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Newest Chief Petty Officers Pinned at NAS JRB New Orleans
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THE Currents™

Vol. 27 No. 10

Serving the New Orleans Regional Military/DoD Communities

October 2016

Luscher Now Commander, Navy Reserve Forces Command

By Commander, Navy Reserve Forces Command
Public Affairs

NORFOLK (NNS) -- Rear Adm. Thomas W. Luscher relieved Rear Adm. Eric Coy Young as commander, Navy Reserve Forces Command (CNRFC) during a change of command ceremony at the CNRFC headquarters building, Sept. 20.

Focusing on a common theme he struck often during his tenure, Young thanked his "Navy family" for their leadership, caring and support.

"I'm awestruck to have led and served with the professionals here at Navy Reserve Forces Command," he said. "This is the varsity team, America's finest men and women."

After assuming command, Luscher thanked Young for his leadership and the deep love and caring he displayed toward his Sailors. He stressed his goal would be to ensure Reserve Sailors are

ready for whatever lies ahead with a desire to "make the most of every dollar to improve the Reserve Force."

Luscher, a native of Youngstown, N.Y., earned a bachelor's degree from the U.S. Naval Academy in 1986 and holds a Master of Strategic Studies from the U.S. Army War College in Carlisle, Penn. A Navy pilot, his most recent assignment was as deputy chief of Navy Reserve in Washington, D.C.

Luscher served as executive officer and commanding officer of Naval Air Station Joint Reserve Base (NAS JRB) New Orleans before accepting a position at the Pentagon in 2012.

Since Sept. 11, 2001, Navy Reserve Sailors numbering 58,524 executed 77,395 mobilizations.

Today, approximately 3,000 Navy Reserve Sailors are operating forward, fulfilling key combat support requirements around the world. On any given day at least 20,000 Navy Reserve



Rear Adm. Thomas Luscher
Commander, Navy Reserve Forces Command

Sailors, about one-third of the Navy's Reserve Component, are providing fully integrated global operations support to fleet and combatant commanders.

CPO Selectee Chosen for USS Constitution Heritage Week

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

Chief Air Traffic Controller John Wood, assigned to Naval Air Station Joint Reserve Base (NAS JRB) New Orleans air operations, was selected to participate in Chief Petty Officer Heritage Week aboard America's ship of state, USS Constitution.

Chief Petty Officer (CPO) Heritage Week is a week dedicated to mentoring the Navy's newest chiefs through naval history and heritage. The chief mentors focus on instilling trust and teamwork in the chief petty

officer selectees. Constitution hosted approximately 240 CPO selectees during two separate CPO Heritage Weeks.

"The week aboard Constitution benefitted me in many ways," said Wood. "I was able to grow as a person, Sailor and leader. We had mentoring sessions with some great chiefs, senior chiefs and master chiefs which provided a different level of insight. Not necessarily better than the mentoring we get here by our chiefs, but it provided a different perspective from a bigger picture."

During Heritage Week, the CPO selectees slept aboard



ACC John Wood, second from left, pauses for a photo along with other CPO selectees during CPO Heritage Weeks aboard USS Constitution in Boston, Ma. Wood was chosen to attend the annual event from Aug. 29 through Sept. 2.
Courtesy photo

Constitution. Training days began at 5 a.m. and daily activities included sail training,

Heritage Week, Page 10



This month in Navy & Marine History

October 2, 1799
 Establishment of Washington Navy Yard

Naval Yard

October 29, 1980
 USS Parsons (DDG-33) rescues 110 Vietnamese refugees 330 miles south of Saigon.

Saigon

Keith L. Magness

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By Capt. Mark Sucato
NAS JRB Commanding Officer

October is Energy Awareness Month, a perfect opportunity to introduce David Lewandowski, the base's new Installation Energy Manager. He has been aboard a few weeks and is already assessing our current energy usage while looking forward to best determine how we can reduce our collective energy consumption and maintain the high level of readiness and training we provide on a daily basis. His is not an easy task. I seek your cooperation, ideas and suggestions in a renewal to use our resources more efficiently at work and in our homes.

On Oct. 13th we celebrate the U.S. Navy's 241st birthday. Beginning with the establishment of our Navy and continuing today, the Navy has stood the watch for more than two centuries. This year's Navy theme for our birthday is "America's Sailor. For 241 Years: Tough, Bold, and Ready." The Navy's goals for this year's celebrations are to honor our shipmates who stand and have stood the watch, showcase our Navy's history and heritage, as well as instill a sense of pride in our Sailors and the American public.

The Greater New Orleans Navy Ball is scheduled for Saturday, Oct. 15th. I hope you will consider joining 300 of your closest friends to celebrate at the New Orleans Marriott on Canal Street. Tickets can be purchased through your command's Navy Ball representatives.



The Combined Federal Campaign is now in full swing. CFC promotes and supports philanthropy through a program that is employee focused, cost-efficient, and effective in providing all federal employees the opportunity to improve the quality of life for all. CFC is the largest workplace charity campaign in the U.S. and the only campaign authorized to solicit and collect contributions from federal employees in the workplace on behalf of charitable organizations. Please see your command or department CFC representative and consider a contribution to a cause that is close to your heart. More information can be found online at <http://cfctoday.org>. Donations can also be made online through Defense Finance and Accounting Services website <https://mypay.dfas.mil>.

Finally, we have entered the final 60 days of this hurricane season. Activity in the tropics has increased in the past weeks and while the peak of this season has passed we will remain vigilant to any possible threats. Stay ready. Stay informed.

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The next issue of The Currents will be published on Tuesday, November 1, 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, October 21, 2016.

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



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Leaders Celebrate, Recognize Ombudsmen

By Mass Communication Specialist
1st Class John Hulle
The Currents' Staff

Commanding officers and enlisted leaders from naval commands and the Coast Guard aboard Naval Air Station Joint Reserve Base (NAS JRB) New Orleans took a moment of their time to honor their ombudsmen at an appreciation luncheon Sept. 21.

Throughout the years, ombudsmen have played vital roles in keeping military families informed about their servicemembers' commands, especially during deployments. They are the one to turn to whenever a helping hand is needed, lending support, guidance and a reassuring smile when a loved one is at sea and things are a little stressful.

"What you all do is crucial," said Capt. Mark Su-
cato, commanding officer

of NAS JRB New Orleans, during a speech at the luncheon. He said one of the most difficult parts of leading is communication and the ombudsman is one of the most effective team members to facilitate communication throughout the military family. "We couldn't function without what you do," he added.

A command ombudsman is appointed by the base or squadron commanding officer. This volunteer position is usually filled by the spouse of an enlisted service member to act as a full member of the commanding officer's team.

They serve as a communication link between the CO and family members, and as information and referral specialists.

The Ombudsman Program was introduced to the Navy on Sept. 14, 1970, by the Chief of Naval Operations (CNO), Adm. Elmo Zumwalt. He realized com-



Commanding officers and enlisted leaders from naval commands and the Coast Guard aboard Naval Air Station Joint Reserve Base (NAS JRB) New Orleans honor their ombudsmen at an appreciation luncheon Sept. 21.

Photo by MCI John Hulle

munication between commands and the families of the Sailors needed to be improved. The ombudsman

program was implemented as a means to address issues and concerns that are unique to Navy families. In

2006, CNO Adm. Michael Mullen made a requirement that all Navy families have access to an ombudsman.



Aviation Ordnanceman 1st Class Antonio Harris renders honors during the Bells Across America For Fallen Service Members ceremony Sept. 22, at NAS JRB New Orleans. Bells Across America is a memorial event to honor and remember fallen and deceased service members and to bring together the military community and survivors to commemorate the lives and service of the fallen. The bell is rung as each fallen service member's name is read.

Photo by MC2 Edward Gutierrez



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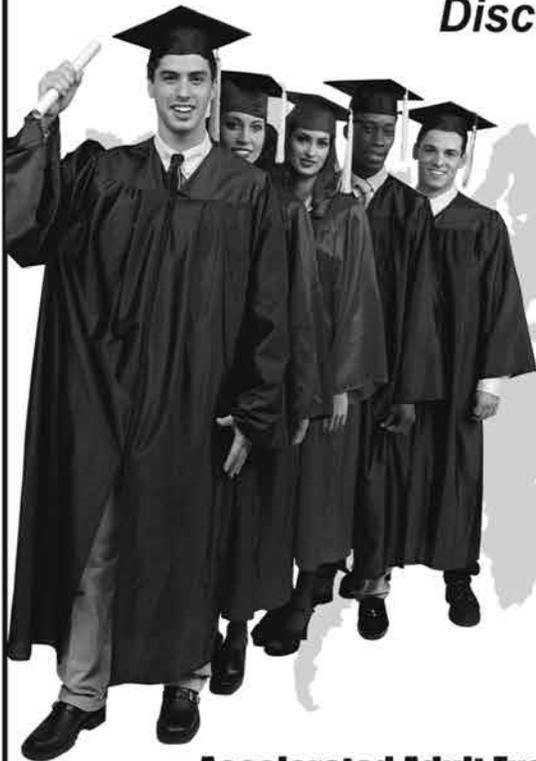
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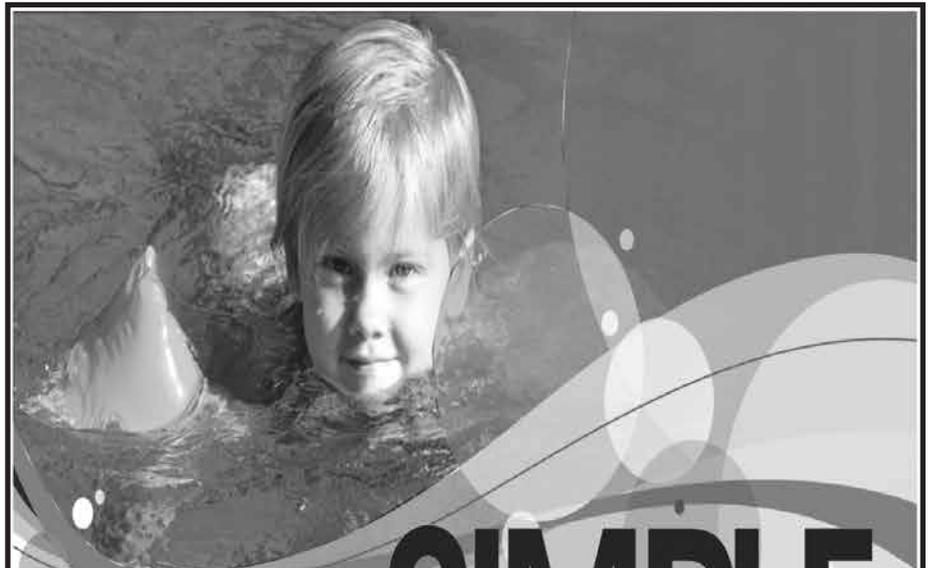
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Operation Free Ball Gown a Huge Success

By Tammy Prine
The Currents' Staff

Military members and spouses who live in New Orleans have the opportunity to attend one or more military balls each year and one or more of the dozens of Mardi Gras balls and special events around the city. Being able to get an evening gown for free can make the difference of whether or not someone can afford to attend an event.

Operation Free Ball Gown, held Aug. 27 at Naval Air Station Joint Reserve Base (NAS JRB) New Orleans, was a free event where military members and spouses could select a gown from the nearly 1,000 gowns that had been donated to the event.

"By the time you purchase tickets for a ball, pay for a baby sitter, etc., there may not be anything left in the budget for a ball gown," said one of the guests at the event. "Getting a beautiful gown for free can be a great incentive for someone to attend a ball."

One of the original organizers was Lauren Williams, the NAS JRB ombudsman.

"Our event was started by a group of ombudsmen from organizations around the base coming together in planning the event for spouses and military members," said Williams. "We came up with



Guests to Operation Free Ball Gown search through the dozens of racks of dresses in the Belle Chasse Academy (BCA) gymnasium at NAS JRB New Orleans Aug. 27. The BCA donated use of their gymnasium and cafeteria for use with the ball gown event.

the idea and sent out some save-the-date flyers. This led to joining up with the Military Officers' Wives' Club of New Orleans (MOWC) whose members hosted a ball gown giveaway event two years ago."

Other groups quickly came on board to help with the event.

In addition to the ombudsmen and MOWC, support and donations came from the Navy Wives Club, NAS JRB Credit Union, Patrician Military Housing, The Village at Federal City, the Navy and Marine Corps Relieve Society, the Navy Exchange and Colonial Dames.

On Thursday before the giveaway, volunteers gathered to sort dresses by size and style.

"I've counted nearly 1,000 pieces of clothing, to include ball gowns, cocktail dresses, skirts and blouses," said Karen Boudrie Greig, MOWC president and volunteer with the event.

"It's sort of overwhelming to see this many dresses here and that ladies will be able to come in and get one for free. I can't even guess at the dollar amount of the donations we have received."

Some of the dresses still had store price tags on them, including one wedding dress.

"One lucky bride was able to get a free wedding gown at our event," said Greig.

In addition to the dresses available items included shoes, purses, jewelry and accessories and some walked out with a complete ensemble



Military members and spouses line up for entrance to Operation Free Ball Gown at NAS JRB New Orleans, Aug. 27. Vendors, food and raffles helped complete the day where more than 150 ladies were able to take home a free ball gown. Photos by Tammy Prine

while others were able to find more than one dress.

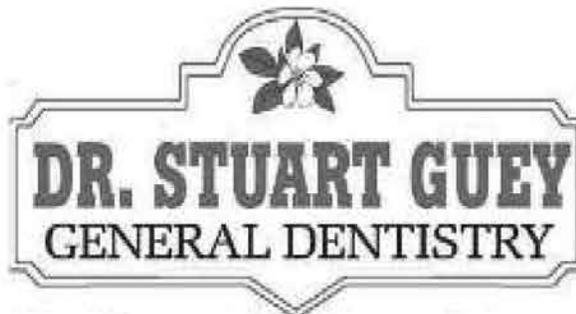
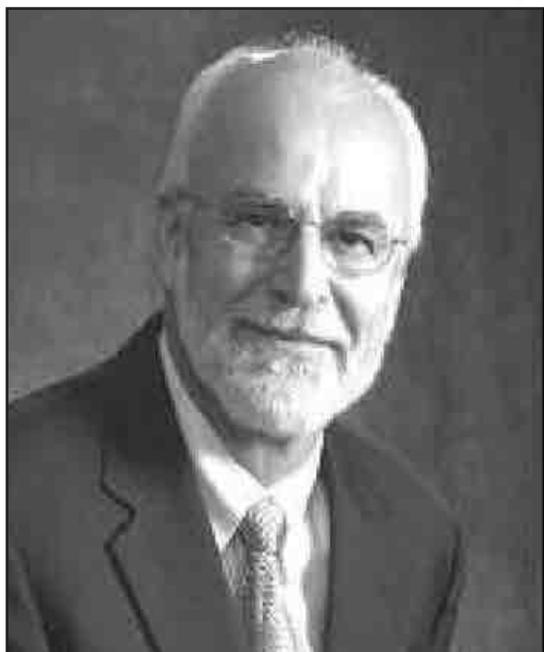
"I wasn't sure if I would find anything I liked or anything that fit well," said Angela Beardsley-Cox.

"Sure enough I found a couple of beautiful dresses and thanks to Operation Free Ball Gown, I have a couple of new (to me) dresses that are in great condition."

Not all of the dresses found a home at the event.

"We had a few hundred dresses left and were able to share them with groups at the Seabee base in Gulfport, Ms., and the Coast Guard base in Mobile, Ala.," said Kathi Callihan, MOWC advisor.

"Groups at both bases will also host a free ball gown event to help out others."



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Newest Chief Petty Officers Pinned at NAS JRB New Orleans

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

Twenty-two Sailors from various commands donned khaki uniforms and received their anchors and combination covers for the first time during a chief petty officer pinning ceremony Sept. 16 aboard Naval Air Station Joint Reserve Base (NAS JRB) New Orleans.

During the six weeks prior to the pinning the chief selectees were put through a series of trials by senior leadership, a process known as CPO 365 Phase II, a Navy-wide program of intense leadership, physical fitness, and Navy heritage training for CPO selectees, otherwise known as "Chief Season," in order for them to learn how to think and act like a chief.

"This ceremony was the result and culmination of all the training provided during CPO 365," said NAS JRB Command Master Chief Chad Helms. "The Greater New Orleans Chief Petty Officers leveraged CPO Mess creativity, galvanized trust, teamwork, dedication and endurance through practical application of knowledge, skill and ability."

The CPO selectees took center stage in groups of four to have their anchors pinned on their collar by family and friends. After being pinned with their gold fouled anchors, each chief received a combination cover signifying a new position of leadership and responsibility. Each new chief was rendered honors with a ringing of the bell and a sounding of the boatswain's pipe while passing through the ranks of side boys.

Before April 1, 1893, chief petty officer was merely a title assigned by a commanding officer to the most senior first class petty officer in each rate. President Benjamin Harrison established the rank of chief petty officer Feb. 23, 1893, when he signed General Order 409. The new rank became effective April 1, 1893. Initially, the grade of chief applied to only nine rates: master-at-arms, boatswain's mate, quartermaster, gunner's mate, machinist's mate, carpenter's mate, yeoman, apothecary and bandmaster. Since that time, the rank of chief petty officer has expanded to include all Navy rates.

General Order 409 also designated the insignia for chiefs as a gold fouled anchor surmounted by a silver U.S.N. The "U" stands for unity, which is a reminder to cooperate, maintain harmony and continuity of purpose and action. The "S" stands for service to one another and the Navy. The "N" stands for navigation, as a reminder to be true to one's self and each other as well.

According to the chief petty officer's creed, chiefs carry unique responsibilities and are granted privileges like no other enlisted personnel in any other service. These privileges and responsibilities exist because for more than 200 years chiefs have accepted responsibilities beyond the call of their assignments.

Fleet Logistics Support Squadron (VR) 54 Command Master Chief Terry Owens concluded the ceremony by reading the chief petty officer's creed.

"It was our intention that you never forget this day," said Owens. "It was our intention to test you, to try you, and to accept you. Your performance has assured us that you will wear 'the hat' with the same pride as your comrades in arms before you. We take a deep and sincere pleasure in clasping your hand, and accepting you as a chief petty officer in the United States Navy."



Command Master Chief Chad Helms, assigned to Naval Air Station Joint Reserve Base New Orleans, delivers remarks during the chief petty officer pinning ceremony Sept. 16



A CPO selectee is pinned with gold fouled anchors during the pinning ceremony.



Newly pinned chief petty officers stand in ranks after receiving their anchors and combination covers.



NAS JRB Commanding Officer Mark Sucato congratulates ACC John Wood after receiving his anchors.



YNC Latahia Graham, assigned to NALO, gets pinned by family members.



AMC Nicholas Whetstone, assigned to Fleet Readiness Center, Mid-Atlantic Det. New Orleans, is pinned by his family.



CMC Terry Owens, assigned to VR-54, reads words of encouragement to the new chiefs at the end of the ceremony.



AZC Rawn Davis, assigned to VFA-204, is pinned by family members during the 2016 CPO Pinning Ceremony.



PRC George Williams, assigned to VFA-204, receives his new combination cover after being pinned.

NAS JRB New Orleans Newest Chief Petty Officers

Commander Fleet Logistics Support Wing Det./Aviation Support Division New Orleans
LSC Felton Burks

Fleet Logistics Support Squadron (VR) 54
AWFC Troy Blackburn
AEC Jonathan Pfeiffer

Fleet Readiness Center Mid-Atlantic Det. New Orleans
ASC Julius Franklin
AMC Nicholas Whetstone
AMC Robert Yurasko

Naval Air Station Joint Reserve Base
ACC John Wood

Navy Air Logistics Office
YNC Latahia Graham
AZC Alondra Plaud

Navy Operational Support Center New Orleans
HMC Sean Miller

Navy Operational Support Center Shreveport
MAC Jonduke Bonanno
ETC Timothy Butler

Navy Recruiting District
LSC Billy Garland
NCC Mike Harshbarger

Navy Reserve Professional Development Center
NCC Stanita Burton

Strike Fighter Squadron (VFA) 204
AMC Frank Alaniz
AZC Rawn Davis II
ADC Kevin Dochtermann
AEC Alvin Ortiz
AEC Samuel Shultz
AOC Ledarryl Wesley
PRC George Williams II

Photos by MCI John Hulle and MC2 Edward Guttierrez

Fire House Receives New Firefighting Training Device

By Mass Communication Specialist
1st Class John Hulle
The Currents' Staff

Firefighters at Naval Air Station Joint Reserve Base (NAS JRB) New Orleans Fire & Emergency Services recently received a cutting edge piece of training equipment.

The Fireblast Global fast attack jet is a mobile aircraft firefighting training device (MAFTD). The device is a completely self-contained training unit with on-board propane and generator. Built to approximately 2/3 scale of an F/A-18 Hornet in full stainless steel construction, the 35-foot, fixed-wing unit allows the firefighters to train on multiple scenarios.

Assistant Chief Thomas Maury, training chief for NAS JRB New Orleans Fire & Emergency Services, said the

MAFTD is an important tool because fighting fires on aircraft requires an extremely specialized skillset.

Aircraft rescue firefighters have mandatory training requirements that they must meet which are set forth by civilian or military regulations and instructions. The new device will allow firefighters the opportunity to sharpen those aircraft specific skills such as ordinance cooling and pinning ejection seats, but more importantly "this equipment helps us focus on getting the pilot out of a burning aircraft, which is critical," Maury said.

The new MAFTD is also safer and better for the environment than training methods used previously. "Crude burning products, that were harmful to firefighters and the environment, have been replaced by cleaner burning fuels and smarter training props," said Maury. "Those



Fire fighters assigned to NAS JRB New Orleans Fire and Emergency Services test their newest piece of gear Sep. 7. The Fireblast Global fast attack jet is a completely self-contained training unit with on-board propane and generator. Built to approximately 2/3 scale in full stainless steel construction, the 35-foot, fixed-wing unit features allows the fire fighters to train on multiple scenarios. Photo by MCI John Hulle

old training props were used to help simulate dangerous and potentially catastrophic events but were inherently unpredictable and perilous themselves."

Smoke Alarms Have Expiration Dates: Don't Wait-Check the Date

By Wendy Shimmin
NAS JRB Fire Inspector

Does your home have a smoke alarm? According to the National Fire Protection Association (NFPA), the answer is likely yes.

NFPA research shows that most American homes have at least one. Everyone should know how old their alarms are and when they should be replaced. This is a concern for the base fire and emergency services at NAS JRB New Orleans and NFPA, along with fire departments throughout the country, because smoke alarms don't last forever.

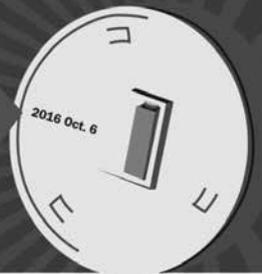
"Time and again, I've seen the life-saving impact smoke alarms can have in a home fire, but I've also seen the tragedy that can result when

Don't Wait — Check the Date!

Replace Smoke Alarms Every 10 Years

Fire Prevention Week
Oct. 9-15, 2016

Age matters when it comes to your smoke alarms.
Check the manufacture dates on your smoke alarms today!



smoke alarms aren't working properly," says Fire Chief Matt Spreitzer of the NAS JRB Fire and Emergency Services. "That's why we're making a concerted effort to educate our base residents about the overall importance of smoke alarms, and that they do have a life limit."

The National Fire Alarm Code®, NFPA 72, requires smoke alarms be replaced at least every 10 years, but because the public is generally

unaware of this requirement, many homes have smoke alarms past their expiration date, putting people at increased risk.

As the official sponsor of Fire Prevention Week for more than 90 years, NFPA is promoting this year's Fire Prevention Week campaign, "Don't Wait - Check the Date! Replace Smoke Alarms Every 10 Years," to better educate the public about the critical importance of knowing how

old their smoke alarms are and replacing them once they're 10 years old. Fire Prevention Week is Oct. 9-15.

Housing residents should be on the lookout for an informative and fun Fire Prevention Week goody bag that will be distributed in the month of October and Belle Chasse Academy kindergarten through 3rd grade students will get a visit from Sparky the Fire Dog as part of this year's Fire Prevention Week

activities sponsored by the base fire department.

To find out how old a smoke alarm is and its expiration date, simply look on the back of the alarm for the date manufactured. The smoke alarm should be replaced 10 years from that date (not the date of purchase). Spreitzer also wants to remind residents that smoke alarms should be tested monthly and that batteries should be replaced once a year or when they begin to chirp, signaling that they're running low.

For more information on smoke alarms and this year's Fire Prevention Week campaign, "Don't Wait: Check the Date! Replace Smoke Alarms Every 10 Years", visit <http://www.fireprevention-week.org> or call the base fire inspector's office at 504-678-3845.

Heritage Week: *from page 1*

gun drills and boarding pike drills, all taught by current Constitution crew members. After morning training each day, the selectees were sent out into Boston to participate in community outreach events at various locations, including the

New England Center for Homeless Veterans.

CPO selectees also marched in formation throughout Boston to visit historic sites, learn about U.S. history and Boston's ties to naval history, in addition to conducting a her-

itage fun run along Boston's Freedom Trail during the week.

"I met some amazing mentors during my week aboard USS Constitution," said Wood. "I also met some amazing CPO selectees which shows that the

Navy selected some great people to carry on and lead the future of the Navy. The experience as a whole is unforgettable. From the gun drills, pike drills, gig races and marching through the streets of Boston, every moment was

amazing. I wish I could have stayed longer but I'm not sure how many more nights my back could deal with sleeping on the deck of that ship!"

For a complete list of NAS JRB Sailors selected for chief petty officer see pages 8-9.

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Local Volunteer Earns ESGR Roche Spirit of Volunteerism Award

By Tammy Prine
The Currents' Staff

The Louisiana Employer Support of the Guard and Reserve (ESGR), a Department of Defense office, recently announced the recipient of the James M. Roche Spirit of Volunteerism Award. Retired Coast Guard Cmdr. Larry Jones, vice chairman of the Louisiana ESGR, was presented the award Aug. 23 by John Pugh, Louisiana state ESGR chairman.

The Roche award is the highest award given to a committee volunteer for sustained quality service as a volunteer over a substantial period of years. The award highlights patriotism, good citizenship, and public responsibility; often achieved by great effort and personal sacrifice.

The ESGR was established in 1972 to develop and maintain employer support for Guard and Reserve service.

Jones joined the ESGR in 2000 while still on active duty with the Coast Guard and continued with the volunteer work

after his retirement in 2007.

During his tenure as the southeast chairman Jones was responsible for more than 1,200 Statement of Support signings which was a 200 percent increase from previous years. During the past six years Jones has worked 33 ombudsman cases and presented more than 317 Patriot Awards around Southeast Louisiana.

"As an outstanding volunteer he was selected as the Southeast Region Volunteer of the Year for Employer Outreach in 2014 and as the National Volunteer of the Year Operational in 2015," said Pugh. "He has done so much to help the Guardsmen and Reservists in Louisiana."

Jones was surprised upon learning he was the award recipient.

"I had no idea that I had been nominated for the award," said Jones. "It makes me feel so good to know that others within the organization think enough of me to recognize me for this award. When we help a service member get a job, keep a job (ombudsman) and present awards to great employers it is

such a positive thing to do for all our service members. I take it as a personal reward every time I see a smile on their faces."

But ESGR isn't the only organization that benefits from his time.

"I had a great career, reserve and active-duty, spanning 41 years, 17 with the Air Force and 24 with the Coast Guard," said Jones. "When I retired, I didn't have much support to complete my VA paperwork. I decided then that maybe I could help get some of obstacles out of the way to help other veterans. I started volunteering at the VA hospital two days a week to stay connected with and help other service members but many other military-type organizations needed help and I just could not say no to them."

Other groups that Jones gives his time to include the Veterans of Foreign Wars, Catholic War Veterans USA, American Legion, Disabled American Veterans, Coast Guard Combat Veteran's Association, Knights of Columbus, New Orleans Mayor's Military Advisory



Louisiana ESGR members celebrate the awarding of the ESGR Roche Spirit of Volunteerism Award to Larry Jones during a dinner in New Orleans. Louisiana ESGR members are from left: John Manion, ombudsman director; John Pugh, state chairman; Larry Jones and Ken Demarest, area member.
Photo by Frank Huff

Committee, Legion of Mars Mardi Gras Krewe, and many more. He has received dozens of awards for all of his work.

"The list of groups I volunteer with just grew but now I am maxed out. Sometimes I have more than one meeting at the same time and date. I try to alternate meetings when I can and have to prioritize events and get someone else to take

the meeting when I can't make it," said Jones.

"I tell everyone, don't retire and sit on the porch. Volunteer just a few hours a week and you can make a difference to someone else. I don't think I have moved any mountains but I have sure learned how to navigate the system. If I help one veteran everyday my day is complete."



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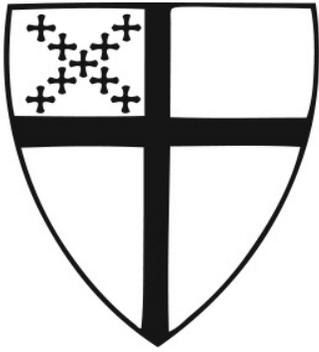
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Suicide Prevention Month is Every Month

By Lt. Cmdr. Shawn Turpin
NAS JRB Chaplain



Chaplain's
Corner

NAS JRB Base Chapel
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Protestant Service
Sunday at 11 a.m.

September was Suicide Prevention Month. A lot was done at the base to remind everyone of the importance of preventing suicide: Suicide Awareness Walk coordinated by CSADD, awareness campaigns by individuals and units, social media, e-mails, reminders, posters, etc. But suicide prevention does not end after September; in fact every month is Suicide Prevention Month.

Suicide affects all of us: civilians, families, friends, service

members, and first responders. Some of you may be grieving over the loss of a loved one or friend or have been traumatized by someone's final decision, wondering what you could have done. Please know that you are not at fault. There are some who will commit suicide regardless of any and all the care they have available to them.

However, we can all better

learn how to be more aware of those reaching out for help. The Chaplain's Religious Enrichment Development Operation (CREDO) offers a class called safeTALK, which helps people to not miss, dismiss or avoid invitations. It stands for Suicide Alertness For Everyone, and TALK stands for Tell, Ask, Listen, and Keep Safe. You will become more comfortable in recognizing and assisting a person to get the help they need.

But you do not have to attend to a class to care for others. The One Small ACT slogan is one thing you should do daily.

Ask if anyone around you is very depressed or has lost the desire to live.

Care enough to get them the help they need: unit leader, chaplain, Fleet and Family, Military Onesource, etc.

Treat them with respect and dignity because you may also have a hard time and need help.

Here are a few other small acts you can do.

Say hello when you pass an office; say something positive to or about your coworkers; ask for feedback about yourself (i.e. how can I make your work life run smoother?); take non-smoking breaks; exercise at a

minimum every 48 hours, to let off steam or set an example; pick up somebody else's trash without drawing attention; thank someone unexpectedly without any request; ask a coworker to gage their motivation level on a scale of 1-10; smile (it increases your face value); and always laugh at chaplain's jokes.

Take just five minutes to look someone in the eye TODAY and ask how they are doing. Look out for each other. All it takes is one small act.

Blessings,
Chaps



The Tickets and Tours office at NAS JRB New Orleans has moved. They are now located in Building 261 on Russell Ave., in Room 108. For hours and more information call 504-678-3508.

MWR courtesy photo



Chief petty officer selectees lead a group of chief petty officers and other NAS JRB members in a 9/11 memorial run through the base Sept. 9. The run was a tribute to those who lost their lives in the terrorist attacks on Sept. 11, 2001. The memorial run on base has taken place for more than a decade.

Photo by Tammy Prine



Chief of Chaplains of the Navy, Rear Adm. Margaret Kibben, visits NAS JRB New Orleans Base Chapel Oct. 9. Her visit included a meeting with religious ministry members from the 377th Theater Sustainment Command, Louisiana Air National Guard and Marine Forces Reserve.

Photo by MCI John Hulle

2017 Military Child of the Year® Awards Nominations

By The Currents' Staff

Operation Homefront is now accepting Military Child of the Year (MCOY) nominations through Dec. 5, 2016.

The annual awards will recognize six outstanding young people ages 8 to 18. Each of them will represent a branch of the armed forces for their scholarship, volunteerism, leadership, extracurricular involvement, and other criteria while facing the challenges of military

family life.

There will be a seventh award for a young person age 13-18. This award is the Military Child of the Year Award for Innovation® presented by Booz Allen Hamilton, a strategy and management consulting firm. With a new invention, improvement to existing technology, creation of a new nonprofit or community service group, or expansion of an existing membership organization, the winner of this award shows the power of innovative thinking. A child can

be nominated and apply for both awards.

Recipients of the MCOY awards will receive \$10,000 and a trip to Washington, D.C. for the special awards gala on April 6, 2017. The recipient of the Innovation Award will receive \$5000, a trip for D.C. for the gala and assistance from Booz Allen Hamilton to advance their project.

For complete details and nomination form visit: <http://www.militarychild-oftheyear.org>.

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