

March
2024

The FFSC Focus



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Fleet and Family strives to deliver the highest quality programs and services to effectively and efficiently enrich the quality of life for service members and their families while enhancing warfighter resiliency and readiness.

Our motto is:
"We're Here For You!"

FFSC Operating Hours:

Monday-Friday
0730-1600
Or by appointment

For emergencies call
911

Honoring Women in the U.S. Military

Women's History Month provides an important opportunity to highlight the impactful contributions of women, particularly in the military. Over the years, women have broken barriers and demonstrated unwavering courage, playing pivotal roles in defending the nation. Women in the military come from diverse backgrounds, serving in various capacities that contribute to the strength and effectiveness of the armed forces. Recognizing the intersectionality of their experiences is essential, acknowledging the challenges they may face in a traditionally male-dominated environment. During Women's History Month, it is crucial to honor the women who have made significant contributions to the military. Their dedication, resilience, and groundbreaking accomplishments have shaped the history of the Armed Forces, paving the way for future generations of women in uniform.

Admiral Lisa Fanchetti stands out as a trailblazer in the U.S. Navy. In 1985, she became the first woman to graduate from the U.S. Naval Academy as a Trident Scholar. Throughout her distinguished career, Admiral Fanchetti held various command positions, including leading the USS Mount Whitney (LCC 20), the flagship of the U.S. Sixth Fleet. Her leadership not only shattered glass ceilings but also inspired countless individuals to pursue Navy careers.

Captain Linda L. Bray made history in 1989 as the first woman to lead U.S. troops in combat during the invasion of Panama. Her courageous leadership paved the way for future generations of women in the military, showcasing the evolving roles women could play.

Colonel Eileen Collins achieved significant milestones in aerospace, becoming the first female Space Shuttle pilot in 1995 and later, in 1999, the first female Space Shuttle commander. Her accomplishments exemplify the strides women have made in both traditional military roles and aerospace.

In 2008, General Ann E. Dunwoody made history as the

first woman in U.S. military history to achieve the rank of four-star general. Her trailblazing career in the Army set an inspiring example for women aspiring to leadership roles.



Sergeant Leigh Ann Hester received the Silver Star in 2005 for her exceptional leadership and courage during an enemy ambush in Iraq. Her actions highlighted the indomitable spirit of women serving on the front lines, proving their capability and dedication.

NAS JRB New Orleans proudly boasts an all-female Triad consisting of Captain Lena Kaman, Commander Lakisha P. Washington, and Command Master Chief Monique Greenidge. The Triad serves as a source of inspiration and underscores the importance of embracing diverse perspectives in operational excellence. The women leading NAS JRB New Orleans exemplify strength, capability, and leadership prowess. Together, as a united military community, we celebrate the women at our helm and continue striving for a future where diversity remains a cornerstone of our shared success.

~ Davina Caldwell



Right: Captain Lena Kaman
Middle: Commander Lakisha Washington
Left: Command Master Chief Monique Greenidge

MARCH THEMES

- Reserve Support
- American Red Cross
- Women's History Month
- Professional Social Worker Appreciation Month



Just For Giggles

Q: Why did the leprechaun go outside?

A: To sit on the paddy-o.

Q: Why is it bad to iron your four-leaf clover?

A: You shouldn't press your luck.

Q: Which type of bow can't be tied in March?

A: A Rainbow

Q: Why is March the most popular month to use a trampoline?

A: It's spring-time.

Q: Can February March?

A: No, but April May.

Q: What do bees wear in the rain?

A: Their yellow jackets.

Q: What do you get when you cross poison ivy with a four leaf clover?

A: A rash of good luck.

Q: How did the cake get wet?

A: It got sprinkled.



Child and Safety

In the United States, the primary culprits in childhood injury are firearms and automobile accidents. Parents' efforts towards preventing injury is key to keeping children safe from harm.

Car safety. It's not just safe, it's the law:

- Always check that you and your children are properly buckled in every time you are in the car.
- Use an infant car seat properly. Don't place one in the front seat of a vehicle equipped with an air bag on the passenger side. The safest location for a car seat is the middle of the rear seat. All infants and toddlers should ride in a rear-facing car set until they are 2 years of age or until they have reached the highest weight and height allowed by their car seat's manufacturing specifications.
- Once a child has outgrown their car seat, a child should be in a booster seat until he or she is 4 feet, 9 inches tall and 8 to 12 years old. After they no longer require a booster seat the child should be restrained by a regular seat belt.
- Children under 13 years old should never be allowed to ride in the front passenger seat.
- Never let children ride in the back of a pickup truck.
- Many car seats are installed improperly. NAS JRB New

Orleans Fire and Emergency Services can inspect your car seat. Scan this QR code to set up an appointment:



Firearms and safety

If you decide to keep guns in the home, be aware that many studies show that teaching children about gun safety, or to not touch a firearm if they find one, is not enough. You can reduce the chances of children being injured by remembering the following:

- All guns in your home should be **locked and unloaded, with ammunition locked separately.**
- Make sure children and teens can't access the keys or combinations to lock boxes or gun safes.
- Remember not to keep loaded, unlocked guns in the car or anywhere else on your property.
- No gun lock? No problem! The Fleet and Family Support Center has free gunlocks available to our community. Stop by our office to get yours!



Hidden Image



Find the hidden image — Corgi — in the picture.....

.....If you can't find it, look for the answer on Page 4

HOLIDAYS/OBSERVANCES

- U.S. Navy Reserves Birthday – 3 March
- Daylight Savings Time – 10 March
- National Poison Prevention Week – 17-23 March
- Medal of Honor Day – 25 March



Nutrition: Improving Your Eating Habits



March 3, 2024, marks the 109th birthday of the United States Navy Reserve.

Initially founded to ready America for potential involvement in World War I, the Naval Reserve Force was first only open to Navy veterans — within a year, however, general enlistment requirements were constructed and the public's involvement skyrocketed. By the end of the war, the number of serving Naval Reservists grew to 245,789, counting for 54 percent of the total U.S. Naval Force at the time - by the end of World War II that number climbed to 3 million, or 84 percent of all Sailors serving at the time.

Throughout the past century, the Navy Reserve has been on the forward edge of military progress. Their mission in support of our nation's active duty forces has led to reforms and advances across the fleet. As long as there are citizens who feel the call to serve their country, the Navy Reserve sails on.

<https://allhands.navy.mil/Stories/DisplayStory/Article/1840644/history-of-the->

If you are a victim of sexual assault, call 24/7:

24/7 DoD Safe Helpline
877-995-5247

24/7 SAPR Base VA
504-329-3476

FFSC SAPR VA
504-373-0980

NAS JRB NOLA SARC
504-762-0224

When it comes to eating, many of us have developed habits. Some are good ("I always eat fruit as a dessert"), and some are not so good ("I always have a sugary drink after work as a reward"). Even if you've had the same eating pattern for years, it's not too late to make improvements.

Making sudden, radical changes, such as eating nothing but cabbage soup, can lead to short term weight loss. However, such radical changes are neither healthy nor a good idea and won't be successful in the long run. Permanently improving your eating habits requires a thoughtful approach in which you reflect, replace, and reinforce.

REFLECT on all of your specific eating habits, both bad and good; and, your common triggers for unhealthy eating.



- Create a list of your eating and drinking habits. Keep a food and beverage diary for a few days. Write down everything you eat and drink, including sugary drinks and alcohol. Write down the time of day you ate or drank the item. This will help you uncover your habits. It's good to note how you were feeling when you decided to eat, especially if you were eating when not hungry. Were you tired? Stressed out?
- Highlight the habits on your list that may be leading you to overeat. Be sure you've identified all the triggers that cause you to engage in those habits. Identify a few you'd like to work on improving first. Don't forget to pat yourself on the back for the things you're doing right. Maybe you usually eat fruit for dessert, or you drink low-fat or fat-free milk. These are good habits! Recognizing your successes will help encourage you to make more changes.

- Circle the "cues" on your list that you face on a daily or weekly basis. While the Thanksgiving holiday may be a trigger to overeat, for now focus on cues you face more often. Eventually you want a plan for as many eating cues as you can.

- Ask yourself these questions for each "cue" you've circled: Is there anything I can do to avoid the cue or situation? For things I can't avoid, can I do something differently that would be healthier?

REPLACE your unhealthy eating habits with healthier ones. For example, in reflecting upon your eating habits, you may realize that you eat too fast when you eat alone. So, make a commitment to share a lunch each week with a colleague, or have a neighbor over for dinner one night a week. Another strategy is to put your fork down between bites. Also, minimize distractions, such as watching the news while you eat. Such distractions keep you from paying attention to how quickly and how much you're eating. Eat only when you're truly hungry instead of when you are tired, anxious, or feeling an emotion besides hunger. Plan meals ahead of time to ensure that you eat a healthy well-balanced meal.

REINFORCE your new, healthier eating habits. Habits take time to develop. It doesn't happen overnight. When you do find yourself engaging in an unhealthy habit, stop as quickly as possible and ask yourself: Why do I do this? When did I start doing this? What changes do I need to make? Be careful not to berate yourself or think that one mistake "blows" a whole day's worth of healthy habits. You can do it! It just takes one day at a time!

https://www.cdc.gov/healthyweight/losing_weight/eating_habits.html



The purpose of National Social Work Month is to recognize and celebrate the contributions of social workers to society and to promote the profession of social work. It is important because it raises awareness of the vital services that social workers provide to those in need, especially in vulnerable and marginalized populations. Social workers are vital figures in our society and deserve recognition for their hard work and dedication to breaking down barriers and fighting inequalities.

Social workers help people navigate complex systems, such as healthcare, education, and criminal justice, and work to address issues of discrimination and inequality. They also provide counseling and support to help individuals and families cope with life's challenges, such as illness, loss, and poverty. All of which are reasons that we take the time to celebrate social workers and the excellent work they do for our societies.



All workshops and classes will be held in Central Standard Time (CST) and are subject to change. Please contact the FFSC for participant information and to obtain course handouts and materials. Registration is required for all classes. To register, or for additional information about FFSC events and services, please call 504-678-7569 or email us at NORL_N91_FFSC_ADMIN@NAVY.MIL.



March 2024



Monday	Tuesday	Wednesday	Thursday	Friday
4	5	6 Parent Toddler Playgroup 0900-1030		8
11	12	13	14	15
Transition Core Course and MY Employment (2-Day Track) 0800—1600				
Bright Beginnings 0900-1030 SHAPE Module 1 Overview*	SHAPE Module 2* Ages 2-4	SAPR First Responder Training 1300-1500 SHAPE Module 3*, Ages 5-9	Lunch and Learn at The Galley 1145-1300 SHAPE Module 4*, Ages 10-12	SHAPE Module 5* Ages 13-18
18	19 	20 Parent Toddler Playgroup 0900-1030	21	22 Family Day
25 Bright Beginnings 0900-1030	26 Capstone Event 0900-1200	27	28	29
Newcomer's Orientation and Tour 0800—1600				
 SHAPE recognizes sexual development as a natural part of child development. SHAPE aids caregivers in the use of language to support children's healthy development and how to recognize behaviors as normative, cautionary, or problematic. All classes are virtual via TEAMS from 5:30p to 7:00p. REQUIRED MODULE 11 March: Child Sexual Health Overview OPTIONAL MODULES 12 March: Ages 2-4 13 March: Ages 5-9 14 March: Ages 10-12 15 March: Ages 13-18				

*SHAPE Module
This class is available via TEAMS.
from 5:30p to 7:00p
Please contact FFSC to register
your spot.

