

# GUARDIAN



TO HOUSING AREA  
DIAMOND CT.



JAMES H. DIAMOND

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# Louisiana accredited Medal of Honor recipients commemorated

By **PORSHA AUZENNE**  
Public Affairs Office

FORT JOHNSON, La. — In observation of Medal of Honor Day March 25, Fort Johnson held a special housing town hall March 18.

The event commemorated three of the 10 Medal of Honor recipients accredited to Louisiana.

Three recipients — Pfc. James H. Diamond, Pfc. Milton Arthur Lee and Cpl. Hampton M. Roach — join seven others (Sgt. Emanuel Stance, Sgt. Hulon B. Whittington, 2nd Lt. Lloyd Herbert Hughes, 1st Lt. Douglas B. Fournet, Staff Sgt. Homer L. Wise, Col. John R. Kane and 1st Lt. Edward R. Schowalter) in having streets around the three installation neighborhoods designated in their honor.

Each street now has a special U.S. Army Medal of Honor graphic to celebrate each of these servicemen for their bravery in the face of adversity to ensure freedom for the nation.

Fort Johnson leadership held an unveiling ceremony for the three signs before the housing town hall commenced, starting at Diamond Street.

“This is a big day for us,” Post Command sergeant major David P. Hanson said before the unveiling of the new street sign, “Pfc. James H. Diamond is one of 10 streets we named after Medal of Honor winners here from Louisiana.”

Chris Ausbun, retired Fort Johnson garrison command Sgt. Major who now works as a readiness specialist for the Directorate of Plans, Training, Mobilization and Security, weighed in on the importance of Medal of Honor Day.

“We want to highlight and remember these heroes, which is why we are dedicated to hosting events like this,” said Ausbun. “The Medal of Honor is the highest award for military valor in action — these men were put in harm’s way, stood to sacrifice their lives and made a dif-



*Retired Command Sgt. Maj. Chris Ausbun (left), readiness specialist for Fort Johnson’s Directorate of Plans, Training, Mobilization and Security, presents the Pfc. James H. Diamond street sign unveiling with Post Command Sgt. Maj. David P. Hanson. (U.S. Army photo by Porsha Auzenne)*



*A special exhibit takes center stage at the Fort Johnson Post Exchange. The display honors Louisiana Medal of Honor recipients. (U.S. Army photo by Porsha Auzenne)*

ference that reflects in our country today.”

All Medal of Honor recipient named street signs also display a QR code onlookers can scan to learn



*Retired Lt. Col. Mark Leslie (left), reads a book about the Medal of Honor, as Col. CJ Lopez (center), Fort Johnson garrison commander, gives a little listner a high five and retired Command Sgt. Maj. Chris Ausbun, looks on. The special Story Time was held at Allen Memorial Library March 22 in honor of Medal of Honor Day March 25. (U.S. Army photo by Angie Thorne)*

more information about each service member.

To learn more about the 10 Medal of Honor recipients from Louisiana, visit <https://home.army.mil/johnson/about/medal-honor>



**JRTC and  
Fort Johnson**  
**Maj. Gen. David W.  
Gardner**

Commanding General

**Col. CJ Lopez**

Garrison Commander

**Deven B. King**

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**Cover photo:** *Retired Lt. Col. Mark Leslie, Fort Johnson director of Plans, Training, Mobilization and Security (left), and Post Command Sgt. Maj. David P. Hanson unveil Pfc. James H. Diamond’s Medal of Honor street sign March 18 in Palmetto Terrace. (U.S. Army photo by Porsha Auzenne.)*





# MEDAL OF HONOR

## STREET SIGNS



Lake Charles, La.

1st Lt. Douglas  
B. Fournet



Alexandria, La.

2nd Lt. Lloyd  
Herbert Hughes



Dogwood



New Orleans, La.

1st Lt. Edward  
R. Schowalter



Shreveport, La.

Col. John  
Riley Kane



Baton Rouge, La.

Staff Sgt. Homer  
L. Wise



Maple



Concord, La.

Cpl. Hampton  
M. Roach



Bastrop, La.

Sgt. Hulon  
B. Whittington



J.H. DIAMOND CT.



Shreveport, La.

Pfc. Milton  
Arthur Lee



New Orleans, La.

Pfc. James H.  
Diamond



East Carroll Parish, La.

Sgt. Emanuel  
Stance



Palmetto

These 10 streets on Fort Johnson, named after Medal of Honor recipients from Louisiana, are commemorated with a special Medal of Honor graphic.



# Army leadership observes quality of life efforts on Fort Johnson

By ANGIE THORNE  
Public Affairs Office

FORT JOHNSON, La. — Lt. Gen. Kevin Vereen, Headquarters Department of the Army deputy chief of staff, G-9, and Maj. Gen. Kimberly Colloton, United States Army Corps of Engineers deputy commanding general for military and international operations, visited the Joint Readiness Training Center and Fort Johnson March 20-21.

Vereen toured the installation to gain a deeper understanding of the challenges and opportunities facing Soldiers and Families, while Colloton traveled to Fort Johnson to conduct a command program review of the projects the Fort Worth District United States Army Corps of Engineers are working on to support the Soldiers and Families of Fort Johnson.

Colloton's visit allows her to see this work first hand to better understand the impact it has made and will make for the Fort Johnson community.

Due to the similarity of their purposes, their tours overlapped.

Colloton said she is extremely proud of the work the Fort Worth District is doing to serve the men and women of Fort Johnson and their Families.

"Our strong partnership with the Fort Johnson garrison ensures we safely deliver quality projects on time and on budget to support this important mission," she said.

Vereen emphasized the importance of these trips to provide valuable insight to bring back and share across the Army.

"Immersing ourselves in the Soldier experience allows us to develop policies that enhance the well-being and readiness of our force," Vereen said.

The itinerary included tours of barracks, new construction, housing, child development centers, the School Age Center, and STARBASE, a Department of Defense Youth Program that gives local children an opportunity to help improve their knowledge in science, technology, engineering and math in an interactive way.

For Vereen, visiting installations like Fort Johnson is essential to making informed decisions, especially when it comes to the importance of direct interactions with Soldiers. Vereen's itinerary took this into consideration by making time stop at the Fort Johnson Home of Heroes Recreation Center, headquarters of the installation's Better Opportunities for Single Soldiers program, to talk to Soldiers and make a critical connection to better understand what they need.

"These visits and Soldier interactions allow us to validate our policies and gain firsthand knowledge of the Soldier experience," Vereen said. "Through quality of life visits, we bridge



*Lt. Gen. Kevin Vereen (center), Headquarters Department of the Army deputy chief of staff, G-9, tours a child development center during a visit to Fort Johnson March 20-21 to gain a deeper understanding of the challenges and opportunities facing Soldiers and Families. (U.S. Army photo by Antoine Aaron)*



*Lt. Gen. Kevin Vereen (second from left), Headquarters Department of the Army deputy chief of staff, G-9, stands next to Maj. Gen. Kimberly Colloton, United States Army Corps of Engineers deputy commanding general for military and international operations, as they tour Fort Johnson's School Age Center with Fort Johnson leadership March 21. (U.S. Army photo by Antoine Aaron)*

the gap between strategic intent and solutions at the local level, ensuring every decision is centered on taking care of our Families and ultimately, the readiness of our Soldiers."

Touring barracks and actively listening to Soldiers isn't merely a routine check.

"It's a commitment to understanding the life and experiences of our Soldiers. Their insights, challenges and suggestions provide invaluable perspectives in shaping barracks policies that prioritize their comfort, safety and morale, ultimately strengthening our entire force from the ground up," Vereen said.

Just as important is visiting Family housing and listening to the Families as they provide firsthand accounts of the nuances of their daily lives.

"Their feedback helps us understand and guide us in ensuring housing policies foster a positive, thriving environment where our Families can truly feel at home," Vereen said.

Touring child development centers and actively engaging with caregivers helps

prioritize the well-being of Army Families' youngest members.

"By immersing ourselves in these spaces and listening to the needs and experiences of parents and child care staff, we gain invaluable insights that shape policies to ensure these centers remain nurturing and enriching environments, where every child can flourish," Vereen said.

After touring the School Age Center, Colloton agreed with Vereen about the importance of putting military children and Families first.

"Soldiers can do their jobs better if they know their Family is being taken care of," Colloton said.

The strength of the Army begins and ends with Soldiers and Families.

"We are committed to providing them with the best resources and care," Vereen said. "That's why these visits are so important."

The visit to Fort Johnson by Vereen and Colloton is an example of continuing efforts by Army leadership to improve quality of life.





JRTC  
OPERATIONS GROUP

# BOX TOUR



JOINT READINESS  
TRAINING CENTER

**FORT  
JOHNSON**



**APRIL 13**  
8 a.m.-4 p.m.

RSVP or questions:

**Maj. Scott Abrams**

337-378-6613

ronald.s.abrams2.mil@army.mil

**Maj. Maria Carver**

337-378-3392

carver.m.frihman.mil@army.mil

**Explosions • Battlefield and  
Airborne Demonstrations • Static  
Display • Helicopters and more!**

-Make sure to dress in comfortable clothes, wear shoes suitable for walking, pack a lunch/snacks and bring a water container.

-Child care will not be provided and parents will be responsible for their little ones.

**Scan for  
tickets**





# Adjutant General Soldiers take time to **play**, network, more

*Adjutant General Soldiers from across Fort Johnson came together March 8 to build esprit de corps with a shared goal of enhancing efficiency among the workforce through networking and encouraging creative solutions. The event included a game of ultimate frisbee, an introduction of the Post G1 Team followed by participating units and concluded with sharing products and solutions to common challenges. (Courtesy U.S. Army)*





**UXO, Dud, Training Round, War Trophy, Souvenir**  
**NO MATTER WHAT YOU CALL THEM, THEY CAN BE DEADLY!**



**Follow  
the 3Rs**

**Recognize**

Recognize the danger that a souvenir munition poses to yourself, your family and your neighbors.

**Retreat**

Do not touch, move or disturb it. Do not give or throw it away.

**Report**

Immediately notify local law enforcement. Call 911.

**Visit the 3Rs Explosives Safety Education website: <https://3Rs.mil>**



## **MAGNET FISHING**



PULLING METAL OBJECTS FROM THE WATER USING A STRONG MAGNET. IT IS NOT ALLOWED ON FORT JOHNSON

### **From Fun to Fatal: The Risks of Magnet Fishing**

Magnet fishing poses serious risks, including encountering firearms, grenades, and sharp objects, as well as potential legal trouble for keeping found items. Moreover, the powerful magnets used can interfere with pacemakers and damage electronics. Military training areas, often containing unexploded ordnance (UXO), are especially hazardous. Accidental detonation of UXO, even old explosives, can be fatal.



Army Regulation 385-10, 2-17.b.(3)(d), *Prohibits magnet fishing on army installations*



# Commanding general talks Army Emergency Relief

Fort Johnson Team,

The Army’s annual Army Emergency Relief campaign began March 1 and ends June 14. AER is a powerful means to care for our Soldiers and Families through critical financial support in times of need. We all have the opportunity and privilege to support this effort.

All commanders and leaders must ensure 100% of their personnel are made aware of the benefits AER provides our force, and their personal opportunities to contribute directly or register for payroll allotment through [armyemergencyrelief.org](http://armyemergencyrelief.org).

AER is the Army’s official nonprofit,

providing grants, interest-free loans and scholarships for Soldiers and Families facing unexpected financial hardship. AER has a long history of quality financial support and, since 1942, has provided more than \$2 billion in assistance.

AER is a Total Army Program and directly contributes to the readiness of Soldiers and formations through natural disaster support, financial literacy training incentives and its Career Skills Support Program. AER also assists surviving spouses, children and wounded warriors. In 2023, AER supported more than 34,000 Soldiers and Army Families with \$67 million in loans, grants and scholarships in

more than 30 categories, including housing, food, utilities, emergency travel and vehicle repair.

AER is the only fundraising the Army may conduct Army wide. I fully support the AER assistance programs under the principals of voluntary giving, and I urge you to support this worthwhile endeavor.

Thank you for everything you do on a daily basis to support and defend our nation. Your commitment and sacrifice do not go unnoticed.

People First! All the way!  
Maj. Gen. David W. Gardner  
Commanding General  
JRTC and Fort Johnson

A composite image for an Army Emergency Relief poster. The background is a textured, olive-green and brown pattern. At the top, a large, bold, yellow text reads "ARMY EMERGENCY RELIEF" followed by "SUPPORTING SOLDIERS AND THEIR FAMILIES SINCE 1942". In the center, a large, detailed image of a soldier's helmet with night vision goggles is prominent. To the left, a black helicopter is shown in flight. To the right, several parachutes are depicted falling. In the foreground, two soldiers are shown: a man on the left wearing a helmet and a woman on the right wearing a maroon beret. At the bottom, a yellow banner contains the text "TO DONATE VISIT" in white, followed by the URL "give.armyemergencyrelief.org /FTJOHNSON" in blue.

**ARMY EMERGENCY RELIEF**  
**SUPPORTING SOLDIERS AND THEIR FAMILIES SINCE 1942**

**TO DONATE VISIT**  
**[give.armyemergencyrelief.org](http://give.armyemergencyrelief.org)**  
**[/FTJOHNSON](http://FTJOHNSON)**





## “Patriots” preparing for departure

*Soldiers assigned to 3rd Brigade Combat Team, 10th Mountain Division prepare for Defender Europe. The brigade continues to complete requirements for departure, train, and conduct convoys from Fort Johnson to the Port of Beaumont to load equipment on awaiting ships. (Photos courtesy U.S. Army)*



## Award winning excellence

*Each year on March 13, the most outstanding military intelligence company assigned to a brigade combat team is presented the Maj. Gen. Oliver W. Dillard Award as a testament to their efforts. The 3rd Brigade Combat Team, 10th Mountain Division recognizes Dagger Company, 317th Brigade Engineer Battalion Buffaloes as the recipients of this prestigious award for fiscal year 2023. In addition to receiving the official Maj. Gen. Oliver W. Dillard Award, the unit received a streamer for their guidon, and Patriot 6 awarded Dagger Company personnel with a brigade coin for their outstanding work.*





# Water resources team ensures quality of life for future generations

By JANET COLLINS  
Water resources coordinator

FORT JOHNSON, La. — The Fort Johnson water resources team, part of the Directorate of Public Works Environmental and Natural Resource Management Division, perform a variety of tasks to keep water on the installation safe. For example, the team inspects ongoing construction projects, municipal and industrial sites on Fort Johnson. When performing an inspection, they monitor surface water quality and check for illicit discharges and storm water compliance.

The program is designed to help prevent storm water runoff

contamination. How do they ensure water quality? They regularly monitor and test water sources, implement water treatment processes, maintain infrastructure integrity and adhere to regulatory standards set by agencies like the Environmental Protection Agency and the Louisiana Department of Environmental Quality.

They educate personnel on water conservation and pollution prevention, as well as collaborate with local authorities and environmental organizations to address any issues that arise.

The quality and quantity of water resources on Fort Johnson are essential for various activities and the well-being of personnel.

The water resources team monitors and takes samples of surface water from 24 streams on the installation. This helps them track changes in water quality, flow rates, and environmental conditions over time.

The team employs a combination of field measurements, water sampling and laboratory analysis to gather data on parameters such as pH, dissolved oxygen, temperature, turbidity and pollutants. This data helps them make informed decisions regarding water management, conservation and compliance with regulations.

Along with this data, the surface water sampling is critical



in protecting public health, the environment and enabling scientific research.

By taking proactive steps in safeguarding Fort Johnson's valuable water resources, they are protecting continuous fresh water for future generations.

# Corvias ranks high for quality of operations, maintenance services

## CORVIAS

Warwick, RI — Service members and their Families are drawn to the variety of home options, community amenities and convenience of living on post. They also appreciate a property management team that provides a positive living experience.

As a result of that kind of exceptional customer service, Corvias Property Management portfolio swept top resident satisfaction awards across all communities. They received a national "Resident Satisfaction Award" from SatisFacts for earning high survey scores for its management of on-base housing communities.

With seven installations across six states, these communities include:

- Maryland:
  - \*Aberdeen Proving Ground's Patriot Village, Plum Point, Bayside and Edgewood
  - \*Fort Meade's Meuse Forest, Midway Commons, Patriot Ridge, Potomac Place, Heritage Park, Reece Crossings and Midway Commons
- North Carolina,
  - \*Fort Liberty's Ardennes/Bataan, Hammond Hills, Nijmegen, Normandy Bluffs, Normandy/Bastogne Gables
  - \*Pope Air Force Base, Ste. Mere Eglise, Randolph Pointe, Linden Oaks, Corregidor / Bougainville and Casablanca/Anzio Acres
- Louisiana, Fort Johnson's Dogwood Terrace, Maple Terrace and Palmetto Terrace
- Kansas, Fort Riley's Ellis Heights, Colyer Forsyth, Historic Main Post, McClellan Place and Warner-Peterson
- Alabama, Fort Novosel's Allen Heights, Bowden Terrace, Munson Heights, Silver Wings and Skunk Hollow
- Oklahoma, Fort Sill's Buffalo Soldier Acres,



*The Corvias maintenance team takes pride in serving residents and ensuring they are proud to call their on-post community home. (Courtesy Corvias)*

Old Cavalry Post and Southern Plains

Col. CJ Lopez, Fort Johnson garrison commander, commended the local team on this achievement.

"Congratulations to Corvias on this well-deserved award. It's a direct result of their responsiveness and service to our residents. We look forward to continuing our partnership in maintaining excellent quality of life for the Fort Johnson community."

By gathering real-time resident feedback at move in and upon work order completion, SatisFacts is one of many ways Corvias Property Management gets feedback about specific elements of on-post housing.

SatisFacts evaluates the operations and maintenance services that Corvias Property Management team members perform at more than 22,000 military residences, while the annual Army Housing Tenant Satisfaction Survey is geared more toward measuring feedback related to the physical condition of



*Corvias Property Management leasing and resident teams understand the needs of service members and their Families. (Courtesy Corvias)*

the housing and community infrastructure.

"All resident feedback is important, but SatisFacts speaks to the core of our primary responsibilities for operating and maintaining military housing. We're so proud that we earned positive results," said Denise Hauck, senior vice president of property operations. "When residents separately provide input through the tenant survey about needed improvements in military housing or community infrastructure, we can work with our Army partner on new ways to solve for necessary improvements."

The SatisFacts Awards recognize top property management companies and housing communities that provide an outstanding resident experience. Customer service efforts are measured through annual or point-of-service SatisFacts Insite surveys. Corvias cares about its residents and is committed to providing the best housing and service to the service members and their Families who make sacrifices to serve the nation.





**82nd Airborne trains**  
*1st Brigade Combat Team, 82nd Airborne Division Soldiers train in the Box at Joint Readiness Training Center and Fort Johnson.*  
*(U.S. Army photos by: JRTC Public Affairs Task Force)*



**Participating in Bataan March**  
*The 35th annual Bataan Memorial Death March took place March 16 at White Sands Missile Range, New Mexico. A team from Fort Johnson took part in the event. Thousands of marchers set out on either the 14-mile honorary March or the full 26.2-mile course before dawn. One Fort Johnson team member completed the 14-mile course and the other four completed the 26.2-mile course in 7 hours and 49 minutes.*  
*The Fort Johnson team felt it was important to participate in the memorial event honoring those who didn't complete the march. During World War II, 75,000 U.S. and Filipino Soldiers surrendered to Japanese forces after months of battling in extreme climate conditions. The Soldiers, deprived of food, water and medical care, were forced to march 65 miles through the Philippines. It was named the Bataan Death March and approximately 10,000 men died — 1,000 were American and 9,000 were Filipino. Those who survived faced the hardships and brutality of the Japanese POW camps.*







## THIS WEEK 11-15 MAR 2024



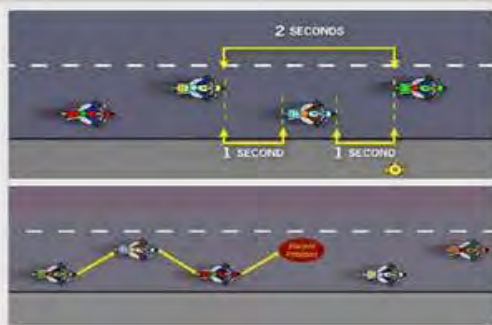
### SPRING WEATHER HAZARDS

According to the Centers for Disease Control and Prevention, the chance of a person being struck by lightning is less than one in a million. I've been struck twice — and I don't feel very lucky.



### FOLLOWING PROCEDURES

Rushing to go somewhere or through procedures is a recipe for disaster. As a community, aviators have learned too many hard lessons about rushing or acting in an unnecessarily quick manner.



### GROUP RIDING

Motorcycling is primarily a solo activity. But for many, riding as a group — whether with friends on a Sunday morning ride or with an organized motorcycle rally — is the epitome of the motorcycling experience.

## PRODUCTS & TOOLS



Learn the safety culture and climate within your organization.



A family of information technology systems that underpins the Army Safety and Occupational Health Management System.



A great resource for motorcycle information and learning to be a safe rider.



An interactive, easy-to-use, automated system designed to assist users with the application of risk management.



Make your Soldiers aware of the off-duty hazards they'll face with the Off-Duty Safety Awareness Presentation.

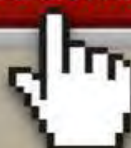


A collection of resources to aid commanders and leaders in the management of range operations and safe weapons handling.

### DID YOU KNOW?

Do you want to start receiving U.S. Army Combat Readiness Center safety products — such as the weekly **RISK MANAGEMENT** newsletter and Preliminary Loss Reports — via email? If so, just click the **subscribe to safety products** box at the bottom of this newsletter and select which products you'd like to receive.

**SUBSCRIBE**



## WHAT'S NEW

### SPRING INTO SUMMER — WITHOUT MISHAPS!

Spring and summer are a time to get outdoors for fun and relaxation, not mishaps. All too often, though, accidental injuries tend to peak during these warmer-weather seasons. The USACRC recently released its annual spring/summer safety campaign to help Soldiers, civilians and their families mitigate risk. *Click here to check it out.*



## POST THIS



CLICK TO DOWNLOAD

## WATCH THIS



CLICK TO VIEW





## Housing Town Hall

Fort Johnson held a Housing Town Hall March 18 in the Palmetto Terrace neighborhood. Fort Johnson leadership walked through the neighborhood and talking to residents about their housing quality of life. (U.S. Army photos by Porsha Auzenne)



## Medal of Honor Story Time

Retired Lt. Col. Mark Leslie (left) looks on as Col. CJ Lopez (center), Fort Johnson garrison commander, reads a story about the Medal of Honor and retired Command Sgt. Maj. Chris Ausbun awaits his turn to read to children who showed up for the special Story-time at Allen Memorial Library March 22 in honor of Medal of Honor Day March 25. After listening to the story, children got to cut out their own Medals of Honor. (U.S. Army photo by Angie Thorne)





# JRTC & Fort Johnson Motorcycle Safety Courses





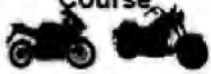




See your unit  
Motorcycle Mentor  
first!



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

**(337) 531 - RIDE**

**APRIL 2024**

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

## APRIL IS ONE OF TWO PEAKS FOR TORNADO SEASON THE OTHER IS NOVEMBER

- ENSURE YOUR EMERGENCY ACTION PLAN (EAP) OR MOBILIZATION & CONTINGENCY (MAC) PLAN ARE UP TO DATE
- KNOW WHERE YOU ARE GOING WHEN A WARNING HAS BEEN ISSUED
- KNOW THE WEATHER SIGNS OF AN APPROACHING TORNADO
- CONDUCT REGULARLY SCHEDULED TORNADO DRILLS
- MONITOR THE LOCAL WEATHER



\*\*\*KNOW THE DIFFERENCE BETWEEN TORNADO WATCH AND WARNING



## IMCOM TIP OF THE WEEK

**MWR's personal finance tools** help Soldiers and their Families configure their budgets.



[home.army.mil/johnson](http://home.army.mil/johnson)



# MASS SHRED DAY

@ The Old Commissary Parking Lot

**Apr. 18 | 9 a.m.-5 p.m.**

All Fort Johnson agencies are invited to dispose of old, unclassified mass paper on Mass Shred Day.

Pickup will be done by the shredder truck.

*\*No classified/PII documents*





# Good **nutrition**, health education raises awareness

By **JEAN CLAVETTE GRAVES**

BJACH Public Affairs Officer

FORT JOHNSON, La. — Bayne-Jones Army Community Hospital raises awareness in March about making informed food choices, developing healthful eating habits and educating patients on the role registered dietitians and nutrition and dietetic technicians play on their health care team.

March 13 is National Registered Dietician Day and March 14 is Nutrition and Dietetics Technician Day.

Lt. Col. Nicole Rau, deputy commander of nursing at BJACH, said this year's theme for National Nutrition Month was designed to inspire the Fort Johnson community to look beyond the table when thinking about their health and the environment.

"Choices we make daily, including what we're going to eat and drink, can make a big difference — both now and in the future," she said.

Throughout the month, the nutrition care division is hosting events to promote healthy grocery shopping on a budget. Topics include discovering the secrets of sustainable eating at home and a National Nutrition Month meal in the BJACH dining facility. BJACH is also hosting an opportunity to ask a registered dietician questions that will be answered via video through hospital social media platforms at the end of the month.

"Our NCD team is passionate about nutrition and want to educate, empower and promote good nutrition to our patients and staff," Rau said. "My department has prepared several engaging opportunities for people to ask questions and learn more about the importance of proper nutrition as it relates to overall health and well-being."

Holly Seager, a registered dietician for BJACH NCD, said raising awareness about nutrition is important.

"Nutrition is a foundational part of our health and plays a vital role in different cultures," she said. "When we think about different holidays, food is what we think of first."

Seager wants to help people understand the importance of good nutrition and how food insecurity or lack of knowledge can lead to poor nutrition for many.

"Nutrition is foundational," she said. "Without good nutrition it's extremely difficult to have good health. Nutrition is what fuels the body, so if you are giving your body bad fuel, then the body won't be running at its best."

Seager said highlighting her profession is also an important aspect of National Nutrition Month.

"A dietitian is an expert in the field of nutrition," she said. "We have to complete at least 1,200 clinical hours before we can take the RD exam and now a master's degree is required."



*Spc. Nathaniel Barb (left), nutrition care specialist, and Capt. Aireal Williams (center), chief of nutrition care division for Bayne-Jones Army Community Hospital, cheer on Capt. Kodi Humpal, pediatrician, as he takes the National Nutrition Month "Price is Right" challenge March 13. The game was designed engage Soldiers and civilian staff on how to eat healthy on a budget, learn budget friendly recipes and discover tips for meal prepping. (U.S. Army photos by Jean Clavette Graves)*



*Capt. Aireal Williams (left), chief of Bayne-Jones Army Community Hospital's nutrition care division, and Holly Seager, both registered dietitians, raise awareness during National Nutrition Month. Their goal is to help people make informed food choices, develop healthful eating habits and educate patients on the role registered dietitians and nutrition and dietetic technicians play on their healthcare team. (U.S. Army photos by Jean Clavette Graves)*

Registered dietitians can usually be found in hospitals providing in and outpatient care, but they can also work with professional sports teams, in food service, the school system, or for government agencies helping with policy change.

Capt. Aireal Williams is a registered dietician and the chief of nutrition care division for BJACH.

"Our nutrition services cater to a wide range of needs, including Army body composition program referrals, weight management, pregnancy, heart-healthy diets and more," she said. "In addition to addressing specific health concerns, we provide advice on proper fueling for fitness goals."

Her department provides direct patient care

and manages the BJACH dining facility.

"Our team of experienced nutrition professionals are always available to answer questions and provide guidance on making healthy food choices," she said. "You don't need a referral to see us, and we welcome patients at any time."

Her team is customer and patient focused, even entertaining suggestions made for the dining facility.

"One piece of advice I'd like to share with anyone interested in making positive nutritional choices is to remember small changes make a big impact," she said. "Give yourself grace with changes in your dietary intake, as we all know change is hard. Do not be discouraged and come see a dietitian."



**UNITED STATES ARMY GARRISON  
FORT JOHNSON**



**EMPLOYEE OF THE MONTH  
AIDA RIVERA, ARMY COMMUNITY SERVICE**

**April is Alcohol Awareness Month**

*It's a great opportunity to increase your knowledge about alcohol, alcohol use disorder and their impacts on health and society. Alcohol-related problems create an immense toll on individuals, Families and communities, and Fort Johnson isn't immune. The Fort Johnson Army Substance Abuse Program will highlight alcohol-related statistics and additional resources in April. Stay tuned for podcasts, social media posts and Guardian articles to increase awareness regarding alcohol misuse. If you have questions or need information, reach out to the Fort Johnson ASAP office at 337-531-2031.*



**ASAP**  
**ARMY SUBSTANCE  
ABUSE PROGRAM**

# OSHA's Top Ten

## MOST FREQUENT ARMY-WIDE GARRISON VIOLATIONS FOR 2023

**Workplace Free of Hazards**  
(29 USC 654)



**Lock Out / Tag Out (LOTO)**  
(1910.147)



**No Baseline Audiogram**  
(1910.95(g)(5))



**No PPE**  
(1910.132(d)(1)(i))



**Water Leaking From Ceiling**  
(1910.22(a)(3))



**Stairwell in Poor Condition**  
(1910.25)



**Fluorescent Lighting Not Guarded**  
(1915.82(b)(1))



**Electrical Wiring Run Through Ceiling**  
(1910.305(g)(1)(iv)(B))



**Extension Cord on Lift not Connected with Strain Relief**  
(1910.305(g)(2)(ii))



**Improper Use of Extension Cords**  
(1910.305(g)(1)(iv)(A))





# Patient Safety Awareness Week celebrates, educates, empowers

By JEAN CLAVETTE GRAVES  
BJACH Public Affairs Officer

FORT JOHNSON, La. — Fort Johnson’s Bayne-Jones Army Community Hospital celebrated Patient Safety Awareness Week March 10-18.

BJACH has no higher priority than the safety of their patients said Col. Alisa Wilma, hospital commander.

“One of the simplest ways we can promote safety from the top down is to rapidly acknowledge safety concerns that are raised and act on them,” she said. “Every concern raised is taken seriously and evaluated. We don’t move forward without ensuring everyone is safe.”

The BJACH staff is committed to patient safety.

“We are a safety-minded organization,” Wilma said. “By spending a week highlighting the importance of keeping patient safety at the forefront of everything we do, we give everyone a chance to focus on those aspects of safety that are specific to the patient.”

Alicia Jernigan is a registered nurse and the patient safety manager for BJACH.

Jernigan said patient safety is important to everyone at BJACH.

“Patient safety is the prevention of patient harm by identification and control of hazards,” she said. “Our goal is to protect and provide a safer environment for Soldiers, Families and beneficiaries at Fort Johnson.”

To raise awareness throughout the week, Jernigan and the quality management division created a week’s worth of activities, contests, and prizes ranging from crossword puzzles, word searches, costumes and an escape room to engage BJACH Soldiers and staff on patient safety-related topics.

“Our goal for this week is to remind staff that patient safety is our top priority,” Jernigan said. “We want to encourage them to speak up if they see or know something isn’t safe or right.”

Ria Moore, Joint Commission coordinator for BJACH said it is important to highlight patient safety every day of the year.

“We want everyone who works in our facility, from the housekeepers to the hospital commander, to know they are a vital part of patient safety,” she said. “Everyone who works here can help improve processes and change policy as needed to make BJACH a better facility for our patients and staff.”

Moore said patient safety is how BJACH lives up to its motto: We Provide the Best.

“We work extremely hard to provide the best for our patients,” Moore said. “Patient safety is all about being comfortable with saying no when an unsafe condition presents itself, recognizing when something is wrong and speaking up after an unsafe incident occurs.”



Jeff Stuhlman (left), Bayne-Jones Army Community Hospital publications and forms manager, Sgt. Payton Moore, religious affairs specialist, and Janice Ramsey, hospital mail assistant solve clues in the patient safety week escape room. (U.S. Army photos by Jean Clavette Graves)



BJACH staff take part in an escape room during Patient Safety Awareness Week March 10-18. The week was filled with activities, games, prizes and more. (U.S. Army photos by Jean Clavette Graves)

Moore said she is committed to patient safety.

“Patient safety is important because when we do the right thing, at the right time and the right way, we ensure we are providing safe quality care for our patients,” she said.

Moore said The Joint Commission, BJACH’s accrediting body, is focused on National Patient Safety Goals through their Speak Up Campaign.

“The goal of the campaign is to help patients

and their advocates become more active in their care,” she said.

BJACH is focused on providing quality care for patients while keeping them safe.

“We recognize health care professionals, nonclinical staff, patients and Families all have a role to play in health care safety,” Wilma said.

She encouraged all members of the BJACH team to participate in patient safety awareness week activities to improve patient safety through education and empowerment.



JRTC & Fort Johnson and DFMWR Presents

**MARCH 28**

# FORGE FEST



**SEAN  
KINGSTON**

• **BRANDON DAVIS  
KAYLEE ROSE  
DJ BLACK RHINO**

**Headquarters Field  
Gates Open at 4:00 p.m.**

**LIVE MUSIC - FOOD - CARNIVAL  
LIVE PERFORMANCES  
HOME BASED BUSINESSES  
FIREWORKS**







JOINT READINESS  
TRAINING CENTER

FORT  
JOHNSON

# CALLING ALL MILITARY SPOUSES!



## ▶ How do I take the survey?

The **2024 Active-Duty Spouses Survey** is open March 4-Apr. 18. It assesses the impact of military life on spouses and their Families. Unlike many surveys about military Family life, this survey is a representative sample and is authorized by the Department of Defense. This is our opportunity to share what is working and what is not working in this military life we all live. It will take about 10 minutes!

1

Scan the QR Code in the bottom left corner

2

Click the **"DON'T HAVE A TICKET"** button

3

Put your 10-digit **BENEFICIARY DOD ID NUMBER** found on the back of your military ID card. This ensures only military spouses are the ones completing the survey and completing it on time. All surveys are anonymous

4

Put in your date of birth and click the **"GET MY TICKET NUMBER"** button

5

Click **"START SURVEY"**



Scan  
to take the survey or visit  
**DODSURVEYS.MIL**



# Check VIN numbers

The Directorate of Emergency Services Traffic Division will release the following vehicles to MWR for disposal if they remain unclaimed. Vehicles are listed with the last four of their VIN number. If one of these vehicles belongs to you, please contact the Fort Johnson Police Traffic Division at 337-531-1806, 6675 or 2675.

1994	Ford	F250	3432
1997	Dodge	1500	3720
2003	Nissan	Maxima	6157
2014	Chevrolet	Cruze	0491
2002	Pontiac	Grand Prix	1285
1995	Dodge	1500	8277
2016	Jeep	Patriot	9883
2005	Buick	LaSaber	7593
2001	GMC	Yukon	6444
2010	Hyundai	Genesis	5409
Unknown	Unknown	Utility trailer	N/A
2000	Ford	Mustang	8551
2016	Hyundai	Elantra	3891
2008	Yamaha	R6	5446
2016	Yamaha	R3	2153
UNK	UNK	Boat trailer	UNK
UNK	UNK	Kayak trailer	UNK
UNK	UNK	Boat trailer	UNK
UNK	UNK	M/C trailer	UNK



## ARMY COMMUNITY SERVICE ARMY FINANCIAL LITERACY PROGRAM

DTG	Financial Literacy Classes	Location
Every Wednesday 8:30 AM - 12:30 PM	Refresher Course	ACS, Bldg. 920
1st Wednesday of each month 1:00 PM - 2:00 PM	Prepare Finances for vesting in the TSP	ACS, Bldg. 920
1st Wednesday of each month 2:30 PM - 3:30 PM	Prepare Finances for Continuation Pay Under Blended Retirement System	ACS, Bldg. 920
2nd Wednesday of each month 1:00 PM - 2:00 PM	Prepare Finances for a Deployment	ACS, Bldg. 920
2nd Wednesday of each month 2:30 PM - 3:30 PM	Prepare Finances for Return From Deployment	ACS, Bldg. 920
2nd Wednesday of each month 3:30 PM - 4:30 PM	Prepare Finances for a PCS	ACS, Bldg. 920
3rd Wednesday of each month 1:00 pm - 2:00 pm	Prepare Finances for a Marriage	ACS, Bldg. 920
3rd Wednesday of each month 2:30 PM - 3:30 PM	Prepare Finances for Welcoming a New Child	ACS, Bldg. 920
4th Wednesday of each month 1:00 PM - 2:00 PM	Prepare Finances for Divorce	ACS, Bldg. 920
4th Wednesday of each month 2:30 PM - 3:30 PM	Prepare Finances for a Disabling Sickness or Condition	ACS, Bldg. 920
4th Wednesday of each month 3:30 PM - 4:30 PM	Prepare Finances for a Promotion	ACS, Bldg. 920

**RSVP Required: Please call ACS at 337.531.1957/1958**

**APRIL IS DISTRACTED DRIVING AWARENESS MONTH**

# SAFETY CORNER

## DEAD MAN TALKING

**HANG UP AND DRIVE. END OF CONVERSATION**



Cellphones and safe driving don't mix. Motorists who talk on the phone while driving are four times more likely to be involved in a crash

**WHILE**



**DRIVING**

**'Text, Talk, Ticket!'**



# WOMEN'S HISTORY MONTH 2024



“

Women's History Month means realizing all the greatness and sacrifice that comes from women. I just hope I have the courage to continue to inspire the next generation of women as my mother did for me.

— Spc. Priya Simpson, President  
Fort Johnson Better Opportunities for Single Soldiers



“

Women's History Month is important because it allows recognition of the contributions and commitments women have made throughout history. Acknowledging how the actions of women helped mold this country is one way to honor our past and shape our future.

— Shantell Williams, Sexual Assault Response Coordinator  
Fort Johnson Sexual Harassment/Assault Response and Prevention Program



“

Women's History Month is remembering the past sacrifices and contributions inspirational women have made, paving the way for me to be able to work in the position I hold today. I have a voice! I only hope to continue contributing, inspiring and empowering women and keep opening doors for the women of our future.

— Karla Garcia, Security Guard  
Fort Johnson Directorate of Emergency Services



“

Women's History Month is a celebration of great achievements by diversified women. Whether it be breaking the glass ceiling or having a voice to be heard, overall it is women having the courage to be strong and make a difference beyond ourselves.

— Sherry Johnson, Security Specialist  
Fort Johnson Directorate of Plans, Training, Mobilization and Security



“

“Women can accomplish whatever their hearts desire.”

— LaVersa Wiltz, Management and Program Analyst  
Fort Johnson Plans, Analysis and Integration Office



“

Women's History Month is an opportunity to acknowledge and celebrate the contributions women of all cultures continue to provide. Our gifts and talents are valuable over an array of spectrums that are not in competition, but a compliment to the advancement of our great nation.

— Tammar Tracey, General Manager  
Fort Johnson Exchange



“

During Women's History Month, it's important to remember the pioneering women who paved a way for me to vote, pursue an education, the vocation of my choice and to live a fulfilling life as a Soldier, a civilian employee, a wife and a mother. Their sacrifices and efforts have afforded me the opportunity to live the life I have chosen. When women succeed, America succeeds.

— Jean Graves, Public Affairs Officer  
Bayne-Jones Army Community Hospital



“

Women's History Month gives me joy celebrating the women who made it possible for me to be here today. As a woman, I believe lifting up other women, helping each other to succeed and feeling beautiful is the key for us to be successful.

— Whitney Cockerham, Advisor  
Fort Johnson Better Opportunities for Single Soldiers



“

Women are strong and powerful. I hope to create pathways and be an inspiration to younger girls who are struggling to embrace themselves.

— Morgan Wilson, Recreation Assistant  
Cantrell Fitness Center







## BRIEFS



### Assisted stretch therapy

Cantrell Fitness Center is now hosting assisted stretch therapy sessions.

Benefits of stretch therapy include improved performance in physical activities, joint stiffness prevention, stress reduction, enhanced flexibility and more.

Cost is \$20 for 30 minutes and \$30 for 60 minutes.

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

### Story time

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

For more information call 337-531-2665.

### Cars and coffee

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

For more information call 337-531-6149.

### Fishing tournament

Test your fishing skills at Fort Johnson's fishing tournament at Marion Bonner Lake the last

Saturday of each month. The tournament is from 7-9 a.m.

For more information call 337-531-5350.

### Easter brunch

Celebrate Easter at The Forge March 31 from 9:30 a.m.-2:30 p.m. with made-from-scratch breakfast and lunch foods, buffet style!

<https://johnson.armymwr.com/calendar/event/forge-easter-brunch/6407348/87946>

### Golf scramble

Dust off your clubs and sign-up for the Garrison Commander's Golf Scramble April 5 from noon to 4 p.m. The cost is \$50 for preregistration and \$55 for registration the day of the event.

Register by calling the Warrior Hills Golf Course at 337-531-4661.

### Teen job ready workshops

In support of Month of the Military Child, Army Community Service (building 920) will be providing teenage job ready workshops April 6 from 10 a.m.-noon!

<https://johnson.armymwr.com/calendar/event/teen-job-ready-workshops/6275804/84888>

### Chalk and stroller walk

Calling all superheroes of Fort Johnson! Exceptional Family Member Program is partnering

with New Parent Support Program for the annual Superhero Chalk-the-Walk.

Parents and youth are invited to wear their best superhero outfits April 12 to Honor Field from 5-7 p.m.

<https://johnson.armymwr.com/calendar/event/superheroes-chalk-and-stroller-walk/6383750/87191>

### Music mashup trivia night

Get ready to enjoy classic trivia with a musical twist at the Music Mashup Trivia Night.

Trivia questions will cover anything and everything related to music, singers, (lyric) writers, composers and more. Put your ultimate music knowledge to the test April 12 at the Anvil Bar from 5-6:30 p.m.

<https://johnson.armymwr.com/calendar/event/trivia-night-music-mashup/6384712/87233>

### Nailed It!

Just like the famed television show, kids can take a crack at re-creating an edible masterpiece for a prize.

This decorating competition occurs April 13 on the Warrior Center patio from noon-4 p.m.

<https://johnson.armymwr.com/calendar/>

## FORT JOHNSON THINGS TO DO

### March 29-April 5: Live at the Lakefront Lake Charles, La.

The 2024 Live at the Lakefront concert series is back by popular demand and continues to be a fantastic free-to-the-public music and art festival. For the 11th anniversary, Live at the Lakefront will feature local bands, live art demonstrations, an outdoor art market and a food truck lineup to create a full-fledged music festival experience on the shores of Lake Charles.

<https://artscouncilswla.org/events/live-the-lakefront/>



### March 29: Easter Movie Night Lake Charles, La.

Happening at Sam Houston Jones State Park! The event will begin with an Easter egg hunt for all ages from 4-6 p.m., with sectioned-off areas for age groups 0-3, 4-9, ten and up. After children have filled their baskets with tons of goodies, it's

showtime with a special showing of "Hop" from 6-8 p.m.

<https://www.facebook.com/events/707253884951340>

### March 30: Citywide Easter Egg Hunt Lake Charles, La.

The City of Lake Charles Partners in Parks Initiative and the Children's Miracle Network will present the 2024 Citywide Easter Egg Hunt from 10 a.m.-noon at Hillcrest Park (2808 Hillcrest Dr.) March 30.

The egg hunt will feature special hunts for children ages 1-3, 4-6, 7-9 and 10-12. A sensory-friendly and accessible egg hunt will also be held.

This event is free and open to the public to attend.

For more information call 337-491-1280.

### April 5-7: Scott Boudin Festival Scott, La.

The Scott Boudin Festival invites everyone to come enjoy this fun, social event. From the young to the young-at-heart, all folks can par-



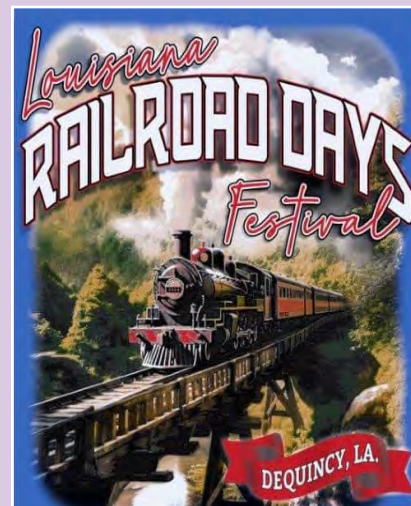
ticipate in the activities of the weekend. We will have a variety of food vendors offering their delicious Cajun cuisine, and a musical line up to bring our festival to life. So come by and have a taste of boudin, enjoy great entertainment, exciting carnival rides, other activities and all that Scott has to offer in a wonderful family-oriented atmosphere.

<https://scottboudinfestival.com/>

### April 11-13: Louisiana Railroad Days Festival DeQuincy, La.

Join the Louisiana Railroad Days Festival for its 40th celebration since it evolved in the spring of 1984. The festival is held annually on the second weekend in April at the Railroad Museum Park, with many local businesses, clubs, churches, and schools participating. The festivities consist of food vendors, arts and crafts booths, carnival rides, free entertainment, and a parade.

<https://larailroaddaysfestival.com/>







## **FORT JOHNSON MAIN EXCHANGE**

7742 Colorado Ave. Bldg. 850

### **PINNING CEREMONY**

March 29 from 11 a.m. to 1 p.m.  
at the front entrance of the Main Exchange



## **NATIONAL VIETNAM WAR VETERANS DAY**

Join the nation ...  
Thank a Vietnam veteran  
for their service.

U.S. Armed Forces personnel with active-duty  
service between Nov. 1, 1955 to May 15, 1975,  
regardless of location of service

[vietnamwar50th.com](http://vietnamwar50th.com)

