THE JRTC AND FORT JOHNSON WEDNESDAY, JULY 5, 2023 VOL. 50, NO. 13 OCTOBER OF THE STATE OF THE ST

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Patriot Brigade kids meet challenge of Mungadai event













3rd Brigade Combat Team, 10th Mountain Division hosted a Kid's Mungadai event. Family members participated in performing tasks and drills. According to legend, the Munga-Dai were the special forces of Genghis Khan's Mongol army, but now the term mungadai has become and adventure challenge that tests Soldiers' endurance and warrior skills as a team.



Cover photo: Another great day in the Patriot Brigade! The Kid's Mungadai event was a ton of fun. Family members had a great time performing tasks and drills alongside their 3rd Brigade Combat Team, 10th Mountain Division Soldiers. (Photo: COURTESY 3rd BCT, 10th MTN DIV)



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Bayne-Jones Army Community Hospital, MedEvac support rotational units

By JEAN CLAVETTE GRAVES BJACH PAO

FORT JOHNSON, La. — The Joint Readiness Training Center is known for forging the warrior spirit of Soldiers from around the world. The realistic training offered to brigade combat teams prepares units for whatever the nation calls them to do.

Just as a forge is used to beat, shape and bend metal, the scenarios faced will shape America's fighting force. During the forging process injuries can occur, and medical support at Fort Johnson is prepared to respond.

Lt. Col. James Polk's 1st Battalion, 5th Aviation Regiment supports the installation and rotational units.

"Our Charlie Company, Cajun Dustoff, stays very busy supporting service members, their Families and the local community. We take pride in proclaiming that we are one of, if not the busiest MedEvac units in the Army within the continental United States," he said "Our crews support 24-hour operations, seven days a week, most of the year. We provide the most expedient and dynamic means of moving an injured Soldier from the point of injury to higher levels of care at Bayne-Jones Army Community Hospital, and across the local community."

1st Bn, 5th Avn Reg works closely with BJACH during rotations and for routine patient transfers.

"We have an excellent relationship with BJACH," Polk said. "This relationship provides the confidence Soldiers and leaders need to train tough and realistic scenarios while at JRTC. They know and trust when an observer/coach/trainer calls in a 9-line (information needed to dispatch the medical evacuation crew), we are fully ready and capable of answering that call to ensure the safe transport and care of our nation's warfighters, to get them the medical care they need."

According to Maj. Cody McDonald, clinical nurse in charge of the BJACH emergency department, there are a variety of common injuries associated with rotational units.

"Many of the injuries or illnesses sustained range anywhere from rashes, bacterial and viral illnesses, abdominal pain, skin infections and heat injuries to traumatic orthopedic injuries, falls, crushes, or amputations. Soldiers perform a dangerous job and there are many hazards associated with operating in a training environment," McDonald said.

Readiness is the priority for medical professionals in the Army.

"We are one of the few jobs in the military that perform the same function down range as we do in garrison," McDonald said. "Therefore, we strive to provide a platform of readiness. We are always ready to treat minor injuries or manage major traumas. We do this through periodic certifications and mock drills Twin brothers, Pfc. Mathew A. Cid, left, and Spc. Julian A. Cid, both fire support specialist with Detachment 1, Headquarters and Headquarters Battery, 3rd Battalion, 112th Field Artillery Regiment, New Jersey Army National Guard, pose for a photo in front of Bayne-Jones Army Community Hospital June 9. The brothers had to pay a visit to the hospital within hours of each other after being injured in "The Box" at the Joint Readiness Training Center and Fort Johnson.



that aid to maintain competency and ensure best practice within the department as well as equip our staff with the necessary skills to treat all modalities of injuries or illness that come through the emergency room."

The most recent and eighth rotation of fiscal year 2023 brought the New Jersey National Guard and guardsmen from across the country to the training area at Fort Johnson, and despite their best efforts, illness and injuries brought some of these Soldiers to BJACH.

Spc. Julian Cid and Pfc. Matthew Cid, twin brothers, are both fire support specialists with Detachment 1, Headquarters and Headquarters Battery, 3rd Battalion, 112th Field Artillery Regiment, New Jersey Army National Guard.

The brothers found themselves at BJACH within a short time of each other June 7.

For Danisha Jackson Mathes, medical support assistant in the BJACH radiology department, meeting the Cid brothers was a unique situation that served as a catalyst to highlight the medical support BJACH and 1-5 Aviation Regiment provide to rotational units.

"During my eight years working at BJACH, we have supported countless rotations and taken care of many injured Soldiers," she said. "But I never experienced having brothers here at the same time for a rotation."

Soldiers injured during rotations come to Mathes' department from the emergency room or the joint aide station rear.

"I try to be attentive to the names and faces of every patient to make sure they are taken care of in a timely manner. I checked in Spc. Cid for an X-ray, and 40 minutes later I thought I saw the same Soldier pull another ticket," she said. "At that point I got up and said, 'Cid why did you pull another ticket? Did I forget something?' Pfc. Cid said, 'No ma'am. You haven't checked me in yet.' To which I responded, 'Stop playing. I just took care of you. What happened? Why did they bring you back?' He laughed and said, 'Oh. No, that was my twin brother.' Totally astounded I said, 'Shut the front door!' I just couldn't believe that I had adult twin brothers here at BJACH."

Chief of radiology Dawn Carter's department plays a vital role in diagnosing and assisting providers in determining the proper care for patients.

"We are a 24/7 ancillary clinic supporting our ER. We provide all diagnostic and CT (scan) services around the clock," she said. "Having these services available for our rotational units, we are able to provide care quickly to ensure that the Soldiers are able to return to the field and continue their training quickly."

Carter's department sees an assortment of injuries from rotational units.

"We get anything from ankle, shoulder and back injuries to traumas resulting from motor vehicle accidents," Carter said.

McDonald said no one should ever feel discouraged to go to the emergency department.

"All emergency situations that pertain to loss of life, limb, or eyesight should come directly to the ER," McDonald said. "But every unit that comes here for a rotation should be knowledgeable of their unit safety plan and risk matrix prior to conducting training. Heat is a factor here at Fort Johnson. It's important for Soldiers to maintain hydration, good nutrition and be mindful of environmental hazards when conducting training in our area. I would also encourage all Soldiers to utilize resources for mental health if needed. Even though it is a training environment, there are a lot of stressors performing your job and managing your personal life at home. The readiness of your



ARMY MWR LIBRARY 2023 SUMMER READING PROGRAM



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Hospital

Continued from page 4

unit depends on you and your team taking care of the individual first so they can function as an effective unit."

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reach out to public affairs to share the story.

"It made me think of how there are brothers, sisters, fathers and sons and mothers and daughters out there serving and training together," she said.

"Fort Johnson is the Army's premier combat training center. We support the National Guard, Reserve units, foreign allies and evervone else who comes to our installation for training. Just like the Cid twins share a familial bond, we as an installation share a bond with our medical partners like Cajun Dustoff and civilian hospitals across the region. This story was inspirational to me because the Cid brothers are out there preparing for combat. Their devotion, dedication and countless hours of training to serve our nation reminds me of how important our jobs are supporting them."

Mathes considers it a blessing to be a member of the healthcare team at BJACH.

"We are here to support every Soldier and their Family," she said. "It is also our job at BJACH to provide the best care to rotational units when they are here."

Spc. Cid was the first to make it to the ra-Mathes meeting the Cid brothers made her diology department with a suspected meniscus tear.

> "Thankfully, I wasn't seriously injured, but as I was coming back from BJACH I saw Matt getting on a UH-60 Blackhawk helicopter with suspected broken ribs heading to the hospital," he said.

> Pfc. Cid was injured during night operations.

> "Due to the severity of my injuries, I was medically evacuated very quickly from point of injury to BJACH," he said. "I didn't realize I was injured at first. I was in a middle of a night op and my adrenalin was high. After the mission, I started feeling the pain and was at the hospital within three hours."

Spc. Cid said he received excellent care.

"I didn't even expect to get an X-ray. I just expected them to take a look at it in the emergency room," he said. "But nope, they got me into radiology and were considering an MRI if my knee was seriously injured."

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Pfc. Cid felt the care he received was above

and beyond his expectations.

"There isn't much you can do for broken ribs," he said. "But BJACH was perfect. I got in quickly, got my X-rays done, and by the time I returned, they had my prescriptions ready and my profile filled out."

The brothers recuperated and rejoined their unit as nearly 5,000 Soldiers from 18 states completed their warrior tasks and departed the Fullerton Box training area.

In the coming months, more than half of those Soldiers — including the Cids — will continue preparations for an overseas deployment to the U.S. Central Command area of responsibility. Theirs are among the first "Warrior Spirits" to be forged at the newly redesignated Fort Johnson.

Editors note: This story would not have been possible without the coordinated efforts of the BJACH and New Jersey National Guard public affairs teams.

Thank you Maj. Amelia Thatcher and Sgt. 1st Class Armando Vasquez of the 42nd Regional Support Group, New Jersey National Guard for your assistance on this piece. One team, one fight!



ALARACT 046/2023: Notification of New Army Body Fat Assessment for the Army Body Composition Program

The purpose of this message is to provide notice that Army regulation 600-9 is being revised and will incorporate a one-site circumference-based tape method and supplemental body fat assessment. The procedural modifications to AR 600-9, appendix b are effective immediately. Pursuant to Army Directive 2023-11, the only U.S. Army authorized methods of estimating body fat are the multi-site circumference-based tape method, as prescribed in appendix b of AR 600-9; the one-site circumference-based tape method; and the supplemental body fat assessment. The one-site circumference-based tape method will be phased in over the next year. During the 12-month period extending from the date of Army Directive 2023-11, Soldiers who require a circumferencebased tape test will take the one-site tape test. Those who fail the one-site tape method are authorized to be measured by the multi-site circumference-based tape method, as prescribed in AR 600-9, for their confirmation tape test. After 12 months from the date of Army Directive 2023-11, the one-site tape test will be the only authorized circumference-based tape method. All Soldiers who fail the first body fat tape test and follow-on confirmation tape test assessments are authorized to request, subject to the appropriate commander's determination of reasonable availability, a supplemental body fat assessment.

ALARACT 044/2023: Travel and Transportation for Non-Covered Reproductive Healthcare

It is DOD policy that Soldiers will be able to access lawfully available non-covered reproductive health care regardless

of where they are stationed. Commanders and approval authorities have the responsibility to meet operational requirements and protect the health and safety of those in their care. Commanders and approval authorities are expected to display objectivity, compassion, and discretion when addressing all health care matters, including reproductive health care matters, and have a duty to enforce existing policies against discrimination and retaliation in the context of reproductive health care choices.

MILPER 23-217: Temporary Change to Timeline for Requesting Voluntary Retirement from Active Duty Service

Effective April 1, 2023, RA, ARNG/ARNGUS, and USAR Soldiers serving on AGR tours, or on active service orders may submit voluntary retirement requests at least nine months, but no more than 24 months, before their requested retirement date. Soldiers requesting voluntary retirement must have 18 or more years of active federal service at the time the request is submitted and meet all other retirement eligibility requirements or have an approved waiver prior to the requested retirement date.

Latest Administrative Publishings

- Army Directive 2023-11: Army Body Fat Assessment for the Army Body Composition Program
- Army Directive 2023-09: Army Coaching Program
- ALARACT 042/2023: Initial Guidance for the Use of Publicly Available Information





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MOU Signing

On June 21, Col. CJ Lopez attended the formal launch of the Vernon Parish School Board's Capturing Better Futures Initiative. The project will create a career and technical education pathway with training in specialized trade skills for jobs in the pipeline, plumbing and steamfitting industries for local youth.





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KIDS GET 2 FREE GAMES A DAY ALL SUMMER LONG. SHOE RENTAL NOT INCLUDED. STARTING JUNE 26TH ENDING SEPT 8TH.

WIRRIOR LINES

Hospital employee helps provide diapers for Soldiers, staff

By JEAN CLAVETTE GRAVES BJACH PAO

FORT JOHNSON, La. — The civilian and military staff at Bayne-Jones Army Community Hospital continually seek opportunities to improve services, educate the community and take care of one another during their tour of duty at the Joint Readiness Training Center and Fort Johnson.

Dorathy Jennings, unit administrative assistant for the U.S. Army Medical Activity and Student Detachment, has worked for BJACH since 2000 and in her current role since 2012.

Jennings coordinated a diaper drive during the month of May that culminated in the distribution of more than 110 boxes and packages of diapers and pull-ups valued at more than \$2,500 to Soldiers and civilian staff members at the military treatment facility June 9.

Jennings saw a need after talking to a Soldier in the unit.

"A Soldier and I were having a conversation one morning and she told me she had to use cloth diapers at night because she had to save the disposable diapers for the day care center," she said. "This Soldier told me the day care wouldn't accept the cloth diapers and she told me she had to choose between food and diapers when budgeting for the month."

Jennings confided the cost of goods and services along with inflation were having a negative impact on this Soldier.

"After the Soldier left, I told the first sergeant we need to do something," Jennings said. "First I went to the main post chapel, but they didn't have any diapers, so the first sergeant, the training room noncommissioned officer and I bought the Soldier some diapers."

Jennings spoke to some of her friends who work at the child development centers on post, and they confirmed Soldiers, particularly junior enlisted, often don't have enough diapers.

"I emailed (BJACH) Command Sgt. Maj. Devereaux and asked her if we could do a diaper drive," Jennings said. "Once the chain of command approved the idea, we got a legal review and had a diaper drive here at BJACH."

Jennings was overwhelmed by the amount of donations received.

"In addition to diapers of all sizes, we also received packages of baby wipes, diaper waste bags, baby washcloths, bottle cleaners, teethers and more," she said. "While at the Dollar Tree in Leesville, a man overheard me talking about the diaper drive on the phone and he approached me and gave me a dozen children's books."

The good Samaritan's granddaughter enjoyed books and he wanted Jennings to have them to give to the new parents at BJACH.

"I also have a friend who donated single-sized packages of Vaseline, which I never would have thought of," she said. "Once people know of a need, they are very generous."

Jennings said people are often too proud to ask for help.

"I used to be enlisted. I've been there," she said. "I can't save the whole world, but I can take care of my Family; and that's the BJACH Family."

Jennings served 15 years in the Army as a logistics specialist and retired from active duty in 1993 as a staff sergeant.



Dorathy Jennings, unit administrative assistant for the U.S. Army Medical Activity and Student Detachment, coordinated a diaper drive culminating in more than 110 boxes and packages of diapers and pull-ups being distributed to Soldiers and civilian staff members at Bayne-Jones Army Community Hospital June 9.

"I hope that this inspires other units on post to do something similar," she said. "Soldiers are in need but may not say anything, and I want to ask commanders on post to be aware and recognize the signs if their Soldiers are struggling."

Jennings said this isn't just affecting Soldiers, but civilian employees as well.

"I grew up in the country and I grew up poor," Jennings said. "As neighbors we always looked out for one another. My parents used to tell me, 'Don't wait for someone to ask for help. Just help them.' When I was growing up, people were there for me, and I want to be here for others."

Jennings considers the Soldiers and the staff at BJACH her Family and would do anything for them.



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DENTAC

DENTAC Co



1st Battalion, 5th Aviation Regiment

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Battalion

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2nd Battalion, 2nd Infantry Regiment

> HHC BCo DCo



317th Engineer Battalion

★ B Co
 ★ C Co
 ★ D Co



5th Battalion, 25th Field Artillery HHB ★ B Bat C Bat ★ F Co



2nd Battalion, 4th Infantry Regiment

HHC A Co C Co D Co 🕇 G Co







2nd Battalion, 30th Infantry Regiment HHC ★ HFSC ★ A Co ★ B Co ★ C Co ★ D Co



3rd Battalion, 353rd Regiment

★ HHC

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3rd Squadron, 89th Calvary Regiment

HHC ★A Trp ★B Trp ★C Trp ★D Trp



710th Brigade Support Battalion HHC A Co ★ B Co ★ C Co

More information to help you prepare for hurricane season 2023

PUBLIC AFFAIRS OFFICE

Fort Johnson, La. — When preparing for severe weather, no matter how many times you hear it, the information, tips and warnings provided below are an essential part of being ready in a worst case scenario.

It's not something to take lightly. Hurricanes don't always hit Fort Johnson. When hurricane season comes to an end and the storms have missed Louisiana's shores, everyone sighs in relief. But it only takes one hurricane, and there's a long way to go in the 2023 season. Here is some information to help you get ready for whatever the current hurricane season has in store.

Basic disaster supplies

The following are recommendations for your emergency kit. Assemble items for your kit and store in an airtight plastic bag, plastic bins or a duffel bag. Once you look at the basic items, consider what unique needs your family might have, such as supplies for pets or seniors.

• Water (one gallon per person per day for at least three days, for drinking and sanitation)

•Food (at least a three-day supply of nonperishable food)

•Battery-powered or hand crank radio with NOAA Weather Radio with tone alert

- Flashlight
- First aid kit
- Extra batteries
- •Whistle (to signal for help)

• Dust mask (to help filter contaminated air)

•Plastic sheeting and duct tape (to shelter in place

•Moist towelettes, garbage bags and plastic ties (for personal sanitation)

- •Wrench or pliers (to turn off utilities)
- Manual can opener (for food)
- Local maps

•Cell phone with chargers and a backup battery

Understand forecast information

The National Weather Service forecast can tell you a lot about what is expected to happen with a storm, including the storm's paths, rainfall amounts, wind speeds and more. There is a lot of information available days ahead of a storm, and it is important to understand what it means.

Know your alerts and the difference between a watch and warning

In general, a watch means impacts are possible; a warning means impacts are expected or happening. Different hazards and alerts require different responses:

•Hurricane watch: means hurricane conditions are possible somewhere within the watch area, with tropical-storm-force winds beginning within the next 48 hours. Prepare by boarding up windows and moving loose



items indoors. Make sure your emergency kit is ready.

•Hurricane warning: means hurricane conditions are expected somewhere within the warning area, with tropical-storm-force winds beginning within 36 hours. Seek shelter in a sturdy structure or evacuate if ordered.

•**Tropical storm watch:** means tropical storm conditions are possible within the next 48 hours.

• **Tropical storm warning:** means they are expected somewhere within the warning area. Remember, a tropical system does not have to reach hurricane strength to be deadly.

•Storm surge watch: means the possibility of life-threatening inundation generally within 48 hours.

•Storm surge warning: means the danger of life-threatening inundation generally within 36 hours. In either case, promptly follow evacuation and other instructions from local officials.

•Extreme wind warning: means extreme hurricane winds (115 mph+) are imminent or happening. Take immediate shelter in an interior portion of a well-built structure.

•Flash flood warning: means dangerous flash flooding is expected. Move to higher ground. Never walk or drive through floodwater.

•Flash flood emergency: issued for exceedingly rare situations when a severe threat to human life and catastrophic damage is happening or about to happen. DO NOT attempt to travel unless you are under an evacuation order, or your life is imminently at risk.

•Flood watch: means flooding is possible. Stay tuned to trusted news sources and be ready to seek higher ground.

• Flood warning: means flooding is happening or about to happen. Move to higher ground immediately. •Tornado watch: means a tornado is possible. Know your safe place and be ready to act quickly if a warning is issued.

• **Tornado warning:** means a tornado is happening or about to happen. Immediately seek shelter in your safe place!

Get moving when a storm threatens

When a storm is forecast to impact your area, take action immediately to be ready.

Ideally, longer-term preparedness actions such as having disaster supplies and an evacuation plan will have already been done before hurricane season, when the stores are stocked, and time is on your side.

When a storm threatens, there's a lot more to do.

Stay protected during storms

During a storm, whether you've evacuated or are sheltering in place, know what to expect from the hazards you may face. Remain vigilant, stay up to date with the latest forecasts and alerts, and continue to listen to local officials.

Use caution after storms

Dangers remain even after the skies turn blue. This is NOT the time to put your guard down. Nearly half of hurricane fatalities occur after the storm.

• Listen to local officials for information and special instructions.

•Be careful during cleanup. Wear protective clothing and work with someone else.

•Do not touch electrical equipment if it is wet or if you are standing in water. If it is safe to do so, turn off electricity at the main breaker or fuse box to prevent electric shock.

•Avoid wading in flood water, which can contain dangerous debris. Underground or downed power lines can also electrically charge the water.

urricane

Continued from page 8

•Save phone calls for emergencies. Phone systems are often down or busy after a disaster. Use text messages or social media to communicate with family and friends.

•Document any property damage with photographs. Contact your insurance company for assistance.

•Only use generators outside and away

from your home. NEVER run a generator inside a home or garage.

Take action today

Are you ready for the 2023 hurricane season? Understand your risk from hurricanes and prepare now.

Make sure you understand how to interpret forecasts and alerts, and know what to do be-

fore, during and after a storm. Even if you are already well-prepared and knowledgeable, there may be additional things you could do to be even more prepared.

For additional information, visit https:// ready.army.mil or contact Mr. Tommy J. Morris, DPTMS, Chief, Protection Branch, (337) 531-4875 or tommy.j.morris2.civ@army.mil.

Ś	Additional Items to Consider Adding to an Emergency Supply Kit:	Ready
	Prescription medications and glasses	Prepare. Plan. Stay Informed. ®
	Infant formula and diapers	
	Pet food, water and supplies for your pet	
	Important family documents such as copies of insurance policies, identification and bank account records in a portable waterproof container	
	Cash and change	
	Emergency reference material such as a first aid book or information from www.ready.gov	1 h
	Sleeping bag or warm blanket for each person. Consider additional bedding if you live in a cold-weather climate.	A CONTRACTOR
	Complete change of clothing including a long sleeved shirt, long pants and sturdy shoes. Consider additional clothing if you live in a cold-weather climate.	Emorgon
	Fire Extinguisher	Emergene Supply Lis
	Matches in a waterproof container	Supply Li
	Feminine supplies, personal hygiene items and hand sanitizer	
	Mess kits, Paper cups, plates and disposable utensils, paper towels	
	Paper and pencil	
	Books, games, puzzles or other activities for children	



- Water and non-perishable food for several days
- Extra cell phone battery or charger
- Battery-powered or hand crank radio that can receive NOAA Weather Radio tone alerts and extra batteries
- Flashlight and extra batteries
- First aid kit
- Whistle to signal for help
- Dust mask, to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Non-sparking wrench or pliers to turn off utilities
- Can opener (if kit contains canned food)
- Local maps

FEMA's Ready Campaign

educates and empowers Americans to take some simple steps to prepare for and respond to potential emergencies, including those from natural hazards and man-made disasters. Ready asks individuals to do three key things: get an emergency supply kit, make a family emergency plan, and be make a family emergency plan, and be informed about the different types of emergencies that could occur and emergencies that could occur and appropriate responses. Everyone should have some basic supplies on hand in order to survive several days if an emergency occurs. This list of emergency supply kit items is only a starting point. It is important that individuals review this list and consider the unique needs of their family, including pets, for items to include. Individuals should also ensider baying at least two emergency also consider having at least two emergency supply kits, one full kit at home and smaller portable kits in their workplace, vehicle or other places they spend time.

FEMA

www.ready.gov



Federal Emergency Management Agency Washington, DC 20472

Library book delves into early life of General John J. Pershing

By Retired Lt. Col. MARK LESLIE DPTMS director

FORT JOHNSON, La. — I picked my latest book, titled "Guerilla Warrior, The Early Life of John J. Pershing," by Donald Smythe, on my monthly visit to Fort Johnson's Allen Memorial library.

I visit once a month and pick up five to 10 books hoping to find three to four gems that I will really enjoy. This book was one of those gems. To be honest, I didn't go looking for a book on Gen. Pershing. Though I've read quite a bit on World War I and, as a result, have learned a lot about Pershing. But the title in-

trigued me and while this book focuses on Pershing, it doesn't concentrate on the commander of the American Expeditionary

REVIEW

Forces of World War I fame. Rather, it is about Pershing's life and the formative years that made the man who led the American Army to victory in the Great War.

This book is rather old. It was first published in 1973, but proves that a well written-work is timeless. The book traces Pershing's life from birth through the end of the Mexican Punitive Expedition to the eve of the American entrance into World War I and his appointment as the American Expeditionary Force commander. The author did an excellent job of researching Pershing's life and gives insight into the experiences that made him the right person to successfully lead those forces.

What I found fascinating was the change Pershing saw in the Army during his service. He fought in the Indian Wars, the Spanish-American War (where he served with future president Theodore Roosevelt), the Philippine-American War, the Mexican Revolution and, of course, World War I. Think about that time frame and the complete transformation of warfare and the American Army.

He goes from fighting natives on horseback in mainly troop-size elements to combined arms warfare with artillery, air power, machine guns, chemical weapons and armored vehicles. That is a fundamental change in the Army and warfare, but he was a leader that was able to adapt with these rather rapid changes.

Obviously, his personal drive and ambition were key ingredients to his success, but when reading this work it's also obvious his assignments played a major role. The global exposure he gained, his personal observations and the relationships he cultivated during many of these assignments were crucial in shaping his perspective. His knowledgeable and mature perspective shaped the actions that separated him from many of his peers.

I thought I knew a lot about Pershing before I read this book, and I did. What I didn't know was what made *General* Pershing and that's what this work reveals — how he got to be the great leader he was.

There were some surprising revelations in this book. I won't reveal them all, but will share a few. Pershing was promoted directly from captain to brigadier general by President Theodore Roosevelt. This wasn't unprecedented, but is wasn't common either. He lost his wife and daughters in a house fire, and only his son survived. He would never fully emotionally recover from this tragedy, and it would haunt him for the rest of his life.

He led troops in assignments many considered undesirable at the time, to include American Indian, Philippine and other Soldiers of color. A clear common denominator in the

> book (keep in mind it was written in 1973) was that he not only led these Soldiers, but commanded their respect, not by mere rank or

position, but because he genuinely seemed to like and respect them. To me, this speaks volumes about his character and is just another reason why he was selected above so many other prominent leaders to lead the AEF.

A good portion of the book is devoted Capt. Pershing's actions in the Spanish-American War where his perseverance and dedication to duty in impossible conditions made a positive impression on subordinates and superiors. His contributions prove one man can and does make a difference, regardless of their job, or in Pershing's case — jobs.

Much of the book is rightly focused on to Capt. Pershing's actions in the Philippine-American War. I will employ a word not often used to characterize military leaders to describe Pershing's actions — humanity. Pershing went out of his way, often to the extreme, to preserve human life. Not only of noncombatants and his Soldiers, but also that of the enemy. So much so, some of his subordinate officers openly declared that he was a pacifist. Pershing was acutely aware of a principle of counterinsurgency the U.S. military would learn again almost a 100 years later — you can't kill your way out of an insurgency.

I think a couple of Pershing's most important campaigns were the Mexican Revolution and subsequent Pancho Villa expedition. These engagements honed his skills as a general officer to higher levels. I was surprised at the hardship, difficulties and political tensions Pershing faced on the expedition, as well as his tactical patience. George S. Patton was Pershing's aide during the Mexican Revolution and was one of the few men that seemed to forge a close, personal bond with Pershing, who was known for his tough exterior. The expedition was not a success in the traditional sense, nor was it a failure. I will leave it to the reader to determine their assessment of the outcome.

Overall, this was a fantastic read that I highly recommend for any leader in today's Army who is interested in learning a few things about



the experiences that made one of our nation's greatest leaders.

On the personal development side, study what he did at each of his assignments as he gained perspective and achieved emotional maturity. On the tactical development side, the last insurgency our Army "won", was the Philippine-American War. Pershing and his unique approach were a huge part of this victory. For a counterinsurgency environment, there is likely no better model to study.

This book easily earns four and a half anvils out of a possible five on the Fort Johnson Anvil Scale.

Stop by the Allen Memorial Library today and pick up a few reads. One is bound to be great. This is, without a doubt, one of them!

For more information about the Allen Memorial Library call (337) 531-2665.





Email: usarmy.pentagon.hqda-dcs-g-4.mbx.g43-hhg-app@mail.mil

11

Intern raves over perks of reading, writing in spare time

By HALEY WIGGINS Public Affairs Office

FORT JOHNSON, La. — For a book lover, there's no better place to be than a library. As you gaze over the endless rows of books to choose from, you almost can't decide which one to pick because they all have an amazing story to tell. It's an experience for your senses to indulge in. The scent of the old paper invites you in. The texture of the book in your hands pulls you deeper into the story. The silence around you guides your focus completely to the book.

After exploring for a while, if you are anything like me, you'll probably find a story and a comfy corner to settle into. Finding the perfect book is an experience in and of itself, and I love getting swept into something new. As you know, life can be extremely stressful. Reading lets me escape reality for a while as I travel to other places and live through each character. There's nothing like becoming Alice as she explores the weird and wonky world of Wonder-

land. Reading a new book for the first time and feeling the anticipation of what's going to happen next is pure bliss.

Holding a book in my hands is one of my favorite things. I love the process of turning each individual page as I read. It grasps my full attention, and never wants to let it go.

Remember that scent I mentioned earlier? Well, I adore it. It's distinct and brings a strong sense of nostalgia, reminding me of the time I spent reading as a child. Those were the days that established my love for reading. I guess you could call me a bookworm of the highest degree. Bring on the books! I was reading and writing before I learned how to tie my shoes. I'm passionate about both (not tying my shoes). They will always be necessary for me because they allow me to expand my ideas and open my mind to the endless possibilities in each narrative. It's an experience that is truly priceless.

Reading has been a great inspiration for me to write. I see so many amazing books and it encourages me to grab a pen and write my own ideas down. I don't always have the best ideas, but like in life, not everything I do has to be perfect. It's the learning process, the effort to create that matters.

A form of creative writing that has brought me the most peace is poetry. I find comfort when writing poetry because I can jot down how I feel without saying it. My words are powerful, whether gentle or harsh. I write for myself and for others who may find my ideas impactful.

I submitted a couple of pieces of poetry to the art and literary magazine at my college, and they were published in the 2023 edition.

> To my pleasant surprise, many people enjoyed my poems and said they found them relatable and well written. Those compli-

ments excite and motivate me to write even more because I know it has a purpose.

COMMENTARY

As you can see, I love not only reading, but writing as well. They are both beautiful ways to spend your time. No matter which you choose to do, in today's high-tech world, your access is pretty much unlimited.

That means if you have the motivation, there are many ways to access books, which are essential to learning almost everything, including how to write poetry, like me, or the next



best-selling novel or screenplay. Wouldn't it be cool to be the next Quentin Tarantino? Imagine writing a movie script that did better than Pulp Fiction. That's something you could accomplish just from reading a book about writing.

If, unlike me, you prefer to read online because you don't have time to make a trip to the public library — that's so sad. However, it's better than not reading at all. Two library app choices include Hoopla and Libby. The apps are convenient for downloading free e-books or audiobooks for technology lovers.

Reading is a good way to both relax in a chaotic world and to gain knowledge on any topic. Whether you read fiction or nonfiction, I can almost guarantee you will get something out of it. There are so many benefits, and I genuinely believe it is an enriching hobby that should never be lost.

So, I encourage you to pick up a book and lose yourself in its words, or grab a pen and be the person writing the words that others lose themselves in. Either way, you're the one that wins.

Reading is within your grasp at Fort Johnson's Allen Memorial Library. For more information call (337) 531-2665.





Hydrate for Your Safety

Drinking enough fluids is one of the most important things you can do to prevent heat illness.

- Hydrate before, during, and after work.
- Drink 1 cup of cool water every 20 minutes – even if you aren't thirsty! Water is generally sufficient for short jobs. For longer jobs, drink an electrolyte-containing beverage.
- Avoid energy drinks and alcohol.
- Your work performance may suffer when you are dehydrated, even if you don't notice.

osha.gov/heat

For further information contact the Garrison Safety Office at 531-SAFE

Take note of tips for safe summer swimming

CDC

ATLANTA, Ga. — According to the Centers for Disease Control and Prevention, more children (one in four) die from drowning than any other cause of death, except birth defects. For children between the ages of 1 and 14, drowning is the second cause of unintentional injury or death, after motor vehicle crashes. While the cautionary list below is geared toward children, some apply to adults as well.

•Always ensure there is adult supervision when children are swimming.

•Never leave a child alone in or near water.

• Never let children swim alone; teach them to use the buddy system.

•Make sure children swim in supervised or designated areas.

•Never let a child swim during a storm or lightning.

•Never use water wings and pool toys as life jackets.

•Make sure children know the depth of the water.

•Don't let kids dive or jump into water less than 9 feet deep.

•Don't chew gum or eat while swimming, diving or playing in the water.

•Keep a first aid kit, phone and emergency numbers near the water.

•Learn CPR.

Have each child age 4 and older complete a swimming program.rents and wave action.At the ocean, new



•Enforce all pool rules, including no running, pushing people in or dunking other swimmers.

•Be sure to remove all toys from the water after everyone is done swimming. That way they don't tempt small children to enter the water when an adult is not around.

• At the ocean, be careful of underwater curents and wave action.

•At the ocean, never run and dive into

waves head first.

•Don't swim in rivers, where fast-moving water is extremely dangerous and currents are hard to gauge.

•Don't overdo it when swimming; build your endurance slowly. Before venturing into any body of water, be sure to know your limitations. Swimming is not child's play, especially if you don't know how to swim. Be smart, be careful, be wise when swimming.



Rip currents are powerful currents of water moving away from shore. They can sweep even the strongest swimmer away from shore. If at all possible, swim near a lifeguard.

Discover new ways to enjoy a staycation at Fort Johnson

By PORSHA AUZENNE Public Affairs Office

Summer vacations don't have to include blowing the budget, frantic packing and the exhaustion that comes from traveling hundreds of miles. While those types of vacations are the norm for many families, another options is a staycation. These holidays at home can provide tons of fun without taking you too far away from your humble abode. You can take part in your favorite summer activities right here at Fort Johnson and the surrounding communities.

Pool perfection

Enjoy a day by one of Fort Johnson's many pools. With Louisiana's searing summer heat in full swing, cooling off at one of the nearby pools is an obvious option to add to your staycation. Fort Johnson has a total of five aquatic facilities: two are open to the public (50-meter pool and splash park) and one in each of the residential neighborhoods (Palmetto, Maple and Dogwood). Each facility includes amenities to provide unlimited fun and relaxation, from comfortable lounge chairs to a fun assortment of splash pads.

Outdoor fun

Outdoor adventures and summer go together like chocolate, marshmallows and Graham crackers, and are a fantastic way to enjoy a staycation. With Louisiana's multitude of natural outdoor locations, there are a variety of selections to choose from when planning your next getaway.

Alligator Lake Recreation Park, situated right outside Fort Johnson's access control point 7, is a serious option for those who are ultimate outdoor enthusiasts. The park provides tent sites and camping supplies, as well as boats and kayaks for visitors to take out

on the lake. If you want to have a kid-friendly party with all your other staycation pals, there are inflatable bounce houses, water slides, party tents and pavilions available for rent. If you like to hike, grab your boots and enjoy one of the picturesque hiking trails surrounding the ven-

It's a great activity for those who like to relax and enjoy nature in all its glory.

For more information, visit <u>https://johnson.armymwr.</u> <u>com/programs/alligator-lake</u>

Stay overnight

ue

Toledo Bend Army Recreation Park is located approximately 35 minutes from Fort Johnson. As part of the Toledo Bend Reservoir, the recreation park offers unlimited opportunities



for recreation on the water. You can even stay overnight. Lodging includes cabins, yurts and RV spots that patrons can rent all year long.

Wether it's for just for one night or an entire week, the cozy cabins sleep up to five people and have central air and heat, ceiling fans, full baths and fully equipped kitchens.

Also situated within the scenic park, there is a beach for swimming, boat and kayak rentals, fishing and play areas. If you work up an appetite, the Toledo Bend Welcome Center has a cafe with delicious items including pizza,

sandwiches, wings and refreshments. The welcome center also has a store that sells fishing supplies, ice, snacks, attire and more.

For more information, visit <u>https://johnson.ar-</u> <u>mymwr.com/programs/</u> <u>toledo-bend-army-recre-</u> <u>ation-park</u>

Take a tour

For those who have a love of history and art, communities outside Fort Johnson's gate offer a plethora of locations for you to play

tourist. Within the city of Leesville

is Gallery One Eleven, the Leesville Art Park and the Museum of West Louisiana. Right down the road, in the city of DeRidder, visitors can tour the Beauregard Parish Jail, Beauregard Parish Museum and the RealArt DeRidder Gallery.

Host a party

As you can see, there are a multitude of local activities to do that don't require you to



Beaurcgard Parish Fail 205 West 1st Street DeRidder, LA

travel far. When it comes to food, your staycation should be no different. Instead of heading to a fancy restaurant, consider hosting a dinner party where you transform your kitchen into a fivestar haven or a barbecue banquet.

That doesn't mean you have to cook it all yourself. If you don't want to cook, order takeout from a

local restaurant, spruce up your home with fun decor, unwind with some upbeat music and enjoy a round of mocktails with your friends. (See the next page for a few favorite mocktail recipes the entire family can enjoy).

Of course, these are just a few ways to jumpstart your ultimate summer staycation. Want more ideas for exciting activities to do in Louisiana? Check out: <u>https://laisatrip.explorelouisiana.com/</u>

For upcoming events happening in and around the Fort Johnson area, follow the official JRTC and Fort Johnson and Fort Johnson MWR Facebook pages:

https://www.facebook.com/JRTCandFort-Johnson/

https://www.facebook.com/fortjohnsonmwr/



SUMMER MOCKTAIL RECIPES



MARGARITA PUNCH

INGREDIENTS

- 3 cups crushed ice
- 1 (6 ounce) can frozen
- lemonade concentrate 1 (6 ounce) can frozen limeade
- concentrate 1/4 cup confectioners' sugar
- 2 cups chilled club soda

DIRECTIONS

- Pour ice, lemonade concentrate, limeade concentrate, and 1. confectioners' sugar in a blender; blend until slushy. Gently stir club soda into
- lemonade mixture to serve. 2.





INGREDIENTS

- 1 cup orange juice
- 2 tablespoons grenadine
- Orange slice
- Ice

2.

3.

4.

DIRECTIONS

- 1. Fill a tall glass with ice.
 - Pour the orange juice into the glass.
 - Top with the grenadine.
 - Garnish with an orange slice and enjoy.



SUGAR FREE CITRUS RASPBERRY SPARKLER

INGREDIENTS

- 2 cups sparkling soda
- 4 tbsp lemon juice
- 4 tbsp Torani Sugar Free Red
- Raspberry Syrup 3-4 Mint leaves
- Garnish: fresh raspberries
- Ice cubes

DIRECTIONS

- Pour 2 cups of sparkling soda 1. per glass.
- Add 2 tbsp of freshly squeezed lemon juice in each glass. 2.
- Then add 2 tbsp of Torani Sugar Free Red Raspberry 3. Syrup in each glass. Give it a
- Add ice cubes if desired and garnish the mocktail with fresh 4. mint leaves and raspberries. Enjoy!





INGREDIENTS

- 1.5 cups cubed watermelon
- 4 ounces lemonade
- 4 ounces club soda or lemon-lime soda
- Ice
- Watermelon wedges, lemon slices and/or fresh mint, for garnish

DIRECTIONS

- 1. In a high-speed blender, blend the watermelon cubes until they are completely juiced. 2.
 - Strain the juice into a large measuring cup or pitcher with a fine-meshed sieve to remove any pulp from the watermelon juice. Set aside.
- 3. Fill serving glasses with ice.
- 4. Add 3 ounces of the watermelon juice to the glass. Then add 2 ounces of lemonade.
- Top up the glass with soda (club 5. soda for a less sweet mocktail and lemon-lime soda for a sweeter drink). 6
 - Garnish with a watermelon wedge, lemon slice, and mint sprig and serve immediately!

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FORT JOHNSON JOUTH SPORTS CALENDAR

SPORT	AGES	соѕт	REGISTRATION	PARENT MTNG. & SKILLS ASSESSEMENT	COACHES CLINIC	SEASON
Summer Competitive Swimming	5–18	\$75	5 Apr – 5 May	3 or 5 May @ 1800	Apr/May	09 May – 22 Jul 2023
Fall Soccer	5–15	\$50	15 May – 11 Aug	1 or 3 Aug @ 1800	July/Aug	09 Sept – 28 Oct 2023
Fall Pee Wee Soccer	3–4	\$25	15 May – 11 Aug 1 or 3 Aug @ 1730		July/Aug	09 Sept – 21 Oct 2023
Flag Football	5–18	\$50	15 Sept – 14 Oct	4 or 6 Oct @ 1800	Sept/Oct	04 Nov – 10 Dec 2023
Flag Football Cheerleading	5-18	\$50	15 Sept – 14 Oct	4 or 6 Oct @ 1800	Sept/Oct	04 Nov – 10 Dec 2023
Wrestling	7-17	\$75	15 Sept – 9 Nov	7 Nov @ 1800	Aug/Sept	14 Nov – Mar 2024
Basketball	5-18	\$50	16 Oct – 8 Dec	6 or 8 Dec @ 1800	Nov/Dec	13 Jan – 2 Mar 2024
Pee Wee Basketball	3–4	\$25	16 Oct – 9 Dec	6 or 8 Dec @ 1730	Nov/Dec	3 Jan – 2 Mar 2024
Spring Soccer	5-18	\$50	16 Oct – 5 Jan	5, 7 Dec or 5 Jan @ 1800	Dec/Jan	27 Jan – 9 Mar 2024
Spring Pee Wee Soccer	3–4	\$25	16 Oct – 5 Jan	5, 7 Dec or 5 Jan @ 1730	Dec/Jan	27 Jan – 9 Mar 2024
Baseball, T- Ball & Softball	5-18	\$50	16 Jan – 23 Feb	14, 16 Feb or 1 Mar @ 1800	Jan/Feb	6 Apr – 1 Jun 2024
Wee Ball (T-Ball)	3–4	\$25	16 Jan – 23 Feb	15, 17 Feb or 1 Mar @ 1730	Jan/Feb	6 Apr – 18 May 2024

A CURRENT PHYSICAL <u>MUST</u> BE ON FILE FOR THE DURATION OF THE SPORTS SEASON

Youth Sports and Fitness 7960 Mississippi Avenue Bldg. 924



HHHH

337-531-6004



Her

Local veteran competes at Golden Age Games

By HALEY WIGGINS Public Affairs Office

FORT JOHNSON, La. — Linda Bowers, a Fort Johnson Army Education Center guidance counselor, served in the Army for 22 years, and retired in 1997. When she isn't working, she enjoys running and a little competition on the side.

She recently participated in the National Veterans Golden Age Games in Iowa. Bowers earned a bronze medal in the 50-meter dash, silver in the 200-meter race, gold in the 100-meter dash and placed fourth in the 1,500-meter run. More than 700 veterans aged 55 and older participated in the events.

The U.S. Department of Veterans Affairs hosts the annual competitive event to encourage veterans to make physical activities a central part of their lives.

Bowers began competing at the games in 2014 in Arkansas. The games are held in different locations each year.

"I've registered for games and traveled to Shreveport, Baton Rouge, Lake Charles and more to compete," Bowers said.

In her performance in Arkansas she won first place for power walking and second place for cycling. Since then, she has continued to participate in the annually held games winning numerous medals for running. Her love for running began as a child. She continued to run in the Army and would participate in running competitions. That foundation led to her participation in the Golden Age Games.

When traveling for competitions, she enjoys exploring new places while participating in an event she is passionate about. Seeing new places is fun for her, but she said nothing compares to seeing new faces. Bowers has had many experiences competing with fellow veterans.

"I can't describe how beautiful it is. You meet different people every time you compete," Bowers said.

When she isn't competing, Bowers tries to stay active because being healthy is a priority. It's especially important since she was diagnosed with prediabetes after retiring from the military. Not only is competing good for her physical health, but there are mental benefits as well.

"It's quality time that I have with my meditation on God, and it's relaxing," Bowers said.

She compares running to therapy because of how much it helps her.

However, it's not just about having fun, she also takes the competition part of the event seriously.

"I love competing and will continue to participate as long as I can and have the opportunity to do so," Bowers said.



The next Golden Age Games takes place August 2024 in Iowa. Until then, Bowers will continue to train for her next opportunity to compete.



BRIEFS

BOSS zoo trip

BOSS is taking single Soldiers on a day trip to the Alexandria Zoo July 8 from 10:30 a.m.-4 p.m. Preregistration is required.

Privately owned vehicles are allowed (registration is still required). Transportation will also be provided and will leave the Home of Heroes parking lot at 10:30 am.

To register, or for more information, call (337) 378-3236.

Two-day HBB market

Beat the summer heat by coming out and supporting Fort Johnson's home based businesses from July 8-9 at the Warrior Center. A variety of goods will be available for purchase from 9 a.m.-3 p.m. on both days, from homemade baked goods to jewelry and more.

Women's league

Nine, Wine and Dine is a new ladies golf league that takes place each Tuesday from 5-7 p.m. Women are invited to participate.

It's a great opportunity to make new friends, enjoy a night of golf (nine holes) and then opting to have dinner and wine at the Forge Bar and Grill. The cost is \$22 for members and \$27 for nonmembers. The event takes place at the Warrior Hills Golf Course. The next Nine, Wine and Dine is July 11.

For more information call 531-4661.

Story time

Bring your little ones to Allen Memorial Library July 11 at 11:30 a.m. to enjoy stories and crafts. Share the wonders of imagination with your child as a story takes them to other worlds. If you are interested, call (337) 531-2665 to register.

Wednesday night scramble

The Warrior Hills Golf Course hosts a nine hole scramble each Wednesday.

The cost is \$20 for members and \$25 for nonmembers. The next scramble is July 12 from 5-6 p.m.

For more information call (337) 531-4661.

Parenting hacks

Being a parent can cost us our energy, bodies and health. Does it have to be this way? Dr. Darria Gillespie says no. Happening July 14 at the Army Community Center from 9-10 a.m.

For more information call (337) 531-1938/0636.

Books and brews

Calling all book worms! Come to the Forge Bar and Grill July 25 for this free book club-like event. From 5-6 p.m., participants will have dinner, drinks and discussions based on books that have kept them entertained throughout the month as well as suggestions of things to read.

For more information visit: <u>https://johnson.</u> <u>armymwr.com/calendar/event/books-and-</u> <u>brews/6040116/80679</u>

Swim lessons

The 50-meter pool will be offering swimming lessons for both adults and children from August 1-11. Registration will be open until July 18. Leveled sessions and adult classes are 45 minutes each, price is \$65 per child or adult.

For more information visit: <u>https://johnson.ar-</u> mymwr.com/happenings/learn-swim-lessons

CYS fall soccer 2023

Registration for the 2023 CYS fall soccer season is ongoing through Aug. 11.

For more information call Fort Johnson Child and Services at (337) 531-6004.

<u>https://johnson.armymwr.com/happenings/</u> <u>cys-fall-soccer-2023</u>

Fort Johnson Things to Do

July 15: SC3 Chicken Fest Sulphur, La.

Come to the West Cal Arena & Center July 15 for food booths, competitions and games (including a wing eating contest, chicken run, chicken pot pie contest and more).

<u>https://www.visitlakecharles.org/event/</u> <u>sc3-chicken-fest/44905/</u>

July 15: Acadiana Brew HaHa Lafayette, La.

Lalayelle, La.

Come on in for Acadiana Brew Haha, an event that is all about the history and culture of beer and brewing in Louisiana! Many great beers will be coming from right here at home, including several new breweries that have just opened in the past few years. Acadiana Brew Haha is designed to give you a taste of what's brewing right here at home, and meet some of the people that make the magic happen. Acadiana Brew Haha includes the region's craft, micro, nano, and homebrewers, and you to see what's on tap in Louisiana!

<u>https://bayouvermiliondistrict.org/event/</u> <u>acadiana-brew-haha/</u>

July 15-16: Cajun Music and Food Festival Lake Charles, La.

The festival is held inside the Burton Coliseum in South Lake Charles on the corner of Gauthier Road and Gulf Highway. The festival gets underway Saturday, July 15, and lasts through Sunday, July 16. Each year the festival offers arts & crafts shopping, great Cajun foods, live & silent auctions, cold beer, live Cajun music, cake walks, a sweet shop and more!

<u>https://www.visitlakecharles.org/event/ca-jun-music-and-food-festival/43402/</u>

July 20: Guided Nature Walk at Sam Houston Jones State Park

Lake Charles, La.

Join others for a relaxing walk into the woods. Meet up is at the Stage Coach or Children's Trail July 20 at Sam Houston State Park. This event will take place from 9-11 a.m.

<u>https://www.visitlakecharles.org/event/</u> <u>guided-nature-walk-at-sam-houston-jones-</u> <u>state-park/44850/</u>

July 22: 43rd Annual Natchitoches-NSU Folk Festival

Natchitoches, La.

The annual Natchitoches-NSU Folk Festival is back! This year's theme, "Celebrating Louisiana's Cultural Gumbo," will celebrate how Louisiana's folklife — its unique crafts, food, music and culture — are alive and well. Held Saturday July 22 in air-conditioned Prather Coliseum on the Northwestern State University campus in Natchitoches. The festival will feature three stages of music, the Louisiana State Fiddle Championship, Cajun and zydeco dance lessons, a harmonica workshop, exhibits, and some of the best folk foods in Louisiana! Regional crafts such as beadwork, quilts, Native American baskets, Czech Pysanky eggs, and handmade banjos will be exhibited during day long demonstrations by over 70 traditional craft persons.

https://www.nsula.edu/the-43nd-annualnatchitoches-nsu-folk-festival-2/



YOUTH SPORTS SUMMER CAMP SCHEDULE

CAMP	DATE	TIME	AGES	COST	LOCATION
				1	and the second
Start Smart	July 5 – 7	0900 - 1000	Age 3 – 4	\$30	Youth Fitness Ctr.
Baseball		1000 - 1100	Age 5 – 6		- Bldg 2070
Fishing Adventure	July 5 – 7	0830 - 1030	Age 8-16	\$40	Perez Field
Archery	July 5 – 7	1100 - 1200	Age 8-18	\$30	Perez Field
Baseball/Softball	July 5 – 7	1730 - 1830	Age 7 – 14	\$30	Perez Field
Smart Moves PE	July 10 – 14	0900 - 1000	Age 3 – 4	\$30	Youth Fitness Ctr.
		1000 - 1100	Age 5 – 8		- Bldg 2070
Outdoor Adventure	July 10 - 13	1100 - 1430	Age 8-16	\$55	Perez Field
	July 14	0900 - 1600			
Dance Fun	July 10 – 14	1730 - 1830	Age 5 – 7	\$30	Youth Fitness Ctr.
(Ballet, Jazz, Hip Hop, & I	Lyrical)	1830 - 1930	Age 8 -12		- Bldg 2070
Kidnastics	July 17 – 21	0900 - 1000	Age 3 – 4	\$35	Youth Fitness Ctr.
(Gymnastics & Tumbling)	A CONTRACTOR OF	1000 - 1100	Age 5 - 8	100000	- Bldg 2070
Gymnastics	July 17 – 21	1200 - 1300	Age 8 – 14	\$35	Youth Fitness Ctr.
-,	,				- Bldg 2070
					- Didg 2070
Bowling	July 17 – 21	1300 - 1430	Age 6 – 15	\$35	Bowling Center
Start Smart Golf	July 17 – 21	1730 - 1830	Age 6 - 14	\$35	Youth Fitness Ctr.
					- Bldg 2070
Outdoor Sports Camp (Kickball, Gaga Ball, Arch	July 17 – 21 ery Tag & more)	1730 - 1830	Age 7 – 14	\$35	Perez Field
		C 1	cth doth	6450	
Camp Warrior	July 24 – 28		5 6 th – 12 th	\$150	N. Toledo Bend
	Resi	dential Teen Lea	dership Camp		State Park
Start Smart	July 24 – 28	0900 - 1000	Age 3 – 4	\$30	Youth Fitness Ctr.
Basketball		1000 - 1100	Age 5 – 6		- Bldg 2070
Basketball	July 24 – 28	1730 - 1830	Age 7 – 11	\$30	Youth Fitness Ctr.
		1830 - 1930	Age 12 - 16		- Bldg 2070
Fitness & Cross Training	luly 24 – 28	1730 - 1830	Age 6 – 18	\$30	Youth Fitness Ctr.
Fun	,				- Bldg 2070
. un					Blug 2070
Start Smart	July 31 - Aug 4	0900 - 1000	Age 3 – 4	\$30	Youth Fitness Ctr.
Soccer	July JI Hug 4	1000 - 1100	Age 5 – 6	ÇU	- Bldg 2070
55000		1000 1100	Age J=0		DIGE 2010
Forcer	July 21 - Aug A	1720 - 1920	Are 7 - 15	\$30	Perez Field
Soccer	July 31 – Aug 4	1730 - 1830	Age 7 – 15	350	Felez Field
Zambia Angeshuran	Aug 7 40	1100 1400	1	655	Denes Field
Zombie Apocalypse	Aug 7 – 10	1100 - 1430	Age 8-16	\$55	Perez Field
	Aug 11	0900 - 1600			
Track & Field	Aug 7 – 11	1730 - 1900	Age 7-12	\$30	TBD

YOUTH MUST BE REGISTERED WITH CYS AND HAVE A CURRENT HEALTH ASSESSMENT ON FILE FOR MORE INFO CALL 337-531-1955/6004 *Limited spots available



MWR

THE OFFICIAL RESPONSIBLE DRINKING CAMPAIGN OF THE U.S. DEPARTMENT OF DEFENSE

	<image/>					
re • spon • si • ble drink • ing (noun)						
	Knowing your alcohol limits and sticking to them. Not just legal limits - but personal limits too.					

SERVE HONORABLY. DRINK RESPONSIBLY.

Check VIN numbers

The Directorate of Emergency Services Traffic Division will release the following vehicles to Family and Morale, Welfare and Recreation for disposal if they remain unclaimed. Vehicles are listed with the last four of their VIN. If one of these vehicles belongs to you, contact the Fort Johnson Police Traffic Division at (337) 531-1806, 6675 or 2677.

2014	Kia	Optima	0324
2014	Dodge	Dart	5863
2011	Infiniti	2D	3365
2000	Chevrolet	Impala	8125
2011	Cadillac	DTS	6891
1995	Jeep	Cherokee	9563
1999	Honda	Accord	5783
2012	Hyundai	Elantra	8154
2016	Mazda	3	5679
2008	Chevrolet	Impala	9420
2010	Chevrolet	Cobalt	6002
1997	Dodge	1500	9101
2002	VW	GTI	2558
1981	Yamaha	XJ650	8637
1994	Ford	F-250	3432
1997	Dodge	1500	3720
2003	Nissan	Altima	6157
2014	Chevrolet	Cruze	0491
2011	Toyota	Camry	5280
2002	Pontiac	Grand Prix	1285
2008	BMW	5301	9457

