

GUARDIAN



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Soldiers celebrate early Christmas **cheer** with Toy Drive Ruck March



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For more information on Fort Johnson units and happenings visit the [@JRTCandFortJohnson](https://www.facebook.com/JRTCandFortJohnson/) Facebook page.



Soldiers, Families and members of the Fort Johnson community gathered Nov. 30 to participate in the Better Opportunities for Single Soldiers Toy Drive Ruck March. Participants were decked out in Christmas gear, from ruck sacks with Christmas lights to ugly Christmas sweaters and Grinch costumes.



Cover photo: BOSS representatives collect toy donations during Fort Johnson's annual Toy Drive Ruck March Nov. 30. (Photo by Porsha Auzenne/Guardian)

Targeted Behavioral Health Care a success at Fort Johnson

By JEAN CLAVETTE GRAVES

FORT JOHNSON, La. — The Bayne-Jones Army Community Hospital Behavioral Health Department, along with 10 other Defense Health Agency military medical treatment facilities, wrapped up a six-month DHA Targeted Care pilot program Oct. 31.

Lt. Col. Alexander Ragan, installation director of psychological health at the Joint Readiness Training Center and Fort Johnson, lauded the pilot program’s success and confirmed other installations will stand up Targeted Care in the second quarter of fiscal year 2024.

According to the Defense Health Agency, Targeted Care more efficiently uses existing mental health resources to meet current demands.

Active-duty service members and their Families get the right care at the right time by integrating outside agencies, like chaplains, Family Life Counselors and Military One Source, into traditional medical systems of behavioral healthcare.

The approach increases access to mental health care, reduces wait times and increases readiness by providing timely, tailored care to

meet individual needs. “This pilot has enhanced our primary care behavioral health consultation program which integrates behavioral health providers into primary care clinics,” Ragan said.

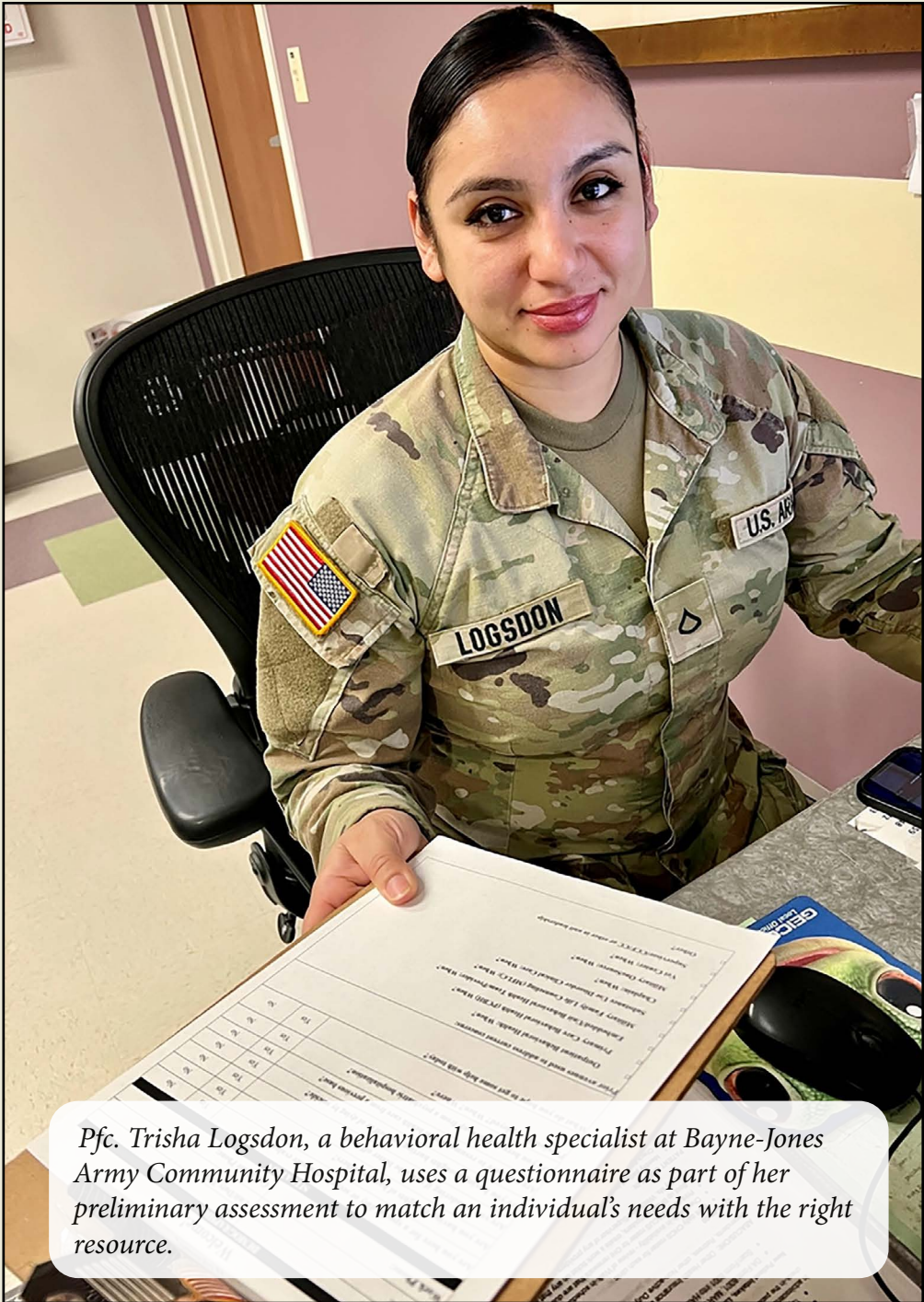
“It frees up resources,” he explained. “More efficient and effective use of non-medical counseling services allow additional time for clinicians to provide therapy to those with diagnosed mental health conditions.”

The program brought installation resources together in a collaborative, synergistic way to improve behavioral health support to the Fort Johnson community.

“The Targeted Care pilot built stronger relationships among behavioral health services,” Ragan said. “In fact, we have successfully vectored more than a third of our mental health walk-ins to services outside of behavioral health clinics, with less than 1% being referred back for specialty care.”

Wait times have decreased from three weeks to less than two weeks.

“We have been able to see patients more often for follow-up appointments who have a behavioral health diagnosis or who are at higher risk for suicide,” Ragan said.



Pfc. Trisha Logsdon, a behavioral health specialist at Bayne-Jones Army Community Hospital, uses a questionnaire as part of her preliminary assessment to match an individual’s needs with the right resource.

WINTER SAFETY TIPS

TIP #1



When freezing temperatures are expected, turn on your heat and set temperatures to at least 65 degrees.

Happy birthday to Army National Guard

U.S. ARMY

FORT JOHNSON, La. — The National Guard celebrates its birthday and 387 years of service Dec. 13. They have answered the call to duty since 1636, when the first militias in North America were organized into three permanent regiments: East, South and North. These units evolved into today's National Guard.

These first militia regiments were established in Massachusetts. Based on an order of the Massachusetts Bay Colony's General Court, the colony's militia was formed into three permanent regiments to better defend the colony. Today, the descendants of these first regiments — the 101st Engineer Battalion, the 101st Field Artillery Regiment, the 181st Infantry Regiment and the 182nd Infantry Regiment — are all part of the Massachusetts Army National Guard and share the distinction of being the oldest units in the U.S. military.

Today, the 325,000 strong Army National Guard remains a fully integrated part of the total Army with approximately 39% of the U.S. Army's operational force.

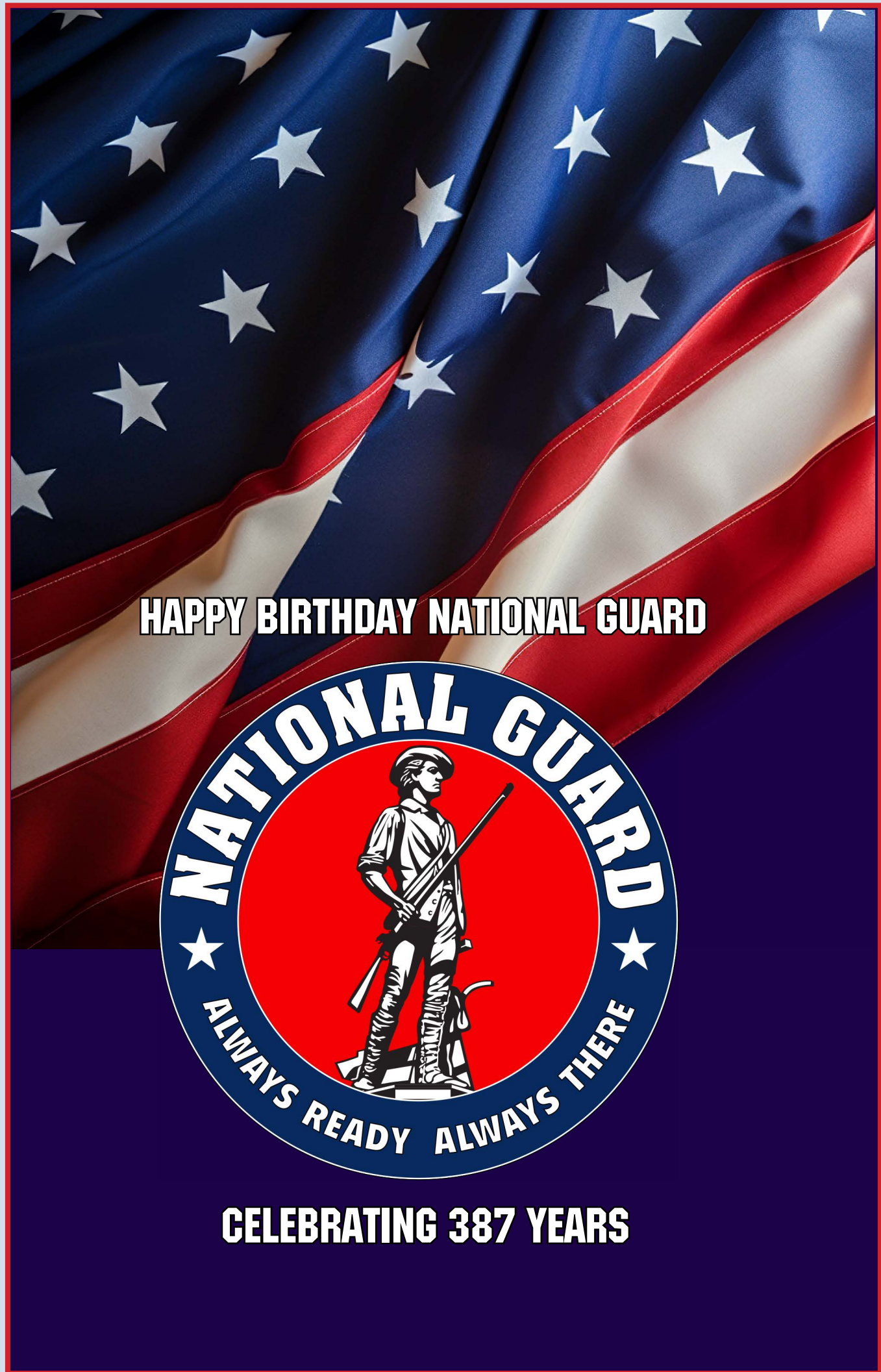
On the home front, the Guard has more than 8,000 Soldiers mobilized stateside supporting domestic operations and protecting and providing aid before, during and after federal emergencies.

The Army Guard responds to domestic emergencies while also serving as the Army's fully integrated combat reserve. They can be called up for service by their state or territory governors or by the President of the United States at a moments notice. The Army National Guard has eight divisions, 27 brigade combat teams, two special forces groups, one security assistance brigade, 42 multi functional brigades, 56 functional brigades and groups and 13 command and control headquarters.

The Army National Guard has conducted more than 680,000 mobilizations since 9/11 with more than 21,000 deployed overseas in support of combatant commands.

"This is an important and pivotal time in the history of our National Guard. We face complex missions overseas, and here at home, as evidenced when over 120,000 Citizen-Soldiers and Airmen mobilized in response to COVID-19, civil disturbance, overseas deployments, homeland defense and disaster response missions," said Gen. Daniel R. Hokanson, Chief, National Guard Bureau, U.S. Army.

Throughout history and today, the strength of the Army National Guard comes from the ability of its citizens to integrate their military careers and civilian life by offering unlimited possibilities to build a dual career (as both citizen and Soldier) in fields like science, engineering, cybersecurity, aviation, medicine and law. Guard Soldiers can hold civilian jobs and attend school while maintaining their military



service part-time.

The Army National Guard has jobs available in more than 150 career fields with armories located in 2,600 communities across America.

Army National Guard Soldiers have provided more than 30,500,000 duty days in support of their communities since 2018.

By leveraging partnerships and community relationships, the Army National Guard offers opportunities, resources and motivation to help citizens join the next greatest generation.

For more information about the Army National Guard visit <https://www.nationalguard.com/>

Army leaders, Soldiers should encourage **holiday** block leave

U.S. ARMY

FORT JOHNSON, La. — As the holiday season progresses, it's important to continue motivating Soldiers to stay safe when they are away from their duty station.

The holiday leave period began Nov. 18 and ends Jan. 7.

More than 38,000 Soldiers from across the United States will take to the air and roads to reconnect and recharge with Families and friends. The health and safety of these Soldiers is a top priority.

"This marks a time when our trainees, drill sergeants and cadre are afforded the opportunity to take a break from their training, focus on their holistic health and fitness and reconnect with their Families," said Maj. Gen. John D. Kline, U.S. Army Center for Initial Military Training commanding general.

Unfortunately, this is also a time of great danger for Soldiers.

During what is supposed to be one of the happiest times of the year, Soldier fatalities from private motor vehicle mishaps occur more than any other type of mishap. Once on leave, many Soldiers will speed, fail to wear seat belts, and drive while intoxicated, which are the greatest contributing factors in these leave fatalities.

The Army loses approximately 11 Soldiers during the holiday season, with most at the rank of private first class or specialist. An average of 10 of those fatalities occur in private motor vehicles.

"Our people continue to be the centerpiece and top priority in the Army. Fatalities from automobiles and motorcycle mishaps are our worst enemy during off-duty periods. Enjoy your holiday season with Family and friends and we look forward to all of you returning safely," said Gen. Randy A. George, Army Chief of Staff.

A couple of things that make holiday mishaps more dangerous include Soldiers drinking alcohol and not wearing their seatbelts.

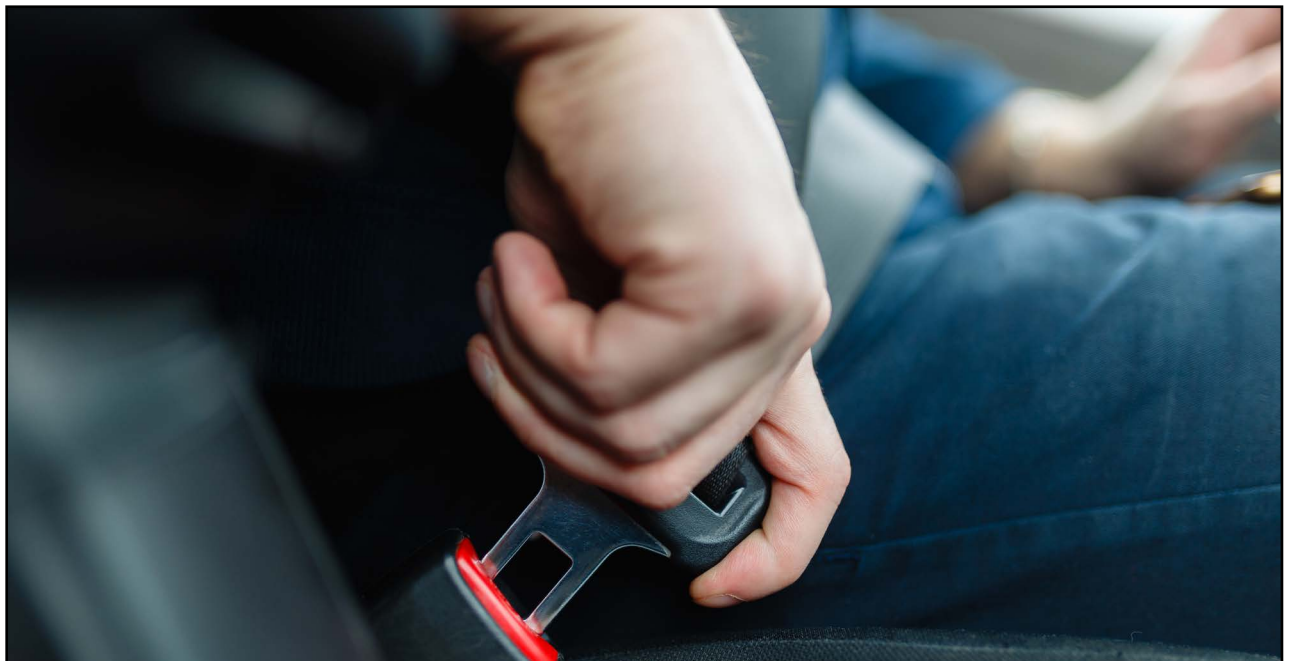
Seatbelts were not worn in approximately one third of the mishaps during the holiday season, so buckle up.

Meanwhile, the hazards of drinking during the holidays are different from other times of the year due to proximity and opportunity.

At least 21% of Army holiday exodus mishap fatalities during the past five fiscal years involved alcohol.

That number could be higher due to delays in reporting from civilian law enforcement agencies.

It's particularly deadly when you mix privately owned weapons and alcohol. All fatal privately owned weapons mishaps reported Army-wide during the past five holiday



seasons involved alcohol. Drinking is also reported in most Army privately owned weapons fatalities all year long.

How can these kinds of instances be avoided? Targeted training, through hazard identification, intensive risk management and strong leadership involvement are critical to holiday leave safety.

A safe, mishap-free holiday begins well before Soldiers begin their travels.

It begins with engaged and effective leaders.

Data from the Army Readiness Assessment Program shows units that prioritize safety and implement an effective safety culture experience fewer off duty mishaps.

- Small unit leader cards — provide mishap stats and talking points to engage Soldiers on off-duty safety and risk management.

Visit <https://safety.army.mil/MEDIA/Small-Unit-Leader-Cards>

- The off-duty safety awareness presentation — has proven effective for leaders looking to talk to their Soldiers beyond the standard safety brief.

Visit <https://safety.army.mil/OFF-DUTY/Home-and-Family/Off-Duty-Safety-Awareness-Presentation-2023>

Soldiers can also check out check their unit's ARAP status at <https://earap.safety.army.mil>

National Drunk, Drugged Driving Prevention Month encourages precaution

U.S. ARMY

FORT JOHNSON, La. — The holiday season is the time of year when drunk and impaired driving accidents are most prevalent. Drug and alcohol use impair judgment, delay reaction times and can result in deadly consequences when driving. According to the National Highway Traffic Safety Administration, drugs (for example, marijuana and cocaine) are involved in about 18% of motor vehicle driver deaths while drunk driving accidents account for 31% of all motor vehicle accidents. Additionally, thousands of drivers and passengers lose their lives each year because of drunk and drugged driving.

December is National Drunk and Drugged Driving Prevention Month, a time to raise awareness about the consequences of driving under the influence of alcohol and drugs.

Most people would never imagine their holiday celebration could result in a fatality or imprisonment, but the risks associated with driving while impaired are very real and can result in tragic consequences for everyone involved.

The following list includes a few simple tips for celebrating and driving safely this holiday season:

- Designate a non-drinking driver ahead of time.
 - If drinking alcohol at a party or other celebration, allow at least one hour between drinks. It takes one hour to get rid of one drink from your body (one drink is equal to a 12-ounce beer, 5-ounce glass of wine, or 1-ounce shot of liquor).
 - Set limits beforehand of the number of drinks to have and stick with it.
 - Alternate drinking alcoholic beverages with soda, juice or water and eat food.
 - Don't mix alcohol with other drugs, including over-the-counter and prescription medications.
 - Don't ride with someone who is impaired. Use other means of transportation such as a taxi, public transportation or driver who is sober.
- If you are hosting a party, here are some steps to take to help your guests drive safely:
- Plan ahead and designate a sober driver.
 - Collect each guest's keys upon arrival and store in a designated basket.
 - Serve foods along with alcohol-free beverages such as soda, juice or water.
 - If making an alcoholic punch, use fruit juice instead of a carbonated drink. Alcohol absorbs faster into the blood stream when mixed with carbonated drinks.
 - Stop serving alcohol one to two hours before the party actually ends.

If you take a medication that makes you drowsy, do not drive. Have someone drive you.

During Drunk and Drugged Driving Pre-



vention Month, recommit yourself to preventing the loss of life by reminding others to be sober and drug free, and use safe driving practices on the road.

Drink responsibly, drive responsibly and encourage family members, friends and coworkers to be safe and responsible drivers for the holidays and beyond.



Santa says practice safety with these tips

By PORSHA AUZENNE
Public Affairs Office

FORT JOHNSON, La. — The holidays are a time that should be filled with tons of joy and fun. From lounging cozily by the fireplace to sipping hot chocolate, Families everywhere have something to look forward to during the month of December.

However, with Christmas cheer also comes potential danger. Fire, decoration and food hazards are prominent during this time. To ensure your winter wonderland doesn't end up a worrisome land of woe, it's important to practice proper holiday safety. Below are a few tips keep your Christmas worry-free.

Let those lights be shocking in a visual way — not a literal one

- Check all holiday light cords to ensure they aren't frayed or broken. Never string too many strands of lights together — no more than three per extension cord or you could overload electrical outlets. Turn off all holiday lights when going to bed or leaving the house.

- Ensure outside decorations are for outdoor use and fasten lights securely to your home or trees. If using hooks or nails outside, make sure they are insulated to avoid an electrocution or fire hazard.

Spread Christmas cheer — not germs

- Keep foods separated. Meat, seafood and eggs should be separate from all other foods at the grocery store and in the refrigerator. Prevent juices from these proteins from dripping or leaking onto other foods by keeping them in containers or sealed plastic bags. Store eggs in their original carton in the main compartment of the refrigerator.

- Cook food thoroughly. Use a food thermometer to make sure meat, seafood and eggs have been cooked to a high enough temperature to kill germs. Meat should rest for three minutes after you remove it from the oven or grill.

- Know that raw flour and eggs can have germs. Uncooked dough and batter made with flour or eggs can contain harmful germs, such as E. coli and Salmonella. This includes dough or batter for cookies, cakes, pies, biscuits, pancakes, tortillas, pizza or crafts. Some companies and stores offer edible cookie dough made with heat-treated flour and pasteurized eggs or no eggs. Read the label carefully to make sure the dough is meant to be eaten without baking or cooking.



- Thaw your turkey safely. Thaw frozen turkey in the refrigerator, in a sink of cold water (change the water every 30 minutes), or in the microwave. Do not thaw turkey or other foods on the counter. A turkey must thaw at a safe temperature to prevent harmful germs from growing rapidly.

- Practice good hygiene. Wash your hands with soap and water during these key times when you are likely to get and spread germs, such as: Before, during, and after preparing food, before eating food, after feeding pets, after using the bathroom, after changing diapers and after touching garbage.

Fry your turkey — not your hands

- Never leave cooking food unattended on the stove or in the oven.

- Only fry a turkey outside and away from your home or other flammable materials. Never use turkey fryers in an enclosed area like the garage or on the porch.

Toys are meant to be played with — not be dangerous

- Follow age guidance and other safety information on toy packaging and choose toys that match each child's interests and abilities.

- Get safety gear, including helmets, for scooters and other riding toys. Make sure children use them every time.

- Keep small balls and toys with tiny parts away from children younger than 3. Also keep deflated balloons away from children younger than 8.

- Once the gifts are open, immediately discard plastic wrappings or other packaging on toys before they become dangerous playthings.

Christmas is the season of giving — but for porch pirates, it's the season of taking

- Set porch lights to timers. If you want to be

on the safe side, install motion detectors.

- Make sure to lock up every night, whether or not you're home.

- If you're going on vacation, avoid announcing your absence on social media until after you're back. Criminals sometimes look for information there.

- Have a neighbor help. They can collect your mail, newspaper and deliveries, or stop your mail and notify your paper carrier that you won't be at home.

Roasting chestnuts over an open fire is nice — not your entire home

- Look for the fire-resistant label when buying an artificial tree. Keep it away from fireplaces, radiators and other sources of heat. Never use electric lights on metallic trees.

- Be careful of decor around a fireplace. Don't light the fireplace if hanging stockings on the mantel.

- Make sure your live Christmas tree has plenty of water and look for the "fire resistant" label when buying an artificial tree.

- Never leave candles unattended. Place burning candles in sight, away from flammable items, and blow or snuff them out before leaving the room. Use flameless candles whenever possible.

With these safety tips, all Families should get to enjoy a happy, healthy and hassle-free holiday.

Remember, video game consoles and plug outlets have a reset button — your life doesn't. Have a merry, safe holiday!

For resources used in this article, as well as additional information, visit: <https://www.cpsc.gov/Safety-Education/Safety-Education-Centers/Holiday-Safety> | <https://www.redcross.org/about-us/news-and-events/news/2020/home-for-the-holidays-7-ways-to-decorate-safely.html>

Bayne-Jones Army Community Hospital



We care about health equity and your health related social needs!



Food insecurity can cause serious health issues; can make it more difficult for children to learn and grow; and can lead to difficult decisions like choosing between food and rent, bills or transportation.

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	8287
2016	Jeep	Patriot	9883
2005	Buick	LaSaber	7593
2005	Lincoln	LS	5385
2001	GMC	Yukon	6444
2010	Hyundai	Genesis	5409
2005	Long	Boat trailer	5162
Unknown	Unknown	Utility trailer	N/A
2007	Mitsubishi	Galant	9674
2000	Ford	Mustang	8551



Bayne Jones Army Community Hospital

LIFESHARE BUS (Entrance A or B)

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Friday, December 8th • 9:00 AM – 4:00 PM

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While supplies last.



Mobile drive dates, times, and locations are subject to change. For the most up-to-date mobile drive information, please visit: LifeShare.org



RUMBLE ON ANVIL FIELD

2023 TURKEY BOWL TOURNAMENT





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HOLIDAY MEALS FOR MILITARY

Eligibility Category 3:

- Post 9/11 wounded, ill, or injured service member of any rank, both currently serving and those no longer serving in the military, or
- All ranks Active Duty, or
- All ranks Activated Guard or Reserve personnel currently serving in extended Title 10 status

Dec. 9 10-11:30 a.m.

Fort Johnson Community Center

200 Bell Richard Ave.

Fort Johnson, La. 71459



To register, scan the QR code or visit
MyOperationHomefront.org

BY ALEX RIVERA

MELVIN'S MOMENTS



7 a.m.!

HOLIDAY ON THE BEND

December 8-9
5-8 p.m.

BOAT RIDE WITH **THE GRINCH**
STORY TIME - SMORES

UGLY CHRISTMAS
SWEATER CONTEST
ARTS + CRAFTS - BONFIRE**

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ARMY OUTDOOR RECREATION

MWR

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9:00 a.m.-12:00 p.m.**

**Holiday Hours:
Closed Dec. 18-Jan. 2**



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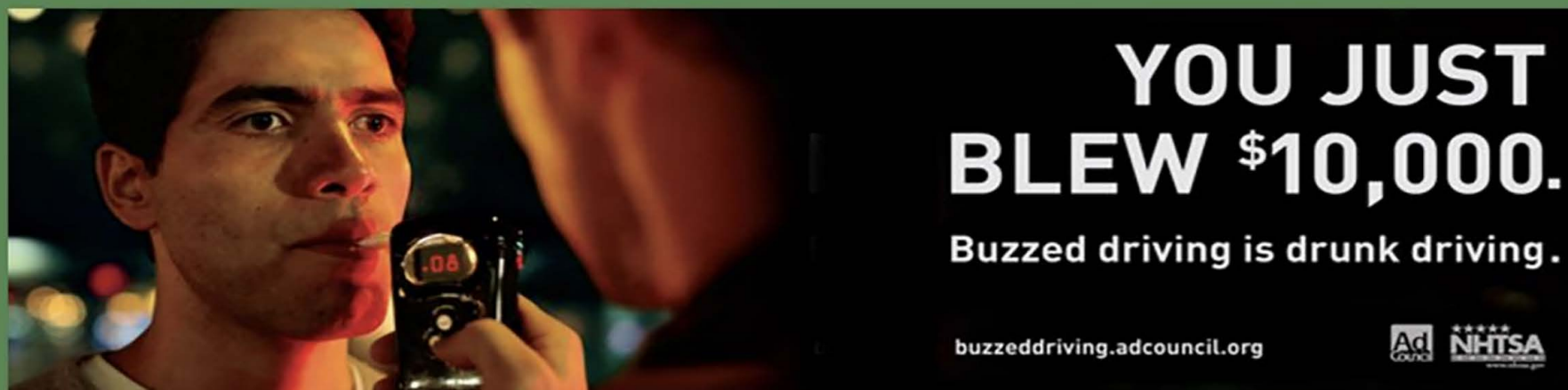
Road work begins on Texas Avenue

Repairs to Texas Avenue are scheduled to begin Dec. 11. The project will require approximately nine months to complete. Phase one is approximately 45 days and will require the complete closure of the intersection of Texas and Pennsylvania avenues. Non-hazardous cargo and Non-commercial traffic are encouraged to use alternate routes such as 4th Street in advance of the closure. Commercial traffic, tactical traffic and hazardous cargo will be directed to follow the posted detour. The posted detour will be restricted during PT hours (6:30-8 a.m.). Plan movements before or after PT hours to avoid delays. Motorist should anticipate traffic delays. Pedestrians are encouraged to stay clear of the work zone.

SAFETY CORNER

BUZZED DRIVING IS DRUNK DRIVING

Give your keys to a friend, the host or the bartender



LAST YEAR IN THE U.S., OVER 10,000 LIVES WERE LOST DUE TO DRINKING AND DRIVING

If you plan to drink, make a plan to get home safely

Christmas APPETIZER Recipes

Grinch Fruit Kabobs



Ingredients

- 1 pint strawberries
- 8 green grapes
- 1 banana
- 1/4 cup mini marshmallows

Instructions

1. Cut off the green stem from the strawberry and discard.
2. Slice the banana in thin rounds.
3. Using a toothpick, assemble the Grinch with the grape for the body, then banana slice, then strawberry and the mini marshmallow on top.
4. If the toothpick is not long enough to stick out from the grape bottom, insert a second toothpick into the bottom of the grape.

Cranberry Cream Cheese Dip



Ingredients

- 8 ounces cream cheese (softened)
- 1/4 cup sour cream
- 1/2 cup chopped pecans
- Small pinch salt
- 14 ounce can whole berry cranberry sauce

Instructions

1. Using hand mixer, mix cream cheese, sour cream, chopped pecans and salt for two minutes or until light and fluffy. Spoon mixture into serving dish.
2. Spread cranberry sauce evenly over the top. Serve with crackers.

Snowman Cheese Ball



Ingredients

- 2 8 ounce blocks of cream cheese at room temperature
- 3 1/2 cups shredded sharp cheddar cheese at room temperature
- 1 ounce package ranch seasoning mix
- 1 1/2 cups finely shredded jack cheese
- 1 baby carrot
- Whole peppercorns

Instructions

1. Let cream cheese and shredded sharp cheddar come to room temperature. In the bowl of a stand mixer fitted with a paddle attachment, combine cream cheese, shredded cheddar cheese and ranch dressing mix.
2. Divide cheese mixture and form one smaller cheese ball for the head and one larger cheese ball for the body. Transfer cheese mixtures to two separate sheets of plastic wrap. Refrigerate for at least four hours, or overnight. Can be made several days ahead.
3. Right before serving, press shredded cheese into cheese ball. Place on a serving plate and place smaller cheese ball onto larger cheese ball. Slice the tip off of a baby carrot and press into cheese ball to make a nose. Use whole peppercorns for mouth, eyes and buttons. Serve with crackers.



Travel through memories of Thanksgiving trials and tribulations

By ALEX RIVERA
Public Affairs Office

FORT JOHNSON, La. — This Thanksgiving I decided to rent a cabin at the Toledo Bend Army Recreation Park. I remember growing up as one of four brothers and having a great time when we had Family outings. This motivated me to do something a little different for turkey day this year. Looking back, I have a newfound respect for my mother and father for what they had to go through with us. With having to pull over to separate my brothers from fighting, and being car sick, we must have been a nightmare. As a father of four myself, I can feel my parents looking over me and laughing now that it's my turn to handle the brawls and bathroom breaks.

My first mistake was thinking it was silly to pack the night before when we would have plenty of time in the morning. Wrong. That was when I dreamed all four of my children were well organized, patient and considerate — not so much. That morning, time was ticking away while I was packing everything into the truck and my wife was mediating a peace treaty between the kids for seating arrangements. I love my Family, but sometimes being their dad is more like wrangling cats. By the time we were ready, it was hours past when we were scheduled to leave.

Finally, we were on the road. We hadn't even left the city limits and someone just had to use the restroom. As I'm pulled into the gas station to find a clean restroom, my wife could see my frustration as I ground the ridges of my teeth to a fine, smooth surface. Ok, everybody had relieved themselves and were ready to go. My wife worked the GPS, the kids were on their devices and everything was going well.

We arrived at the recreation park and found the staff very friendly and helpful. We checked

in and found our cabin. As I parked the truck, my children attempted to run to the playground like engaging the break was a signal to not help unpack. Boy, were they wrong. My wife had foreseen their intention, so she set the child safety locks on the doors. We have a deal that they help unpack and get their sleeping areas ready before they get to play.

We unpacked the truck and put everything in the cabin. Then we decided to have fun as a Family at the park. It was a normal playground, but my children's reaction to it was anything but. You would think they had never been to a playground before.

In fact, you would assume they had been locked in a dungeon and recently liberated.

I noticed a trampoline at the park that looked like a huge ball buried partially in the sand. I had never seen anything like that. The father in me looked at

a trampoline as a fast way to visit the closest urgent care, but it's design looked safer than most.

Thus, I let them play while nervously watching their every move in the hopes my vigilance would lessen the chance of broken bones and split lips. My children had a good time and even got me in on it. I quickly learned I am not in my 20s anymore.

My Family had their fun and we headed back to the cabin.

The cabin we rented was a one bedroom with a loft and ladder setup. It was cozy and had a great view, but once everyone was inside we quickly found it was a bit crowded for four children and two adults, not to mention the privacy issue. My wife and I barely get any privacy at home. I had to install a deadbolt in my bathroom because my children learned

to pick the lock while I was on the toilet to tell me that their siblings were being rude to them. Regardless of the forced closeness and awkward moments being crammed into the cabin caused, we still had a great holiday. However, next time we'll know better and rent a larger cabin.

My Family and I enjoyed our Thanksgiving at the park. The cabin offered us a view of the lake off the deck, the playground, seating around a campfire and much more.

Next time you are looking for a little Family time and want to do something different, check out what Toledo Bend Army Recreation Park has to offer. In addition to cabin rentals, there are boats, kayaks, canoes and more.

For more information on how to reserve a cabin, enjoy a day out or for more information about Toledo Bend Army Recreation Park you can follow the link <https://johnson.army-mwr.com/programs/toledo-bend-army-recreation-park>



COMMENTARY



EMERGENCY PLANNING & RESPONSE TOOLBOX



Information and resources on emergency planning and response in order to protect life, health, property, and to restore to normal operations as soon as possible after man-made or natural disaster



Contact the Garrison Safety Office if you have any questions at 337-531-7233
<https://safety.army.mil/ON-DUTY/Workplace/Emergency-Planning-and-Response>

CYS Spring Soccer

Registration: Oct 16 - Jan 5

Season: Jan 27 - Mar 9

Ages 3-4 (PeeWee): \$25

Ages 5-18: \$50

Children must be registered with CYS
and have a current sports physical

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- Under 'PMV-2 (Motorcycles)' choose 'Training'
- Click on visit AIRS Website at https://imc.army.mil/airs/usg_disclaimer.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 Polk"
- 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

DECEMBER 2023

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

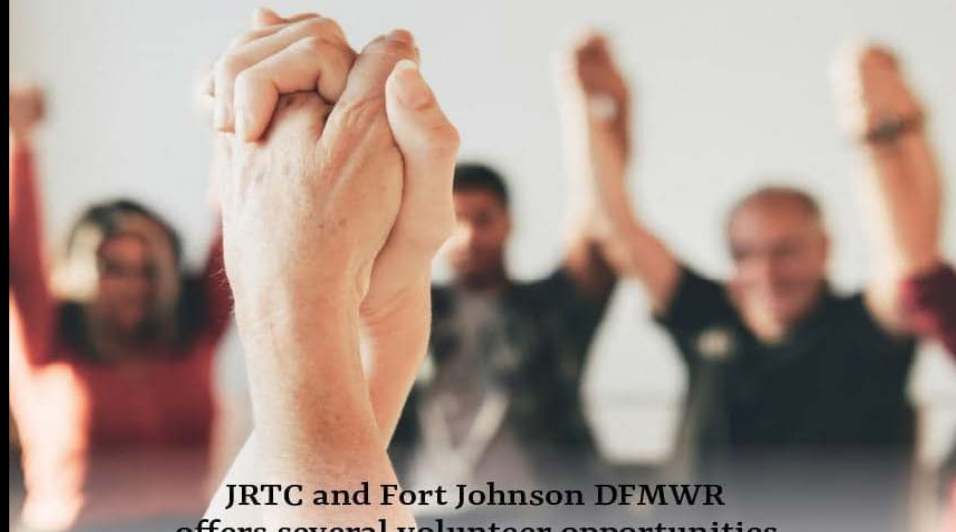
Fort Johnson Commissary Hours

The Fort Johnson Commissary **self-checkout** lanes open starting at 8 a.m. every day.

	COMMISSARY HOURS	CASHIER LANES OPEN AT
Sunday	8 a.m.-6 p.m.	10 a.m.
Monday	8 a.m.-6 p.m.	10 a.m.
Tuesday	8 a.m.-8 p.m.	9:30 a.m.
Wednesday	8 a.m.-8 p.m.	9:30 a.m.
Thursday	8 a.m.-8 p.m.	9:30 a.m.
Friday	8 a.m.-8 p.m.	9:30 a.m.
Saturday	8 a.m.-8 p.m.	9 a.m.



CALLING ALL VOLUNTEERS



JRTC and Fort Johnson DFMWR offers several volunteer opportunities

**IF YOU ARE INTERESTED IN VOLUNTEERING,
OR NEEDING MORE INFORMATION, PLEASE
CALL ACS AT 337.531.1941**

CHECK OUT

[HTTPS://VMIS.ARMYFAMILYWEBPORTAL.COM](https://vmis.armyfamilywebportal.com)

FOR ALL AVAILABLE POSITIONS



TOY DRIVE PICK UP



BOSS WAREHOUSE, BLDG 2613

PICK UP DATES

DECEMBER

06

**0900-1300
1700-1800**

DECEMBER

07

**0900-1300
1700-1800**

DECEMBER

08

**0900-1300
1700-1800**

Pre-Registration will be available at the Home of Heroes, through BOSS reps, and online.



Scan QR code for online registration.

BOSS
Better Opportunities
for Single Soldiers





CHRISTMAS CAMP

December 20-21, 2023

Donald Ray Stevens
1619 Cessford St.

College Oaks Rec. Center
3518 Ernest St.

Bellard Rec. Center
2808 Hillcrest Dr.

Ages 5-10 • 7:30am-3:30pm • \$30

Polar Express Day • December 22 • 7:30am-12:00pm

Please bring own snacks & lunch

*Limited Space Available

Register at Lake Charles City Hall, 326 Pujo St., 4th floor
December 4th-13th • 8:00am-3:00pm

For more information, call 337-491-1280, or email parks@cityoflc.us.



DERIDDER CHRISTMAS LIGHT SHOW

Dec. 1 - Jan. 1
5:30 p.m. to Midnight
Downtown DeRidder



TUNE TO FM 101.1

If you **did not**
drop it,
do not
pick it up!

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

Learn and Follow
the **3Rs**

RECOGNIZE: The danger that a souvenir
munition poses to yourself,
your family and your neighbors

RETREAT: Do not disturb, touch or move it
Do not give or throw it away

REPORT: Call local authorities



<https://3Rs.mil>



COME JOIN US FOR
FCC AMATEUR RADIO TECHNICIAN LICENSE
ONE-DAY CLASS & EXAM SESSION



Cost: \$20
Sponsored by West
Central Louisiana
Amateur Radio Club

Dec. 9, 2023 / 8 a.m.-4 p.m.

TESTING
BY



FOR MORE INFORMATION

w5tmp.testing@gmail.com

OR
CALL

337-404-5110

Flu shots

Flu shots are available at Bayne-Jones Army Community Hospital for all beneficiaries six months and older Monday-Friday from 8 a.m.-3 p.m.

Call 337-531-3011 to schedule an appointment.

Big buck competition

Ready, aim, fire! The Fort Johnson Shooting Range is hosting a big buck competition now until Jan. 31.

Categories include age ranges 5-10 years, 11-14 years, 15-17 years and 18+. One winner will be selected from each category.

Hunters will measure their buck at one of three locations and submit their photos through the link below.

For more information call 337-353-0528.

Toy drive pick up

BOSS is hosting a toy drive Dec. 6-8 and looking forward to giving away toys for Soldiers and Families this holiday season! Toys can be picked up at the BOSS warehouse, building 2613 off Georgia Avenue and 3rd Street.

Registration is required.

<https://johnson.armymwr.com/calendar/event/toy-drive-toy-pick/6260860/84434>

Golf scramble

Col. CJ Lopez is bringing the Christmas cheer to Warrior Hills Golf Course! Come out Dec. 8 for Fort Johnson's monthly garrison commander's golf scramble. Tee off starts at noon.

For more information call 337-531-4661.

<https://johnson.armymwr.com/calendar/event/garrison-commanders-golf-scramble/6224907/83163>

Jingle bell 5k run

Jingle bells, jingle bells, jingle all the way around the golf course onward. This holiday-themed run takes place Dec. 9 from 8 a.m.-11 a.m. starting at Warrior Hills Golf Course.

<https://johnson.armymwr.com/calendar/event/jingle-bell-5k-run/6252702/83963>

Holiday on the Bend

After Santa departs from the Snowflake Festival, his next stop will be Toledo Bend Army Recreation Park.

From Dec. 8-9, the community can come out on the bend for story time with Santa on his very special boat. Crafts, hot chocolate, cookies and s'mores can be enjoyed both before and after your journey on the water. Cost is \$10 per person or \$50 for a session of up to eight people. Preregistration required. Call 318-565-4235 to reserve your spot.

Sunday brunch

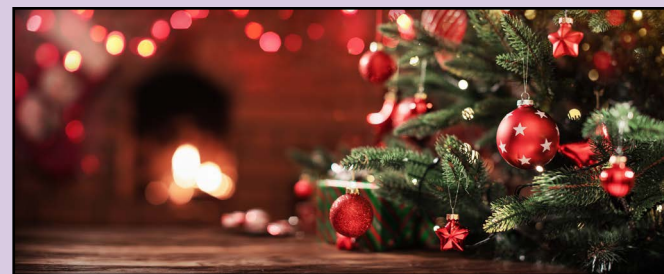
Do you like green eggs and ham? Whether you are craving breakfast or lunch, visit the Forge Bar and Grill Dec. 9 for their monthly second Sunday brunch. From delicious French toast to your favorite bubbly cocktails, the Forge Bar and Grill never fails! Sunday brunch takes place from 10 a.m.-2 p.m., and while reservations are not needed, they are recommended to avoid mayhem.

<https://johnson.armymwr.com/calendar/event/second-sunday-brunch/6090080/81480>

Santa at Alligator Lake

After Santa departs Toledo Bend, he'll be making a stop at Alligator Lake Dec. 16. From noon-4 p.m., guests can make sure Santa gets their wishes off the wishing tree and tell him what they want most for Christmas. Hot chocolate, snacks and games will be available at this free event!

For more information call 337-531-5350.



FORT JOHNSON THINGS TO DO

Dec. 7: Abbeville's Annual Christmas Stroll Abbeville, La.

A family-oriented evening of strolling, visiting, shopping and dining. Santa Claus, music, white lights all within the decorated downtown historic district from 5:30-8 p.m. This is a free event!

Dec. 9: Christmas 'Round The Cabin Merryville, La.

Enjoy a day of holiday festivities at this years Christmas around the cabin!

The day will be filled with music, theater, shopping, Christmas activities, Santa visits and a lighted Christmas parade.

<https://merryvillemuseum.org/index.php/2019-christmas-around-the-cabin/>

Dec. 9: Delcambre Boat Parade Merryville, La.

Come out and experience this lighted boat parade along Bayou Carlin with family fun.

<https://www.facebook.com/delcambreboatparade>

Dec. 10-11: Holiday Express Stop Leesville, La. and DeRidder, La.

The Canadian Pacific-Kansas City Railway's

Holiday Express train will be making not one, but two stops! Come and experience the family friendly festive event with tours of the Holiday Express decorated rail cars. The community can view the Holiday Express Dec. 10 in Leesville and Dec. 11 in DeRidder.

<https://www.cpkcr.com/en/community/HolidayTrain?mibextid=Zxz2cZ>

Dec. 16: Christmas Market on the Alley West Monroe, La.

Downtown West Monroe presents Christmas Market on the Alley! Don't miss out on an artisan market with live music and food trucks in Alley Park. Come out and get some last minute holiday shopping done!

<https://www.monroe-westmonroe.org/events/christmas-market-on-the-alley-2/>

Dec. 16: Jennings Christmas Festival Jennings, La.

Held in historic Main Street Jennings and Founder's Park, the Jennings Christmas Festival will be held Dec. 16. Parade begins at 5:30 p.m. followed by hot chocolate with Santa, shopping,

family fun, hayride with Santa and dollar days at the Tupper Museum.

Dec. 20: Coca-Cola Christmas Truck Night Monroe, La.

The annual Coca-Cola Christmas Truck Night is back at the Biedenharn Dec. 20!

The 18-wheel Coca-Cola Truck will be decked out in lights and playing your favorite Christmas tunes.

The Coke Polar Bear and the Grinch will both make special appearances. Food trucks will be serving up delicious meals for all to enjoy.

<https://www.monroe-westmonroe.org/events/coca-cola-christmas-truck-night/>

Dec. 21-30: NOLA Christmas Fest New Orleans, La.

Experience a real indoor ice skating rink, ice slides, carnival rides, Santa and friends, gingerbread houses, special 10th anniversary events, and more!

www.nolachristmasfest.com/

