

# GUARDIAN



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# Appelman engages workforce, looks at future of installation

By **PORSHA AUZENNE**  
Public Affairs Office

FORT JOHNSON, La. — U.S. Army Installation Management Command Director-Readiness Patrick Appelman visited Fort Johnson April 29-May 2. The primary purpose of the visit was to receive Installation Planning Board briefings from senior commanders and garrison teams, explore garrison facilities and lead round table discussions with garrison directors.

Fort Johnson leadership focused on a multitude of improvements on the installation. These initiatives included education opportunities, living conditions, community engagements, public communication, installation energy and water resilience and overall quality of life for Soldiers, Families and the workforce.

Appelman praised Fort Johnson’s emphasis on training. He especially liked Forging New Leaders, a ten-month leader development course designed to enhance leadership skills in civilian employees, service members and spouses.

“The number of people participating in the program is great,” Appelman said. “The fact that Forging New Leaders has had a 47% success rate on getting lower graded people who take the course promoted is proof of its success.”

Appelman mentioned the strong leaders, both up and down the chain at Fort Johnson, as further proof of the program’s productivity.

Following in line with putting people first, Fort Johnson has made concerted efforts to focus on quality of life by improving living conditions for Soldiers and Families in installation housing and barracks. This was a crucial focus of Appelman’s visit.

“Quality of life goes up if your housing and barracks are in great shape, but it goes beyond that,” Appelman said. “Our Soldiers have an important and tough mission that takes them away from their home and Families a lot. It’s essential we as the garrison workforce give them well maintained, safe and comfortable housing free from any worries on their end. This same concept applies to quality of life in the barracks — when our Soldiers aren’t training, they need to be in a healthy environment.”

Appelman visited with Fort Johnson’s Directorate of Public Works staff and was thrilled to see the hard work done by the DPW team in the energy savings area.

Please see **Appelman**, page 2



*Jean Wadman, director of Child and Youth Services, discusses the upcoming mega consolidated child development center with Patrick Appelman, U.S. Army Installation Management Command Readiness director. The center is slated for completion in 2026. (U.S. Army photo by Porsha Auzenne)*



*Patrick Appelman, U.S. Army Installation Management Command Readiness director, plays ping pong with Spc. Sara Oney while visiting the Home of Heroes Recreation Center April 30. (U.S. Army photo by Porsha Auzenne)*



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Fort Johnson**  
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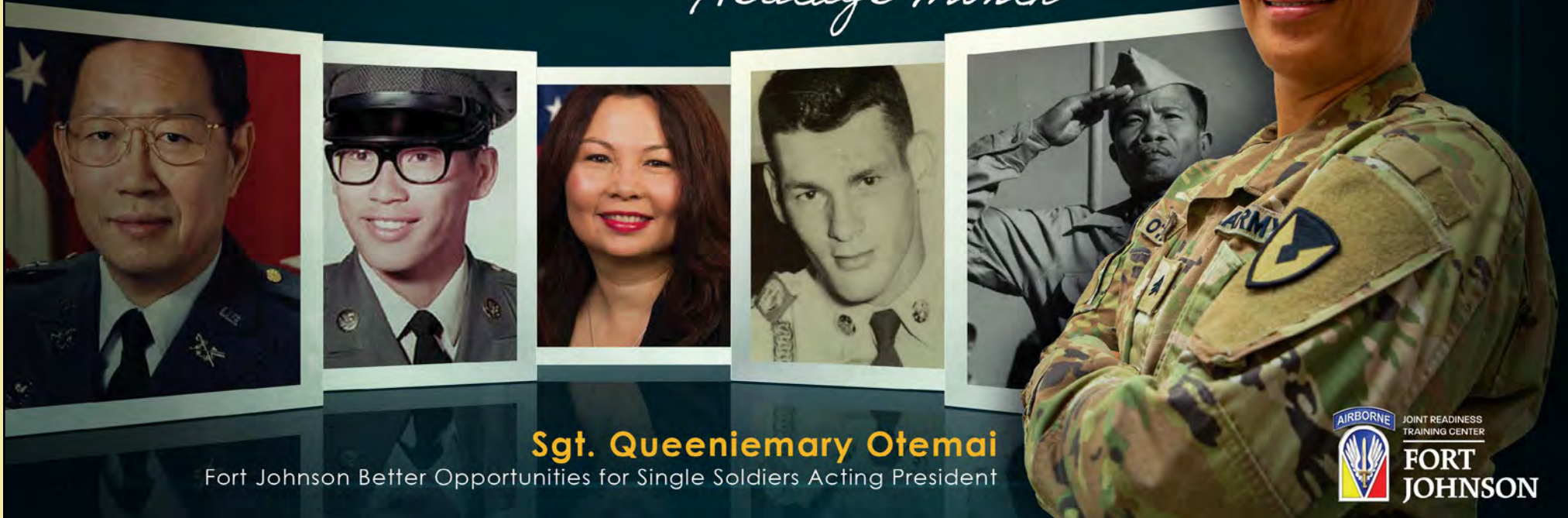
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**Cover photo:** Fort Johnson’s 3rd Brigade Combat Team, 10th Mtn Div started winter training as part of Defender Europe. The Norwegian Home Guard taught the Patriots the basics of cross country skiing. (U.S. Army photo)



May is  
Asian American and  
Pacific Islander  
Heritage Month



**Sgt. Queeniemary Otemai**

Fort Johnson Better Opportunities for Single Soldiers Acting President

# Appelman

Continued from page 1

“From a direct standpoint, if you replace someone’s air conditioning or heating system with an upgraded one that uses less energy, that’s a better performing system,” Appelman said. “These energy upgrades improve well-being to Soldiers and their Families by giving them new equipment and technology, ultimately improving quality of life.”

Appelman also specified the indirect benefits of energy saving efforts, explaining how such projects save money.

“The second largest bill an installation has to pay is utility costs, with millions of dollars a month being spent,” Appelman said. “So when you make a 5% or 10% savings in energy, that’s a significant amount of money. These funds then go back into essentials like quality of life programs and facility upgrades.”

He said these energy saving techniques also play a crucial role in helping the environment and preserving the planet.

Noting these and the many improvements Fort Johnson has made in the last five to ten years, Appelman said he was extremely pleased with Fort Johnson’s quality of life efforts, whether the focus was projects or people. From installation leadership down to the workforce, Appelman said he could see the pride the Fort Johnson community has in supporting both the Army and nation.

“I was extremely impressed with everyone I’ve talked to and how dedicated they are. They’re not just doing their jobs — they’re making things better,” Appelman said.



From left: Johnny Bevers, Fort Johnson deputy garrison commander, Joshua Corley, Directorate of Public Works chief of master planning and Patrick Appelman, U.S. Army Installation Management Command Director-Readiness, exit a helicopter at Maks Army Airfield. (U.S. Army photo by Porsha Auzenne)



# BRIEFS

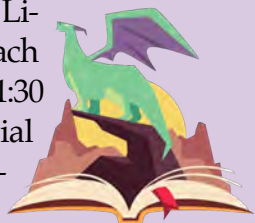
## Assisted stretch therapy

Cantrell Fitness Center is now hosting assisted stretch therapy sessions. Benefits of stretch therapy include improved performance in physical activities, joint stiffness prevention, stress reduction, enhanced flexibility and more. Cost is \$20 for 30 minutes and \$30 for 60 minutes.

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

## Story time

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



For more information call (337) 531-2665.

## Cars and coffee

Join the Auto Skills Center for discussion about cars while enjoying a hot cup of coffee. Takes place every third Saturday from 9 a.m.-1 p.m.

For more information call 337-531-6149.

## Second Sunday brunch

Join the Forge Bar and Grill for its monthly Sun-

day brunch May 12. From 10 a.m.-2 p.m. guests can choose from a wide selection of breakfast and lunch items as well as their favorite morning cocktails.

For more information, call 337-531-7668.

## Board game night

Select from the Allen Memorial Library's extensive collection of board games or bring your own and get your game on! The next board game night takes place May 16 from 5-7 p.m.

Board games are available anytime during open hours at the library.

<https://johnson.armymwr.com/calendar/event/board-game-night/5665047/71448>

## Friday night live

Get those leg warmers, wind breakers and bold colors out -- we're going back to the 80s and 90s May 17 at the Warrior Center! This block party is free and will host games, raffle prizes and more from 5:30-7:30 p.m.



<https://johnson.armymwr.com/calendar/event/friday-night-live/5604456/69629>

## Movie night

We invite all our Slytherins, Hufflepuffs, Ravenclaws and Gryffindors to Headquarters Field May 24 for a special showing of Harry Potter & the Sorcerer's Stone. Hogwarts personnel will be present with complimentary popcorn, face painting and a magic show starting at 7:30 p.m.

<https://johnson.armymwr.com/calendar/event/movie-night-harry-potter-and-sorcerers-stone/6384707/87228>

## Summer reading program

The Allen Memorial Library encourages patrons of all ages to register for the six week Summer Reading Program. "Read, Renew, Repeat" to expand your mind and imagination throughout the summer. Prizes can be awarded by reading or listening to books over the course of this program. The program will run June 6-July 31.



<https://johnson.armymwr.com/calendar/event/summer-reading-program-read-renew-repeat/6384724/87242>

# FORT JOHNSON THINGS TO DO

## May 10-11: Jazz R&B Festival Natchitoches, La.

The flavor is Louisiana is a mix of its food, culture and music. If you want to get a taste of all of they have to offer, you won't want to miss the Natchitoches Jazz/R&B Festival. From tribute bands and zydeco to Latin, rock, pop and country, you'll find great music.

<https://www.natchjazzfest.com/lineup-2024>

## May 10-12: Matilda The Musical Lake Charles, La.

Inspired by the twisted genius of Roald Dahl, the Tony Award-winning Roald Dahl's Matilda The Musical is the captivating masterpiece from the Royal Shakespeare Company that revels in the anarchy of childhood, the power of imagination and the inspiring story of a girl who dreams of a better life.

With book by Dennis Kelly and original songs by Tim Minchin, Matilda has won 47 international awards and continues to thrill sold-out audiences of all ages around the world.

<https://www.cytlakecharles.org/shows/>

## May 11-13: Mud Bug Boil Off Thibodaux, La.

Come join us for a ton of family fun and good eating in Historic Downtown Thibodaux.

This crawfish cook-off is sure to please, with great food, live music, a live auction and activi-

ties for all ages.

<https://www.facebook.com/FOPLodge52/>

## May 16: Stroke of Creativity Lake Charles, La.

The City of Lake Charles has another wonderful painting workshop available — Stroke of Creativity: The Starry Night!

Join us for an unforgettable experience led by Ashley Royer. In this workshop, guests will have the opportunity to explore the techniques to recreate their very own Starry Night.

<https://www.visitlakecharles.org/event/stroke-of-creativity%3a-the-starry-night/46827/>



## May 12-18: Cruisin Cajun Country New Iberia La.

Classic and muscle cars cruise into the hot side of Louisiana's Cajun Country to experience the

areas hottest attractions, award winning Main Street historic district, food, live music, gaming and burn out contest.

<https://www.cruisincajuncountry.com/>

## May 17-19: Jurassic Quest Lafayette, La.

North America's top-rated dinosaur experience!

There's no better place to make terrific memories playing with adorable baby dinosaurs, excavating fossils, or even training a raptor while being surrounded by behemoths like sky-scraping Spinosaurus and, the king himself, Tyrannosaurus Rex!

Get your tickets for Jurassic Quest now, before they go extinct!

<https://www.cajundome.com/events/detail/jurassicquestlafayette24>

## May 23-June 2: Cajun Heartland State Fair Lafayette, La.

The Cajun Heartland State Fair is an eleven day fair with the right mix of entertainment and fun to provide maximum enjoyment for all ages. Enjoy ride specials, food, free attractions and family oriented games for an outstanding summer experience.

There is something for everyone to enjoy at the Cajun Heartland State Fair fairgrounds.

<https://www.cajundome.com/events/chsf>





### Visit with Louisiana Governor

*Joint Readiness Training Center and Fort Johnson leadership traveled to Baton Rouge April 24 to meet with Governor Jeff Landry, Senator Mike Reese and other state officials. The annual visit provides JRTC and Fort Johnson leadership an opportunity to discuss quality of life initiatives that affect Soldiers, Families, Veterans and DA Civilians with state officials. The collaboration makes Fort Johnson an even better place to place to train, live, deploy from and come home to. (U.S. Army photos by Shelby Waryas)*



### Spring heritage tour

*The Spring Heritage Tour took place April 27. Heritage families met at Fort Johnson's Memorial Park where Col. CJ Lopez, garrison commander, and Billy Nash, president of the Organization of Heritage Families, welcomed them before beginning their tour of sites such as the Brack Cemetery, Zion Hill Cemetery, Woods Cemetery, Six-Mile Dipping Vat and more. The tour was assembled by the Fort Johnson environmental team. (U.S. Army photos by Porsha Auzenne)*





# 3rd BCT, 10 Mtn Div in the news

## Army announces Europe deployment for infantry brigade combat team

By DAMONE PEREZ  
Army Times

The 3rd Infantry Brigade Combat Team, 10th Mountain Division will replace the 3rd Infantry Brigade Combat Team, 101st Airborne Division as part of a “regular rotation of forces” in support of NATO allies, according to the service.

The unit will deploy “later this summer,” Lt. Col. Sarah Ray, a 10th Mountain Division spokesperson, told Military Times in an email.

“They will continue to assure our NATO partners and allies, deterring further Russian aggression and reinforcing the NATO flank in eastern Europe,” Lt. Col. Sarah Ray, a 10th Mountain Division spokesperson, said.

The unit is based out of Fort Johnson, Louisiana.

U.S. Army Europe and Africa announced in a statement on Tuesday that some 1,600 soldiers arrived in Norway to begin a nearly 559-mile march to Finland. The 3rd Infantry Brigade Combat Team, 10th Mountain Division is currently taking part in a multinational



*The 3rd Infantry Brigade Combat Team, 10th Mountain Division will replace the 3rd Infantry Brigade Combat Team, 101st Airborne Division. (Spc. Damian Mioduszeewski/U.S. Army)*

training between the United States, NATO and new member Finland. The exercises will occur through May 31, involving more than 10,400 U.S. service members.

When Russia invaded Ukraine in February 2022, the Biden administration announced an influx of troops to shore up NATO’s eastern flank — and spurred two Nordic neighbors to join the alliance. Sweden joined NATO in March. Meanwhile, Finland, which shares an

830-mile border with Russia, joined the alliance on April 4.

The unit will make history as the first light brigade combat team to deploy to a Nordic country, according to U.S. Army Europe and Africa.

The Pentagon has deployed more than 20,000 additional forces to Europe, bringing the total number of American service members operating in Europe to more than 100,000.

## United States Army conducts rail gauge operations in the High North

By Maj. ASHLEY BAIN  
Army.mil

For the first time, the United States is conducting major logistical operations with Sweden as ongoing rail gauge operations occur in the High North Region May 2-4, 2024 in conjunction with Immediate Response 24, a part of the larger DEFENDER 24 series of exercises. While the United States has previously conducted military exercises with Sweden, this is the first major logistical exercise since Sweden officially joined NATO on March 7, 2024.

Just over one month after joining the NATO Alliance, the Swedish Armed Forces hosted United States military units, including the 21st Theater Sustainment Command, the 3rd Brigade Combat Team of the 10th Mountain Division, the 16th Sustainment Brigade, and the 627th Transportation Detachment, along with the Norwegian Armed Forces and Finnish Defense Forces to conduct rail gauge operations that demonstrate interoperability in the High North. The rail gauge refers to the distance between two rails on a railway track and is essential for ensuring trains’ compatibility and seamless movement.

This rail gauge exercise provides a shared understanding between allied partners in military operations and is a significant step toward seamless logistics between NATO allies. The rail gauge exercise on May 2, 2024,



*U.S. Army Soldiers assigned to 2nd Battalion, 30th Infantry Regiment, 3rd Brigade Combat Team, 10th Mountain Division, ground guide a Light Medium Tactical Vehicle off the railway as part of Operation Immediate Response in Haparanda, Sweden, on May 2, 2024. This is the first major logistical exercise since Sweden officially joined NATO over a month ago. (U.S. Army Photo by Spc. Joshua Maxie)*

in Haparanda, Sweden, was the first time the United States units conducted rail gauge operations in Sweden.

This portion of Immediate Response followed port missions in Norway, where a light

brigade combat team deployed equipment from a Norwegian port via rail system through Sweden with final destinations in Finland.

Please see **Rail**, page 6



# Rail

Continued from page 5

This exercise was a proof-of-concept mission to assess the United States' ability to deploy a light brigade combat team to support NATO partners in the High North.

In addition to building their understanding of rail gauge operations, this exercise also gave service members the chance to learn from our allies. "Having real world opportunities to train alongside our NATO allies is important," stated U.S. Army Col. Ryan Barnett, the commander of the 3rd BCT, 10th Mtn. Div. "It enhances our interoperability by force projecting US Army combat power, all while maintaining our steadfast alliance with the High North."

When it comes to rail gauge operations between the United States and the Swedish military, compatibility is essential. Both countries adhere to the same standard rail gauge of 4 feet 8.5 inches, which ensures that military equipment and supplies can be easily transferred between the two nations. This compatibility allows for efficient joint operations and training exercises between the United States and Swedish forces like this one.

The standard rail gauge also facilitates interoperability with other NATO members, including many in the European theater that follow the same gauge. This compatibility enables swift movement of military assets across borders and supports international military and NATO cooperation. Operating with a compatible rail gauge ensures that existing rail networks can be utilized effectively and minimizes the need for significant investments in altering or building new infrastructure.

Rail gauge operations between multiple countries involve various logistical considerations. These include ensuring adequate clearance for military equipment, coordinating schedules and routes, and maintaining the infrastructure to support heavy military transport. Safety and security protocols must also be placed to protect personnel and equipment.

Having a capable rail gauge enhances safety during military transportation. It eliminates the risks and challenges associated with gauge-changing procedures, reducing the potential for accidents, delays, and damage to military assets. It also streamlines security protocols and ensures the smooth flow of military equipment while maintaining the necessary safeguards.

"The biggest takeaway for me as a commander is the partnerships we have been able to form across NATO while moving 3/10's equipment forward," said Capt. Michael Murphy, the company commander for the 627th Transportation Detachment (Movement Control). "Our NATO partners have been nothing but welcoming of us into their country."

The ability to train as you fight is more than just words; it involves repetitions. Despite the



*Military vehicles from the 2nd Battalion, 30th Infantry Regiment, 3rd Brigade Combat Team, 10th Mountain Division, arrive on a railway as part of Operation Immediate Response in Haparanda, Sweden, on May 2. The rail gauge refers to the distance between two rails on a railway track and it is essential for ensuring the compatibility and seamless movement of trains. (U.S. Army Photo by Spc. Joshua Maxie)*

military's participating in this exercise working together previously, leaders constantly assess how to improve military operations with each training opportunity. Rail support to Immediate Response allows NATO logistical allies to see ways to refine the process.

"The ability to see almost a year's worth of planning and staff work in action to allow to see the success and improvements," said Finnish Defense Forces Lt. Col. Kalle Laurila, Chief of Division Logistics, Finnish Forces Logistics Command. "Working with our NATO partners gives all of us valuable insight to refining future military operations."

Using the lessons learned from these exercises allows the United States to rapidly deploy forces forward in support of our High North Allies should the United States need to execute such a mission.



*U.S. Army Sgt. Devin McDonough, assigned to 2nd Battalion, 30th Infantry Regiment, 3rd Brigade Combat Team, 10th Mountain Division, driving a Light Medium Tactical Vehicle off a railway as part of Operation Immediate Response in Haparanda, Sweden on May 2. Railway support to Immediate Response gives NATO logistical allies the ability to see where the process needs to be refined. (U.S. Army Photo by Spc. Joshua Maxie)*



*U.S. Army Sgt. Devin McDonough, assigned to 2nd Battalion, 30th Infantry Regiment, 3rd Brigade Combat Team, 10th Mountain Division, ground-guides a High-Mobility Multipurpose Wheeled Vehicle from a railway as part of Operation Immediate Response in Haparanda, Sweden, on May 2, 2024. The United States and the Swedish military utilize the same rail gauge, which makes for easier transfers between the two nations. (U.S. Army Photo by Spc. Joshua Maxie)*



Patriot Brigade departing, on ground for Defender Europe



COURTESY U.S. ARMY PHOTO







### Housing Town Hall

Fort Johnson leadership hosted a Housing Town Hall in the Dogwood Terrace neighborhood April 22. Leadership walked Hall Court, Haag Street and Randolph Court before ending at the Dogwood Community Center. (U.S. Army photo by Porsha Auzenne)



### Dental care

Fort Johnson Dental Health Activity celebrates National Prosthodontics Awareness Week. Highlighting this work, Maj. Maria Martinez, a prosthodontist with Chesser Dental Clinic, performs a prosthodontic procedure on Spc. Brandon Wade, Operations Group, April 19. Two of Wade's teeth never fully developed, which made him uncomfortable and anxious. At 16, his orthodontist created a temporary solution, but having access to high quality dental care in the military allowed him to have the procedure to correct the issue. (U.S. Army photo by Jean Clavette Graves)



# Tackle concerns by participating in Quality of Life Conference

By **MELISSA BOX**  
Plans, Analysis and Integration Office

FORT JOHNSON, La. — As one of the four original Army Quality of Life installations, the Joint Readiness Training Center and Fort Johnson pursues multiple initiatives within education, housing, health care, child care, spouse employment, permanent change of station moves, Directorate of Family and Morale, Welfare and Recreation and support and resilience. These people-first strategies enhance the overall quality of life of Soldiers and Family members and equal the world class readiness and training achieved at the JRTC.

Fort Johnson hosts the semi-annual conference to hear input from Soldiers, civilians, Families and Soldiers for Life. The next conference takes place May 20 and everyone on the installation is invited to attend either in person or virtually.

Robert Breitreutz, a quality review analyst working in the Army Military Pay Office is familiar with the QOL Conference.

“It’s a forum for the Fort Johnson community to gather and discuss ways to improve the quality of life on the installation,” Breitreutz said.

One of the suggestions for improvement discussed in last year’s QOL Conference recommended adding spouses to the Forging New Leaders class. That suggestion was implemented. Currently, there are two spouses taking the course.

“Having spouses in the class has added a new perspective. Each student enters the training with their own unique set of knowledge and experiences,” he said. “Spouses remind us of the sacrifices that not only the Soldiers, but their Families make for our freedoms. I have a new and better appreciation of their adaptability and resilience.”

Breitreutz said Spouses of active duty Soldiers have to understand the necessity of time management; taking care of yourself, your Family and everything else while their significant other is away.

“It’s no small task and takes a lot of work” he said.

Breitreutz’s main focus regarding QOL initiatives on Fort Johnson are centered around relieving stress for Soldiers.

“The less stress on military Families, the less stress there is on the Soldier. Soldiers need to know their Families are provided safe and secure housing, good medical care, quality child-care and educational facilities and that their spouses have job opportunities,” Breitreutz said.

For example, during a PCS move or deployments, Soldiers need to be focused on their missions; it’s up to Fort Johnson to make these transitions as easy as possible for Soldiers and their Family members, according to Breitreutz. QOL also means having resources on

SEMI-ANNUAL

Joint Readiness Training Center & Fort Johnson

QUALITY OF LIFE CONFERENCE

JRTC and Fort Johnson QoL Initiatives



HOUSING



HEALTH CARE



CHILD CARE



SPOUSE EMPLOYMENT



PCS MOVES



SUPPORT AND RESILIENCE



EXCEPTIONAL FAMILY MEMBER PROGRAM



FINANCIAL READINESS



MORALE, WELFARE AND RECREATION



ARMY COMMUNITY SERVICE

Care for Our People • Build Readiness • Succeed in our JRTC & Fort Johnson Campaigns

Commanding General's Priorities

May 20 at The Warrior Center

9 a.m.-2 p.m.

SCHEDULE OF EVENTS

Welcome – 9-9:05 a.m.

QoL Progress Overview / Recap Last Conference – 9:05-9:10 a.m.

Child Care – 9:10-10 a.m.

Education – 10-10:50 a.m.

LUNCH (1 hr 15 min) – 10:50 a.m.-12:05 p.m.

Housing / Barracks / IHG – 12:05-12:55 p.m.

Infrastructure – 12:55-1:25 p.m.

MWR Events and AAFES – 1:25-1:55 p.m.

Feedback/Closing Remarks – 1:55 - 2 p.m.

This is an event for Soldiers, civilians, retirees and Family members to participate in, and provide feedback or suggestions on the state of QoL on Fort Johnson.

Seating is limited. A catered lunch will be available at a cost of \$15.  
RSVP to [kayla.l.moore16.civ@army.mil](mailto:kayla.l.moore16.civ@army.mil) no later than May 13, letting us know if you are able to attend and if you would like lunch.

the installation geared at relieving that stress and focusing on something other than work.

Breitreutz said Fort Johnson has plenty of areas where Soldiers and Families can unwind and enjoy time-off.

“MWR offers a variety of restaurants, events and activities for Soldiers and their Families,” he said.

For example, Families can make ceramics and other artwork at the Arts and Crafts Center. Toledo Bend is another example. It’s a beautiful location with boat rentals, comfortable cabins and relaxing views.

“The facility and equipment at the lake is well maintained, and the staff are always helpful and courteous,” Breitreutz said.

Though Fort Johnson has many places to stop and enjoy nature, Breitreutz said a meditation garden would add to the installation’s quality of life.

“Sometimes a person needs quiet and a garden would serve as a place where Soldiers and Family members could go to think things out, relax or just read a book,” he said.

The QOL Conference strives to give everyone a voice and have their concerns and suggestions heard to ensure life on the installation is enjoyable. Join the next QOL Conference and help make Fort Johnson a better place to work, live and thrive.

RSVP to PAIO at [kayla.l.moore16.civ@army.mil](mailto:kayla.l.moore16.civ@army.mil) no later than May 13.

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# Bayne-Jones Army Community Hospital site for LSUA Lab clinical training

By JEAN CLAVETTE GRAVES  
BJACH Public Affairs

FORT JOHNSON, La. — Bayne-Jones Army Community Hospital recently joined forces with Louisiana State University, Alexandria, to serve as a clinical training site for their associate degree in medical laboratory science.

Jeff Langston, dean for the LSUA College of Health and Human Services, said he appreciates the opportunity to partner with BJACH.

“LSUA and Fort Johnson have a great partnership that has benefited the community in many ways,” he said. “This particular partnership with BJACH formed due to a need for a full-service laboratory to train our students.”

He hopes to expand training at BJACH to other clinical areas in the future.

“We have students driving from the Leesville area for our programs, so this was an ideal situation,” Langston said. “Everyone knows the healthcare workforce is experiencing shortages and it takes partnerships like this to make an impact.”

Lillyan Hyatt is one of two LSUA students training at BJACH.

She decided to become a lab tech after analyzing her personal goals and professional priorities.

“I’m a detail-oriented and introverted person,” she said. “Working in the lab is interesting and the science and technology are always changing. I know I will be constantly learning and never bored working in the lab.”

BJACH has been a learning environment for her.

“Hands on learning is so different than reading a textbook,” Hyatt said. “The team here has been great. Not only are they fulfilling our academic training requirements, but they are also advising and sharing their experiences, which has been immeasurably beneficial to me.”

Melissa Jumper, a non-traditional student, said direct patient care motivated her to pursue a medical laboratory science degree.

“I have bachelor’s degree in molecular biology and am a hemodialysis technician,” she said. “I chose to pursue this vocation because it’s a culmination of my clinical and laboratory research experiences. While working in a medical lab, I will be able to help patients right now, unlike my research which might help a patient in 20 years.”

Jumper, a Fort Johnson resident, said she is thankful for the ability to train at BJACH.

“Having this opportunity locally is so important to me, it means not having to commute two-hours a day to Alexandria,” she said. “The BJACH pathology department is one of 22 military treatment facilities that trains medical laboratory technicians for the Army, so they were prepared for us; they are already an academic environment. The team here has been wonderful.”



*Melissa Jumper, plates a throat swab to verify negative results of a rapid strep test, Apr. 17. Jumper is one of two Louisiana State University of Alexandria, students completing the clinical phase of the associate of medical laboratory science programs at Bayne-Jones Army Community Hospital. (U.S. Army photo by Jean Clavette Graves)*

Pamela Freeman, supervisory medical technologist for microbiology and serology at BJACH, said training civilian university students in the lab has been refreshing.

“The program at LSUA has given them an excellent theoretical foundation,” she said.

“Because these students have such a solid academic background, I don’t have to waste any time explaining or reviewing the basics, which has allowed me to get more in-depth with their training than I can with our advanced individual training students.”

Freeman said she is impressed with the program at LSUA.

“Working in the lab is rewarding for me. It’s an essential part of our hospital,” she said. “I get to help people and do science projects every day. I love what I do, and I am happy to help others pursuing this profession.”

Sona Kumar is the coordinator for the LSUA associate of medical laboratory science program.

“I am so excited about this agreement with BJACH,” she said. “This has been such a positive experience for our students.”

Kumar said this is an important field for students to pursue.

“If students love science, solving puzzles and want to help patients behind the scenes,

this is a very satisfying career field,” she said.

“The associate of medical laboratory science program we offer at LSUA is excellent and our students have a 100% employment rate upon graduation and certification.”

Kumar said in addition to the academic and clinical course work, students must successfully pass the American Society of Clinical Pathology board of certification examination.

Col. Alisa Wilma, hospital commander, said working with LSUA enhances relationships with surrounding communities.

“The more students we have who are interested in highly technical medical fields, who go into this program and others like it, the more options we have to staff our hospital,” Wilma said.

When BJACH provides training space for universities, it helps network hospital partners as well.

“We are all reliant on each other for the benefit of our shared patients and beneficiaries,” Wilma said.

Medical Laboratory Professionals Week is April 14-20. To learn more about the LSUA medical laboratory science program visit: <https://www.lsua.edu/academics/programs/associate-of-science---medical-laboratory-science>



# Fort Johnson halfway to donation goal at campaign midpoint

By PORSHA AUZENNE  
Public Affairs Office

FORT JOHNSON, La. — With less than one month left in the 2024 Army Emergency Relief campaign, Fort Johnson has received a total of more than \$50,000 in donations. With a goal of \$100,000, the installation is one step closer to making this aspiration a reality.

The AER's mission is to provide grants, interest-free loans and scholarships to promote readiness and help relieve Soldiers and Families of financial distress.

Fort Johnson retirees, veterans, civilians and other Soldiers have come together since the start of the campaign March 1 to ensure Soldiers and Families receive this assistance in their time of need.

Fort Johnson AER unit representatives have reporting informing 100% of their formations about the campaign, meeting one of the installation's milestones regarding full unit acknowledgment.

Molly Van Dyke, Financial

Readiness Program manager at Fort Johnson's Army Community Service, and Gary Allen, Financial Readiness specialist, have been invested since they first learned of the campaign.

So far, Van Dyke, Allen and the AER team have assisted 99 Soldiers and Families with more than \$80,000 in grants and loans this year. They have also engaged with the community at multiple events, from fun runs to newcomers orientations.

When asked about Fort Johnson's progress up to this point, Van Dyke and Allen expressed enthusiasm with how the community has come together.

"The AER team is excited we've reached our halfway mark for fundraising," Van Dyke said. "However, we know the work is not done. We are always looking for ways to continue to engage the community and get the word out about donation opportunities."

With less than 50 days left in the campaign, Allen added he hopes the momentum within the community assisting with donations grows even stronger.

"There are multiple ways to donate," Allen said. "The easiest is going to the website or click on the QR code. People can donate via credit card, eCheck or PayPal."

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





Every donation to AER is a contribution to readiness:

**Soldiers supporting Soldiers**

LESS THAN 50 DAYS LEFT

DONATE TODAY!

[Click here to donate](#)

AER





# Fort Johnson security guard helps **save** neighbor's home

By ANTOINE AARON  
Public Affairs Intern

**FORT JOHNSON, La.** — Fort Johnson Directorate of Emergency Services security guard, Karla Garcia, exhibited bravery March 2, as she raced to save her neighbor's home from what could have been a devastating fire.

Garcia had just completed a 13-hour shift. As she went to let her dogs out, she spotted flames engulfing the house behind hers. Garcia immediately sprang into action as she dialed 911 while rushing to the scene.

"I ran as fast as I could," she said. "I was out of breath, but I made it to the house."

Once there, Garcia discovered a 14-year-old boy inside the home. She said she got the boy and his dogs to safety as fast as she could. After they were out of danger, she confronted the blaze.

Garcia commandeered a elderly neighbor's water hose to battle the flames.

"I noticed a trail of flames going from one side of the house to the next. Close by were a few propane tanks." Garcia said, "Several gas cans were already melt-

ed together because of the heat from the flames."

Garcia sprayed the flames closest to the tanks and cans, eventually putting them out and preventing further damage to her neighbor's home. Her quick efforts, along with the help from a neighbor who joined her to keep the flames in check until the fire department could arrive, saved the day.

Once firefighters arrived, they thanked Garcia for her quick actions and mentioned she should join the fire department.

Nicholas Cage, DES security guard chief, expressed pride in Garcia's actions and emphasized her humility and dedication to her team.

"I wasn't surprised when I found out who it was," Cage said, "I thought to myself, of course she did, that's her."

Her efforts to save her neighbor's home and family were recognized by Col. CJ Lopez, Fort Johnson garrison commander. He said he was proud of her and coined Garcia for her extraordinary deeds, as well as commending her unwavering commitment to duty as a security guard each day.

Cage said Garcia is embodies the true spirit of heroism.





# Police Week

May 12-18

Take moment to **thank** police officers for protection, service

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

FORT JOHNSON, La. — In 1962, President John F. Kennedy signed a proclamation designating May 15 as Peace Officers Memorial Day and the week in which that date falls as Police Week. It is a tribute meant to highlight the daily sacrifices of the U.S. law Enforcement community.

National police week takes place May 12-18 in Washington, D.C., with different events daily. May 15 is the Annual National Peace Officers' Memorial Service to honor the officers who made the ultimate sacrifice for community and country.

I ask you take some time this week to remember how grateful we should be to live in a country protected by men and women such as those who will be honored at this memorial. Our ability to live the lives we do and enjoy the freedoms we have are very much a result of their efforts and sacrifice.

Reflect on how fortunate we are to live in a country where the law is still the foundation of law enforcement. I have been all over the world in my career and served with many different armies and law enforcement agencies and I can attest that the integrity of U.S. law enforcement is unparalleled anywhere in the world. When deployed I always felt comforted that while I was "over there" my Family was safe "over here" due to the high caliber and dedicated law enforcement in the communities I was living in.

According to the U.S. Bureau of Labor Statistics, in 2023, there were only 646,310 full time law-enforcement officers in the United States, which includes all states and territories. This small number of dedicated professionals keep our country — a nation guided by laws, civilized conduct and protected by Constitutional freedoms — safe.

This is a huge task for a profession with so few officers when compared to the size of the



population they protect, especially when they are often under heavy media and public scrutiny for every action executed in the performance of their duties. The nation asks a lot of law enforcement. We place them in dangerous, complex, chaotic and ambiguous situations that could turn deadly in a matter of seconds.

According to the Officer Down Memorial Page, in 2023 there were 137 line-of-duty deaths in the United States. The chance of a police officer "ending their watch" in the line of duty, on any given shift, is significantly higher than that of a deployed Soldier.

Even more staggering is that peace officers are more likely to be killed by someone from the group that he or she swore to serve and protect.

When we call the police, it is usually when circumstances are at their worst, and only the men and women in blue can help. Law

enforcement isn't getting any safer or easier. Global conditions and public sentiment have made an already hazardous profession even more dangerous. As of this writing, in 2024, there are already 49 line of duty deaths. This is an astonishing and stomach-churning statistic to me.

Fort Johnson residents are fortunate to have a Directorate of Emergency Services law enforcement division that is committed to protecting this population and community and does so while treating everyone with dignity and respect. The Fort Johnson DES Police have cultivated relationships with their partner police partners off-post through mutual trust and respect to ensure that this installation is prepared for anything that may happen. When you see a police officer this week, on or off the installation, say thank you.

For protecting us everyday, they deserve our respect, support and to go home to their families at the end of their watch.



# Fort Johnson youth wins Boys, Girls Club Louisiana military youth of year

By **ANGIE THORNE**  
Public Affairs

FORT JOHNSON, La. — Emmalee Polk attended the Louisiana Youth of the Year Event in Baton Rouge April 11-13.

She represented the Fort Johnson Middle School and Teen Center and the Boys and Girls Club of America. Polk won the title of Louisiana Military Youth of the Year for 2024 and a \$10,000 scholarship.

Being named Youth of the Year is the highest honor a Boys and Girls Club member can receive. It recognizes outstanding contributions to a member's Family, school, community and Boys and Girls Club, as well as their ability to overcome personal challenges and obstacles.

As part of competing for Military Youth of the Year, Polk showcased her communication, leadership and resilience skills by completing several essays, developing a speech and undergoing a variety of questions from a panel of judge's on her way to winning her new title. Surrounded by nearly 100 of her peers, she delivered a speech depicting her life as a military youth and the struggles she has overcome throughout her life.

Heather Owens, Child and Youth Services program operations specialist for Directorate of Family and Morale, Welfare and Recreation, said Polk represented Fort Johnson wonderfully.

"As Youth of the Year, she is an ambassador showcasing the values of leadership, service, academic excellence and healthy lifestyles," Owens said.

Emmalee loves being part of The Boys and Girls Club.

"It's a neat experience. Before I joined I didn't think it was going to be a big deal, but I found myself enjoying being part of something bigger than myself, she said. "I found that what I said really mattered and that was important to me."

Emmalee also appreciates the community she finds by being part of the club.

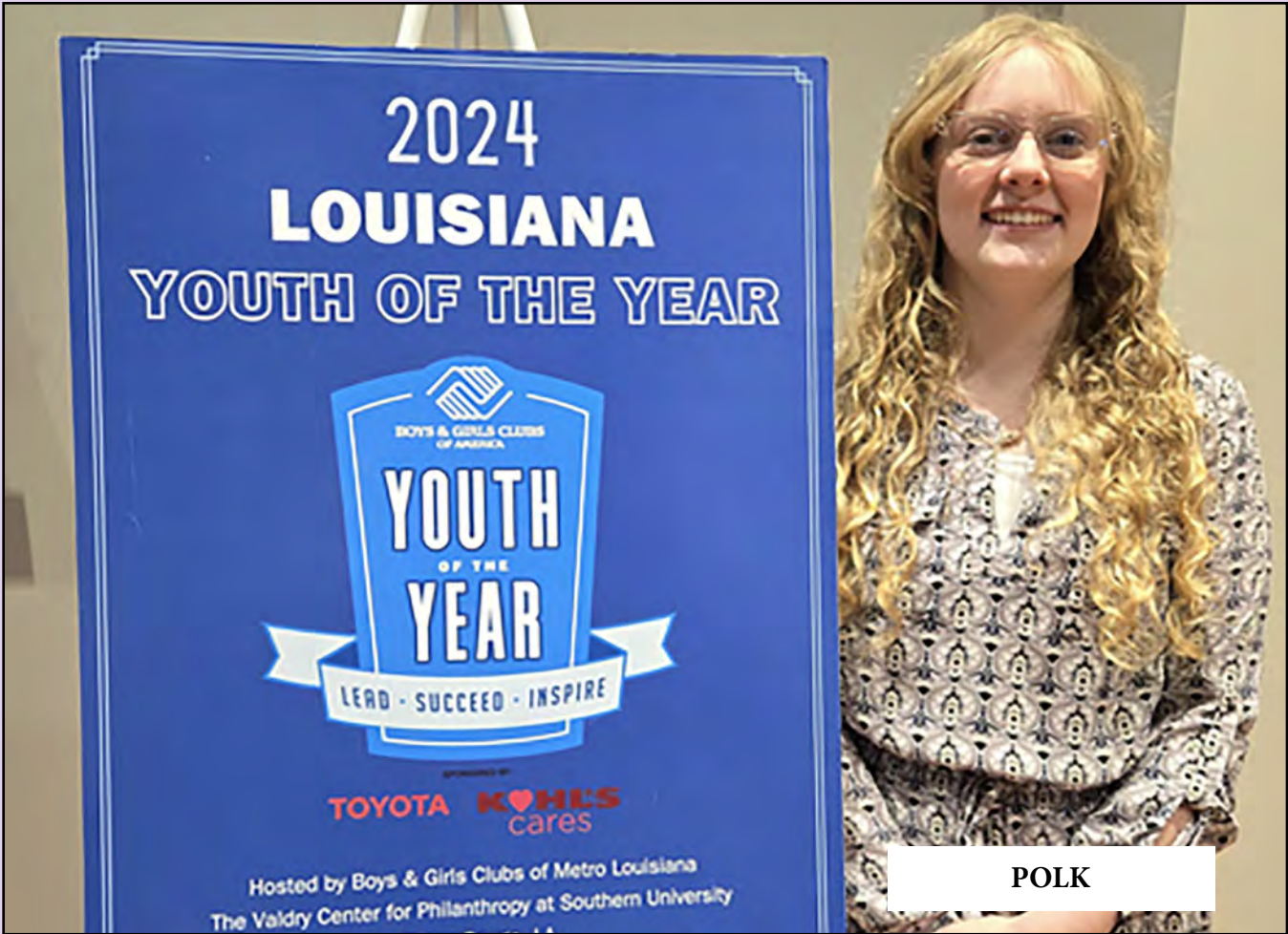
"I like the things we do and being friends with other kids like me," Emmalee said. "It's given me so many opportunities that I know I wouldn't have had otherwise."

One of those opportunities turned out to be the Boys and Girls Club Youth of the Year competition. However, it wasn't one Emmalee was focused on originally.

The idea of her competing began when she attended the Army Teen Panel (a way for military teens to gather and brainstorm solutions to challenges for military teens) in the summer of 2023.

She got to be friends with a lot of previous Boys and Girls Club Youth winners at the event and they encouraged her to compete. She said she wasn't sure about it at first.

Her thought process centered around, "That



could never be me." But as time went on it changed to, "Why can't that be me?"

"The more I got to know the people who had already won, I realized they weren't that different than me and if they could so it, I could too," Emmalee said.

In the end, she decided to try, but it wasn't an easy task.

"It was a lot of sitting down and focusing in on the things I wanted to say through the essays and three minute speech I had to write," Emmalee said. "I had never done any kind of public speaking, so it was a little nerve-racking to speak to a panel of three judges and then speak in front of everyone attending the event."

What she learned from competing in this event is the importance of the military community.

"Having them support me through this process and what I was trying to do was amazing," Emmalee said. "It's all about the military Family and I felt like it was important to highlight them and everything they do."

After she won, Emmalee said it felt really good when all that hard work paid off.

"It felt great to get that win and represent all the military youth of Louisiana," she said.

It's probably not a surprise that her dad, Lt. Col. James Polk, 1st Battalion, 5th Aviation Regiment commander, thinks she's amazing.

"Her experiences, challenges, and exposure growing up as a military child really helped shape her into the strong, resilient, independent young lady she has grown into. It gives me comfort to know she is well equipped to handle just about anything in her adult life as she moves on to college and her career in

the coming years," Polk said. "Additionally, I think her background as a military child gives her the confidence to navigate the unknown with ease, make friends quickly and immerse herself into diverse groups of people while being comfortable with who she is and what she has to contribute."

Polk is proud of her accomplishment in winning the Boys and Girls Club title because it's an opportunity for her to represent an often overlooked demographic, the military child.

"But I'm also proud of her ability to balance all of her other requirements — getting good grades, committing time to extracurricular activities and working several days a week at the commissary," he said. "With all of that, she still found the time and put forth the effort to prepare and compete for this event."

Emmalee encourages other military youth to get involved with The Boys and Girls Club.

"It's a home away from home. It's not just about the opportunities they offer, but the friendships they will make," she said.

She also wants to encourage other military kids that may be having a hard time.

"Being a military child is worth all the difficulties you will face," Emmalee said. "You just have to find your support group, the people you can really connect with, no matter who they are or if they are temporary or not. We move around a lot, but you should never be afraid to reach out to your community to interact and support them because you will get that support right back."

Emmalee will soon be headed to Atlanta, Georgia, for the Southeast regional competition May14-16. If she wins there, she will receive a scholarship worth \$20,000.



# Education Hiring Fair



ANGIE THORNE/GUARDIAN





# Fort Johnson **rehab** team, adds pelvic floor physical therapy

By JEAN CLAVETTE GRAVES  
BJACH Public Affairs

FORT JOHNSON, La. — Bayne-Jones Army Community Hospital will offer a new type of physical therapy to Soldiers and their Families beginning May 1.

Capt. Shelby Landrum, a new member of the BJACH rehabilitation department, will add a unique health care specialty — pelvic floor physical therapy.

Landrum, a physical therapist, specializes in orthopedics, mechanical diagnosis and treatment, pelvic pain, pregnancy and post-partum corrective exercise.

She has extensive training including a post graduate residency with the Department of Veteran Affairs.

Landrum said pelvic floor dysfunction is very common among men, women and adolescents of all ages, but highly under diagnosed or treated.

“I became interested in learning more about pelvic floor dysfunction after the birth of my daughters and experiencing embarrassing, uncomfortable symptoms during my first post-partum physical fitness test,” she said.

Landrum had no idea this was a post graduate specialty until she was in physical therapy school and became a patient herself.

“Like my patients, I learned we can’t treat what we don’t know, or what we don’t recognize is dysfunctional or abnormal,” Landrum said.

Maj. Caleb Johnson, chief of rehabilitation for BJACH, said he’s excited to have Landrum on the team.

“Capt. Landrum is looking forward to providing this new service line to our patient population,” he said. “Her expertise in pelvic floor physical therapy is a great addition to the services already offered in our department. We are lucky to have someone on staff with training that will surely enhance the lives of many of our beneficiaries.”

As a physical therapist, Landrum looks at things from head to toe such as joints, muscles, breathing mechanics and the fascial system (sheets of connective tissue that are found below the skin) and how such things affect the function of the pelvic floor.

“The pelvic floor is made up of muscles that support the urinary, bowel and reproductive organs. These muscles control your bladder and bowels, assist with circulation between the trunk to lower extremities, provide stability and of course play a crucial role in reproductive and sexual health,” Landrum said. “The pelvic floor muscles have 360 degrees of attachment to your pelvis, which includes your tailbone, making it a critical thing to check with a history of falls or childbirth.”

Pelvic floor dysfunction can manifest as constipation, urinary or fecal urgency, muscle or



## Pelvic Floor Physical Therapy

Bayne-Jones Army Community Hospital  
Department of Rehabilitation



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joint pain, abdominal tenderness, difficulty sitting, erectile dysfunction and painful menstruation.

“Stress, injuries, childbirth, obesity, dehydration, prior injury, abdominal and orthopedic surgery, constipation and poor form during physical exercise are just a few examples of things that can lead to pelvic floor dysfunction,” she said. “A lot of people just assume chronic pelvic pain and incontinence are simply a normal part of life.”

The pelvic floor physical therapy capabilities Landrum brings to BJACH will give Soldiers and Family members an opportunity to see a physical therapist in house who can help correct an issue many people struggle with daily.

“A lot of women just accept it. Their mothers and grandmothers wet their pants and

they assume it’s just a normal part of life,” she said. “I’ve found that people who have been dealing with an issue for so long, will avoid certain movements or become weak in certain ways, which will have a domino effect when it comes to the strength and function of their pelvic floor. As women we tend to normalize these issues and carry on with our daily lives at work and home.”

Landrum said educating her patients is as important as the physical therapy itself.

“I have a lot of people come to my office who don’t understand how habits are connected to their symptoms. For example, people often think if they drink more water, they are more likely to experience urinary incontinence or loss of bladder control. However, if you drink

Please see **Rehab**, page 17





## Renew faith at prayer luncheon

Fort Johnson's Religious Support Office hosted a Prayer Luncheon at the Warrior Center May 3. Leadership and members of the Fort Johnson community attend the event to focus on faith and prayer (U.S. Army photo by Antoine Aaron)



# Rehab

Continued from page 16

more water, your urine is more diluted which will be less irritating to your bladder," she said. "The same holds true for chronic constipation, which can lead to back pain and other pelvic floor dysfunctionality in both men and women."

Physical therapy interventions will be individualized to each patient's specific symptoms and concerns.

"For example, some people need to learn to strengthen and contract their pelvic floor in isolation. While others may need to learn to relax and lengthen their pelvic floor for the muscles to respond in a strong way. There are also those who may have no symptoms performing daily activities but suffer after a ruck or a long shift on their feet" Landrum said. "I will give patients a questionnaire regarding

their urinary and bowel habits, symptoms and concerns, then conduct both an internal and external exam if they consent. Depending on their goals and presentation, I will prescribe homework with or without training aides as well as other exercises that may be performed in our gym under the guidance of our versatile orthopedic team."

Landrum hopes to make a positive impact in the lives of her patients.

"As a mother and someone who has experienced these issues myself, as well as a clinician who has treated patients from age 18-92, I know that I can make a difference in many people's lives by bringing these therapies to BJACH," she said. "You can't look at someone and tell they are having pelvic floor dysfunction, but as my toddler eloquently puts it: Ev-

everyone poops. I know that proper, pain free, pelvic floor functionality, is an integral part of my patients' quality of life."

Landrum said there are indicators that a person might be suffering from pelvic floor dysfunction.

"Painful sitting, chronic low back pain, pelvic pressure or heaviness, recurrent nerve pain in the groin or sciatic-like pain, difficult or painful OB/GYN exams, are just a few," she said. "Patients can ask their primary care provider for a referral if they are experiencing any issues that could be related to pelvic floor dysfunction."

Currently, Landrum is only available to see female patients, however this issue also affect males who can be referred off post for pelvic floor physical therapy if needed.



JRTC & FORT JOHNSON AND MWR PRESENTS

# *Military Spouse Appreciation*

AT THE WARRIOR CENTER

**MAY 10**

11:30 a.m.-1:30 p.m.

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## **STEVE KOFRON**

Member of "Task Force Dagger" -- the first Special Forces team deployed to Afghanistan after 9/11.

### **Meet & Greet**

**May 15**

**2-4 p.m.**

**CLASS  
Six**

**Fort Johnson  
Class Six**

**Building 752  
7720 Colorado Ave.**





**American  
Red Cross**

Service to the Armed Forces

# **2024 SUMMER YOUTH PROGRAM**

**In partnership with Bayne-Jones  
Army Community Hospital**

**10 June - 12 July**

A 5 week volunteer program that gives youth a chance to learn new skills, enhance their resumes, make new friends, and fulfill community service hours.



**Youth Ages 13 - 18**

**Scan the QR Code To Register**



**REGISTRATION DEADLINE MAY 10  
LIMITED VOLUNTEER OPPORTUNITIES  
FOR QUESTION OR MORE  
INFORMATION  
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FORTJOHNSON@REDCROSS.ORG**





### Ribbon cutting at Toledo Bend

Fort Johnson garrison leadership, along with Toledo Bend Army Recreation Park staff, held a ribbon cutting ceremony for the newly rebuilt bathhouse April 29. The original bath house, built in 1978, was condemned after Hurricane Laura in August 2020. The renovations, which cost a sum of \$1.9 million, include heating, ventilation and air conditioning, co-located showers and bathrooms, added Americans with Disabilities Act parking spaces, an enclosed laundry room with new laundry machines and a newly improved gravel road.. (U.S. Army photo by Porsha Auzenne)

**If you feel your employees should be enrolled in the hearing conservation program or monitored because of loud noise exposure in your workplace, contact Occupational Health at 531-6131 or the Garrison Safety Office at 531-SAFE**



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# Headquarters Installation Management Command

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# Military teens take advantage of job ready **workshop**

By **SHAWNA MACIAS**

Public Affairs Intern

FORT JOHNSON, La. — The Teen Job Ready Workshop took place at Army Community Service the first three Saturdays in April. Each Saturday covered a different topic important to teaching teens the skills they need as they enter the workforce.

April is also Month of the Military Child. It's a time to celebrate everything about military children, including what they go through and the strength they gain from the challenges they face.

Employment Readiness Program Manager, Stacey Delgado noticed the month is usually focused on much younger children. She felt there should be events and opportunities catered to teens. That's why she initiated a free workshop to highlight key job readiness skills that taught them things like how an application is filled out, personal skills that would be an asset to employers and how to properly conduct an interview.

Several Fort Johnson teens took advantage of the opportunity to learn these life skills and give themselves an edge in the job market.

Students entered the ACS classroom April 20, their last day of class, ready to participate in a mock interview.

Delgado began the class by explaining the difference between a resume and an application, the latter being a required legal document. As the students filled out their own applications, they asked questions ranging from what a swing shift is to who they could list as a reference.

Hunter Kirby, a 14-year-old attending the workshop with his brother, said he thought the class was important.

"I came because I want to get a job and I need a resume. My resume is important."

Along with guidance on his resume, Kirby said the class also taught him what to say to future employers, tips on how to get a job and other knowledge he found valuable.

He rated the course a 10 out of 10 and hopes what he learned will help him get a job as he begins to look for work out beyond Fort Johnson's gates.

Mike Bell, on site coordinator for Collier Investments, a franchise of Manpower, helped conduct the mock interviews.

"Helping people get hired is my passion," Bell said.

As students sat down with him to begin an interview, Bell asked for their application and assessed them for things like proper posture and a firm handshake.

One student was given advice about how to access jobs with accommodations for disabilities.

"You have rights as an employee and em-



*Antonio Hudge Jr. (right) begins a mock interview at the Teen Job Ready Workshop with a strong handshake. Stacey Delgado, Employment Readiness Program Manager, conducts the interview April 20. (U.S. Army photo by Shawna Macias)*



*Stacey Delgado (left) conducts a mock interview with a student. (U.S. Army photo by Shawna Macias)*

ployers are not allowed to ask certain questions, but you may accidentally volunteer information if you don't know any better," Bell said.

Delgado performed a mock interview with Shanti Flores, who is hoping to volunteer with the red cross.

Flores said she began the workshop with basic knowledge, but the classes helped expand her understanding of how to better find a job.

"She (Delgado) guided me and taught me things I didn't know. I'm excited to hear back from the volunteer opportunities I've applied for," Flores said.

As her mock interview continued, she answered the questions with ease and Delgado said she was proud of how well she paid attention.

"Why should I hire you?" Delgado asked.



*Hunter Kirby (left) and Carson Kirby practice filling out an application at the teen workshop. (U.S. Army photo by Shawna Macias)*

Flores answered, because she would be a great addition to the job.

"You guys are getting it," Delgado said. "I'm so excited. You're doing fantastic!"

At the end of the interview, Flores was informed she 'got the job.'

Antonio Hudge Jr., another student, said the class was a great idea and he was happy he came.

"I'm going to go into interviews with confidence," Hudge said. "The mock interview offered me some great experience."

The students received certificates for their hard work and dedication to the workshop.

Many said the information they learned boosted their self-esteem and motivated them to look for jobs immediately.

For more informations about other ACS job readiness classes call 337-531-1941.





U.S. ARMY

## U.S. Army Shreveport Commemorative D-Day 80th Anniversary Norwegian Foot March (NFM) Event

When: Saturday, May 18, 2024 at 2000 Hrs; Step Off at 2200

Hrs. Where: Hoban Hall, Barksdale AFB



### Important Information

The Norwegian Foot March (NFM) will be an individual event consisting of an 18.6-mile ruck march.

- This event is only for Military, Civilian, or DOD Contractors at least 18 years of age or older. All participants must have DOD access to Barksdale Air Force Base. **Military personnel must be on active-duty (title 10) orders.**
- Military personnel must wear field uniform within regulations during the march. Civilian participants may wear civilian clothing, including long trousers and boots.
- Participant must bring water source filled with water, head lamps, rucksack and reflective belt.
- Participants are encouraged but not required to bring a Non-Perishable Food donation as a registration SIGN-UP FEE. (All non-perishable food items will be donated to local veteran community organization.)

### NFM Competition Standards:

- Complete the 18.6-mile route within the time standard (see below) wearing duty uniform and boots.
- Rucksack or military backpack with 25 pounds (Dry)

ONLY CERTIFICATES WILL BE DELIVERED FOR THOSE WHO ACCOMPLISH THE NFM REQUIREMENTS. NO BADGE WILL BE ISSUED.

POC: CPT Medina and Lt. Edwards. Phone: (504) 813-2177. Email: [usarmy.knox.usarec.list.3t9@army.mil](mailto:usarmy.knox.usarec.list.3t9@army.mil)



### Norwegian Foot March Badge



Age group	Requirements	
	Women	Men
18-20	5h25m	4h35m
21-34	5h15m	4h30m
35-42	5h25m	4h35m
43-49	5h30m	4h40m
50-54	5h40m	4h50m
55-59	5h50m	5h0m
60+	6h0m	5h15m



# EFMP Happy Hour

## Takes place the third Saturday of each month at Playtown & Cafe 10 a.m-Noon



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# VETERANS BRUNCH



*Saturday, May 18, 2024*

**10:00AM**

**WAR MEMORIAL CIVIC CENTER**

*Free event for all veterans  
and active duty military  
and their families.*



## TOUCH A TRUCK

Touch A Truck provides the unique opportunity for children to explore vehicles of all types, including public service, utility, construction, landscaping, military, and delivery- all in one place!

**May 18, 2024**

**9:00 AM - 2:00 PM**

**"Quiet Hour" 11:00 AM -12:00 PM**

**Downtown Leesville**

**109 E Texas Street**

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**Craft-makers, artisans, food/beverage trucks, various activities for children!**



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# Friday Night LIVE

**80's - 90's  
Block Party**

**All things from  
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# BLOCK PARTY



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5:30 p.m.  
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## Fort Johnson community casts line, reels in fishy, fun



PORSHA AUZENNE/GUARDIAN



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ANGIE THORNE/GUARDIAN



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# Fort Johnson Solid Waste



## CONSOLIDATED SOLID WASTE COLLECTION POINT

MONDAY – FRIDAY | 0800 – 1530  
(337) 535 - 1155



### SOLID WASTE (SCRAP METAL AND WOOD DISPOSAL)

#### QRP/RECYCLING CENTER

Bldgs. 3620 & 3622 - Corner of Georgia and Maine Aves.

**MON-FRI 0800 -1600 (337) 531-7556**

•Organizations should turn-in scrap metal to the QRP facility.

#### 8300 BLOCK

**MON-FRI 0800 -1530 337-535-1155**

•Organizations should turn-in scrap wood to Solid Waste Consolidation Point (8300 block).

• Wood greater than 3 ft. long cannot be placed into the dumpsters.

• Don't place scrap wood next to dumpster.

• Used furniture/bulk items must be disposed of at the 8300 block.

• No hand receipt items.

### BULK ITEMS IN HOUSING DISPOSAL INFORMATION:

All residents living in South Fort & North Fort military housing are authorized to dispose of bulk items into the roll off located at Corvias Warehouse site marked "**RESIDENTIAL WASTE ONLY**". This is for "Housing Residents Only" not from barracks, Garrison entities or from off post. The site is located @ 6528 Holmlund Street next to the Dogwood "Bark Park". Operating hours are M-F 0800-1700.

### KEYS TO SOLID WASTE SUCCESS

- Keep dumpster lids and doors closed to comply with Louisiana regulations to avoid state action (Title 33, Part VII, ref. 507.D).
- Don't bury, burn, or dispose of waste in the field or garrison.
- Sort hazardous and regulated waste from insert waste at the point of generation.
- Purge refrigerators, ACs, and freezers with freon before disposal at QRP Recycling Center.

**Personal appliance DMOs are not accepted.**

### (FAQ) FREQUENTLY ASKED QUESTIONS

#### How do I request a roll-off for a large amount of scrap wood and how long can my unit keep it?

Call (337) 535-1155 Monday through Friday from 8 a.m. - 3:30 p.m. with your facility number or location, name, phone number. POC is responsible for items and other materials that are placed inside roll-off. Wood only. No trash or debris.

#### Where do I deliver scrap metal?

QRP recycling center, building 3620. Call (337) 531-7556 Monday through Friday from 8 a.m. - 4 p.m.

#### Can my unit dispose of bread racks in dumpsters from our field training exercises?

No. Deliver to building 4366 cold storage facility on Virginia Avenue for reuse.

#### Can my unit deliver used/damaged furniture to the CSWCP 8300 block?

Yes, but furniture must not be on the organization's hand receipt, and units must provide a detail to unload.

#### How does my unit request solid waste support for upcoming training or ranges?

Call (337) 535-1155 and provide unit name, POC, grid location or range number and dates needed.

#### Why didn't my unit or facility dumpsters didn't get serviced today?

The dumpster was blocked by a vehicle or equipment, too heavy from unauthorized items, had safety issues or contained a restricted item.

#### Where can my unit dispose of bags of leaves, pine straw, tree limbs and other yard waste from unit area cleanup?

The 8300 block on North Fort. All plastic bags must be emptied into the roll-off. For assistance call (337) 535-1155 Monday through Friday from 8 a.m. to 3:30 p.m.

#### Where can I dispose of clean cardboard?

Any green dumpster, building 3620 (QRP) or building 830 north of the Thrift Shop (old commissary) parking area.





# 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
2014	Chevrolet	Cruze	0491
2002	Pontiac	Grand Prix	1285
1995	Dodge	1500	8277
2016	Jeep	Patriot	9883
2005	Buick	LeSaber	7593
2001	GMC	Yukon	6444
2010	Hyundai	Genesis	5409
UNK	UNK	Utility trailer	N/A
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 trailerBoat	UNK
2001	Ford	F150	0450
2000	Ford	Ranger	3852
2006	Nissan	350Z	4586

## SAFETY CORNER

### MOTORCYCLE SAFETY AWARENESS MONTH

*Look Twice - There's a life riding on it*



**On average, a motorcyclist is killed every four days on Louisiana roads**

**Remember to look twice for motorcycles, especially at intersections**  
**Every motorcycle carries a life**

## JRTC & Fort Johnson Motorcycle Safety Courses








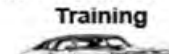
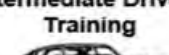
**See your unit  
Motorcycle Mentor  
first!**



- Type in <https://safety.army.mil>
- Click on 'OFF-DUTY' at the top of the page
- Under 'PMV-2 (Motorcycles)' choose 'Training'
- Click on visit AIRS Website at [https://airs.safety.army.mil/usg\\_disclaimer.aspx](https://airs.safety.army.mil/usg_disclaimer.aspx)
- Follow the above link, type in your CAC code and click on "I ACCEPT"
- At the top for Region, click on "Southeast", and in Garrison, click on "Fort Johnson"
- Utilize the calendar and choose a course/date and click on "Location"
- This will take you to a page. Read the instructions and fill out the form

**(337) 531 - RIDE**

**MAY 2024**

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2 Intermediate Drivers Training 	3	4
5	6	7 Basic Riders Course 	8	9 Intermediate Drivers Training 	10 Advanced Rider Course 	11
12	13	14 Basic Riders Course 	15	16 Intermediate Drivers Training 	17	18
19	20	21 Basic Riders Course 	22	23 Intermediate Drivers Training 	24	25
26	27	28	29	30 Intermediate Drivers Training 	31	



# Motorcycle Safety Awareness month rally takes place despite rain

Fort Johnson leadership stopped by the Motorcycle Safety Awareness Month Rally, held in the Thrift Store parking lot May 3, to support Soldiers who braved the rain to ride. After a few words from Maj. Gen. David W. Gardner, Joint Readiness Training Center and Fort Johnson commanding general, and a safety brief, the Soldiers took off. (U.S. Army photos by Angie Thorne)





# Fort Johnson community steps out for color run fun



ANGIE THORNE/GUARDIAN

