

GUARDIAN



Inside:

- Congressional staff delegates visit Fort Johnson ... page 1
- Hanson passes torch to Peña in change of responsibility ... page 6
- Fort Johnson engages with community leaders ... page 8
- Anti-terrorism Awareness Month ... page 17

Staff delegates visit Fort Johnson, observe readiness

By PORSHA AUZENNE
Public Affairs Office

FORT JOHNSON, La. — Twelve Secretary of the Army staff delegates visited the Joint Readiness Training Center and Fort Johnson July 16-19. Delegates, both local and regional, observed the entire scope of the installation, ranging from garrison operations to JRTC Rotational Training Unit capabilities.

Delegates started their tour the morning of July 17 by meeting with Fort Johnson leadership for a command brief.

Present leadership included commanding general of JRTC and Fort Johnson Brig. Gen. Jason A. Curl, garrison commander Col. CJ Lopez, garrison Command Sgt. Maj. Braden K. Sickles and JRTC Operations Group commander Col. Matthew J. Hardman.

Upon completion of the briefing, delegates spent the day observing Fort Johnson's quality of life initiatives, facilities and directorates.

One of the key highlights was the group's housing installation tour engagement. Betty Beinkemper, director for Army housing at Fort Johnson, briefed the delegates at one of the installation's newest Palmetto Terrace homes while explaining amenities for Soldiers, Families and civilians who live on post.

The importance of Soldiers' quality of life was also a topic of discussion during the housing section of the tour.

As the group toured a two-story house for junior enlisted Soldiers, Beinkemper discussed a \$77 million housing project which focuses on more than 1,000 homes.

The homes, Beinkemper said, have a Basic Allowance for Housing rate of \$970 a month, with costs covering a variety of amenities including utilities, ground maintenance, work orders and use of community centers, gyms and pools.

The delegates last stop on the garrison tour was Bayne-Jones Army



Joint Readiness Training Center and Fort Johnson commanding general Brig. Gen. Jason A. Curl (center) speaks with visiting staff delegates Krista Perkins (left) and Kaliegh DeGeldere (right) during a live fire training exercise July 18. (U.S. Army photo by Porsha Auzenne)

Community Hospital, where personnel observed medical capabilities both inside and outside the facility. The group was greeted with an outdoor demonstration of emergency care for Soldiers, including medical evacuation procedures and first aid care.

"Our initiative was to demonstrate the important role Army Medicine plays in the lives of Soldiers, Families and their support to rotational units and the JRTC mission," said Jean Clavette Graves, BJACH public affairs officer.

After a short welcome from Col. Alisa Wilma, hospital commander, and a video depicting the processes a Soldier goes through from the point of injury to recovery, staffers viewed a tactical combat casualty care trauma lane.

To illustrate, the team evacuated a casualty to a UH-60 Black Hawk helicopter staged at the BJACH emergency department's helipad. The helicopter lifted off and set back down where members of the emergency department retrieved the casualty to perform higher-level care.

Once inside, the group learned more about BJACH emer-

gency, radiology, and pathology capabilities and toured the facilities. Delegates also visited the labor, delivery, recovery and postpartum ward where they observed training simulators used to ensure staff preparedness.

The visitors engaged in their final tour July 18 at Peason Ridge training area, where they were able to get a first-hand look at how Soldiers train at the JRTC and Fort Johnson. Two Rotational Training Units, 1st Battalion, 141st Infantry Regiment and 186th Infantry Regiment conducted live fire exercises including simulated defensive and counter-defensive attacks. The training demonstrated JRTC and Fort Johnson weapons capabilities, logistics, combat readiness and task organization for large-scale operations.

Capt. Brendan C. Waldrop, who served as a tour guide during the visit, reminisced about some of his favorite parts.

"It was great having staff members from Congress down here at Fort Johnson," said Waldrop. "We

Continued on page 2



**JRTC and
Fort Johnson**
Brig. Gen. Jason A. Curl
Commanding General
Col. CJ Lopez
Garrison Commander
Laurel Stone
Director of Public Affairs
Keith Houin
Deputy Director of Public Affairs

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Cover photo: *Soldiers perform a live fire exercise during Rotational Training Unit training July 18 at the Joint Readiness Training Center and Fort Johnson. (U.S. Army photo by Porsha Auzenne)*



Staff delegates visit Fort Johnson, observe readiness

showed them the unique things we do here and how we take care of Soldiers and their Families.”

The biggest highlights from the visit, Wal-drop said, were the live fire exercises. Staff members observed one of the infantry companies conduct an explosive breach and an aerial tour of Fort Johnson.

“The aerial tour was great because it gave a few of the members the first chance to ride in a rotary wing aircraft and see all of Fort Johnson and the Fullerton training area,” Waldrop said.

An additional highlight was the group’s visit to the 1st Battalion, 509th Infantry Regiment headquarters. The 1st Bn, 509th Inf Reg, also known as “Geronimo,” is the JRTC opposing force which serves as the “enemy” for RTUs during their rotations.

“I think it was great for the staff members to see firsthand what training Soldiers go through during the live fire portion of a JRTC rotation,” Waldrop said. “The delegates were interested in the Geronimo brief and learning how to introduce problems for the rotational training unit to prepare them for their next fight.”





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141st Infantry
Regiment*



*186th Infantry
Regiment*





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Peña **assumes** senior enlisted role of JRTC, Fort Johnson

By KAREN SAMPSON
Public Affairs Office

FORT JOHNSON, La. — A senior enlisted command responsibility change occurred at the Joint Readiness Training Center and Fort Johnson during a ceremony at Warrior Field, July 23.

The command bid farewell to former Post Command Sgt. Maj. David Hanson.

“Command Sgt. Maj. Hanson’s tenure is marked by unparalleled dedication, unwavering commitment, and exemplary leadership,” said Brig. Gen. Jason A. Curl, commanding general, JRTC and Fort Johnson.

“His impact on this command has been profound, and his legacy will endure as a testament to his outstanding service and dedication to duty.”

Hanson was the JRTC and Fort Johnson command sergeant major for 23 training rotations. He served 75 training rotations over three tours here, including eight rotations as part of rotational training units.

Curl said there are maybe a handful of senior enlisted Soldiers with his track record.

“Command Sgt. Maj. Hanson is a leader’s leader,” Curl said. “He is adamant about improving leader knowledge and professionalism, starting with himself.”

Curl continued by saying that part of Hanson’s job is to be a mentor and an example to the next generation of leaders, and he knew no better example than Hanson.

“As you relinquish your responsibilities, please accept my deepest gratitude for your steadfast leadership and your unwavering support to the Soldiers and Families of JRTC and Fort Johnson,” Curl said.

“The late General Colin Powell once asked, ‘What could be more important than equipping the next generation with the character they need to become successful?’

You have answered that question with your actions,” Curl said.

“You are leaving JRTC and Fort Johnson as a better place.”

Command Sgt. Maj. Oracio Peña and his Family are joining the JRTC and Fort Johnson community after serving as a brigade command sergeant major with the 1st Brigade, 101st Airborne Division at Fort Campbell, Kentucky.



“Command Sgt. Maj. Peña, as you transition into this pivotal role, I have every confidence in your ability to lead with integrity, professionalism and unwavering dedication,” Curl said.

“Your experience, expertise and passion



Above: Brig. Gen. Jason A. Curl, Joint Readiness Training Center and Fort Johnson commanding general, passes the flag from Command Sgt. Maj. David P. Hanson to incoming Post Command Sgt. Maj. Oracio Peña during the change of responsibility ceremony July 23 at Warrior Field. (U.S. Army photo by Antoine Aaron)

Below: Hanson (left), Curl (center) and Peña march forward during the ceremony. (U.S. Army photo by Karen Sampson)

for service make you the ideal candidate to uphold the high standards and discipline of JRTC and Fort Johnson.”

Peña thanked Curl during his address, saying he felt honored to serve under Curl’s leadership.

“My family and I are looking forward to broadening our relationship with the greater

community,” Peña said. “Their support and collaboration are invaluable to us on this installation.

“To the team on the field, we must continue to enhance our profession, foster cohesive teams and maintain readiness in our combat formations,” Peña said. “The Army and our nation are reliant on us more than ever.”



Farewell CSM Hanson



Welcome CSM Peña



Fort Johnson **engages** with community

By ANTOINE AARON
Public Affairs Office

FORT JOHNSON, La. — The first ever Community Leaders Economic Engagement was held July 24 at the Fort Johnson Warrior Center. The CLEE is a networking event designed to update Fort Johnson’s stakeholders on the economic impacts the installation has on the regional economy and community. The purpose is to strengthen ties with community municipalities and stakeholders to form mutually beneficial partnerships, improve mission readiness, reduce costs and identify and address concerns for support from the Fort Johnson community. Local leadership in attendance included mayors, chambers of commerce members and elected officials. Directorates from the installation addressed strategic plans for their perspective fields, as well as how to make Fort Johnson the premier

installation for training and a desired military community for Soldiers. “School and education are probably the most talked about topics as Soldiers and Families are getting ready to call Fort Johnson their home,” said Stormie Tippit, Directorate of Family and Morale, Welfare and Recreation non-appropriated funds support chief. She mentioned how improving the education perception in the area is one of the installation’s top quality of life priorities. “Compared to 31 Army installations, Vernon and Beauregard parishes are among the top five school systems,” Tippit said. “We have a great relationship with our school partners and offer a large school support service system. Our garrison commander serves on the school boards and we have two school liaison officers that offer support for families as they get here.” Attendees moved into smaller break-out sessions and discussed details on better com-

munity engagement. One key topic discussed during the sessions was increasing Soldier visibility within local communities, particularly those who have skills that can be utilized.. Brig. Gen. Jason Curl, commander of the Joint Readiness Training Center and Fort Johnson, thanked everyone for attending the event. “I appreciate everyone being here and for your continued partnership,” said Curl. “There were a lot of things discussed I didn’t know about. Things we can do for the community and things we need to help each other,” said Curl. “No matter what, we will always be the Joint Readiness Training Center and there will always be projects on base needed for our mission, those we need people to build or businesses to invest in that would continue to generate revenue in the community.” For more information on the CLEE or how you can be involved contact the Public Affairs Office at keith.r.houin.civ@army.mil.



Dogwood Terrace playground update



Corvias is happy to report that by the end of the year, we expect to have a new playground on Holmlund Street in the Dogwood Terrace community! See the photo above for a sneak peek. The Dogwood Terrace community offers outdoor amenities like multiple basketball and tennis courts, a pickleball court, a dog park, a covered pavilion and a large outdoor resort-style pool. With the addition of this playground, we will have 4 playgrounds and 11 swing set areas for kids to enjoy. We will update you once the playground is ready. In the meantime, enjoy all your community has to offer and take the opportunity to meet your neighbors!





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Volunteer reacts to local hospital Summer Youth Program

By BRESIAH RAMSEY

American Red Cross Summer Youth Volunteer

FORT JOHNSON, La. — The American Red Cross of Louisiana and Bayne-Jones Army Community Hospital concluded their summer youth program with a graduation ceremony July 12 at the Joint Readiness Training Center and Fort Johnson.

Our minds are our greatest tools. As teenagers, I assume we are more open to new experiences than adults. We want to explore the world and be exposed to new things. The youth program at BJACH was one of those experiences.

Our journey began on June 10, when 15 teens walked into a room at the Warrior Center at Fort Johnson. We were complete strangers. We took our seats and started the orientation with an icebreaker. We learned more about the American Red Cross and the program we were about to embark on. We also met the adult volunteers who work at BJACH. One of them, Chuck Lopushansky, not only volunteers at BJACH, but also volunteers at the Alexandria Zoological Park.

Following the orientation, we had a tour of the hospital and met a lot of the people and the different departments we'd be working with. We met the chaplain and got to go to the command suite (which apparently only certain people have access to).

Next, we met our preceptors in the specialty clinic, the labor, delivery, recovery and postpartum, OB/GYN and mixed medical surgical wards. Once we received our security badges, we felt important. By the end of the day, we were excited to get to work.

My first assignment was in MMS. It's one of the hospital's inpatient wards. There were several patients admitted. I was able to watch as the nurses tended to each of their needs. I was impressed by the care they provided. Each patient was unique, one a new mother and baby, one had a severe injury, and one was sick. The nurses treated each patient as if they were the only patient.

My next assignment was in the linen department. It seems like linen could be easily overlooked and underappreciated, but it is one of the most important jobs at the hospital. Janice Burke, linen supervisor for BJACH, and her team make sure everything is sterile. While I was there, I folded laundry and learned more about the inner workings of the linen department. Everyone was very nice, and they even taught me how to play dominoes during their break.

My third rotation was in the specialty clinic. This was my favorite assignment. The entire team was creative and fun. They had a variety of activities planned to keep me busy. They taught me how to apply a cast, gave me a tour of their area and explained all the things they did. They support the orthopedics department



The American Red Cross of Louisiana and Bayne-Jones Army concluded their summer youth program with a graduation ceremony Jul. 12 at the Joint Readiness Training Center and Fort Johnson, La.

Pictured from left: (Front Row) Kadence Garcia, Chandler Morgan, regional program manager, North Louisiana Service to the Armed Forces & International Services, Clarence Lewis, Sophia Santos, Layla Swink, Syble McGrew, (Second Row) Tisha Sanders, Sarah Allesch, Mia Encinas, Col. Alisa Wilma, BJACH Commander, Jasmine Tatum, Justine Clay, Shanti Flores, Emma Owens, (Back Row) Lt. Col. Sarah Hensley, chief, hospital education and staff development, Aiden Garcia, Ellie Schaub, Command Sgt. Larry D. White II, BJACH Senior Enlisted Advisor. (Photo by Jean Clavette Graves)

that works with bones, fractures, and sprains. That brings me to my next adventure.

My final assignment was in LDRP. I learned that LDRP is considered a specialty clinic because they focus on the birth of new babies and their mother's recovery. Layla Swink, another youth volunteer, and I had fun talking to the staff, exploring the rooms, and dressing up the dolls

in the training room. Although it was a slow day and no babies were born during our shift, we still had fun. The staff talked to us about our future goals and what we want to be when we grow up. Layla wants to work with kids, and one day I hope I can make a positive impact on the world.

In addition to rotating through the hospital, I was also "voluntold" to help as an assistant public affairs officer by my mom who works at BJACH. We had vacation planned and I would be missing the last week of the program. My mom's supervisor is the public affairs officer and suggested a way to get the volunteer hours I'd be missing by "covering" the program from a participant's perspective.

I was asked to take photos, come up with one social media post per week and write a commentary. I was originally against the idea,

I'm not a very sociable person, and I thought I would hate it. In the end, I realized that I'm a pretty good writer and I had a lot of fun.

For this assignment, I was able to meet a lot of people and Jean Graves, the hospital PAO, helped me edit my work and offered suggestions.

The whole experience was so much fun and taught me a lot. I

made new friends and met many interesting people.

This program gave me a better understanding about the ins and outs that go on behind the scenes in a hospital I also learned writing is a new passion of mine.

I'm not exactly sure where my life will take me, but I do know the skills I've learned during my time volunteering at BJACH and writing for my mom's boss can be used for future job opportunities.

If you get the chance to participate in the Red Cross summer youth program next year, I recommend it.

Editor's Note: Bresiah Ramsey is a 14-year-old student at Anacoco High School.

If you are interested in volunteering at BJACH with the American Red Cross of Louisiana, please contact Chandler Morgan at 318-484-8083 or chandler.morgan@redcross.org.

Dogwood housing town hall

The Joint Readiness Training Center and Fort Johnson held a housing town hall July 22 at the Dogwood Community Center. While the walking portion of the town hall was canceled due to inclement weather, residents were able to voice quality of life concerns with leadership and housing personnel. (U.S. Army photo by Karen Sampson)



Heat Related Illnesses

Know the signs of heat-related illnesses and ways to respond. If you are sick and need medical attention, contact your healthcare provider for advice and shelter in place if you can. If you are experiencing a medical emergency call 911.

Signs of Heat Stroke:

- Extremely high body temperature (above 103 degrees F) taken orally
- Red, hot and dry skin with no sweat
- Rapid, strong pulse
- Dizziness, confusion or unconsciousness
- Headaches
- Confusion
- Losing consciousness (passing out)



If you suspect heat stroke, call 911 or get the person to a hospital immediately. Cool down with whatever methods are available until medical help arrives. Do not give the person anything to drink.

MOLD MITIGATION

TIP #2



When water leaks or spills occur indoors - ACT QUICKLY. If wet or damp materials or areas are dried 24-48 hours after a leak or spill happens, in most cases mold will not grow.



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AUGUST 2024

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

TURN AROUND DON'T DROWN



Annual **wellness** checks, readiness requirement at Fort Johnson

By JEAN CLAVETTE GRAVES
BJACH PAO

FORT JOHNSON, La. — Incorporating mental health and wellness checks with the birth month Soldier Readiness Program, is an introduction to behavioral health resources and encourages personal resilience at the Joint Readiness Training Center and Fort Johnson, Louisiana.

Lt. Col. Alexander Ragan, installation director for psychological health, said the wellness checks take 20 to 30 minutes and are an annual requirement for Soldiers.

“Everyone will complete the annual wellness check, even if they are already in counseling,” he said. “These touchpoints let Soldiers reflect on how they are doing and discuss a variety of aspects of their lives. They are not meant to replace psychological counseling, therapy or treatment.”

Ragan said the wellness checks are not mental health evaluations.

“They are non-attributional wellness and non-medical screenings designed to review and update resource education, as well as introduce and eliminate the stigma of counseling,” he explained.

Ragan said this is a significant and important annual requirement.

“Wellness checks are one of the most crucial components of readiness for Soldiers,” he said. “For many Soldiers, this will be the first time they have sat down with a chaplain, Military and Family Life Counselor, or member of the medical behavioral health staff.

“The normalization of wellness services and exposure to counseling concepts can significantly reduce the stigma associated with each and greatly increase the health and resiliency of the force.”

Lt. Col. Christopher Green, task force signal, JRTC Operations Group, said the wellness checks are important.

“As a senior leader, the touchpoint is a valuable way to learn more about resources available to my Soldiers and their Families, as well as for me to identify potential issues within our formation,” he said.

Anastasia Stipe, SRP and mobilization supervisor for the Fort Johnson Directorate of Plans, Training, Mobilization and Security, said wellness checks during birth month SRP went into effect in January.

“The directive was for behavioral health to conduct wellness screenings with Soldiers at given intervals,” she said. “The birth month readiness checks provide a favorable environment with the highest concentration of Soldiers in one location.”

Stipe said the intended outcome of the annual wellness checks is to improve retention and increase readiness.

“We deliver a one stop approach to conduct all requirements and reduce Soldier absentee-



Col. Michael Jeffries, senior command chaplain, conducts an annual wellness check with a Soldier during the birth month Soldier Readiness Program on Jul. 23, at the Joint Readiness Training Center and Fort Johnson, Louisiana. (Photo by Jean Clavette Graves)

ism throughout the year,” she said. “During SRP, we coordinate installation resources and staffing support, expediting the processing time for rapid or no-notice exercises and deployments. The incorporation of the mental health component into this process only makes sense with minimal efforts to fortify the high returns achieved.”

Capt. Travis Nartker, distribution company team lead, Task Force Sustainment, JRTC Operations Group, said SRP allows Soldiers to ask questions and learn about installation resources.

Nartker said the wellness checks are guided by Soldiers, their experience and any potential issues they bring up.

Spc. Breana McConnell, combat engineer, 573rd Clearance Company, 46th Engineer Battalion, said the wellness check increased her knowledge of installation resources.

“I learned a lot of good information that I will take back to my unit,” she said. “A lot of Soldiers don’t feel like they can go out and get help. There is a misunderstanding among Soldiers seeking help, counseling or therapy will negatively impact them during their military careers and when they get out. That’s not the case.”

McConnell said Soldiers can talk to the Chaplain, MFLC or behavioral health providers and it is strictly confidential unless they express an intent to harm themselves or others.

**Bayne-Jones
Army Community
Hospital**

bayne-jones.tricare.mil



ANXIETY DISORDER

Panic Attack Awareness

Panic attacks can leave Soldiers and civilians feeling overwhelmed, frightened and hopeless. That's why July is recognized as Panic Attack Awareness Month. It is devoted to bringing awareness and education about understanding and providing support for those who suffer from panic disorders. We've compiled a list of do's and don'ts to help those dealing with a panic disorder. Remember, everyone's experience with anxiety and panic attacks is different, so find what works best for you through trial and self-awareness.

Do

1. Practice deep breathing

Slow, deep breaths can help calm your nervous system.

2. Use grounding techniques

Focus on your senses (what you can see, hear, touch, etc.) to stay present.

3. Practice mindfulness

Acknowledge your feelings without judgment and stay in the present moment.

4. Reach out for support

Talk to a trusted friend, family member, or therapist about what you're experiencing.

5. Create a calming environment

Find a quiet, comfortable space if possible.

6. Consider relaxation exercises

Such as progressive muscle relaxation or guided imagery.

7. Seek professional help

If anxiety or panic attacks are frequent or severely impacting your life.

Don't

1. Avoid your feelings

Trying to suppress or ignore anxiety can make it worse.

2. Use substances

Avoid using alcohol, drugs, or caffeine to cope with anxiety.

3. Isolate yourself

Stay connected with supportive people in your life.

4. Engage in negative self-talk

Be compassionate with yourself; anxiety is not a sign of weakness.

5. Skip meals or overeat

Maintain a balanced diet to support your overall well-being.

6. Overcommit or overexert

Give yourself permission to take breaks and rest when needed.

7. Rush the process

Healing takes time; be patient with yourself and your progress.



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.

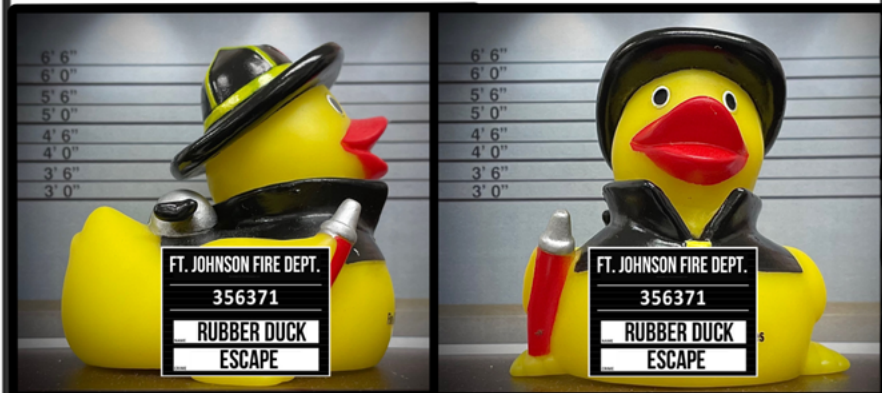
UNK	UNK	Utility trailer	N/A
2008	Yamaha	R6	5446
2016	Yamaha	R3	2153
UNK	UNK	Boat trailer	N/A
UNK	UNK	Kayak trailer	N/A
UNK	McClain	Boat trailer	N/A
UNK	UNK	M/C trailer	N/A
2001	Ford	F150	0450
2000	Ford	Ranger	3852
2006	Nissan	350Z	4586
2013	Kawasaki	650	4040
2004	Cadillac	Escalade	5765
2003	Ford	Crown Victoria	2046
2011	Chevrolet	Cruz	6489



== MOST WANTED ==

FORT JOHNSON FIRE DEPARTMENT

FJFD rubber ducks will be hidden all around the South Fort area. If you find one, come to the Central Fire Station located on the corner of Mississippi Avenue and Louisiana Avenue to claim a prize as well as some fire safety education. Good luck and happy hunting.



The hunt will be held from Aug. 1-31. All FJFD rubber ducks will be accepted Monday-Friday from 8 a.m.-4 p.m. For more information please contact the Fort Johnson Fire Prevention Office at 337-531-0775 or FortJohnsonFirePrevention@army.mil

PREFERABLY ALIVE

== REWARD ==

BJACH AFTER HOURS CYS & SPORTS PHYSICALS

****For children 5 years and older****
4:00 - 6:30 P.M.

EVERY TUESDAY & THURSDAY
JULY 9 - AUGUST 15
TO SCHEDULE AN APPOINTMENT
CALL 337-531-3011

PLEASE BRING
ALL REQUIRED
FORMS TO THE
APPOINTMENT



VOLUNTEERS NEEDED

GIRL SCOUTS OF FORT JOHNSON

If you have a passion for volunteering and are eager to get involved with the community, we invite you to join us and learn valuable information about becoming a Girl Scout leader.



Build Courage



Build Confidence



Build Character

The Girl Scout Service Unit 254 hosts many events and volunteer projects. Volunteering with Girl Scouts is flexible and fun. You don't have to have a child of your own to get involved; all you need is a passion for mentoring the next generation of leaders.

Fortjohnson.girlscouts@gmail.com



BOSS
is for...



GEO BACHELORS

The Better Opportunities for Single Soldiers program supports the overall quality of life for the single Soldier and helps to maintain and improve Soldier readiness.

BOSS identifies Soldier issues and concerns by recommending improvements through the chain of command. BOSS encourages and assists single Soldiers in identifying and planning for recreational and leisure activities. It gives single Soldiers and geographically separated service members the opportunity to participate in and contribute to their respective communities. Additionally, BOSS provides unique opportunities for personal and professional growth and development through skills training and events.



Army designates August as Anti-terrorism Awareness Month

See Something ... Say Something.

By MITCHELL SMITH
DPTMS

FORT JOHNSON, La. — The Army has designated August as Anti-terrorism Awareness Month. The Anti-terrorism Branch intends to use the opportunity to train, educate and increase the installation's overall awareness.

As we commemorate the 23rd anniversary of Sept. 11, 2001, we must also remain vigilant, especially considering the recent death of the attack's mastermind. Violent extremism poses a critical threat to the homeland and U.S. military operations overseas. Acts of violent extremism undermine the rule of law and the protection of human and civil rights. The threat is not limited to a single political, religious or ideological background.

Regardless of its motivation, violent extremism can have devastating effects on both civilian and military communities alike, as evidenced by the attacks at Fort Cavazos, TX, the outlet mall mass shooting in Allen, TX, attempted mass shooting in Chattanooga, Tenn. Salvation Army active shooter in Blue Island, Ill., former President Donald Trump's assassination attempt in Butler, Pa., the ISIS terrorist sleeper agent arrested near the Euro 2024 soccer tournament in Esslingen, Germany and Washington Navy Yard, among others.

Although violent extremism is not a new phenomenon, rapid changes in online communications continue to evolve the threat. Violent ideologies and propaganda are now more accessible than ever, making it more difficult to identify and stop extremists before they act. To prevent terrorism, we must stay ahead of the terrorists and be on guard against violent extremism in our community.

A wide variety of domestic violent extremism movements pose a threat to the U.S. Some individuals become active members in groups (terrorist organizations, hate groups) and act within their affiliated group's purview. Others, however (often referred to as "lone wolves"), don't have a direct connection with a specific group, but are inspired by the group's rhetoric or group-sponsored violence.

For example, in San Bernardino, Calif., 14 people were killed and 22 seriously injured. The perpetrators were violent extremists inspired by jihadist terrorist groups but not directed by such groups and not part of any terrorist cell or network.

Nonetheless, affiliating with any specific group or espousing extremist beliefs does not mean an individual will commit violent acts. Police and local law enforcement, members



of the Joint Readiness Training Center and Fort Johnson community, community leaders, friends, Families, co-workers, teachers, retirees and community services play an important role in preventing vulnerable individuals from entering on the path to radicalization and violence. Education, promotion of awareness, and dialogue are important tools for prevention.

The overarching theme for FY24 is adapting anti-terrorism to the evolving global security environment. This cross-cutting theme, combined with the quarterly theme focus areas, seeks to address anti-terrorism resilience and risk management in support of Army readiness.

The 2024 focus areas are to help guide commanders on how to recognize and report suspicious activity, and actions to take to prevent terrorist activities. This year, community resilience, anti-terrorism role in supporting Army readiness, risk management and setting conditions for the future are the focused themes.

The AT Branch will focus its efforts on heightening awareness and vigilance to protect the JRTC and Fort Johnson community from acts of terrorism.

Focused AT Awareness Month themes throughout August are:

- **Week 1:** Nesting Anti-terrorism Strategic Initiatives and Priorities
- **Week 2:** Risk Management and Stand-alone Facilities
- **Week 3:** Anti-terrorism Measures for Operational Forces
- **Week 4:** Sustaining Community Awareness and Vigilance

The goal is for Soldiers, civilians and Family members to understand the concepts, principles, roles, responsibilities and suspicious activity reporting procedures.

Last year, we introduced Fort Johnson's AT Awareness and iWatch programs. The iWatch

mission is to get the word out to our Soldiers, Families, civilians and contractors about how they can help prevent terrorism and protect our community.

The Anti-terrorism Branch will provide the installation with posters, brochures and other visual aids during AT Awareness Month. Our presence at different venues will ensure every Soldier and Family member knows what suspicious behavior and indicators are and understands the importance of reporting suspicious activities.

The Fort Johnson community must understand the terrorist threat, take actions to detect and deter terrorists, and report all suspicious activities.

Fortunately, we have an Army community that wants to help secure our installation and protect our country. Many people have noticed something that raised their suspicions and made that simple call to 531-COPS. To those concerned heroes, we say thank you. It only takes one report to prevent something atrocious.

Anti-terrorism representatives will be available to answer any questions regarding AT Awareness and iWatch, and hand out brochures and other items that remind us to stay vigilant. Every member of the Army community plays a part in this fight. We can prevent terrorism by increasing awareness and vigilance. If every individual recognizes and reports suspicious activities, we will succeed as a team — the Army team.

If you have any questions regarding AT Awareness and iWATCH, call 531-0413 or email mitchell.smith3.civ@army.mil, or Adam Lynn at 337-531-6007 or email adam.t.lynn.civ@army.mil.

Remember if you See Something ... Say Something! Report all suspicious activities to 337-531-COPS (2677).



Army Community Service celebrates 59th birthday

Fort Johnson joined in on celebrating the Army Community Service's 59th Birthday, July 25. The festivities took place in the ACS ballroom, which included a presentation and a cake cutting. For 59 years, Army Community Service has met the needs of the global Army community. ACS continues to grow and evolve to meet the changing needs of today's force. (U.S. Army photos by Antoine Aaron)

HURRICANE

SAFETY TIPS

**TIP
#3**



Strengthen your home.

If you plan to ride out the storm in your home, make sure it is in good repair. Declutter drains and gutters, bring in outside furniture, consider hurricane shutters and proper plywood, steel or aluminum panels to board up the windows and doors. Remember, the garage door is the most vulnerable part of the home.



The need for blood doesn't take a **SUMMER Break!**

BLOOD DRIVE

BAYNE JONES ARMY COMMUNITY HOSPITAL

LIFESHARE BUS- ENTRANCE B

Friday, August 9th | 8:00 AM - 4:00 PM



Sign Up!

Help us beat the summer slump!

Did you know that 20% of blood donations come from high schools? This means during summer break our inventory sees a big decrease. Help us beat the summer slump by donating today!

Donate from July 06-August 31 and receive a LifeShare cooler tote, plus cool shades!



Employment Readiness Workshops

Got a job your heart is set on? Want to ace that interview Monday? Unsure of what to do to prepare? Come to ACS Employment Readiness Workshop! We have workshops to cover all bases of getting that one job!

How to Work Remote
10AM - 12PM

August 14, 2024



 An advertisement for "Rent a Bounce House" at Alligator Lake. It features a colorful illustration of a bounce house with a slide, a small river, and children playing. Logos for "OUTDOOR RECREATION", "ALLIGATOR LAKE", "FLORIDA", and "MWR" are visible.

RENT A BOUNCE HOUSE

Alligator Lake

CALL (337)531-5350 FOR MORE INFORMATION

2024 Hurricane Preparedness

- ✓ Know Your Risk: Water & Wind
- ✓ Prepare Before Hurricane Season
- ✓ Understand Forecast Information
- ✓ Get Moving When a Storm Threatens
- ✓ Stay Protected During Storms
- ✓ Use Caution After Storms
- ✓ Take Action Today

Click for more information



Christmas in July



The Fort Johnson community experienced the wonders of a special Santa summer July 20 at Warrior Lanes Bowling Center! The Christmas in July event featured a surprise visit from Santa and Mrs. Claus, ice skating, face painting, military spouse-owned business markets, dunking the Grinch and a snowball fight.

(Photos courtesy Casey George/MWR)



Dedicated Through Deployment

Cosmic Bowling
2 hours of FREE Cosmic Bowling
14 June | 6:30 pm
Warrior Lanes Bowling

Mini Golf
FREE 9 holes
19 July | 4:30 pm
Klubs & Karts

STORY TIME
24 August | 1 pm
Allen Memorial Library

Sunday Funday
22 September | 9 am
Alligator Lake

ACS Fall Festival
24 October | 5:30 pm
Army Community Service

Holiday Painting
13 November | 4 pm
Arts & Crafts

Holiday Social
13 December | 5:30 pm
Army Community Service

Dr. Seuss Brunch
50% of children's plates
(12 & under)
12 January | 10 am
Forge Bar & Grill

Valentine's Dance
14 February | 6:30 pm
Warrior Center

Play Day
FREE Daily Entry
15 March | 10 am
Play Town & Café

Field Day
13 April | 1 pm
Perez Field

Must register with MFLC table to receive vouchers
All events are based on availability/first come, first served

MFLCs

Military Family Life Councils provide support to individuals, couples, Families and groups for a range of issues including: deployment stress, reintegration, relocation adjustment, separation, anger management, conflict resolution, parenting, parent-child communication, relationship and Family issues, coping skills, homesickness, grief and more.

3/10 MTN
(all units)

Deployment Social Hours

We are dedicated to supporting the needs of our children and Families by fostering positive and reliable relationships during the 2024-25 deployment. To ensure we are available and convenient to reach, MFLC will join programs and facilities for fun, recreational events.

We encourage you to join us for our monthly socials, where you can meet and visit with Fort Johnson MFLCs while enjoying our activities with lagniappe -- ***"A little something extra!"***

Celebrate NNO Week

With the DeRidder Police Department & the Beauregard Parish Sheriff's Office
Meet our officers before the BIG event

FREE ENTRY!

NIGHT OUT
 POLICE • COMMUNITY PARTNERSHIPS

BOOKS WITH THE BLUE

WEDNESDAY JULY 31ST 10:30AM

NAT THE KNIGHT

NATIONAL NIGHT OUT
 READING BOOKS WITH LAW ENFORCEMENT

Police officers and Sheriff's officers will be reading books to the kids. Come meet the officers and ask questions.

For more information please contact:
 Beauregard Parish Library
 205 South Washington Street, DeRidder LA
 Phone: (337) 463-6217

Events before National Night Out:

July 31st—10:30am
Books with the Blue
Beauregard Parish Library

August 1st—2pm
Cones with theCops
DeRidder Dairy Queen

CONES WITH THE COPS
National Night Out
 Thursday, August 1st
 2:00pm

NIGHT OUT
 POLICE • COMMUNITY PARTNERSHIPS

Dairy Queen
 410 Mahlon Street - DeRidder, LA

COME ON DOWN

THE SURVEY GAME SHOW

WAR MEMORIAL CIVIC CENTER

TUESDAY 5 AUGUST 2024 6:30PM

FREE ADMISSION
 DOORS OPEN AT 6PM
 BRING YOUR PHONE TO PLAY
\$200 IN PRIZES AWARDED

NEON ENTERTAINMENT
 EXPERIENCE • CHASE • EXTENSION

DOORS OPEN AT 6PM | DERIDDER NATIONAL NIGHT OUT | GAME SHOW FUN

August 5th
"The Price is What?"
Game Show
War Memorial Civic Center

This event is free and open to all ages!
 Starts at 6 p.m.

August 6th
DeRidder Fairgrounds
5:30pm—8:30pm

NATIONAL NIGHT OUT
CAR SHOW

NIGHT OUT
 POLICE • COMMUNITY PARTNERSHIPS

JUDGING STARTS 5:30PM
6
 AUGUST

TOP THREE PEOPLE'S CHOICE

DERIDDER FAIRGROUNDS

FOR MORE INFO CALL (337) 348-6885
NO ENTRY FEE REQUIRED!