

GUARDIAN

REMEMBERING PATRIOT DAY

PAGE 5

VIPER OLYMPICS 2024

PAGE 9

SECURITY OFFICER APPRECIATION WEEK

PAGE 15

RAISING AWARENESS FOR DVAM WITH UPCOMING EVENTS

PAGE 21



CONTENTS

SEPTEMBER 23

On Post Upcoming Events Things to do right here on post	03
Beyond the Gates Events happening off post around the local community	04
National Suicide Prevention Month Proclamation Signing	08
Gold Star Mother's and Family Day Honoring their sacrifices	13
Child and Youth Service Facilities No Salute Area Beginning Oct. 1	14
Writer Shares Experience, Accepts Help, Overcomes Adversity Jean Clavette Graves writes about how she overcame dark thoughts for National Suicide Prevention Month	17
Implementation of Energy Conservation HVAC Points Army implementation of energy conservation measures	23



COVER PHOTO

Pfc. Alina Jaimes performs a playing of Taps during the rendering of honors. (U.S. Army photo by Antoine Aaron)



09
Viper Olympics 2024



15
National Security Officer
Appreciation Week



JRTC AND FORT JOHNSON

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



05
Fort Johnson
remembers
Patriot Day



21
Raising awareness for
Domestic Violence
Awareness Month with
upcoming events



ON POST

Upcoming Events



Cowgirls & Cocktails Ladies Night

Sept. 28, 7-9 p.m. at Anvil Bar

Gather your girls, put on your best Western gear and meet up at the Anvil Bar for a night of line dancing, bull riding and fun!

18+ | \$5 entry fee



Residential Pool Paw-ty

Sept. 30, 4-6 p.m. at all Community Center Pools

Bring your furry friends out to any of the Community Center Pools for a paw-ty you and your pooch won't want to miss! Toys, treats and gifts will be given to all pets.

**This event is open to Fort Johnson housing residents only*



Mud Run 5K

Oct. 5, 7:30 a.m at Alligator Lake

Mud, sweat, and cheers! Join us for an epic run through the muck and celebrate the victories with us. Who's in for a muddy adventure?

\$15 entry fee | Check-in opens at 6:30 a.m.

[Click for more info and to register](#)



MST Family Nights: Poltergeist

Oct. 18, 5:30 p.m. at Middle School and Teen Center

Get ready for a night of chills and thrills! Join us for a spooky movie night that'll give you goosebumps. Popcorn's on and the scares are coming soon.

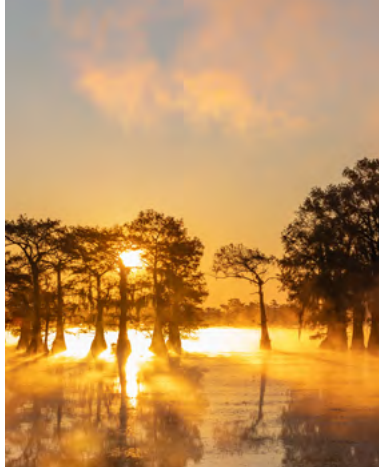
**Youth must be registered with MST to participate. For more information call 337-531-1992*



OUTSIDE THE GATES

OFF POST

EVENTS



28
Sept

Annual Fall Fest

SULPHUR, LA.

[Click for more info](#)



2-6
Oct

West Louisiana Forestry Festival

LEESVILLE, LA.

[Click for more info](#)



5
Oct

Anderson Hills Pumpkin Fest

LEESVILLE, LA.

[Click for more info](#)



5-6
Oct

Robert's Cove Germanfest

RAYNE, LA.

[Click for more info](#)



7
Oct

Fall Vet Fest

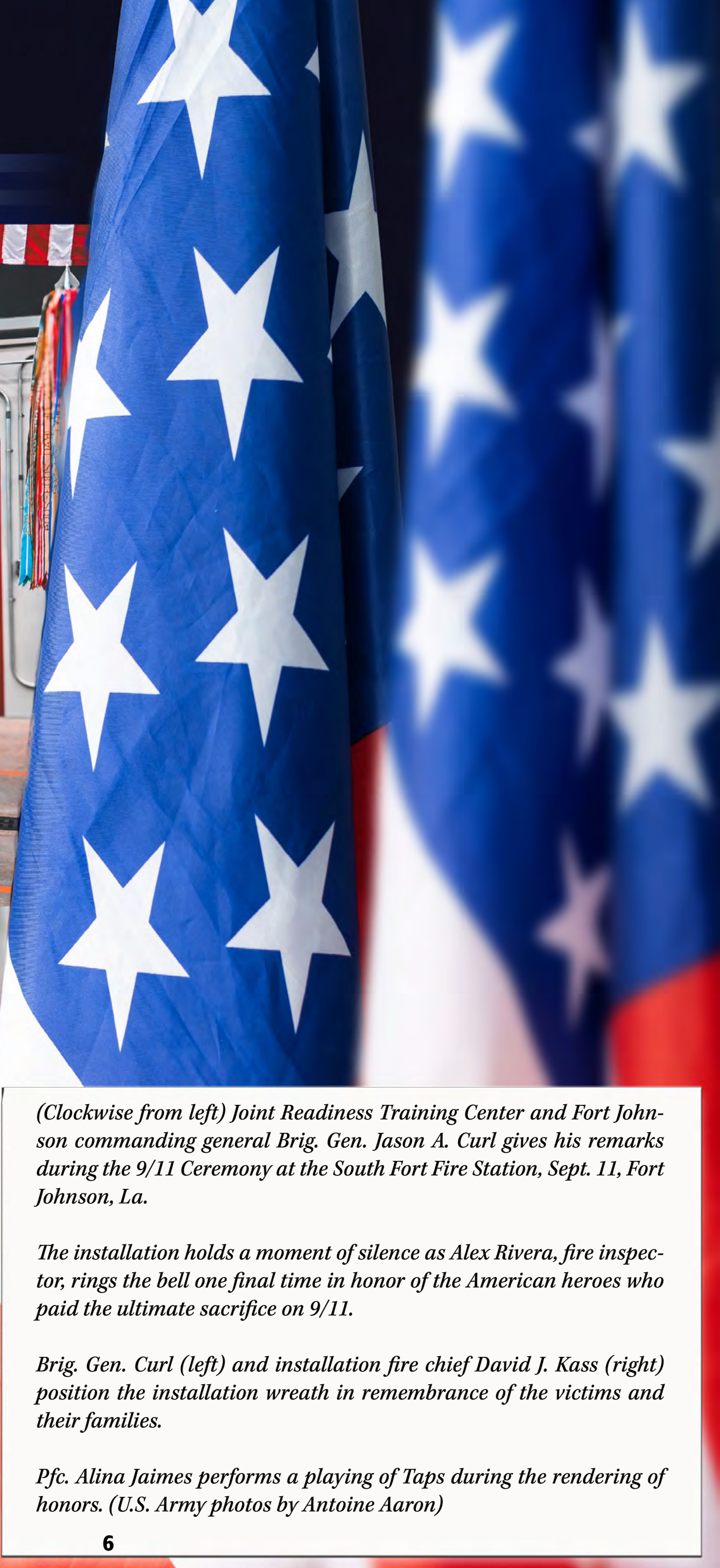
LEESVILLE, LA.

[Click for more info](#)

NO ARMY OR FEDERAL ENDORSEMENT IMPLIED.



Fort Johnson remembers Patriot Day



(Clockwise from left) Joint Readiness Training Center and Fort Johnson commanding general Brig. Gen. Jason A. Curl gives his remarks during the 9/11 Ceremony at the South Fort Fire Station, Sept. 11, Fort Johnson, La.

The installation holds a moment of silence as Alex Rivera, fire inspector, rings the bell one final time in honor of the American heroes who paid the ultimate sacrifice on 9/11.

Brig. Gen. Curl (left) and installation fire chief David J. Kass (right) position the installation wreath in remembrance of the victims and their families.

Pfc. Alina Jaimes performs a playing of Taps during the rendering of honors. (U.S. Army photos by Antoine Aaron)



Fort Johnson prepares for storm threats with backup power solutions

By Antoine Aaron
Public Affairs Office

Fort Johnson, La. — In a recent response to warnings of Hurricane Francine, Fort Johnson leadership and the Defense Commissary Agency took proactive measures to ensure the community remained supported should the storm impact Southwest Louisiana. DeCA

developed a robust Continuity of Operations Plan for Fort Johnson using lessons learned from Hurricanes Laura and Delta.

On Sept. 10, 2024, the National Weather Center alerted residents to the possibility of Hurricane Francine making landfall in SWLA. In anticipation of power outages, DeCA rented a 1,000-kilowatt generator the day before the storm, designed to maintain power for essential services, including the commissary's cooling units for perishables.

Ok Yong West, Assistant Commissary Officer at Fort Johnson, expressed gratitude for the quick response. "I've been here a long time and experienced three tornadoes and major storms. I'm fortunate our leadership and DeCA proactively responded to our need for this

equipment," West said.

In addition to the large generator, the commissary is equipped with a smaller backup generator that powers temporary lighting and registers during outages, ensuring that customers can continue to access necessary goods.

"If we don't have the extra generator, we could potentially lose everything— meat, produce, everything," West added, highlighting the importance of reliable power for the installation's food supply.

Fort Johnson leadership recognizes the critical role the commissary plays in the Fort Johnson community. With preparations in place, the command aims to support Soldiers and their Families during storms.



Suicide Prevention Month proclamation signing



From left: Col. CJ Lopez, Fort Johnson garrison commander, Brig. Gen. Jason A. Curl, Joint Readiness Training Center and Fort Johnson commanding general, Christa Zayas, Suicide Prevention Program Coordinator and Post Command Sgt. Maj. Oracio Peña sign a proclamation for Suicide Prevention Month, Sept. 10, at the Bayou Theater, Fort Johnson, La. (U.S. Army photo by Antoine Aaron)

Visitor Control Center awarded



The Joint Readiness Training Center and Fort Johnson Visitor Control was presented with a Lifetime Honorary Membership Award for exemplary service from Lt. Col. Joshua A. Larson, 519th Military Police Battalion commander, and Command Sgt. Maj. David G. Baucan Sept. 5 for their unwavering dedication to going above and beyond in providing top-tier customer service.

VIPER OLYMPICS

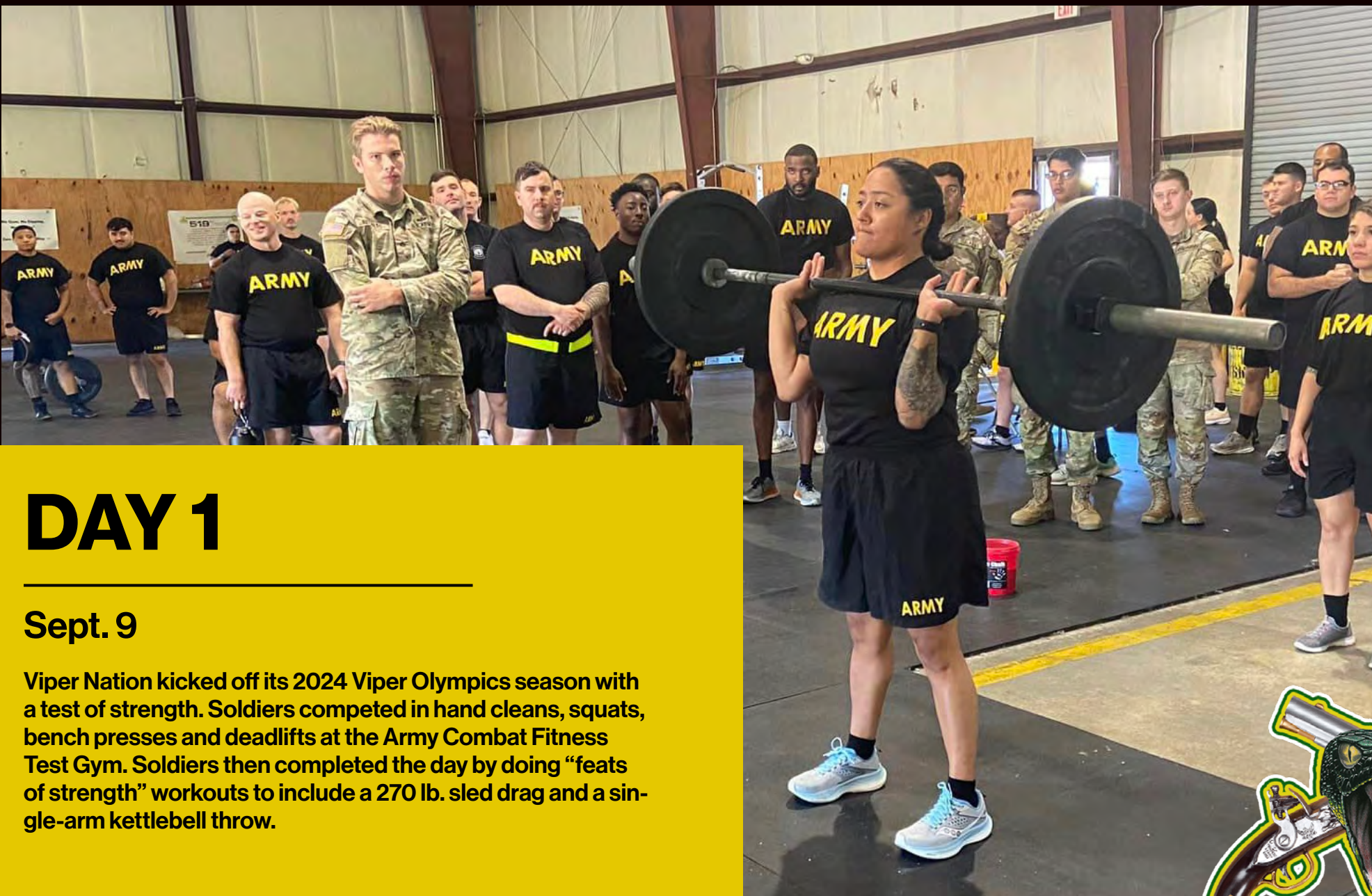


2024

FORT JOHNSON, La. — The 519th Military Police Battalion -- also known as "Viper Nation" -- held their annual Viper Olympics Sept. 9-13. Soldiers spent the week competing against

one another in various areas of grit, from relay races to rowing. At the end of the games on Sept. 13, Soldiers held an award ceremony and special lunch at

Alligator Lake Recreation Park. To see additional photos of the 2024 Viper Olympics competition, scroll to the next page for a complete overview.



DAY 1

Sept. 9

Viper Nation kicked off its 2024 Viper Olympics season with a test of strength. Soldiers competed in hand cleans, squats, bench presses and deadlifts at the Army Combat Fitness Test Gym. Soldiers then completed the day by doing “feats of strength” workouts to include a 270 lb. sled drag and a single-arm kettlebell throw.



DAY 2-3

Sept. 10-11

On days two and three of the Viper Olympics, Soldiers competed in six different workouts of the day which tested them both physically and mentally back at the ACFT Gym. On day two, Soldiers tested their strength in CrossFit training, while day three saw Viper Nation give it their all at rowing and indoor biking.



DAY 4 + FINALE

Sept. 12-13

For the final day of competition, Vipers competed in multiple races at Honor Field. Soldiers were able to participate in individual events such as the 50-meter relay, 100-meter relay, 400-meter relay and 1-mile relay. Soldiers also put together teams for the mixed gender 4x100 meter and 4x400 meter team relays. Viper Nation closed the competition Sept. 13 with an awards ceremony and special lunch at Alligator Lake Army Recreation Park.



The winners of the Viper Olympics awards took a group photo with Family members!

(U.S. Army photos by Antoine Aaron and Porsha Auzenne/PAO and 519th MP Bn)



GOLD STAR MOTHER'S AND FAMILY DAY

Gold Star Mother's and Family's Day is observed in the United States on the last Sunday of September and recognized by the U.S. Congress as the day America honors surviving Mothers and Families of fallen service members.



A Gold Star Lapel Button (left) and a Next of Kin Lapel Button. Gold Star mothers and immediate family members of service members who died while on active-duty status receive either the Gold Star Lapel Button or the Lapel Button for Next of Kin of deceased personnel. Both lapel buttons are very meaningful symbols of honor and great distinction.

Honor their sacrifice

- On June 23, 1936, the 74th United States Congress designated the last Sunday of September as "Gold Star Mother's Day."
- Since the loss of a loved one affects the entire Family, the Department of the Army observes this day as "Gold Star Mother's and Family's Day."
- We remember and honor the surviving Mothers and Families of fallen service members.

Resilient Legacies

- The Army is indebted to Gold Star Mothers and Families as they are the legacies of their service member's ultimate sacrifice.

Symbols of honor

- Gold Star Mothers and Family members wear symbols of honor to remember their fallen service member.
- Please show respect to those who are wearing the Gold Star Lapel Button and Next of Kin Lapel Button.

[Click here for Survivor Outreach Services.](#)

No Salute Area



Starting Oct. 1, in accordance with Army Directive 2022-06 and Army Regulation 600-25 Chapter 2-1i., Child and Youth Service program areas (facilities and surrounding grounds) are designated as "no-hat, no-salute zones" in which salutes are not required to be rendered or returned when either person is carrying children or articles with both hands, making saluting impractical.

MOLD MITIGATION

TIP #5



Run the bathroom fan or open the window when showering. Use exhaust fans or open windows whenever cooking, running the dishwasher or dishwashing, etc.

NATIONAL SECURITY OFFICER APPRECIATION WEEK



National Security Officer Appreciation Week is the third week in September,

Fort Johnson's Directorate of Emergency Services is proud to honor its Department of the Army security guards during this week of recognition.

DES security guards are dedicated professionals who provide Fort Johnson with services that maintain a safe and secure installation.

Take part in celebrating these brave men and women in uniform during National Security Officer Appreciation Week by showing how much you appreciate them!

* **Share** your appreciation with an Interactive Customer Evaluation comment.

* **Tell** them thank you for their hard work.

* **Have** your common access card out and a smile on your face as they greet you while entering the installation.

* **When** traffic is backed up at an access control point, let the guards know you appreciate them getting you through the gate as fast as possible.

**Thank you
security
officers!**

(Left) Directorate of Emergency Services Department of the Army security guards perform Oleoresin Capsicum and handcuff training as part of their certification, Sept. 5 at Fort Johnson, La.

(U.S. Army photos by Karen Sampson)

(Right) Guards perform taser training, Sept. 6, at the DES Security Headquarters.

(U.S. Army photos by Porsha Auzenne)



Writer shares experience, accepts help, **overcomes** adversity

By Jean Clavette Graves
BJACH PAO

FORT JOHNSON, La. — September is Suicide Prevention Month, and wrestling my own demons for nearly two months recently got me thinking about how powerful those dark thoughts can be — how difficult it can be to move past a setback.

I've always been a "glass half full" person. A "bloom where you're planted," and "lemons to lemonade" type of gal, but an infection and injury the first week of August really got to me! I felt like a burden to my family, an unproductive member of my team, and I was sad, all the time.

I've been thinking a lot about my mental health and the important role it plays in my physical health and I wanted to put pen to paper to share my experience in hopes of helping others.

On Aug. 2, I got an infection in my right hand. I allowed my hand to swell so badly before seek-

ing medical attention on Aug. 4, that it further exacerbated the situation, which I'm still dealing with today.

Armed with antibiotics and Motrin I tried to carry on as usual after my first trip to the emergency room. I guess I'm stubborn. I'm right-handed and tried to continue working and doing my normal daily duties with my left hand. The pain was almost unbearable. At one point, and during a fit of frustration and rage, I tore my meniscus and did a number on my ankle trying to get out of my Jeep.

Between my hand, knee, ankle and the subsequent swelling of most of my right side, I've spent the past two months laid up or at medical appointments. The injuries prevented me from doing many of the things I love. I haven't been able to walk my dogs, cooking meals is difficult, and my garden shriveled up and died.

I got really, down.

I recall talking to my colleague who kindly inquired about how I was doing, and I started

crying.

The simplest tasks: dressing, washing my hair, doing laundry, even petting my dog became arduous, difficult, and painful. I got tired of being asked how I was feeling because it made me angry; not because of them, but because of my own reaction to the questions. I got tired of hearing myself tell the tale. I felt like I was whining. I felt weak. I felt useless. I couldn't do my job; I couldn't take care of my home, my family, or my pets. I couldn't do the things I wanted to do.

One day, while working from home in my pajamas, hair a dirty mess, leg elevated, propped up in my bed, I got an email from Capt. James Walker, hospital chaplain for Bayne-Jones Army Community Hospital.

Chaplain Walker sends a daily email to the entire staff at BJACH. This one, sent on Sept. 4 was entitled Word of the Day: Choosing Thoughts and read as follows:

"The greatest weapon against stress is our

ability to choose one thought over another," William James. Being mindful of our thought patterns and consciously choosing positive and empowering thoughts can reduce stress and improve our overall well-being.

By taking control of our thought processes, we can decrease anxiety and enhance our mental and emotional health. It's important to recognize the power of our thoughts and intentionally maintain a positive mindset for a healthier well-being," he wrote. "When I am afraid, I put my trust in you." - Psalm 56:3.

I immediately replied, "easier said than done my friend."

But it struck a chord, and it made me realize mind over matter. It got me thinking of the saying mental health is health and motivated me to change my thoughts.

I had to remind myself that I was injured and would recover. I have friends battling cancer and kidney failure, and I needed to put things in perspective.

I had to take a good long look in the mirror and figure out what I could do, instead of what I couldn't do. And I had to live!

Struggling with my own feelings got me thinking more and more about suicide prevention and how hopeless one must feel to decide to end their own life. Asking for and accepting help can be very hard.

For me, I had to hire someone to clean my house, because I couldn't. I had to hire someone to clean out my chicken coop. When my new neighbor asked me if there was anything she could do, I had to humbly ask her if she could cut my fingernails.

The installation director of psychological health, Lt. Col. Alexander Ragan, and I have worked together for the past three years to raise awareness about suicide prevention and engage the community about mental health resources and the targeted care program.

Commentary

Today, he wrote a message for a group that struck a chord. He said, "Suicides deeply impact everyone involved, Families, friends, and fellow Soldiers. It's a heartbreaking and frustrating reminder of the silent battles we all face. The anger and grief we feel can sometimes be overwhelming, but it's also an opportunity to remember that no one is alone. We all matter, and no one should ever feel like a burden."

Ragan suggested that we can honor those we've lost by checking in with two people around us by asking them how they're really doing and listen.

"If you're struggling, reach out. Let someone know you need support," he said "Together, we can make a difference. Connecting with one another strengthens us, reminding us that we're part of something bigger. 'Connect to protect'—we are always stronger together. Let's keep looking out for each other."

And he's right.

I didn't pull myself out the darkness alone.

My mom, my husband, my son, my friends, and coworkers checking on me made all the difference.

In the beginning, I didn't realize it, but looking back on this journey and as I get better physically each day, I know it was my relationships that kept me going and helped me regain my positive mental attitude. Their love and concern for me helped me get over myself and focus on my recovery.

Am I fully healed? Am I back to my old self? No, not yet, but I'm taking things day by day. I'm grateful for the people around me. I've put things in perspective, and I hope my words can help another person.

My pride has been my biggest obstacle, talking to the chaplain was my first step to getting my mind right. His word of the day opened an inner dialogue that got me thinking. Learning to lean on others, accepting their help and



Capt. Christina Pierce, left, and Jean Clavette Graves

focusing on the future all helped me pull myself out of the darkness of my own thoughts.

For you, it might be a Military and Family Life Counselor, a confidant or family member. Our team in the BJACH Behavioral Health department is always available to help or connect you to the resource best suited for you.

I can attest to the fact that we have a lot of wonderful and caring people in our community. There are a lot of resources available to us when we need it.

If you are struggling, be willing to accept help when offered, and don't be afraid to ask for help occasionally.

If you don't know where to turn call the **988 Suicide and Crisis Lifeline**, stop by the BJACH Behavioral Health Department located on the 6th Floor of the hospital, visit the main post chapel, or ask to speak to a Military and Family Life Counseling Program at Army Community Service, 337-531-194.



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

OCTOBER 1-5, 2024

BEAUREGARD PARISH FAIR
DERIDDER, LA

ARMBANDS \$25

TUESDAY • OCT. 1 • ALL RIDES ARE \$2!!

ARMBANDS \$25

ARMBAND TIMES:

THURSDAY • OCT. 3 | 5-10:PM
FRIDAY • OCT. 4 | 10:AM-4:PM
SATURDAY • OCT. 5 | 10:AM-4:PM

WEDNESDAY • OCT. 2 • NO ARMBAND SALES

Admission: \$5 School Age and Above
 All Military Enter Free All Week! • ID Required!

Friday, Oct. 4th - Kids Day
 (All Children Enter FREE from 10am-4pm)

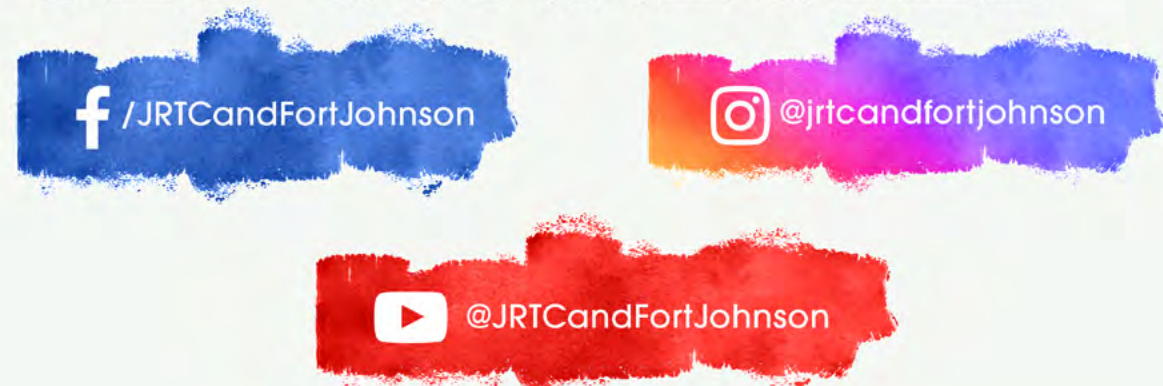
****No Refunds for inclement weather conditions.**

www.beauregardparishfair.com



FOLLOW JRTC AND FORT JOHNSON
ON FACEBOOK, INSTAGRAM AND
YOUTUBE

GET CONNECTED



THANK YOU FOR YOUR SERVICE



We are grateful for all you do
to protect and serve our country.

We are proud to honor our service
members and their families with
these savings.

Fort Johnson Commissary SIDEWALK SALE

Join us for three days of savings!

SEPT 27 10 a.m. – 6 p.m.

SEPT 28 10 a.m. – 6 p.m.

SEPT 29 10 a.m. – 6 p.m.

Check your local commissary for dates and time of sales.

www.commissaries.com





DOMESTIC VIOLENCE AWARENESS MONTH

Upcoming Events



DVAM Proclamation Signing

Oct. 2 at Warrior Field, 9:15 a.m.

Join Fort Johnson leadership and the Army Community Service team as they take a stand against domestic violence.



DVAM Halloween Party

Oct. 11 at Army Community Service, 6-8 p.m.

Bounce houses, crafts, games, food, a maze and more will be available at this fangtastic-filled Halloween party! Don't forget your costumes.



National Wear Purple Day

Oct. 17, Installation Wide

Show your support to victims of domestic violence by wearing purple.



"Make a Difference" Carnival

Oct. 24 at Army Community Service, 5:30-7:30 p.m.

Family fun, food, games, crafts, and inflatables. Free and open to the community. To support the "MAD" theme, you will receive one raffle ticket for every non-perishable food item donated. Winner will be selected at the end of the event.



Light Up Fort Johnson

Oct. 1-31, Installation Wide

Come to ACS and receive a free purple light bulb to shine on your front porch the entire month of October. Light bulbs are available now. First come, first served.

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



1-31 OCTOBER 2024

IMPLEMENTATION OF ENERGY CONSERVATION HVAC SET POINTS

| Directorate of Public Works

The Directorate of Public Works began resetting all Heating, Ventilation and Cooling set points beginning Sept. 17 at 5 p.m. Army Regulation 420-1 Army Facilities Management and the Joint Readiness Training Center and Fort Johnson Policy #18 Energy Conservation and Efficiency provide guidance as part of the overall Army Energy and Climate Strategic goals to effectively use our energy resources and meet federal energy reduction mandates.

1. This policy is applicable to tenant units/ agencies, brigades and battalions, garrison activities and agencies, and contractors assigned or attached to Fort Johnson. DPW expects the Fort Johnson Community to implement these energy conservation measures, as rapidly as possible. DPW will follow this action with random building level energy audits.

2. Heating and Cooling per AR 420-1.
a. Occupied Buildings.

During cooling periods, temperatures should be set to 74 °F for occupied buildings, and maintained in the range 72-76 °F.

For facilities with min/max programmable thermostats, the minimum cooling set point will be set to 72 °F.

During heating periods, the temperature in occupied buildings will be set at 70 °F, and maintained in the range of 68-72 °F, during working hours.

For facilities with min/max programmable thermostats, the maximum heating set point will be set to 72 °F.

b. Non-Occupied Buildings. During cooling periods, temperatures should be set to 80 °F without the need to monitor relative humidity for mold and bacteria control.

During heating periods, set back temperatures should be set to 55 °F and maintained in the range of 50-60 °F

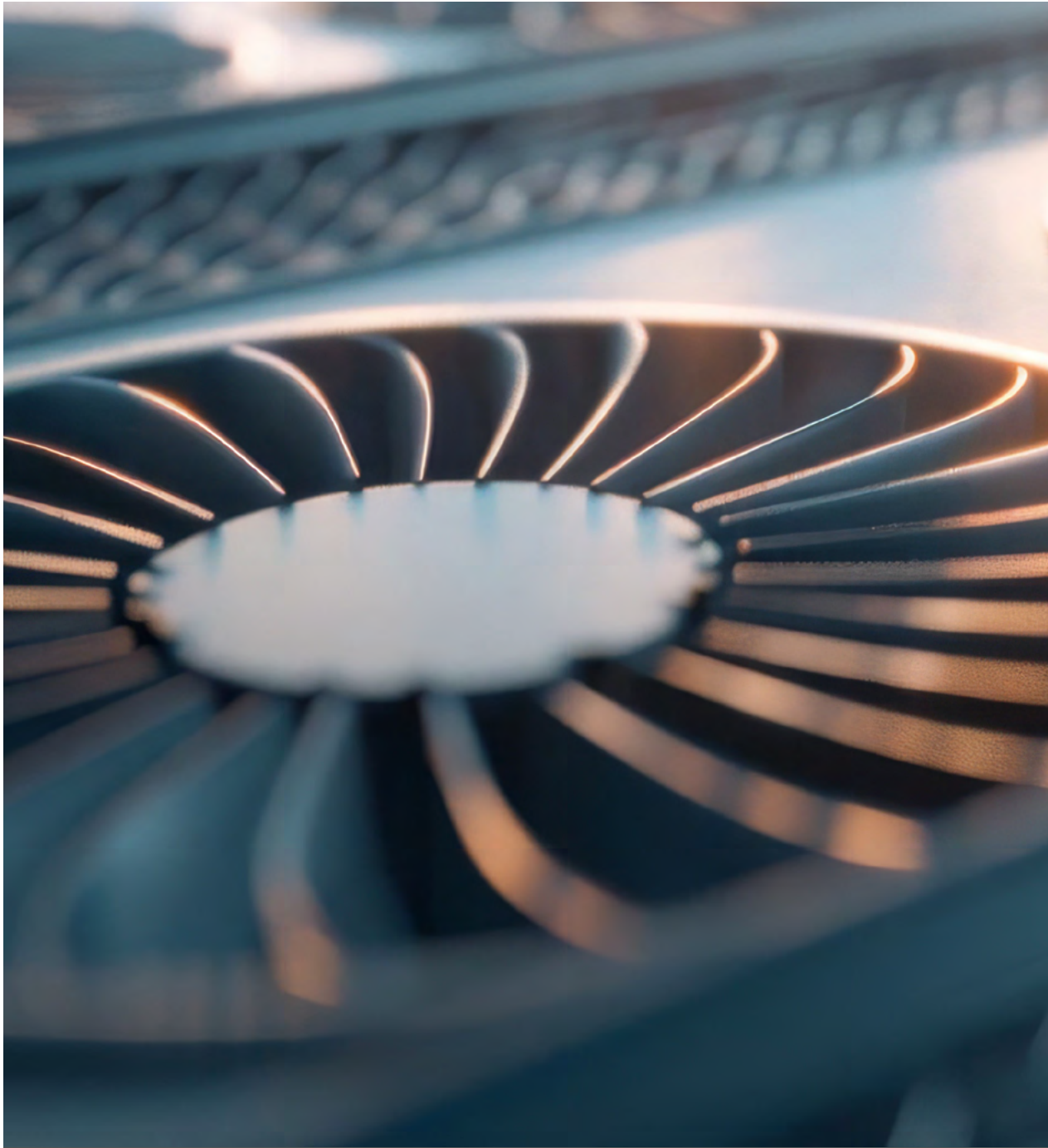
c. Maintenance Shops, Bays, Hangars.

During heating periods, maintenance shops, bays and hangars should be set at 60 °F plus or minus 5 degrees when occupied, and 45 °F plus or minus 5 degrees when not occupied.

Maintenance shops, bays, and hangars will not be heated if they are usually not occupied, and when freezing and condensation are not issues.

d. Childcare Facilities, Medical, and Medical Research Facilities.

Always maintain the relative humidity of childcare facilities between 30 and 50 percent per Unified Facilities Criteria 4-740-14. Space temperature for medical and medical research



operations will comply with these standards unless exempted by UFC 4-510-01.

3. Many low cost/no cost energy and water reduction measures contribute greatly to saving energy and reducing budgets. Measures to be taken are as follows:

- a.** Report windows and doors with air leaks
- b.** Report on leaks from natural gas, water, or compressed air.
- c.** Report running toilets
- d.** Report broken faucets
- e.** Keep exterior doors closed.
- f.** Turn off lights if not needed and at the end of the workday.

Within unoccupied buildings, all exterior and interior lights will be turned off, except when lights are essential for safety and security purposes outlined in AR 190-11 Unoccupied buildings

g. The use of personal refrigerators is prohibited for individual work areas unless

approved by the organization's commander/ director.

h. Energy Star rated refrigerators are authorized in communal break areas.

i. Exceptions are allowed for general officers and commanders who have conference room meeting requirements that justify the single use.

j. Eliminate and remove all extra refrigerators, microwaves, and other appliances that service only one or two persons.

k. Only the quantity of appliances needed for the number of personnel is permitted, removal of all non-Energy Star appliances from the workplace.

l. Unplug all office/home appliances when not in use for extended periods of time.

DPW and FJLA Command appreciate everyone's participation and commitment in helping to do our part in saving energy.

The Joint Readiness Training Center and Fort Johnson presents

INSTALLATION

SERVICES
FAIR

OCT. 10
5-6 P.M.

at the Warrior Center

Fort Johnson invites the community to meet leadership and hear about some of the outstanding programs and services offered on the installation.

Food and childcare will be provided!

Organizations include:

Family and Morale, Welfare & Recreation • Human Resources • Garrison Safety Office • Religious Support Office • Plans, Training, Mobilization and Security • Emergency Services • Logistics Readiness Center • Public Works • Staff Judge Advocate • SHARP • Bayne-Jones Army Community Hospital • American Red Cross • Equal Opportunity • Master Resilience Training • Public Affairs Office • United Services Organization and more!

For more information call
337-353-1694



Anger & Stress Management



Discover the power of controlling your emotions

Classes are held the second Thursday of each month from 11:30 - 12:30

Call Us Now

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

Phone Number 337-531-1938
Address 1591 Bell Richard Ave. Bldg. 920 Fort Johnson, LA 71459

TASTE OF Louisiana

Indulge in authentic, delicious Louisiana dishes while mingling with the amazing ACS staff. Discover our exciting programs and learn how we're making a difference. Don't miss this opportunity to savor great food and connect with our community!

SEPTEMBER 26, 2024
5 PM - 6 PM
1591 BELL RICHARD AVENUE
BLDG 920

SUICIDE PREVENTION AWARENESS MONTH BEHAVIORAL HEALTH OPEN HOUSE 8 - 10 A.M., WEDNESDAY, SEPTEMBER 25

LEVEL UP



Resiliency Resource Scavenger Hunt at BJACH

Soldiers, Families, Civilian Employees and Beneficiaries are invited to:



DISCOVER AND EXPLORE BJACH IN SEARCH OF INSTALLATION CLINICAL AND NONCLINICAL MENTAL & BEHAVIORAL HEALTH RESOURCES TO HELP WITH CHRONIC OR ACUTE ISSUES.



LEVEL UP FROM FLOOR TO FLOOR SEEKING DIFFERENT VECTORS OF TARGETED CARE

Journey to Positivity

#CONNECTTOPROTECT

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

1591 BellRichard Ave. Bldg. 920
Fort Johnson, LA 71459
Please call to register

337-531-1938

