



# DMAVA HIGHLIGHTS

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August 22, 2013

**ALWAYS READY,  
ALWAYS THERE**

*A New Jersey Army National Guard sniper from the 1-114th Infantry Regiment, 50th Infantry Brigade Combat Team, participates in a field training exercise at Fort Pickett, Va., Aug. 14, 2013. The exercise, the first of its kind for the National Guard, combined New Jersey's Air and Army assets to form a unified combat force. The 114th is located in Woodbury, Gloucester County, N.J. To view more photos of the NJNG training, visit our [Facebook](#) page. (U.S. Air National Guard photo by Tech. Sgt. Matt Hecht/Released)*

## NJNG Medics: Taking care of our Soldiers

Story and photos by Sgt. Sherwood Goodenough, 444th MPAD

FORT PICKETT, Va. -- Spc. Kevin Heaney got out of his Hum-vee ambulance and yelled for help. The New Jersey Army National Guard medic needed an assistant driver and he needed one now.

This was no drill.

Heaney's sergeant was already in the back of the ambulance treating two 50th Infantry Brigade Combat Soldiers who had been overcome by heat during a field exercise during their unit's Annual Training.

Heaney's heart pounded like a kick drum. His vision tunneled. He barked instructions back and forth with his sergeant, scanned the skinny gravel road for other military vehicles, sent an update to the officer on the other end of the walkie-talkie and told the stranger he just met how to serve as an assistant driver in his ambulance.

Time was of the essence. The two infantrymen were fading as their lucidity drained away one drop of a sweat at a time.

Arriving at the 50th Brigade Special Troops Battalion Aid Station, the doors of the ambulance swung open and Sgt. 1st Class Sherwin Granger helped the heat-stricken Soldiers toward the treatment tent. One was able to walk. The second needed a stretcher. When he reached the treatment area, the medic team of Sgt. Thomas Brown and Pfc. Tony Denaro and Richard Carson went to work, loosening his uniform and covering him with cool wet rags as they searched for a vein to administer intravenous fluid.

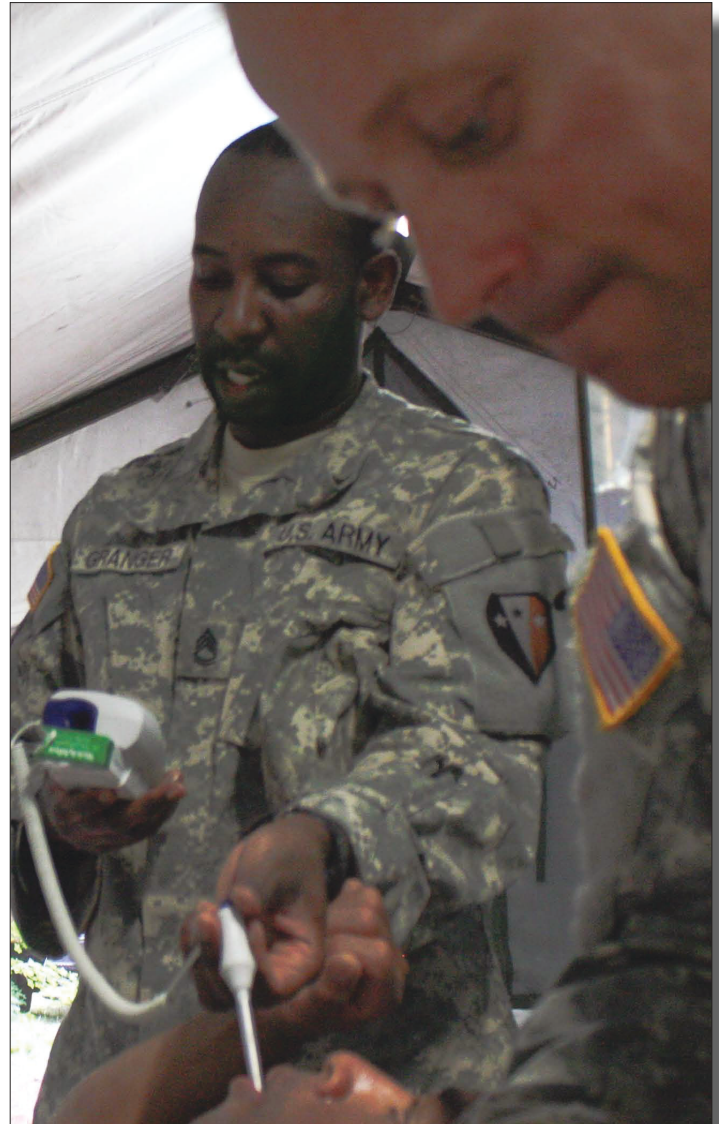
The patient's blood pressure was weak. Three times the medics attempted to insert the catheter. Twice the vein collapsed. The patient spied the flash of red. Emotion gripped him.

Brown grabbed his patient's hand, met his frenzied gaze and smiled. The IV began to flow. "You did great," Brown said.

Calm returned to the infantryman's eyes. Both Soldiers returned to duty.

### To Conserve Fighting Strength

For most of the soldiers who attended the three-week exercise that ended this week, their performance is evaluated on their achievements during a vast, realistic, wartime simulation. For the women and



Sgt. 1st Class Sherwin Granger takes the temperature of a 50th Infantry Brigade Combat Team Soldier during the unit's annual training.

"These soldiers provide an incredibly high level of care because our training becomes real-world in minutes," McKenzie said.

The medic's command structure provided three echelons of health care in the training areas and a Brigade Medical Support Company aid station in the garrison section of the installation.

While there are also four medevac helicopters on standby from the Virginia State Police and Virginia Commonwealth University on standby, constant support by Range EMS and Southside Regional Medical Center nearby, the medics in the field are still the first best chance the soldiers and support personnel of the 50th Infantry Brigade Combat Team have.

"Our job is to send them back to the field," said Army nurse 1st Lt. Wilbert Villaluna of Company C, 250th Brigade Support Battalion. "Our job is to get them back to the fight."

Soldiers are always returned to duty with instructions that help them avoid re-injuring themselves.

**CONTINUED ON NEXT PAGE**

“OUR JOB IS TO SEND THEM BACK TO THE FIELD... OUR JOB IS TO GET THEM BACK TO THE FIGHT.”

**New Jersey Army National Guard nurse  
1st Lt. Wilbert Villaluna**

men who provide medical support, everything revolves around how well and fast they can aid their fellow Soldiers.

"Everything we do is real. These are real soldiers," said Lt. Col Stephen McKenzie, an emergency medicine physician's assistant and the brigade surgeon for the 50th Infantry Brigade Combat Team (IBCT). "Army medics can be called in at a moment's notice to respond to any life, limb or eyesight issues."

The nearest hospital is 12 miles away and not the level of facility that is required to support the hyper-athletic demands of Army training. Even in optimal conditions an ambulance would have more than a half an hour drive at full speed to get to the nearest of the far-flung training areas where warfighters hone the craft.

## MEDICS

CONTINUED FROM PG 2

### Healing with calmness

The calm face and even voice of the confident healer is a blessing to the injured and afflicted. To the medic, it's part of a day's work.

While the challenge of remediating dehydration, infection, insect bites and exhaustion exact many tolls on the body, there is a particular and less visible fatigue borne on the minds of these medics.

Pfc. Sarah Heitzenroeder works three part-time jobs when not with the Army National Guard, so it makes sense that she weathers the exceptionally mentally and emotionally demanding duty of a medic. However, she confesses it doesn't make it any easier.

"During training we do a lot of drills. We don't have time to think about this. We just see it and do what needs to be done," Heitzenroeder said. "While it's happening there is no emotion. You get tunnel vision. You're just looking at the mission you're trying to complete."

But the medic's mission involves maintaining calm when the patient, most often a soldier just like her, is suffering right in front of her.

"You don't want to lose it in front of the patient," she said. "You want to calm them. If you're crazy and you're acting nervous it's going to freak out the patient."

"I want them to focus on me and I want to focus on them," Heitzenroeder said.

### Hero O'clock in the morning

Time is the opposing force that all health-care providers battle, whether fighting infection or shock or dehydration, but in austere environments, staffing to address those challenges adds other obstacles.

On August 7, Pfc. Heitzenroeder began seeing patients at 5 a.m. during "sick call hours" in the Battalion Aid Station. She saw her last patient 16 hours later.

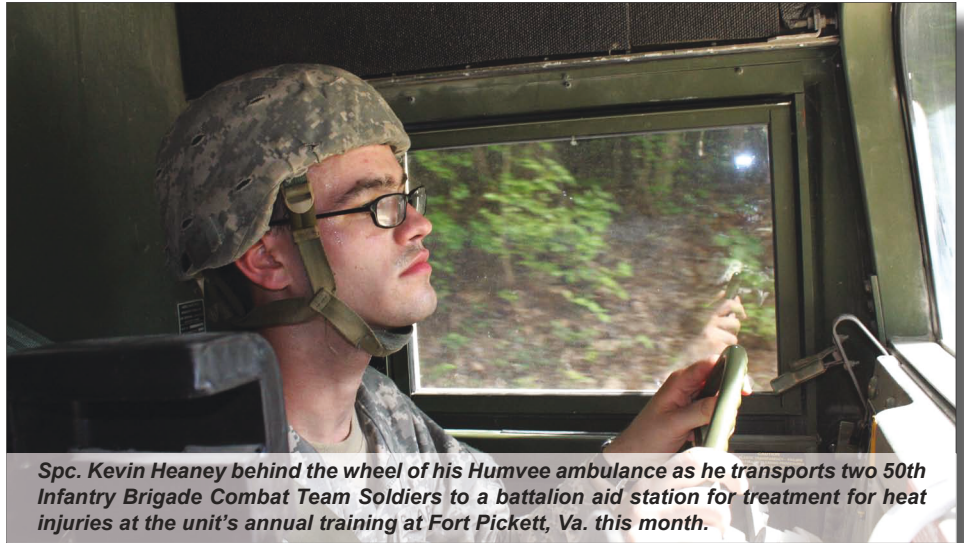
"It's the job," she said.

McKenzie said that providing 24-hour care is critical to conserving combat power and helps avoid interruptions in training.

"An acute illness or injury can happen anytime, especially when Soldiers push themselves to the limit," he said.

1st Lt. Debra Cho, the evacuation platoon leader explained that is why Charlie Med is a 24-hour operation.

"It may be 3 in the morning," Cho said. "If we get a call, we're there."



*Spc. Kevin Heaney behind the wheel of his Humvee ambulance as he transports two 50th Infantry Brigade Combat Team Soldiers to a battalion aid station for treatment for heat injuries at the unit's annual training at Fort Pickett, Va. this month.*



*Pfc. Tony Denaro inserts a catheter into the arm of a 50th Infantry Brigade Combat Team Soldier during the unit's annual training.*

# INAUGURAL NEW JERSEY AUTO RETAILERS RUN FOR THE WARRIORS®

SUNDAY, SEPTEMBER 22 • HOLMDEL, NJ  
NEW JERSEY VIETNAM VETERANS' MEMORIAL



**5K, 1-Mile  
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Questions? Call 910.938.1817 or e-mail Mona Sims at [msims@hopeforthewarriors.org](mailto:msims@hopeforthewarriors.org)

Register now: [www.hopeforthewarriors.org/njarrun](http://www.hopeforthewarriors.org/njarrun)

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## 2013 Hiring Our Heroes Job Fair – Trenton, NJ

Lawrenceville Armory  
151 Eggert Crossing Road  
Lawrenceville, NJ 08648  
September 12, 2013

**HIRING FAIR: 10:00 A.M. – 1:00 P.M.**

**EMPLOYMENT WORKSHOP: 9:00 A.M.**

This American Legion-sponsored hiring event is being hosted by the New Jersey Department of Military and Veterans Affairs (DMAVA); conducted by the U.S. Chamber of Commerce Foundation; NJ Committee, Employer Support of the Guard and Reserve (ESGR); the NJ Department of Labor & Workforce Development; the Department of Labor Veterans' Employment and Training Service (DOL VETS); the NJ State Parole Board; NJ State Libraries; the U.S. Department of Veterans Affairs; NBC News, and other local partners.

### EMPLOYERS

Must have available jobs.  
Register for FREE at [HOH.Greatjob.net](http://HOH.Greatjob.net)

### JOB SEEKERS

Veterans, Active Duty Military, Members Of Guard And Reserve Components, Military Spouses  
Register for FREE at [HOH.Greatjob.net](http://HOH.Greatjob.net)  
WALK-INS WELCOME

A workshop for veterans and other military job seekers that focuses on resume writing, tips for successfully navigating hiring fairs, military skill translation, and interviewing will start at 9:00 a.m. To register for the GE Hiring Our Heroes Employment Workshop, visit [hohworks.eventbrite.com/](http://hohworks.eventbrite.com/)

For registration questions, please contact [hiringourheroes@uschamber.com](mailto:hiringourheroes@uschamber.com) or call 202463-5807.



[WWW.HIRINGOURHEROES.ORG](http://WWW.HIRINGOURHEROES.ORG)



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## AMERICAN LEGION RIDERS POST 414 PRESENTS



# COACH BAG BINGO



### Ladies Night Out

Prizes will be Coach Bags. Doors open at 6:00 pm. Ticket price includes 15 BINGO Games. Additional games can be purchased at the event. Specials are not included. BYOB - ABSOLUTELY No one under 21 years of age admitted. ID may be required

**\$30.00**

Tickets are limited and must be paid in full within 14 days of order.  
Ticket includes 15 games of bingo

## Friday November 1, 2013

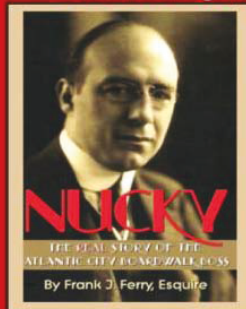
Doors open at 6:00 p.m. - Games start at 7:00 p.m.  
National Guard Unit, 101 Eggerts Crossing Road Lawrence NJ.

**FREE Refreshments \* 50/50 \* BONUS GAMES**

For Tickets and Information Call 609-947-3014 or email [Sticker513@AOL.com](mailto:Sticker513@AOL.com)

**PAGE 4**

## The New Jersey State Library presents



**NUCKY:**  
*The Real Story of the Atlantic City Boardwalk Boss*  
with author  
**Frank J. Ferry**



Frank J. Ferry is a senior partner at the law firm of Farley, Fredericks and Ferry.

**SEPTEMBER 4**  
**Noon to 1 p.m.**

**Level 2 Reading Room**  
185 West State Street  
Trenton

Learn the real story of Nucky Johnson, Republican powerhouse from Atlantic City. Ferry writes not only from a close personal relationship with Nucky, but also through extensive research and recollections from his mother who also knew Johnson well.

All are welcome; RSVP is appreciated.

RSVP: Cindy Warrick at  
[cwarrick@njstatelib.org](mailto:cwarrick@njstatelib.org) or  
609-278-2640 ext. 172

## HIGHLIGHTS

# One Mile – One Flag – One Hero

**HOLMDEL, N.J.**,-- In an apolitical reflection of remembrance, a team of 32 active-duty military personnel from Joint Base McGuire-Dix-Lakehurst and other bases across the country will come together to embark on a 186-mile run that honors every New Jersey service member killed in support of Operations Iraqi Freedom, Enduring Freedom, New Dawn, as well as other wars and conflicts.

Each mile is dedicated to a New Jersey Hero and their family. The run team will stop at each Hero Marker presenting a flag and personalized biography to waiting loved ones and comrades, creating a 186-mile memorial trail across New Jersey.

“NJ Run for the Fallen” will kick off Friday, Sept. 27 at 8 a.m., from the Cape May Lighthouse in Cape May county. The Run will end at the New Jersey Vietnam Veterans’ Memorial - off exit 116 off the Garden State Parkway - on National Gold Star Family Day, Sunday, Sept. 29.

On Sunday afternoon, all are invited to attend the ceremony at 4:30 p.m. at the Memorial. The final Hero Marker will be placed adjacent to the red oak tree in the center of the Memorial, which honors the New Jersey men and women who made the ultimate sacrifice during the Vietnam War.

The ceremony will conclude with a personal “welcome home” from the 32-strong active-duty team members to all veterans in attendance. The

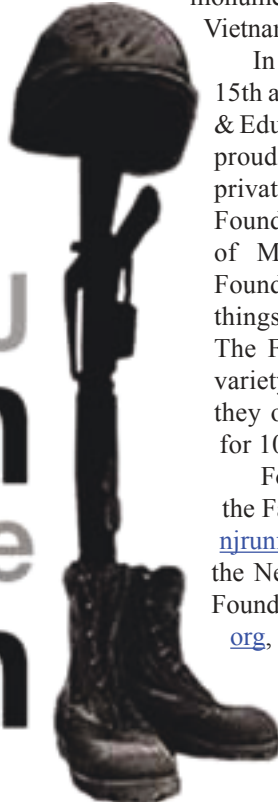
“welcome home” tribute is a commitment to ensure that never again will any veteran from any war or conflict be forgotten or treated with disrespect.

Proceeds from the Run will go to support both the Gold Star Family Monument Foundation and the New Jersey Vietnam Veterans’ Memorial Foundation. The Gold Star Family Monument Foundation is focused on designing and installing a monument on the grounds of the New Jersey Vietnam Veterans’ Memorial.

In addition, Saturday, Sept. 28, marks the 15th anniversary of the Vietnam Era Museum & Educational Center. The Foundation is very proud of its accomplishments and the public-private partnership that exists between the Foundation and the New Jersey Department of Military and Veterans Affairs. The Foundation has accomplished many great things since they first opened their doors. The Foundation is most proud of the wide variety of educational and public programs they offer each year, including school tours for 10,000 students.

For more information about the NJ Run for the Fallen, please visit their website at [www.njrunforthefallen.org](http://www.njrunforthefallen.org). For information about the New Jersey Vietnam Veterans’ Memorial Foundation, visit their website at [www.njvvmf.org](http://www.njvvmf.org), and for information about the NJ Gold Star Family Monument Foundation, please visit their website at [www.njgoldstarfamilymonument.org](http://www.njgoldstarfamilymonument.org).

NJ  
Run  
for the  
Fallen



HONOR AND REMEMBER

## HIGHLIGHTS

US Family Health Care, a Tricare Prime option providing a civilian based managed care network, will be holding Question and Answer sessions to provide information for servicemembers and families.

### **Joint Military and Family Assistance Center**

1048 US Highway 206, Bordentown  
August 15 and 22  
11 a.m. to 4 p.m.

### **NJ DMAVA**

101 Eggerts Crossing Road, Lawrenceville, NJ 08648  
August 21  
10 a.m. to 4:30 p.m.

### **177th Fighter Wing**

400 Langley Road, Egg Harbor Twp., NJ 08234  
August 20  
12 to 4 p.m.

### **JB-MDL McGuire Library**

2603 Tuskegee Airmen Ave, JB-MDL  
August 28  
11 a.m. to 4 p.m.

### **Pemberton Community Library**

Brownmills, NJ 08015  
August 19  
2 to 7 p.m.

### **Mount Laurel Library**

100 Walt Whitman Ave, Mount Laurel, NJ 08054  
August 23  
12 to 4 p.m.

### **Camden County Veterans Affairs**

3 Collier Dr., Lakeland Complex, Blackwood, NJ 08012  
August 19  
10 a.m. to 2 p.m.

### **Warfighter and Family Readiness Center**

Bldg. 488, Highway 547, Lakehurst, NJ 08733  
August 21  
11 a.m. to 2 p.m.

Call 1-800-241-4848 option 3 or visit [www.usfhp.net](http://www.usfhp.net) for more information.

## **New Jersey Military**

### **Family Assistance Centers**

**Toll Free: 1-888-859-0352**

### **Joint Military and Family Assistance Ctr**

1048 US Highway 206 South

Bordentown, NJ 08505

(609) 324-7030

[michael.t.hughes.ctr@mail.mil](mailto:michael.t.hughes.ctr@mail.mil)

### **Toms River Armory**

1200 Whitesville Road

Toms River, NJ 08753

(732) 341-9102 Ext 13

[maria.d.morro.ctr@mail.mil](mailto:maria.d.morro.ctr@mail.mil)

### **Woodbury Armory**

658 N Evergreen Ave

Woodbury, NJ 08096



Like us on  
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[www.facebook.com/NewJerseyMilitaryFamilyAssistanceCenters](http://www.facebook.com/NewJerseyMilitaryFamilyAssistanceCenters)

## **Open invitation to Veterans suffering from TBI**

The Brain Injured and Stroke Support Group of St. Lawrence Rehabilitation Center in Lawrenceville, N.J., would like to invite all Veterans and their families to join them.

The support group meets the first Wednesday of each month between 6:30 8:30 p.m., at the Center's cafeteria. Join them for interesting and pertinent presentations followed by separate

small group sessions to support Brain Injured, Stroke Survivors and their Caregivers.

Why "go it alone" when you can share experiences and receive the support of others?


Call 609-896-9500, ext.2303 for more information and to receive their monthly letter. They are looking forward to seeing you!


# HIGHLIGHTS


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New Jersey Department of.. Events + Create Event


Upcoming Events · Past Events

 **Veterans Job Fair at Brookdale Community College**  
Monday, August 26, 2013 at 10:00am  
4 guests  
Brookdale Community College  
Lincroft, New Jersey  
Join · Share

 **Veterans Job Fair**  
Wednesday, September 4, 2013 at 10:00am  
2 guests  
New Jersey National Guard Armory, Route 206  
South, Bordentown, NJ 08505  
Join · Share

 **New Jersey World War II Memorial**  
Saturday, September 7, 2013 at 11:00am  
2 guests  
New Jersey WWII Memorial, 125 West State Street,  
Trenton, NJ 08625  
Join · Share

 **Hiring our Heroes Job Fair - Lawrenceville Armory**  
Thursday, September 12, 2013 at 9:00am  
3 guests  
New Jersey Department of Military and Veterans Affairs  
Lawrenceville, New Jersey  
Join · Share

 **NJ DMAVA Medal Ceremony & Veterans Outreach Event**  
Thursday, September 26, 2013 at 9:00am  
3 guests  
Ocean City Music Pier  
Ocean City, New Jersey  
Join · Share

**DMAVA Highlights** is published weekly by the Public Affairs Office of the New Jersey Department of Military and Veterans Affairs. The views and opinions expressed herein are not necessarily those of the Department of Defense, the Army, the Air Force, the National Guard, Veterans Affairs or the state of New Jersey. Letters may be sent to: NJDMAVA, DMAVA Highlights, Public Affairs Office, PO Box 340, Trenton NJ 08625-0340. e-mail at [pao@njdmava.state.nj.us](mailto:pao@njdmava.state.nj.us).

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