

GUARDIAN



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Brig. Gen. Curl **excited** to lead as new commanding general

By **PORSHA AUZENNE**
Public Affairs Office



FORT JOHNSON, La. — The Joint Readiness Training Center and Fort Johnson welcomed its new commanding general, Brig. Gen. Jason A. Curl, July 11 at Warrior Field.

At the assumption of command ceremony, Fort Johnson leadership, Soldiers, state and local representatives, civilians and friends and Family watched on as the colors were passed to Curl from Lt. Gen. Stephen G. Smith, FORSCOM deputy commanding general and reviewing officer of the ceremony.

The passing of the colors represents a transfer of authority and responsibility from one commander to another.

The colors were passed back to JRTC and Fort Johnson Post Command Sgt. Maj. David P. Hanson for safekeeping.

Smith began his address by recognizing Curl and his Family, community leaders, Department of Defense civilians, participating units and leadership on the field.

“The motto here is ‘Forging the Warrior Spirit’, but it’s so much more than just a motto ... it’s a mindset we have here in the Fort Johnson community,” Smith said.

“Jason Curl has lived that motto. Throughout his career, he’s trained formations to fight and win from platoon to division level and deployed leg formations from company to battalion level in combat. Most recently, he’s served as a director of operations for Iraq and Syria for Combined Joint Task Force — Operation Inherent Resolve.”

Smith said Curl learned valuable lessons in the last year about joining coalition warfare, which will help him contribute immensely to the



Brig. Gen. Jason A. Curl, Joint Readiness Training Center and Fort Johnson’s incoming commanding general, salutes on Warrior Field during his assumption of responsibility ceremony July 11. (U.S. Army photo by Angie Thorne)

JRTC and Fort Johnson mission.

“Jason, you have the full trust and confidence of our Army senior leaders. I wish you the best of luck as you transition and grab the reigns of this installation in its critical mission,” he said.

Curl opened his remarks by thanking Smith and Gen. Andrew Poppas, FORSCOM commander, for their trust in his leadership abilities. He thanked Maj. Gen. David W. Gardner, previous commanding general of Fort Johnson, and his Family for their commitment and dedication to Fort Johnson as well. Curl also thanked his own Family.

“To the Soldiers, civilians and Families of JRTC and Fort Johnson, I am privileged to join a team renowned

for its professionalism, resilience and commitment,” Curl said. “Your hard work and sacrifices are the backbone of our operations and the foundation of our success.

“I am eager to work alongside each of you, learn from you and lead with the same spirit of excellence that you demonstrate every day.”

Curl conveyed how honored he is to take command of JRTC and Fort Johnson as well as the opportunities that lie ahead.

“I’m confident in our collective ability to overcome any challenge. Together, we will continue to build on the proud legacy of this installation and ensure our Soldiers are prepared to meet the demands of today, as well as the uncertainties of tomorrow.”

Curl concluded his speech by thanking everyone for their warm welcome and his eagerness to lead as JRTC and Fort Johnson’s new commanding general.

Lt. Gen. Stephen G. Smith, left, shakes hands with Brig. Gen. Curl during his assumption of command ceremony. (U.S. Army photo by Antoine Aaron)



Cover photo: *Lt. Gen. Stephen G. Smith, right, passes the colors to Brig. Gen. Jason A. Curl, incoming Joint Readiness Training Center and Fort Johnson commanding general, during his assumption of command ceremony at Warrior Field July 11. (U.S. Army photo by Angie Thorne)*



JRTC and Fort Johnson
Brig. Gen. Jason A. Curl
Commanding General
Col. CJ Lopez
Garrison Commander
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Links to the Guardian 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 [@JRTCanFortJohnson](https://www.facebook.com/JRTCanFortJohnson/) Facebook page.



Brig. Gen. Jason A. Curl takes

COMMAND



ANGIE THORNE/GUARDIAN



KAREN SAMPSON/GUARDIAN



KAREN SAMPSON/GUARDIAN



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Navigating life stressors with **MFLC** at Fort Johnson

By **KAREN SAMPSON**
Public Affairs Office

FORT JOHNSON, La.— Military personnel and their Families navigate unique stressors in life.

That’s why the Department of Defense’s Military and Family Life Counseling Program supports them. The program offers counseling services provided by licensed professionals who understand and care for the unique challenges of military life.

“A person would use an MFLC for various reasons,” said Jean Wadman, Directorate of Family and Morale, Welfare and Recreation acting director. “MFLCs are available for support.”

The range of issues are vast and can include impromptu deployments, reintegration, relocation adjustment, separation, conflict resolution, relationship and Family issues, homesickness and coping with grief.

MFLCs are confidential.
“Adult-focused MFLCs are embedded in Army Community Services and military units,” she said.

“MFLCs are also in public schools and Child and Youth Services.”

MFLCs and child and youth behavioral military and Family life counselors provide confidential non-medical counseling. Confidentiality ensures those who need help can seek it without fear of judgment or repercussions, promoting security and comfort.



“A child does not need to be enrolled in a CYS program or public school to meet with an MFLC,” Wadman added.

Parent and Outreach Services and CYS can provide help.

According to the MFLC guide, active-duty service members, National Guard and Reserve members — regardless of activation status — Coast Guard members — when activated for the Navy — Department of Defense expeditionary civilians and their immediate family members are eligible for services.

This includes foreign military members and their families and non-remarried surviving spouses and children of active-duty, National Guard and reserve service members, regardless of activation status and cause of death of the service member. In addition, veterans and their immediate families are eligible for up to 180 days after separation from the military, ensuring their service and sacrifice are recognized and valued.

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Fort Johnson Medical Service Corps celebrates **107** years

By JEAN CLAVETTE GRAVES
BJACH PAO



FORT JOHNSON, La. — Bayne-Jones Army Community Hospital celebrated the 107th anniversary of the U.S. Army Medical Service Corps and the establishment of the Fort Johnson Silver Caduceus Society with MSC officers from across the installation, June 28, at the Joint Readiness Training Center and Fort Johnson, Louisiana.

The MSC consists of four multi-functional areas comprised of 23 areas of concentration, and four additional skill identifiers. MSC officers serve in administrative health services, medical allied sciences, preventive medicine, behavioral health, pharmacy, optometry, podiatry, aeromedical evacuation and as health services maintenance technicians.

Lt. Col. Alexander Ragan, installation director of psychological health, served as the keynote speaker for the ceremony. Ragan said the MSC is the backbone of military medicine.

“The extensive range of areas of concentration in the Medical Service Corps highlights its diverse role in supporting military healthcare,” he said.

Ragan said the celebration reaffirmed the commitment to support the corps and its mission to protect and heal those who serve the nation.

Lt. Col. John Broussard, deputy commander for administration at BJACH, said it’s important to celebrate anniversaries.

“It provides an opportunity to reflect on those who came before us,” he said. “Today we get the chance to step out of our foxholes and remember we are part of a larger team.”

Broussard said MSC officers are the link between healthcare delivery and military operations.

“From aligning our limited medical assets to evacuating and tracking our Soldiers, we get the mission done,” he said. “Our mission at Fort Johnson requires a myriad of MSCs to support eleven combat training center rotations each year, unit deployments and installation support.”

Broussard said the SCS is an informal organization for MSC officers to conduct personal and professional development, as well as a forum to discuss advancements in technical, administrative and scientific arenas.

“Young MSC officers are often the only MSC officers in their unit, devoting most of their time to their current job requirements,” Broussard said. “The SCS allows us to support



From left to right: 2nd Lt. Isella Wallace, chief of patient administration, Aaron Clark, Melynda Hill and Alfred Coleman, security specialists for Bayne-Jones Army Community Hospital discuss answers during the trivia contest. (Photo by Jean Clavette Graves)



Above and from left to right: Capt. Rachel Massey, chief of pharmacy, Retired Maj. Choicey Pellerin, chief of information management division, Lt. Col. Nichole Rau, deputy commander of nursing, and 1st Lt. Diyi Bao, chief of pathology, deliberate the trivia questions during the Medical Service Corps Anniversary.

Left: Lt. Col. Leanne Battler, left, Fort Johnson chief of public health and 2nd Lt. Wallace cut the cake during the anniversary celebration.

(Photos by Jean Clavette Graves)

one another, share experiences and discuss different roles in the corps.”

2nd Lt. Isella Wallace, chief of patient administration at BJACH, coordinated the celebration.

“I thought pairing the MSC Anniversary with the introduction of the Fort Johnson Silver Caduceus Society would be a great way to bring us all together from our different units at a formal event,” she said.





Camp Warrior fun

Campers have been enjoying hiking through the woods, playing volleyball and participating in many other fun activities at Fort Johnson's Child and Youth Service's Camp Warrior.



Fort Johnson helps camp

Fort Johnson's 46th Engineer Battalion provided the Leesville Lion's Camp with a 1,000-gallon water tank to help meet the camp's needs during a boil advisory.



BOSS
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The Better Opportunities for Single Soldiers program supports the overall quality of life for the single Soldier and helps to maintain and improve Soldier readiness.

BOSS identifies Soldier issues and concerns by recommending improvements through the chain of command. BOSS encourages and assists single Soldiers in identifying and planning for recreational and leisure activities. It gives single Soldiers the opportunity to participate in and contribute to their respective communities. Additionally, BOSS provides unique opportunities for personal and professional growth and development through skills training and events.



Soldier setback, lesson in **resilience**, perseverance

By JEAN CLAVETTE GRAVES
BJACH PAO

FORT JOHNSON, La. — Not being chosen for the interservice physician assistance program is only a minor setback for one Soldier at Bayne-Jones Army Community Hospital. Sgt. Victoria Sanchez, noncommissioned officer in charge of the BJACH OB/GYN clinic, will not allow it to impede the pursuit of her goals.

When military personnel message 24-232, “IPAP Army Selection Board Results” were issued on June 14 and Sanchez saw her name on the order of merit list she was temporarily devastated.

Sanchez said this setback has only hardened her resolve.

Sanchez born of Mexican heritage; said she was raised by a single mother with a strong work ethic.

“My mom used to tell me, you have one day to wallow in your disappointment, but after that you have to get up and do something,” Sanchez said. “She said the world will keep moving, and I must keep moving forward. She always told me that each generation must be better than the one before it.”

Sanchez, the oldest of four, said she is trying to set an example for her siblings and will continue pushing forward.

“My mom wants me to apply again,” she said. “All I know for sure is that one day I will be a physician assistant.”

Sanchez said a childhood illness is her motivation to become a PA.

“I wasn’t trying to make a deal with God, that if I survived, I’d become a medical provider,” she said. “I was just inspired by them, their patient care; I was impressed by their expertise and bedside manner.”

Originally from Houston, Texas, Sanchez graduated with a Bachelor of Science in Biological Engineering from the University of Missouri in 2020.

Sanchez said her mom encouraged her to pursue engineering. After graduation, during the height of the COVID-19 pandemic, her job prospects were uncertain, and she decided to enlist in the Army.

Sanchez learned about the IPAP program in college but was missing four courses and shadowing hours.

“My recruiter suggested I become a medic,” she said. “My first assignment was a line unit in Korea, so I was unable to knock out those requirements until I arrived at BJACH.”

Sanchez said as soon as she arrived at Fort Johnson on Oct. 10, 2022, she visited the education center, used the tuition assistance program and enrolled in the online courses at Northwestern State University.



Sgt. Victoria Sanchez, noncommissioned officer in charge of the Bayne-Jones Army Community Hospital OB/GYN clinic, performs a tactical, combat, casualty care demonstration with Sgt. 1st Class Elizabeth Waltz, NCOIC of the BJACH Behavioral Health clinic, Jan. 9, for network hospital executives during a key leader engagement at the Joint Readiness Training Center and Fort Johnson, Louisiana. (Photo by Jean Clavette Graves)

While assigned to the patient-centered medical home at BJACH Sanchez was able to complete her shadowing hours.

“I was only able to shadow a person for 23 days, due to taskings and other requirements but during that time, I logged 184 hours,” she said.

Sanchez said the entire process was long and arduous. She said she almost gave up on several occasions, but with encouragement from her fellow NCOs and the BJACH S-1, she submitted her application in February.

“While I was researching the IPAP program and getting my application together, I learned that many people just give up,” she said. “Despite the rigor of the application process and my own second thoughts throughout the process, co-workers kept me going.”

Sanchez said she has one year left in the Army and she will use that year to simultaneously pursue IPAP and civilian PA programs.

“One way or another I will become a physician assistant,” she said. “Despite the roadblocks, I am not deterred from pursuing my goals.”

Maj. Jason Sharp, IPAP Program manager for the U.S. Army Recruiting Command, said acceptance into the program is competitive.

“The program selection rate is approximately 50 percent of all applicants,” he said. “The national average for civilian programs is 20-25



Sgt. Victoria Sanchez.

percent.”

Sharp said there are nearly 400 applicants annually with half active duty and the remainder from the reserves and national guard.

“Academics are obviously necessary when it comes to competitiveness, but the whole person view is helpful in finding those with the grit and will to succeed,” Sharp said.

Of the nearly 400 applicants, less than 300 were boarded.

“In Sergeant Sanchez’s case, she is in this game early in terms of her time in service and her rank. Most selected applicants have six to eight years of service in the ranks of staff sergeants or higher. I encourage her to apply again.”

Sanchez continues to pursue her career goals.

“My mom always said: Do your best or don’t do it at all,” she said. “My rank plays no bearing in my level of effort. I was selected for my current position over staff sergeants, sergeants first class and master sergeants and I will continue to work hard at everything I do.”

FORT JOHNSON SOLDIERS, CIVILIANS

VOLUNTEER



Fort Johnson Soldiers and civilians volunteered July 9 to assist faculty at North Elementary with transporting educational equipment to Parkway Elementary. The unwavering support continues to demonstrate Fort Johnson's care and relationship with the local community.



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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.

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2014	Chevrolet	Cruze	0491
2002	Pontiac	Grand Prix	1285
1995	Dodge	1500	8277
2016	Jeep	Patriot	9883
2005	Buick	LeSaber	7593
2001	GMC	Yukon	6444
2010	Hyundai	Genesis	5409
UNK	UNK	Utility trailer	N/A
2016	Hyundai	Elantra	3891
2008	Yamaha	R6	5446
2016	Yamaha	R3	2153
UNK	UNK	Boat trailer	UNK
UNK	UNK	Kayak trailer	UNK
UNK	McClain	Boat trailer	UNK
UNK	UNK	M/C trailer	UNK
2001	Ford	F150	0450
2000	Ford	Ranger	3852
2006	Nissan	350Z	4586
2013	Kawasaki	650	4040
2004	Cadillac	Escalade	5765
2003	Ford	Crown Victoria	2046
2011	Chevrolet	Cruz	6489



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CDC 3349

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Second Class

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*Limited spots available



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MOLD MITIGATION

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#1**



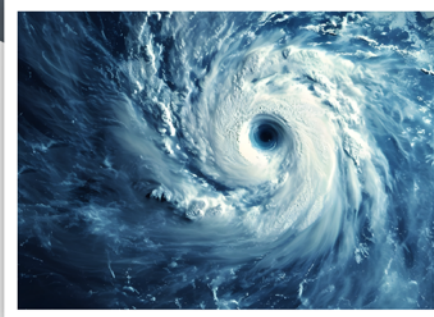
**Maintain air conditioners
at a reasonable
temperature to avoid
moisture issues.**



HURRICANE

SAFETY TIPS

TIP #2



Create a communication plan.

Take the time now to write down your hurricane plan and share it with your family. Determine family meeting places and make sure to include an out-of-town location in case of evacuation. Write down on paper a list of emergency contacts and make sure to include utilities and other critical services. Remember, the internet may not be accessible during or after a storm.



U.S. ARMY

Prepare for Extreme Heat

- Learn to recognize the signs of heat illness
- Do not rely on a fan as your primary cooling device. Fans create air flow and a false sense of comfort, but do not reduce body temperature or prevent heat-related illnesses
- Identify places in your community where you can go to get cool such as libraries and shopping malls or contact your local health department to find a cooling center in your area
- Cover windows with drapes or shades
- Weather-strip doors and windows
- Use window reflectors specifically designed to reflect heat back outside
- Add insulation to keep the heat out
- Use a powered attic ventilator, or attic fan, to regulate the heat level of a building's attic by clearing out hot air
- Install window air conditioners and insulate around them



WE ARE THE ARMY'S HOME



National Fire Heritage Center **honors** former Fort Johnson fire chief

NATIONAL FIRE HERITAGE CENTER

CUMBERLAND, Md. — The National Fire Heritage Center proudly announces that Michael Louis Kuk, Chief Emeritus, author of an “Army Firefighter in Vietnam, 1970-1971,” has received the 2023 Benjamin Franklin Writers Bronze Award.

This prestigious honor acknowledges authors who have made outstanding contributions to preserving the written history of America’s Fire Service.

Kuk’s remarkable book offers a vivid and compelling account of his experience as a combat firefighter in Vietnam, serving with the U.S. Army.

Through its compelling narrative, readers gain insights into how a small contingent of Soldier-firefighters stationed in a combat zone tirelessly supported the war effort.

“It wasn’t a glamorous war-hero position,” Kuk writes.

“But it required bravery and courage to face and overcome other hazards the war could present. A misstep would result in serious injury and/or death if these soldier-firefighters did not perform to the highest standard so required.”

The chair of the NFHC review panel, Retired U.S. Army Lt. Col. Glenn Dorner (ret), commended the author’s work for offering “the fire service a unique perspective of military firefighting in a combat



(Above) President Robby Trahan, the Southwest Louisiana Mutual Aid Association, presents the Benjamin Franklin Award to Chief Michael Kuk (left). Chief Trahan commands the Ward 1 Fire Protection District 1 in Lake Charles. (Right) Dr. Kuk’s award-winning book “Army Firefighter in Vietnam, 1970-

zone, a subject that has not been previously explored.

The book resonates with readers, shedding light on the sacrifices and challenges faced by these unsung heroes.”

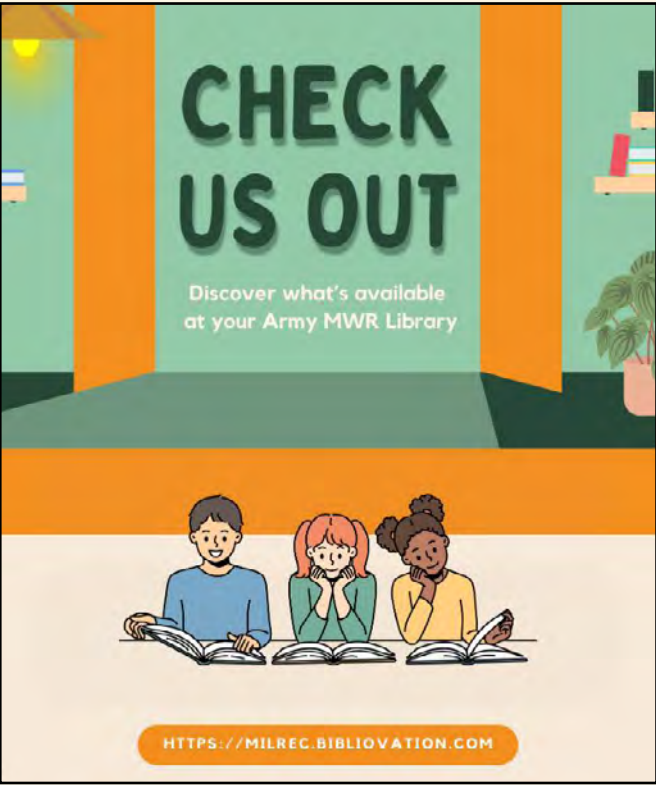
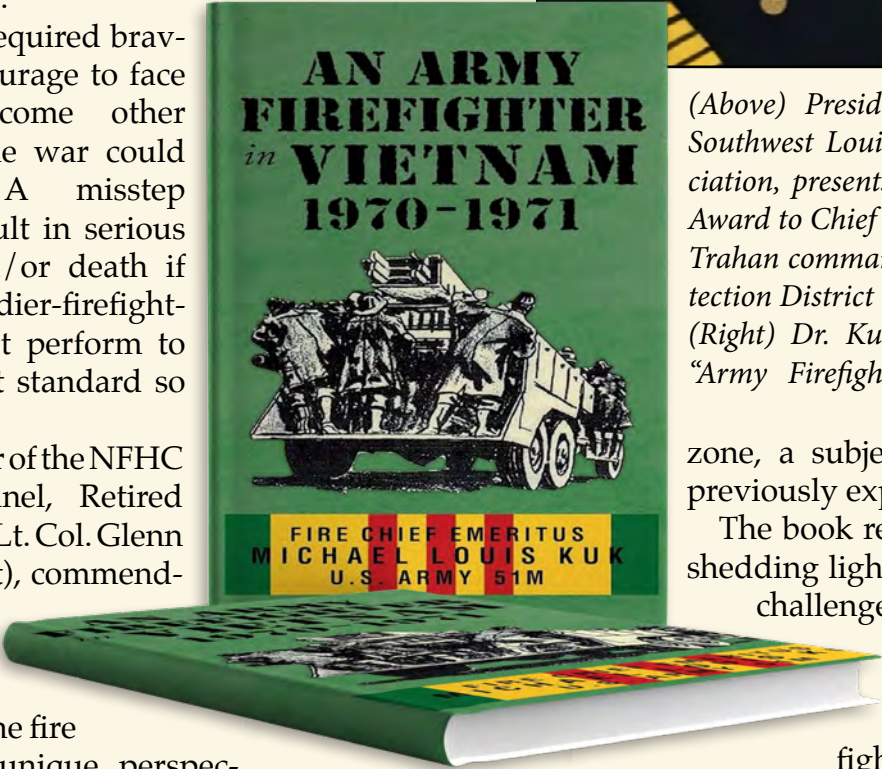
With nearly half a century of firefighting experience and having served as the Senior Fire Chief for

the Department of Defense/U.S. Army, Kuk brings unparalleled expertise to this subject. He holds a Ph.D. and has authored more than 100 peer-reviewed articles and 18 books.

Ben Franklin, recognized as the “Father of the American Fire Service,” left behind a rich legacy of written works that encouraged writers to express their beliefs and observations. Building upon this historical tradition, the NFHC strives to inspire today’s fire writers to create valuable historical narratives for future generations.

“We are delighted to present this well-deserved recognition to Kuk,” remarked Lt. Col. Dorner.

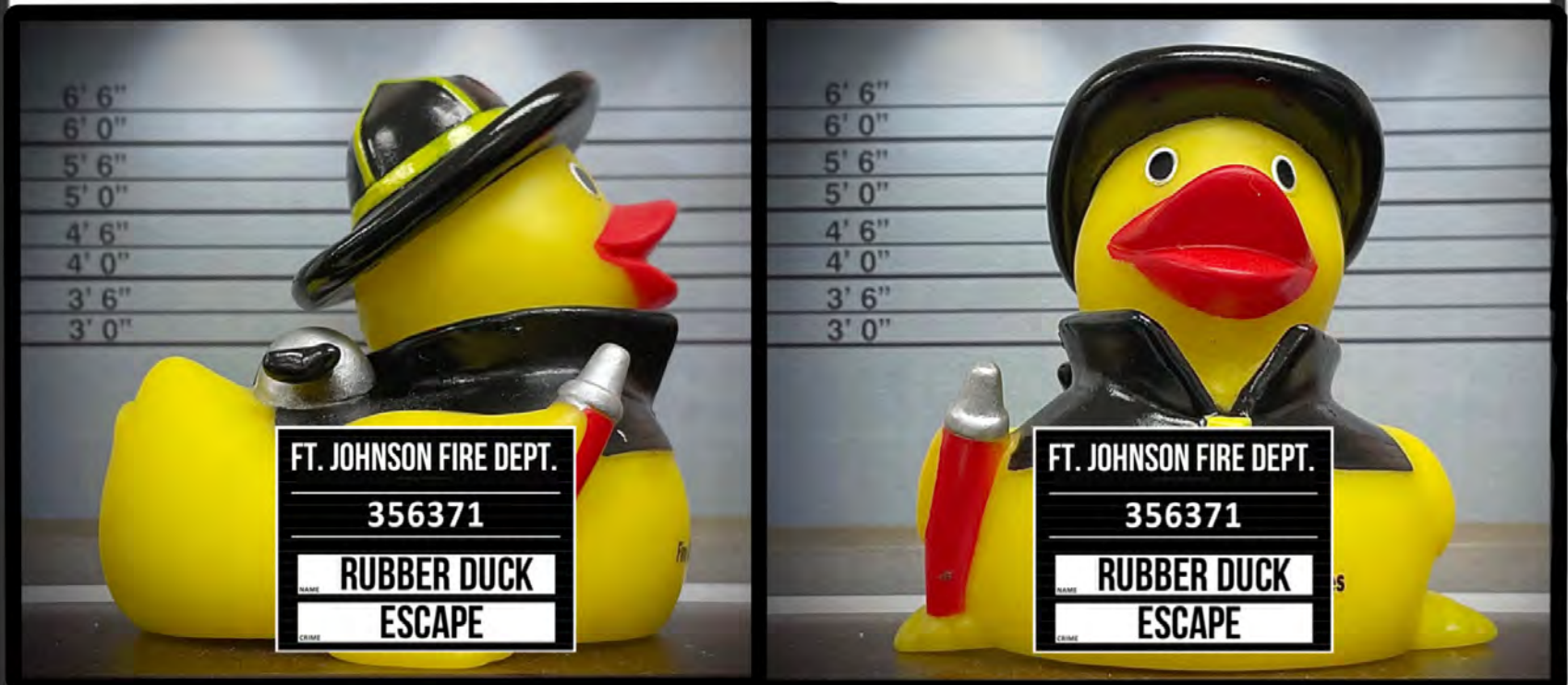
“His book not only honors the heroic actions of soldier-firefighters in Vietnam but also contributes significantly to preserving America’s fire service history.”



== MOST == ★ WANTED ★

FORT JOHNSON FIRE DEPARTMENT

FJFD rubber ducks will be hidden all around the South Fort area. If you find one, come to the Central Fire Station located on the corner of Mississippi Avenue and Louisiana Avenue to claim a prize as well as some fire safety education. Good luck and happy hunting.



The hunt will be held from Aug. 1-31. All FJFD rubber ducks will be accepted Monday-Friday from 8 a.m.-4 p.m. For more information please contact the Fort Johnson Fire Prevention Office at 337-531-0775 or FortJohnsonFirePrevention@army.mil

PREFERABLY ALIVE

== REWARD ==

Charles

Recipes of the Summer



Grilled Crab Wraps

Ingredients

Flour Tortilla
Romaine Lettuce
Fresh Tomato
Crab Meat
Ranch Dressing (Optional)
Olive Oil



Instructions

Chop Romaine lettuce into 1/2 inch pieces.

Dice tomato's into small cubes.

Add lettuce and tomato to a large bowl, add dressing and mix place to the side.

Pour 1 ounce of olive oil in a skillet. When oil is hot, place tortilla in pan until tortilla starts to bubble.

Remove and pat off any excess oil.

Add crab meat to salad and mix well.

Take tortilla and make like a taco.



Watermelon Mint Mojito Mocktail



Ingredients

1 cup of Cold, Fresh Watermelon Cubes
6 Mint Leaves
.5 oz Lime Juice
Lime Slice & Mint Leaves for Garnishing
Sparkling Water

Instructions

Step 1

Grab your watermelon and mint and measure them accordingly. Make sure you gather and twist your mint leaves before placing them in a rocks glass alongside your watermelon. Next, lightly muddle your ingredients until blended together and add in your lime juice.

Step 2

Fill your rocks glass with ice and a lime slice for garnishing. Top with your home-made sparkling water. Lightly mix your drink in an upward motion to incorporate all your ingredients.

Summer is the time for outdoor activities, get togethers and pool parties. What better way to beat the summer heat than with summertime refreshments? We talked to Charles S. Johnson, Fort Johnson Forge Bar & Grill head chef, and he gave us two recipes to help make your summer more enjoyable!



BJACH AFTER HOURS CYS & SPORTS PHYSICALS

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4:00 - 6:30 P.M.

EVERY TUESDAY & THURSDAY

JULY 9 - AUGUST 15

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APPOINTMENT

Independence Day

SPECTACULAR



Fort Johnson held its Independence Day Spectacular event July 6 to celebrate the Fourth of July. The festivities included live music, face painting, military-spouse owned businesses, food trucks, a showing of Captain America: The Last Avenger and a finale of fireworks.