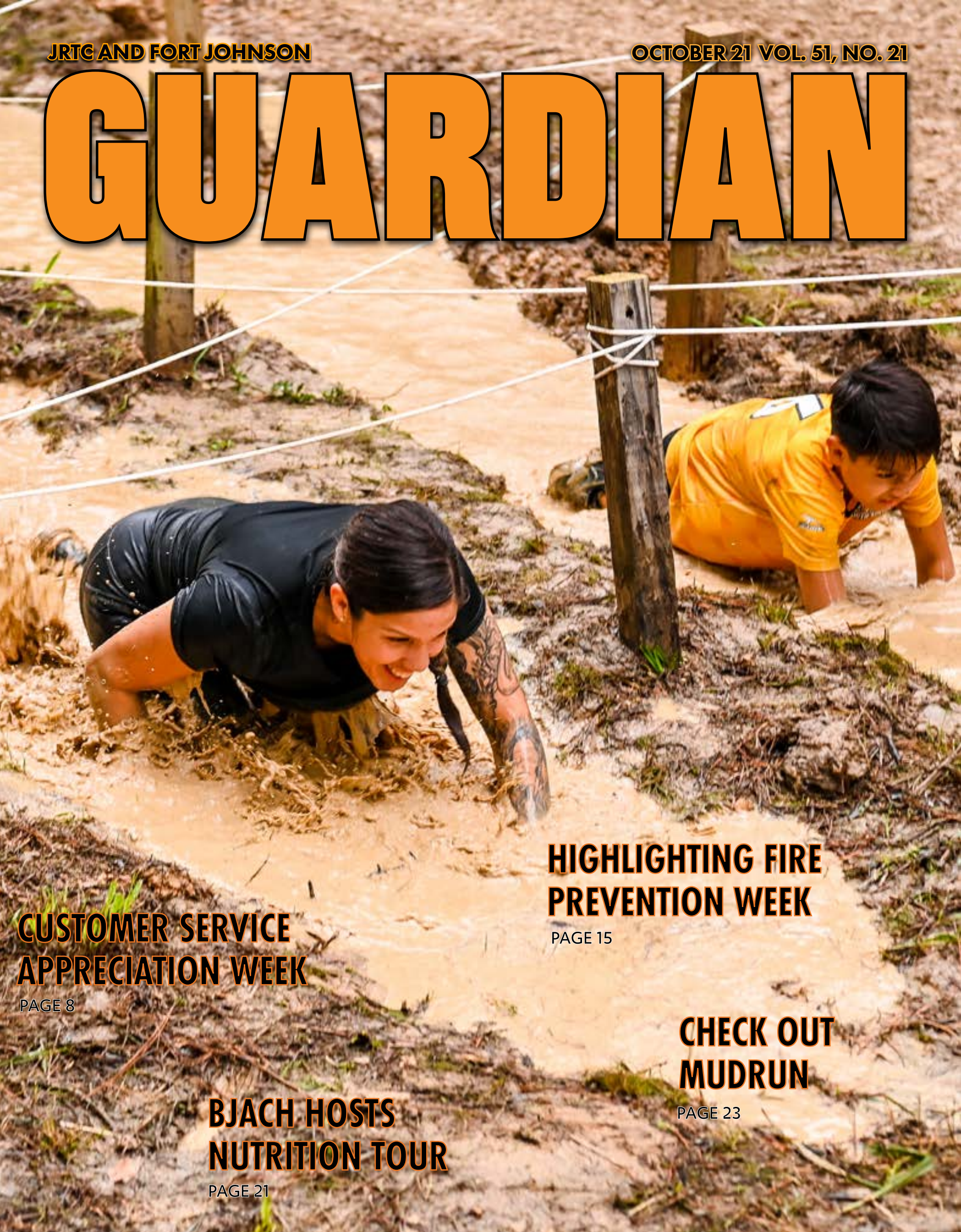


GUARDIAN



**CUSTOMER SERVICE
APPRECIATION WEEK**

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PREVENTION WEEK**

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**CHECK OUT
MUDRUN**

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NUTRITION TOUR**

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COVER PHOTO

Members of the Fort Johnson community get down and dirty at annual mud run. (U.S. Army photo by Antoine Aaron)



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BJACH hosts nutrition
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Prevention Week



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Highlighting Air
Traffic Controlers



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JRTC AND FORT JOHNSON

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Col. CJ Lopez
Garrison Commander

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



ON POST

Upcoming Events



MST Costume Contest

Oct. 25, 5:30 p.m. at Building 744

The Middle School and Teen Center's annual costume contest is back and we can't wait to see your amazing Halloween costumes! Kids in grades 6-12 are invited to participate.

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



CYS Haunted House and Carnival

Oct. 25-26 (Haunted House), Oct. 26 (Carnival)
at Youth Gym (Building 2070)

Get ready for a spooktacular time with Child and Youth Services! Haunted tours: Oct. 25-26 from 6-9 p.m.
Carnival: Oct. 26 from 6-8 p.m.
Cost: \$5 (cash only)



Alligator Lake Haunted Trail

Oct. 25-26 at Alligator Lake

Venture into Alligator Lake's Haunted Trail if you dare.... where shadows lurk and whispers bite. Can you find your way out before the darkness claims you?

The trail is about 1 mile long through the woods, so please be prepared and wear appropriate shoes. Cost is \$10 per person.

Oct. 25: Kid friendly (with an adult present), 6:30-11 p.m.
Oct. 26: Ghou! friendly, 6:30 p.m. until last person in line.



Second Sunday Brunch

Nov. 10, 10 a.m.-2 p.m. at The Forge Bar and Grill

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



OUTSIDE THE GATES

OFF POST

EVENTS



26
Oct.

Halloween Party

LAKE CHARLES, LA.

[Click for more info](#)



26
Oct.

Haunted Candlelight Tour

LAKE CHARLES, LA.

[Click for more info](#)



29
Oct.

Pumpkin Glow

NATCHITOCHES, LA.

[Click for more info](#)



31
Oct.

Boo-Tastic Bash

LAKE CHARLES, LA.

[Click for more info](#)



1
Nov.

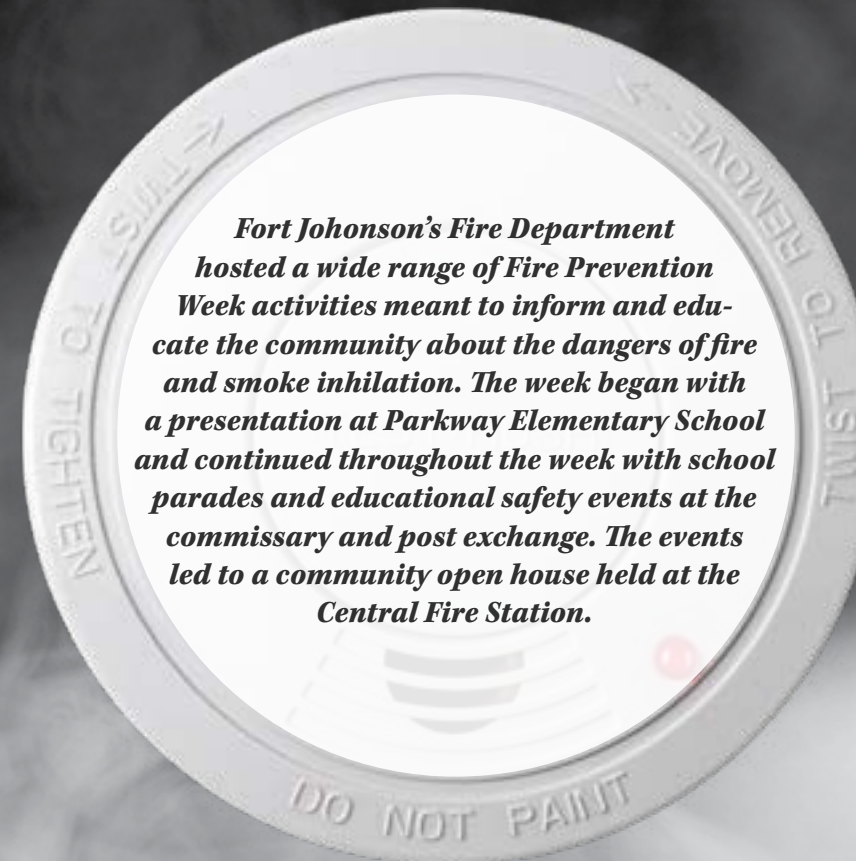
Veteran's Luncheon

DERIDDER, LA.

[Click for more info](#)

NO ARMY OR FEDERAL ENDORSEMENT IMPLIED.

Fort Johnson Fire Department promotes **Fire** Prevention Week



In this issue:

- Customer Service Week Highlights
- OPEX Updates
- ICE Analytics and QR Code
- Upcoming Events (QOL and IPB)

Inaugural Customer Service Week 2024

JRTC and Fort Johnson implemented an inaugural customer service week, Oct 7-11. The week kicked off with a proclamation signing and ended with a ceremony at the Bayou Theater, where more than 12% of the workforce received recognition. Customer service is everyone's responsibility, since we pride ourselves on "serving those who serve."

Operational Excellence (OPEX)

Every customer we encounter is an opportunity for growth.

Q: Who are our customers?

A: Anyone that receives services on the installation. Customers can be internal or external.

Q: What can OPEX teach us?

A: OPEX focuses on customer service and offers timely, helpful, problem-solving information. Use B.E.S.T. — which stands for be calm, empathize, solve the problem, and thank them. Fiscal year 2024 OPEX stats concluded with 99.9% staff trained.

Positive ICE from customer service training:

"It's excellent training presented in a logical and very informative manner. I actually learned something from this training"

—Lawrence Pwko

Interactive Customer Evaluation (ICE)

ICE affords real-time data to analyze the process for improvement. ICE is an idea/suggestion we should investigate to determine if it is worthy of instituting change. Fort Johnson customers are letting PAIO know about their experiences. The office received more than 3,000 comments in fiscal year 2024. The combined customer satisfaction rate increased by 10% from fiscal year 2023.

ICE QR Code



Pictured left — Customer Service Week Proclamation signing, JRTC and Fort Johnson command kicked off the inaugural customer service week 2024. Pictured right — Chap. (Col.) Michael Jeffries, garrison chaplain, visited Playtown & Cafe and presented the staff with a framed thank-you letter signed by the commanding general.

PAIO Future Events

Quality of Life (QOL)

The upcoming Quality of Life Conference is scheduled for Dec. 9. The conference is roundtable style and captures discussions relevant for JRTC and Fort Johnson stakeholders.

Installation Planning Board (IPB)

The next IPB is scheduled for April 9. The IPB is a forum to disseminate information and demonstrate integration of garrison requirements and planning efforts with the senior commander, tenants and other stakeholders.

For questions or to learn more about upcoming events, please contact:

The Plans, Analysis, and Integration Office at

usarmy.johnson.ilcom.llat.paio-mbx-owne@army.mil

PAIO Staff—Kayla Moore, Chief; LaVersa Wiltz; Robert Ellis; Melissa Box and Kandy Partyka.

“Kindness and courtesy are at the root of a positive customer experience.”

Shep Hyken

“Get closer than ever to your customer. So close, in fact, that you tell them what they need well before they realize it themselves.”

Steve Jobs

“Customer service should not be a department. Customer service is everyone's job.”

Kenneth H. Blanchard

“Your customer doesn't care how much you know until he knows how much you care.”

Damon Richards

“A customer is the most important visitor on our premises. He is not dependent on us. We are dependent on him.”

Mahatma Gandhi

CUSTOMER SERVICE

APPRECIATION WEEK



The Joint Readiness Training Center and Fort Johnson held its first Customer Service Appreciation Week Oct. 7-10. Leadership visited various directorates and facilities to thank Fort Johnson personnel for going above and beyond in helping our Soldiers, families, veterans, retirees and civilians. From transitioning newcomers in to providing financial guidance, Fort Johnson's service professionals were recognized for their continuous support in ensuring quality of life on the installation remains excellent. Providers were gifted with certificates, framed letters of appreciation from the command team, early release cards, specialized desk plates and name tags and shout-outs on social media.



Thank You



CUSTOMER SERVICE WEEK
2024



CUSTOMER SERVICE PROFESSIONAL OF THE DAY

Directorate/staff section assigned

Religious Support Office

Time in position at JRTC and Fort Johnson

7.5 years

Served as

Director of Religious Education

Example of exceptional customer service

Wrote a Vacation Bible School Curriculum specifically designed to use faith as a means to meet the needs of the military child for community, faith and social skills to thrive.

What does customer service mean to you?

"Customer service means supporting the religious needs of a diverse community, ranging from Pre-K to adult students, by utilizing their faith as a strength to serve in the military context. This results in a stronger and healthier community for Families to be a part of."



CHRISSA GROSS

CUSTOMER SERVICE PROFESSIONAL OF THE DAY

Directorate/staff section assigned

Plans, Analysis and Integration Office (PAIO)

Time in position at JRTC and Fort Johnson

2 years

Served as

Management Analyst

Example of exceptional customer service

Mrs. Box continuously ensures Interactive Customer Evaluation (ICE) managers respond in a timely, propriety manner. As the ICE program manager, Box also create reports for higher command while assisting in the daily needs of PAIO.

What does customer service mean to you?

"Customer service means treating everyone with dignity and respect; following the golden rule of treating others how you would like to be treated."



MELISSA BOX

CUSTOMER SERVICE PROFESSIONAL OF THE DAY

Directorate/staff section assigned

Directorate of Plans, Training, Mobilization and Security (DPTMS)

Time in position at JRTC and Fort Johnson

5 years

Served as

Plans Officer

Example of exceptional customer service

Mr. Christine primarily maintains the Garrison Activities Calendar and the Enterprise Task Management System for the entirety of Fort Johnson. Never late and never substandard, he sets the example for ID-Readiness and U.S. Army Installation Management Command. Bobby works incredibly hard to assist every person within the garrison no matter the who and especially no matter how hard. Bobby always has a smile and will assist whoever requires it, even without asking.

What does customer service mean to you?

"Customer service means doing things the right way, especially when no one is there to witness it."



BOBBY CHRISTINE

CUSTOMER SERVICE PROFESSIONAL OF THE DAY

Directorate/staff section assigned

Directorate of Human Resources (DHR)

Time in position at JRTC and Fort Johnson

16 years

Served as

Education Services Specialist

Example of exceptional customer service

Raymond routinely goes above and beyond, calling schools for the Soldiers and acting on their behalf. On at least one occasion he spent over an hour working the phone to get the Soldier on the right track toward degree completion. He also routinely fulfills his duties in addition to filling in for the Education Services Officer and running the testing center.

What does customer service mean to you?

"Customer service means giving your all to the customers."



RAYMOND HARRIS

CUSTOMER SERVICE PROFESSIONAL OF THE DAY

Directorate/staff section assigned

Directorate of Public Works (DPW)

Time in position at JRTC and Fort Johnson

5 years

Served as

Work Order Clerk

Example of exceptional customer service

Amanda provides exceptional customer assistance by fulfilling the customer's request to submit a Demand Maintenance Order (DMO) for facility maintenance or repair. Her professionalism and positive attitude gives customers the best possible experience through understanding the need or request, courteous communication, timeliness and following through to completion.

What does customer service mean to you?

"Customer service means listening to customers and working to find a solution that meets their needs."



AMANDA COOLEY

CUSTOMER SERVICE PROFESSIONAL OF THE DAY

Directorate/staff section assigned

Directorate of Human Resources (DHR)

Time in position at JRTC and Fort Johnson

19 years

Served as

Mobilization, Plans and Operations Specialist/Security Manager

Example of exceptional customer service

Mrs. Eaton provides deployable validation for each Soldier processed for Soldier Readiness Processing and provides daily updates for units in SRP processing status.

What does customer service mean to you?

"Customer service means assisting Soldiers, retirees/veterans, Family members, civilians and contractors to ensure a successful outcome for their issue."



YVONNE EATON



WE WANT YOU FOR THE U.S. ARMY WARRIOR FITNESS TEAM

Are you interested in competing in Crossfit and Strongman events for the U.S. Army Warrior Fitness Team?

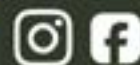
We are looking for highly motivated, engaging Soldiers across all ranks and Army components to join our online tryout starting Nov. 1, 2024.

Here's the next steps:

- The Crossfit tryout will be a free online qualifier consisting of five workouts with video submissions for each workout.
- The Strongman tryout will consist of a resume of fitness accolades.
- Based off score and resume review, we will invite select Crossfit and Strongman candidates to join our at-large team.
- Review associated ALARACT and follow us on social media @usarmywarriorfit for workout releases, movement standards, and more tryout information.



Follow U.S. Army Warrior Fitness on social media for live tryout updates.



@usarmywarriorfit



TORNADO

SAFETY TIPS

TIP #2




In general, get as low as you can in the event of a tornado. A basement below ground level or the lowest floor of a building offers the greatest safety. Put as many walls between yourself and the outside as possible. Avoid windows at all cost!



SPECIAL FORCES

Joint Readiness Training Center and Fort Johnson



Office

893 Louisiana Ave.
Building 4918
Fort Johnson, La. 71459

Recruiting

910-297-9552 or 270-363-7280







Recognizing International Day of Air Traffic Controller

By Angie Thorne
Fort Johnson Public Affairs Office

FORT JOHNSON, La. — As millions of people board airplanes each day, they focus on their pilot to get them where they need to go. However, there are other professionals that aid in this endeavor and who tend to fly under the radar — air traffic controllers. The motto of the National Air Traffic Controllers Association is “We guide you home.”

That’s no small task as there are 45,000 flights per day on average and air traffic controllers assist pilots by guiding them and their passengers safely and successfully from take-off to landing for each and every journey.

To shed some light on these lesser-known flight professionals, the International Day of the Air Traffic Controller was established Oct. 20, 1961, the anniversary of the establishment of the International Federation of Air Traffic Controllers Association, to honor them.

The day focuses on their importance, whether the controllers are guiding planes in and out of major airports or from a small tower like the one at Fort Johnson’s Maks Army Airfield.

Arron Andree, tower air traffic control specialist for Maks Army Airfield, said one of the things he loves about his job is that every day the scenarios they encounter are different. “You’re never going to see the same thing twice,” he said.

Andree said the air traffic controllers at Maks Army Airfield work to support both the Fort Johnson mission and help keep the surrounding area safe. That can include everything from MEDEVAC missions to civilians that need to come through Fort Johnson’s air space.

“Though we only control five nautical miles, our reach encompasses Central Louisiana.

I think what we do is a huge benefit to the area when it comes to services like that,” he said.

Jake Beyer, radar air traffic control specialist for Maks Army Airfield, said he grew up wanting to be a pilot, but along the way he transitioned to becoming a controller.

“Now I feel like this is where I was meant to be. I love it and can’t really picture myself doing anything else,” Beyer said.

Beyer said Fort Johnson and Alexandria are the only towers in the area and so the Maks Army Airfield team helps keep flights in and out of the area safe. “All the traffic that goes in and out of places like DeRidder and Leesville talk to us and we make sure we deconflict any flights heading to those smaller airports. We also talk to the Alexandria tower to help make sure

flights coming in and going out are safe and land where they are supposed to,” Beyer said.

He said Fort Johnson communicates with airports and different aircraft going to Houston or other places.

“As they fly over Central Louisiana, we have a much wider impact than I think people realize,” Beyer said.

In a complex and technical field with many rules and regulations, Andree said a simple way to explain what Beyer does is that he uses the radar to guide planes to a certain spot in the air space to keep them from hitting each other.

Beyer said even if two aircraft were going to the same place at the same time, he and his team would separate them by altitude until they could safely reach the ground.

“What we do is really important because when we have our military spaces active, we are working with Houston to make sure civilian aircraft traveling through our space are separated from our active military aircraft and can get where they need to go,” Beyer said. “What we do here has ramifications locally, regionally and even as far as the southern portion of the United States.”

That’s critical to the safety of everyone involved, but it couldn’t be done if another piece of the air traffic control team didn’t do their part.

Mirael Colon, electronics technician for Maks Army Airfield, is in charge of keeping the equipment the air traffic controllers use in top condition.

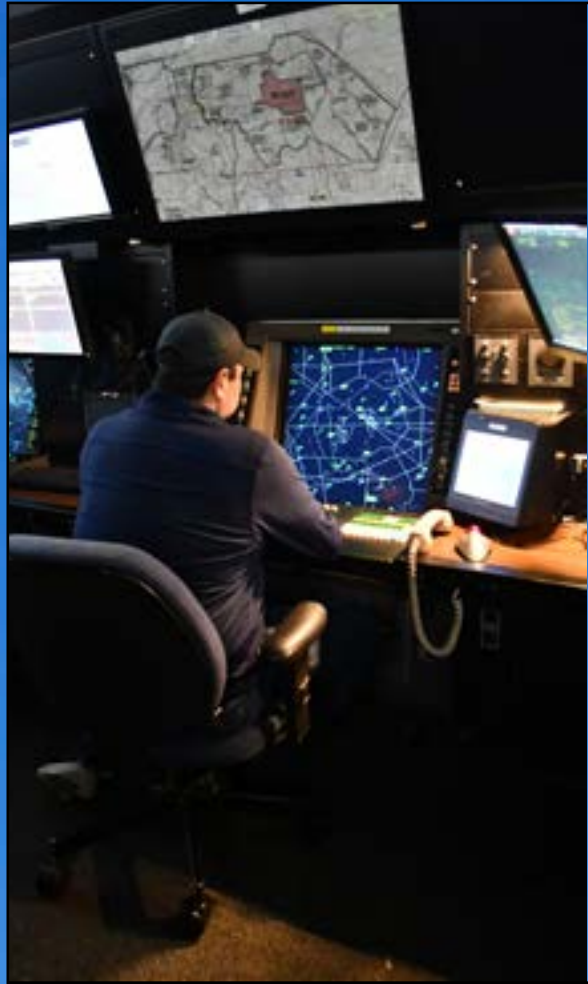
Colon said he loves his job because it’s hands on and helps the controllers do their jobs.

“The satisfaction I get from doing this job is immense. I help ensure that the equipment these guys need to do their job is ready to go. It’s our responsibility to make sure that equipment is completely certified and calibrated because if they can’t talk to the aircraft then there could be 250 souls up there lost,” Colon said.

In that way, he plays a major role in helping to keep the people flying on airplanes safe.

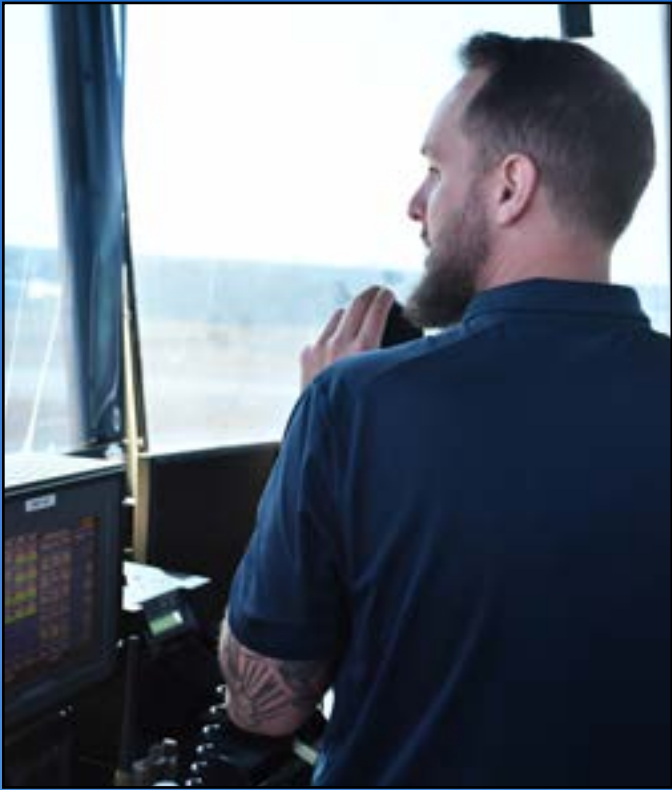
The trio agreed they appreciate that International Day of the Air Traffic Controller gave them a chance to tell people more about what they do and their role in keeping people safe.

“The air traffic controllers here at Fort Johnson are some of the best trained people I know. None of us, radar, tower and maintenance, can do our jobs to the best of our ability without the others,” Beyers said. “Educating the public about what some of what we do is great because, obviously, we are proud of what we do, but if you don’t hear about us, it’s because we are doing our jobs and doing them well.”



An air traffic controller watches the radar in at Maks Army Airfield. (U.S. Army photo by Angie Thorne)

Mirael Colon, electronics technician for Maks Army Airfield, checks to make sure the equipment needed by the air traffic controllers is working as it should. (U.S. Army photo by Angie Thorne)



Jacob T. Brodie, air traffic control specialist for Maks Army Airfield, speaks to a helicopter pilot getting ready for takeoff.. (U.S. Army photo by Angie Thorne)

Arron Andree clears a helicopter for takeoff at Maks Army Airfield, Fort Johnson. (U.S. Army photo by Angie Thorne)



A helicopter pilot readies for takeoff at Maks Army Airfield. (U.S. Army photo by Angie Thorne)

STOP BULLYING



Gossip Rumors Insults Lies Threats Punishing CyberBullying Racist Sexual

Take the Oath!
Join us in making a difference.

Oath for Bullying Prevention

I pledge to stand against bullying in all its forms.

I promise to treat everyone with kindness and respect, recognizing the strength in our differences.

I will speak up when I see someone being hurt, offering my support and empathy.

I commit to creating a safe and inclusive space where everyone feels valued and heard.

Together we can build a community of understanding and compassion.

I take this oath and I will uphold it in my words and actions everyday.

#StopBullying #KindnessMatters
#YouMatter #SpeakUp #TogetherWeAreStronger

Potential Navy recruits tour Fort Johnson



The Joint Readiness Training Center and Fort Johnson Public Affairs Office took the Crosby High School Navy ROTC, Port Arthur, Texas, on a tour of the installation Oct. 10. Students visited the Fort Johnson museum, Patriot dining facility, engagement skills training and the rigger shed. (U.S. Army photo by Gabe Walker)

Garrison commander tours local schools



Col. CJ Lopez, Fort Johnson garrison commander, and James Williams, Vernon Parish School Superintendent, visit Vernon Parish schools Oct. 7 to benefit awareness and accountability for Fort Johnson families and strengthen community relations with school administrators. (U.S. Army photo by Karen Sampson)

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

FOLLOW JRTC AND FORT JOHNSON
ON FACEBOOK, INSTAGRAM AND
YOUTUBE

GET CONNECTED

/JRTCandFortJohnson
 @jrtcandfortjohnson
 @JRTCandFortJohnson

DOMESTIC VIOLENCE AWARENESS MONTH

FOOD DRIVE

To support victims of domestic violence associated with Fort Johnson, the Family Advocacy Program is hosting a month-long food drive. All non-perishable food items will be given to the Main Post Chapel to support those in need.

DONATION LOCATIONS:

- Allen Memorial Library, bldg. 660
- Army Community Service, bldg. 920
- BJACH, bldg. 285, Entrance A & B
- Corvias Community Centers and Leasing Center
- CYS Facilities: 260, 701, 702, 744, 924, 3349, 14500
- Forge Bar and Grill, bldg. 352
- Home of Heroes Recreation Center, bldg. 1455
- PX, bldg. 850
- Warrior Lanes, bldg. 1457
- Wheelock Fitness Center, bldg. 3350

Family Advocacy Program
337-531-1941



ARMY COMMUNITY SERVICE
ACS
Enabling Soldiers to Succeed from Within

01-31 OCTOBER 2024

Bayne-Jones Army Community Hospital



Nutrition Care Division Commissary Tour

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

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

Open to all DoD ID
Card Holders
Scan QR CODE

to send and email us
for more information
and to reserve your
spot!



Subject: Commissary Tour

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

TAP EMPLOYER TUESDAY

Come meet the following Employers:



- ❖ Texas Dept. of Public Safety
- ❖ Southwest LA Regional Planning Commission
- ❖ ERA Solutions
- ❖ Farmer Veteran

Where: Fort Johnson Transition Assistance Program (TAP)
7460 Colorado Avenue, Bldg. 660

When: Oct. 22 from 9 a.m.-noon

For questions please call (337) 531-8792/1591

All transitioning soldiers and job seekers are welcome

October is Breast Cancer Awareness Month

Breast cancer is a disease that can develop in different areas of breast tissue. It occurs when cells in the breast grow abnormally and uncontrollably. Understanding your risk for developing breast cancer is important. Practicing self-exams and making appointments for regular screenings are proactive steps to protect your health. Early detection and support are essential in the fight against breast cancer.



Bayne-Jones Army Community Hospital Health Promotions is encouraging the community to share the names of loved ones affected by breast cancer on one of the two trees located at the hospital and the post main exchange.



Lend an ear, learn more about audiology resources at BJACH

By Jean Clavette Graves
BJACH Public Affairs Officer

FORT JOHNSON, La. — Bayne-Jones Army Community Hospital Eye, Ear, Nose and Throat Clinic has open appointments for optometry and audiology for active-duty Soldiers, active-duty family members, retirees and their dependents.

During Audiology Awareness Month in October, beneficiaries are encouraged to get their hearing checked to identify potential occupational or recreational noise hazards and take action to prevent hearing loss.

According to the Department of Defense Hearing Center of Excellence, one in three people will develop hearing loss from noise exposure. Approximately 20 million Americans experience bothersome chronic tinnitus from damaging noise exposure and two million suffer severe emotional and psychological difficulties because of their tinnitus.

Aimee Armetta, doctor of audiology, has been a provider in the BJACH EENT Clinic for 15 years. She sees patients of all ages at the Joint Readiness Training Center and Fort Johnson.

"I conduct hearing tests on newborn babies, support the Army Hearing Program for Soldier readiness, and see any patient with concerns

about their hearing, or who want to establish a baseline," she said. "I also facilitate hearing aid procurement including follow up and repairs for those devices."

Armetta said the labor and delivery nurses evaluate an infant's hearing before sending them home.

"Infants born at BJACH are assessed 24 hours after birth and before discharge," she said. "If a newborn fails the test, they are referred to me for follow up care."

Ear infections can also contribute to hearing loss.

"Prolonged, untreated ear infections can cause hearing loss," Armetta said. "Parents and pediatricians usually identify and treat ear infections early. Sometimes children who experience repeated middle ear infections, have ear tubes inserted into the eardrum allowing air to enter the middle ear, drain fluid, and prevent hearing loss due to infections."

Most of her patients experience hearing loss due to noise exposure, age, family history or a combination of one or more factors.

"Because we live on a military installation with countless noise hazards, wearing ear protection is huge. Even using a lawn mower, power tools, or enjoying the recreational shooting range, can cause hearing damage," she added.

Armetta recommends adults visit her at the



Dr. Aimee Armetta performs a hearing test on Cori Harden (7 months old) on Oct. 10 in the Bayne-Jones Army Community Hospital Eye, Ear, Nose and Throat clinic at the Joint Readiness Training Center and Fort Johnson. (U.S. Army photo by Jean Clavette Graves)

clinic to establish a baseline and have follow up routine exams.

"There are no referrals required for audiology. Patients can just call the front desk to schedule an appointment," she said. "If you feel like you are struggling with any type of hearing loss, I encourage you to come see me."

To schedule an audiology appointment, call the clinic directly at (337) 531-3276 or 3277.



Bayne-Jones Army Community Hospital

GET YOUR VACCINE!



I GOT MY FLU VACCINE!

THE FLU VACCINE IS AVAILABLE TO BENEFICIARIES 6 MONTHS AND OLDER BY APPOINTMENT ONLY
CALL 337-531-3011



Bayne-Jones Army Community Hospital EENT Clinic

Optometry & Audiology

NOW SERVING ALL BENEFICIARIES
5 YEARS AND OLDER

- Active Duty Soldiers
- Active Duty Family Members
- Retirees
- Family Members of Retirees

For an appointment

(337) 531-3276
or
(337) 531-3277

BJACH Nutrition Experts offer educational commissary tours

By Jean Clavette Graves
BJACH Public Affairs Officer

FORT JOHNSON, La. — Navigating the grocery aisle and understanding the nutritional value of food is challenging, but the Bayne-Jones Army Community Hospital Nutrition Care Division can help.

At 8 a.m., Oct. 4, the hospital kicked off a bi-monthly commissary tour initiative at the Joint Readiness Training Center and Fort Johnson to give commissary patrons a healthier shopping experience.

Capt. Aireal Williams, registered dietitian, and the chief of NCD at BJACH, said tours will be offered at 8 a.m. on the first and third Friday of each month.

"The commissary tour is a free educational opportunity for the community to increase their nutrition awareness, invest in their bodies and improve their health," she said. "Hearing from the experts can eliminate questions about which food and drink items are great or not so great for you."

Williams said the commissary has amazing options.

"While fruits and vegetables are often seen as the main components of a healthy diet, it's important to understand the healthier choices of other food groups as well," she said.

Understanding food labels and where to find the best options is important.

"If you can read a food label, you are less likely to fall for deceptive marketing traps," Williams said. "Additionally, you will have your own understanding of what nutrients food is offer-



Staff Sgt. Jessica Lewis (right), clinical noncommissioned officer in charge of Nutrition Care Division at Bayne-Jones Army Community Hospital, helps Pfc. Dice Marchioni (left), behavioral health specialist, understand the nutritional value of beef jerky during the commissary tour Oct. 4 at the Joint Readiness Training Center and Fort Johnson. (U.S. Army photo by Jean Clavette Graves)

ing to properly fuel your body to help you meet your goals."

Staff Sgt. Jessica Lewis, clinical nutrition care specialist, said the first tour was for Soldiers assigned to BJACH.

"We did the first tour for our unit to illicit feedback and work out the kinks before we opened registration to the community," she said.

Lewis explained educating everyone on how and why they should shop for nutrient dense foods is her goal.

"These tours are open to anyone who shops at the commissary, not just Soldiers," she said. "My hope is that participants will develop a

healthier relationship with food by understanding how it fuels their bodies for their nutritional and physical goals."

Anyone looking to improve their overall health and nutrition will benefit.

"You only get one body, so providing that body with the best source of fuel will help you live a long and healthy life," Lewis said. "Having a good understanding of food labels and navigating the commissary is important to overall health. The tour participants will know what to look for the next time they shop."

Spc. Annamaria Gilley, a licensed practical nurse, participated in the inaugural tour.

"I learned a lot, especially when it comes to comparing the sodium level of different condiments and seasonings," she said. "I highly recommend this tour for everyone. My last duty assignment was in Korea where I predominately ate in the dining facility, now that I'm here, my husband and I are both relearning how to grocery shop, meal plan and cook."

Gilley said she really enjoyed seeing for herself where to find the better options on the shelves.

Pfc. Dice Marchioni, behavioral health specialist, said before the tour he never looked at food labels.

"I'm going to start looking at what is in the food I buy from now on," he said. "This gave me a better understanding of what I can eat and that there are healthier options for most of the foods I enjoy."

Marchioni said understanding portion size and the nutritional value of the food he buys was his biggest take away from the tour.

The next commissary tour is Nov. 1 at 8 a.m. To learn more and register, send an email the BJACH NCD battle box at usarmy.johnson.medcom-bjach.list.nutrition-care@health.mil.



Bayne-Jones Army Community Hospital



AudioCare Prescription Refill Number

Effective November 1, 2024 the refill line number will change to (337) 386-1386

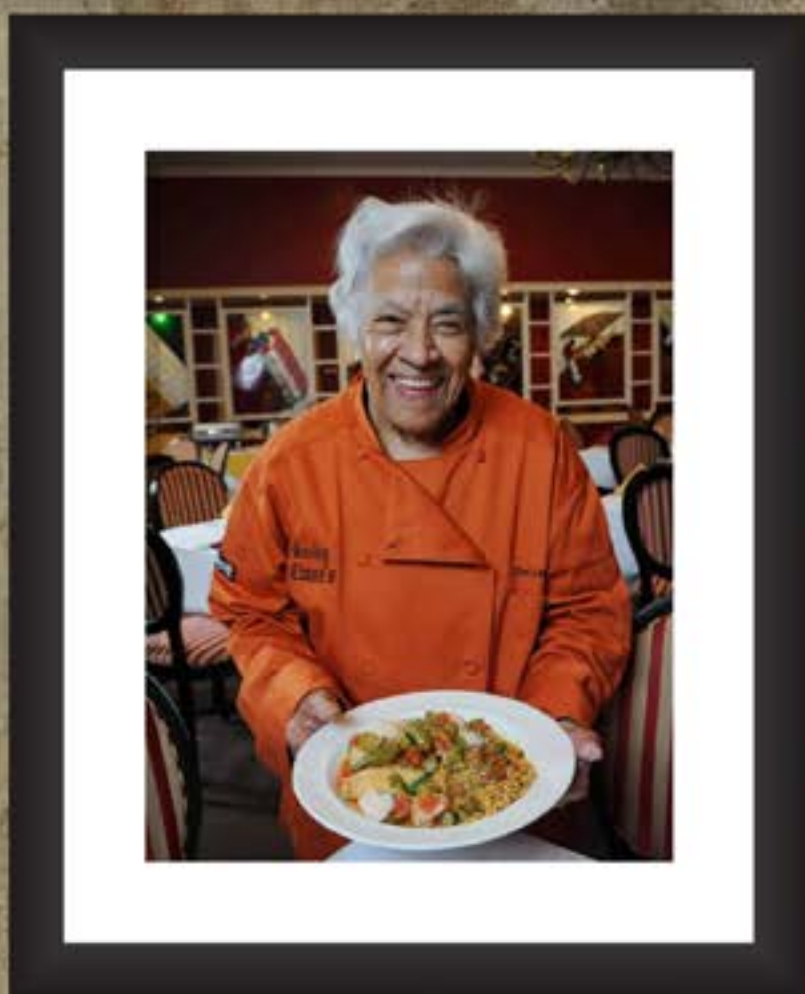
THE MUD RUN

The Joint Readiness Training Center and Fort Johnson Soldiers, families, DOD civilians, and local community members took part in the installation Mud Run event, hosted by MWR. Participants ran, swung and crawled through the muddy 5k course, with smiles on their faces, as they tried to conquer several obstacles. The final challenge had runners wading through a 20-foot long mud hole before crossing the finish line. Brig. Gen Jason Curl, commanding general, was there to cheer on participants.



Army Community Service hosts Domestic Violence Awareness Month Halloween celebration





Creole Heritage Month

“Louisiana Creoles - We ain’t what you think.”

Louisiana Creoles. We ain’t what you think.

The term Creole can have many meanings, but during the early days of Louisiana, it meant that a person was born in the colony and was the descendant of French or Spanish parents. The term is a derivative of the word “criollo,” which means native or local, and was intended as a class distinction. Subsequently when Africans were brought to Louisiana their offspring were called Creole.

Creole was not a racial identifier, but a location-based, pan-racial ethnicity with the common bond being local nativity. “Creole” was also used as an adjective. “Creole cooking,” for example, meant local cuisine; “Creole tomatoes” were those grown locally; and “Creole architecture” meant the building styles and construction techniques of the Creole community such as the shotgun house, spacious wrap-around porches, intricate ironworks railing and high windows. Louisiana Creole is also a French-based Creole language spoken by fewer than 10,000 people, mostly in the state of Louisiana.

In the 1700s, most people in New Orleans were Creole, but few felt a need to identify as such. This changed with English-speaking Anglo-Americans and foreign immigrants arriving after the Louisiana Purchase in 1803. Locally born people (Creoles) felt threatened by the ever-growing number of newcomers and rallied around their shared bond of nativity — their Creole identity.

Creole culture and lifestyle flourished in Louisiana until the early decades of the 20th century.

Native birth in Louisiana, the French lan-

guage and Roman Catholicism were the benchmarks for identity in this Latin-based society that included people of white, black and mixed-race ancestry. Creole Louisiana was a place where class determined social status, adherence to the family business and tradition was paramount, and women ran businesses and owned property, a far cry from the dominant White-Anglo-Saxon-Protestant American culture. In essence, Creole identity was in opposition to American, English-speaking, Protestant identity of the times.

The two groups did just about everything differently. By the late 1800s, assimilation prevailed, and many of the Creole ways faded away in the 1900s.

The Louisiana understanding of Creole has varied over the past century. At one time white revisionist historians insisted that the Creoles were people of “pure French or Spanish ancestry,” despite contradicting evidence. Others felt Creoles were always of mixed heritage, which historically was also false.

Many confuse Creoles with Cajuns (Acadians) who have a distinctly more rural culture than that of urban Creoles. Cajuns settled in rural south-central Louisiana, west of New Orleans.

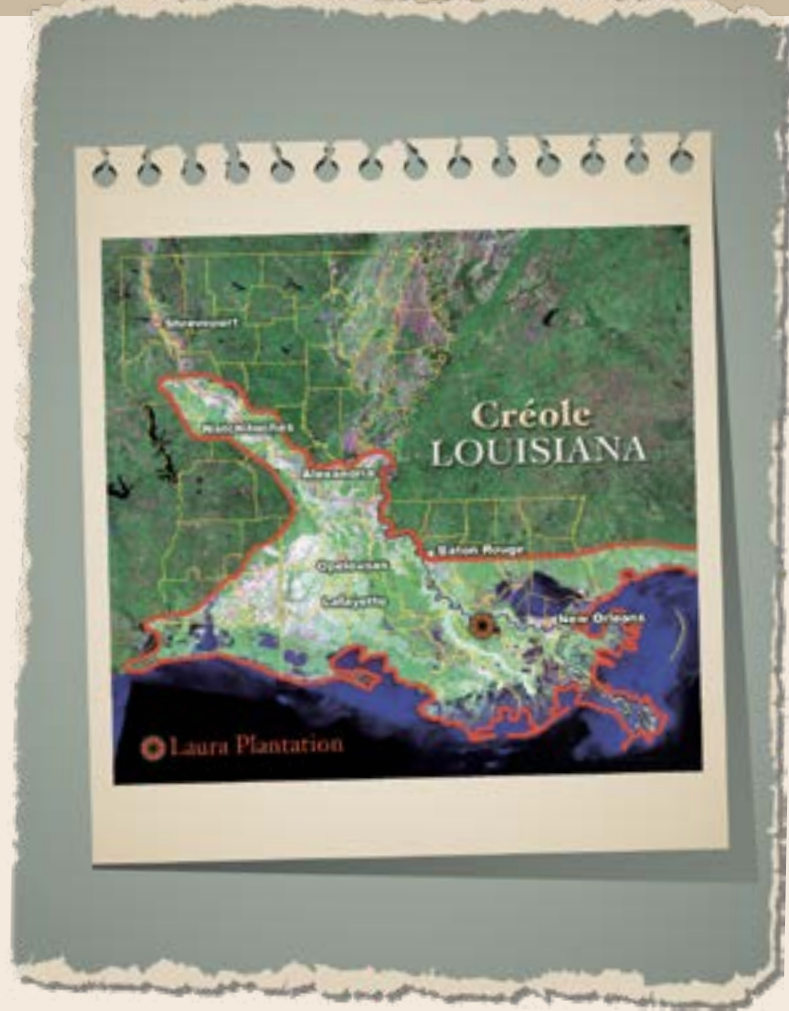
In present Louisiana, the term still refers to people of mixed heritage, descendants of European colonists, or descendants of enslaved or free Africans. While some Creole cultural traits continue in food, in words and phrases, and in Mardi Gras, other aspects such as the French language, have all but disappeared. Yet thousands of older Louisianans, be they white, black or native American can recall elders who



Edgar Degas (1834–1917) – artist famous for his paintings, sculptures, prints, and drawings. He was eldest of five children of Célestine Musson De Gas, a Creole from New Orleans, and Augustin De Gas, a banker.

spoke some French well into the twentieth century and thought of themselves as Creole.

The Creole experience in Louisiana is a close cousin to Creole cultures world-wide. All these places have similar ethnic mixtures, strong links in cuisine, architecture, music, folklore, lifestyles, religion, family values and colonial economies.



Moving Westward

Among Creoles, there was a gradual westward movement from New Orleans. Eventually, Creoles of color settled in especially large numbers in the land around Cane River, below Natchitoches. To the west of Natchitoches lives a group of Spanish-speaking people who have a lineage that includes the Choctaw Indians. This latter group has interacted to a great degree with the Creoles.

Creole Food



Beignets

Creole cuisine, born out of the mixture of cultures, evolved because of Louisiana's geographical isolation, plus its settlers' hardships, pride, instinct, and the Latin cultural desire to eat well. For two centuries Creole cuisine kept changing to satisfy the needs and tastes of each new group who came to settle in Louisiana. Nowadays, starting with breakfast, with its calas (rice cakes) served with cane syrup, all the way through to the after-dinner treats of café brûlot and pecan pralines, the inhabitants of south Louisiana happily eat a unique diet.

Kouri-Vini

Louisiana Creole, also known as Kouri-Vini, is a French-based language spoken by many of the state's people.

English	Louisiana Creole	French
Hello!	Bonjou!	Bonjour !
How are you doing?	Komen ça va? / Komen ç'apé kouri?	Comment ça va ?
See you later.	Wa (twa) pli tar.	À plus tard.
I'm good, thanks.	Mo byin, mærsi.	Je vais bien, merci.
Good morning.	Bonjou / Bonmatin.	Bonjour.
Good night.	Bonnwi / Bonswa.	Bonne nuit.

Creole People

Many notable jazz musicians were Creole, including Jelly Roll Morton, Sidney Bechet and Louis Armstrong.



Jelly Roll Morton



Sidney Bechet



Louis Armstrong

Leah Chase

The Queen of Creole Cuisine

Leyah (Leah) Chase (1923-2019) was an American chef based in New Orleans, La. An author and television personality, she was known as the Queen of Creole Cuisine. Born to Catholic Creole parents in Madisonville, her ancestry included African, French and Spanish. Her restaurant, Dooky Chase, was known as a gathering place during the 1960s among many who participated in the Civil Rights Movement, whites and blacks mixed freely in her restaurant despite it being illegal. In 2018 it was named one of the 40 most important restaurants of the past 40 years by Food & Wine. She is the recipient of multiple awards and honors.



Mardi Gras Indians



The first known Mardi Gras Indian tribe, "Creole Wild West," was formed by a Creole man named Becate Batiste. The Mardi Gras Indian tradition is seen as a way for Creoles to express their unique cultural identity, particularly in the face of historical discrimination. The elaborate costumes of Mardi Gras Indians draw inspiration from Native American regalia, but are heavily influenced by African and Caribbean aesthetics, reflecting the mixed heritage of Creole people.

Anger & Stress Management



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- ✓ Learn about warning signs of anger
- ✓ Learn how to better communicate when angry
- ✓ Understand the side effects to your health

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LIVING DRUG FREE

RED RIBBON WEEK OCTOBER 23-31

HALLOWEEN

Trick or Treat Schedule



FORT JOHNSON

5-8 p.m.

All housing areas

LEESVILLE

5:30-8 p.m.

Downtown Leesville



DERIDDER

6-8 p.m.

(Gothic Jail: 6-9:30 p.m.)

LAKE CHARLES

6-8 p.m.

(Boo-Tastic Bash at Prien Lake Mall: 5-7 p.m.)



PARENTING WITH LOVE & LOGIC 2024



The class schedule is listed below:
11/01/2024 10:00 a.m. - 12:00 p.m.
11/08/2024 10:00 a.m. - 12:00 p.m.
11/15/2024 10:00 a.m. - 12:00 p.m.
11/22/2024 10:00 a.m. - 12:00p.m.

This class teaches positive parenting techniques that are practical and proven to build healthy relationships with children. All parents are encouraged to take it together.

Parenting is challenging all on its own, but especially during these trying times. This 4-week course may be good for you if you want to improve in the following areas:

- Understanding your child
- Allowing your child to make decisions and mistakes
- Expressing empathy
- Teaching consequences

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Fort Johnson, LA 71459
Please call to register

337-531-1938

