

GUARDIAN



Inside:

- 3rd BCT, 10th Mtn Div casing of colors ... page 1
- Harlem Hellfighters complete rotation ... page 5
- Community participates in motorcycle safety ... page 8
- Practicing fireworks safety ahead of holiday ... page 11

Casing of colors ceremony held with deployment imminent

By ANTOINE AARON
Public Affairs Office

FORT JOHNSON, La. — More than 2,500 Soldiers are preparing to deploy in the coming weeks from Fort Johnson to Mihail Kogalniceau Air Base in Romania. 3rd Brigade Combat Team, 10th Mountain Division held a casing of colors ceremony June 28, observing the time honored to mark the start of deployment.

The unit colors represent the spirit and history of the organization. The casing of the colors ceremony shows the unit has a mission forward and will deploy. Once 3rd BCT, 10th Mtn Div reaches their destination and assumes the mission, they will then uncasing the colors to show, once again, that the unit is now operating forward.

“We spent almost two years watching the brigade train and prepare for this mission,” said Col. Ryan Barnett, Commander of 3rd BCT, 10th Mtn Div.

“I talked with Soldiers before they started departing two weeks ago. I know they are ready for the task and more than motivated to answer the nation’s call.”

Barnett also took a few minutes to highlight the four critical tasks of the mission in Europe.

“First is to deter Russian aggression, second is to assure our NATO allies and partners that we will be there,” he said. “The third task is to execute a training strategy that enhances our internal lethality and readiness and, lastly, to be the transformational pilot of this aggressive training strategy.”

The intent is to demonstrate the Army’s capacity to transform and modernize, no matter the mission or where they are stationed in the world.

The colors of 3rd BCT, 10th Mtn Div are entrusted to the command sergeant major. The command sergeant major is the one who holds and protects the colors during trans-



3rd Brigade Combat Team, 10 Mountain Division commander Col. Ryan Barnett leads his Soldiers in the casing of the colors ceremony June 28 on Mountain Field. (U.S. Army photo by Antoine Aaron)

port and is responsible for the colors being right beside the commander as they embark on their mission in Europe.

Below: The 3rd Brigade Combat Team, 10 Mountain Division gathers on Mountain Field for the casing of colors ceremony. (U.S. Army photo by Antoine Aaron)



Cover photo: A combined infantry platoon composed of Soldiers from the Seaforth Highlanders of Canada, Canadian Scottish Regiment and Royal Westminster Regiment enters the early stages of the force-on-force portion of the exercise, acting as opposition forces for their U.S. counterparts June 12 at the Joint Readiness Training Center and Fort Johnson. (U.S. Army photo by Priv. Brandon Lin/Royal Westminster Regiment)



**JRTC and
Fort Johnson**

Col. Mark Andres

Acting Commanding Officer

Col. CJ Lopez

Garrison Commander

Keith Houin

Acting Director of Public Affairs

Public Affairs Staff

Angie Thorne

Command Information

Jeff England

Public Affairs

Chuck Cannon

Community Relations

Porsha Auzenne

Public Affairs

Gabe Walker

Operations

Antoine Aaron

Public Affairs

Karen Sampson

Public Affairs

Editorial Offices

Building 4919, Magnolia Street

Fort Johnson, LA 71459-5060

Voice 337-531-4033

Fax 337-531-1401

Fort Johnson Homepage

home.army.mil/johnson/

The Guardian is an authorized publication for members of the U.S. Army. Contents of the Guardian are not necessarily official views of, or endorsed by, the U.S. Government, Department of Defense, Department of the Army or Fort Johnson.

The Guardian can be found on the JRTC and Fort Johnson website at home.army.mil/johnson/ and the JRTC and Fort Johnson Facebook page at [@JRTCandFortJohnson/](https://www.facebook.com/JRTCandFortJohnson/). Guardian archives can also be found on the JRTC and Fort Johnson website.

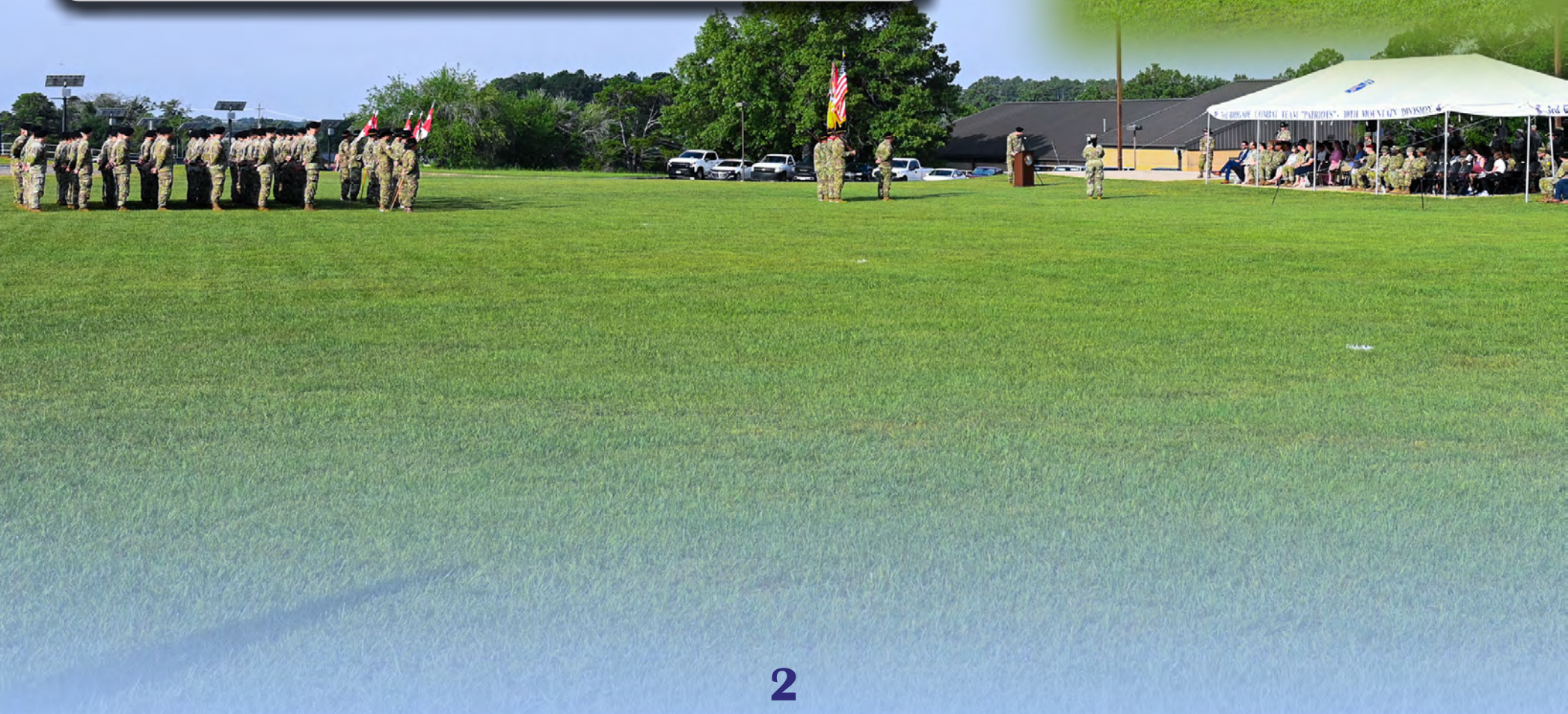
Links to the Guardian are also included in all-users emails to government email users and by request to non-military units. All editorial content of the Guardian is prepared, edited, provided and approved by the Public Affairs Office, Joint Readiness Training Center and Fort Johnson.

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



Fort Johnson and surrounding communities say farewell to 3rd Squadron, 89th Cavalry Regiment

A deactivation ceremony was held June 28 on Mountain Field for the 3rd Squadron, 89th Cavalry Regiment, marking the end of duty at Fort Johnson. The ceremony was symbolized by the casing of colors. (U.S. Army photos by Antoine Aaron)





BRIEFS

BOYS TO MEN

Every Monday - 4:30pm - 5:30pm

♂

UNITED STATES ARMY AIRBORNE MWR

UNITED STATES ARMY CHILD & YOUTH SERVICES

Youth must be registered with MST to attend!
Call (337)531-1992 for more information!

MIDDLE SCHOOL AND TEEN CENTER

WOMEN EMPOWERED

EVERY MONDAY 4:30PM - 5:30PM

UNITED STATES ARMY AIRBORNE MWR

UNITED STATES ARMY CHILD & YOUTH SERVICES

YOUTH MUST BE REGISTERED WITH MST TO ATTEND!
CALL (337)531-1992 FOR MORE INFORMATION!

Independence Spectacular

HEADQUARTERS FIELD JULY 6, 2024

LIVE MUSIC BY: 33BLACK

GATES OPEN AT 5:30 PM

MOVIE NIGHT FIREWORK SHOW

Live Music • Magic Show • Food

Military Spouse Owned Businesses • Recreational Activities

U.S. ARMY MWR

SOLDIERS • FAMILIES • RETIREES • CIVILIANS

Air Hockey TOURNAMENT July 11, 2024

Open to active duty soldiers, 18+. Prizes for first and second place!

Tournament starts at 6 pm at Home of Heroes Rec Center.

UNITED STATES ARMY AIRBORNE MWR

PLAY TOWN & CAFÉ

COOKIE DECORATING

\$5

JULY 13, 2024

11AM - 3PM

PLAY TOWN & CAFÉ PARTY ROOM

PLAY TOWN & CAFÉ

UNITED STATES ARMY AIRBORNE MWR

SFC GUESS JR POOL PRESENTS -

SHARK WEEK MOVIE NIGHT

July 27, 2024 8:30 pm

\$3 FREE FOR ACTIVE DUTY (Must be 18 years or older)

UNITED STATES ARMY AIRBORNE MWR



★ THE CITY OF LAKE CHARLES PRESENTS ★

**FREE
EVENT**



Thursday
JULY 4
Lake Charles Event Center
and lakefront

LIVE HEADLINERS



Flamethrowers

7 pm • Arcade Amphitheater

OPENING ACT

Lake Charles Community Band

5:30 pm • Arcade Amphitheater

Scan for all events



**FIREWORKS
OVER THE LAKE**

9:15 PM

ALSO FREE
JULY 3 • 6 PM
U.S. Air Force
Band of the West
Concert



**A BOLD, NEW
Experience for
JULY 4TH!**
**Avoyelles
Arts & Music
Festival**

**July 4 @ Paragon Casino
10 a.m.-8 p.m.**



Thursday, July 4 7PM-9PM

DERIDDER
LOUISIANA

Beauregard Parish Fairgrounds

MUSIC (DJ)

FOOD TRUCKS

FIREWORKS

KIDS GAME AREA

(Food trucks start selling at 5PM)



JULY 12-13

LOUISIANA DOWNS | BOSSIER CITY

HARLEM HELLFIGHTERS

369TH SUSTAINMENT BRIGADE COMPLETES ROTATION

By ANGIE THORNE
Public Affairs

FORT JOHNSON, La. — The Joint Readiness Training Center and Fort Johnson is the premier crucible training experience that prepares units to fight and win in complex environments. It's where units like the 133rd Composite Supply Company, 369th Sustainment Brigade (Harlem Hellfighters) — who recently (June) conducted a rotation at Fort Johnson — come to learn, under extreme and intense conditions, the skills needed to successfully accomplish their mission.

Command Sgt. Maj. Leylan Jones, brigade sergeant major, New York Army National Guard, 369th Sustainment Brigade, said while training during their rotation, the 133rd have been able to perform their warfighting functions in a simulated combat environment.

"This has enabled their leaders to assess their readiness for real-world situations and enhance their overall combat effectiveness. The 222nd will arrive at JRTC later this summer. We hope, like the 133rd, they are able to perform their METL (mission essential task list) duties and enhance their readiness for future deployments," Jones said.

It's been a year since JRTC and Fort Johnson was renamed for Sgt. Henry Johnson, also a member of the New York National Guard 369th Infantry Regiment Harlem Hellfighters.

However, that historic connection between Fort Johnson's present and the 369th's past is connected by more than a name. In fact, that link will continue to be forged and strengthened every time a unit from their brigade comes to Fort Johnson to train in "the box" — Fort Johnson's training area.

"The connection between Sgt. Johnson's home unit and Fort Johnson displays the significance of the history of the 369th Regiment. The unit was not only recognized locally for their accomplishments, but also nationally and internationally. The renaming of Fort Johnson after a New York National Guard Soldier should instill pride in every Soldier wearing the 369th patch," Jones said.

JRTC and Fort Johnson is where today's



The 133rd Composite Supply Company, 369th Sustainment Brigade train during a June rotation at the Joint Readiness Training Center and Fort Johnson. (U.S. Army photo)

Soldiers, including the 133rd and many other units from across the nation and the world, can learn to have the same fighting spirit as Johnson did as he fought unimaginable odds against German soldiers in World War I, which seems appropriate from an installation who's motto is "Forging the Warrior Spirit."

"The current 369th Sustainment Brigade is extremely proud that the Joint Readiness Training Center chose the name of one of our local heroes. Sgt. Henry Johnson is displayed in murals in our armory and training centers. He has a street named after him in our state's capital. His story is well-known by most of our Soldiers. It is an honor to have an Army installation whose motto is "Forging the Warrior Spirit" named after one of our own local heroes whose warrior spirit is so well documented," Jones said.

The Soldiers of the 133rd CSC who were on rotation at Fort Johnson not only understood and seemed to appreciate the difficult training, but also relished the connection between their home unit and Fort Johnson.

1st. Lt. Saul Rodriguez, 133rd CSC, company commander, said JRTC and Fort Johnson is a great environment to train in.

"It challenges the soldiers it stresses us out, it also forces an opportunity to do actual military occupational specialty training in a field



A 133rd Composite Supply Company, 369th Sustainment Brigade Soldier drives heavy equipment as part of training during a June rotation at the Joint Readiness Training Center and Fort Johnson. (U.S. Army photo)

environment that's pretty realistic. It gives us an opportunity to challenge young Soldiers to take on leadership roles and really pull out the potential that they have," Rodriguez said.

He said the history found in the 369th Sustainment Brigade, especially the part about Henry Johnson, is incredible.

"To come to an installation named after him and train is unreal and pretty awesome.

Please see Hellfighters, page 6



Continued from page 5

Sgt. Pamela Renderos, 133rd CSC, said training like this is a good experience for the soldiers to understand what could happen in a real-world mission.

"We've had random chemical, biological, radiological and nuclear training attacks and random attacks between here and the fueling point. They have been gaining that experience so they can understand what it is like if we were to go into combat and how to react."

Pfc. Fred Castor, 133rd CSC, said the training was a new experience for him.

"I need the training, especially getting a taste of what a combat deployment might

look like, if I want to be a future leader."

Pfc. Oniel Gillespie, 133rd CSC, said the training was stressful at first because he wasn't used to this environment.

"As I acclimated to it, I saw what we were doing was a simulation of what we would do on an actual deployment. I have learned a lot since being here."

Pfc. Marc Ward, 133rd CSC, said training at Fort Johnson was uncomfortable, but it was the kind of discomfort that all soldiers should get used to.

"No matter what their MOS is, whether they are support or combat arms, the discom-

fort is just part of doing our jobs," Ward said.

Even though the 369th is no longer an infantry unit, Ward said it's great being part of the brigade's living history through Johnson.

"It instills pride in us and gives us a sense of duty that we're carrying on a legacy that I am proud to be part of," Ward said.

Editor's note — While on rotation, the Harlem Hellfighters also stopped by the JRTC and Fort Johnson Public Affairs Office to take part in a podcast focusing on their history, the Sgt. Johnson connection and their experience training in a rotation. Find it at [Youtube.com/@JRTCandFortJohnson](https://www.youtube.com/@JRTCandFortJohnson)

A 133rd Composite Supply Company, 369th Sustainment Brigade Soldiers participate in a variety of training exercises during a June rotation at the Joint Readiness Training Center and Fort Johnson. (U.S. Army photo)



SGT. HENRY JOHNSON: TYING THE PAST, PRESENT AND FUTURE TOGETHER

FORT JOHNSON FAMILY WELCOME

JULY 12



BRIEFERS

Corvias
Army Housing Office
CYS
DFMWR
ACS
CPAC
Spouse Employment
Staff Judge Advocate
BJACH
Humana/Tricare
Religious Support Office
DPTMS

Humana
Military



Corvias



EVENT DETAILS

The JRTC and Fort Johnson commanding general and garrison commander invite our Fort Johnson Families to join them for our monthly Family Welcome event. The event provides Families the opportunity to meet leadership and hear about some of the outstanding programs and services offered on the installation. Childcare will be provided.

LOCATION: Family Readiness Center (1590 Bell Richard Ave.)

TIME: Bus Tour @ 8 a.m., Briefing @ 9 a.m.

(Please arrive between 7:45–8 a.m. in order to be seated for the bus tour)

RSVP: Please RSVP by July 9 via the QR code or call 337-353-1694



221101-A-IH398AM PAO/VI

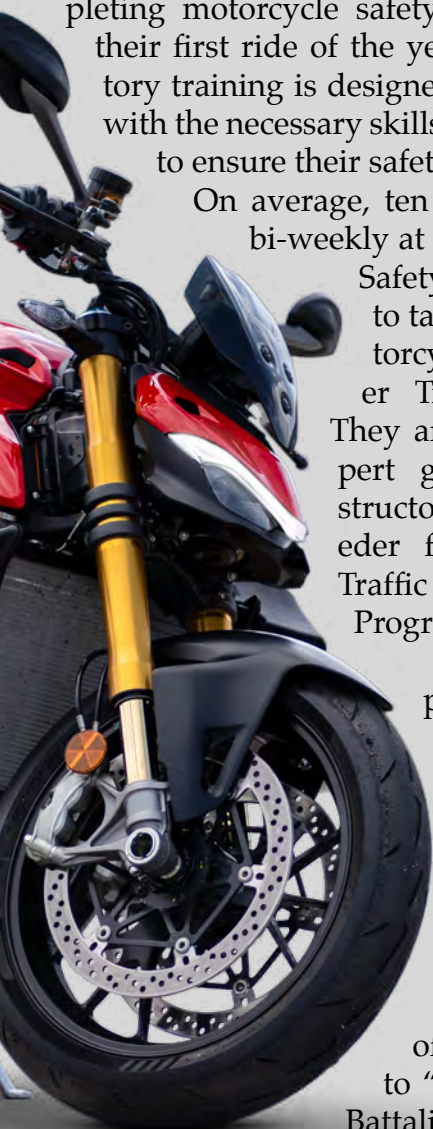
Crawl, walk, ride into introductory **motorcycle** safety

By **KAREN SAMPSON**
Public Affairs Office

FORT JOHNSON, La. — Motorcycle riders are a large part of summer traffic all over the state.

Active-duty service members must meet all Garrison safety requirements, including completing motorcycle safety courses before their first ride of the year. This mandatory training is designed to equip them with the necessary skills and knowledge to ensure their safety on the road.

On average, ten students gather bi-weekly at the Army Traffic Safety Training Range to take the Basic Motorcycle Safety Rider Training Course. They are under the expert guidance of Instructor Richard Schroeder from the Army Traffic Safety Training Program.



“This is a Department of Defense motorcycle safety course for all service members,” said U.S. Army Lt. Joseph Miller, a student and an officer assigned to “Dog Troop,” 1st Battalion 509th Infantry Regiment. “The basic course is mandatory annual training for Army service members.”

Soldiers, their Families and DoD civilians can take the basic course and are provided



U.S. Army 2nd Lt. Natalie Gilormini (right), an officer assigned to 1st Battalion, 5th Aviation Regiment leads riders on a motorcycle on a test course during the Basic Motorcycle Safety Rider Training Course, June 26 at the Army Traffic Safety Training Range, Fort Johnson. (U.S. Army photo by Karen Sampson)

with motorcycles during the training.

“In my case, I always liked motorcycles but never learned to ride,” said 2nd Lt. Natalie Gilormini, a student and officer assigned to 1st Battalion, 5th Aviation Regiment.

Gilormini said she wanted to ensure motorcycle riding suited her before investing in a motorcycle.

She said her journey from motorcycle enthusiast to confident rider is a testament to the two-day course’s achievements.

“The first day of motorcycle familiarization, we go over the six primary controls of any motorcycle, whether off-road or street bike,” said Schroeder. “On day two, riders move their motorcycles across the driving range.”

Schroeder, a veteran Army cavalry scout, instructs riders using a “crawl, walk, and run”

method. This training method ensures students retain the measures for mounting, starting and stopping the motorcycle.

As part of the course, the students drive slowly down a straight path then exercise figure eights on their bikes.

Schroeder’s most repeated instructions during class are to always assume another driver or rider is distracted, never assume they can see you and make sure your eyes are looking where you are traveling.

“You can never assume you have the right of way,” Schroeder said.

For more information on Basic and Advanced Motorcycle Rider’s courses, contact the Fort Johnson Garrison Safety Office at 337-SAFE (7233) or 1981.



U.S. Army Sgt. 1st Class Tarike Moses, a Soldier assigned to the 1st Battalion, 509th Infantry Regiment (Geronimo) puts on a motorcycle helmet and prepares to ride. (U.S. Army photo by Karen Sampson)



U.S. Army 1st Lt. Joseph Miller (front) and Sgt. 1st Class Tarike Moses (back), Soldiers assigned to “Dog Troop,” 1st Battalion 509th Infantry Regiment, ride motorcycles on a test course. (U.S. Army photo by Karen Sampson)



Richard Shroeder, an instructor with the U.S. Army Traffic Safety Training Program at Fort Johnson, La., teaches service members elements essential to rider safety during a Basic Motorcycle Rider’s Safety course. (U.S. Army photo by Karen Sampson)



Palmetto housing town hall

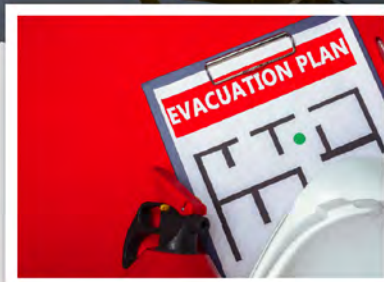
Joint Readiness Training Center and Fort Johnson leadership, along with unit leaders and representatives from Corvias, held a Housing Town Hall June 17 in the Palmetto Terrace neighborhood. Residents were able to share their housing questions and concerns, maintaining the open dialogue between the Fort Johnson community and leadership. Residents and leadership then gathered at the Palmetto Community Center to further engage in discussions about quality of life. (U.S. Army photos by Karen Sampson)



HURRICANE

SAFETY TIPS

**TIP
#1**



Develop an evacuation plan. If you are at risk from hurricane impacts, you need an evacuation plan. Now is the time to begin planning where you would go and how you would get there.

Home of Heroes Thrift Shop gives back to Fort Johson, surrounding community

The Home of Heroes Thrift Shop gives back 100 percent of profits to the community. In June the organization gave out nearly \$10,000 in grants to several deserving organizations. On June 20, members of the board of directors and staff presented 2nd Lt. Isella Wallace, chief of patient administration for Bayne-Jones Army Community Hospital, a check for the Silver Caduceus Society which is establishing a new chapter at Fort Johnson.

Pictured from left: Mary Lopez, vice chair, 2nd Lt. Isella Wallace, Sam Rowlands, manager, Jean Graves, chairman, Jess Hagen, assistant manager of the Home of Heroes Thrift Shop.



Practicing fireworks **safety**: ignite sky, not yourself

By PORSHA AUZENNE
Public Affairs Office

FORT JOHNSON, La. — It's that time of the year again — family and friends flock to firework stands to celebrate America's independence. While these bursts of vibrant colors are the jaw-dropping finale to this holiday, for others, it can be as equally jaw-destroying if proper safety measures aren't taken.

According to the U.S. Consumer Product Safety Commission, eight deaths occurred in 2023 due to firework involvement — five from misuse, two with device malfunction and one with unknown circumstances. In the weeks before and after the 4th of July, 66% of injuries occurred due to improper use of fireworks. Burns made up 42% of those injuries, with hands and fingers being the most affected at 35%. followed by head, face and ears making up 22%. Reports indicate that teenagers ages 15-19 had the highest rate of fireworks-related emergency room treatment, while children ages 5-9 had the second highest.



Tips to celebrate safely

To minimize the risk of fireworks-related injuries this upcoming holiday, the CPSC recommends the following:

- Never attempt to operate fireworks under the influence of drugs or alcohol.
- Never attempt to light multiple fireworks at once — instead, light them one at a time and move away quickly.

- In case of a mishap or fire, keep a garden hose or a bucket of water nearby.
- Do not allow children to ignite or play with fireworks. This includes sparklers, as they burn at temperatures of about 2,000 degrees Fahrenheit (which is hot enough to melt certain metals).
- Do not point or throw fireworks, including sparklers, at anyone.
- To prevent a trash fire, douse the spent device with plenty of water from a bucket or

- hose after fireworks complete burning
 - Do not attempt to handle or relight malfunctioning fireworks. Proceed to soak them in water and discard them.
 - Never place any part of the body directly over a fireworks device when lighting the fuse. Immediately move to a safe distance after lighting fireworks.
- Following these simple tips can ensure you, your family and friends have a fun, safe Fourth of July.
- For more information about fireworks safety, please visit <https://www.cpsc.gov/Safety-Education/Safety-Education-Centers/Fireworks>.



Heat Exhaustion

ACT FAST

- Move to a cooler area
- Loosen clothing
- Sip cool water
- Seek medical help if symptoms don't improve

Dizziness

Thirst

Heavy Sweating

Nausea

Weakness



Heat Stroke

ACT FAST

CALL 911

- Move person to a cooler area
- Loosen clothing and remove extra layers
- Cool with water or ice

Confusion

Dizziness

Becomes Unconscious

Heat exhaustion can lead to heat stroke.

Heat stroke can cause death or permanent disability if emergency treatment is not given.



Stay Cool, Stay Hydrated, Stay Informed!



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

WE WANT YOU TO TAKE THE EDUCATION INTEREST SURVEY



Go online to:
<https://tinyurl.com/mpdus8fj>



**Help our Education Center to
better understand and meet
your educational needs for the
JRTC and Fort Johnson!**

**Your participation and feedback
is valuable and will be utilized to
help improve ACES education
programs & services!**

NO CAC REQUIRED!

Army MWR Library | 2024 Summer Reading Program



PRESENTED BY
DOD MWR LIBRARIES
SUMMER READING PROGRAM
on Military Installations Worldwide



No federal endorsement implied

Fort Johnson Education Center
Email: Usarmy.FIN.id-readiness.mbx.dhr-education-services@army.mil
Phone: (337) 531-7238



FOLLOW JRTC AND FORT JOHNSON
ON FACEBOOK, INSTAGRAM AND
YOUTUBE

GET CONNECTED



/JRTcandFortJohnson



@jrtcandfortjohnson



@JRTcandFortJohnson

BOSS
is for...



SINGLE SOLDIER PARENTS

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

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





BBQ Safety

Propane Tips

Before using your propane grill for the first time this year, apply a light soap and water solution to the hose and check for leaks. A Propane leak will release bubbles. If your grill has a gas leak, by smell or the soapy bubble test, and there is no flame, turn off both the gas tank and the grill. If the leak stops, get the grill serviced by a professional before using it again. If the leak does not stop, call the fire department. If you smell gas while cooking, immediately get away from the grill and call the fire department. Do not move the grill.

If the flame goes out, turn the grill and gas off and wait at least 5 minutes before re-lighting it.



Safety Tips

Propane and charcoal BBQ grills should only be used outdoors.

The grill should be placed well away from the home, deck railings and out from under eaves and overhanging branches.

Keep children and pets at least three feet away from the grill area.

Keep your grill clean by removing grease or fat buildup from the grills and in trays below the grill.

Never leave your grill unattended.

Always make sure your grill lid is open before lighting it.

Charcoal Tips

There are several ways to get the charcoal ready to use.

Charcoal chimney starters allow you to start the charcoal using newspaper as a fuel.

If you use a starter fluid, use only charcoal starter fluid.

Never add charcoal fluid or any other flammable liquids to the fire. Keep charcoal fluid out of the reach of children and away from heat sources.

There are also electric charcoal starters, which do not use fire. Be sure to use an extension cord for outdoor use.

When you are finished grilling, let the coals completely cool before disposing in a metal container.



Summer is the season for outside family fun. Vacations, backyard barbecues and cookouts are the go to family events during the summermonths. If not careful though, these family fun events can turn tragic fast. Grill fires are responsible for over 160 injuries and 10 fatalities annually with over 8,000 grill fires in the U.S. alone. Here are some tips to help keep you and your family safe this summer.





BJACH AFTER HOURS CYS & SPORTS PHYSICALS

****For children 5 years and older****

4:00 - 6:30 P.M.

EVERY TUESDAY & THURSDAY

JULY 9 - AUGUST 15

TO SCHEDULE AN APPOINTMENT

CALL 337-531-3011



**PLEASE BRING
ALL REQUIRED
FORMS TO THE
APPOINTMENT**





Fort Johnson Baseball All-Star team qualifies for Louisiana Diamond Youth Tournament

The Fort Johnson Americans All-Star baseball team competed in a district tournament June 29-30 in Mamou, La. The team, consisting of Fort Johnson service member's children, is coached by Mr. Brian Lowman and Staff Sgt. Josh Pate. For the first time in their history, the team qualifies for the upcoming Louisiana State Diamond Youth Tournament. "This is an incredible accomplishment not typically seen across the U.S. Army, as the majority of All-Star teams are comprised of children playing together since T-Ball age," said Maj. Matthew Landon, space operations planner for the Joint Readiness Training Center Operations Group, "but our resilient military children were put together a couple of months ago and had to fight through sub-district and district, and are now headed to state."

★ U.S. ARMY Extreme Heat Preparedness

There is hot, and then there is hot! Extreme heat is a period of high heat and humidity with temperatures above 90 degrees for at least two to three days. In extreme heat your body works extra hard to maintain a normal temperature, which can lead to death. Extreme heat is responsible for the highest number of annual deaths among all weather-related hazards.



- Older adults, children and sick or overweight individuals are at greater risk from extreme heat



- Humidity increases the feeling of heat.



WE ARE THE ARMY'S HOME



BJACH raises Men's Health awareness during unit physical training event

By JEAN CLAVETTE GRAVES
BJACH PAO

FORT JOHNSON, La. — Bayne-Jones Army Community Hospital raised awareness about men's health with an esprit de corps ruck march, at 6 a.m., June 27, around the Warrior Hills Golf Course, Joint Readiness Training Center and Fort Johnson, Louisiana.

Sgt. Payton Moore, religious affairs specialist for the hospital organized the Men's Health Month event.

"Last year I wanted to bring people in the unit together and thought a ruck march at the golf course would be a fun and informal way to build comradery," Moore said. "When I realized it was Men's Health Month it just seemed perfect. Last year we had such a great turnout, I was approached to do it again this year."

Moore positioned facts from health.mil about men's health along the route to encourage men to prioritize their health.

"Take care of yourself, listen to your body and see a doctor if you are experiencing health problems, waiting might make your situation worse," he said. "A man's worst enemy is himself. I hope this ruck is a reminder for everyone to prioritize their physical and mental health during the month of June."

Lt. Col. Alexander Ragan, installation director of psychological health, emphasized the connection between men's healthcare and mental health.

"Mental health is health and men are often less likely to seek medical care because they may feel pressure to appear tough and not show weakness. They might also avoid doctors due to fear or denial about their health," he said. "Men are also more likely than women to choose unhealthy behaviors like smoking or heavy drinking to cope with stress or to fit in with social norms, than women."

"Poor mental health can lead to physical problems in men, such as heart disease, high



blood pressure, and a weakened immune system. Stress, anxiety, and depression can make it harder for men to take care of themselves, leading to unhealthy habits and worsening physical conditions," he said. "It's important for men to break the stigma of seeking help for mental and physical health issues. Encouraging open conversations about health and participating in events like this can lead to improved well-being and longer, healthier lives."

Lt. Col. Grigory Charny, deputy commander for clinical services at BJACH, explained why men's healthcare is such a critical topic for Soldiers.

"Military service is still a predominantly male-dominated occupation and can be one of the most grueling careers, physically, and mentally. From carrying heavy equipment, jumping out of airplanes, and experiencing a high operational tempo our Soldiers are experiencing significantly increased wear and tear on their bodies and minds."

Charny, an Emergency Medicine doctor, said he recommends men schedule an annual appointment with their primary care provider.

"I encourage men to participate in self-care,



Lt. Col. Charny, deputy commander of clinical services, and Capt. James Walker, chaplain, for Bayne-Jones Army Community Hospital rendered honors during Reveille while participating in the Men's Health Month, ruck march, June 27, at the Warrior Hills Golf Course, Joint Readiness Training Center and Fort Johnson, Louisiana. (U.S. Army photo by Jean Clavette Graves)

listen to their bodies, take up men's healthcare causes, and support other men in maintaining their health and getting through their recovery," he said. "Men, 35 years and younger, should have routine testicular exams, while those 45 years and older should be concerned with colon cancer and consider colonoscopies. Men, 50 years and older, require prostate screening."

Charny said the U.S. Preventive Services Task Force website is a good resource for patient self-care information and education.

"Men culturally try to 'suck-it-up' and subsequently present late in the disease process when efficacy of medical intervention starts to wane," he said.

"I applaud Sgt. Moore for coordinating this event and bringing the focus of male health to our attention. This event was an excellent reminder for us to continue to educate our male patients on how to access healthcare routinely in an informed manner."

Editor's Note: To learn more about screening recommendations visit the U.S. Preventive Services Task Force Website at: <https://www.uspreventiveservicestaskforce.org/uspstf/>



Spc. Nathaniel Barb, nutrition care specialist, led the way during the Men's Health Month ruck march. (U.S. Army photo by Jean Clavette Graves)



Sgt. Payton Moore, religious affairs specialist, and 1st Sgt. Hans Bjorklund, U.S. Army Medical Detachment, stopped to learn that men are four times more likely than women to complete suicide during the (U.S. Army photo by Jean Clavette Graves)



Sgt. 1st Class Chip Allen and Sgt. 1st Class Brian Plouse, noncommissioned officers in charge of the emergency and radiology departments, lapped the golf course twice during the Men's Health Month ruck march (U.S. Army photo by Jean Clavette Graves)

Garrison Commander's

2-GUN SHOOT

(Photos courtesy Sal Vos/The Bewildered Spirit)



(U.S. Army photos by Casey George/MWR)



Fort Johnson held its Garrison Commander's 2-Gun Shoot June 22 at the Morale, Family and Recreation Shooting Range 23A. Participants aged 15 and up engaged in competitive rifle and pistol shooting.