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Life Hacks: NAS JRB New Orleans Resident Edition
 Pages 8 & 9



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THE Currents™

Vol. 27 No. 4

Serving the New Orleans Regional Military/DoD Communities

April 2016

NAS JRB New Orleans Holds Housing Forums

By Mass Communication Specialist
 2nd Class Edward Guttierrez, III
The Currents' Staff

Capt. Mark Sucato, commanding officer of Naval Air Station Joint Reserve Base (NAS JRB) New Orleans, met with residents of base housing at both Federal City in New Orleans and NAS JRB New Orleans in Belle Chasse, La., in an effort to continue improving the quality of life aboard the installations March 2-3.

“My role as the commanding officer of the installation is to ensure the health and safety of any service member or their families who reside in the New Orleans military housing district,” Sucato told the residents at the housing forums. “I am responsible for assisting you to maintain health and safety in base housing.”

According to Sucato, his main partner in this endeavor is the Navy Housing Service Center (HSC), located on NAS JRB New Orleans at 301 Russell Ave. The mission of the HSC is to assist military members, both unaccompanied as well as those with families to find suitable, affordable and safe housing wherever they live around the world.

“It’s very important that everyone assigned to the New Orleans military housing area check in with Navy Housing,” said Lisa Kallio, NAS JRB New Orleans HSC director. “We want to



Capt. Mark Sucato, commanding officer of NAS JRB New Orleans, takes questions from base housing residents during a housing forum at Magnolia Terrace March 3. The forums were held to hear from residents how to improve the quality of life in base housing.

Photo by MC2 Edward Guttierrez, III

make sure we are giving service members safe, affordable housing options so that they can be confident in their housing situation.”

The HSCs are staffed with trained professionals who are able to provide housing services, locate desirable homes and neighborhoods to choose from and assist in the process of determining what is most important to the service member and their family in their housing search while matching those priorities with the choices available.

“We are required to inform service members of their rights under the Servicemembers Civil Relief Act (SCRA) and we want to give them all the tools they need to make a well-rounded de-

cision,” said Kallio. “Checking in with Navy Housing is voluntary, but it doesn’t make good sense for service members not to. Ultimately, we are here to protect the military member.”

The HSC staff supports service members with any housing issues they may have that they feel have not been adequately handled by their landlord, whether or not they live on base or elsewhere in the area.

Navy Housing is not solely for those looking for housing. Service centers can also assist service members who may be looking to rent or sell a house after they change duty stations, work with agencies such as Child Protective Services with investigations into possible

child abuse or provide adoption agencies with information such as housing status for use in qualifying couples to adopt. Navy Housing also provides demographic info to public school systems to determine military impact on school population. Information given to Navy Housing by service members also plays a large role in determining Basic Allowance for Housing (BAH) rates.

“If you have health and safety issues in your housing, let us help you,” said Sucato. “The most important thing, if you take nothing else away from this meeting, is that our housing office cannot help you if we do not know about a problem. If you tell us there’s a problem, we are here to help.”

Plan, Plan, Plan: 2016 Summer Household Goods Preparations

By Kathleen Zaloudek Navy Supply
Fleet Logistics Center Jacksonville

Peak moving season for military members is fast approaching. Almost 65 per-

cent of all Department of Defense (DOD) household goods (HHG) moves are performed during the summer peak season period of May 15 through Sept. 30. Proper planning, careful preparation of household goods, flexibil-

ity in movement dates and early communication with the household goods carriers can reduce the potential for shipment difficulties.

To get started service members initiate the process through the Personal Prop-

erty Program System (DPS) by visiting <http://www.move.mil>. First time users must register for a user ID and password through the Electronic Transportation Acquisition (ETA) site. After

Plan, Plan, Plan Page 6





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From the Flightline

By Capt. Mark Sucato
NAS JRB Commanding Officer

Earth Day, April 22, was first observed in 1970 to create awareness for the Earth's environment and to encourage conservation efforts. Twenty years later Earth Day was taken international and today, more than 500 million people in 175 countries observe Earth Day. NAS JRB New Orleans will also observe Earth Day April 22. Much like in years past, our environmental department leads this effort, mustering volunteers in the galley parking lot at 8 a.m. to assign groups to specific areas on base. They will also supply gloves, plastic bags and equipment to assist us in sprucing up the installation. MWR will have a free cookout following the base-wide cleanup. Look for flyers for more information, and plan now to come out and participate.

April is the Month of the Military Child. This awareness month was established to underscore the important role children play in the Armed Forces community. There are approximately 2 million military children, ranging in ages from newborn to 18 years old; 1.3 million military children are school-aged. Please know that our care of military children sustains our fighting force and strengthens the health, security, and safety of our nation's families and communities.

Also in April the Department of Defense observes Sexual Assault Awareness and Prevention Month with the theme "Eliminate Sexual Assault: Know your part. Do your part." The



NAS JRB New Orleans Sexual Assault Response Coordinator's office has numerous events (listed on Page 10) scheduled throughout the month designed to raise awareness on this issue. I highly recommend your participation in as many of these events as possible.

In closing, it is not too soon to start planning for the coming hurricane season. Last year's season was near average, producing 12 tropical cyclones, 11 named storms, four hurricanes and two major hurricanes. The season officially began June 1, 2015. However, the first named storm, Ana, developed on May 8, nearly a month before the official start of the season. Now is the time to create or review your family's plan, as to what actions you will take should a tropical storm or hurricane threaten our area. What are your command's expectations of you? The bottom line is each of us needs to have a solid hurricane season plan.

Thanks to each of you for all you do to make military service in New Orleans a rewarding experience.

THE Currents

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The next issue of The Currents will be published on Monday, May 2, 2016. Questions concerning content for publication are heartily encouraged and must be received at the Public Affairs Office, Naval Air Station, Joint Reserve Base (NAS JRB), 400 Russell Ave., New Orleans, LA, 70143-5012, phone (504) 678-3260, by close of business on Friday, April 21, 2016.

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Naval Air Station JRB New Orleans
Capt. Mark Sucato
Commanding Officer



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U.S. Naval Sea Cadet Corps

New Year, New Command, New Opportunities, New Motivation

By Scott Chauvin
Naval Sea Cadet Corps
Public Affairs Officer

The U.S. Naval Sea Cadet Corps, Eisenhower Squadron, has been in operation aboard Naval Air Station Joint Reserve Base (NAS JRB) New Orleans, in Belle Chasse, La., since 1972, helping shape the minds, of future leaders. The instructors are dedicated to teaching the cadets leadership skills, virtues of good moral character and sea-going skills all while exposing them to the prestige of public service.

There have been some great changes to the program this year with a new command staff, new opportunities and a brand new vigor to introduce the cadets to the core values of Honor, Courage and Commitment.

The new leadership for the squadron includes: Navy Lt. Cmdr. Shawn Turpin, squadron



commanding officer; Navy Ens. Jose Campuzano, squadron executive officer and newly promoted Cadet Chief Petty Officer Dominico Cornella.

Under the new command the cadets have enjoyed new experiences. The unit proudly marched in the 2016 Krewe of

Choctaw Mardi Gras Parade in New Orleans and completed a successful annual inspection by representatives from the Cadet National Headquarters. Not only did the cadets do much better than expected with the new leadership, the inspecting officers indicated that Eisen-

hower Squadron is in a strong position to be a top nationally ranked squadron in 2017.

After inspection, the squadron members enjoyed a crawfish boil and cabbage ball game. The event hosted friends and family while providing plenty of food. After the meal the instructor

team of eight outscored the cadet team of 15 in the cabbage ball game labeled as the Cadets versus Arthritis.

For more information on the Sea Cadet Corps and the Eisenhower Squadron and to join, call 504-229-8513 or email spchauvin1@outlook.com.

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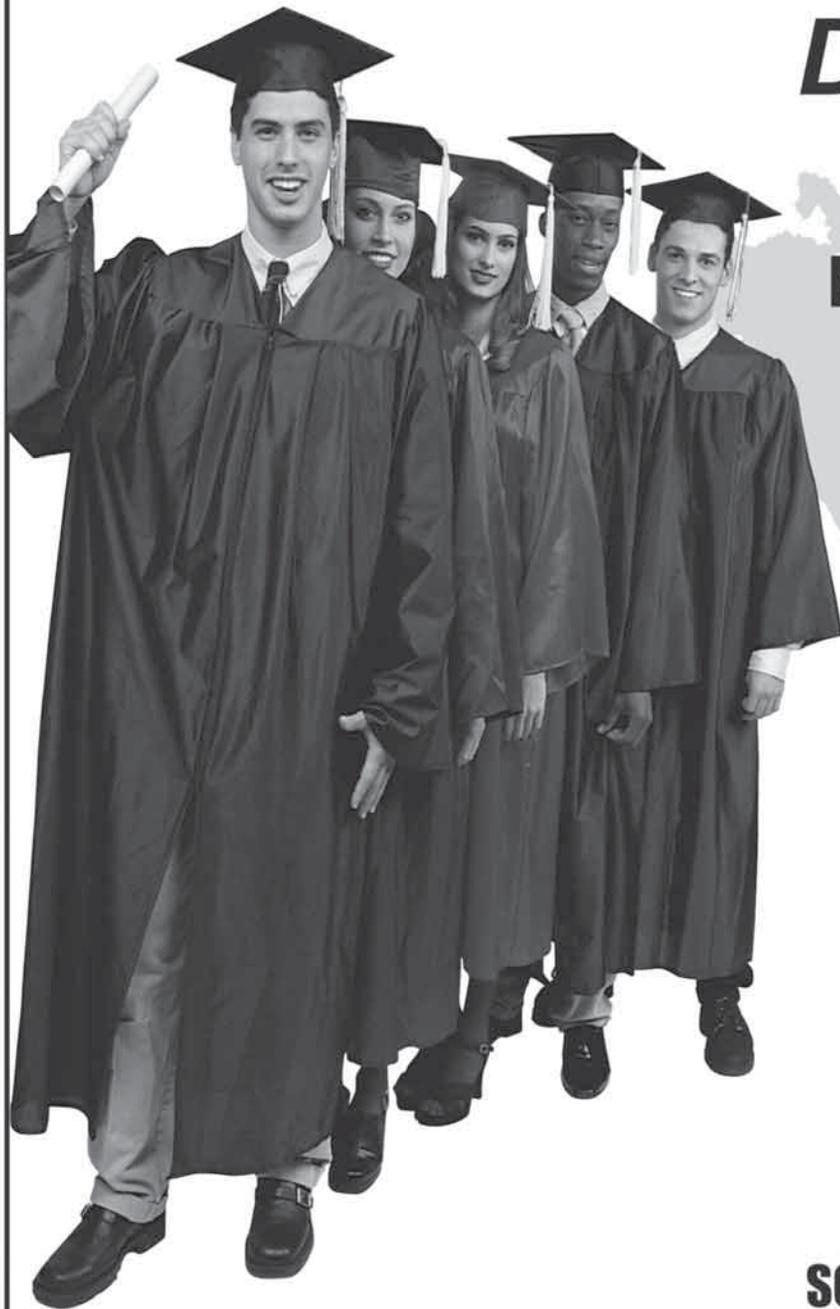
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TRICARE Tips: Get The Most Out of Your Health Benefits

By Lt. Cmdr. Phillip Boyer
Naval Branch Health Clinic
Belle Chasse

TRICARE health insurance benefits are among the best in the United States. They provide low-cost, high-quality coverage for comprehensive health care to young and old, active-duty, reserve members and family members. As with all third-party payer insurance plans, the rules aren't always 100 percent clear. The questions and answers below may help clarify common issues that local TRICARE beneficiaries experience. All of this information and more is available at TRICARE.mil and myTRICARE.com.

Q: I'm a TRICARE Prime beneficiary, how do I get care when the clinic is closed, and what should I do if I think I need care right away?

A: Emergency medicine in an emergency room (ER) is a covered benefit,

but should only be used when the beneficiary fears losing life, limb, eyesight, or suffering permanent disability. ER use for acute illness or injuries incurs no charge. Patients must just follow-up with their primary care manager (PCM) within three business days or call 1-800-TRICARE (Option 3) if you are traveling.

Urgent Care is a referral-only service for TRICARE Prime beneficiaries. Visiting an Urgent Care Center (UCC) without a PCM referral will result in Point of Service fees up to \$600 per family and then 50 percent of allowable charges thereafter.

When unsure about symptoms and when to seek medical attention call 1-800-TRICARE (Option 1) and talk to a trained registered nurse, who can evaluate symptoms and concerns and provide callers into one of four options:

- 1) If emergent care is needed the nurse will advise a visit to the nearest ER.
- 2) During clinic business hours without a need for emergency care, an ap-

pointment will be made for the clinic for the same day. If no appointments are available the patient will be directed to the UCC and the referral placed in the patient's record for reimbursement.

3) If calling after clinic business hours and urgent care is required the patient will be directed to the nearest UCC and recorded for reimbursement approval.

4) Calls after clinic business hours without a requirement for urgent care will result in an appropriate appointment.

Q: Why can't I just go to the ER or UCC?

A: In the New Orleans area there are no military-run ERs or UCCs. When a TRICARE member visits one of these a bill will be generated and charged to the U.S. government.

If not used correctly (in the case of urgent care) or used irresponsibly (over-utilization of the ER) members may wind up being responsible for charges.

Also, not seeing a doctor who has access to the patient's long-term health

record could possibly leading to less-than-complete care. So the UCC or ER may not being the best choice for most health concerns.

Questions can also be answered by going to TRICARE.mil and myTRICARE.com. In the search box simply type a few words or follow the "I want to..." links.

Take Away

Fearing for loss of life, limb, eyesight, or permanent disability? Go the ER and follow-up with the PCM. If someone needs help to decide where to go for care call 1-800-TRICARE (Option 1).

Coming in a future column...

Q: I was referred to a doctor out in town but I was sent a bill - why?

(Boyer is the head of the medical homeport department at Navy Branch Health Clinic Belle Chasse, at NAS JRB New Orleans.)

Plan, plan, plan: continued from Page 1

completing the self-counseling and HHG application, users must print the required forms. Signed forms and orders must be turned into the personal property office for processing. Forms can also be emailed to HHG_Neworleans@navy.mil or faxed to 504-678-9819. Always follow up to be sure the forms were received.

Make sure packing and pickup dates are not broken up over a weekend and estimate packing a day for every 5,000 pounds. Normally at least 10 business days are required to process an application but six weeks or more are required for moves dates around holidays.

Planning, preparation, flexibility and communication are the keys to executing a successful household goods move. For more information, training and support email HHG_Neworleans@navy.mil or call 504-678-9820.

Moving Tips

1. Attend a "PCS Smooth Move" course with the Fleet and Family Support Center and visit www.move.mil to review the household goods move planning tools.

2. Establish a DPS account early. Only a city and state are needed for destination. Use "pending" for order number if

pending a separation or retirement

3. For Personally Procured Moves (PPM) only orders are required to begin processing and up to a 50 percent advance is authorized. Coast Guard and Navy members must have proof of rental equipment or truck to be eligible.

4. Take photos or video your property before the move.

5. If possible, jewelry and other high value items should not be shipped but if they are, they must be listed on the pickup inventory and you must be able to substantiate what you own and its pre-shipment value.

6. Before the move, prepare your own personal inventory and gather substantiation of your major items. Carry it with you or mail it to your next duty station.

7. The preparation of the pickup inventory is the most crucial step in the moving process. You must control the packing and inventory of your household goods.

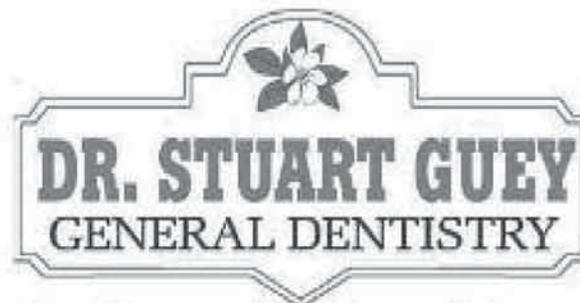
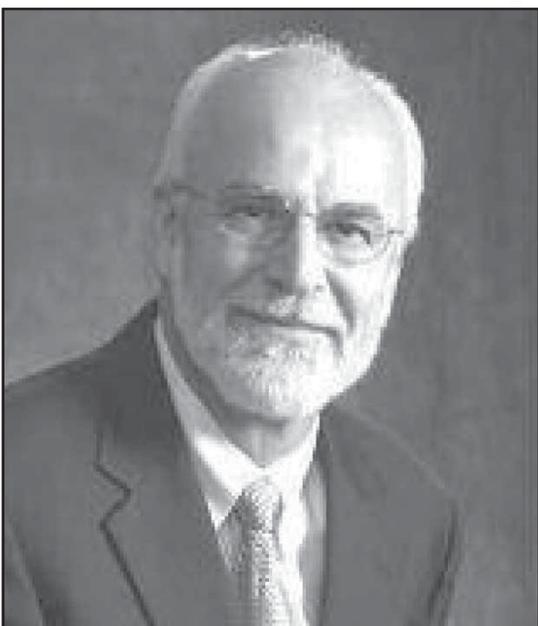
8. Make sure the condition of your property is accurate on the carrier's inventory. Any disagreements must be documented at the bottom of each inventory page.

9. It is your responsibility to watch the packers. You or your

agent must exercise some control and authority.

10. Make sure the packers write adequate descriptions of the contents on the boxes themselves and on the pickup inventory. Every item does not have to be listed, but the general category of the contents should be on the outside of each box and labeled accurately.

11. Protect yourself by ensuring that the quantity, quality and condition of your property is accurately recorded and noted on the inventory sheets and by any other means available, before that shipment leaves your control.



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Life Hacks: NAS JRB New Orleans Resident Edition

A Conversation with Base Housing Director

The CNIC Navy Housing program's mission is to assist military service members, both unaccompanied and those with families, with finding suitable, affordable and safe housing wherever they live around the world.

The Navy Housing Service Center (HSC) is staffed with trained professionals; experts in providing housing services, locating desirable homes and neighborhoods to choose from and assisting in the process of determining what is most important in your housing search, then matching your priorities with the choices available.

The Currents recently spoke with Naval Air Station Joint Reserve Base (NAS JRB) New Orleans HSC Director Lisa Kallio to talk about what the HSC staff can do for service members on and off base.

The Currents: How can the HSC help servicemembers moving into the area?

Kallio: The most important thing is that people should check in with housing to make

sure they have safe and affordable housing options, so when they move into a house, or apartment, they are confident with the residence, the neighborhood and they know what they are getting into. Also, we are required to give them their rights under the Servicemembers Civil Relief Act. We provide them with the tools to make a well-rounded decision. We can recommend areas to avoid and how the schools are. If people don't come here and get in-processed, we can't help them. We can also help with lease negotiations by dealing with possible landlords on your behalf.

The Currents: Once someone has a home, what other services do you offer?

Kallio: Once they move into the house or apartment of their choice, we stand by them and we are absolutely here to be an advocate. Health and safety is what we are all about. If there is a health and safety issue, we can help with that. We also offer dispute resolution. We work with a lot of agencies as well. If there are any acts of

discrimination, we respond to that. We work with the Housing Authority and other officials that can correct that. We are mediators. If there is a problem with a landlord we can work with that. If it is a dispute, we can advocate for you, at your request

The Currents: You recently asked base commands for copies of servicemembers' leases. Why was that?

Kallio: It's important for us to know what people are renting; that's why I asked for the information, such as where servicemembers are living and what they pay. It can affect basic housing allowance. We take as much information as we can. If I have leases in the system, and I know when a lease expires on a certain date, I can call the landlord to possibly arrange it for an incoming military member.

The Currents: There often seems to be confusion between the HSC and Public Private Venture (PPV) housing. Can you explain the difference?

Kallio: Old school housing



Lisa Kallio
Housing Service Center Director

offices were basically property managers. We are service providers now. We still manage the barracks, but now we have PPV managing family housing on base.

Stay Informed, Stay Connected with AtHoc

The world can be a dangerous place. Emergencies, from acts of terrorism to natural disasters, could be around the corner.

One of the best tools to keep safe is to be connected. Residents and employees at Naval Air Station Joint Reserve Base (NAS JRB) New Orleans are encouraged to make that connection by registering with AtHoc.

It is more than the pop up on your computer screen; it's a system for automated emergency mass notifications. AtHoc allows messages to be sent to computers and phones.

But you can't get the message if you're not in the system, said Jim Bouchie, NAS JRB New Orleans emergency

management officer.

If you use Navy Marine Corps Intranet (NMCI) it is a simple process to add your information. If you look on your toolbar, you will see a purple globe icon. You will click on this and then click self-service actions. There are four main tabs that need to be filled out. Non-NMCI users can register by calling the emergency management office at 507-678-4771.

While some might be leery about inputting their information, it could potentially save their life.

"If there is an active shooter on base, AtHoc allows me to send a specific message to the building where the active shooter is,"



Bouchie said. "I could send a message that notifies the people in the building what is going on and what actions to take."

"If you are not on the sys-

tem you are not going to get the information in a timely manner," said Capt. Mark Sucato, NAS JRB New Orleans commanding officer. He also said a great secondary way to

get information is one of the commands social media outlets. Connect with NAS JRB New Orleans Facebook to keep up to date with everything happening on base.

Dogs on Base

Dogs can be great companions. At Naval Air Station Joint Reserve Base (NAS JRB) New Orleans furry friends are welcome, provided they follow a few rules.

According to the NAS JRB New Orleans Instruction 10570.1A, occupants of military housing are allowed a maximum of two dogs. Dogs also must be micro chipped and up-to-date on shots such as rabies vaccine and heart worm prevention.

There are restrictions when it comes to which breeds are allowed on base.

Those not allowed: Akita, American Bull Dog, Pit Bull (American Staffordshire Terrier), Chow Chow, Doberman Pinscher and Rottweiler.

The part-time veterinarian clinic on base is open 8 a.m. to 4 a.m. Tuesday and Thursday by appointment only. Medical care is limited to vaccinations, routine health care, issuance of health certificates, minor ailments and other routine services.

Army Sgt. Tenes McDaniel is a veterinarian technician at the clinic. "I like working with the dogs," she said. McDaniel said one of the most important things people can do for their dogs in the South is to provide heartworm protection. "Heartworm is very prevalent here."

To schedule an appointment call the clinic at 504-678-4600.

The dog park at NAS JRB New Orleans is located between Yorktown St. and Valley Forge St.

Animals are also restricted in common use areas that include playgrounds, the school, chapel, Navy Exchange, Commissary and eating establishments.



Pitbull mixes, like Bourré, are not allowed on military installations. Other banned breeds include Akita, American Bull Dog, Pit Bull (American Staffordshire Terrier), Chow Chow, Doberman Pinscher and Rottweiler.

Photo by MC1 John Hulle

FFSC: A One-Stop Shop for Help

The Fleet and Family Support Programs (FFSP) support individual and family readiness through a full array of programs and resources helping military families to be resilient, well-informed and adaptable to the military environment.

"Although very different in nature, each of the services we provide at FFSC has one thing in common with all the others: everything we do is designed to have a positive impact on the lives of our customers," said Elizabeth Shirer, Naval Air Station Joint Reserve Base (NAS JRB) New Orleans FFSC director.

"Even during those times when problems which bring people in are difficult and challenging, the final outcome we strive for is that the military member or family will be better off than when they came through our door. Our caring attitude and high level of expertise combine to give people who deserve it most the best care possible."

Programs are available to Navy, Marine Corps, Army, Air Force, Coast Guard, and National Guard, active, reserve, retirees, and dependents. There are 13 different programs which are offered at the FFSC.

"Most of these programs would cost a lot of money out of pocket if you were to go somewhere in town, versus using the FFSC," said Shirer. "For instance, the average cost of an hour of counseling from a licensed clinical counselor is approximately \$120 an hour. At the FFSC, the cost for an hour of counseling is zero dollars! This is only one example of the services we can provide at no cost. We are here for you and we want to help people with their needs."

She also added that all information shared during services at FFCS is confidential, unless it is a mandated reporting item (child abuse or domestic violence).

To find out about upcoming events and classes visit the FFSC Facebook page at www.facebook.com/ffsc-neworleans. Anyone with questions or for more information can stop by FFSC located in building 555 at NAS JRB. They are open Monday-Friday from 7:30 a.m. until 4 p.m.

- Programs at FFSC include:
- Deployment and Ombudsman Support for Military and Families
- Personal and Family Wellness Education and Counseling
- Emergency Preparedness and Response
- Crisis Intervention and Response
- Military and Personal Career Development
- Financial Education and Counseling
- Relocation Assistance
- Transition Assistance
- Spouse Employment
- Sexual Assault Prevention and Response
- New Parent Support
- Podcasts and Webinars

Articles by Mass Communication Specialist 1st Class John Hulle, the Currents' Staff.

Comments, Concerns or Complaints?

Have a comment, suggestion or complaint about life on the base? Naval Air Station Joint Reserve Base (NAS JRB) New Orleans Commanding Officer Capt. Mark Sucato has many outlets for people to anonymously contact him regarding any issues or to suggest a way to make things better.

Everyone, whether active-duty, reserve or a civilian living or working on base, can let their opinion be heard. One option is to use one of the six CO suggestion boxes around base. The boxes are checked weekly by the base command master chief. The second option is by sending an email to nasjrnbolasuggestion@gmail.com.

"One of my biggest responsibilities is the health and safety of our servicemembers and families," said Sucato. "If the command doesn't know about a problem, we can't fix it."

One of the anonymous ways to voice a comment, suggestion or complaint is by using one of the six commanding officer suggestion boxes distributed around NAS JRB New Orleans. They are located in the galley, air traffic control tower, child development center, fitness center, liberty center and Navy Gateway Inns and Suites.

Photo by MC2 Edward Gutierrez III



Know Your Part: Do Your Part

April is Sexual Assault Awareness and Prevention Month (SAAPM). This year's theme is Eliminate Sexual Assault: Know your part. Do your part.

The Sexual Assault Response Coordinator (SARC) at Fleet and Family Support Center (FFSC) is hosting training and awareness events throughout the month.

For more information on these and any other SARC events call 504-678-7556 or 504-678-7569 or visit their facebook page at www.facebook.com/ffscneworleans.

April 8

Self Defense Class in the base fitness center 4-5:30 p.m. A local self-defense expert will teach basics of self-defense in a safe, fun environment. The event is open to all.

April 13

SAPR Points of Contact Training at FFSC, Bldg. 555 from 8 a.m. until 4 p.m.

April 13

Do Dating Right for E-1 through E-6 military members at the Liberty Center beginning at 5 p.m. A panel of experts will answer anonymous questions on sex, dating, drugs and alcohol and other issues facing young military members in a casual, fun environment.

April 17

Pure Praxis will be in the NOSC Drill Hall, Building 492 beginning at 1 p.m. This is an edutainment event sponsored by Department of the Navy Sexual Assault and Prevention Response Office (SAPRO). The event features touring actors using improvisational theater to engage the audience in bystander intervention techniques for difficult and true to life situations. This is open to everyone.

April 27

SAPR Training will be in the FFSC Building from 8 a.m. until 2 p.m. This includes a series of presentations and panels on advanced SAPR subjects, including presentations on the legal process, working with LGBTQ sexual assault survivors, and barriers to reporting. The training is designed for victim advocates with an existing knowledge of sexual assault, but is open everyone.

April 27

Denim Day, a base-wide event, is an international awareness raising campaign inspired by a sexual assault case where a survivor was blamed for her assault because she wore tight jeans. People are encouraged to wear jeans on this day to show support for survivors and question our culture's damaging views on sexual assault

April 29

"My Masculinity Helps" Screening and Discussion at the NAS JRB Chapel at 9 a.m. "My Masculinity Helps" is a short documentary on engaging men in sexual assault prevention work. The documentary flips the script on the narrative that sexual assault is only a women's issue by focusing on male survivors and allies. The screening will be followed by a discussion on sexual assault, masculinity, and spirituality. The event is open to all.

Clothesline Project

The Clothesline Project, a month-long display, is a nationwide campaign to raise awareness around gender-based violence, including sexual assault and domestic violence. Survivors and their loved ones decorate t-shirts with messages of pain, support, empowerment, and hope. The t-shirts will be strung on a clothesline in a public place to show that sexual assault and domestic violence happen in our communities, and that we will not ignore it. The NAS JRB Clothesline Project will travel around to different locations on the base, allowing community members to have more opportunities to engage with the display. Anyone who wants to decorate a t-shirt is welcome to submit it anonymously to the FFSC front desk to be added to the display

24/7 DoD Safe Helpline 877-995-5247
24/7 Base Duty Victim Advocate: 504-329-3476
Gulfport, Miss. SARC cell phone: 228-323-4717

Talk, Text, or Chat Online for Sexual Assault Support
DoD SAFE Helpline: 1-877-995-5247
<https://www.safehelpline.org>

NAS JRB SARC office: 504-678-7556
NAS JRB SARC cell: 504-762-0224

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Bayou Militia Participates in Combat Archer Exercise 16-05

By Master Sgt. Toby M. Valadie
159th Fighter Wing
Public Affairs Office

TYNDALL AIR FORCE BASE, Fla. - More than 150 members of the Louisiana Air National Guard's 159th Fighter Wing (FW) participated in Combat Archer 16-05 at Tyndall Air Force Base (AFB), Fla., Feb. 22 - March 4. The 159th deployed 10 F-15 fighter jets for the exercise.

The two-week exercise is part of the Air Combat Command Air-to-Air Weapons Systems Evaluation Program, which assesses a unit's overall operational effectiveness, weapons systems performance and reliability.

"The 122nd Fighter Squadron trains pilots today as if going to war tomorrow," said Col. Michael McDermott, 159th FW vice wing commander. "Shooting live missiles couples the pilot with the otherwise intangible human factors and effects that accompany a Mach 3 missile leaving the rail. Combat Archer gives pilots the opportunity to take inherent training muscle memory to the next step in the process; what they will see, hear and feel after pressing the firing button."

The 53rd Weapons Evaluation Group (WEG) at Tyndall AFB conducts 12 Combat Archer exercises annually. The primary purpose of the weapons system evaluation program (WSEP) is to evaluate the effectiveness of the total air-to-air weapons system including aircraft, weapon delivery systems, munitions, aircrew, support equipment, technical data and overall



Col. Michael McDermott, vice wing commander of the Louisiana Air National Guard's 159th Fighter Wing, inspects an AIM-120 AMRAMM missile prior to takeoff during Combat Archer at Tyndall Air Force Base, Fla., Feb. 23.



Airmen with the Louisiana Air National Guard's 159th Aircraft Maintenance Squadron load crew, remove an AIM-9 missile from an F-15 Eagle during Combat Archer at Tyndall Air Force Base, Fla., Feb. 23.

maintenance operations. The secondary objective of Combat Archer is live-fire missile training for pilots before ever deploying to a combat environment.

Capt. Keith Johnson, 159th FW maintenance officer, said during this exercise the wing's 10 jets flew 147 sorties, fired 10,000 20MM rounds and 17 live missiles, to meet all requirements set forth by the 53rd WEG.

"It's eye opening being able to take our training to the next level," said 1st Lt. Ryan Henderson, F-15 pilot. "It's not often you fire the gun and rip bullets off the jet. No where else can you press the button and see smoke in the air from an AIM-120 AMRAMM, except for combat. It's a great confidence builder, not to mention an experience few get to witness."

Along with the rare chance to fire live missiles, Combat Archer also provided the opportunity to conduct force integration sorties to train with dissimilar aircraft F-22 Raptor



Louisiana Air National Guard's Staff Sgt. Matthew Bluffin and Airman 1st Class Demaar Flowers, weapons load crew members, 159th Fighter Wing, download spent 20MM bullet casings with a universal ammunition loading system during Combat Archer at Tyndall AFB, Fla., Feb. 23. Combat Archer is a two-week exercise and is part of the Air Combat Command Air-to-Air Weapons Systems Evaluation Program, which assesses a unit's overall operational effectiveness, weapons systems performance and reliability.

Air National Guard photos by
Master Sgt. Toby Valadie

and the Navy's F-18 Hornet.

"Our Airmen are well prepared to answer our nations call," McDermott said. "I

couldn't be more proud to be a part of this wing, and I am humbled daily by the personal readiness, professionalism and

integrity engrained in each and every Airman in the Louisiana Air National Guard."

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Board of Directors

April Meeting -
4 April 2016 • 7 p.m. at BCA

May Meeting -
2 May 2016 • 7 p.m. at BCA

Please check the BCA web site for
Board of Directors Committees Meetings and
PTO Meeting

For information & updates: www.bellechasseacademy.com

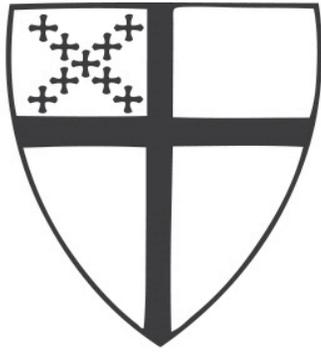
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Slow Down, Evaluate, Take Time to Enjoy Life

By Lt. Cmdr. Shawn Turpin
NAS JRB Chaplain



Chaplain's
Corner

NAS JRB Base Chapel
Catholic Mass
Sunday at 8:30 a.m. and
Tuesday-Friday at 11:30 a.m.
Protestant Service
Sunday at 11 a.m.

Easter has come and gone and tempo is at a high-level. Plans are moving ahead. Summer is around the corner. Goals for 2016 have been re-adjusted. In all this, we look back and say, "Where did all the time go?"

One of the responsibilities I have as chaplain is to assist in the development of leaders and followers, emphasizing core values for life, not merely while wearing the uniform. Sometimes during periods of high

stress, our core values may falter. Let me give a few very basic examples.

Sitting in the barbershop was an energetic toddler (is there any other kind?) sitting beside his father waiting for a haircut. I watched in amazement as this young preschool boy tugged on daddy's arm, only to be met with the occasional "be quiet" or "stay still." Facebook was

more important.

Some people (fortunately not many) into whose office I go will speak with me while looking at their phone or computer screen. Yet we all say communication is important.

Almost daily on the way to work, you can observe people who don't like the speed limit, nor do they like the fact that the person in front of them is trying to follow it.

I ask you, what can be more important than a few moments with junior, or a brief conversation with a trusted friend, or consideration of neighborhood

kids' safety even though you left later than intended? I ask myself these questions often, especially considering I have five kids.

Slow Down. Look around you and determine what is important. Do not schedule yourself so much that you miss those relationships that you claim mean more to you than anything else. Schedule some rest time. Make time to call your family member to let them know you are thinking about them. Read a book once in a while instead of watching a stimulating, adrenaline-pumping movie. Go to bed

earlier.

Norwegians (the people of Norway where I grew up), tend to have less stress. One reason is they take time to sit back and enjoy life. They get to know their neighbors. They go for walks with family instead of watching TV. They enjoy the view outside the vehicle instead of the DVD behind the seat. Let me encourage you to slow down, re-evaluate what is most important, enjoy the view, and most of all, spend time with your family.

Blessings,
Chaps

Heart Attacks and You: Know the Signs, Symptoms

By Wendy Shimmin
NAS JRB New Orleans Fire
and Emergency Services

A heart attack occurs when the flow of blood to the heart is blocked, most often by a build-up of fat, cholesterol and other substances, which form a blockage in the arteries that feed the heart (coronary arteries). The interrupted blood flow can damage or destroy part of the heart muscle. A heart attack can be fatal, but treatments have improved

dramatically over the years.

Heart Attack Symptoms

Heart Attack Symptoms can include chest pain that is crushing or squeezing and comes with any of the following symptoms: sweating, shortness of breath, nausea or vomiting, pain that spreads to or from the chest to the neck, jaw, or one or both shoulders or arms, dizziness or lightheadedness, fast or irregular pulse or signs of shock (such as severe weakness or inability to stand or walk).

Heart attack symptoms vary

with different people. Some people might have chest pain. Others might have slight symptoms that could include breathlessness, heartburn, nausea, or fatigue. A heart attack might feel like severe indigestion.

Most heart attacks involve some discomfort in the center of the chest that lasts more than a few minutes or that goes away and comes back. Some ways to describe this discomfort are uncomfortable pressure or fullness, tightness or squeezing, feeling of heav-

iness, dull ache or a burning sensation.

Risk Factors for Heart Attack

People can improve or eliminate many risk factors to reduce their chances of having a first or subsequent heart attack. Risk factors include tobacco use, high blood pressure, a high level of low-density lipoprotein (LDL) cholesterol (the "bad" cholesterol) or high levels of triglycerides, uncontrolled diabetes, lack of physical activity, obesity, stress, illegal drug use.

Another factors includes a

family history of heart attacks or disease and age. Men age 45 or older and women age 55 or older are more likely to have a heart attack than are younger men and women.

Call 911

Anyone who has heart attack symptoms that last longer than five minutes should not wait to see if it passes — call 911 immediately. And always follow-up with a primary care physician for needed medications or assistance in reducing risk factors.

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MWR Spotlights April 2016

Library Happenings

April Coloring Contest
Prizes for children in age categories 3-5, 6-8, and 9-11. Pick up and return completed sheets at the library by April 28. Winners will be contacted by phone.

Story Time for Toddlers
Come to the library and join for stories, crafts and more! Wednesdays April 6 and 20 at 9:30 a.m.

Scrapbooking All Night
Join the group for scrapbooking April 12 at 6 p.m. at the library. It's a fun and creative way to save pictures and mementos. Lots of supplies available.

Book Club
April 28 at 6 p.m.

Arts & Crafts
Let your imagination run wild and decorate your own flower pot. The event is free and open to everyone at Liberty Center from 10 a.m. until noon. Call 504-678-3034 for more information.

Youth Center Information

Summer Camp Program
Summer camp sign-up for youth currently enrolled in the School Age Care (SAC) program will be April 1-15. Active duty military sign-up dates will be April 15-29. All others can register in May until maximum enrollment is reached. For more info call 504-678-3310.

Painting With a Twist
The painting is back with more classes to fit your schedule. Upcoming dates are: April 15, May 20, June 17 and July 15. Location for the events will be at the Liberty Center and all begin at 6 p.m. Space is limited to 25 people per event. Reservations are required and payment of \$15 cash per person is required at time of reservation. Call 504-678-3034 to reserve a spot or for more information.

Navy Community Recreation

You may have noticed MWR is using a new logo on some of its uniforms and flyers. It is the Navy Community Recreation logo.

Navy Community Recreation is MWR's consolidation of community focused recreational programs and services. It contributes directly to the MWR mission and positively affects quality of life for the entire installation community. Through streamlined programs and services that are both facilitated and self-directed, Navy Community Recreation (NCR) engages patrons by providing information, services, equipment and facilities to meet their leisure interests.

Navy Community Recreation Mission:
To deliver services in the most effective way possible by developing lifelong leisure skills and socialization activities and creating active lifestyles for military and their families.



2016

Westwego Farmer's Market

FRIDAY – APRIL 8th Concert – DAROCKITS

SATURDAY – MAY 14th _ Crawfish Cook-off

FRIDAY- MAY 20TH Concert – FAITH IN THE MUSIC

FRIDAY- JUNE 17th Concert – WAYLON THIBODEAUX

FRIDAY – JULY 1ST Concert/Fireworks – BRAD SAPIA

FRIDAY – AUGUST 26th Concert – DANNY ALEXANDER

FRIDAY – SEPTEMBER 9th Concert – AARON FORET

FRIDAY – OCTOBER 14th Concert – NIGHT TRAIN

WEGO FEST – NOVEMBER 12TH, 13, - TBA

SATURDAY – DECEMBER 31st New Years Eve Bash / Fireworks

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