

GUARDIAN



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From Army leadership

Message to the Army team
‘This We’ll Defend’ has been our Army’s motto since the Revolutionary War. It reminds us that our purpose is timeless and clear: to fight and win our nation’s wars. When our Army hits the dirt, America means business.

Our teammates don’t want to fight without us, and our enemies are wise to fear us. We are not a Pacific Army or a Europe Army. We are not Brigade-centric or division-centric. We are a global force that fights when called upon at the scale required. To do that, we must stay grounded, and dedicate our energy in four focus areas:

Warfighting
We must ruthlessly prioritize time and resources towards building lethality and cohesive teams.
Soldiers need to shoot, move, communicate and be experts in their craft. They also need to bond together through tough, realistic training.
Commanders and leaders, we trust you to figure out what you should not be doing. Communicate that up so the leaders above you can underwrite risk. Let us know where

you need our help.
Delivering ready combat formations
We must be ready to get our formations to the fight and sustain them there. Leaders at installations will have the appropriate authorities to build readiness. Fort Wainwright, Alaska, is different than Fort Liberty, North Carolina; local leaders know best how to translate strategic intent into solutions at the local level.

And at the heart of our Army’s readiness is people. Our warfighters and their Families will have access to timely information and enabling resources. Our strength is our Soldiers and Families and we are committed to taking care of both.

Continuous transformation
We will transform iteratively and continuously to become leaner, more mobile, lower signature and, most importantly, more lethal. We will integrate technology faster, pushing new, cost-effective technologies into our operational units as soon as they are useful. We want our tactical units to innovate, test ideas, fail fast and adapt. The best ideas often come

from the bottom up.
Strengthening the profession
To maintain America’s trust, we must serve with competence and character. Foundational to that is enforcing standards and ensuring accountability, which ensure discipline in our formations. When it comes down to a close fight in the mud, character, grit and discipline make the difference. Additionally, we all must own our profession — share ideas, engage in debate and learn together.
When you are downrange and your hear a call sign come over the net, a mental picture comes to mind When the American Army comes over the net, we want our teammates to know that the best, most disciplined land force in the world has arrived. All of us contribute to that reputation.

Michael R. Weimer
Sergeant Major of the Army

Gen. Randy A. George
Chief of Staff of the Army

Christine E. Wormuth
Secretary of the Army

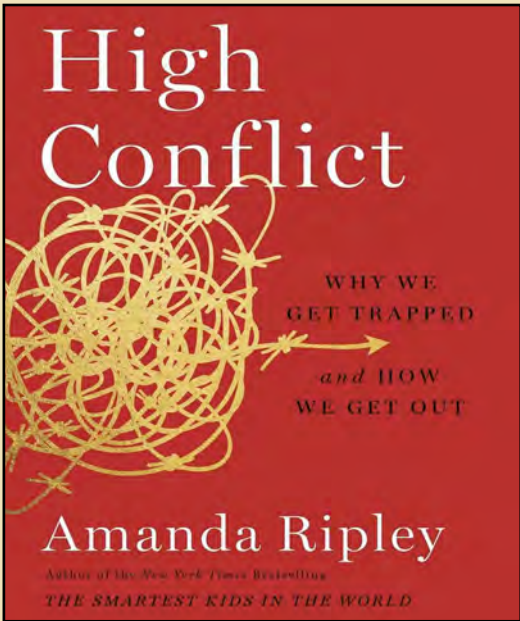
Book aims to resolve conflict by teaching more effective listening

By Retired Lt. Col. MARK LESLIE
Acting Deputy Garrison Commander

FORT JOHNSON, La. — I recently picked up a new book to read. To be honest, I wasn’t expecting much. I mean, what could a New York Times reporter possibly teach me — a retired infantry lieutenant colonel, who has seen more than 30 years of conflict all over the world — about “High Conflict?”
Turns out, quite a bit. To say the least, this was an amazing read. I was completely enthralled by “High Conflict: Why We Get Trapped and How We Get Out,” by Amanda Ripley. As I finished the last pages of this book, I began reassessing how I look

at situations — much differently — and how I listen even more so.
To be clear, this is not a military-focused book, it’s a human-focused book, but I will use some military terms to frame it for this reading audience. The author masterfully uses what I call “tactical situations” that are meant to resonate and connect with the reader and act as a foundational thread that can be returned to again and again throughout the book. That thread allows the reader to see more “operational and strategic level type” problems.
However, you don’t have to be familiar with the tactical, operational

Please see **Conflict**, page 2



Cover photo: Goulish fun was a priority as the Fort Johnson community braved All Hallows’ Eve to trick or treat. (Photo by Porsha Auzenne)



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New Geronimo sergeant major assumes responsibility

By **ANGIE THORNE**
Public Affairs Office

FORT JOHNSON, La. — The 1st Battalion (Airborne), 509th Infantry Regiment held an assumption of responsibility ceremony Oct. 26 at Fort Johnson's Spike Field.

Lt. Col. Mason W. Thornal, 1st Bn (Abn), 509th Inf Reg commander, hosted the ceremony in which Command Sgt. Maj. Stephen D. Bouleris became the regiment's new senior enlisted leader.

Thornal passed the unit colors to Bouleris, signifying the passing of his trust and responsibility for the unit and its Soldiers.

He then welcomed Bouleris to the team informing the troops Bouleris is no stranger to the Airborne community or Fort Johnson.

"His reputation precedes him and we are lucky to have him," Thornal said. "I'm absolutely looking forward to serving with you over the next 18 months. We have the privilege of executing 14 to 15 JRTC (Joint Readiness Training Center) rotations together, along with the phenomenal team standing in front of us."

When the Army's brigade combat teams go up against Geronimo at Fort Johnson's JRTC, Thornal said they can say they went up against a disciplined, credible, lethal and well rehearsed airborne rifle battalion that wins on restricted terrain, day or night, anywhere.

"This battalion's mission is critically important to our nation as we continue preparing the Army's light formations and ourselves for the next fight. It's a mission Geronimo will never fail at," Thornal said.

Bouleris thanked leadership for giving him the opportunity to be part of this prestigious unit.

Addressing the Geronimo Soldiers, Bouleris said they have an important mission and he knows they have what it takes to do it.

"I'm excited to get started with this job and I look forward to working with each and every one of you," Bouleris said.

Lt. Col. Mason W. Thornal, 1st Battalion (Airborne), 509th Infantry Regiment commander, passes the unit colors to Command Sgt. Maj. Stephen D. Bouleris, 1st Bn (Abn), 509th Inf Reg, Command Sergeant Major, Oct. 26.



Conflict

Continued from page 1

and strategic levels of warfare to appreciate this read. Instead, think about Family, neighborhood, community, regional and state conflicts. The theme is pretty timely because no matter what part of the United States you live in, we seem to be living in high conflict about one thing or another.

One thing the book brings to light is that sometimes leaders are bystanders to that conflict and shouldn't be.

This book will help equip leaders with the tools to not be a bystander, while becoming a better listener — an actual listener, through things like "looping" — a practice that opens people up to empathy and is relevant in many scenarios when working with others in situations beyond conflict.

The author provides great examples of how conflict happens and how to prevent people from falling into the "tar pits" of perpetual conflict.

Don't worry, Ripley is apolitical in this book and talks about the individual and human level and what we can do, at our level, to make ourselves and our organizations better.

It's a grassroots movement about making changes for the better by listening, learning and positively improving the culture where we work and live.

What is "High Conflict?" You will have to read the book to really understand it, but as the author puts it: "Once they get drawn into high conflict, people become certain of their own righteousness, make negative assumptions about those who have a different position and come to believe that the only acceptable solu-

tion is total victory," Ripley said.

She uses four distinct cases of high conflict to guide readers through the journey of this magnificent book. One instance is in California where a mediation expert is humbled in a local political feud. The next is a Chicago gang leader who one day reached his "saturation point." You will have to read the book to find out what that is!

The next case is in Colombia where a program to resolve high conflict eventually worked — after decades of perseverance. The last example is a cultural exchange program, right here in America, between a group of liberal New York Jews and a group of conservative Michigan corrections officers.

Ripley identified five steps in escaping high conflict:

1. Investigate the understory — discover what made people so invested in the first place.
2. Reduce the binary — meaning that those in conflict may share more values and interests with their adversaries than they realize.
3. Marginalize the "fire starters" — people have to cease to listen to those that get a thrill out of the fight.
4. Buy time and make space — people have to stop themselves from escalating when they feel triggered.
5. Complicate the narrative — recognize that any story in which one side consists of pure heroes and the other of cartoonish villains is unlikely to be altogether accurate.

The most interesting part of the book to me was a small case study the author used from the Colombia scenario. A doctoral student

used anti-FARC (Revolutionary Armed Forces of Columbia) government radio broadcasts during World Cup games. Supported by the show's numbers, he found an effective reintegration of FARC members back into Colombian society.

The numbers were amazing to him and the Colombian government based on the most effective time to broadcast. Thanks to this small step by one man, there was a great amount of success in reducing high conflict.

This is not a textbook kind of read and the reader will be done before they know it.

Regardless, I think it is an important book. It reinforces my personal mantra that when you stop learning, it is time to stop leading and I learned a lot from this book, mostly about the art of effective listening.

I think it's also an important tool in an Army where every single one of our leaders' priorities is people — our most important and precious commodity. If 38 years of leading people has taught me anything, it has made it clear that everyone wants to be heard. This book will better help me hear those I am privileged to lead.

"High Conflict" is not exclusive to a particular rank or even to military readers alone. I highly recommend the book to leaders at all levels, military and civilian alike, as well as those that may not consider themselves official leaders. As a matter of fact, I think this book is for everyone because we can all learn to be better listeners.

This book earns five out of five anvils on the Fort Johnson Five Anvil Book Scale.

BOOK REVIEW

Fort Johnson Recycling Center encourages community to **recycle**

By **ANGIE THORNE**
Public Affairs Office

FORT POLK, La. — Before you throw that piece of paper or aluminum can in the trash, take a moment to think about whether that item can be recycled. If so, make the extra effort to do so. Why? Because as a member of the Fort Johnson community, you're not only actively working to improve the environment, but also financially supporting the installation's quality of life.

It all starts at the Fort Johnsons Qualified Recycling Program's Recycling Center, buildings 3620/3622, located at the corner of Georgia and Maine Avenues, where Soldiers can take part in the Riches from Recycling program.

Terrill Turner, Directorate of Public Works Environmental and Natural Resources Management Division, environmental protection specialist installation recycling program manager, said he would like to thank units for their participation in the program.

"Over the last year we have seen an increase in participation," he said.

Beyond the environmental benefits, the Riches from Recycling program highlights how recycling on post can also provide a financial benefit to military units. Military units on the installation have the opportunity to earn cash at their battalion level from recycling materials at the Recycling Center. To contribute toward unit funds, units and their Families should:

- Recycle cardboard and paper (mixed or white) at the Recycling Center's bay #2 during business hours — Monday through Friday from 8 a.m.-3:30 p.m. For Soldiers and Family members to get credit they must bring their recyclables inside, not to the 24-hour drop off.

- Request that the weight of the recyclable materials be tracked and delegated to the unit upon drop off. A QRP employee will be available to assist in weighing the materials and ensuring it is correctly recorded for the unit.

- Follow the Recycling Center on Facebook by searching for Fort Johnson Environmental Management Division for tips on recycling and reducing waste and additional information.

"The recycling dropped off at the recycling center for the Riches from Recycling program are tracked and go right back into unit funds," Turner said.

Above and beyond that program, the recycling brought in by the rest of the Fort Johnson community is just as important and funds the Recycling Center itself, as well as many quality of life events at Fort Johnson.

Kristoffer Rector, Qualified Recycling Program operations manager, said they are completely self-sustaining and the funds earned at



Chris Bergeron, senior technician, weighs the recycling on the scale at the Fort Johnson Recycling Center. Then he puts the recycled materials where they belong.

the recycling center are used to fund the recycling operation first.

"We pay for our own contract labor force, maintenance and equipment," he said.

After that, the money supports the Catfish Derby and Fort Johnson Directorate of Family and Morale, Welfare and Recreation events such as the Louisiana Hayride, Snowflake Festival and tree lighting, Freedom Fest fireworks, and movie nights.

"The money also pays for things like pollution prevention and energy awareness," Rector said.

In fiscal year 2023, the Recycling Center contributed \$147,000 for Fort Johnson events and projects.

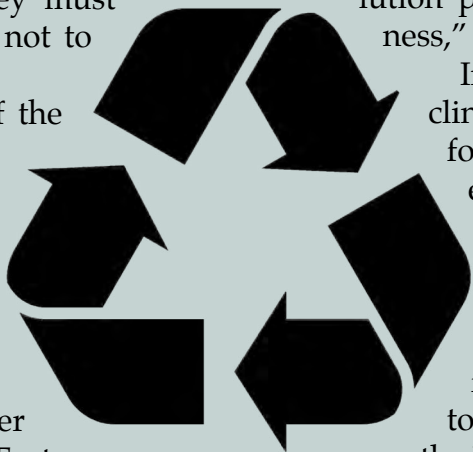
"The community should be proud of themselves for contributing that kind of money through their recycling efforts, as well as preventing 563 tons solid waste from entering the landfill," Turner said.

But recycling isn't just about saving the environment.

"By recycling, we preserve precious resources, reduce pollution and create a sustainable future for generations to come. It might sound cliché, but one person can really make a difference," Rector said.

Turner asks the community to continue supporting the Recycling Center. "Together we can continue to make Fort Johnson a better place and a station of choice. Remember, the more we recycle the more we can support Fort Johnson Soldiers and Family members," Turner said.

For more information call 337-531-7556.



ANGIE THORNE/GUARDIAN

Fort Johnson Solid Waste



CONSOLIDATED SOLID WASTE COLLECTION POINT

MONDAY – FRIDAY | 0800 – 1530
(337) 535 - 1155

SOLID WASTE (SCRAP METAL AND WOOD DISPOSAL)

QRP/RECYCLING CENTER

Bldgs. 3620 & 3622 - Corner of Georgia and Maine Aves.

MON-FRI 0800 -1600 (337) 531-7556

• Organizations should turn-in scrap metal to the QRP facility.

8300 BLOCK

MON-FRI 0800 -1530 337-535-1155

• Organizations should turn-in scrap wood to Solid Waste Consolidation Point (8300 block).

• Wood greater than 3 ft. long cannot be placed into the dumpsters.

• Don't place scrap wood next to dumpster.

• Used furniture/bulk items must be disposed of at the 8300 block.

• No hand receipt items.

BULK ITEMS IN HOUSING DISPOSAL INFORMATION:

All residents living in South Fort & North Fort military housing are authorized to dispose of bulk items into the roll off located at Corvias Warehouse site marked "**RESIDENTIAL WASTE ONLY**". This is for "Housing Residents Only" not from barracks, Garrison entities or from off post. The site is located @ 6528 Holmlund Street next to the Dogwood "Bark Park". Operating hours are M-F 0800-1700.

KEYS TO SOLID WASTE SUCCESS

- Keep dumpster lids and doors closed to comply with Louisiana regulations to avoid state action (Title 33, Part VII, ref. 507.D).
- Don't bury, burn, or dispose of waste in the field or garrison.
- Sort hazardous and regulated waste from insert waste at the point of generation.
- Purge refrigerators, ACs, and freezers with freon before disposal at QRP Recycling Center.

Personal appliance DMOs are not accepted.

(FAQ) FREQUENTLY ASKED QUESTIONS

How do I request a roll-off for a large amount of scrap wood and how long can my unit keep it?

Call (337) 535-1155 Monday through Friday from 8 a.m. - 3:30 p.m. with your facility number or location, name, phone number. POC is responsible for items and other materials that are placed inside roll-off. Wood only. No trash or debris.

Where do I deliver scrap metal?

QRP recycling center, building 3620. Call (337) 531-7556 Monday through Friday from 8 a.m. - 4 p.m.

Can my unit dispose of bread racks in dumpsters from our field training exercises?

No. Deliver to building 4366 cold storage facility on Virginia Avenue for reuse.

Can my unit deliver used/damaged furniture to the CSWCP 8300 block?

Yes, but furniture must not be on the organization's hand receipt, and units must provide a detail to unload.

How does my unit request solid waste support for upcoming training or ranges?

Call (337) 535-1155 and provide unit name, POC, grid location or range number and dates needed.

Why didn't my unit or facility dumpsters didn't get serviced today?

The dumpster was blocked by a vehicle or equipment, too heavy from unauthorized items, had safety issues or contained a restricted item.

Where can my unit dispose of bags of leaves, pine straw, tree limbs and other yard waste from unit area cleanup?

The 8300 block on North Fort. All plastic bags must be emptied into the roll-off. For assistance call (337) 535-1155 Monday through Friday from 8 a.m. to 3:30 p.m.

Where can I dispose of clean cardboard?

Any green dumpster, building 3620 (QRP) or building 830 north of the Thrift Shop (old commissary) parking area.

Reunion honors heritage families

By PORSHA AUZENNE
Public Affairs Office

FORT JOHNSON, La. — In the wake of World War II, as the United States prepared to join the Allied powers in the battle against the Axis powers, U.S. Army leaders knew they had to develop sharp tactics in order to fight against a solid enemy force. In order to replicate the environment Soldiers would be deploying to, leadership fixed their sites on central Louisiana.

With its hilly forested terrain and remote location, central Louisiana was the perfect place to set up a training facility. Eighty years later this land would become known as the Joint Readiness Training Center and Fort Johnson and is known for its success in aiding mission readiness.

However, this could not have happened without the selfless sacrifices of the area's heritage families. To secure the land needed for the maneuvers, the families who occupied the area were offered fair market value for their land as the U.S. government exercised its right to eminent domain.

As the Army prepared to assemble what was then known as Camp Polk, families who lived and worked on this land gave up their homes, possessions and heirlooms for the good of the nation. More than 300 families were affected by this drastic change.

In honor of their charitable deeds, Fort Johnson takes time each year to recognize them at the Annual Fall Heritage Reunion. First held in 2007, this event provided a weekend without military training for families to have a reunion on the installation, where they were able to visit loved ones at cemeteries, visit old homesteads and tour the landscape.

This year, heritage families, Fort Johnson leadership and the community gathered at the Main Post Chapel Oct. 28 to observe the 16th reunion. Billy Nash, president of the organization of heritage families associated with Fort Johnson, opened the ceremony.

"It's good to be on the grounds of Fort Johnson again today," Nash said. "Back in June, during the Fort Johnson redesignation ceremony, one of the family members of the late Sgt. Henry Johnson came up to me and asked if I could tell her the story of our



Attendees, heritage families, heritage association members and Fort Johnson leadership pose for a group photo at the 16th Annual Fall Heritage Reunion Oct. 28.

heritage families and the land they gave up. When I got through with my story, she was almost in tears. The lives of our forefathers were forever changed 82 years ago. Everything familiar became unfamiliar ... all that was significant to the families in the area during that time became insignificant."

Nash broke down in tears as he continued his speech.

"However, Fort Johnson has done so much for our local communities. From helping our high schools to setting up colleges for the education of our future doctors and engineers, we are thankful for this installation and to our families for all they gave so that Fort Johnson exists today."

Rep. Chuck Owen, Louisiana House District 30, was also in attendance for the reunion. Owen talked about his family and their connections with the Fort Johnson area.

"I'm a native of Leesville. My father's family were Turners and my mother was a Leach, two of the local heritage families. My father was a superintendent and my grandfather was a sheriff decades back. My family didn't have anything to give, as we were poor, but we were still around," Owen said. "I sincerely want to thank the heritage association for keeping this event together, and I will make it my task to bring my daughters next year. This country has held together for as long as it has because, as a rule, it has done right by its people. Our families sacrificed an enormous amount of their blood, hearts and souls when they lost their land. In return, our nation kept faith by keeping us free."

Col. CJ Lopez, Fort Johnson garrison commander, opened his speech by giving recognition to the heritage families.

"The community gathers each year at this time to recognize the sacrifices made by heritage families during the creation of Camp Polk. Though our home is now Fort Johnson, it was born from the greatness of those sacrifices," Lopez said. "I want our heritage families to feel welcomed here and to know their sacrifice and connection to Fort Johnson is honored and valued by all of us in the U.S. Army. Millions of Soldiers have been forged into better leaders because of our training area. I want to personally thank the heritage families for their sacrifices."

After the opening ceremony concluded, attendees enjoyed music, information booths, a children's booth, outdoor games and lunch provided by The Forge Bar & Grill. Upon completion of the event, interested families were able to visit surrounding cemeteries and homesteads to pay tributes to their loved ones.

Heritage family member Wilma Filipi, formerly a Craft, conveyed what Fort Johnson holding the heritage family reunion means to her.

"It's a wonderful get-together where we are able to reminisce the past," Filipi said.

While most of the original heritage family members have passed away or were unable to attend, their spirit lives on through the next generation — one that can be proud of their rich familial history and the undying sacrifices they made.

16th Annual Fall Heritage Reunion

ADDISON • ATCHETEE • BAILEY • BALL • BASS • BEDGOOD • BEEBOUT • BOBBIE FLETCHER • BOLGIANO • BRACK • BRIDGES • BRINKLEY • BRISTER • BROWN • BROWNING • BULLIS • BURNS • CALHOUN • CARVOE • CAUSEY • CAVANAUGH • CHANDLER • CHANEY • CHITTY • CLARK • CONNELL • CONNER • COOLEY • COOPER • CORNLY • CRAFT • CRYER • CURTIS • DAVIS • DEASON • DOWDEN • DRIVER • DUNN • DYER • EDDLEMAN • FRANKLIN • GIBSON • GILL • GOLMAN • GONZALES • GOODMAN • GORDY • GRADY SINGLETARY HOMESITE • GREGORY • GROVES • GUNTER • HALE • HALL • HAMILTON • HAYMON • HERRING • HOWELL • HUGGINS • JAMES • JEANE • JETER • JOHNSON • JONES • KIZAR • LACAZE • LEACH • LEGG • LEWIS • LOCK • LOCKE • LONGINO • LOTT

From left: Fort Johnson garrison Command Sgt. Maj. Stephen R. Nielson, garrison chaplain Col. Michael L. Jeffries, three heritage family members, Fort Johnson garrison commander Col. CJ Lopez, State Rep. Chuck Owen and heritage family association president Billy Nash pose for a photo at the reunion Oct. 28.



Naomi Monk Roy views one of the booths set up at the event.



Jeffries opens the ceremony with a welcome and invocation.



Rep. Owen speaks during the reunion.



Nash holds back tears during his speech about the heritage families and their sacrifices.



Lela Haymon and Laverne Herring at grandpa's place



Lopez speaks to the audience at Fort Johnson's Main Post Chapel. "I want our heritage families to feel welcomed here and to know their sacrifice and connection to Fort Johnson is honored and valued by all of us in the U.S. Army."



Attendees at the 16th Annual Fall Heritage Reunion.

MADDOX • MAYO • MCALLEN • MCCULLOUGH • MCDANIEL • MCDONALD • MCINNIS • MCKEE • MCLEOD • MCMAHON • MCMULLEN • MCWILLIAMS • MESSINA • MONK • MOORE • MORRISON • NASH • NIXON • OWENS • OWERS • PEAVY • PELT • PERKINS • PHILLIPS • POE • POLLARD • POLSON • POWELL • RAYBON • RICHTER • ROBERTSON • SANDERS • SCARBER • SELF • SHANKLE • SHAVER • SHULTZ • SIMMONS • SINGLETARY • SMART • SMITH • SNELL • SPEARS • SPURGEON • STANLY • STEGALL • STEPHENS • SUMLER • SWAIN • SWEAT • THORNTON • TURNER • VICTOR SANDERS • WALKER • WARFORD • WATSON • WEEKS • WELDON • WEST • WHATLEY • WHISTINE • WHITE • WHITLEY • WILEY • WILLIS • WISBY • WISE • WOODS



Red Ribbon Week proclamation signing

U.S. Army Garrison Fort Johnson leadership signed the Red Ribbon Week proclamation Oct. 23 as Soldiers and Army Substance Abuse Program staff looked on. As part of a drug-free workplace, Fort Johnson continues to make substance abuse prevention a priority. The theme for Red Ribbon Week 2023, Oct. 23-31, was Be Kind to Your Mind, Live Drug Free. Red Ribbon Week is an opportunity for Fort Johnson leadership and community members to demonstrate their commitment to drug-free lifestyles and parents to have impactful conversations with military kids about the risks of substance abuse.



Roaming robots

The village of Anacoco hosted Hot Dogs in the Park, its Halloween celebration, Oct. 28. Members of Fort Johnson's Explosive Ordnance Disposal unit were part of the festivities. Soldiers brought bomb disposal robots to help pass out candy to those in attendance.



SEMI-ANNUAL Joint Readiness Training Center & Fort Johnson QUALITY OF LIFE CONFERENCE

JRTC & Fort Johnson QoL Initiatives



HOUSING



HEALTH CARE



CHILD CARE



SPOUSE
EMPLOYMENT



PCS MOVES



SUPPORT AND
RESILIENCE

Commanding General's QoL Priorities:

Education • Housing • Child Care • Health Care • Army Spouse Employment • MWR - Recreation

Care for our People • Build Readiness • Succeed in our JRTC & Fort Johnson Campaigns
Commanding General's Priorities

NOVEMBER 15TH 1:30-4:30 P.M.

SCHEDULE OF EVENTS

Welcome – 1:30 p.m.

QoL Progress Overview / Recap Last Conference – 1:35 p.m.

Permanent Change of Station Moves – 1:45 p.m.

Spouse Employment – 2:15 p.m.

BREAK (15 min.)

Support and Resilience – 3:00 p.m.

Health Care – 3:30 p.m.

Feedback / Closing Remarks / Survey – 4:00 p.m.

This is an event for Soldiers, civilians, retirees and Family members to participate in, and provide feedback or suggestions on the state of QoL on Fort Johnson.

Seating is limited. RSVP to kayla.l.moore16.civ@army.mil NLT Nov. 10



20231019-A-IH398AMDPTMS/VI

Jump-start **career** in industry best suited to your skillset

MILITARY ONE SOURCE

FORT JOHNSON, La. — The Military Spouse Career Accelerator Pilot, a competitive multi-year program that provides spouses with paid 12-week fellowships at employers across various industries and locations, is new way to help spouses find employment.

Host employers provide fellows accepted into the program with hands-on professional training and mentoring in the civilian workplace. Those who excel in the program and are a fit with their host company may be invited to join the employer as a direct hire.

This program is in its early stages. New information and host employers will be added over the next few months. Applications are accepted throughout the year on a rolling basis with new opportunities available on an ongoing basis.

Who is eligible?

Career-ready spouses of members of the U.S. Army, Marine Corps, Navy, Air Force and Space Force to include active, Reserve and National Guard components are eligible to apply for the fellowship program. Placements are determined based on applicants' educational attainment and previous work experience, as well as employer needs.

Fellowship opportunities are based in the U.S. (to include Alaska and Hawaii). If you are stationed outside the contiguous United States, please consider applying when you have a permanent change of station from your OCONUS location. You can also check out additional Hiring Our Heroes spouse fellowships you might be eligible for at <https://www.hiringourheroes.org/career-services/fellowships/internships/msfp/>.

Where will I be placed if I am accepted into the fellowship?

The matching process considers your location, work experience and ability to commit among other factors. Fellowship opportunities will be available both in person and remote.

How do I apply?

Start the application process by visiting the MSCAP page at <https://myseco.militaryonesource.mil/portal/events/live/mscap>.

After answering a few questions to determine eligibility, you will be directed to an external application link to complete the remainder of the application process.

Spouses of members of the U.S. Army, Marine Corps, Navy, Air Force and Space Force to include active, reserve and National Guard components, who are not accepted into the program will be connected with a Spouse Education and Career Opportunities career coach to become career-ready.

How long will applications be accepted into the program?


The pilot program will run for three years. Applications will be accepted throughout the



ARE YOU A MILITARY SPOUSE SEEKING A CAREER?

Candidates of the fellowship will be evaluated and matched with organizations based on their skill set.

Once matched with a host company, fellows undergo exclusive on-the-job training at their host company, gaining firsthand experience in the private sector.

ELIGIBILITY	DURATION	JOB LOCATIONS
 Spouses of currently serving members of the U.S. Army, Navy, Marine Corps, Air Force, and Space Force to include active, reserve and National Guard components	 12 Weeks	 In-Person or Remote

For More Information Contact
Joint Readiness Training Center & Fort Johnson Employment Readiness

Stacey Delgado
stacey.r.delgado.civ@army.mil
337-531-6922





ACCELERATOR PILOT PROGRAM
INFORMATION AND HOW TO APPLY

length of the program on a rolling basis.

Is everyone guaranteed a fellowship?

While we are working hard to fulfill fellowship opportunities for military spouses, we cannot guarantee that every candidate will be placed in a fellowship.

If you are not placed in a fellowship, Spouse Education & Career Opportunities and Hiring Our Heroes provide an array of additional resources to help you succeed. Call Military One Source at 800-342-9647 to speak with a SECO career coach at <https://myseco.militaryonesource.mil/portal/article/seco-career-coaching-services> or visit Hiring Our Heroes at <https://www.hiringourheroes.org/career-services/fellowships/> to explore additional fellowship opportunities.

Who can I contact if I have questions?

If you have questions about the program or application process, email MSCAP@uschamber.com.

At Fort Johnson contact Stacey Delgado, Fort Johnson Employment Readiness Program

manager at 337-531-6922 or email her at stacey.r.delgado.civ@army.mil.

The Military Spouse Career Accelerator Pilot supports SECO's overall goal of providing information, tools and resources to assist spouses in finding meaningful career opportunities.

DS Logon

The Department of Defense has recently changed the process for identity verification (remote proofing) for DS Logon accounts. In some instances, spouses may be asked to provide information such as photo, driver's license, credit card information, etc. Any information provided will only be used for identity verification and will not be shared outside the DOD.

Information regarding the remote proofing process can be found in the DS Logon FAQ's at <https://www.dmdc.osd.mil/identitymanagement/app/login>.

For issues attaining or utilizing your DS Logon account, please contact the DMDC Contact Center at 800-368-3665 for assistance.

Fort Johnson hosts 47th Retiree Appreciation Day

By **CHUCK CANNON**
Public Affairs Office

FORT JOHNSON, La. — More than 400 military retirees and Family members attended Fort Johnson's 47th annual Retiree Appreciation Day Oct. 21.

Activities included a cake-cutting ceremony, ID card/Defense Enrollment Eligibility Reporting System, legal services, information booths and a plethora of medical/dental services at Bayne-Jones Army Community Hospital.

There were also static displays, a military working dog demonstration and a retiree golf tournament at Warrior Hills Golf Course.

Fort Johnson Military Retired Council chairman, retired Lt. Col. Michael Juneau, kicked off the festivities at 9 a.m.

"A lot has changed since we were in the Army," he said. "From mess halls to barracks there have been a lot of changes. Now mess halls are restaurants, and barracks look like college dormitories."

One thing Juneau said that has not changed is the spirit of the American Soldier.

"For as long as we have a country, as long as that does not change, we'll always have a great Army. The spirit of the American Soldier is as strong now as it's ever been."

Col. C.J. Lopez, Fort Johnson garrison com-

mander, welcomed the retirees.

"May I say that I am especially honored and proud to be here today to say, 'thank you,'" Lopez said. "It is our pleasure to open the installation to ensure your needs are addressed."

Lopez said he was humbled by the magnitude of selfless service and sacrifice represented by the retirees.

"The collective time in service to our great nation is mind boggling when you think about it — from Vietnam, through Panama, Grenada, Somalia, Bosnia, Haiti, Kosovo, Desert Storm, Africa, Iraq and Afghanistan," he said. "We at Joint Readiness Training Center and Fort Johnson stand on the foundation of the great military you handed to our generation, so thank you."

Lopez then offered thanks on behalf of JRTC and Fort Johnson commander Brig. Gen. David W. Gardner.

"Thank you to the retirees for every moment you made this a better and stronger Army," he said. "Visit the hospital, commissary, post exchange, the Forge Bar and Grill and enjoy what Fort Johnson has for you today."

Lopez encouraged the retirees to visit a dining facility — Army restaurant — and see how Soldiers today dine, and play in the golf tournament.

"Fort Johnson is your home," Lopez said. "Welcome home."



CHUCK CANNON/GUARDIAN



STRONG BEGINNINGS

**Part Day AM Program
Monday-Friday
8:30-11:30 a.m.
Oct. 23, 2023-May 17, 2024**

Request care @ militarychildcare.com &
follow up with Parent Central Service or call
(337) 531-1955

All CYS registration must be up to date prior to enrollment

The Army Strong Beginnings Pre-K is a program designed to prepare children to be successful to enter school. The curriculum focuses on the social, emotional, and physical development of children and "Kindergarten Classroom Etiquette" skills to enhance "school readiness."



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

9 DEC 2023 | 10AM-11:30AM

Fort Johnson Community Center

200 Bell Richard Ave
Fort Johnson South, LA 71459



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

3Rs (Recognize, Retreat, Report) Explosives Safety Education Program

All individuals who discover abandoned, unattended or discarded ammunition and explosives, potential unexploded ordnance or a potential explosive hazard should use the Army's 3R process:

1 – RECOGNIZE: When you may have encountered a munition or potential unexploded ordnance and recognize it is dangerous

2 – RETREAT: Do not touch, move or disturb the munition or unexploded ordnance. Carefully leave the area, informing other personnel in the area of the situation and evacuating the area

3 – REPORT: Report any and all ammunition, explosives and suspected unexploded ordnances immediately to the Directorate of Emergency Services by dialing 531- COPS (2677) or 911. Report as much information as you can like location, description (size/color)



**Contact the Garrison Safety Office at
531-SAFE (7233) for more information**



Bayne-Jones Army Community Hospital focuses on Physical Therapy Month

By JEAN CLAVETTE GRAVES
BJACH PAO

FORT JOHNSON, La. — Bayne-Jones Army Community Hospital highlighted the important role physical therapy plays in the prevention and recovery of injuries with a Physical Therapy Month team challenge Oct. 23 in its For rehabilitation gym at the Joint Readiness Training Center and Fort Johnson, Louisiana military medical treatment facility.

October is Physical Therapy Month, and according to health.mil, physical therapists can help restore, maintain and promote optimum physical function, as well as improve wellness and quality of life as it relates to each patient's needs.

Whitney Carver, BJACH medical support assistant, came up with the idea for the Physical Therapy Month team challenge at the encouragement of her mentor, who told her to be on the lookout for process improvements or initiatives to highlight the department.

"I wanted to raise awareness about the benefits of physical therapy for our community," she said. "I thought bringing Soldiers and staff from the hospital to our PT gym would educate them on the role of physical therapy in injury prevention, rehabilitation and overall wellness. The idea was to foster teamwork among the participants, emphasize the importance of physical therapy and motivate my colleagues at BJACH to prioritize their wellbeing."

The team challenge encouraged teams of five to earn points for each repetition of push-ups, pull-ups, 25-pound kettle bell swings, 120-pound deadlifts, 90-pound sled drags and for every minute they could hold a plank.

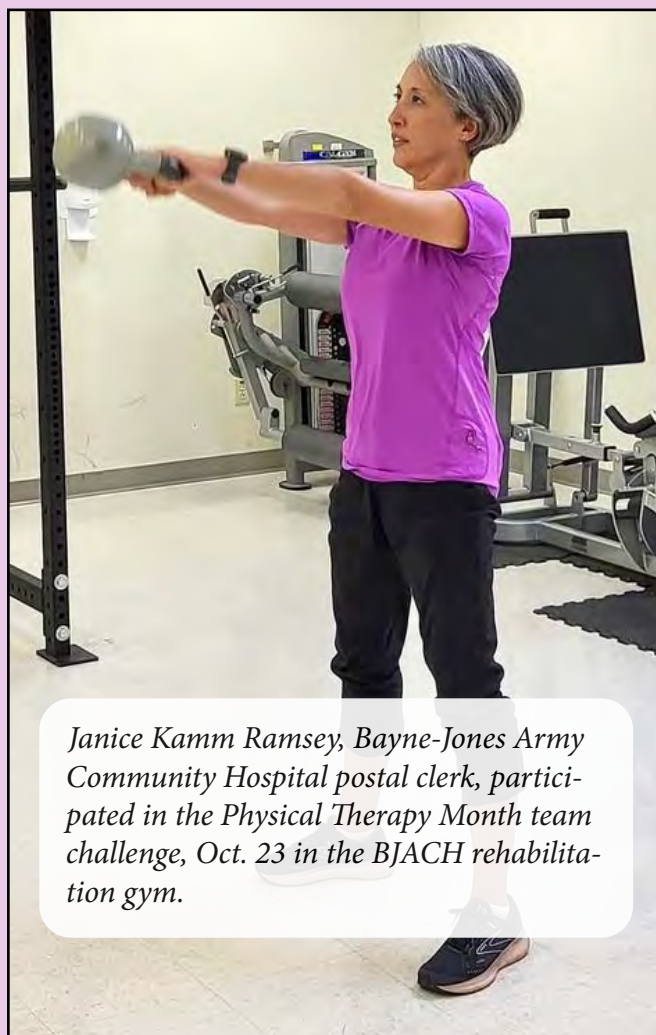
Carver said two teams of 10 employees from BJACH participated in the inaugural event and she hopes to make it bigger and better next year.

Capt. Steven Candeto, BJACH chief of rehabilitative services, encouraged Carver to coordinate the event.

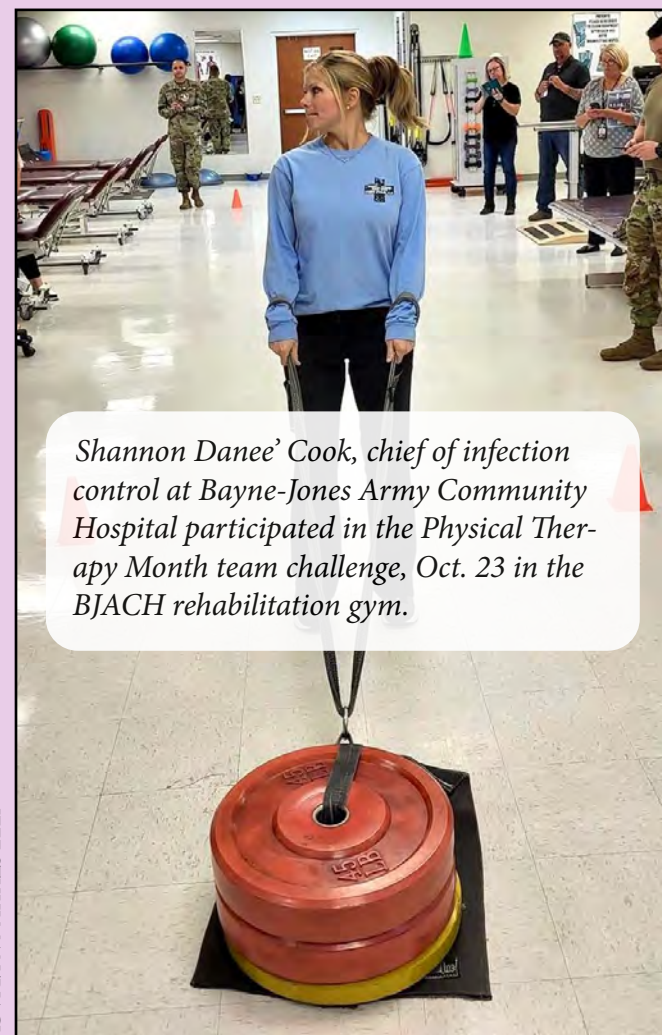
Having become a physical therapist after a shoulder injury playing baseball in high school, Candeto said, "A 17-year-old me only wanted to keep playing baseball, and I thought my injury would take that away. I was routed to physical therapy, but I had no idea what PT was at the time."

"After a few months, I was back to throwing a baseball and developed a great appreciation for the benefits of physical therapy," he said "Having gone through rehab, I know how frustrating it can be as a patient but also how rewarding the hard work can be for them in the end. It became obvious to me physical therapy is important in many ways.

"Everyone has goals they want to achieve in life, and most involve some type of movement," Candeto said. "Physical therapy is focused on helping you move and function at the



Janice Kamm Ramsey, Bayne-Jones Army Community Hospital postal clerk, participated in the Physical Therapy Month team challenge, Oct. 23 in the BJACH rehabilitation gym.



Shannon Dane'e Cook, chief of infection control at Bayne-Jones Army Community Hospital participated in the Physical Therapy Month team challenge, Oct. 23 in the BJACH rehabilitation gym.

best possible level. An injury or surgery might temporarily limit your movement, which can have a significant impact on your life. By helping you recover from that injury or surgery, we can try to restore you to your highest level in pursuit of your life goals."

Brittany Merchant, a physical therapist at BJACH, said raising awareness about her profession and physical therapy is important.

"The profession of physical therapy was developed during the first world war to assist with rehabilitating Soldiers," Brittany Merchant, a physical therapist at BJACH, said. "Physical therapists earn a doctor of physical therapy and have a vast knowledge base about the body, particularly the musculoskeletal system. Physical therapists can greatly help society in general by ultimately improving quality of life and overall function. We do this by educating and advocating for wellness, reducing the risk of injury, and assisting with rehabilitation when injury does occur."

Merchant said her department enhances the overall healthcare provided at BJACH.

"We serve the military community and their Families every day," she said. "We play a role in ensuring our Soldiers are prepared for duty, in addition to being able to participate in their hobbies and daily activities."

Merchant said physical therapy is key to readiness.

"Physical therapy can be very beneficial for Soldiers preparing for the Army combat fitness test," Merchant said. "We work with Soldiers to ensure they are utilizing proper biomechanics to prevent injury while performing the var-

ious Army combat fitness test events. I have treated so many patients with back injuries after dead lifting for the ACFT. Physical therapy should be utilized to work with Soldiers for injury prevention instead of just thinking of physical therapy as rehab after injury. I try to incorporate ACFT exercises into rehab with my patients. For example, I may have a patient recovering from a shoulder injury perform kettle bell swings to prepare for the ACFT power ball throw."

Candeto echoed Merchant's sentiment on the value physical therapy can bring to patients for injury prevention, recovery and life-long mobility.

"We can be a great source of education to keep you moving through life and your job," he said. "There are many instances where an injury or pain does not require you to put your life on hold. Depending on the injury, you might experience flare-ups later in life. We can help fix you now. But we can also provide education on self-management in the future."

Merchant said pain and injuries do not mean patients need to give up physical activity.

"Activity modification is key," she said. "Many times, people assume that when an injury occurs, they need to stop all activity. But in reality, a physical therapist can be very valuable in helping a person maintain an active lifestyle and assist them with developing modifications as needed throughout the recovery process."

BJACH beneficiaries can learn more about physical therapy services by visiting www.tricare.mil/PhysicalTherapy.

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.

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
WHEELLOCK FITNESS CENTER
7755 GEORGIA AVE. BLDG. 3350
337.378.2201
JOHNSON.ARMYMWR.COM



Get Your Flu Vaccine

Bayne-Jones Army Community Hospital has the influenza vaccine available for ALL beneficiaries six months of age and older. Contact our call center at 337-531-3011 to schedule your appointment.





Celebrating International Artist Day through Fort Johnson’s art community

By **PORSHA AUZENNE**
Public Affairs Office

FORT JOHNSON, La. — Let’s face it, a world without art is boring. Whether it’s the McDonalds branding logo or the Mona Lisa, many of the works seen on a daily basis were created by artists. No matter if done by a graphic designer, painter, sculptor or a comic book artist, there’s no denying art is an important part of everyday visual life.

International Artist Day, recognized annually Oct. 25, celebrates the hard work of artists and the beauty they add to the world around us. Painters, photographers, musicians, dancers, writers, actors and digital artists use their creative gifts to make the world a more lively, vibrant place.

In honor of International Artist Day, Fort Johnson’s very own art community members share what being an artist means to them and the work they have created.

Being an artist helps me find a place of comfort and relaxation. It serves as a way to get my whimsical ideas out into the world. I have always admired artists and what they do. From a young age, I remember being mesmerized by Naoko Takeuchi’s “Sailor Moon” — one of the many works which inspired me in starting my own art journey. I started delving into digital art around my teenage years, navigating both a Wacom tablet and various digital programs catered to artists. Since then, I have done work

for Mattel Inc.’s “Monster High” franchise and “Samurai Jack” voice actor Phil Lamarr.

Alex Rivera, a safety inspector at Fort Johnson’s Fire Department, shared what being an artist means to him.

“What being an artist means to me is having the ability to create, express, and innovate myself through a plethora of different mediums,” said Rivera. “To be an artist requires dedication, creativity, passion and courage. You may be able to have it all, but without the courage to express your art to the world, you may forever be known as the greatest artist no one will ever know. As an artist, I use my imagination and all the skills I have accumulated to create something aesthetically pleasing and emotionally powerful and with that, I breathe life into a concept or idea with my work.”

Rivera started drawing when he was 6 years old, with his mother instantly taking notice of his skill and attention to detail. “My mother supported and invested time to better hone my skills. At 11 years old, I had my first commissioned art piece. I painted a mural of the “101 Dalmatians” VHS cover on the wall of my elementary school. It was then I knew my contribution to the world will be my expression through the arts.”

Rivera’s medium of choice is a Sharpie and pastel chalk. “I always have a Sharpie and a pad with me at all times because inspiration does not wait on availability.”

Casey George, a graphic designer from Fort

Johnson’s Directorate of Family and Morale, Welfare and Recreation, also shared what being an artist means to her.

“Being an artist is a way of being able to fully be myself and give something amazing to everyone and the world,” George said. “Whether it be my artwork or my voice-over talents giving life to amazing characters. I’m on the autism spectrum so it can be hard to communicate, but being creative helps me. It also gives me opportunities to connect with other creative people.”

George is currently developing her own indie animated pilot called “Space Cops 24”, as well as voice acting in various online indie series like Gwain Saga and Sally Mountainpeak, which have lead up to her aspirations of voicing in an anime at Crunchyroll studios.

Though George identifies as an artist, she also acknowledges her military roots and the fact that she feels it’s rewarding to work at Fort Johnon.

“I’m very proud to serve this installation as a civilian since I’m an Army brat, myself.”

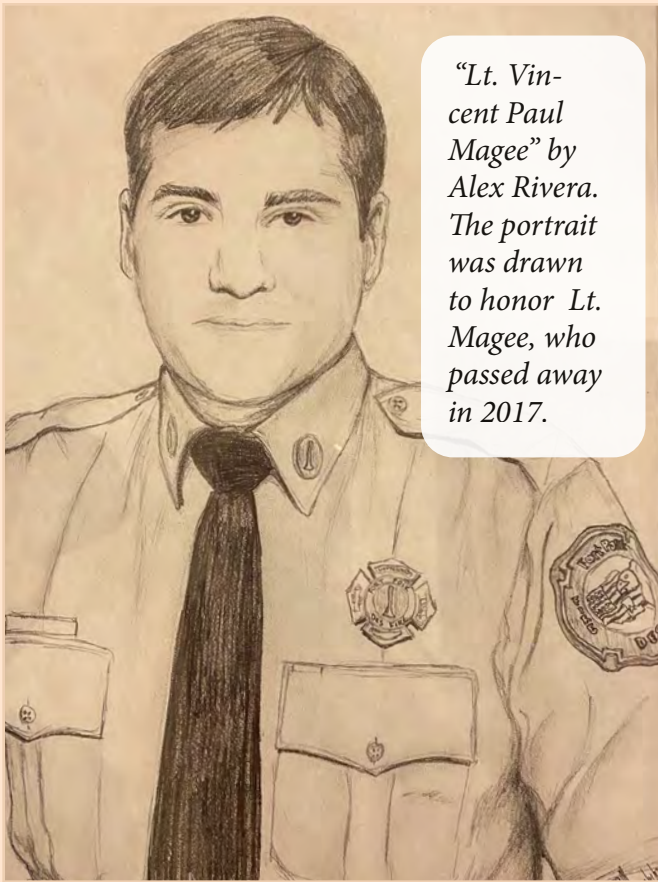
Are you also an artist in the making? If so, visit Fort Johnson’s very own Arts and Crafts Center. It’s the perfect place to let your creativity flourish.

The center provides ceramic, canvas and papier-mâché painting as well as hobby crafting.

For more information visit <https://johnson.armymwr.com/programs/arts-and-crafts-center>



“Winter Peach” by Porsha Auzenne.



“Lt. Vincent Paul Magee” by Alex Rivera. The portrait was drawn to honor Lt. Magee, who passed away in 2017.



“Casey and Ami” by Casey George.



FIRST IN FITNESS



Follow these tips for Household Goods do-it-yourself moves

Household Goods DITY move:

- Go to Household Goods on the second floor of the Logistic Readiness Center at building 4370, 2430 Tennessee Ave.
- DITY moves must self-counsel — HHG will assist.
- Ensure orders are valid with amendments and uploaded in the system (the process will not start without valid orders).
- HHG will call or email when the packet is ready for pickup.
- HHG will provide more information if there are any questions after the packet is picked up.
- For more information about a DITY move, call the HHG at 337-531-7098/4166.

Ready to load up?

- Check in at building 4374.
- Weigh your empty vehicle.
- Return with your loaded vehicle.
- Check back in.
- Weigh your loaded vehicle.
- Keep all receipts, including rental receipts.
- Use of scale is free!
- For more information call 337-531-1515.

Fort Johnson scale



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

JRTC and Fort Johnson **SHARP**

Rape

Stalking

Indecent Viewing

Tank

Sexual Harassment

Sexual Misconduct

Consent

Sexual Assault

Abusive Sexual Contact

Prevention Initiatives

*Be a part of the Solution not part of the Problem.
We want to hear from you!*

The SHARP Tank offers a unique opportunity for the Fort Johnson community to showcase their ideas to prevent sexual assault and sexual harassment. If you have an idea, share it. Drop your idea off in any SHARP suggestion box located on the installation or use the QR Code below to email your idea. If your idea is selected, you will be formally recognized by the commanding general.



Fort Johnson ghouls, goblins have fun at Trick or Treat Trail



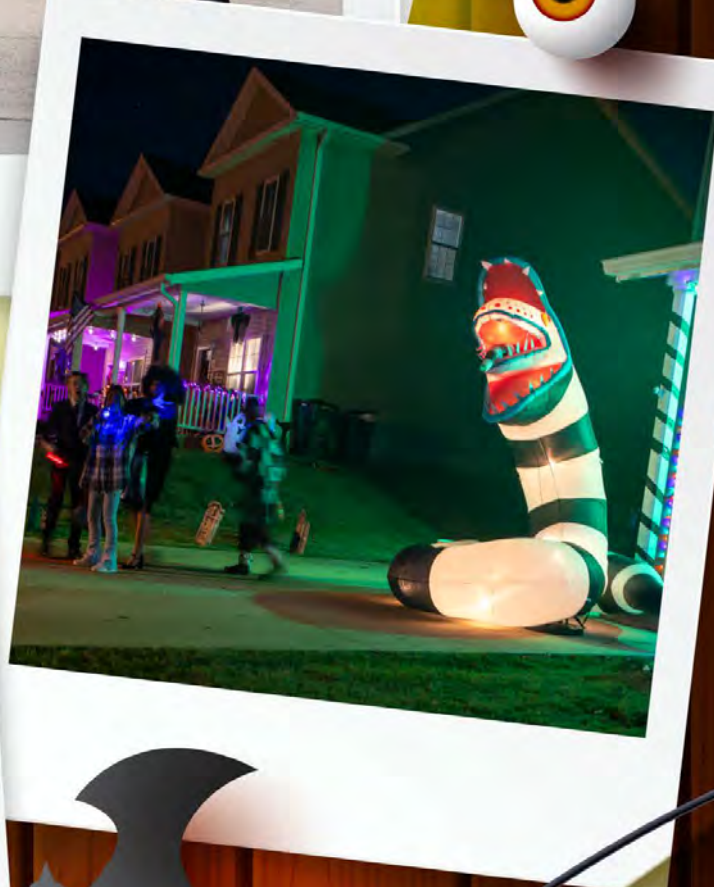


FORT JOHNSON

HALLOWEEN '23

PORSHA ALZENEGUARDIAN





BOO!
TRICK OR TREAT

Forest service celebrates annual Fullerton Sawmill Day

KISATCHIE NATIONAL FOREST

FORT POLK, La. — If you love history and delving into the culture of the place you live, then you won't want to miss your chance to head deep into the woods as the United States Department of Agriculture Forest Service hosts its annual Fullerton Sawmill Day from 9 a.m. to 2 p.m. Nov. 18.

This free event for all ages is held at the Fullerton Recreation Area, outside Pitkin Louisiana, among the historic ruins of the largest sawmill town west of the Mississippi River.

Sawmill Day celebrates activities enjoyed during the time Fullerton was a bustling town from 1907–1927.



Old-fashioned games, pony rides, fresh-ground cornmeal from a working grist mill, live music, historical exhibits and guided tours are some of the fun activities folks can enjoy at the event.

The Louisiana State University Timber Tigers will be demonstrating axe and knife throwing and cross-cut sawing of logs.

Heroes on the Water will also be providing kayaks for attendees to use on Fullerton Lake.

The Fullerton Community Association will be cooking up delicious food available for purchase. Make plans to come out and spend a few hours enjoying life as it was in the 1920s!

For more information call the Kisatchie National Forest, Calcasieu Ranger District at 318-793-9427.

FULLERTON SAWMILL DAY

SATURDAY, NOVEMBER 18

9:00 A.M. – 2:00 P.M.

Fullerton Lake Recreation Complex

FREE ADMISSION

FUN FOR ALL AGES!

GAMES

LIVE MUSIC



DEMONSTRATIONS

SAW MILL

QUILTING

CANDLE MAKING

HISTORICAL EXHIBITS

GUIDED TOURS OF FULLERTON

FREE PONY RIDES



CONCESSIONS

Sponsored by the USDA Forest Service Calcasieu Ranger District and the Fullerton Community Association.
For more information call (318) 793-9427.

7 EASY STEPS TO A WINTERIZED CAR

Prepare your car for winter

WINDSHIELD WASHER FLUID
Washer fluid that contains antifreeze for clear vision in bad weather

ENGINE COOLANT
Make sure you are using a coolant containing ethylene glycol



EMERGENCY KIT

A little preparation can make all the difference in an emergency



LOCK DE-ICER

Keep some on hand for those below freezing days



SNOW TIRES

Put on your snow tires now before you really need them



BATTERY

Inspect your battery to ensure it is running at optimal levels



ENGINE OIL

You might want to use thinner, less viscous oil in cold weather

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	5409
Unknown	Unknown	Utility trailer	N/A
2007	Mitsubishi	Galant	9674

Flu shots

Flu shots are available at BJACH 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 Directorate of Family and Morale, Welfare and Recreation Recreational Shooting Range.

For more information please call 337-531-7552.

Big buck competition

Ready, aim, fire! The Fort Johnson Shooting Range is hosting a big buck shooting competition now until Jan. 31. Categories will 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 please 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. The cost is \$20 for members and \$25 for nonmembers. The next scramble is Nov. 7 from 5-6 p.m.

For more information call 337-531-4661.

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

Mindful self control

Is anger and stress impacting your life? Join the Family Advocacy Program in this training to help identify symptoms of turmoil and ways to reduce them. Training will be held Nov. 9 from 1 p.m.-2:30 p.m.

<https://johnson.armymwr.com/calendar/event/mindful-self-control-fap-training/6126086/81875>

Second Sunday brunch

Whether it's breakfast or lunch you crave, be our guest Sept. 10 at the Warrior Center! From 10 a.m.-2 p.m. attendees can order delicious food and beverages including mimosas, homeade omelets, chicken and waffles, French toast, scrambled eggs and more.

Reservations are recommended and can be made by calling 337-531-7668.

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

[event/second-sunday-brunch/6090079/81480](https://johnson.armymwr.com/calendar/event/second-sunday-brunch/6090079/81480)

Friday Night Live

Thank goodness it's Friday! Grab a friend and stop by The Forge Bar and Grill Nov. 17 starting at 5:30 p.m. for food, drinks, raffle prizes, games and more.

This event is open to ages 18 and older.

<https://johnson.armymwr.com/calendar/event/friday-night-live/6055446/81069>

Tukey Trot 5k

Ready, set, go-bble! Marion Bonner will be hosting their annual Turkey Trot 5k run starting at 7 a.m. Nov. 18.

<https://johnson.armymwr.com/calendar/event/turkey-trot-5k-run/6241113/83701>

Turkey Bowl 2023

Fort Johnson's version of the Super Bowl! Stop by Anvil Field Nov. 21 to see which unit will be crowned the 2023 Turkey Bowl champions.

Tailgating starts at noon, followed by the first game being played at 1 p.m.

<https://johnson.armymwr.com/calendar/event/turkey-bowl-2023/6055447/81070>



FORT JOHNSON THINGS TO DO

Nov. 9-12: Port Barre Cracklin Festival

Port Barre, La.

Since 1985, the Port Barre Lions Club uses funds raised by the Cracklin Festival and other smaller events to support the mission of a number of worthwhile causes. Come and enjoy Louisianian's favorite snack. This year we will have the traditional pork cracklins and the newer, tasty chicken cracklins.

The 37th Annual Cracklin Festival is held the second weekend in November every year.

<https://cracklinfest.com/>

Nov. 10-12: St. Francisville Food & Wine Festival

St. Francisville, La.

Come down to St. Francisville for three days of live music, 25 celebrated chefs from Mississippi and Louisiana, more than 40 notable wines from boutique and small-batch wineries, craft beers by regional breweries, spirits, cocktails and more!

<https://www.stfrancisvillefoodandwine.com/>



Nov. 10-11: Veteran Heritage Festival

Abbeville, La.

Bring the entire family out for an engaging, hands-on experience that brings the stories,

struggles, and successes of Louisiana's military history to life! Toss a hand grenade, write with a quill pen, smell rations cooking over an open fire, try on WWI gas masks, check out WWII and Korean-era jeeps, handle modern sniper rifles, and even run through the National Guard's modern obstacle course! Travel from campsite to campsite as costumed historical interpreters demonstrate various aspects of military and civilian life, c. 1755-present. Enjoy chatting with Marine officers from the French and Indian War, civilian cooks at the Battle of New Orleans, topographical engineers in the Mexican-American War, Buffalo Soldiers, and even Iraq and Afghanistan veterans from the war on terrorism.

Admission is free and open to the public.

<https://www.exploreloisiana.com/events/cultural-event/3rd-annual-veteran-heritage-festival>

Nov. 11: 51st Annual Fall Festival

Destrehan, La.

Destrehan Plantation's Annual Fall Festival opens from 9 a.m.-4 p.m. Nov. 11 and Nov. 12 located at 13034 River Road. Admission for a full day is \$9 per adult and teen, \$5 per child 6 to 12 years of age, and free for children 5 and under. House tours are \$15 per person and free for children 12 and under.

Craft vendors from throughout the nation will showcase their talent and sell their hand-

crafted items. Children's activities include pony rides, stuff animal making, face painting and fall themed arts and crafts. Cajun and Creole food lovers can dine in the picnic area while enjoying live entertainment. Parking on our property is free. There is also parking available on the levee and Bridge Park. Lyft and Uber are available to & from the festival.

<https://www.destrehanplantation.org/events/upcoming-events>

Nov. 11: 30th Annual Sugar Day Festival

Alexandria, La.

Come learn all about how sugar is made at the 30th Annual Kent House Sugar Day Festival Nov. 11 from 9 a.m.-4 p.m. We will be firing up our reproduction 1840s sugar mill and making some delicious sugar! There will be live music, complimentary house tours, plenty of demonstrations including blacksmithing and wood carving, vendors selling handmade food, arts and crafts items and plenty of children's activities including a petting zoo.

Admission is \$5 per person. Children three and under are free. Kent House is located at 3601 Bayou Rapides Road.

<https://kenthouse.org/events>



TWISTED STEEL

MONSTER TRUCK MANIA



Vernon Parish Arena • Leesville, LA

FRI - NOV 17

2 WHEEL SKILLS

SAT - NOV 18

KIDS POWERWHEEL RACING

Kids ages 3-9 can be part of the monster truck show too!
Bring your Powerwheel and reserve your spot early!

FREESTYLE RACING

Ride in a **REAL** Monster Truck!

FRIDAY - NOVEMBER 17

Gates open at 5pm

FREE PIT PARTY BEFORE THE SHOW!
Meet and take pictures with the drivers!
Show starts at 7:00

COME AND SEE
PRIME TIME, THRILL BILLY
FATAL ATTRACTION
AND MORE IN ACTION!

**Lineup subject to change at anytime.*

SATURDAY - NOVEMBER 18

1st Show: Gates open at 11am
Show starts at 1:00

2nd Show: Gates open at 5pm
Show starts at 7:00

FREE PIT PARTY BEFORE THE SHOW!
Meet and take pictures with the drivers!

Scan me for tickets

ADULTS \$25
KIDS \$15 (Ages 3-11)



Look for us online: Twisted Steel Entertainment



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