

GUARDIAN



Inside:

- Welcoming Soldiers home page 1
- Under Secretary tours Fort Johnson page 2
- Protect Program now falls under SHARP page 3
- Celebrating veterans page 4

Welcoming home 115th Combat Support Hospital



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

Commanding General
Col. CJ Lopez
Garrison Commander
Deven B. King
Director of Public Affairs
Keith Houin
Deputy Director

Public Affairs Staff

Angie Thorne
Guardian Editor
Jeff England
Broadcast
Chuck Cannon
Community Relations Officer
Porsha Auzenne
Writer
Gabe Walker
Operations
Alex Rivera
Contributor

Editorial Offices

Building 4919, Magnolia Street
Fort Johnson, LA 71459-5060
Voice (337) 531-4033
Fax (337) 531-1401
Fort Johnson Homepage
home.army.mil/johnson/
The eGuardian is an authorized
publication for members of
the U.S. Army. Contents of the
eGuardian are not necessarily
official views of, or endorsed by, the
U.S. Government, Department of
Defense, Department of the Army or
Fort Johnson.
The Guardian can be found on the
JRTC and Fort Johnson website at
home.army.mil/johnson and the
JRTC and Fort Johnson Facebook
page at [@JRTCandFortJohnson/](https://www.facebook.com/JRTCandFortJohnson/).
eGuardian archives can also be
found on the JRTC and Fort Johnson
website.

Links to the eGuardian are also
included in all-users emails to
government email users and by
request to non-military units.
All editorial content of the Guardian
is prepared, edited, provided and
approved by the Public Affairs
Office, Joint Readiness Training
Center and Fort Johnson.
For more information on
Fort Johnson units and
happenings visit the
[@JRTCandFortJohnson](https://www.facebook.com/JRTCandFortJohnson/)
Facebook page.



Cover photo: . Family and friends welcomed home the Soldiers of the 115th Combat Support Hospital Oct. 29 at the Warrior Gym. (Courtesy Visual Information)

Under Secretary of Defense encouraged by readiness, **quality of life** at Fort Johnson

By **ANGIE THORNE**
Public Affairs Office

FORT JOHNSON, La. — Acting Under Secretary of Defense for Personnel and Readiness Ashish S. Vazirani visited Fort Johnson Nov. 12-15 to learn more about a wide range of organizations, programs and quality of life initiatives taking place across the installation.

As the principal staff assistant and advisor to the Secretary of Defense for Total Force Management, Vazirani's mission is to ensure a strong, adaptable and ready force supported through exceptional policy, programs and services.

His top strategic goal is taking care of people and cultivating the workforce, which includes quality of life matters.

Vazirani and his team began their tour of Fort Johnson at the Home of Heroes Soldier Recreation Center, headquarters of the Better Opportunities for Single Soldiers program. He talked to BOSS representatives and did a walk-through of the center.

In and around briefs, his itinerary included an aerial tour of Fort Johnson, as well as stops at the 519th Military Police Battalion Gym, Bayne-Jones Army Community Hospital, Commissary, Main Post Exchange, Transition Assistance Program, Louisiana National Guard Training Center Pineville, and Barksdale Air Force Base. One of the last stops was Fort Johnson's Quality of Life Conference.

The conference is a semi-annual event that includes Fort Johnson leadership, Soldiers, civilians, retirees and Family members in a forum that provides the Fort Johnson community an opportunity to gather and discuss ways to improve education, housing, child care, health care, spouse employment and more.

Brig. Gen. David W. Gardner, Joint Readiness Training Center and Fort Johnson commanding general, was interested in hearing attendees' ideas.

"What I can assure you is that no idea is going to get thrown out," Gardner said. "This is part of a larger process of how we pull together the feedback to help us identify things that we may or may not necessarily be thinking about."

The ideas brought to light at the conference are looked at to see what can be immediately done by directorates at the installation and Army Installation Management Command. It's a way to look at where Fort Johnson is today and where it wants to go in the future.

"These ideas will continue to be looked at, pushed up and resolved. There are a number of things that have been instituted because of the feedback we have received from this venue," Gardner said.

Gardner then introduced Vazirani to the attendees as someone who really wants to understand the issues at the grassroots level so he



Fort Johnson education services officer Glenn McMann (left) greets Acting Under Secretary of Defense for Personnel and Readiness Ashish S. Vazirani during a brief of the Transition Assistance Program at Fort Johnson's Education Center Nov. 15.



Col. Matthew J. Hardman, Joint Readiness Training Center Operations Group commander (left), narrates an aerial tour of Fort Johnson for Acting Under Secretary of Defense for Personnel and Readiness Ashish S. Vazirani (center) and Emma B. Norvell, Vazirani's chief of staff, Nov. 13.

can take that information back to the Pentagon.

"Most of the good ideas come from the ground up. I'm so enthusiastic about being able to participate in and observe what you do today," Vazirani said. "To think about the number of leaders who are in this room today, taking time to focus on how to make life better for Soldiers is really encouraging. I appreciate the amount of energy and thought you are go-

ing to bring to the discussion."

Vazirani reiterated the impact his tour of Fort Johnson and attendance at the conference will have.

"I know there are going to be great ideas that we can take and learn from you. We want to enable, encourage, and when you generate these solutions, elevate and resource them appropriately," Vazirani said.



Program empowers Soldiers to support one another

By PORSHA AUZENNE

Public Affairs Office

FORT JOHNSON, La. — In an effort to prevent and respond to harmful behavior, Fort Johnson's 519th Military Police Battalion founded the Protect Program.

The Protect Program is a three-day training course that empowers Soldiers at the grass-roots level to protect one another from the harmful behaviors that erode trust and destroy cohesive teams. The program, which brings awareness to everyday issues, gives Soldiers the incentive to volunteer as ambassadors for the Army's Sexual Harassment/Assault Response and Prevention, Equal Opportunity and Suicide Prevention curriculums. Upon completion of the training course, Soldiers earn a special 'PROTECT' tab to wear on Fort Johnson.

"This tab represents a culture. A constant reminder that these acts are not tolerated," said Sgt. 1st Class Erik Rostamo, a platoon sergeant at 16th Military Police Brigade, Fort Liberty, North Carolina, who was a key part in initiating the Protect Program while stationed at Fort Johnson.

"The program further empowers Soldiers to intervene on all issues. We can change the culture by changing the conversation. The Protect Program opens the Soldier's eyes to the impact these harmful behaviors have on the Army, organizations, friends and Family members. When these issues happen in our organization, it's not just subject/victim and that's it. These things impact readiness, our warfighting capability and our trust in one another."

Rostamo further explained in-depth about the training Soldiers do during their Protect Program tenure. During the first two days, classroom discussion is led by noncommissioned officers, who Rostamo specified were passionate about the topics being discussed.

"The program doesn't take away from any existing established Army program regarding these topics," Rostamo said. "Instead, the program has added discussion and facilitation about the impact that these topics have on families, organizations, and people. It gets the buy-in from our junior Soldiers, the target demographic for these issues. As SHARP representatives and company commanders are not always present in the case of a situation arising, those Soldiers can step up."

The Protect Program was such a success that it will officially be facilitated by Fort Johnson's SHARP program starting January 2024.

"The primary focus is to stop sexual violence before it happens. However, the program also aims to minimize the risk of suicide by utilizing postvention actions, encouraging fair treatment for all Soldiers based on merit, performance and potential and enhancing



DESIGNED BY PORSHA AUZENNE/GUARDIAN

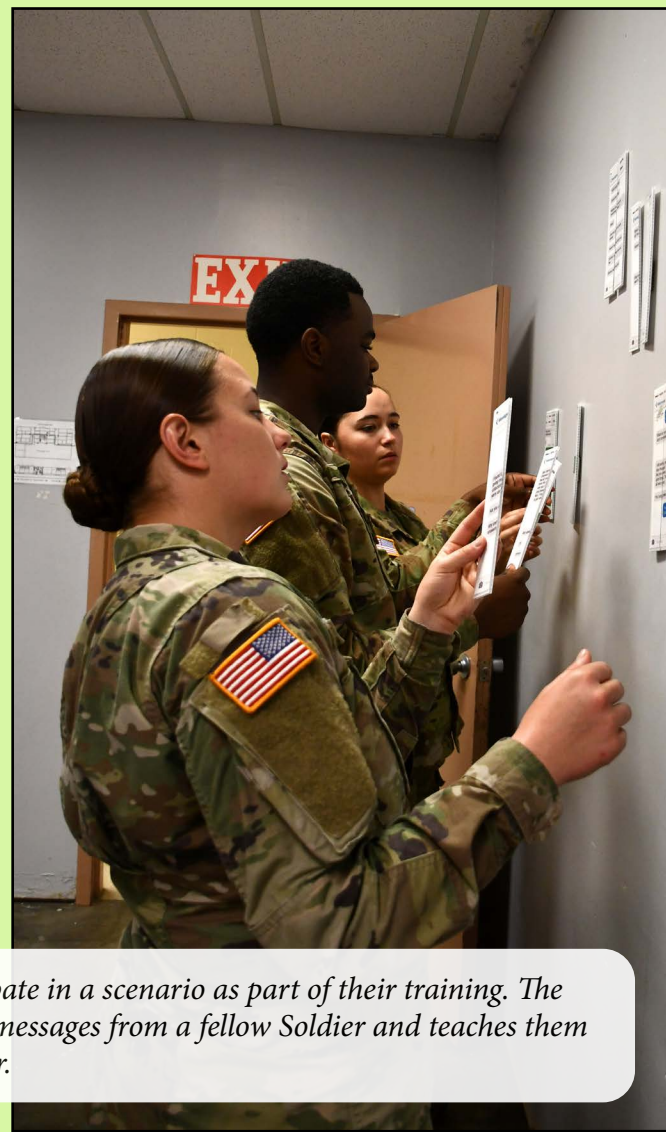
resiliency by reinforcing the Army's Values," Gustacia Gabriel, Fort Johnson's SHARP program manager, said. "The endstate is for volunteer Soldiers to complete the Protect Program course and actively intervene. Utilizing approved methods to stop incidents of sexual harassment and sexual assault minimizes the risk of suicide before it happens."

To date, the Protect Program has 100 graduates. The program is open to all Soldiers looking to protect one another in the event of harmful behaviors.

For more information about the Protect Program, please contact the Fort Johnson SHARP office at 337-531-1788.



Protect Program Soldiers attend class and participate in a scenario as part of their training. The scenario covers Soldiers receiving concerning text messages from a fellow Soldier and teaches them how to communicate to and get help for the Soldier.



ANGIE THORNE/GUARDIAN



Saluting **heroes** who served, sacrificed

By **PORSHA AUZENNE**

Public Affairs Office

FORT JOHNSON, La. — The Joint Readiness Training Center and Fort Johnson held a ceremony Nov. 9 to honor America's veterans, celebrating their willingness to serve and selfless sacrifice. Whether these veterans are Soldiers, Sailors, Coast Guardsmen, Marines, Airmen or Guardians, Veterans Day is a day in which these heroes are honored and thanked for their courage and bravery.

Approximately 200 members of the Fort Johnson community gathered at the 1st Battalion, 5th Aviation Regiment hangar in the morning hours of Nov. 9. Mark Leslie, Fort Johnson's acting deputy garrison commander, an Army veteran who served in Operation Just Cause, Operation Desert Shield/Storm, Operation Iraqi Freedom and Operation Enduring Freedom, shared his thoughts about Veterans Day with the audience.

"Veterans gather on this day because they long to be with the people who once acted their best and who once served and sacrificed together," Leslie said.

He mentioned how less than 7% of the U.S. population has served in uniform.

"That is a pretty incredible statistic," Leslie said. "To me, this makes the less than 7% somewhat noteworthy. Not better, because we're all Americans, but special. The protectors of the other 93% are the ones willing to put their lives on the line and endure the less than predictable lifestyle of the military for the rest of the nation. The people I admire, my heroes, are not entertainers, athletes, designers, singers, influencers, actors or billionaires. Mine are the great leaders of those I saw shoulder the hard decisions that come with the privilege of being a leader and the dozens, if not hundreds, I witnessed do incredibly selfless acts at extreme risk to themselves for the person next to them. Those individuals are scattered across this country — many alive and well, many in cemeteries and some sitting right here in this hangar. Those men and women are American veterans, and they are my heroes."

Brig. Gen. David W. Gardner, Fort Johnson

commanding general, took to the podium as the ceremony's keynote speaker.

"We must always provide a platform for our veterans, service members and military Families to share their stories. In doing so we honor their voices, amplify their experiences and let them know that we, as a nation, are listening," Gardner said. "Each year, across the country, we set this day aside to celebrate and pay tribute to America's veterans for their devotion, patriotism, selfless service and sacrifice on behalf of us all. There are more

than 18 million veterans alive today. Their service spans World War II to our latest conflicts in the Middle East. They are brave men and women from all walks of life who stepped forward to defend our nation throughout our history."

Gardner proceeded to pay tribute to Fort Johnson's very own veterans.

"To our veterans still serving at Fort Johnson, we say thank you. Thank you for your

sacrifices, for your wisdom and for choosing to serve, even when you've already given so much. Your legacy is not just in the battles you fought, but in the Soldiers you inspire every day. In honoring you, we are reminded of the infinite debt we owe to all veterans, past, present and future. You are the heart of our communities and of Fort Johnson."

Gardner closed by reminding the audience of the significance of Veterans Day.

"Today, let us not just celebrate Veterans Day as a mere holiday. Let it be a reminder of the best of America — those who have given so much to ensure our freedom. As we look towards the future, let's commit ourselves to honor their sacrifices, not just in words but in deeds."

Fort Johnson's Veterans Day ceremony concluded with a wreath laying by Gardner and Leslie followed by the playing of all branch service songs by the Leesville High School band.

"Let's commit ourselves to honor their sacrifices..."

—Brig. Gen. David W. Gardner



Brig. Gen. David W. Gardner (second from right), Joint Readiness Training Center and Fort Johnson commanding general, and acting deputy garrison commander Mark Leslie (right) salute during the wreath laying at the Veterans Day ceremony Nov. 9.

Saluting the heroes who served our nation



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.



FOLLOW JRTC AND FORT JOHNSON
ON FACEBOOK, INSTAGRAM AND
YOUTUBE

GET CONNECTED



UNITED STATES ARMY GARRISON FORT JOHNSON



EMPLOYEE OF THE MONTH
PORSHA AUZENNE, PUBLIC AFFAIRS OFFICE

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





ALEX RIVERA/GUARDIAN

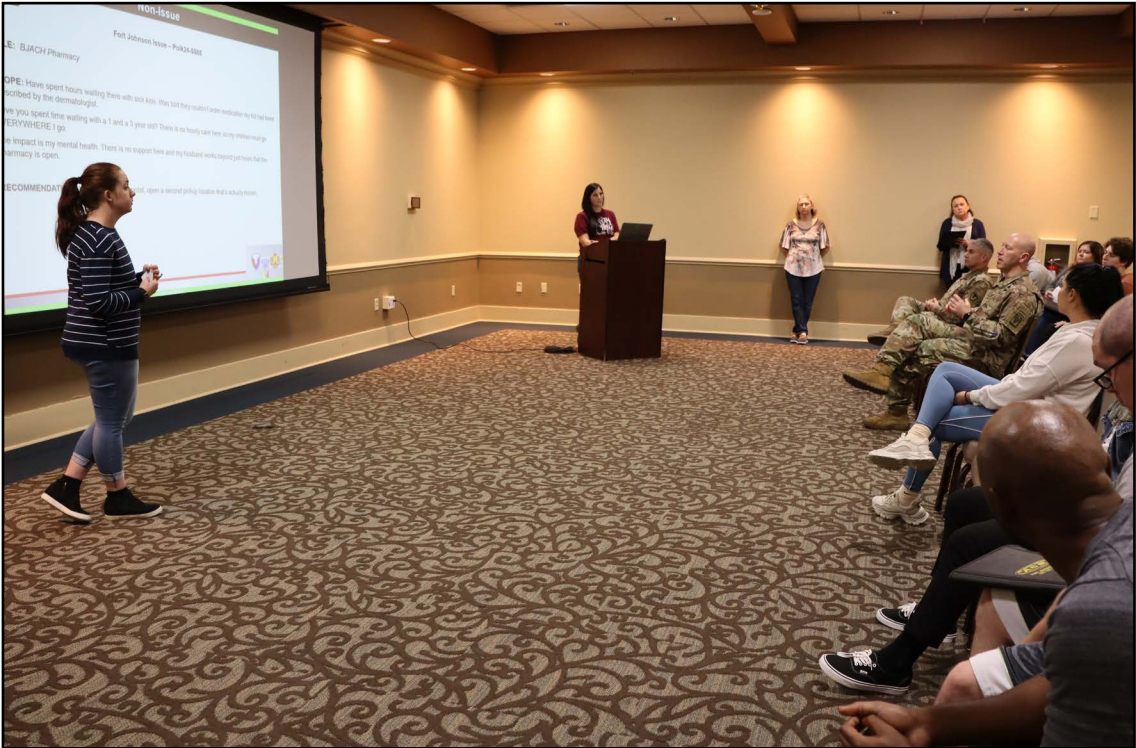
Fire Department thank you

The Fort Johnson Fire Department hosted an appreciation dinner in honor of the 519th Military Police Battalion Spouses Coffee Group for their kindness and support by providing hot meals for the firefighters during the historic 2023 wildfires.



AFAP conference

Fort Johnson held its Army Family Action Plan Nov. 16-17 at the Warrior Center. AFAP is a way for active and reserve Soldiers, Army civilians, retirees, survivors and Family members to help identify concerns regarding quality of life issues through feedback, ideas and suggestions. Subject matter experts from directorates across the installation take part in the event to answer any questions delegates may have. Once the suggestions have been narrowed down and refined, issues are presented to Army leadership who ensure they are prioritized, reviewed and worked to resolution. Approximately 90% of issues are resolved at the local commander level. The remaining 10% are elevated for senior Army level resolution.



ANGIE THORNE/GUARDIAN



JOIN OPERATION
HOMEFRONT FOR A
GIFT CARD
DISTRIBUTION EVENT!

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

JRTC and Fort Johnson recognizes that military spouses' careers are important to the quality of life of our Soldiers and Families. We like to offer unique opportunities for spouses that have developed rewarding careers that follow them through PCS moves.

SHOP

DEC 1-2 | 4PM-8PM

MAIN POST EXCHANGE
SNOWFLAKE FESTIVAL

7742 COLORADO AVE
FORT JOHNSON, LA



Small Business | Local Business
#shoplocalftjohnson

OUR MARKET

MILITARY SPOUSE OWNED BUSINESS



**FAMILY ADVOCACY
PROGRAM**

ACTIVE PARENTING FOR STEPFAMILIES

October 20th - 17 November
Every Friday
0900-1100



FAMILY



Getting married was the easy part!
Now, as a parent in a stepfamily, you face a whole new set of challenges. Active Parenting for stepfamilies will give you the guidance and support you need for growth.

CONTACT US

☎ 337-531-1938/0636

🌐 1591 Bell Richard Ave.
Bldg. 920
Fort Johnson, LA 71459



Home of Heroes Thrift Shop is open!



**Tuesday-Thursday:
9:30 a.m.-4:30 p.m.**

**First Saturday of each month:
9:30 a.m.-12:00 p.m.**

**Holiday Hours:
Closed Nov. 20-24
Closed Dec. 18-Jan. 2**

Scan me



**Follow our Facebook
page for sales and
updates!**

830 Colorado Ave.
Fort Johnson, LA 71459



November 30

TOY DRIVE
Ruck March

6:30 AM

*Start at Anvil Field
Finish at BOSS Warehouse BLDG 2613*

We encourage units and their families to join us for a PT Ruck March dressed in Christmas gear (ugly sweaters, santa hats, etc) with their rucks filled with toys and ready to donate toys to **Operation Homefront**, who is partnering with **BOSS** to provide toys to military families for Christmas!

Anvil Field | 2165 9th Street
Call (337) 378-3236 for more info

BOSS
Better Opportunities for Single Soldiers

Jingle Bell 5K

**DECEMBER 9TH AT 0800
STARTING AT WARRIOR HILLS GOLF COURSE**

**AGES 12+ \$15
AGES 3-11 \$10
AGES 0-3 FREE**

**RAFFLE PRIZES TO WIN!
1-TICKET PER SIGN-UP
EXTRA TICKETS -\$1**

**REGISTER ONLINE OR IN PERSON
PAYMENTS RECEIVED AT
WHEELLOCK FITNESS CENTER**

**FOR MORE INFORMATION PLEASE CONTACT
PAYTON.G.FAHRINGER.NAF@ARMY.MIL
OR CALL 337-531-6795**

ARMY
AIRBORNE
MWR

THIS WEEK 13-17 NOV 2023



WINTER HYDRATION

For Soldiers, working and training outdoors is part of the job — no matter how extreme the temperature. Enforcing proper hydration during cold weather is one of the easiest ways to ensure they stay healthy and arrive ready to fight.



ROAD TRIPS

Time seemed to move slowly during the impact. Suddenly, we came to a violent stop. The air bags deployed, hitting my face hard enough to momentarily knock me unconscious.



ADHERENCE TO STANDARDS

Just as I began tensing my body for a crash, I felt the aircraft swiftly jolt forward with enough airspeed to get us out of settling in our own downwash. The fatigued PC, who'd just put us in a dangerous descent, was able to save us from impact.

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?

RISK MANAGEMENT is always looking for contributors to provide ground, aviation, driving and off-duty safety articles. Don't worry if you've never written an article for publication. Just write about what you know and our editorial staff will take care of the rest. Your story might just save another Soldier's life. Click the **SUBMIT AN ARTICLE** tab below to share your story.



WHAT'S NEW

ENJOY A SAFE HOLIDAY SEASON

From late November to mid-January, when families gather, parties are scheduled and travel spikes, safety should remain a top consideration. Click here for some tried-and-true advice to ensure your family remains safe and injury-free throughout the season.



POST THIS



CLICK TO DOWNLOAD

WATCH THIS



CLICK TO VIEW

SANTA COMES TO ALLIGATOR LAKE

**DECEMBER 16TH
12PM - 4PM**

FORT JOHNSON

ARMY
AIRBORNE
MWR
OUTDOOR



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. Hazardous cargo and commercial traffic and will be directed to follow the posted detour. Motorist should anticipate traffic delays. Pedestrians are encouraged to stay clear of the work zone.

Sampling creeks on installation assures surface water quality

DIRECTORATE OF PUBLIC WORKS

FORT JOHNSON — The Fort Johnson Directorate of Public Works Environmental Natural Resource Management Division Water Resources team samples 24 creeks on the installation, utilizing a three-year rotational basis, to ensure activities conducted on Fort Johnson are not posing a risk to surface water quality.

Surface water is a vital resource that sustains life, ecosystems and human activities. Monitoring its quality is crucial for environmental protection, public health and scientific research. Surface water sampling is a fundamental practice that helps assess water quality and detect potential contaminants.

The three primary surface water uses on Fort Johnson are:

- Primary contact recreation — water contact involving prolonged or regular proximity with water in which the probability of ingesting appreciable amounts of water is considerable (swimming).
- Secondary contact recreation — water contact is either incidental or accidental, and the probability of ingesting appreciable amounts of water is minimal (fishing or boating).
- Fish and wildlife propagation — water used for aquatic habitat, food, resting, reproduction and cover and/or travel for indigenous wildlife and aquatic life (fish and wildlife).

Importance of surface water sampling

Environmental protection — surface water bodies, such as rivers, lakes and streams, are suscep-

tible to pollution from various sources, including industrial discharges, agriculture and urban runoff. Sampling helps identify pollutants, enabling authorities to take remedial actions.

Public health — many communities rely on surface water for drinking, irrigation and recreational activities. Sampling is critical to ensure the safety of these water sources, as contamination can lead to waterborne diseases.

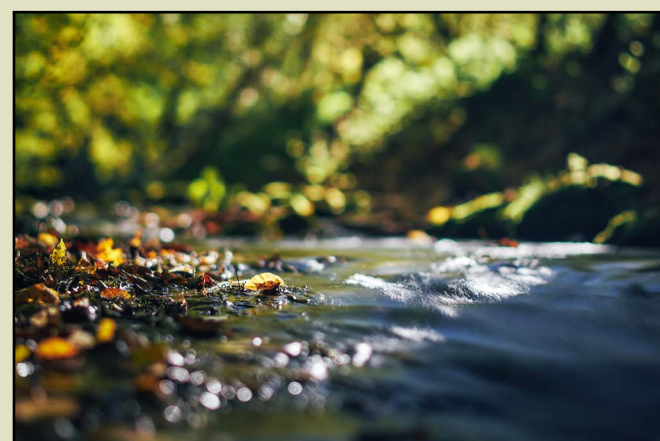
Ecosystem health — aquatic ecosystems depend on clean and balanced water conditions. Sampling helps monitor changes in water quality that may affect the health and biodiversity of these ecosystems.

Scientific research — researchers use surface water sampling to study the impact of human activities on natural water systems, assess the efficacy of conservation efforts and investigate ecological processes.

Surface water sampling method

Grab Sampling — this method involves collecting water samples at specific sample locations across the installation, and all training lands. A sample container is submerged and filled with water, capturing a snapshot of the water quality at that moment.

The team conducts the analysis for water temperature, dissolved oxygen, pH (acidity or basicity), conductivity (the measurement of the ability of water to pass an electrical current), total dissolved solids, turbidity (the state or quality of being clouded or opaque), and chemical oxygen demand (an indicative measure of the amount of oxygen



that can be consumed by reactions in a measured solution).

The samples are further analyzed for oil, grease, fecal coliform, total suspended solids and carbonaceous biochemical oxygen demand (a method defined test measured by the depletion of dissolved oxygen by biological organisms and a body of water in which the contribution from nitrogenous bacteria has been suppressed).

Upon completion of the team's analysis, the samples are sent to an external lab for analysis of metals that may be present in the sample.

Surface water sampling is crucial in safeguarding our environment, public health and advancing scientific knowledge.

By utilizing various sampling methods and adhering to best practices, researchers, environmental agencies and concerned individuals can effectively monitor and manage Fort Johnson's precious surface water resources, ensuring they remain clean and sustainable for generations to come.

Hospital Soldiers validate readiness during exercise

By JEAN CLAVETTE GRAVES
BJACH PAO

FORT JOHNSON, La. — Bayne-Jones Army Community Hospital conducted their biannual field training exercise, called the Forge, Nov. 1 – 3 at the Joint Readiness Training Center and Fort Johnson.

Col. Takako Barrell, acting hospital commander, said the purpose of the Forge is to confirm BJACH Soldiers can conserve fighting strength and are a responsive and trained medical force.

“The Forge focuses on fundamental tasks that we must perform and be proficient in at all times,” she said. “The warrior tasks and battle drills were integrated into the training to improve realism and ensure our Soldiers can fight and survive on the battlefield while performing a full spectrum of operations.”

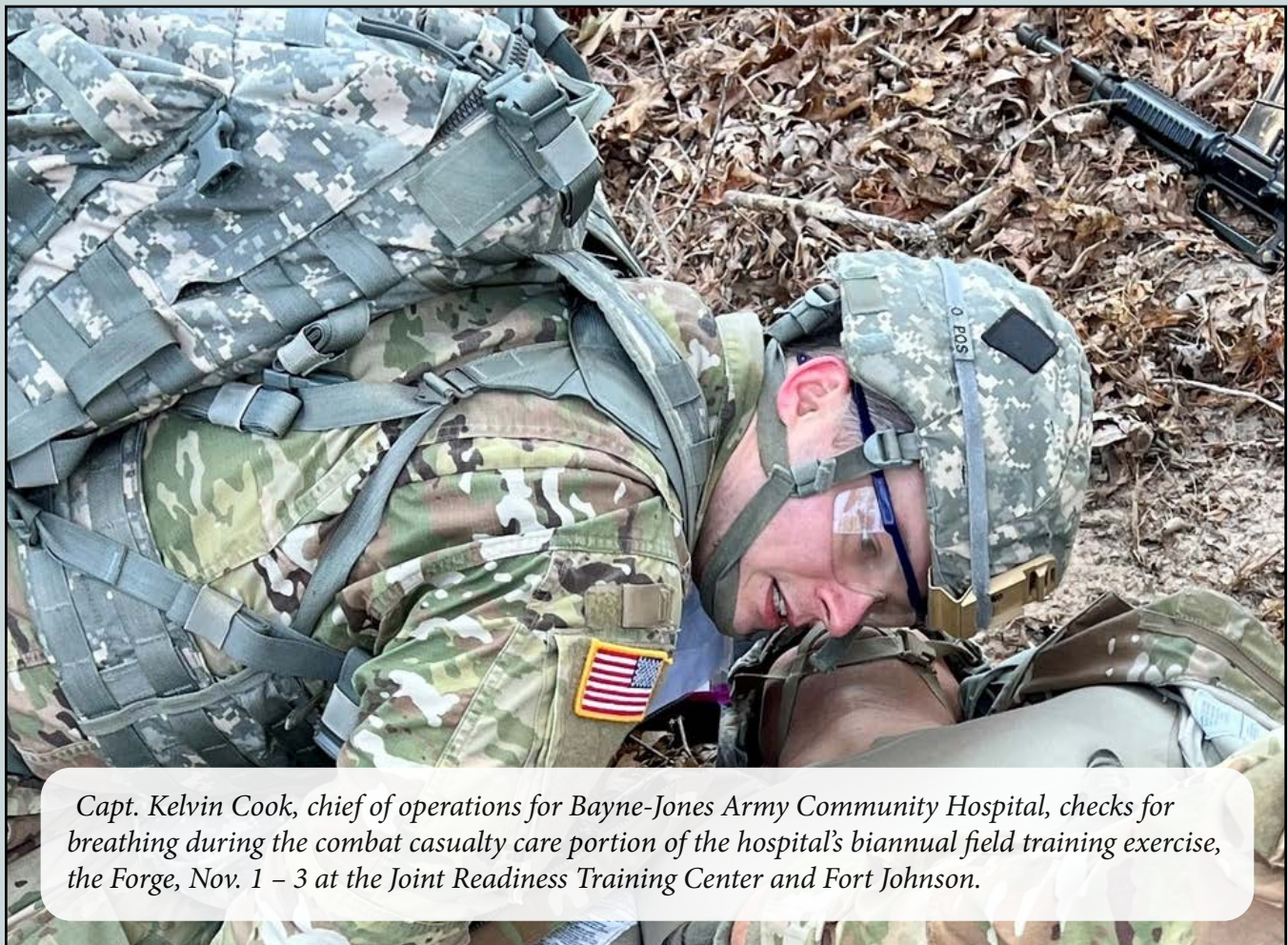
Individual critical task list items were also integrated to validate Soldier proficiency in their military occupational specialty or area of concentration.

Capt. Steve Candeto, chief of rehabilitation services at BJACH, was the officer in charge of the event. He created the squad-level competition training to encompass all required Army Warrior Tasks.

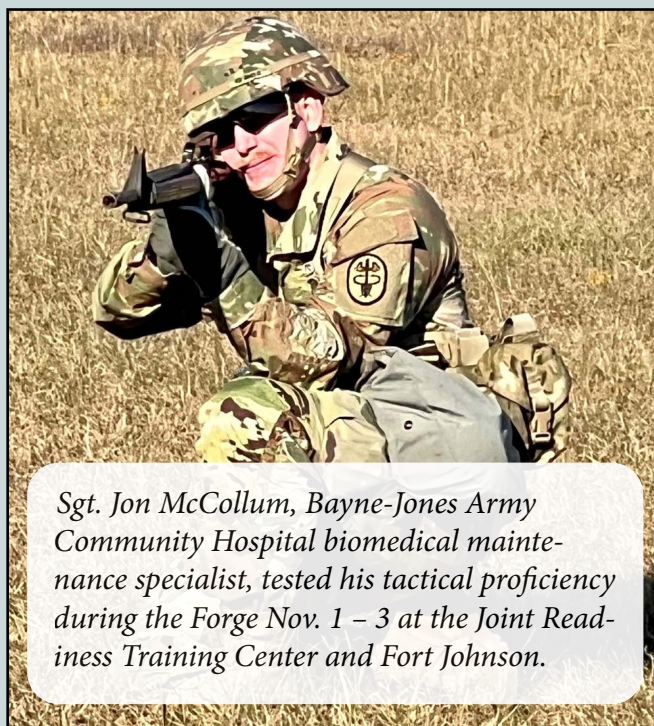
“I was selected as the OIC of the Forge after my participation in the Medical Readiness Command-West Best Leader Competition in April 2023,” Candeto said. “I used that experience as a framework for the Forge by incorporating multiple events that required continuous navigation through a simulated squad lane.”

This iteration of the Forge was split into phases. On days one and two, participants focused on warrior tasks and communication, with the culminating event held on Nov. 3 at Fort Johnson’s Honor Field.

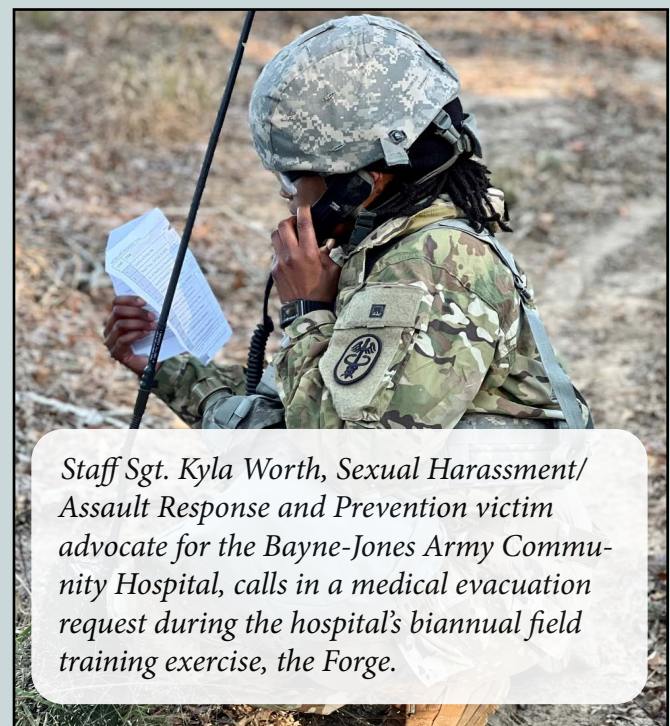
“Each squad received a specific mission to successfully navigate a simulated training lane. While on the lane, the squad was required to conduct land navigation; react to indirect fire; treat a casualty; conduct radio communications; react to a chemical, biological, radiological, nuclear and high-yield explosive attack and transport an injured squad member 500 meters to a casualty collection point,” Candeto said. “We threw a lot of challenges at the squads to test their physical and mental resiliency. For example, all squads were briefed of possible enemy in the area requiring the use of hand and arm signals during land navigation. We also required them to conduct a litter carry with protective masks donned, limiting their verbal communication. Every member of the squad had to work together to complete the challenge. The lane was intentionally very tough. My goal was to improve each Soldier’s survivability on the battlefield by the end of their time on day three.”



Capt. Kelvin Cook, chief of operations for Bayne-Jones Army Community Hospital, checks for breathing during the combat casualty care portion of the hospital’s biannual field training exercise, the Forge, Nov. 1 – 3 at the Joint Readiness Training Center and Fort Johnson.



Sgt. Jon McCollum, Bayne-Jones Army Community Hospital biomedical maintenance specialist, tested his tactical proficiency during the Forge Nov. 1 – 3 at the Joint Readiness Training Center and Fort Johnson.



Staff Sgt. Kyla Worth, Sexual Harassment/Assault Response and Prevention victim advocate for the Bayne-Jones Army Community Hospital, calls in a medical evacuation request during the hospital’s biannual field training exercise, the Forge.

The training was intentionally set up as a competition.

“We are briefed from the highest level of the Army that ‘winning matters’ and I believe competition brings our best effort, especially during hard training,” Candeto said. “Each squad was scored on their accuracy in completing each subcomponent of the final lane on day three.”

Winners were announced during the end-of-day formation Nov. 8 ahead of the long Veterans Day weekend.

“Squad five won the competition,” Candeto said. “Their team consisted of Sgt. Nic Greening, combat medic, Sgt. Preston Tucker, a biomedical maintenance specialist, Sgt. Nicole Domengeaux and Staff Sgt. Luis Hernandez Velazquez from our preventive medicine de-

partment, Staff Sgt. Wheeler, a medical laboratory specialist, majors Ashleigh Hartman and Sandra Rodich, two of our registered nurses, and Maj. Nicholas Kramer, a radiologist.”

Command Sgt. Maj. Larry White II, senior enlisted advisor at BJACH, said the Forge was a great opportunity to assess unit proficiency.

“The Forge was a success. We implemented rigor and allowed Soldiers to test skills they recently learned which solidified the crawl, walk, run process,” White said. “Soldiers at BJACH can move from a fixed facility to a field environment quickly and efficiently. These Soldiers are warriors. They are trained, proficient, ready and willing to answer the call to support our warfighters.”

The next Forge training exercise is scheduled for the spring of 2024.

The Forge Presents

Thanksgiving dinner

Turkey Meal

\$40 SAVINGS!

(Feeds a family of four)

12lb Turkey, Green Bean Casserole, Sweet Potato Casserole, Cornbread Dressing, Mashed Potatoes, Giblet Gravy, Cranberry Sauce, Yeast Rolls, and your choice of pumpkin or pecan pie.

\$200.00

Single Turkey

One turkey. Fried, Roasted or Smoked.

\$75.00

Side Dishes

Green Bean Casserole, Sweet Potato Casserole, Mashed Potatoes, Giblet Gravy, Cranberry Sauce, Yeast Rolls, Pumpkin Pie and Pecan Pie.

\$20.00 Each

Cornbread Dressing **\$25.00**

Orders can be placed from Nov 1st - Nov 20th.
Pickup on Thanksgiving day, 1100-1500.



JRTC & Fort Johnson

TURKEY BOWL TOURNAMENT

21 NOV @ 1100
ANVIL FIELD

ARMYSPORTS
COMPETE WITH THE BEST

Proudly Sponsored By:



sponsorship does not imply endorsement by the U.S. Army, and/or JRTC & Fort Johnson

Tailgate Party to Support your Unit
Raffles • Give-A-Ways • Music
Inflatables • Food • Dunk Tank & More

COREYA REYNOLDS
WHELOCK FITNESS CENTER
7755 GEORGIA AVE. BLDG. 3350
337.378.2201
JOHNSON.ARMYMWR.COM



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

Recognize
Retreat
Report



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>

March 2022

Light up holiday weekend at Natchitoches Christmas Festival

By Alex Rivera
Public Affairs Office

FORT JOHNSON, La. — If you are looking for a place to enjoy a holiday experience, then you should consider attending the Natchitoches Christmas Festival of Lights.

The festival is just north of Fort Johnson in the city of Natchitoches and is filled with bright lights and holiday spirit.

The festival takes place each weekend from now through Jan. 6, so you'll have plenty of time to pick your perfect date.

If you can't visit on the weekends but you want to see the lights, the area will be illuminated every night starting at dusk.

Some of the festival attractions include lighting displays, with approximately 100 light set pieces surrounding the Cane River Lake (where the festival is held) and a holiday light show with more than 300,000 lights displayed throughout downtown Natchitoches.

In addition to the many lights, the historic Christmas festival also has a wide array of opportunities to engage all your senses. For instance, each Saturday there is a Festival of Lights parade, a wide variety of food and arts and crafts vendors,



not to mention a sparkling fireworks show for all to enjoy.

This year, the festival's anniversary will be celebrated on the weekend of Dec. 2. It's the 97th year Natchitoches has hosted the festival. It has come a long way from setting up a few lights along Front Street and the riverbank.

So, if you're looking for a Family friendly weekend to kick off a holiday experience filled with the essence of everything Christmas, the Natchitoches Festival of Lights could be the perfect place for you.

For more information visit <https://www.natchitocheschristmas.com>



TURKEY SHOOT

Precision Rifle Shoot



NOVEMBER 25TH AT 10AM

Registration/check in at 9am
.22 caliber only | 50 rounds suggested

Pre-register at the MWR Recreational Shooting Range
or call (337) 531-7552.
Day of registration - \$25



1st Place Prize Frozen Turkey

Categories pending number of participants

BY ALEX RIVERA

MELVIN'S MOMENTS



OK, easy does it.

Thanksgiving Safety

The kitchen is the heart of the home, especially at Thanksgiving. Kids love to be involved in holiday preparations. Safety in the kitchen is important, especially on Thanksgiving Day when there is a lot of activity and people at home.



- Stay in the kitchen when you are cooking on the stovetop so you can keep an eye on the food.
- Stay in the home when cooking your turkey and check on it frequently.
- Keep children away from the stove. The stove will be hot and kids should stay 3 feet away.
- Make sure kids stay away from hot food and liquids. The steam or splash from vegetables, gravy or coffee could cause serious burns.
- Keep the floor clear so you don't trip over kids, toys, pocketbooks or bags.
- Keep knives out of the reach of children.
- Be sure electric cords from an electric knife, coffee maker, plate warmer or mixer are not dangling off the counter within easy reach of a child.
- Keep matches and utility lighters out of the reach of children — up high in a locked cabinet.
- Never leave children alone in room with a lit candle.
- Make sure your smoke alarms are working. Test them by pushing the test button.

Did you know?



Thanksgiving is the leading day of the year for home fires involving cooking equipment.

Have activities that keep **kids out of the kitchen** during this busy time. Games, puzzles or books can keep them busy. Kids can get involved in Thanksgiving preparations with recipes that can be done **outside** the kitchen.



NATIONAL FIRE PROTECTION ASSOCIATION
The leading information and knowledge resource on fire, electrical and related hazards

SAFETY EXCELLENCE

JRTC & Fort Johnson Motorcycle Safety Courses



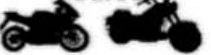





See your unit
Motorcycle Mentor
first!



- 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://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

NOVEMBER 2023

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

BLACKOUT WEDNESDAY

THANKSGIVING EVE IS THE START OF THE HOLIDAY DRINKING PERIOD



- A **BIGGER** drinking day than **New Year's Eve** or **St. Patrick's Day** in some places
- Especially prevalent in **larger urban areas** and among **college students**
- One of the **top drunk-driving nights** of the year in some areas



T&T Taxi (24 hrs)
(337)239-2525

Yellow Top Cab (24 hrs)
(337)239-6006



BUZZED DRIVING IS DRUNK DRIVING



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

Gate upgrade

The installation electronic access control system will be upgraded through Dec. 31. The Visitor Control Center may be busier during this time. Little to no impact is expected at access control points. Delays in the form system errors are expected. Some personnel may need to visit the VCC to resolve issues after the upgrade. During VCC closures, ACP 1 and ACP 7 can resolve issues. People with Veterans Affairs-issued disabled veteran cards will be required to register at the VCC or ACP7 during the transition. It is recommended they register before Dec. 31.

•VCC: Monday - Friday, 5 a.m. - 9 p.m.; Saturday and Sunday, 8 a.m. - 4 p.m.

•ACP 1 & 7: 24/7, including holidays

Flu shots

Flu shots are available at Bayne-Jones Army Community Hospital for all beneficiaries 6 months and older Monday-Friday from 8 a.m.-3 p.m.

Call 337-531-3011 to schedule an appointment.

Ladies day

Every third Sunday of the month ladies get half off range fees at the Fort Johnson Shooting

Range. For more information call 337-531-7552.

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 and older. 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.

<https://johnson.armymwr.com/happenings/big-buck-competition>

Wednesday night scramble

The Warrior Hills Golf Course hosts a nine-hole scramble each Wednesday from 5-6 p.m. The cost is \$22 for members and \$27 for nonmembers. The next scramble is Nov. 21.

For more information call 337-531-4661.

<https://johnson.armymwr.com/happenings/wednesday-night-scramble>

Holiday toy ruck march

BOSS is hosting their annual toy donation ruck march at Anvil Field. This event is open to all units and their families. The march takes place

Nov. 30 from 6:30-9 a.m.

Preregister by calling 337-378-3236.

Snowflake Festival

Get ready for the two-day holiday event of the season. Fort Johnson's annual Snowflake Festival will take place at the Main Post Exchange Dec. 1 from 4-9 p.m. and Dec. 2 from 4-8 p.m. Other Festivities will include cookie and ornament decorating, inflatables, ice skating, photos with Santa and Mrs. Claus, tree lighting, vendors, home based businesses, performances by local school marching bands and more. Remember, the Grinch is always trying to steal Christmas — so keep watch for him!

<https://johnson.armymwr.com/calendar/event/snowflake-festival/6253281/83987>

Holiday on the Bend

After Santa departs from the Snowflake Festival, his next stop is Toledo Bend Army Recreation Park. The community can stop by Dec. 8-9 for story time with Santa on his boat. Crafts, hot chocolate, cookies and s'mores can also 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.

FORT JOHNSON THINGS TO DO

Nov. 24-Dec. 24: Christmas at Kiroli West Monroe, La.

Make the season bright! Drive through a wonderland of Christmas lights at Kiroli Park! The drive-thru lights display will be open every Thursday, Friday, Saturday and Sunday from 6-9 p.m. through Christmas Day. Season passes will be available to purchase online that allow unlimited trips through the park at night during the holiday season.

Be sure to enjoy a cheerful afternoon celebrating Christmas and all that entails at Santa in the Park on Dec. 10. This event will have live entertainment and food trucks, with appearances by Santa and his friends. Take photos with Santa for a small fee. Get into the holiday spirit with this fun family-friendly event!

<https://www.monroe-westmonroe.org/events/christmas-at-kiroli-2/>

Nov. 25: Fleur De Lis Arts & Crafts Market Natchitoches, La.

Need some holiday gift ideas? The Fleur De Lis Arts & Crafts Market is the perfect place for all your Christmas shopping needs with over 110 booths to choose from! Market opens at 9 a.m.

<https://www.natchitoches.com/event/fleur-de-lis-arts-craft-market>

Nov. 28: CPKC Holiday Express Monroe, La.

The KCS Holiday Express returns to the rails

this holiday season! This is a festive, six-car holiday train, with intricate displays inside and out. Visitors will board the train, tour the inside, and meet Santa and his elves for free!

<https://www.monroe-westmonroe.org/events/cpkc-holiday-express/>

Dec. 2: Miracle on Washington Christmas Festival

DeRidder, La.

Enjoy a Christmas show as the Community gathers for this annual Christmas celebration on historic Washington Avenue in downtown DeRidder. Enjoy the musical sounds of Christmas along with specialty holiday shopping. Everything from Christmas decor to grandma's cookies and fudge!

For more information call 337-463-5533.

Dec. 9: Leesville Christmas Market

Leesville, La.

Stop by the 3rd Street Market in downtown Leesville from 9 a.m.-2 p.m. It's a great way to jumpstart your holiday spirit with food trucks, vendors and more.

For more information call 337-238-0349.

Dec. 9: Leesville Christmas Parade

Leesville, La.

The theme for this year's 80th annual Christmas parade is Angels Among Us. The theme is in honor of those who fought the wildfires in Vernon Parish. The parade takes place on 3rd Street in downtown Leesville and begins at 5:30 p.m.

For more information call 337-238-0349.

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

Enjoy a day of holiday festivities at this year's Christmas around the cabin. Enjoy a this rural country setting and be entertained throughout the day!

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. 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! Convenient parking nearby.

<https://nolachristmasfest.com/>

