

JRTC AND FORT JOHNSON

DEC. 16 VOL. 51, NO. 23

GUARDIAN

QUALITY OF LIFE
CONFERENCE SUCCESS
PAGE 5

READ ABOUT
CHRISTMAS MEMORIES
PAGE 11

SOLDIERS AND FAMILY
MEMBERS GRADUATE
PAGE 21

CHECK OUT CORVIAS
ENHANCEMENTS
PAGE 15



CONTENTS

DECEMBER 16

On Post Upcoming Events Things to do right here on post	03
Outside the Gates Events happening off post around the local community	04
Quality of Life conference Discussing fresh ideas for improving quality of life	05
Jotting down a few Christmas memories Writer remembers two of his best Christmases	11
Corvias outlines enhancements Seeing improvements from roads to renovations and beyond	15
Wreaths Across America Honoring thier lives this Christmas	16
Becoming citizens Soldiers complete their naturaliation process	18
Soldiers, family members graduate The studying ends with their diploma	21
Snowflake festival fun The Fort Johnson Community ushers in holiday spirit	23
Tricare Regions are changing Find out what you need to do	30



COVER PHOTO

Kids have fun playing in snow at the Snowflake Festival, Dec. 6-7, at Fort Johnson. Check out more pictures on page 23. (U.S. Army photo by Karen Sampson)



25

Trees for Troops



15

Corvias Enhancements



16

Wreaths Across America



JRTC AND FORT JOHNSON

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



ON POST

Upcoming Events



Board Game Night

Dec. 19, 5-7 p.m. at Allen Memorial Library

Select from the library's extensive collection of board games or bring your own and get your game on! Board Game night takes place every third Thursday of the month.

Board games are available anytime during open hours at the library.



Books and Brews

Dec. 31, 5-6 p.m. at Allen Memorial Library

Calling all book worms! Join the Allen Memorial Library for a free book club event held the last Tuesday of the month. Have dinner, drinks and discussions on the books that have kept you entertained, as well as books on your wishlist.



Garrison Commander's Golf Scramble

Jan. 3, 12-5 p.m. at Warrior Hills Golf Course

Swing into the new year at Fort Johnson's first Garrison Commander's Golf Scramble of 2025! Join Col. CJ Lopez on the green for a 4-person scramble format round of golf. Cost is \$50 preregistration and \$55 day of registration. To register, call Warrior Hills Golf Course at 337-531-4661.

Second Sunday Brunch

Jan. 12, 10 a.m.- p.m. at The Forge Bar and Grill

There's no better way to toast to 2025 than with a mimosa! Second Sunday Brunch is back at The Forge Bar and Grill, serving up delicious brunch favorites and cocktails.



2025



OUTSIDE THE GATES

OFF POST

EVENTS



19
Dec.

Jingle and Jazz

LAKE CHARLES, LA.

[Click for more info](#)

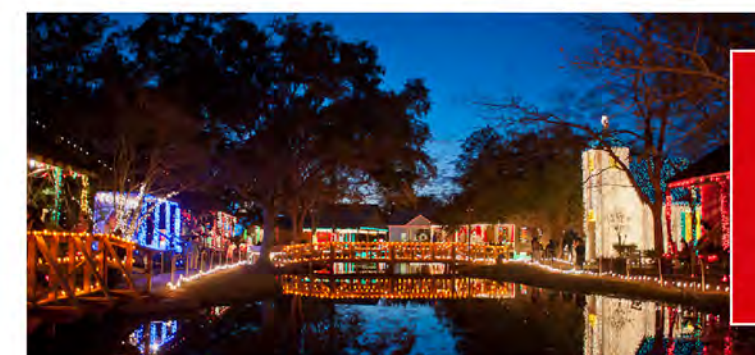


21
Dec.

Third Saturday Bluegrass Jam

DERIDDER, LA.

[Click for more info](#)



NOW UNTIL
23
Dec.

Acadian Village

LAFAYETTE, LA.

[Click for more info](#)



NOW UNTIL
6
Jan.

Natchitoches Christmas Festival

NATCHITOCHES, LA.

[Click for more info](#)



10-11
Jan.

Louisiana Fur & Wildlife Festival

CAMERON, LA.

[Click for more info](#)

NO ARMY OR FEDERAL ENDORSEMENT IMPLIED.



(U.S. Army photos by Chuck Cannon)



In this issue:

- Quality of Life (QOL) Update
- QOL Highlights
- QOL Topics
- QOL Questions
- QOL Hot Topics

Quality of Life Update

JRTC and Fort Johnson held their semi-annual Quality of Life Conference on Monday, 09 DEC 24, at the Warrior Center. Command Leadership facilitated the discussions affording stakeholders opportunities to have their voices heard on relevant community topics .

QOL Highlights

The Conference had a record number of 107 attendees who participated in the day's discussions. The event was comprised of command leadership, the CASA, community leaders, active-duty service members, SFRG leaders, BOSS representatives, and family members representing a cross-section of the population on the installation

Q: Who is the QOL target audience?

A: All Fort Johnson stakeholders are encouraged to attend the QOL Conference; Soldiers, Families, Civilians, Command Leadership, and Community Leaders.

Q: What is the purpose of the QOL Conference?

A: The purpose is to help vector and establish a waypoint for community needs, desires, and resources.

ICE is another opportunity to have your voice heard:

We want to hear from you, Fort Johnson. We want the positive and the negative, it's how we improve. If we're doing something good let us know about it. If we can do something better, let us know that too.

ICE QR Code



QOL Topics

The Conference focuses on different topics throughout each iteration. The discussions during this QOL Conference centered on: Spouse Employment & Transition Assistance Program (TAP), Healthcare, Support & Resilience, Financial Readiness & Economic Security, and PCS Moves & Orders. Subject matter experts across Fort Johnson were in attendance to update stakeholders on changes occurring in their respective areas, and to receive valuable feedback from the participants. The QOL Conference encourages stakeholders to share their ideas and suggestions that foster improvements for Fort Johnson.

QOL Discussions

- Spouse Employment & TAP
 1. Create a one-stop shop for spouses to see statistics and employment opportunities
 2. Tie in Career Skills Program with BOOT Program
- Healthcare
 1. Establish a call back option for virtual appointments
 2. Extend virtual appointment options for Red Roof Inn
- Support & Resilience
 1. Establish a spouse/social or meet and greet lunch
 2. Utilize BOSS as a hub for information
- Financial Readiness & Economic Security
 1. Incorporate financial readiness into in-processing
 2. Simplify the AER process
- PCS Moves & Orders
 1. Streamline/improve the orders process
 2. Inconsistencies between installations with the moving process

For questions or to learn more about upcoming events, please contact:

The Plans, Analysis and Integration Office at
usarmy.johnson.imcom.list.paio-mbx-owner@army.mil

Thank-You to everyone that attended the Quality of Life Conference, we highly encourage others to join the next session if you were unable to make it this time.





Thrift Shop hours are
Tuesday through Thursday
from 9:30 a.m.-4:30 p.m.

HOTH Thrift Shop

When you shop at the Home of Heroes Thrift Shop, you'll find fantastic bargains, but you'll also be contributing to our community, as well as the communities surrounding Fort Johnson. That's because 100% of the proceeds are reinvested into the organization, which benefits our grant program.

WHAT WE OFFER:

- ✓ Supporting our local community
- ✓ Volunteer program
- ✓ Grant program



ADDITIONAL DETAILS EMAIL:

Grants - hohthriftshop.grants@gmail.com
Volunteer - hohthriftshop.volunteer@gmail.com



The Fort Johnson Spouses & Community Club presents

JINGLE JAMMIES


Dec. 19
Save the date!

Preregister for the best deals.
Registration opens Dec. 1!

Vendors, Games, Prizes, Movie

Warrior Center | 6-9 p.m.

St. Francis of Assisi Catholic Community



Dec. 24th

1700 MPC

The Nativity of the Lord Vigil Mass



HOLIDAYS AROUND THE CHAPEL

We hope you will consider joining us for an hour or a day during your holiday season.

December 9th Solemnity of the Immaculate Conception Mass 5:30pm Main Post Chapel	December 14th Christmas around the Manger RE Workshop and Pageant. 6:00pm Main Post Chapel	December 21st Yule A Pagan Holiday Celebration 5:00pm Main Post Chapel Grove
December 22nd Festival of Lights a Hannukah Experience 4:00pm Main Post Chapel	December 24th Christmas Eve Mass 5:00pm Main Post Chapel	December 24th Christmas Eve Candlelight Service 7:00pm Main Post Chapel
December 31st Solemnity of Mary, the Mother of God 5:00pm Main Post Chapel	January 5th Epiphany Mass 9:00am Fellowship 10:00am Main Post Chapel	

Main Post Chapel, 7217 Radio Rd. Fort Johnson , 337-531-2669

Candlelight Service




Join Unity Fellowship for a special Christmas celebration at the annual Christmas Eve Service.
7:00PM
Main Post Chapel.

THE FAITH & MIRACLES CELEBRATION

DONUTS
LATKES - POTATO CAKES
MUSIC
ARTS and CRAFTS
and MORE

For more information contact
Chrissa Gross
Chrissa.m.gross.civ@army.mil



22 DECEMBER 2024 MAIN CHAPEL
4:00 -5:30 PM

A Fort Johnson Religious Education Project

Yule & WINTER SOLSTICE

Yule Tide cheer and celebration of the Longest night of the year! Gather with us as one and bring your family's favorite seasonal foods to share in the Holiday feast.

We'll be at the Main Post Chapel Pavilion for the meal and the Grove for the Ritual

December 21st 2024
Food: 5 PM
Ritual: 7 PM
KIDS WELCOME!

Sponsored by the Fort Johnson RSO and the Pagan Worship Community

Writer shares memories of Christmases past

By Chuck Cannon

Public Affairs Office

FORT JOHNSON, La. — The holiday season has made its annual appearance, and as is customary for me, I like to think back on the 70 Christmases I've survived in my lifetime.

I say survived, because although most were pleasant and worry-free, some were a tad frustrating and others downright painful.

As I think about those in the above categories, two stand out as especially memorable: The year I turned 8 years old, and the year Santa brought Castle Grayskull to our son Justin.

The year 1963 was a wonderful time to be a kid in northeastern Louisiana. Our family enjoyed living in the country, without a care in the world. My little brother, Mike, was four years younger than me and we shared most everything, from clothes, to shoes (he caught up with me quickly), to a love of sports, and even a bed. As I mentioned earlier, I was 8 and Mike was 4 that Christmas in 1963.

As a "nearly grown" 8-year-old, mom and dad decided it was time for me to assist Santa in putting out the gifts for Mike and our sister, Beth, who was 6. They told me to wait until Mike was asleep, then slip out of our bedroom and head to the den.

I patiently waited — or so I thought — until I felt sure Mike was asleep. I could hear his breathing getting deeper and slower, and I hadn't felt him move in a while, so I was sure the time was right to make my move.

I slowly rolled to the edge of the bed, eased down onto the floor and started low crawling to the door. (I guess even at an early age I knew I was destined to be a Soldier.)

As I reached the door, Mike whispered, "Where are you going, Chuck?"

Thinking quickly, I replied, "I have to go to the bathroom."

"Why are you crawling on the floor?" Mike asked.

"Because I didn't want to wake you up," I said.

I stood up, went down the hall to the bathroom so I wouldn't blow my cover, then returned to bed. The above scene replayed itself twice more before little brother finally drifted off to sleep and I was able to make my

escape. I joined mom and dad, and we helped Santa get things set up for the morning's festivities, then returned to bed, with little brother still dreaming of candy canes and sugar plums and whatever else he was hoping Santa brought.

When we woke up, Mike — as usual — was snuggled up to his big brother. He tapped me on the chest and asked, "Should we get up now? It's still dark."

I told him it would probably be OK, that Santa most likely had already passed through our countryside. Mike then asked if I was OK.

"Why?" I asked.

"Because you sure had to go to the bathroom a lot last night," he said.

I smiled, assured him I was fine, then we headed to Beth's room, woke her up and headed to see what our loot from Santa was. It was a great morning and one I'll always remember, not only because I got to help Santa, but also because my little brother was so concerned about me.

Fast forward more than 20 years and 900 miles to Fort Bragg — now Fort Liberty — and another 4-year-old's Christmas. This time it was our son Justin, who was amid his Masters of the Universe phase. Most of the time you could find Justin with a sword he had fashioned out of wood and cardboard, stuck down the



Cannon

we could have almost built a real castle in the time it took to complete our task.

I know there were at least 5,000 pieces. It wasn't long before Susan and I were getting a little short with each other. What we had thought was going to be a pleasant experience turned into one in which we were both at our wit's end.

Finally, just before dawn, we were able to complete Castle Grayskull's construction. We sat back, took a deep breath, and hoped Justin would sleep a little longer before running into the living room to see what Santa had left.

We were fortunate — he did sleep in late. By the time he woke us up, we had recovered from our castle building and were ready to share in the magic of watching your own child's joy on Christmas morning.

There have been other memorable Christmases through the years. The year Mike, Beth and I got bicycles and rode them down the hall into mom and dad's bedroom before they work up. And of the first Christmases of our grandchildren, Sara and Eli.

But it's going to be hard to top being Santa's helper the first time, and Castle Grayskull.

However, our grands are due to arrive this week, and it's no telling what this Christmas will be like.

At least we'll have Justin and his wife, Duaa, to help with any construction work.



Creatives apparel choices were made at Warrior Hills Ugly Sweater Fun Run

The Fort Johnson community and their furry friends came out to celebrate the season by wearing ugly Christmas sweaters at the Warrior Hills the Ugly Sweater Fun Run Dec. 14.



Courtesy MWR



Family Advocacy Programs offer education, relationship skills

By Family Advocacy Program

Fort Johnson, La. — Military Family Advocacy Programs help Soldiers and Families recognize and meet the unique challenges of military lifestyles during the stressful holiday season and beyond. The program's services include seminars, workshops and counseling, as well as intervention to help strengthen Army families, enhance resiliency and relationship skills, and improve quality of life.

FAP is also dedicated to helping Soldiers and families with the complex challenges related to domestic abuse, child abuse and neglect. Its focus is on prevention, education, prompt reporting, investigation, intervention and treat-

ment. The Fort Johnson FAP program offers classes such as the Prevention Relationship Education Program, a highly interactive curriculum containing videos, activities and discussions, to help address the hidden challenges of relationships, the key to communication for couples, and Parenting with Love and Logic — the approach to parenting that is built around the science of caring and respectful relationships.

This course helps build a parent and child bond and foundation for good behavior and healthy decision-making. Classes are free and open to all members of the Fort Johnson community. For more information or to register for a class call 337-531-1938.



Talking Point #4



Skill Bridge/ Career Skills Program

Army Career Skills Program (CSP) and the Department of Defense (DOD) SkillBridge program are both initiatives that aim to assist transitioning service members in gaining civilian job skills and improving their employment prospects. CSP providers have agreements in place with Army Garrisons and must meet strict program outcomes of 85% graduation rate, 100% interview rate and 90% job offers to ensure programs are effective and provide quality careers. DoD SkillBridge program is a broader initiative that encompasses all branches of the military. It allows active-duty service members to participate in civilian job training and internships during their last 180 days of service.



Find out more at
armytap.army.mil

TAP Employers Day

The Joint Readiness Training Center and Fort Johnson Transition Assistance Program will host Employers Day on these dates in 2025. The Employers Day will be held at the Education Center, building 7460 Colorado Ave., Fort Johnson. TAP will host four employers per each event. If you are interested in participating, your companies or organizations need to contact the JRTC and Fort Johnson TAP office to register with clifton.hill.civ@army.mil (337-531-4621) or christopher.m.aubun.civ@army.mil (337-531-4621). Register now because each date is limited to only four employers.



TRANSITION
ASSISTANCE PROGRAM

Upcoming dates for 2025

Jan. 14
Jan. 28
Feb. 11
Feb. 25
March 11
March 25
April 8
April 22
May 13
May 27
June 10
June 24
July 8
July 22
Aug. 12
Aug. 26
Sept. 9
Sept. 30
Oct. 7
Oct. 21



Corvias Highlights Recent Housing Enhancements at Fort Johnson



By Corvias

FORT JOHNSON, La. — Corvias is proud to announce a series of significant enhancements completed at Fort Johnson as part of an ongoing commitment to supporting military readiness and quality of life for service members and their families.

These upgrades, which began in January 2022, reflect a dedication to improving facilities, ensuring readiness and resiliency, and creating a safe, supportive environment for the community.

Key Enhancements and Projects

Over the past two years, Corvias has made substantial strides in upgrading Fort Johnson's infrastructure, with numerous projects now complete or nearing completion by mid-2025.

These upgrades include:

Renovations: A comprehensive renovation project which includes 185 medium-scale renovations, 1,058 exterior renovations, and 83 mansard roof conversions. All renovations are expected to be completed by March 2025.

Playground Installations: Four new playgrounds were constructed to provide safe and enjoyable recreational spaces for children.

Road and Sidewalk Repairs: A series of crucial road and sidewalk repairs are underway to improve access and safety for the installation's residents. Notable projects on residential streets are completed or nearing completion.

Geothermal Upgrades: A total of 153 homes have received geothermal upgrades and 327 more are slated, improving energy efficiency and sustainability.

Site Grading, Concrete, and Foundation Repairs: Four foundation repairs, along with site grading and concrete work, are expected to be completed by the end of 2024.

ESPC Project: The Energy Savings Performance Contract (ESPC) Project offers high-efficiency upgrades across the installation, with guaranteed energy cost savings of \$1.3 million annually. These improvements, completed at no upfront cost to the government, are helping to create a more energy-efficient Fort Johnson.

Solar Project: Corvias is also making strides toward sustainability with the implementation of a solar project, which will allow Fort Johnson to derive 40% of its energy from renewable sources, at no cost to the project.

"We are excited about the positive impact these improvements will have on the residents of Fort Johnson, and we remain committed to providing high-quality, sustainable living environments for the military community," said Col. Clifton "CJ" Lopez, Fort Johnson garrison



A worker is in the process of fixing a window in an example of renovations in Palmetto Terrace. (U.S. Army photo by Angie Thorne)



An example of road repairs in Palmetto Terrace. (U.S. Army photo by Angie Thorne)

commander. "Corvias has been a valued partner in transforming our installation, and these upgrades reflect our shared vision for a better and more efficient future for our service members."

Looking Ahead

As Fort Johnson continues to evolve, Corvias will remain focused on delivering innova-

tive solutions to further improve the installation. These ongoing enhancements align with broader goals to support military families, enhance quality of life, and ensure the continued operational success of Fort Johnson.

For further updates on ongoing projects and developments at Fort Johnson, visit: <https://www.corvias.com/projects/fort-johnson>.

Remembering those who served this holiday season

Joint Readiness Training Center and Fort Johnson leadership attended the Wreaths Across America ceremony at the Central Louisiana Veterans Cemetery Dec. 14. Brig. Gen. Jason Curl, JRTC and Fort Johnson commanding general, was the guest speaker. Curl ended his remarks by saying, "Remember, we are not here to-day to decorate graves. We are here to remember not their deaths, but their lives. Each wreath is a gift of appreciation from a very grateful nation." (U.S. Army photo by Shelby Waryas)





Trucks & SUVs

can lose traction in ice and snow


Even four-wheel drive vehicles can lose traction in bad weather.

All vehicles are susceptible to ice and snow. Know your limits.

 weather.gov

WINTER SAFETY TIPS

TIP #2



Follow these tips to keep your water pipes from freezing: set faucets to a slow drip; disconnect hoses attached to outdoor plumbing; open cabinet doors under kitchen and bathroom sinks and ensure you know where water shut-off valves are.

Congratulations Naturalized Service Members!



Spc. Roberto Carreon

Spc. Daniel Halprin

Spc. Yesenia Marina Santiago Hernandez

Spc. Davis Tatdre

(U.S. Army photo by Antoine Aaron)



ARMY FAMILY CHILD CARE (FCC)

EXTRA! EXTRA! READ ALL ABOUT IT!
Higher starting income!
Opportunities to increase your income!*

Training included!



Own your Own Business & Make a Difference

by Providing Quality & Affordable Child Care

Benefits:

- \$1,000 recruitment or relocation bonus**
- Paid training
- Opportunities to increase your income with training & education
- Business that moves when you move
- Stay at home with your children & earn an income at the same time
- Expedited background check clearance process

A career in Family Child Care awaits you!



Your Child's Home Away from Home.

www.ArmyMWR.com/FCC

*Earnings will be based on Provider status and number of children in care **Conditions apply

DRIVE SOBER OR GET PULLED OVER



Get your holiday hosting checklist together

- ✓ Punch 🍷
- ✓ Decorations 🎄
- ✓ Food 🍴
- ✓ Solutions for a safe ride home! 🚗

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

College Recognition Ceremony honors 2024's graduates

*The Education Center hosted about 20 students in the class of 2024 from four accredited colleges walking to receive diplomas during a college graduate recognition ceremony at the Bayou Theater Dec. 11.
(U.S. Army photos by Karen Sampson)*



Christmas Tree Lighting at the Snowflake Festival



Soldiers, families and the community enjoy the merriment of the Annual Snowflake Festival sponsored by the Directorate of Family, Morale, Welfare and Recreation at the Main Post Exchange Dec. 6 -7. (U.S. Army photo by Karen Sampson)

Trees for TROOPS

Trees for Troops, a program of the Christmas SPIRIT Foundation, provides free, farm-grown Christmas trees to United States armed forces members in all branches of the military and their families, through donations, sponsorships, grants and the work of many volunteers.

Christmas tree growers have been providing free trees for military families for years.

In 2005, FedEx contacted the National Christmas Tree Association and wanted to be involved in the foundation's mission. Together, the two organizations expanded the idea of providing Christmas Trees to military families, and Trees for Troops was born. Since 2005, 293,392 free, farm-grown Christmas trees have been provided to troops and military families in the United States and overseas through Trees for Troops. In 2024 they are scheduled to provide donated trees to 93 total bases.

Fort Johnson received 250 trees to hand out to the Soldiers and families of the Fort Johnson community Dec. 14. (U.S. Army photos by Porsha Auzenne)



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.



2008	Yamaha	R6	5446
2016	Yamaha	R3	2153
UNK	UNK	Boat trailer	N/A
UNK	UNK	Kayak trailer	N/A
UNK	McClain	Boat trailer	N/A
UNK	UNK	M/C 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
2018	Ford	Eco Sport	1215
2002	Ford	Mustang	6793
2004	Infinity	G35	5369
2016	Hyundai	SUV	7506
2015	Chevrolet	Camero	4295
2017	Lincoln	MK Z	9372



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ON FACEBOOK, INSTAGRAM AND
YOUTUBE

GET CONNECTED

 /JRTCandFortJohnson

 @jrtcandfortjohnson

 @JRTCandFortJohnson

XXXXXX
XXXXXX



DOWNLOAD NOW MY ARMY POST



NEAR REALTIME UPDATES

INSTALLATION-WIDE ALERTS

INTERACTIVE BUS ROUTES

NEWCOMER INFORMATION

EVENTS + MORE



SCOUTING FOR FOOD 4 NOV - 17 DEC



We are excited to conduct our Scouting for Food Drive this year. Please join Scouting America Troop 124, Cub Scout Pack 72 and the Fort Johnson Girl Scouts in support of the Main Post Chapel's Food Bank with a donation of food and other items for military families during the challenging Thanksgiving and Christmas holidays.

ITEMS NEEDED:

Canned goods: Tuna, Chicken, Fruits, Veggies, Soups, Chili, Spaghetti, Ravioli, International foods, etc.
Peanut Butter, Condiments, Spices
Cereal, Oatmeal, Snack Bars, Pop Tarts
Baking mixes, Crackers, Cookies
Sugar, Flour, other baking items
Instant soups, Ramen, Rice, Pastas, or Beans, etc.
Powdered Milk, Juices, Coffee, Tea
Other holiday meal items
Other items that can help families during the holidays: Baby formulas, diapers, wipes, etc. every bit help during this time of year.
Dog / Cat foods (Can't forget the Furr Babies)

LOCATIONS:

Main Post Chapel
Glory Chapel
All Corvias Community Centers
AAFES - Main PX, all 3 Shoppettes
BJACH:
Entrances A & B
Perez Youth Sports Field
Youth Gym (Building #1839)
Post HQ (Building #350)
In/Out Processing Building (Building #250)
Warrior Lanes & The Forge
Wheelock Gym Cantrell Gym
Allen Memorial Library / Education Center
JRTC OPS GRP
Glass House
JOC
BC2
Geronimo DFAC
Geronimo HQ
TF HQs

For more information about Scouting For Food or Scouting contact
Scout Master Matthew Haller
337-304-0527
bstroop124fjla@gmail.com

Certified Registered Nurse Anesthetists increase surgical services at Fort Johnson

By Jean Clavette Graves
BJACH Public Affairs Office

FORT JOHNSON, La. — Bayne-Jones Army Community Hospital welcomed two certified registered nurse anesthetists to the team, improving access to care through increased surgical services at the Joint Readiness Training Center and Fort Johnson.

Maj. Molly Black, BJACH chief of surgical services, said a CRNA is an advanced practice nurse who administers anesthesia including pre, intra and post-operative care of patients in a variety of surgical procedures.

“CRNAs are essential for surgical services,” she said. “Without our watchful eye, surgeries simply cannot happen. We provide ideal environments for the surgeons to perform their procedures while keeping patients comfortable and safe. Now that we have adequate staffing, we can offer more services to the community.”

Black’s team supports orthopedic, podiatry, gynecological, general and oral maxillary facial surgeries, as well as specialty support for obstetric patients.

“We provide coverage 24 hours a day, seven days per week, 365 days per year,” she said. “Having a full team allows us to offer these services safely for our beneficiaries at Fort Johnson.”

Black said she is thrilled Maj. Michael Dulworth and Capt. Sheena Jackson are on board.

“A lot of people do not realize that CRNA’s are highly trained specialized nurses,” she said. “We stay with our patients throughout their surgery. Once they enter that operating room, we remain vigilant ensuring their safety and comfort. We never leave their side.”

Dulworth is a CRNA assigned to 286th Medical Detachment, 32nd Hospital Center, 1st Medical Brigade with duty at BJACH.

“I had been a nurse for almost a decade before starting CRNA school,” he said. “During a deployment to Afghanistan as an intensive care nurse, I saw what CRNAs do for the first time in my life. I was amazed at the skills and knowledge they possessed. After that experience, I knew I needed to become a CRNA.”

Dulworth said being a CRNA is rewarding and challenging.

“My job is to ensure patients are as close to pain-free as possible. Which decreases their anxiety of being in the hospital and having surgery,” he said. “We also respond to critical situations and make decisions on the spot to ensure our patients are safe and do not de-compensate. During any challenging situation at BJACH, it is very likely that anesthesia will be there at the head of the bed managing the patient’s airway, sedation, hemodynamics, and fluid status.”

Jackson said she is grateful for the opportunity to serve Soldiers and their Families as the newest member of the BJACH surgical team.

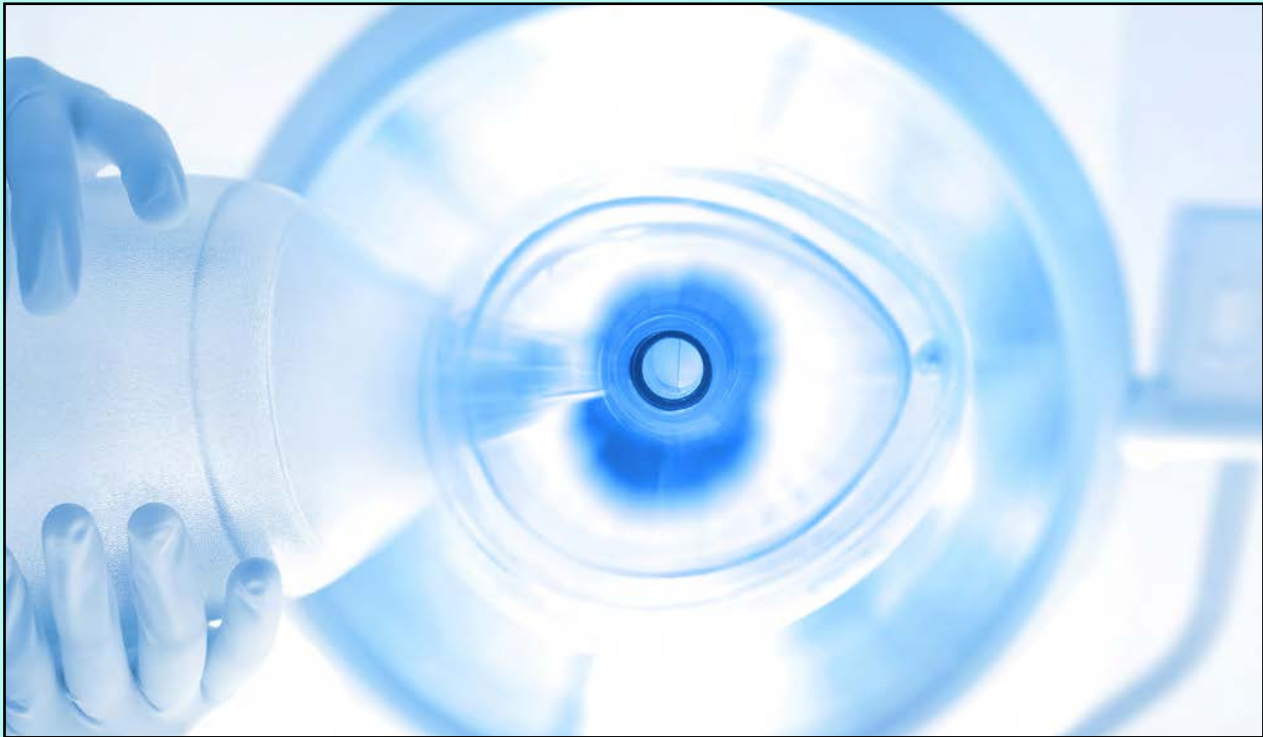
“I want all my patients to know, as your certified registered nurse anesthetist, I will remain vigilant in the care of you and your family any time you need anesthesia,” she said.

Jackson, a self-proclaimed Army brat, said her parents’ service motivated her to a direct commission through the U.S. Army Nursing Anesthesia Graduate Program.

Black said, with the addition of two CRNAs,



Pictured from left: Maj. Michael Dulworth, 286th Medical Detachment, 32nd Hospital Center, 1st Medical Brigade, Maj. Molly Black, chief of surgical services, and Capt. Sheena Jackson are CRNAs serving patients at BJACH. Bayne-Jones Army Community Hospital welcomed Dulworth and Jackson, certified registered nurse anesthetists, to the team, which improves access to care through increased surgical services at the Joint Readiness Training Center and Fort Johnson. (U.S. Army photo by Jean Clavette Graves)



Black said, with the addition of two CRNAs,

BJACH can support more emergency and elective surgeries.

“Keeping our patients safe and comfortable is extremely rewarding,” she said. “My favorite thing is when patients do not even realize their surgery started as I bring them to the recovery room after their surgery is complete.”

Black said Dulworth and Jackson have seamlessly integrated themselves into the surgical team and are living up to the BJACH motto: We Provide the Best.

Live in the West Region? Update Your TRICARE Payment Information

By TRICARE Communications

FALLS CHURCH, Va. – Do you currently live in the West Region? Or, do you live in one of the six states (Arkansas, Illinois, Louisiana, Oklahoma, Texas, Wisconsin) moving to the West Region in 2025 as part of TRICARE’s new regional contracts? If you pay for your TRICARE coverage via credit card or bank electronic funds transfer, you can now securely give your recurring payment information to the incoming West Region contractor, TriWest Healthcare Alliance.

“It’s quick and easy to give TriWest your recurring payment information online,” said Lina Blas, enrollment analyst, TRICARE Health Plan, at the Defense Health Agency. “Adding your payment method now will help make sure you don’t lose health coverage in 2025.”

In the coming days, you may get an email or letter from TriWest. This message will let you know that you can set up your payment information online or download a printable Automatic Payment Authorization Form for mailing to provide your recurring payment information.

TriWest will not charge your recurring payment method before Jan. 1, 2025. But it will need to have your payment information on file before Dec. 31. Your recurring payment information won’t automatically transfer from Health Net Federal Services, LLC or Humana Military.

If you don’t provide TriWest with payment information before Jan. 1, you may be involuntarily disenrolled from TRICARE and lose your health coverage.

Don’t cancel your current recurring payment method after you’ve set up your new payments with TriWest. If you live in the West Region on Jan. 1, HNFS and Humana Military will stop collecting payments after your December payment.

You don’t need to take any action if:

- You pay by a military pay system allotment. Allotment payments will transfer automatically.
- You live in a state that’s staying in the East Region. Humana Military will keep your current payment information on file.
- You have TRICARE For Life, the US Family Health Plan, or a TRICARE health plan overseas. The new contracts won’t affect you.

To securely give your payment information to TriWest:

1. Visit tricare.mil/west.
2. Look for information and the link on how to securely set up your recurring payments.
3. Select the link. Then, select the “New User? Sign Up Now” option.
4. You’ll be asked to input your email address. A verification code will be sent to you.
5. Check your email for the verification code.



Then, enter it to continue.

6. Complete the information requested (name, address, etc.) in the secure forms.
7. Select your payment method.
8. Complete all fields.
9. Submit.

Providing your recurring payment information to TriWest now will help make sure that you and your family maintain your coverage in 2025. It’s one thing you can check off your list.

You’ll hear more about other actions you may need to take. For now, you should:

- Check DEERS to confirm your information is current. This will help make sure you don’t miss important communications about your TRICARE benefit and upcoming changes.
- For more information visit <https://tricare.mil/changes>.

This page will be updated with answers to commonly asked questions.



In Observance of the Holiday

Christmas-week of

Commissary Hours of Operation are:

Sunday:	0800-2000
Monday:	0800-2000
Tuesday:	0800-1600
Wednesday:	CLOSED
Thursday:	0800-2000
Friday:	0800-2000
Saturday:	0800-2000

Check out Fort Johnson's holiday hours

FORT JOHNSON MWR HOLIDAY HOURS OF OPERATION

FACILITIES	CHRISTMAS EVE	CHRISTMAS	NEW YEAR'S EVE	NEW YEAR'S DAY
Army Community Service	8 a.m.-noon	Closed	8 a.m.-noon	Closed
CYS parent central/outreach	8 a.m.-5 p.m.	Closed	8 a.m.-5 p.m.	Closed
CYS Youth Sports	8 a.m.-5 p.m.	Closed	8 a.m.-5 p.m.	Closed
CDC (701)	5:45 a.m.-6 p.m.	Closed	5:45 a.m.-6 p.m.	Closed
CDC (702)	5:45 a.m.-6 p.m.	Closed	5:45 a.m.-6 p.m.	Closed
CDC (744)	5:45 a.m.-6 p.m.	Closed	5:45 a.m.-6 p.m.	Closed
CDC (3349)	5:45 a.m.-6 p.m.	Closed	5:45 a.m.-6 p.m.	Closed
CDC (14500)	5:45 a.m.-6 p.m.	Closed	5:45 a.m.-6 p.m.	Closed
School Age Center	5:45 a.m.-6 p.m.	Closed	5:45 a.m.-6 p.m.	Closed
Middle School/Teen Center	2:30-7 p.m.	Closed	2:30-7 p.m.	Closed
Arts and Crafts Center	Closed	Closed	Closed	Closed
Allen Memorial Library	11 a.m.-3 p.m.	Closed	11 a.m.-5 p.m.	Closed
Home of Heroes Rec Center	Noon-8 p.m.	Closed	Noon-8 p.m.	Closed
Toledo Bend Rec Site	8 a.m.-4 p.m.	Closed	8 a.m.-4 p.m.	Closed
Alligator Lake Rec Park	Closed	Closed	Closed	Closed
Recreational Shooting Range	Closed	Closed	Closed	Closed
Klubs and Karts	Closed	Closed	Closed	Closed
Batting Cages	24 hours	Closed	24 hours	Closed
Anvil Bar	4-8 p.m.	Closed	4 p.m.-12:30 a.m.	Closed
Auto Skills Center	Closed	Closed	Closed	Closed
Warrior Lanes Bowling Center	11 a.m.-8 p.m.	Closed	11 a.m.-10 p.m.	Closed
Warrior Hills Golf Course	8 a.m.-3 p.m.	Closed	8 a.m.-5 p.m.	Closed
The Forge Bar & Grill	Closed	Closed	Closed	Closed
Play Town & Cafe	Closed	Closed	Closed	Closed
Wheelock Fitness Center	9 a.m.-7 p.m.	Closed	9 a.m.-6 p.m.	Closed
Warrior Fitness Center	Closed	Closed	Closed	Closed
Tigerland Fitness Center	Closed	Closed	Closed	Closed
Home of Heroes Fitness Center	Closed	Closed	Closed	Closed
Cantrell Fitness Center	6 a.m.-4 p.m.	Closed	6 a.m.-4 p.m.	Closed
SFC Guess Jr. Pool	Closed	Closed	Closed	Closed
Intramural Sports	Closed	Closed	Closed	Closed

In Observance of the Holiday

New Year's

Commissary Hours of Operation are:

Sunday:	0800-2000
Monday:	0800-2000
Tuesday:	0800-1800
Wednesday:	CLOSED
Thursday:	0800-2000
Friday:	0800-2000
Saturday:	0800-2000



Visitor Control Center
ACP 2, ACP 5 & ACP 6

Holiday Hours

DEC 23	6:00 AM - 6:00 PM
DEC 24	CLOSED
DEC 25	CLOSED
DEC 26	6:00 AM - 6:00 PM
DEC 27	6:00 AM - 6:00 PM
DEC 30	6:00 AM - 6:00 PM
DEC 31	CLOSED
JAN 1	CLOSED
JAN 2	6:00 AM - 6:00 PM
JAN 3	6:00 AM - 6:00 PM

ACP 1 and ACP 7 Remain Open 24/7

HAPPY HOLIDAYS!

X EXCHANGE		Christmas 2024 and New Year 2025 Holiday Hours of Operation			
Facility	Bldg	Tuesday Christmas Eve 24 Dec	Wednesday Christmas Day 25 Dec	Tuesday New Year's Eve 31 Dec	Wednesday New Year's Day 1 Jan
Main Store	850	8 a.m.-5 p.m.	CLOSED	8 a.m.-6 p.m.	10 a.m.-5 p.m.
Military Clothing		CLOSED	CLOSED	8 a.m.-4 p.m.	CLOSED
Starbucks		8 a.m.-3 p.m.	CLOSED	8 a.m.-3 p.m.	8 a.m.-3 p.m.
Subway		10:30 a.m.-4 p.m.	CLOSED	10:30 a.m.-4 p.m.	10:30 a.m.-4 p.m.
Charley's		10:30 a.m.-4 p.m.	CLOSED	10:30 a.m.-4 p.m.	10:30 a.m.-4 p.m.
Qdoba		10 a.m.-5 p.m.	CLOSED	10 a.m.-6 p.m.	10 a.m.-5 p.m.
Slim Chickens		10 a.m.-5 p.m.	CLOSED	10 a.m.-6 p.m.	10 a.m.-5 p.m.
Panda Express		10 a.m.-5 p.m.	CLOSED	10 a.m.-6 p.m.	10 a.m.-5 p.m.
Get2Crackin'		CLOSED	CLOSED	CLOSED	CLOSED
Optical Shop		CLOSED	CLOSED	10 a.m.-6 p.m.	CLOSED
Concessions		10 a.m.-5 p.m.	CLOSED	10 a.m.-5 p.m.	10 a.m.-5 p.m.
US Patriot		10 a.m.-5 p.m.	CLOSED	9 a.m.-6 p.m.	10 a.m.-5 p.m.
GNC		11 a.m.-4 p.m.	CLOSED	10 a.m.-5 a.m.	10 a.m.-5 p.m.
Alterations		CLOSED	CLOSED	CLOSED	CLOSED
GameStop		8 a.m.-5 p.m.	CLOSED	8 a.m.-6 p.m.	10 a.m.-5 p.m.
Barber Shop		CLOSED	CLOSED	CLOSED	CLOSED
OSL Mobile Center		11 a.m.-5 p.m.	CLOSED	10 a.m.-6 p.m.	10 a.m.-5 p.m.
Mini Mall	3310	CLOSED	CLOSED	CLOSED	CLOSED
Firestone		8 a.m.-4 p.m.	CLOSED	8 a.m.-5 p.m.	8 a.m.-5 p.m.
Smoothie King		CLOSED	CLOSED	CLOSED	CLOSED
North Fort Troop Store	7828	CLOSED	CLOSED	CLOSED	CLOSED
Barber Shop		CLOSED	CLOSED	CLOSED	CLOSED
US Patriot		CLOSED	CLOSED	CLOSED	CLOSED
Pizza Hut (North Fort)		10 a.m.-4 p.m.	CLOSED	10 a.m.-11 p.m.	10 a.m.-11 p.m.
Barber Shop	285	CLOSED	CLOSED	CLOSED	CLOSED
Dead Pedal Coffee House	350	CLOSED	CLOSED	CLOSED	CLOSED
Dunkin	503	8 a.m.-2 p.m.	CLOSED	7 a.m.-2 p.m.	CLOSED
Baskin Robbins		10 a.m.-2 p.m.	CLOSED	10 a.m.-2 p.m.	CLOSED
Burger King Dining Rm	3224	10 a.m.-2 p.m.	CLOSED	10 a.m.-2 p.m.	CLOSED
Burger King Drive Thru		10 a.m.-2 p.m.	CLOSED	10 a.m.-2 p.m.	CLOSED
South Main Express	5498	10 a.m.-6 p.m.	CLOSED	10 a.m.-9 a.m.	10 a.m.-9 p.m.
NF Chaffee Express	7000	6 a.m.-5 p.m.	CLOSED	6 a.m.-7 p.m.	10 a.m.-5 p.m.
Class Six	752	10 a.m.-4 p.m.	CLOSED	10 a.m.-5 p.m.	CLOSED
Hickory Smokehouse	1975	CLOSED	CLOSED	CLOSED	CLOSED
Pizza Hut (South Fort)	1455	10 a.m.-4 p.m.	CLOSED	10 a.m.-11 p.m.	10 a.m.-11 p.m.

Normal hours of operation will resume Thursday, Jan. 2, 2025.