

JRTC AND FORT JOHNSON

APRIL 28 VOL. 52, NO. 9

GUARDIAN

3/10 UNCASSES
ITS COLORS
PAGE 7

TAP HOSTS
HIRING FAIR
PAGE 9

SUBMIT AFAP
IDEAS
PAGE 11

EFMP CHALK
AND WALK
PAGE 27



CONTENTS

April 28

On Post Upcoming Events Things to do right here on post	03
Outside the Gates Events happening off post around the local community	04
Discover Louisiana Check out some local festivals	05
Uncasing the colors 3rd BCT, 10th Mtn Div uncasing their colors	07
Transition Assistance Program TAP hosts hiring fair	09
Army Family Action Plan Submit your issues and ideas now	11
Army & Air Force Exchange Service AAFES is a four star employer for vets.	14
Motorcycle rally May 2 May is Motorcycle Safety Awareness Month	22
My Army Post App Sign up for MAPA to get latest Fort Johnson information	26
Bayne-Jones Army Community Hospital Focused on serving military families	31



COVER PHOTO

The 3rd Brigade Combat Team, 10th Mountain Division uncased its colors April 23. (U.S. Army photo by Karen Sampson)



7
Uncasing the colors



9
TAP hosts hiring fair

Army Family Action Plan

11
Submit AFAP ideas



27
EFMP Chalk and Walk



JRTC AND FORT JOHNSON

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For additional information, please visit the @JRTCandFortJohnson Facebook page.



ON POST

Upcoming Events



Nailed It!

April 30, 6 p.m. at The Forge Bar & Grill

A dessert decorating competition where amateur chefs compete to replicate cookies and cakes in order to win a cash prize and the ultimate "Nailed It!" award.

There will be 4 age categories: 4-6, 7-10, 11-13, & 13+.

\$10 registration fee will be taken on the day of the event.



Hearts Apart

May 9, 9-11 a.m. at Army Community Services

Come to Army Community Services and bond with other spouses whose significant other is overseas while making some heartwarming crafts!



Mother's Day HBB Market

May 10, 9 a.m.-3 p.m. at the Warrior Center

Come on down to our Military Spouse-Owned Home Based Business Market to get your mom a Mother's Day gift she'll love!



Muffins with Mom

May 11, 11 a.m.-1 p.m. at PlayTown & Cafe

Celebrate Mother's Day at PlayTown & Cafe with delicious muffins with mom! Cost is \$5 per person.



OUTSIDE THE GATES

OFF POST

EVENTS



1
May

Ballet with a Twist
LAKE CHARLES, LA.

[Click for more info](#)



2-3
May

Mayfest
LEESVILLE, LA.

[Click for more info](#)



2-4
May

Red White & Blue Airshow
MONROE, LA.

[Click for more info](#)



3
May

Treasure Fest
DERIDDER, LA.

[Click for more info](#)



8-10
May

Beauregard Watermelon Festival
DERIDDER, LA.

[Click for more info](#)

NO ARMY OR FEDERAL ENDORSEMENT IMPLIED.

Discover Louisiana



UPCOMING FESTIVALS



MayFest, winner of the Louey Award for Festival of the Year, is an annual, FREE event with live music, food and fun held on the first weekend in May – May 2-3. This year, the festival is expanding and will be held at the Vernon Parish Fairgrounds at 276 HM Stevens Blvd. in Leesville!

Get more info and the full music lineup on our event [page](#)!



Celebrate the annual harvest of the Sugartown Watermelons. This family friendly festival is fun for the whole family. Food booths, craft booths, demonstrations, one of Louisiana's largest livestock shows, plenty of music, competitions for all ages and much more. Takes place May 8-10 at the Beauregard Parish Fairgrounds.

Bite in for more info [here](#)!



Uncasing its colors, 3rd BCT, 10th Mtn Div is home

By Karen Sampson
Garrison Public Affairs Office

FORT JOHNSON, La. – The 3rd Brigade Combat Team, 10th Mountain Division command team, Col. Josh Glonek and Command Sgt. Maj. Robert Frame, removed the case from the brigade colors during a ceremony at Spike Field, April 23.

After a year deployed supporting allies of NATO's eastern flank with Operation Atlantic Resolve, the brigade's Patriots are home.

"Our time deployed to Europe was a unique experience for the brigade," said Glonek. "As a rotational unit, our mission was to assure our allies and deter adversary aggression. It is a mission we took incredibly seriously. There is an ongoing war in Ukraine, and some (NATO) forward operations and expeditionary bases are within miles from the conflict's border."

NATO's eastern flank consists of a forward presence in Bulgaria, Estonia, Hungary, Latvia, Lithuania, Poland, Romania and Slovakia.

An added undertaking during this deployment sees the brigade forging history and creating a new trajectory with the Army's progressive future. Changes happened to the brigade's formations while asserting its role in Transformation in Contact. As one of the three units acting with new, cutting-edge technology offered by the Army, the brigade reorganized and enhanced their formations, increasing lethality and impact.

Driven by Army Chief of Staff Gen. Randy A. George, Transformation in Contact is an

Army initiative evaluating electronic warfare, counter-unmanned aerial systems, and how personnel and tactics align with technologies. The effort spans regions and theaters in Europe, the Pacific, the Middle East and the continental U.S.

The Patriots development thrived pioneering Transformation in Contact in the deployed environment, Glonek said.

"The brigade's Soldiers, non-commissioned officers and officers are in charge of finding and executing innovative solutions to the Army's toughest matters," he said.

Today, the brigade's enhanced capabilities include hundreds of drones, loitering munitions, infantry squad vehicles, new communications equipment, and other technologies that allow them to fight in innovative ways and reflect the realities of modern combat, Glonek said.

"Our deployment to Europe resulted in a highly trained and incredibly lethal organization," Glonek said.

"This brigade looks completely different today than it did a year ago," Glonek said.

"I could not be prouder to be part of the organization," he said. "From my position I am blessed to see the great accomplishments made by the Soldiers and leaders of this brigade on a daily basis."

"What these men and women in front of you have accomplished is truly inspiring,"

Glonek said. "I cannot wait to see what lies ahead."

Col. Mark Andres, deputy commanding officer at Joint Readiness Training Center and Fort Johnson, spoke on behalf of Brig. Gen. Jason A. Curl, commanding general of JRTC and Fort Johnson, and Maj. Gen. Scott M. Naumann, commanding general of the 10th Mountain Division and Fort Drum, New York.

"You all are the right people, in the right formation, in the right place at the right time," Andres said.

He said the Patriots were not the only ones due honor.

"While deployed, your families, spouses and significant others shouldered heavy burdens," he said.

Andres expressed gratitude to the families and said their sacrifice was integral to the brigade's mission success.

"Your strength is the quiet force behind every mission; you all carried the weight of absence with grace," he said.

"For 270 days and 2,700 (personnel) strong, Patriots deployed across NATO's eastern flank.

They provided critical assurance and deterrence throughout six countries to our NATO allies,"

Andres said. "Not only did the Patriot Brigade conduct current operations, but they also helped lead the way for the Army's transformation, testing advanced systems and demonstrating what our future Army needs to look like today - time now!"

Andres asked a poignant question to the brigade, given all their accomplishments during the past year.

"Who better than to write this page in history of 10th Mountain Division and the Patriot Brigade?" Andres asked. "I say, no one."

Bearing witness to the brigade's exceptional professional acumen here at JRTC, Andres said he also served alongside 3rd BCT, 10th Mountain Division during two of his deployments.

"I will tell you there is no better unit prepared to accomplish these diverse missions than the Patriot Brigade," he said.

Andres commended the brigade's remarkable

reputation. He described the Patriot

Brigade as the confident and capable workhorse within the Army's most deployed division.

"This shows every day, in who you are and how you carry yourselves," Andres said.

"You are all steak! No sizzle," Andres exclaimed.

"This brigade punches well above its weight with little expectation of fanfare, which are marks of a cohesive, well disciplined, professional team and demands recognition,"

Andres said. "Patriots you've met every challenge with this deployment with professionalism, resilience and unwavering focus and now your colors are uncased once more at Fort Johnson. Now all the Patriots are home, I want to say, Job well done!"

From April 2024 to June 2024 the Patriot Brigade took part in Exercise Defender Europe 24. The brigade deployed one third of their personnel to Norway. While there, they executed a 900-kilometer road march from Norway to Sweden to Finland, culminating with a force-on-force exercise alongside Norwegian and Finnish NATO allies. This event marked the first time in U.S. Army history that a brigade-size element took part in a training event in Finland. Following Defender Europe 24, the Patriot Brigade deployed in support of Operation Atlantic Resolve in June 2024, relieving 3rd Brigade Combat Team, 101st Airborne Division across five forward operating sites throughout six NATO countries. From June 2024 to March 2025, the Patriot Brigade contributed successfully to the Transformation in Contact action fielding modernized network and command and control, unmanned ariel systems, and vehicles across the formation. This transformation culminated with Exercise Combined Resolve 25 at the Joint Multinational Training Center in Hohenfels, Germany.

The Patriot Brigade transferred responsibility to 2nd Brigade Combat Team, 101st

Airborne Division out of Fort Campbell, Kentucky, in March 2025 and redeployed to Fort Johnson to continue preparation for future missions.



Fort Johnson Transition Assistance Program hosts hiring fair



FREE CDL TRAINING

FOR SOLDIERS AT FORT JOHNSON



IN PARTNERSHIP WITH LINDE, SOWELA IS OFFERING

FREE CDL TRAINING

TO SOLDIERS AT FORT JOHNSON

**Class begins May 26, 2025
and meets for 8 weeks from 8 a.m. – 3 p.m.**

SOWELA's CDL training program prepares students to take the Louisiana Commercial Driver's License exam. Training covers DOT rules and regulations, pre-trip inspection, backing pad skills and on-the-road skills. The course includes classroom and behind-the-wheel training.

SCAN QR



TO REGISTER

Questions? Call 337-421-6560

No Army or federal endorsement implied.



YOUR
OPINION
MATTERS

GOT ISSUES?

LET YOUR
VOICE BE
HEARD

SCAN




ARMY FAMILY

ACTION PLAN

If it's a program or service,
an AFAP issue can **IMPROVE IT.**

If it's a policy or regulation,
an AFAP issue can **CHANGE IT.**

If it's a law,
an AFAP issue can **AMEND IT.**

If there's a low-cost, creative
solution,
You should **PURSUE IT.**

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

JRTC and Fort Johnson QoL Initiatives



CHILD CARE & YOUTH PROGRAMS

- Programs Offered
- Registration
- Fee Assistance
- State and Local Resources



COMMUNITY CONNECTIONS & SFRGS

- Morale, Welfare & Recreation
- BOSS Program
- Military & Volunteer Support
- Volunteering
- Well-Being Resources



HEALTH CARE

- Health Insurance Options
- MHS Genesis
- Wellness Resources and Benefits
- Mental Health Support



HOUSING & MOVING

- Start Your Move
- Find A Home
- Army (IHG) Hotels
- Communication Platforms
- Money



SCHOOLS

- Child and Adult Education
- School Liaisons
- Enrolling in a New School
- Scholarships



SPOUSE EMPLOYMENT

- Connecting with Employers
- Partnerships & Programs
- Employment Resources

Commanding General's Quality of Life Priorities:

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

Care for Our People • Build Readiness • Succeed in our JRTC and Fort Johnson Campaigns

Commanding General's Priorities

MAY 6 FROM 10 A.M.-3 P.M. AT THE WARRIOR CENTER

SCHEDULE OF EVENTS

Welcome – 10-10:05 a.m.

QoL Progress Overview / Recap Last Conference – 10:05-10:10 a.m.

Child Care – 10:10-11:00 a.m.

Education – 11:00-11:50 a.m.

Lunch (1 hr. 15 min) –11:50 a.m.-1:05 p.m.

Housing / Barracks / IHG – 1:05-1:55 p.m.

Infrastructure – 1:55-2:25 p.m.

Strategic Partnerships – 2:25-2:50 p.m.

Feedback/Closing Remarks – 2:50 - 3:00 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 Apr. 25



12

U.S. ARMY SPECIAL OPERATIONS CHALLENGE

AIRBORNE



MEET AT HONOR FIELD

WHO: 4 Person Teams from Fort Johnson

WHEN: May 9th @ 0600

WHERE: Honor Field

Uniform: T-Shirt, OCP Bottoms, Boots

Bring: 35lbs ruck (dry), FLC/TAPS, 2x 1 Quart Canteens or Camelback filled

To Register your team, email the POC your team names (Ranks and Names)

Winning team earns an AAM

REGISTRATION CLOSSES MAY 2ND. SPOTS ARE LIMITED

POC: SFC Morgan. Cell (910) 297-9552; natalie.m.morgan6.mil@army.mil

   @goarmysof | goarmysof.com

Exchange Named 2025 VETS Indexes 4-Star Employer Careers

AAFES

DALLAS – For the fifth consecutive year, the Army & Air Force Exchange Service has earned the distinction of VETS Indexes 4-Star Employer, reflecting its steadfast dedication to employing Veterans, National Guard members, Reservists and military spouses.

“Veterans, service members and the military community are at the heart of the Exchange—they know our mission because they’ve lived it,” said Exchange Director/CEO Tom Shull, an Army Veteran. “Hiring those who serve and support our Nation strengthens the Exchange’s ability to be a Quality-of-Life force multiplier, including supporting Warfighters’ readiness, resiliency and lethality. Their contributions make us stronger, more connected and mission-focused.”

Veterans, active-duty military, National Guard members, Reservists, military spouses and dependents make up 46% of the Exchange workforce. As the Department of Defense’s largest retailer, the Exchange remains focused on attracting and retaining top talent by offering competitive compensation, including paid vacation and sick leave.

For Veterans joining the Exchange as full-time associates, their military service counts toward retirement benefits, reinforcing the or-



ganization’s commitment to long-term financial stability and support for those who’ve served. Additionally, the associate transfer program helps military spouses maintain employment with the Exchange when their active-duty spouse undergoes a Permanent Change of Station, allowing them to build career experience and maintain benefits.

This year, nearly 350 organizations completed and submitted surveys for the VETS Indexes Employer Awards. Of those participants, VETS Indexes recognized 294 organizations across the following award levels: 5 Star Employer, 4 Star Employer, 3 Star Employer, and

Recognized Employer.

The survey analyzes employers’ policies and practices for:

- Veteran job candidate recruiting and hiring.
- Veteran employee development and retention.
- Veteran-inclusive policies and culture.
- Support for members of the National Guard and Reserve.
- Military spouse/family support.

Veterans, military spouses and others interested in exploring a career with the Exchange can visit ApplyMyExchange.com for a list of job openings worldwide.

Have a Photogenic Fur Baby?

Exchange contest to give away \$3,000 in gift cards for pet photo

AAFES

DALLAS – Military shoppers can deck their furry companions out in their finest red, white and blue, take a picture and enter it for a chance to win a share of \$3,000 in prizes in the Patriot Pet Just Say “Treat” Photo Contest from the Army & Air Force Exchange Service.

From May 1 through May 31, eligible Exchange shoppers 18 years and older — including honorably discharged Veterans and Department of Defense and Coast Guard employees and retirees — can participate in the patriotic-themed pet photo contest.

Shoppers can visit ShopMyExchange.com/sweepstakes and submit a photo of their pet adorned in a patriotic costume or posing against a patriotic backdrop for a chance to win this tail-wagging celebration.

“Pets hold a special place in our hearts,” said Air Force Chief Master Sgt. Rich Martinez, the Exchange’s senior enlisted advisor.

“This photo contest is an exciting way to show appreciation to the furry companions our Soldiers, Airmen, Guardians and military fami-



lies hold dear.”

Two grand-prize winners will each receive a \$500 Exchange gift card.

Eight runners-up will each receive a \$250 gift card.

There is no purchase necessary to enter.

Contest rules can be found at ShopMyExchange.com/sweepstakes.

Exchange winners will be selected on or around June 20.

Take part in Fort Johnson's Spring Clean-Up Installation Shred Truck Event

May 1
From 9 a.m.-3 p.m.
at 7906 Colorado Ave
(old commissary)



We **DO NOT** take boxes, cardboard, plastic, 3-ring binders, or folders with cable.
We **DO** accept binder clips, paper clips, and staples.

Site POC – USAG, RMO Mrs Valerie Bland
Office 520-692-3161 / Cell 337-353-3778 (text only)



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USO TRANSITION PROGRAM

The USO is a not-for-profit organization and not part of the Department of Defense (DOD).

Corvias community pools open May 1!

To gain access to the pool deck,
you must use your resident key fob
during normal pool hours.

2025 pool schedule:

- Pools are open daily: 10 a.m.-8 p.m.,
except on maintenance days.

Pool maintenance schedule:

- Palmetto closed Mondays
- Dogwood closed Wednesdays
- Maple closed Thursdays



The new Army housing survey is here!

Check
your
inbox

Don't mean to hound you,
but make sure you take it!



Corvias[®]
PROPERTY MANAGEMENT

OMB Control Number: 0704-0553 Expiration: 5/31/2025

Warrior Lanes
SPECIAL
EVERY SUNDAY IS
FAMILY DAY
BRING THE WHOLE FAMILY ON SUNDAYS FOR
\$2 BOWLING & \$2 SHOE RENTAL

2025

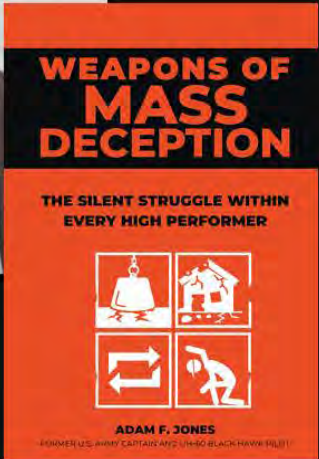
FORT JOHNSON SPIRITUAL RESILIENCY WEEK

GUEST SPEAKER

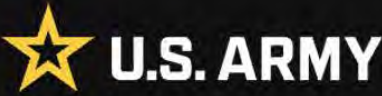
THE SILENT STRUGGLE WITHIN
EVERY HIGH PERFORMER



+ Battalion
Level Events



Real | Raw | Relatable
Speaking to the Spirit of the Warrior



ADAM JONES

*Culture Strategist and Author of
Weapons of Mass Deception*
Equipping service members, veteran
communities, and Fortune 500s

PUBLIC EVENTS

May 11

(All) Main Post Chapel • 1100-1230
(BOSS) HOH • 1600-1800

May 13

(All) Bayou Theatre • 1330-1500

May 14

(All) Main Post Chapel • 1030-1200
(All) Main Post Chapel • 1800-1930

LET US HELP MAKE A DIFFERENCE WITH THE

TENANT SATISFACTION SURVEY

OPEN TO SOLDIERS IN BOTH ACCOMPANIED AND UNACCOMPANIED HOUSING.



Firearm registration

Weapons registration is easy

- Transfer from previous duty station
- Download from the web
- Pick up form from post exchange gun counter
- Pick up form from Fort Johnson's Directorate of Family and Morale, Welfare and recreation shooting range
- Pick up form from the Visitor Control Center



Steps

- Commander's signature
- Return to Visitor Control Center
- Registration complete
- Send courtesy email to commander

Commander's evaluation

- Domestic violence
- Felony convictions
- Mentally incompetent
- Outstanding warrants
- Possession, use or sale of drugs (marijuana/narcotics), including ART-15
- Weapons safety

Key points

- 24-hours to register weapons
- Safe transport on installation
- Weapons safety
- Hunting on installation
- Don't store in vehicles
- Don't store in barracks
- Prohibited concealed carry

For more information call the Visitor Control Center at 337-531-0380. Use this link to print out the [form 563](#).

May 2
at
Honor
field

JRTC and Fort Johnson Motorcycle Safety Awareness Month Rally

All Department of Defense card holders, including active duty, Reserve, veteran, family members and DoD civilians, are welcome to participate.

The ride takes place through the Kisatchee National Forest to Oakdale and ends back at Honor field.

Bikes will assemble at 8 a.m. and the rally begins at 9:30 a.m.

Biker vests/cuts are prohibited. For more information call 726-780-0900.



Don't drive distracted.



First Aid and Medical Preparedness

Recognizing Heat-Related Illnesses – Identify symptoms of heat exhaustion and heat stroke, such as dizziness, confusion, and excessive sweating, and take immediate action

Preventing Heat Stress – Encourage hydration, scheduled breaks in shaded areas, and wearing breathable clothing to reduce the risk of heat-related illnesses

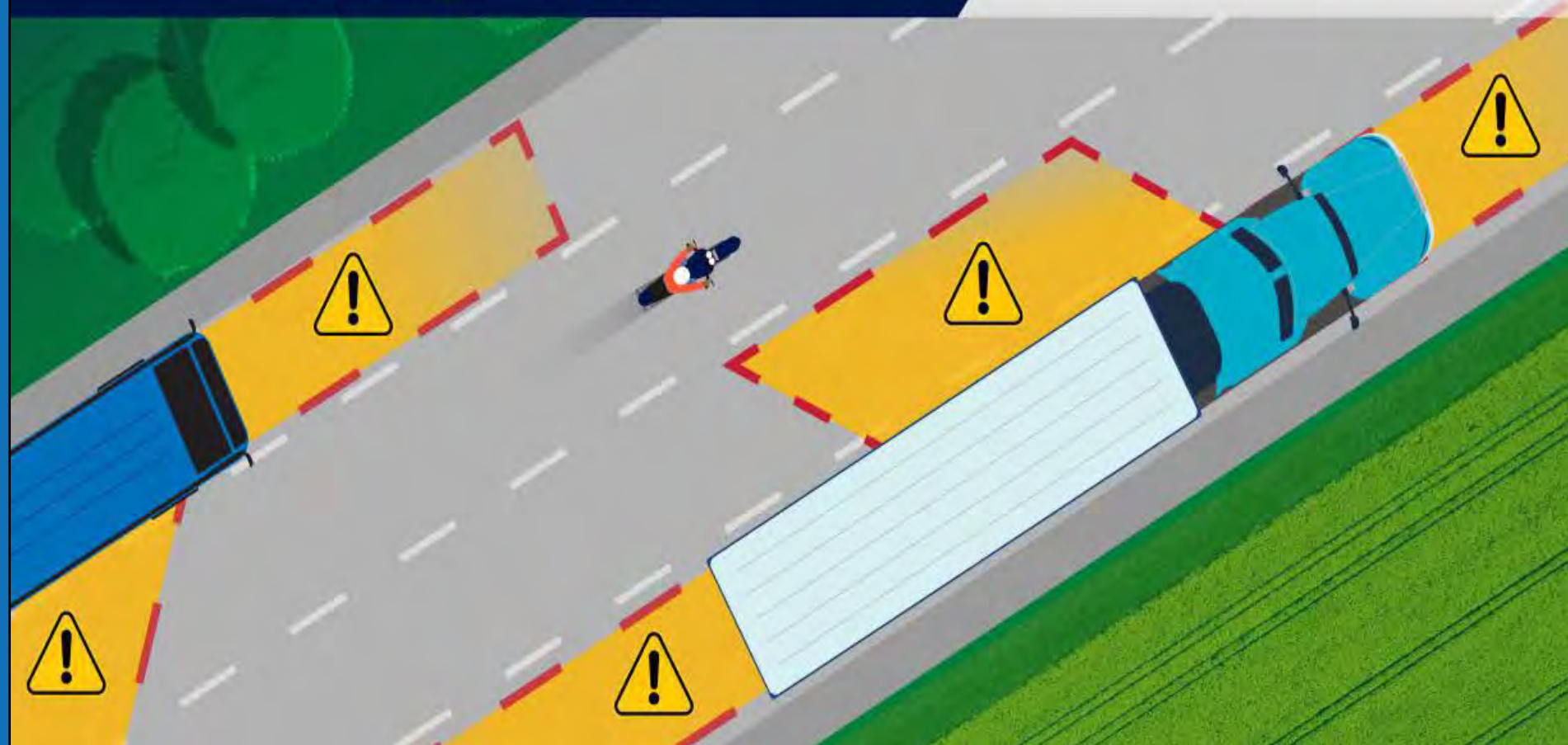
Managing Allergic Reactions – Educate workers on common allergens like pollen and insect stings and ensure access to antihistamines or epinephrine if needed

Emergency Preparedness – Ensure workers know first aid response protocols, including when to call for medical assistance and how to administer basic treatment for allergic reactions and heat illnesses



Contact the Garrison Safety Office if you have any questions or concerns at (337)531-SAFE

Leave plenty of room between your motorcycle and large trucks or buses so you can be seen.



Stay Safe and active this spring



1. **Warm up and stretch:** Always take time to properly warm up and stretch before engaging in physical activities. This helps prevent muscle strains and other injuries.
2. **Stay Hydrated:** With warmer weather, dehydration can happen quickly. Encourage regular water breaks, especially during intense activities.
3. **Use proper gear:** Ensure all participants wear their appropriate safety equipment for their sport or activity (helmets, pads, proper footwear, etc.).
4. **Know your limits:** It's important to recognize when to take breaks and not push beyond what's safe, especially when engaging in new or intense physical activities.
5. **Supervise young athletes:** When children are playing or engaging in sports, ensure adequate supervision. Pay attention to energy levels and ensure they are playing in safe areas.
6. **Know the signs of injury:** Be aware of any signs of overexertion or injury. If someone is in pain, encourage them to rest and seek medical attention if necessary.

Suicide Prevention

C
E
P
C

ommunity
ngagement
artnership
oordinators



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Speak Up!

**SILENCE IS
DEAFENING**

www.PreventSexualAssault.army.mil DoD Safe Helpline: 1-877-995-5247

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EVENTS + MORE

WHAM!

EXCEPTIONAL FAMILY MEMBER PROGRAM SUPER HERO CHALK AND WALK

POOF!



BEEP



BOOM!

BANG!

FORT JOHNSON'S
EFMP HOSTED A
SUPER HERO THEMED
CHALK AND WALK APRIL 19
AT THE WARRIOR HILLS GOLF
COURSE. MILITARY FAMILIES
WALKED ALONG THE GOLF
TRAIL CREATING *BEAUTIFUL*
CHALK *ARTWORK* FOR
ALL TO SEE.

SUPER
HERO



BAH



HAHA
HA!!

WOW

YEAH!!

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.



2016	Yamaha	R3	2153
UNK	UNK	Boat trailer	N/A
UNK	UNK	Kayak trailer	N/A
UNK	McClain	Boat trailer	N/A
2001	Ford	F150	0450
2000	Ford	Ranger	3852
2006	Nissan	350Z	4586
2004	Cadillac	Escalade	5765
2003	Ford	Crown Victoria	2046
2011	Chevrolet	Cruz	6489
2012	Land Rover	Land Ranger	2214
2005	Honda	Civic	6295
1994	GEO	Tracker	0139
2007	Ford	F150	7785

THE CITY OF LAKE CHARLES PRESENTS



25TH ANNUAL

DOWNTOWN

2nd SUNDOWN

LAKE CHARLES, LA

MAY 23

BAYOU RHYTHMS

LOUISIANA'S KINGFISH
6 PM - 7:15 PM

MASON TRAIL & THE ZYDECO RHYTHM
7:30 PM - 9 PM

ART MARKET + FOOD, BEER, WINE*
FAMILY-FRIENDLY + GAMES & ACTIVITIES

MAY 30

URBAN COWBOY

SOUTHERN TRAGEDY
6 PM - 7:15 PM

BUDDY ANDREWS & THE BRANDED
7:30 PM - 9 PM

JUNE 6

ROCK N' SOUL

DEAD MATADORS
6 PM - 7:15 PM

THE GOOD DUDES
7:30 PM - 9 PM

JUNE 13

CAMPUS CONNECTION

THE DEBTORS
6 PM - 7:15 PM

ZACH EDWARDS & THE MEDICINE
7:30 PM - 9 PM

AFTER GLOW SHOW
DJ SECRET STACHE - 9 PM
PRESENTED BY LAKE CHARLES TOYOTA

AT THE 1000 BLOCK OF RYAN STREET DOWNTOWN

YOU'LL FIND
TREASURES GALORE AT THE ANNUAL

TREASURE
FEST

SATURDAY, MAY 3
7:00AM-3:00PM

800 MEL BRANCH MEMORIAL DRIVE DERIDDER, LA
ON THE GROUNDS OF PINEWOOD ELEMENTARY SCHOOL

FREE ADMISSION

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PLANTS, FURNITURE, ANTIQUES & MUCH MUCH MORE

FOR MORE INFO CONTACT:
BEAUREGARD TOURIST COMMISSION 337-463-5534

HOME OF HEROES THRIFT SHOP

VOLUNTEERS NEEDED

Ready to make a difference? If you love the HOH Thrift Shop and want to create a positive impact in our community, we want YOU! Join our thrift board as a volunteer and become part of something truly special! This is an incredible opportunity to share your creative ideas, collaborate with like-minded individuals, and help us elevate our mission. Come on board and let's make a real change together!

Currently seeking

- Chairman
- Vice Chairman
- Secretary
- Volunteer Coordinator

For information email:

 hohthriftshop.secretary@gmail.com



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ON FACEBOOK, INSTAGRAM AND
YOUTUBE

GET CONNECTED

 /JRJCandFortJohnson

 @jrjcandfortjohnson

 @JRJCandFortJohnson

29

30

Strong families, strong future: Supporting military children at BJACH

By Jean Clavette Graves
BJACH PAO

FORT JOHNSON, La. — At Bayne-Jones Army Community Hospital, behavioral health professionals are emphasizing the importance of mental health care in building resilience among military-connected youth because strong families increase the lethality of our warfighters.

The Child and Family Behavioral Health Services team at BJACH provides targeted support to help children and families manage the unique challenges of military life — frequent moves, parental deployments and long separations.

“Our team delivers counseling, coping strategies and crisis intervention to help children build emotional strength and stability,” said Marguerite Wilcox, a licensed clinical social worker with the department. “We tailor care to meet each child’s needs and reinforce their support systems.”

BJACH’s behavioral health staff offers a range of services including grief counseling, skills-building, parenting support, psychological testing, and trauma-specific treatments such as Eye Movement Desensitization and Reprocessing, or EMDR.

Dr. Patricia Cornelius, deputy director of psychological health, said supporting military children starts with understanding the emotional strain of transitions and disrupted relationships.

“Resilience helps them bounce back from adversity and adapt to change,” she said. “Mental health care gives children the tools to cope and succeed.”

For children who may be experiencing behavioral or developmental concerns, early intervention is key, said Pfc. Dice Marchioni, a behavioral health specialist at BJACH.

“We guide families through what care looks like, help them access resources and ensure they understand the support available,” Marchioni said.

According to Psychology Technician Angela Kuesters, military children also benefit from learning to regulate their emotions, develop problem-solving skills and connect with peers facing similar circumstances.

“Building community matters,” she said. “Mental health care plays a fundamental role in creating that support and helping children grow.”

Dr. Ruth Graupera-Frain, a psychiatrist with the team, emphasized the long-term benefits of mental health support.

“Our brains run the show,” she said. “Military children deal with complex emotions early on.



Alisha Pichette (left) and Sydney Gallegos (right) introduce their sons to one of the chickens during a local Courir de Mardi Gras “Chicken Chase.” The family-friendly event gave military children and parents a chance to engage in a cherished Louisiana tradition together while stationed at the Joint Readiness Training Center and Fort Johnson. (U.S. Army photo by Jean Clavette Graves)



Levi, 4, son of Alisha and Capt. Joshua Pichette of the 115th Field Hospital, 32nd Hospital Center, participates in a traditional Courir de Mardi Gras “Chicken Chase.” (U.S. Army photo by Jean Clavette Graves)

Providing consistent care improves their academic, social and emotional development well into adulthood.”

Lt. Col. Alexander Ragan, BJACH’s assistant director of medical affairs and the director of psychological health at Fort Johnson, said these services don’t just support the child — they strengthen the whole force.

“When we take care of military families, we reinforce readiness,” Ragan said. “Military children make sacrifices too. Supporting their mental health ensures their resilience and



Owen, 2, son of Sydney and Sgt. Brody Gallegos of the 2nd Battalion, 2nd Infantry Regiment, 3rd Brigade Combat Team, 10th Mountain Division, holds a chicken during the traditional Courir de Mardi Gras “Chicken Chase.” (U.S. Army photo by Jean Clavette Graves)

helps prepare the next generation of Soldiers.”

BJACH’s behavioral health team remains committed to the mission of improving family readiness and supporting the military community through expert, compassionate care.

“Strong families create strong Soldiers,” Ragan said. “And strong Soldiers protect our nation.”

Families can stop by the Behavioral Health Department on the 6th floor of BJACH or call (726) 780-2566/2567 to schedule an appointment — no referral required.

She’s got me: Patient credits BJACH Soldier for comfort during crisis

By Jean Clavette Graves
BJACH PAO

FORT JOHNSON, La. — Alone. In pain. Terrified. For many patients facing a medical emergency, the fear of the unknown can be just as overwhelming as the symptoms themselves. But for one woman at Bayne-Jones Army Community Hospital, the steady presence of a single Soldier made all the difference.

Pfc. Raven Newman, a radiology specialist at BJACH, was recently recognized for her attentive and compassionate care of a patient in February.

Through the Interactive Customer Evaluation system, the patient shared how Newman cared for her, advocated for her, and spoke on her behalf when she was unable to speak for herself.

“I was seen in the emergency department for extreme abdominal pain and vomiting,” the patient wrote. “As I was wheeled to the CT room, I was writhing, screaming and crying out in pain — completely and utterly terrified. When I arrived, I was met by a young female Soldier named Raven Newman. She grabbed my hand, rubbed my back, helped me with my clothing and positioning, and reassured me that ‘she’s got me.’

The pain was so incredibly intense that I was barely able to speak — much less stand or hold my own head up — but Raven stayed. She escorted me to my next stop for a chest X-ray, and understanding the pain I was in, immediately and respectfully spoke up for me. Raven knew I needed her.”

The patient was ultimately transferred to a higher level of care, admitted for 10 days, and underwent major abdominal surgery.

“During my entire hospital ordeal—and even after — I was heavily medicated. Combined with the pain and stress of it all, I don’t remember much,” the patient continued. “Except for Raven. I remember that young Soldier who, in that moment, showed this 38-year-old woman so much love, grace, care, and concern. Out of so much uncertainty, Raven was my little bit of constant — the one person who made me feel safe.”

Newman, the daughter of two U.S. Army veterans, has been stationed at the Joint Readiness Training Center and Fort Johnson since December 2024.

“I try to treat every patient like a person, not just their symptoms. I do for them what I’d want someone to do for me,” Newman said. “This patient was crying, shaking, and visibly anxious. I did my best to comfort her, because if I were in her place, I’d want someone to be kind and reassuring.”



Pfc. Raven Newman, radiology specialist at Bayne-Jones Army Community Hospital, positions a patient for an X-ray exam, April 14. Newman’s compassion and professionalism recently earned her recognition from hospital leadership. (U.S. Army photo by Jean Clavette Graves)

Newman said the patient was all alone. Her husband was absent, making child care arrangements for their children.

“She was nauseous, so I sat with her before we started the exam,”

Newman said. “When it came time to scan, I helped her with her clothing so no metal would interfere with the imaging, and I talked to her the whole time through the intercom to keep her calm.”

When she escorted the patient to the X-ray room, Newman said she knew she couldn’t leave her.

“She was still pretty shaken up and could barely stand, so I put on a gown, stood behind her, and supported her hips — making sure my hands stayed out of the imaging — just so she wouldn’t feel alone,” she said.

Newman said compassionate care is simply part of the job.

“I know they say you’re a Soldier first, but I’m a person first — and I try to treat everyone the way I’d want to be treated. That’s just who I am,” she said.

She also emphasized the importance of communication with patients.

“Before every exam, I explain what to expect, especially if something might be uncomfortable,” Newman said. “I always tell them if they need to stop or take a break, just say the word.”

Newman said she enjoys her military occupational specialty and proudly serves in the U.S. Army.

“I’d recommend diagnostic imaging. It’s a great job — you get to work in a hospital environment, meet a lot of interesting people, and there’s so much room to grow in this field,” she said. “The Army pays for all the training you need — CT, MRI, ultrasound, even mammography is on the table if you’re motivated.”

Dawn Carter, imaging supervisor at BJACH, a graduate of Northwestern State University’s

Allied Health Sciences program joined the radiology department in 2018.

“Radiology is an essential part of modern medicine. Radiologic technologists play a critical role in the diagnostic process — without clear imaging, many conditions could go undetected or be misdiagnosed,” she said. “It’s a field that combines cutting-edge technology with patient care, and there’s always something new to learn as imaging techniques evolve.”

Carter said she’s proud of her team.

“We understand that when patients come to the hospital, it’s not because they want to — they’re nervous or unsure about what’s happening,” she said. “My team’s dedication to both technical excellence and compassionate care really sets the tone for a positive patient experience. When people feel respected, informed, and cared for, it can make a huge difference in how they perceive not just the exam, but the entire healthcare facility.”

She emphasized that efforts like Newman’s are not isolated.

“Pfc. Newman’s ability to provide comfort and reassurance in such a vulnerable moment speaks volumes about her character and professionalism,” Carter said. “It’s those small, heartfelt actions that patients remember long after their visit. Letting the patient know they’re not alone—especially when they’re unwell—creates a sense of safety and trust. That’s exactly what healthcare should be about.”

Carter said the BJACH radiology department is truly patient-focused. “My team consistently goes above and beyond to enhance the patient experience,” she said. “This is the standard, not the exception. Their dedication to both quality imaging and compassionate care creates a space where patients feel seen, heard, and cared for. It’s clear everyone takes pride in their role and understands the impact they have on someone’s health journey.”

You May Qualify for WIC Benefits!

Check your eligibility today

The Special Supplemental Nutrition Program for Women, Infants, and Children provides several important benefits that help you and your family lead healthier lives.

Your service to our country deserves the best support.
Let WIC be part of your family's health and nutrition.



Who is Eligible?

- ✓ Check the USDA to see if you are eligible and how to apply.
- ✓ Pregnant, postpartum, and breastfeeding individuals.
- ✓ Infants and children up to age five.
- ✓ Families who meet income guidelines (your military income may qualify!).

What Does WIC Provide?

- ✓ Healthy foods tailored to your family's needs.
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USDA Check if you're Eligible and How to Apply

Apply: Vernon
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406 W. Fertitta Blvd.
Leesville, LA 71446
337-238-6410 ext 2



Bayne-Jones Army Community Hospital



Protect Military Kids from Measles Schedule Their MMR Vaccine

Measles is highly contagious but preventable.

**One infected person can expose up to 90% of
unvaccinated people near by.**

The MMR vaccine (Measles, Mumps, and Rubella) is safe, effective, and essential for school-aged children.

- Children 12 months and older
- Typically administered during well-child
- Adults unsure of vaccination history may also be eligible

How Effective Is It?

- 1 dose = 93% protection against measles
- 2 doses = 97% protection
- Also protects against mumps and rubella

How to Schedule at BJACH

- Call: 726-780-2175
- Visit: <https://patientportal.mhsgenesis.health.mil>
- Clinic Hours: Monday - Friday, 6:40 a.m. - 3:20 p.m.
- Location: BJACH Immunizations Clinic, Primary Care Area

This April, during Month of the Military Child, let's keep our kids healthy, protected, and mission-ready.

#geauxBJACH | #weprovidebest | #StopMeasles | #vaccineswork

FLOOD WATCH

A Flood Watch is issued when **flooding is possible.**

Stay tuned to trusted news sources and be ready to seek higher ground.

Be Prepared.



weather.gov

FLOOD WARNING

A Flood Warning is issued when **flooding is happening or about to happen.**

Move to higher ground immediately!
Never drive or walk through floodwaters.

Take Action!

3 SIMPLE STEPS FOR FLASH FLOOD SAFETY

During a flood, water levels and the rate at which the water is flowing can quickly change. Remain aware and monitor local radio and television.



weather.gov/flood

1 GET TO HIGHER GROUND

Get out of the areas subject to Flooding

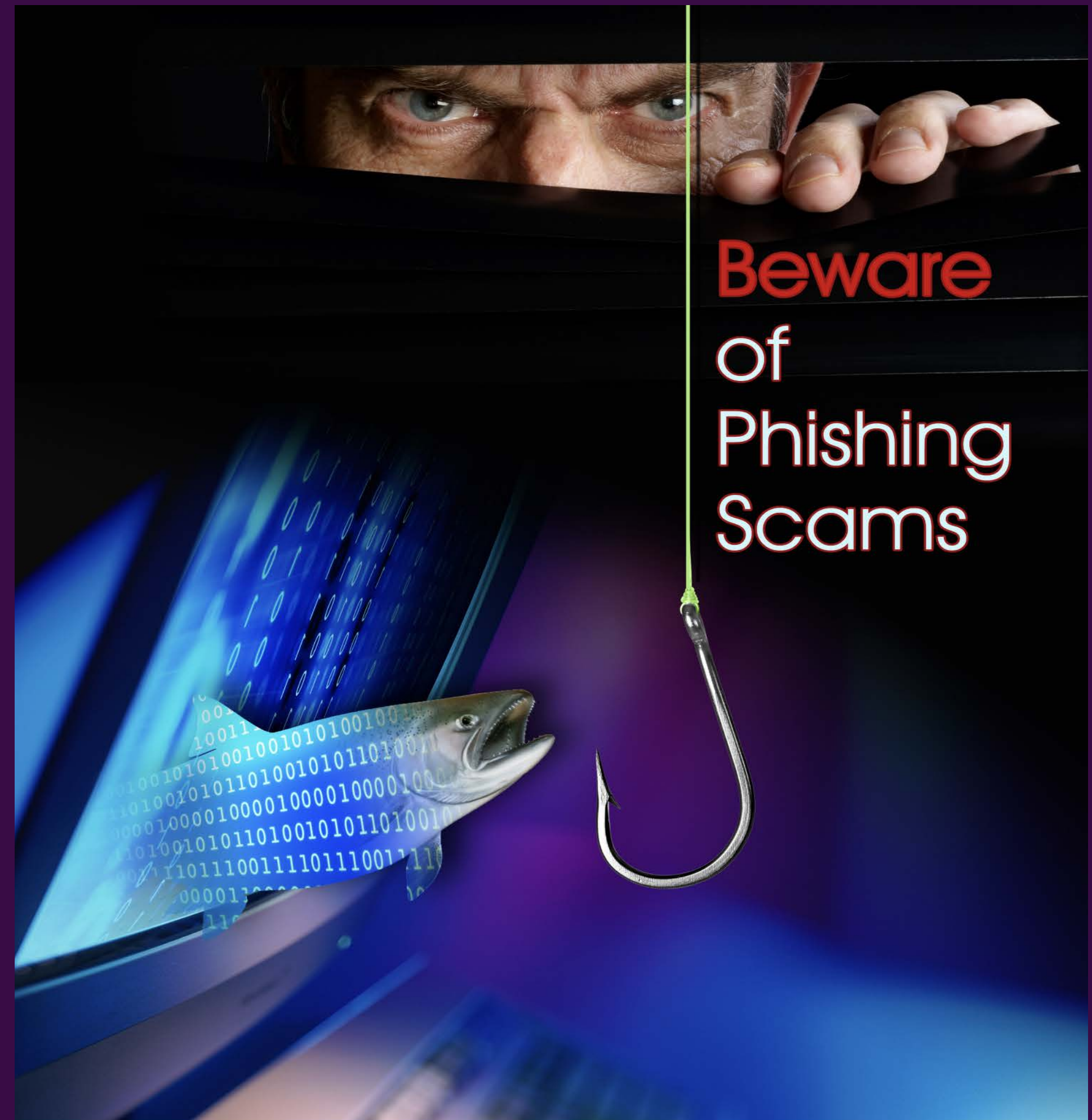
2 DO NOT DRIVE INTO WATER

Do NOT drive or walk into flooded areas. It only takes 6" of water to knock you off your feet.

3 STAY INFORMED

Monitor local radar, television, weather radio, internet or social media for updates.

Beware
of
Phishing
Scams



SUSPICIOUS ACTIVITY REPORTING

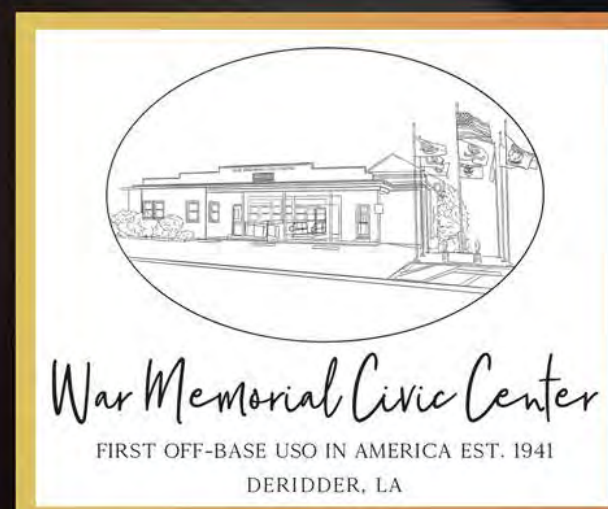
Report phishing attacks to the Fort Johnson Network Enterprise Center at 337-537-2848.

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SATURDAY, JUNE 7, 2025
10:00AM - 2:00PM

Service Members, Veterans, and Families are invited to access information and resources designed to assist in navigating the often complicated world of benefits and services.

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VETERANS' BRUNCH

10 AM SATURDAY, MAY 17
War Memorial Civic Center

Free event for all veterans, active duty military, and their families!



ARMY 250

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