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Flex Rent Payment System

You probably received an email on April 25th saying that there is a new way to pay rent with Flex. It lets you split your rent into 2 payments. Note that this is **NOT** mandatory. You can continue to use your current payment method.

Schedule Changes

Please be advised that two scheduling changes are set to begin in May. TRE (Trauma Releasing Exercises) will be at 1:30pm starting in May, instead of 2pm. Also, food pantry will be held at 4pm starting in May, instead of 4:30pm.

Upcoming One-Off Events for May

- 05/07 – 8am – Breakfast by Ms. Sylvia (NOT on Fri.)
- 05/08 – 4 to 6:30pm - Ladies Night at the VA
- 05/08 – 5 to 7pm – Warrior Writers w/food
- 05/08 – 11am – Yoga for Everyone
- 05/09 – 12 to 2:30pm – Acupuncture, Cupping, Massage
- 05/10 – 7 to 9pm – Board Games & Beer at Skeeta Hawk Brewery
- 05/12 – 11 to 1:30pm – Training for Phone Usage
- 05/13 – 6pm – Game Night at Bastion w/food
- 05/15 – 5:30pm - Open Resident Council meeting
- 05/16 – 5pm – Village Feedup by Ms. Shantrise
- 05/17 – 5pm – Fish Fry
- 05/18 – 5 to 7pm – Outdoor Concert w/food
- 05/20 – 5pm – Meal followed by Town Hall
- 05/21 – 5pm – Writing Workshop for Caregivers / Family / Friends of Veterans
- 05/23 – 12 to 2:30pm – Acupuncture, Cupping, Massage
- 05/26 – Meal & Water Slide Memorial Day Event, Time TBD
- 05/28 – 5 to 7pm – New Orleans Veterans Coalition (NOVC) at Skeeta Hawk Brewery
- 05/29 – 5pm – Village Feedup by Ms. Shantrise

As always, check your emails and texts for the most up to date information about events!

“Hydroponics at Bastion” by Caity Bower, LOTR



I wanted to take this month's Bugle Article opportunity to inform the community of some new and exciting installations here at Bastion!! Some of you may have noticed our Headway participants working hard with wood and power tools in the front lawn; or perhaps you've attended an education session from ReCirculating Farms on “tower growing” for our new...HYDROPONICS SYSTEM!!!

What Is Hydroponics?

Hydroponics is a way of growing plants quickly and efficiently without using soil & dirt. This growing method focuses on only using water with balanced nutrients, sunlight, and pH levels to grow healthy and nutritious produce. Hydroponic growing has several benefits which include:

- Grows plants at rapid speeds
- provides larger amounts of healthier produce
- low maintenance: only requires weekly water checks to monitor water pH and nutrient levels
- improved pest and disease control

Hydroponics At Bastion:

The Headway participants attended several education sessions at Recirculating Farms, where they learned about the Benefits and techniques of hydroponic growing. Through the generous donations of the City Park Gardening Club, Bastion obtained a 8 tower growing system (located on the walkway of the purple heart



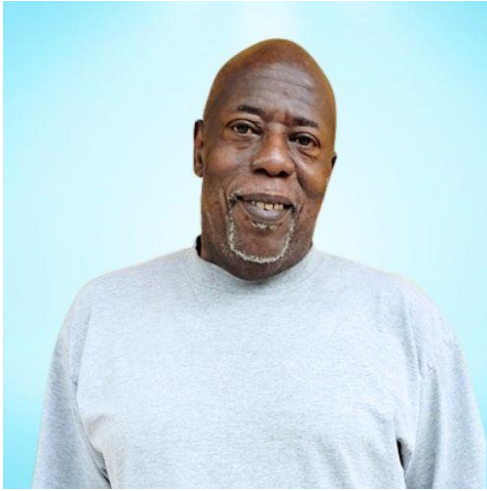
the plants. The Headway Group (with the assistance of volunteer Sean LeBlanc) also built a new teal wooden rack with wheels, to ensure our ability to move the growing tower based on our needs. We officially planted our first round of produce in our tower last week, and we should expect our first harvest in the middle of June!



You may have also noticed the new tabletop hydroponic systems located in the center. These are smaller systems similar

to our tower system, that will also be used to grow more herbs/produce for our food pantry. If you have any questions or suggestions on items you'd like to be grown, please let us know!

Meet Your Neighbor: Gary Davis



Gary Davis, originally from New Orleans, served in U.S. Army as a Water Purification Specialist between the years 1976 & 1978.

Oddly enough, Gary's favorite hobby is raising a diverse array of pigeons. In addition to his avian interests, Gary is fond of playing games on his phone, and he makes an effort to incorporate exercise into his routine whenever he can.

As a child, Gary didn't know what he wanted to be when he grew up. However, after completing his service in the Army, he received a pivotal piece of advice from his mother, who encouraged him to explore nursing school. Heeding her suggestion, Gary enrolled in a nursing program and discovered a profound love for the profession. The experience of caring for others and making a tangible difference in their lives brought him immense satisfaction.

Today, Gary is furthering his education by enrolling in the Addictive Behaviors Counseling and Prevention program at Southern University at New Orleans (SUNO). His commitment to effecting positive change in the lives of others is a testament to his deep-seated passion for helping those in need. Gary's dedication to personal growth and his desire to make a meaningful impact on the community around him continue to drive his actions and aspirations.

Resident Council

The Resident Council met twice in April, once on the 3rd and an open meeting on the 23rd.

On the 3rd we discussed the idea of little free libraries, and that it may be possible to obtain one for free. Also, the possibility of making the door to the Wellness Center ADA-friendly. In order to do that, we need permission from the owner. We also agreed to purchase 2 new carts, and they have been purchased.

The open meeting was held on the 23rd. Autumn suggested that we send out an email on the morning of the open resident council meetings, listing the agenda items. That way people could determine if there was a topic that was of interest to them, and whether they'd like to attend. She also said that if we have guests at our meetings, to notify the residents for the same reason. (Later, Susan was able to obtain permission from Lovella to do both things.)

Ms. Dorothy Washington said that we have been having too much pizza and that we should have more barbeques. We also discussed the Community Covenant and the reactions to that document seemed favorable. We plan to roll it out to the community soon. Finally, Ms. Charise said that we could organize regarding renter's rights.

The next open resident council meeting will be on Thursday, May 15th at 5:30pm. Please contact us at council@joinbastion.org with your agenda items. They need to be in by the 14th, in order to publicize them in Thursday's email.

Wellness Intensive for June and July

Bastion is offering a free, 8-week Wellness Intensive for veterans and active duty service members, in June and July. This is a chance to try out different types of healing techniques, such as yoga, walk/run/ride group, acupuncture, cupping, meditation, tai chi, art sessions, TRE (Tension & Trauma Releasing Exercises) and more. This program is led by Bastion's social work team Lovella Calica (LCSW), EJ Bond (LCSW) and Breyana Robinson (MSW Intern).

- June 2nd – July 21st
- Mondays from 11-12:30pm, plus free lunch afterwards
- 1.5 hours of psychoeducation per week + 1 mind/body intervention per week
- Face to face participants only, at 1901 Mirabeau Ave., New Orleans, LA 70122
- Veterans or Active duty service members, 18 years or older
- Military family members will be put on a waitlist/invited to join future groups

Topics include The Science of Stress & Trauma, Managing Stress/Coping Skills, Communication & Boundaries, and alternative treatments for mental health.

Please fill out the interest/registration form by May 15 by scanning the QR Code below or by asking Lovella for the link.



Email Lovella at
lovella@joinbastion.org if
you have any questions.

Crescent City Classic Photos



“The Community is Ours to Make” by Susan Lutz & Lovella Calica, LCSW

On September 16, 2017, Bastion held its first community meeting, wherein Dylan Tête (Bastion Executive Director at the time, and Founder) laid out his vision for the community through three “lenses”. 1.) We watched a video of an interview with Matthew Drake, who was the sole survivor of a suicide bomb attack in Iraq and who now lives with Traumatic Brain Injury (TBI). 2.) Dylan said he thinks of our community as a “Time Bank,” where the currency is service hours. He pointed out that when we give of ourselves, not only are we helping others, but we’re helping to take part in our own enrichment. 3.) His third lens was that the community is ours to make.

Jeremy Brewer, social worker, also spoke and opened with an inspiring quote by Marcus Aurelius to the effect that human beings are formed by nature to benefit others. He said that when you fulfill your 6+ hours of service each week, that could mean different things to different people. You could, for example: provide meals, rides to those without cars, a listening and sympathetic ear, or pick up trash around the community. He ended with a “call to action,” encouraging residents to give of themselves and to get involved.

All of this is still relevant today. Even though Bastion does not require service hours, it is encouraged, and many neighbors give. Bastion neighbors have done some very thoughtful and helpful things including: Donated household items to new residents/neighbors, put out/returned trash cans to the curb, given rides to grocery stores, doctor appointments, etc.

One neighbor even made Easter baskets for another neighbor's kids. This is just a small sampling of what goes on at Bastion.

I also wanted to discuss the concept of reciprocity. Reciprocity is fundamental to fostering healthy relationships and communities, where mutual support and the exchange of energy contribute to a balanced and nurturing atmosphere. In relationships, reciprocity can manifest in various ways: generalized reciprocity refers to giving without expecting an immediate return, balanced reciprocity focuses on a fair exchange, and negative reciprocity indicates an unequal interaction that may result in feelings of resentment or burnout.

There is also the idea of paying it forward. This refers to the notion where the recipient of a good deed chooses to extend kindness to others instead of returning it to the original benefactor. This practice is also known as serial reciprocity. For instance, if the organization has assisted you with a financial matter, you could express your gratitude by performing a kind act for a neighbor.

Circling back to what Dylan said, the community is still ours to make. The new Veteran Wellness Center stands as a symbol of a fresh start. It is an opportunity for us all to reflect, and come together, pooling our talents and resources, to enhance the brilliance of this community. By working collaboratively, and by prioritizing reciprocity, we can ensure that Bastion shines even more radiantly than it already does.

List of May Events...

Fri. 05/02 at 8am – Breakfast by Ms. Sylvia
Mon. 05/05 at 6pm – Light refreshments followed by Bible study in the Wellness Center
Wed. 05/07 at 8am – Breakfast by Ms. Sylvia (NOT on Friday the 9th)
Wed. 05/07 at 12pm – Sobriety Support Group *
Wed. 05/07 at 1:30pm – TRE (Tension/Trauma Releasing Exercises) *
Wed. 05/07 at 4pm – Food Pantry *
Thurs. 05/08 at 4 to 6:30pm - Ladies Night at the VA
Thurs. 05/08 at 5 to 7pm – Warrior Writers w/food
Fri. 05/09 at 12 to 2:30pm – Acupuncture, Cupping, Massage
Sat. 05/10 at 7 to 9pm – Board Games & Beer at Skeeta Hawk Brewery
Mon. 05/12 at 11 to 1:30pm – Training for Phone Usage
Mon. 05/12 at 6pm – Light refreshments followed by Bible study in the Wellness Center
Tues. 05/13 at 6pm – Game Night at Bastion w/Meal
Wed. 05/14 at 12pm – Sobriety Support Group *
Wed. 05/14 at 1:30pm – TRE (Tension/Trauma Releasing Exercises) *
Wed. 05/14 at 4pm – Food Pantry *
Thurs. 05/15 at 5:30pm - Open Resident Council meeting
Fri. 05/16 at 5pm – Village Feedup by Ms. Shantrise
Sat. 05/17 at 5pm – Fish Fry
Sun. 05/18 at 5 to 7pm – Outdoor concert w/Food
Mon. 05/19 at 6pm – Light refreshments followed by Bible study in the Wellness Center
Tues. 05/20 at 5pm – Meal followed by Town Hall
Wed. 05/21 at 12pm – Sobriety Support Group *
Wed. 05/21 at 1:30pm – TRE (Tension/Trauma Releasing Exercises) *
Wed. 05/21 at 4pm – Food Pantry *
Wed. 05/21 at 5pm - Writing Workshop for Caregivers / Family / Friends of Veterans
Fri. 05/23 at 8am – Breakfast by Ms. Sylvia
Fri. 05/23 at 12 to 2:30pm – Acupuncture, Cupping, Massage
Mon. 05/26 MEMORIAL DAY – Meal and Water Slide Memorial Day Event Time TBD
Mon. 05/26 – **NO** Bible Study
Wed. 05/28 at 5 to 7pm – New Orleans Veterans Coalition (NOVC) at Skeeta Hawk Brewery
Thurs. 05/29 at 5pm – Village Feedup by Ms. Shantrise
Fri. 05/30 at 8am – Breakfast by Ms. Sylvia

Walk / Run / Ride / Roll Group Tuesdays at 9:30am! / Coffee Cart is every weekday from 9:30am to 11am!

Asterisk (*) = weekly event. Check emails and texts for the latest information about events.