



# DMAVA HIGHLIGHTS

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September 26, 2013

## *NJ Youth ChalleNGe Class 38 embarks on 'pathway paved for success'*

**Story by Spc. Devon Bistarkey,  
444th Mobile Public Affairs Detachment**

Ninety-two cadets of New Jersey Youth ChalleNGe Academy Class 38 earned the distinction of graduate during a ceremony at The War Memorial in Trenton, N.J., Sept. 21.

The program gives 16- to 19-year-old high school dropouts the chance to prepare for the General Education Development exam during an intense 22-week residential program in a quasi-military environment at Joint Base McGuire-Dix-Lakehurst.

The program's goal is to raise cadets' math and reading scores two grade levels. The goal is usually met and more than 85 percent of the cadets earn a certificate of high school equivalency diploma. The grade levels of Class 38 exceeded that goal, with an average increase of 2.5 grade levels. One cadet blew the goal out of the water, raising her performance by seven grade levels.

"We change them for the better," said 1st Sgt. Robert Redler, a member of the black-uniformed cadre staff that's with the cadets for their every waking moment. "From day



**Deion Fabian, student 1st Sgt. of the New Jersey Youth ChalleNGe Academy Class 38, delivers the welcome address during the graduation ceremony at the Patriot Theater at the War Memorial in Trenton, N.J., Sept. 21, 2013. (U.S. Army National Guard photo by Sgt. Michael J. Davis/Released)**

one to day 154, there is a tremendous change in their attitude and discipline."

The cadre is an essential piece of the ChalleNGe curriculum, said Brig. Gen. Michael L. Cuniff, The Adjutant General of New Jersey. The cadre helps cadets reach their potential through a "tough love" blend of structure, discipline, and confidence building.

During his address to Class 38, Cuniff recognized the graduates' hard work and perseverance – and left them with a call to action.

"You have paved the pathway to future success, and I challenge you to maintain your drive," Cuniff said.

Throughout the program, cadets endured long, structured days filled with physical, academic and leadership activities.

Their days began at 5 a.m. with physical training and continued into the evening with academic classes. Cadets also completed team-building activities, which included a confidence course and road marches, as well as additional leadership training from participation in the track

team, student council, rifle team and weight loss program.

The twenty cadets who participated in the weight-loss program lost a combined 699 pounds – including a female cadet who trimmed 73 pounds. According to Victoria Ragucci, director of the NJYCA, participation in the track team convinced one 16-year-old cadet to consider running track in college. When he began the program, his fastest mile was a respectable 5:41. He shaved a minute off his time over the 22 weeks.

During the ceremony, Ragucci shared a letter from graduating cadet Bianca Roman. The letter gave a personal anecdote of transformation in a thankful reflection detailing one cadet's personal character development. Ragucci said Bianca's story is common, and one that is shared uniquely by each cadet who entered the program lacking priorities and confidence.

"For me it was a challenge to stay out of trouble," said Roman. "Now I have learned that whatever I put my mind to, I can do."







## NEW JERSEY VIETNAM VETERANS' MEMORIAL VIETNAM ERA MUSEUM & EDUCATIONAL CENTER



**SATURDAY • SEPTEMBER 28, 2013**

*Run For Jorge* is a 5K Run/Walk in memory of Staff Sergeant Jorge M. Oliveira who was killed in action in Afghanistan on 19 October 2011. Home Front Hearts, Inc. in conjunction with the 113th Infantry Officer Association is hosting this event at Riverdale Armory on Saturday, 28 September 2013. The funds raised at this event will be used to start a scholarship fund in memory of SSG Oliveira benefiting the family members and Soldiers of the 113th Infantry Regiment.



**Location:** Riverdale Armory, Newark-Pompton Turnpike, Riverdale, NJ 07457

**Date:** 28 September 2013

**Registration:** 8AM – 9AM

**Start Time:** 10 AM

To register for the race, make a donation or to download a scholarship application, please visit: [www.RunForJorge.org](http://www.RunForJorge.org)



# Learning valuable lessons at Teen Symposium

Story and photo by Sgt. Saul Rosa, 444th Mobile Public Affairs Detachment

Childish laughter could be heard throughout the halls of the Radisson Hotel recently. It wasn't a group of toddlers making the noise, but a group of teenagers gaining valuable life skills at the New Jersey Youth Program's Teen Symposium.

The Teen Symposium, held Sept. 13 - 15, focused on building valuable tools for success from the book "7 Habits of Highly Effective Teens" by Sean Covey.

"The idea of this program is to develop our teen group," said Nicole Morgan-Lewis, New Jersey National Guard Child and Youth Program coordinator. "We've done trips and various community service projects. As you work with these kids you learn that they have great potential. They have great leadership skills that need to be developed."

To harness the skills, the Youth Program invited Jonathan Catherman, a senior consultant with FranklinCovey Education, to present the core theory of the "7 Habits of Highly Effective Teens" book.

"Teens today have more potential to do good (sic) than any other demographic age group before," Catherman said. "The question is will they be effective, and unfortunately much of what they are learning in the world does not lead to high effectiveness. This book is written in their language, with them and for them, with the premise that they can take responsibility for their own actions and make significant contributions in our world."

**“We’re constantly thrown back and reminded that we are military families”**

*Nicole Morgan-Lewis, New Jersey National Guard Child and Youth Program coordinator*

The focus of the book is seven habits that lead to three levels. The first three habits deal with "private victories" and lead into the next three habits of "public victory." The final habit leads into the last level of "renewal."

"They can listen to me and get excited about living in leadership," said Catherman. "But when they take it to the next step, they have to personally apply it to themselves. The more they practice the better they will become. They will use it at school, at home, and in career pursuits and it becomes a part of who they are."

Facing similar challenges as National Guard Soldier and Airmen, children of Guardsmen must balance belonging to both the



**Jonathan Catherman speaks to two teenagers from the New Jersey Youth Program about their life experiences and how they felt about the "7 Habits of Highly Effective Teens."**

civilian and military cultures. The habits formed here will help benefit them in this balance.

"Twins and teens are twins and teens no matter where you go," said Catherman. "Whether they are in the military or civilian life, they are still concerned about the same things. Yet, they are dealing with what many teens do not have to deal with and the seven habits help them recognize that they have an identity unique to them."

The New Jersey Child Youth Services provides a community for children of Guardsmen to grow and get support for the stress that comes from being a military family.

"I'm a spouse. My husband is in the National Guard and my daughters are teenagers," said Morgan-Lewis. "It's a part of our lives. We've lived through deployments and annual training. We're constantly thrown back and reminded that we are military families and we need to make sure we stay connected and make sure the kids understand that and use it in a positive way."

## 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.

Peggy DiTommaso, of the Brain Injury Association of New Jersey, will be speaking about "Adjusting to Brain Injury" at the

Oct. 2 meeting. DiTommaso will discuss the changes that occur after brain injury and how you and your family and/or caregiver can adjust to these changes. In addition, she will address the grieving that survivors experience after a brain injury - a topic not often dealt with - and how to cope with it. Furthermore, DiTommaso will present coping strategies that will help you as you move forward.

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!



# RECRUIT MILITARY®

## Career Fair for Veterans

### THIS FREE HIRING EVENT IS FOR:

- Veterans
- Transitioning Military Personnel
- National Guard Members
- Reserve Members
- Spouses

### COMPANIES ARE HIRING!

- Job Opportunities
- Continuing Education Opportunities
- Business Ownership Opportunities

For more details visit:

<https://events.recruitmilitary.com>



Produced by RecruitMilitary in cooperation with The American Legion

**September  
26  
2013**

11:00 am - 3:00 pm

**New Yorker  
Hotel**

481 Eighth Avenue  
New York, NY 10001

Follow us on  
**Facebook**

**Register Now**



**AMERICAN LEGION RIDERS  
Post 414  
PRESENTS**



**COACH BAG  
BINGO**



**\$30.00**

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

**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 N.J.

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

For Tickets and Information Call 609-947-3014 or email Sticker513@AOL.com

## SOUTH JERSEY VETERANS JOB FAIR



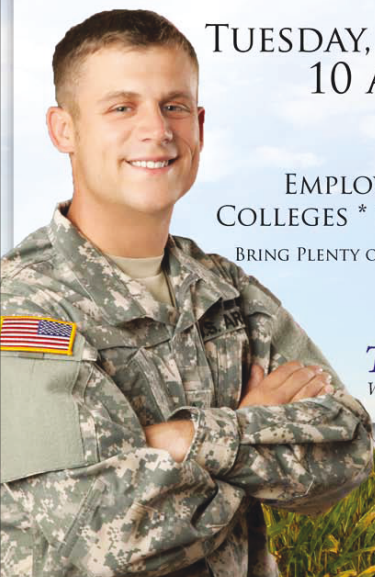
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MOUNT LAUREL

558 FELLOWSHIP RD, MT. LAUREL, NJ

**TUESDAY, OCTOBER 1, 2013  
10 AM- 2 PM**

EMPLOYMENT \* TRAINING \*  
COLLEGES \* HEALTH CARE \* BENEFITS  
BRING PLENTY OF RESUMES AND DRESS FOR SUCCESS!

**The G.I. Go Fund**  
Where Veterans Go Forward



## Military Veterans Skills and Career Transition Workshop

- ☒ Resume Writing Skills
- ☒ Interview Skills
- ☒ Job Fair Prep
- ☒ Workplace Skills

**Saturday, September 28, 2013  
9am- 2pm**

**1 Johnson & Johnson Plz  
New Brunswick, NJ 08933**

**The G.I. Go Fund**  
Where Veterans Go Forward

Register online at [www.gigofund.org](http://www.gigofund.org) or by contacting (973) 802-1479





# HIGHLIGHTS

## New Jersey Department of Military and Veterans Affairs Veterans Outreach Events

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Search for people, places and things



New Jersey Department of Military and Veterans Affairs



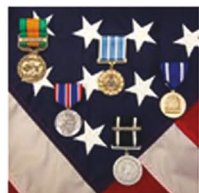
New Jersey Department of...

Events

+ Create Event



Upcoming Events • Past Events



### NJ DMAVA Medal Ceremony & Veterans Outreach Event

Thursday at 9:00am  
9 guests

Ocean City Music Pier  
Ocean City, New Jersey

Join • Share



### Veterans Benefits Forum

Thursday at 2:00pm

The Chelsea Senior Assisted Living at Brookfield, 1  
Brookfield Court, Belvidere, NJ 07823

Join • Share



### Stand Down of South Jersey

Friday at 8:30am

Cherry Hill National Guard Armory  
Cherry Hill, New Jersey

Join • Share



### Verona Veterans Fair

Saturday at 10:00am

Verona Community and Recreation Center  
Verona, New Jersey

Join • Share



### South Jersey Veterans Job Fair

Tuesday, October 1, 2013 at 10:00am

Aloft Mount Laurel  
Mount Laurel, New Jersey

Join • Share



### "Because You Served" Veterans Resource Expo

Wednesday, October 9, 2013 at 9:30am

The Vorhees Care and Rehabilitation, 1302 Laurel  
Oak Road, Voorhees, NJ 08043

Join • Share



Receive an **Instant Admission Decision** for the following programs offered at JBMDL:

- Ba Liberal Studies
- BA Criminal Justice
- Homeland Security / National Security Certificate

Register today for an Instant Decision Day appointment. The benefits of attending an Instant Decision day include receiving an immediate answer about if you are accepted to attend Rutgers University Camden at JBMDL, as well as having your Application Fee waived.

Instant Decision Day will be held on Wednesday, October 9<sup>th</sup> from 1-5 in the Education Center located at 3829 School House Rd, Room 303. Appointments are available between 9 am and 6 pm.

### Requirements for Transfer Students:

Please complete application prior to your appointment (online at [admissions.rutgers.edu](http://admissions.rutgers.edu)) and bring in all college transcripts (official or unofficial) from all institutions you attended.

To register contact Maria Yates at 609-353-1273 or [mariay@camden.rutgers.edu](mailto:mariay@camden.rutgers.edu)



## Think you can be a cyber warrior?

Build your cybersecurity skills here.

Registration opens September 3. First-round competition October 15.

It's all FREE

Register at [CyberAces.org](http://CyberAces.org)



## Save The Date!



You are invited to participate in a special **Wellness Expo and Rally** for **female** veterans and current service members



**Military & Veterans Initiative**

**Tuesday**  
**October 22, 2013**  
9 am - 4 pm



Rutgers Cook Campus Center  
59 Biel Road  
New Brunswick, NJ 08901  
Parking available in lots 99B & 99C

### Women veterans and service members will rally together to:

- Gain information on self-care and empowerment
- Learn about viable training and employment pathways
- Discuss and create a peer mentoring program

### The following workshops will be offered:

- Emotional and Sexual Health
- Healthy Cooking and Lifestyle Strategies
- Professional Image Consulting
- Mind/Body Awareness (organizational Feng Shui)
- Intimate Partner Violence/MST/PTS

**Keynote Speaker • Giveaways • Chair Massages**  
**Continental Breakfast & Lunch**

Easter Seals New Jersey's Military & Veterans Services Women's Initiative. It is our duty and purpose to recognize, document and honor the accomplishments and sacrifices offered in defense of our nation by heroines and patriots of years past, present, and days to come. This program is in partnership with Easter Seals, Inc. and the Dixon Center for Military and Veterans Community Services.

Easter Seals New Jersey | 25 Kennedy Blvd, Suite 600 | E. Brunswick NJ 08816 | [eastersealsnj.org](http://eastersealsnj.org)

This **FREE** event is open to **FEMALE** Service Members and Veterans

**★ RSVP Required ★**  
by **Friday, October 11, 2013**

Please RSVP online @ <http://goo.gl/lzhpzm>

If you are unable to access the online RSVP form, please email [mvscoordinator@nj.easterseals.com](mailto:mvscoordinator@nj.easterseals.com)



## Reflections on "The Invisible War" —Military Sexual Trauma

Wednesday, November 6, 2013 • 4:30 p.m. - 8:30 p.m.

Campus Center Event Room

Registration begins at 4:00 p.m.; program begins promptly at 4:30 p.m.

"Military sexual trauma" or MST is the term used by the Department of Veterans Affairs to refer to experiences of sexual assault or repeated, threatening acts of sexual harassment. MST can be defined as psychological trauma resulting from physical assault of a sexual nature or sexual harassment which occurred while the Veteran was serving on active duty.

Join us for a viewing of the film *The Invisible War* and interactive panel discussion on Military Sexual Trauma.

- ★ Learn how to identify the signs and symptoms of Rape Trauma Syndrome and Post Traumatic Stress Disorder (PTSD)

- ★ Identify the role of the healthcare provider in threatening the MST survivor

- ★ Identify community resources to support MST survivors

Cost: \$35 (\$30 before 10/16); Stockton Students \$12.00 (Includes light dinner)

To register for this event visit: [www.stockton.edu/csconferences](http://www.stockton.edu/csconferences)

For questions contact: Continuing Studies

By email: [continuingstudies@stockton.edu](mailto:continuingstudies@stockton.edu) or by calling 609.652.4227

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Theta Sigma Chapter of Sigma Theta Tau International Nursing Honor Society  
The Richard Stockton College of New Jersey

Co-Sponsored by:  
Stockton Office of Veteran Affairs

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**DISTINCTIVE**  
Public College

Stockton College is an AA/EQ institution.



## HIGHLIGHTS



## US FAMILY HEALTH PLAN

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

September 26

11 a.m. to 4 p.m.

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

2603 Tuskegee Airmen Ave, JB-MDL

September 23

11 a.m. to 4 p.m.

### **Pemberton Community Library**

Brownmills, NJ 08015

September 30

11 a.m. to 3 p.m.

### **Mount Laurel Library**

100 Walt Whitman Ave, Mount Laurel, NJ 08054

September 20

12 to 4 p.m.

### **Camden County Veterans Affairs**

3 Collier Dr., Lakeland Complex, Blackwood, NJ 08012

September 23 and 30

10 a.m. to 2 p.m.

### **Blackwood Armed Forces Reserve Center**

\*\*\*RETIREE APPRECIATION DAY\*\*\*

390 Woodbury-Turnersville Road, Blackwood, NJ 08012

September 25

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.



Attention: Veterans from the Camden  
County area

You're invited to attend:

*"Because You Served"*

*Veterans' Resource Forum*

*The Voorhees Care and Rehabilitation* proudly invites

Veterans to a Camden County Veterans' Resource Expo

*Gain valuable insight from various veteran-related quality of life  
resources. Residential, health, benefits, general issues, and more!*

When: Wednesday, October 9, 2013

Time: 9:30-11am

Where: 1302 Laurel Oak Road Voorhees, NJ 08043  
(856)298-9591

1302 Laurel Oak Road Voorhees, NJ 08043



Now is the time for all  
good men to come to  
the aid of their party.

E-mail your Photo of the Week or  
Highlights submissions to:  
[wayne.woolley@njdmava.state.nj.us](mailto:wayne.woolley@njdmava.state.nj.us) **OR**  
[armando.vasquez@njdmava.state.nj.us](mailto:armando.vasquez@njdmava.state.nj.us)

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**New Jersey Department of Military and Veterans Affairs**  
Brig. Gen. Michael L. Cuniff – The Adjutant General  
Brig. Gen. James J. Grant – Director, Joint Staff  
Raymond Zawacki – Deputy Commissioner for Veterans Affairs  
Chief Warrant Officer 3 Patrick Daugherty – Public Affairs Officer  
Air Force Staff Sgt. Armando Vasquez - Public Affairs Specialist  
Army Staff Sgt. Wayne Woolley – Public Affairs Specialist