

Whatever the reason, I always knew I wanted to be a dad when I grew up.

One of the best ways I can honor that relationship is by giving my kids the one thing I can't buy, steal or borrow — time. Since they were born, I've had time to think about the moments I spent with my father. They were few and far between. I did not want that for my kids. I try to find time to spend with each of them while making memories together that they, and I, will never forget.

I recently created one of those memories with my son. We are huge football fans — Cleveland Brown fans to be exact. Growing up in northeastern Ohio, I have been a Browns fan since 1986. My son was born into the fandom.

That's why I bought us tickets for the Houston versus Cleveland game held on Christmas Eve. These two teams don't always meet on the gridiron, so it was a perfect series of events that allowed us to witness our first live NFL game

together. I surprised him with the tickets as an early Christmas gift. It was also a long-awaited gift for me as both a fan and a father.

Seeing the look on his face when he saw the tickets was a priceless moment I'll never forget. When we got to the NRG stadium in Houston, the reality we were going to see our team play started to set in. I got us stadium hotdogs and a pops and we headed to our seats.

My son's biggest concern was that we may be the only Browns fans surrounded by Texans fans. We quickly found out that was not the case. There was a great mix of Houston and Cleveland fans. Across the field at the other end zone, we could see the "Dawg Pound."



The Dawg Pound is large section of Browns fans seated next to the away team entrance.

We were in the third row seating of the corner end zone and had a great view of the game. We got to witness Amari Cooper, a wide receiver for the Cleveland Browns, set a single-game franchise record of 265 receiving yards. My son also got to shake hands with Tanner Mc-

Calister, a safety for the Cleveland Browns. We got to see the Browns win 36-22. What a way to top off a great game filled with

fantastic memories.

**COMMENTARY** 

As we drove back home to spend Christmas with the rest of the family, I asked my son what he enjoyed the most about the game. He replied, "Spending time with you, Dad." That was the moment I knew he would never forget this day. That's why making memorable moments like a father and son football game trip or playing catch outside on the yard is so important.

So remember to take the time, and make the memories with the people you love in 2024. It's all that really matters.



Amari Cooper, Cleveland Browns wide receiver, focuses on the end zone as Derek Stingley Jr., a Houston Texans conerback tries to stop him.



Cleveland and Houston face off as Joe Flacco, the Cleveland Browns quarterback, hands the to ball to Jerome Ford, a Browns running back.

## 'Protect what's ours' focus of 2024 OPSEC Awareness Month

#### By ERIC KOWAL Army News Service

PICATINNY ARSENAL, N.J. — January's National Operations Security Awareness Month provides an opportunity for individuals to assess how they are protecting their personal information and how they can use OPSEC principles to reduce personal risk or risk to their families.

OPSEC Awareness Month also underscores government requirements that support the establishment, implementation and standardization of OPSEC programs. The observation focuses on policy and procedures governing the protection of sensitive and unclassified information.

It also presents an opportunity for government agencies, public and private-sector entities and individuals to consider ways to mitigate the various vulnerabilities, risks and threats to their organizations.

Protecting critical and sensitive information is essential to protecting the success of missions, and to protecting the lives of U.S. service members, DOD employees, contractors and Family members.

OPSEC is everyone's responsibility.

It is the responsibility of every member to contribute to a culture of OPSEC excellence. Staying vigilant and being proactive enhances the collective ability to protect the mission and safety of personnel.

This year's OPSEC Awareness Month theme



is 'protect what's ours' or 'protect critical information,' the core purpose of OPSEC.

Local organizations develop OPSEC orders, directives and policies to identify what needs protecting. Check with your organization's OPSEC officer or security manager if you are unfamiliar with those documents because the unauthorized release of critical or sensitive information can have punitive consequences.

"The concept of protecting 'critical' and 'sensitive' information is stressed in the Army's OPSEC program, however many personnel do not understand what that tangibly means," said Joseph Daigler, OPSEC and Security Manager for U.S. Army Garrison Picatinny Arsenal. "When we refer to 'critical information', what we are really talking about is protecting the information identified in your organization's Critical Information List. If you don't have a copy of your organization's CIL, reach out to your OPSEC officer who can provide it to you. It is imperative that everyone knows the specific information your organization needs to protect to ensure your mission succeeds." Establishing an OPSEC mindset during daily activities is an important step in protecting private information.

Adversaries can compromise commonly used tools and applications, such as emails, texts, direct messaging, and social media to gain access to private information. Exercise caution when receiving unsolicited messages (including texts, emails, direct messages, chats, etc.), particularly if they come from unknown senders or contain suspicious links or attachments.

Adding encryption to messages and emails, verifying where and from whom a message is coming from, and exercising caution before downloading files and clicking on links, are ways to prevent an adversary from gaining access to private information.

As always, practice good OPSEC to minimize risk to you, your Family and the people in your organization.

To learn more search for OPSEC in the Joint Knowledge Online course catalog at <u>https://jkodirect.jten.mil</u>.





## **Employer Day**

Fort Johnson's Transition Assistance Program hosted an Employer Day Jan. 11 in the lobby between the Education Center and Allen Memorial Library. The event takes place every two weeks. The next date is Jan. 25. An Employer Day is similar to a hiring event, but with limited employers. For more information call 337-532-4621.



## 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
		-	



# 

I've been waiting here for an hour and no employees have come to wash my hands.

## TLIRKEL 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.

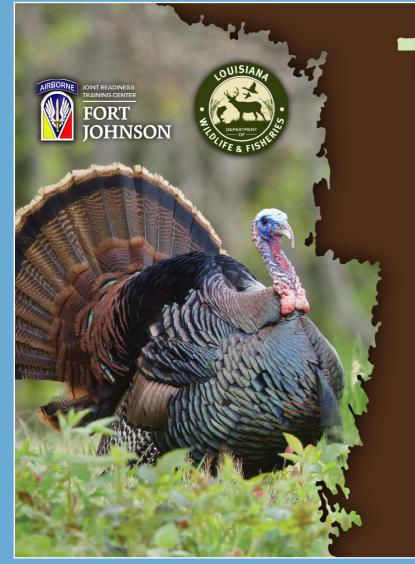
Applications can be filled out at the link below:

## **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.** 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.

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

9



## **BY ALEX RIVERA**

## MELVIN'S MOMENTS

# CORVIAS PROPERTY MANAGEMENT OPEN HOUSE HOME TOUR AND MILITARY SPOUSE-OWNED BUSINESS MARKET

Stop by the Corvias Leasing Office at 5309 Fryar Ct. Jan. 20 from 10 a.m.-1 p.m. to browse vendor wares and tour duplexes, townhomes and apartments.

## Vendor list:

Lipe Luffa Co. — Homemade soaps, made from loofahs. Siren Oddities — Earrings and other resin artworks. Marly Dia Dot Art — Homemade dot art and clay earrings. Harmony & Company — Hairbows and more. Fleur De Leigh — Fabulous embroidery designs and items. Crafty Butterflies — Homemade sewing book pillows, pillow cases and easy to clean reusable bags. Keka's Creations — Felt dolls, nursery wall decor and kid's clothes made with love. Mama's Batter — Cakes and cupcakes made from scratch. Cakery & Sweets by Tia Monique — Homemade custom sweets — YUM.



For more information call 337-537-5060

BRIEFS

## **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.** 

#### **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

#### **Performance cheer**



Got little ones interested in cheering? Registration for the CYS performance cheer session is open until Jan. 26. Athletes will learn a routine composed of tumbling, stunts, pyramids and dance. The performance cheer

session will be from Feb. 1-May 17.

For more information call 337-531-6004.

#### **Basketball tournament**

Fort Johnson BOSS is hosting a basketball tournament Jan. 20 for single Soldiers at the Warrior Fitness Center. The 3v3 tournament kicks off at noon.

Registration is open now until Jan. 19. For more information call 337-531-1948.

<u>Register by filling out the form here.</u>

## **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.

#### **Board game night**

Select from the Allen Memorial Library's extensive collection of board games or bring your own and get your game on. Board Game night takes place Jan. 18 at 5 p.m.

Board games are available any time during open hours at the library.

<u>https://johnson.armymwr.com/calendar/</u> event/board-game-night/5665043/71448

#### **Second Sunday brunch**

Join the Forge Bar and Grill for its monthly Sunday brunch Jan. 21. From 10 a.m.-2 p.m. guests can enjoy from a wide selection of breakfast and lunch items as well as their favorite morning cocktails.

For more information, call 337-531-7668.

## **Financial literacy classes**

Interested in learning ways to better prepare your finances for military life? Army Community Service has you covered!

ACS will be holding their Army Financial Literacy Program Jan. 17 and Jan. 24 to teach Soldiers how to save and invest money, establish savings goals, debt elimination strategies and more.

For more information call 337-531-1957/1958.

## Fort Johnson Things to Do

Jan. 18: History of Mardi Gras Opening Reception

#### Lake Charles, La.

Laissez les bons temps rouler! Immerse yourself in the festive spirit at our upcoming History of Mardi Gras Exhibit. Explore the rich cultural tradition behind the famous Mardi Gras colors, uncover the origins of the first King Cake and so much more! Feast your eyes on intricate and flamboyant Mardi Gras costumes, graciously on loan from the Mardi Gras Museum of Imperial Calcasieu and some of Southwest Louisiana Krewes.

Stop by to enjoy delicious refreshments, savor mouthwatering king cakes and discover something new.

<u>h t t p s : / / w w w. f a c e b o o k. c o m /</u> events/330109406450456

#### Jan. 25: Mardi Gras Community Dance Lake Charles, La.

Free Mardi Gras community dance presented by the City of Lake Charles and Community Inclusion! Held at the Lake Charles Event Center from 6 p.m.-8 p.m.

https://www.visitlakecharles.org/event/mardi-gras-community-dance/46407/

Jan. 27: Twin Cities Krewe de Riviere Mardi Gras Parade Monroe, La. Twin Cities Krewe de Rivière is an all inclusive, community based Krewe that will roll on Jan. 27. This year's theme is Neon Revolution.

There will be at least 50 separate entries in the parade including over 20 throwing floats, dance groups, riding groups, and some really cool "rolling" acts. The Grambling State Marching Band will be marching in the parade. There will be lots of great throws and some special signature ones. This is a full day of events, so join in on the fun

#### Jan. 27: Bayou King Cake Festival Thibodaux, La.

Come down for the inaugural Bayou King Cake Festival in Downtown Thibodaux, hosted by the Lafourche Education Foundation. Get in the spirit of Mardi Gras and sample a variety of locally baked King Cakes and vote on the one you believe is the best on the bayou.

The fun continues with the Krewe of King Cake Children's Parade and live music from Nonc Nu & the Wild Matous. Tickets are \$10 and gets you five tastings and one opportunity to vote for your favorite. Additional tastings are \$1.

<u>https://www.eventbrite.com/e/bayou-king-</u> cake-festival-and-krewe-of-king-cake-childrensparade-tickets-461123712437?aff=ebdssbdestsearch

Jan. 27: Yoga Under the Oak Lake Charles, La. New Year, New Zen! Kick-off 2024 right with Yoga Under the Oak in January! Resolve to join us on Jan 27, 9 a.m.-10 a.m., for free sessions led by the wonderful Maegan Gonzales. Open to all experience levels — let's make this year about wellness and good vibes!

https://www.visitlakecharles.org/event/january-yoga-under-the-oak/46440/

## 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.

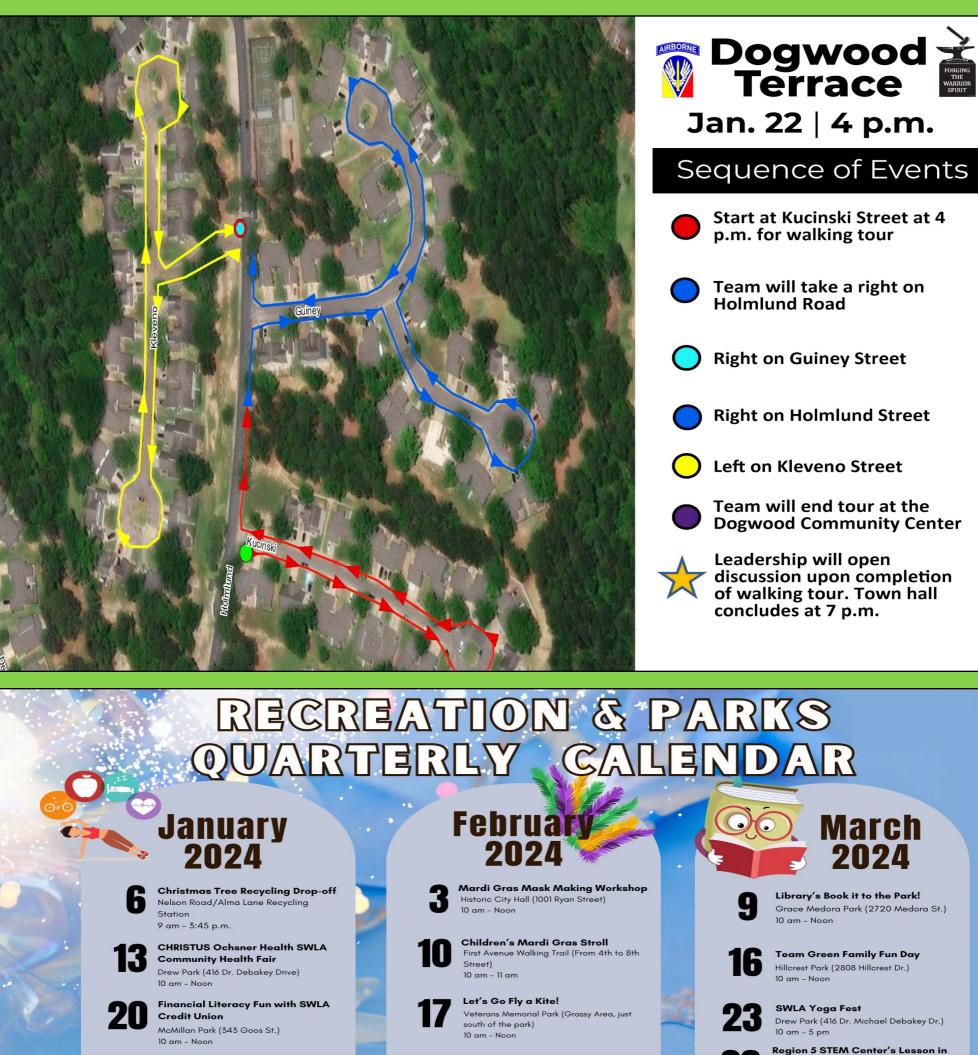
<u>https://www.explorelouisiana.com/events/</u> <u>festivals/lake-arthur-mardi-gras</u>

Feb. 3: Twin Cities' Krewe of Janus Mardi Gras Parade

#### Monroe, La.

The Twin Cities' Krewe of Janus Mardi Gras parade will roll out on 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 Parades and includes nearly 50 units featuring several High School bands, as well as University of Louisiana at Monroe's Sound of Today Marching Band!

https://www.explorelouisiana.com/events/cultural-event/twin-cities-krewe-janus-mardi-grasparade



Jan. 22 | 4 p.m. Sequence of Events Start at Kucinski Street at 4 p.m. for walking tour Team will take a right on **Holmlund Road Right on Guiney Street Right on Holmlund Street** Left on Kleveno Street Team will end tour at the **Dogwood Community Center** Leadership will open discussion upon completion of walking tour. Town hall concludes at 7 p.m.

## RECREATION & PARKS CALENDAR

LDWF Gator Meet-n-Greet Lakeshore Drive Gator Pond (Just east of 1205 N. Lakeshore Dr.) 10 am - Noon

S

Sasol's Nature in Focus: Pollinators with a Purpose Tuten Park (3801 Nelson Rd.) N

Library's Book it to the Park! Grace Medora Park (2720 Medora St.) 10 am - Noon

March

2024



•

Team Green Family Fun Day Hillcrest Park (2808 Hillcrest Dr.) 10 am - Noon



30

SWLA Yoga Fest Drew Park (416 Dr. Michael Debakey Dr.) 10 am - 5 pm

Region 5 STEM Center's Lesson in Urban Ecology Riverside Park (1701 Fitzenreiter Rd.) 10 am - Noon

Citywide Easter Egg Hunt with Children's Miracle Network Hillcrest Park (2808 Hillcrest Dr.) 10 am - Noon

Events are subject to change. Unless otherwise noted, all events are free and family friendly. Follow www.cityoflakecharles.com & www.facebook.com/LakeCharlesLouisiana for updates.

74

For more information, call (337) 491-1280.

12