

NIDMAVA HIGHLIGHTS

JANUARY 8, 2016



2015 NCO OF THE YEAR

By Spc. Oscar Baldriche, 444th Mobile Public Affairs Detachment

Sgt. Roger Roberts believes part of being a leader, is looking like one.

Before starting a recent interview, the 2015 Enlisted Association of the National Guard of New Jersey NCO of the Year was the one asking the questions. The first: "How does my hair look?"

The selection board said they chose Roberts of the 253rd Transportation Company for his leadership abilities, technical skills and ferocious attention to detail – including the Army grooming standards.

Roberts, who sums up his work ethic as "bringing it every day" believed he would do well in the competition, but did not expect to end up as the NCO of the Year.

"When I was told that I was put in for NCO of the company I was not really surprised," Roberts said. But, when I was informed that I had won on the state level, I was blown away."

The platoon leader who nominated Roberts in the first place wasn't the least bit surprised the Soldier made it all the way.

"He is the best in the battalion," said Staff Sgt. Nicholas Doughty. "He is the epitome of what this company already knows. We all know what he brings to the table and we all try to follow his lead."

Roberts sees the honor as an opportunity to lead by example.

"I have the privilege to say that I want to be the example for future generations to come," he said. "Hard work and leadership is involved in a little of everything that you do."



Sgt. Roger Roberts, 253rd Transportation Company, 57th Troop Command reports to the Soldier of the Year Board at Joint Base McGuire-Dix-Lakehurst, N.J., April 18, 2015. (U.S. Army National Guard photo by Staff Sgt. Devlin Drew/Released)

Cover: Santa visits Vineland residents

For a fifth year each resident of the New Jersey Veterans Memorial Home at Vineland receive a gift from Santa Claus during a Second Wind Dreams event Dec. 22, 2015. (NJDMAVA photo by Kryn P. Westhoven/Released)

Veterans Outreach Campaign

Veterans Outreach
Campaign and Medal
Ceremony

Jan. 26 – 28

10 a.m. – 8 p.m.

DMAVA medal ceremony Jan. 26
at 11 a.m. at Center Court
Quaker Bridge Mall
150 Quakerbridge Road,
Lawrenceville, NJ 08648

E-mail your
Highlights
submissions to:
[mark.olsen@
dmava.nj.gov](mailto:mark.olsen@dmava.nj.gov)
by close of
business
Wednesday

Dreams delivered by Santa in Vineland

Photos by Kryn P. Westhoven, New Jersey Department of Military and Veterans Affairs Public Affairs



For a fifth year, each resident of the New Jersey Veterans Memorial Home at Vineland received a gift from Santa during Second Wind Dreams event Dec. 22, 2015. Shoppers and employees of the Boscov's in the Cumberland Mall purchase the gifts which are displayed as ornaments on the Vineland department store Christmas tree. Each ornament has a wish for a holiday gift from a resident. The Boscov's staff wrapped all 300 gifts before delivering them to the home. Vineland staff members, volunteers and Boscov's employees distributed the gifts. The Second Wind Dreams group has been helping to make nursing home resident wishes and dreams become a reality since 1997. The Vineland Veterans Home was granted a lifetime scholarship to Second Wind Dreams through the generosity of the Harrah's Foundation.



CRUSHING THE APFT: READY-TO-GO IN 90

From Guard Your Health

You're 90 days away from the Army Physical Fitness test (APFT). Get ready to complete a two mile run, as well as your max amount of push-ups and sit-ups in two minutes.

Put in the time now, so that you can dominate the test later. Want to know your baseline score? Test yourself by using the APFT calculator.

If your APFT is sooner than 90 days, Guard Your Health has you covered with exercise plans for 60 and 30 days out.

The Basics: Focus on Cardio and Strength Training

Now is the time to ramp up your cardio and strength training.

Training for your 2-mile run takes time, so get moving today! Running—or even fast walking—for 20 minutes or more three to four times a week will build your cardio (cardiovascular) endurance.

You'll need a strong chest, back, triceps, and core to crush the sit-up and push-up portion of the test. Start weight training three times a week to improve your strength.

Tailor Your Exercise Plan to Your Fitness Level

When starting an exercise plan, it's important to begin where you are. Pick the exercise plan that matches your fitness level right now – not where you want to be.

Level 1 – “Willing to Sweat”

Level 2 – “Occasional Athlete”

Level 3 – “Gym Rat”

Get Started with Your Exercise Plan

To get training today, check out the exercise plan, “How to Crush the APFT: 90 Days to Go!” It includes cardio and strength training for each level of fitness.

Print out the exercise plan and keep it handy at the gym or at home!

Get Your Technique Right to Prevent Injury

Not sure how to do some of the weight training exercises in the exercise plan? Check out these videos for additional instruction.

Follow These Safety Tips to Stay In-

How to Crush the APFT!

90 days to GO!

Pick the cardio and strength plans that match your current fitness level.

CARDIO

Training for your 2-mile run takes time.

Get moving now!



TIP

Soldiers over 50 and those with joint pain should make sure they can complete the same workout for 2 weeks before increasing distance and weight resistance.

CARDIO

LEVEL 1

WILLING TO SWEAT

- ▶ “Walk-run” 3 - 4 times a week
- ▶ Walk for 90 seconds, run for 30 seconds. Repeat 10 times for a total of 20 minutes
- ▶ Eventually, increase to 30 seconds/90 seconds
- ▶ Your goal this month is to work up to running 20 minutes without walking

TIP

Always warm up for 5 minutes and cool down/stretch for 5 minutes before and after you run.

CARDIO

LEVEL 2

OCCASIONAL ATHLETE

- ▶ Run 3 - 4 times a week for 20 minutes in week #1
- ▶ In week #2, begin adding 5 minutes to your runs each week
- ▶ By week #4, your runs will be 35 minutes
- ▶ Your goal this month is to increase endurance instead of speed

CARDIO

LEVEL 3

GYM RAT

- ▶ Run 2 - 3 times a week for at least 30 minutes
- ▶ Complete 1 - 2 interval runs (the days you don't run for 30 minutes)
- ▶ Warm up by jogging for 10 minutes, sprint for 60 seconds, then jog for 2 minutes
- ▶ Repeat 4 times
- ▶ Your goal this month is to increase endurance and speed

STRENGTH

LEVEL 1

WILLING TO SWEAT

- ▶ Alternating floor press 1 set of 15 reps
- ▶ Lunges 1 set of 15 lunges with weights in each hand
- ▶ Tricep dips 1 set of 15 reps
- ▶ Dumbbell curls 1 set of 15 reps
- ▶ Plank Hold for 15 seconds, rest for 30 seconds, repeat 3 times
- ▶ Push-ups 2 sets of 10 push-ups; slow down and focus on good form

STRENGTH

LEVEL 2

OCCASIONAL ATHLETE

- ▶ Alternating floor press 2 sets of 15 reps
- ▶ Lunges 2 sets of 15 lunges with weights in each hand
- ▶ Tricep dips 2 sets of 15 reps
- ▶ Lateral raises 2 sets of 15 reps
- ▶ Dumbbell curls 2 sets of 15 reps
- ▶ Plank Hold for 30 seconds, rest for 30 seconds, repeat 3 times
- ▶ Push-ups 3 sets of 15 push-ups; slow down and focus on form

STRENGTH

LEVEL 3

GYM RAT

- ▶ Alternating floor press 3 sets of 10 reps
- ▶ Lunges 3 sets of 10 lunges with weights in each hand
- ▶ Tricep dips 3 sets of 10 reps
- ▶ Lateral raises 3 sets of 10 reps
- ▶ Dumbbell curls 3 sets of 10 reps
- ▶ Plank Hold for 45 seconds, rest for 15 seconds, repeat 3 times
- ▶ Push-ups 2 sets of 20 push-ups and one set of diamond push-ups (hands form a diamond)



STRENGTH

A strong core, chest, and back will power you through test day. **Weight-train 3 days a week.**

TIP

For weights, use a milk jug or dumbbell. If you can do 10 reps easily, increase the weight.

TIP

To ensure that you recover quickly and can keep working out, never exercise to the point of exhaustion or pain.



www.GuardYourHealth.com

jury-free

Before working out, keep these safety tips in mind:

Always warm up and cool down and stretch for five minutes before and after you run.

To ensure that you recover quickly and can keep working out, never exercise to the point of exhaustion or pain.

Soldiers over 50 and those with joint pain should make sure that they can complete the same workout for two weeks before increasing distance and weight resis-

tance.

Talk with a qualified medical professional if you have questions about your ability to exercise.

If you have an injury or condition that will prevent you from completing the standard APFT, talk to your Medical Readiness NCO about a medical profile, modified training, and an alternate testing plan.

Once you complete the 90 days to go plan this month, move onto the next plan, “How to Crush the APFT: 60 Days to Go Exercise Plan.”

NJDMAVA points of contact

New Jersey Department of Military and Veterans Affairs

PO Box 340
Trenton, NJ 08625-0340

1-888-8NJ-VETS(8387) or www.state.nj.us/military



Raymond L. Zawacki, Deputy Commissioner for Veterans Affairs (609-530-7062)
Cheryl Henderson, Executive Secretarial Assistant (609-530-7045)
Chuck Robbins, Assistant to DCVA/Outreach Coordinator (609-530-6855)

Fax: 609-530-7191

Veterans Healthcare Services (DVHS)

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Veterans Services (DVS)

Albert J. Bucchi, Director 609-530-6962 Cynthia Barnes, Sec 609-530-6975 Fax: 609-530-7075	Brigadier General William C. Doyle Veterans Memorial Cemetery Iven Dumas, State Supt – 609-738-2424 Genia DiBella, Sec – 609-738-2404 Cyndi Dzurisin, Intermittent Office Supervisor, – 609-738-2407 Dennis Macomber, Honor Guard, – 609-758-7505 350 Provinceline Road, Wrightstown, NJ 08562 609-738-2400 Fax: 609-758-0169 Maintenance/Cemeteries/Memorials Joseph Arroyo & Kenneth Smith Supervisor, 609-738-2408 Fax: 609-758-3490	Vietnam Veterans Memorial 1 Memorial Lane, PO Box 648, Holmdel, NJ 07733 732-335-0033 Fax: 732-335-1107 Korean Memorial Boardwalk/Brighton Park, Atlantic City, NJ 08401 War World II Memorial W State Street, Trenton, NJ 08608	Veterans Haven South Walter Nail, Supt – 609-561-4948 Vacant, Asst, Supt – 609-567-3715 301 Spring Garden Road, PO Box 80 Winslow, NJ 08095 609-561-0269 Fax: 609-567-5186	Veterans Haven North Sean VanLew, Supt – 908-537-1960 Laura Blaine, Sec – 908-537-1963 200 Sanatorium Road, Suite 101 Glen Gardner, NJ 08826 908-537-1999 Fax: 908-537-1990
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State Approving Agency-GI Bill Programs Charles Rowe, Bureau Chief – 609-530-6842 Marisol Meyer, Education Prog Asst – 609-530-6849 Lynn Yessalonia, State Admin – 609-530-6858 Joan Edwards, State Admin – 609-530-6948 Fax: 609-530-7196	Veterans Benefits Bureau Patricia A. Richter, Bureau Chief – 609-530-6949 Elizabeth Schofield, Prin Staff Officer – 609-530-6954 Paul Kale, Staff Asst – 609-530-6826 Vacant, Sec – 609-530-6868 Michele Johnson, Sec – 609-530-7035 Fax: 609-530-6970	Veterans Service Offices Joseph Bucco, State Supervisor – 609-530-6830 Christopher Wambach, State Supervisor – 609-530-6863 Joseph E. Nyzio, VSO – 609-530-6857 VA Regional Office/Philadelphia Charles Piscopo, VSO – (Mon., Wed., Alternate Fridays) 5000 Wissahickon Avenue, Philadelphia, PA 19144 856-853-4184/4185/4186
Atlantic City/Cape May Nicholas Petrozzino, VSO Sherri Morris, Sec 1008 Absecon Boulevard, Atlantic City 08401-1999 ~ (Atlantic City Armory) 609-441-3060/3061 Fax: 609-441-3899 (closed alternate Fridays)	Bergen/Passaic Joseph Restivo, VSO Titus Osuagwu, Sec 125 State Street, Suite 109, Hackensack 07601-5435 201-996-8050/8051 Fax: 201-996-8009	Burlington Matthew Still, VSO Vacant, Sec 555 High Street, Suite 6A, Mt. Holly 08060 609-518-2273/2274 Fax: 609-518-2275
Camden/Gloucester Joseph Frost, VSO Charles Piscopo, VSO (Tuesdays and Thursdays) Diane Rosci, Sec 658 N Evergreen Avenue, Woodbury 08096 ~ (Woodbury Armory) 856-853-4184/4185/4186 Fax: 856-384-3781 (closed alternate Fridays)	Essex/Union Robert Maulano, VSO Shelley Darby, Sec 20 Washington Place, Room 439, Newark 07102-3174 973-297-3230 Fax: 973-648-2356	Hudson Esther Chucaralao, VSO Michael Dorobis, Sec 678 Montgomery Street, 2nd Floor, Jersey City 07306 ~ (Jersey City Armory) 201-536-3401 Fax: 201-536-3404 (closed alternate Fridays)
Mercer William McDonnell, VSO Theresa Tomecheck, Sec 151 Eggerts Crossing Road, Room 136, Lawrenceville 08648 ~ (Lawrenceville Armory) 609-671-6697/6696 Fax: 609-671-6698	Middlesex/Somerset Joseph Battito, VSO Vacant, Sec 1060 Hamilton Street, Somerset 08873 ~ (Somerset Armory) 732-937-6347/6348 Fax: 732-937-6417 (closed alternate Fridays)	Monmouth Peter J. Midgley, VSO Rita Hyland, Sec 630 Bangs Avenue, Suite 320, Asbury Park 07712-6904 732-775-7009/7005 Fax: 732-775-3612
Newark Liaison/VA Regional Office Richard Mannes, VSO Vacant, Sec 20 Washington Place, Room 431 Newark 07102-3174 973-297-3336 Fax: 973-642-0830	Ocean Paul McIntyre, VSO Robin Mitchell, Sec James J. Howard Outpatient Clinic 970 Route 70, Brick 08724-3550 732-840-3033/3034 Fax: 732-840-0399	Salem/Cumberland Leigh R. Pottle, VSO Catherine Raniolo, Sec 524 Northwest Boulevard, Vineland 08360-2895 856-405-4388/4390/4389 Fax: 856-696-6499
Sussex/Morris William Robinson, VSO 479 West Clinton Street, Dover 07801 ~ (Dover Armory) 973-366-0245/8347 Fax: 973-366-0360 (closed alternate Fridays) *Sussex, 12 Munsonhurst Road, Franklin , 07416 (Thursday/Friday) 973-827-4020 Fax: 973-827-4024 ~ (Franklin Armory)	Warren/Hunterdon *Sibley Smith, VSO/Ombudsman Lisa Szymanski, Sec 200 Sanatorium Road, Glen Gardner , NJ 08826 908-537-0831/0832 Fax: 908-537-0833 *Flemington, 4 Gauntt Place, Flemington , 08822 (Wednesday) 908-284-6146	Southern Ocean County Resource Center Nicholas Petrozzino, VSO (Thursday only) 179 South Main Street (Route 9) Manahawick, NJ 08050 609-978-5895 Fax: 609-978-6446



Wing gets new vice commander

Col. Matthew Paternostro's children pin on his colonel's eagles during his promotion and assumption of command ceremony as the 108th Wing's new vice wing commander at Joint Base McGuire-Dix-Lakehurst, N.J., Dec. 29, 2015. (U.S. Air National Guard photo by Tech. Sgt. Matt Hecht/Released)

The Department of Veterans Affairs Claims Clinic

for
Veterans, Dependents and Survivors
*"Enhancing the Veteran
Experience"*

*Hosted by Michael Blazis
Director, Newark Regional Office
&
Trenton Vets Center*

WHERE: Trenton Vets Center

934 Parkway Avenue #201
Ewing, NJ 08618

WHEN: Tuesday, January 26, 2016/Noon – 4PM

Who should come? Veteran, Servicemembers and dependents of who are interested and eligible to receive VA benefits and entitlements

****This is a great opportunity to get information about VA benefits and entitlements, submit a claim for benefits or receive information about the status of your pending VA claim****

This event is open to the public

For more information contact Jennifer Myers at 973-297-3384



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Raymond Zawacki
Deputy Commissioner for Veterans Affairs

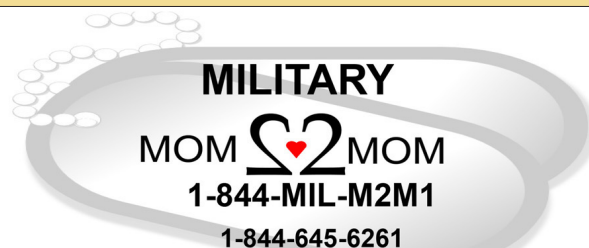
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The Military "MOM 2 MOM" Peer Helpline Program

By dialing 1-844-MIL-M2M1 (1-844-645-6261) Military MOM 2 MOM helpline program a military parent will receive the following services;

Military Mom 2 Mom Peer Support- Military M2M Peer Supporters will be available to provide telephone peer support to callers in need. Military family members trained in peer counseling and crisis support will offer peer support, explain resources, and explore your needs. Military Mom 2 Mom peer support is also available through our website for a live chat experience online.

Military Mom 2 Mom Clinical Assessment - Military M2M Clinicians will be on the helpline as part of the team of clinical professionals available to do telephonic assessment and gauge the depression, anxiety, and family & marital issues, etc. that may be impacting your life.

Military Mom 2 Mom Network- A Military M2M database of specially trained service providers will be available for referrals for your mental health needs.

Military Mom 2 Mom Support Groups- Within your communities Mom Peer Supporters will be available for Military Mom 2 Mom support groups.



THE HEALTHCARE
FOUNDATION OF NJ
founded by the Jewish community

1-844-MIL-M2M1
1-844-645-6261

RUTGERS

University Behavioral
Health Care

NJ★VET2VET 1-866-838-7654
(1-866-VETS-NJ4)

Confidential Peer Support For New Jersey Veterans

1-866-838-7654

www.njveteranshelpline.org

@NJVet2Vet on Twitter, Pinterest & Facebook

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