



DMAVA HIGHLIGHTS

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May 8, 2014

VETERAN'S HAVEN-NORTH: "TRANSITIONS THROUGH MUSIC"



In front of fellow residents, staff and friends, Soul Patrol debuted their original single, "Trust", at the Veteran's Haven-North April 23.

At the conclusion of their single, a roar of applause and cheers of approval cascaded over them.

Soul Patrol, who consists of a group of eight veterans from Veteran's Haven-North, has been practicing their musical progress under the direction of the staff from the nonprofit organization, Voices of Valor.

Voices of Valor provides an eight week program that gives veterans an outlet for their military and personal experiences and promotes healing through music.

From March 5 to April 23, Soul Patrol was able to complete the process of songwriting; where they wrote, composed, recorded, and released an original song under the direction of Voices of Valor facilitators, Melissa Guttman and Benny Harrison.

What made this project challenging was the fact that many of the participants in Soul Patrol had no experience in music. The common denominator within the group was they enjoy listening to music and the healing it provides. With that in mind, Voices of Valor facilitators were able to draw upon the different emotions felt when listening to different genres of music. By paralleling the notion of healing through music, the facilitators were able to create a safe environment for the veterans to share past and present experiences, thus fueling the theme of their song, "Trust".

This is Voices of Valor's second iteration at Veteran's Haven North.

With the positive feedback of increased self-esteem and the feeling of healing from participating residents, the symbiotic relationship created between Voices of Valor and Veteran's Haven-North is a rousing success.

For free copies of the most recent single, please email Laura Blaine at laura.blaine@dmava.nj.gov.

HIGHLIGHTS

Soldiers Prepare for Mission Supporting Sailors

By Sgt. Bill Addison, 444th Mobile Public Affairs Detachment

JOINT BASE MCGUIRE-DIX-LAKEHURST, N.J. -- Soldiers of Alpha Company, 2nd Battalion, 113th Infantry Regiment, descended on the Dix ranges with new Soldiers, new weapons and a new mission: Pre-mobilization.

The approximately 160 Soldiers of the New Jersey National Guard unit will deploy to Bahrain later this year to provide force protection for the U.S. Navy.

"This is a little bit of an unconventional mission, especially for the 113th, because we're light infantry," said Capt. Patrick Moore, commander. "We're training outside of our normal mission and job specialty codes. This has become more of a Naval mobile security company."

Moore said he had to bring in people from other companies and different Military Occupational Specialties to make an appropriate mix to meet mission requirements.

"The fact that everyone's been able to come together and learn these tasks so quickly, it's amazing," said Moore.

Pfc. Alphonso Davis, a mortar man from Vauxhill, New Jersey, is one of those new Soldiers.

"I'm extremely excited. I'm ready to go," said Davis. "It's a chance to go new places. It's my first time actually going overseas."

The 19-year old said he's currently studying criminal justice at Union County Community College, and he hopes to find a job as a police officer after the deployment.

But it's not just new faces in the formation that Moore's Sol-



diers are adapting to. They're deploying with a new weapons system, the M1A2 50 caliber machine gun.

While most Soldiers have some familiarity with the "Ma Deuce" of old, the M1A2 comes equipped with a handful of improvement, according to the Army's website.

Soldiers no longer need to make "headspace and timing" adjustments with the new weapon system, and it comes equipped with a new flash suppresser that reduces the weapons signature at night by 95 percent.

Moore said the system is so new; most active duty Army units haven't yet fielded it.

"It just shows that there's a good relationship between the big Army and the National Guard," said Moore. "We're fielded, we're good. It's a steep learning curve for a lot of guys, but it's happening."

Energy Conservation

Energy Conservation Tip of the Week

A home energy audit helps you discover where your home is losing energy and is the first step to saving energy and money. During an audit, a professional home energy auditor will assess your home's energy usage and recommend ways to reduce your bills. You could save 5 to 30 percent in energy costs by implementing efficiency upgrades identified during an audit.

Did You Know?

The New Jersey Board of Public Utilities offers the "Home Performance with ENERGY STAR" program where you can get a home energy audit completed for free (depending on which contractor you use). If you choose to implement the recommended efficiency upgrades, you may be eligible for rebates up to \$5,000 and a zero percent interest loan to help offset your costs. Learn more at: <http://www.njcleanenergy.com/residential/home/home>

If you would like more information about our energy and water conservation efforts, please contact Christopher Moore, Energy Manager at christopher.moore@dmava.nj.gov.

New Jersey's
Clean Energy
PROGRAM™

Your Power to Save

HIGHLIGHTS

SOUTH JERSEY VETERANS JOB FAIR

aloft

MOUNT LAUREL

558 FELLOWSHIP RD, MT LAUREL, NJ

MONDAY, JUNE 9

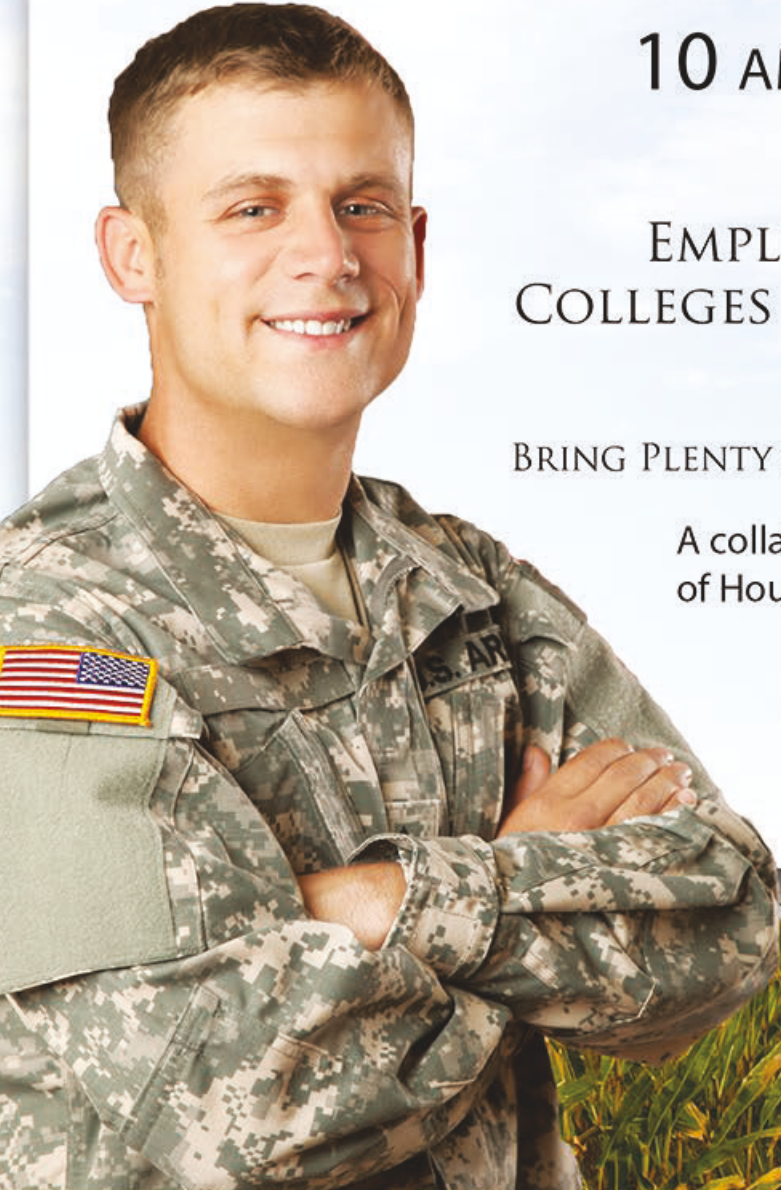
10 AM- 2 PM

EMPLOYMENT * TRAINING *
COLLEGES * HEALTH CARE * BENEFITS

BRING PLENTY OF RESUMES AND DRESS FOR SUCCESS!

A collaborative effort with the U.S. Department
of Housing and Urban Development (HUD)

The GI  Go Fund
Where Veterans Go Forward



Performance under pressure

DESPITE THE DEVASTATION AND DISRUPTION CAUSED BY HURRICANE SANDY, THE NEW JERSEY ARMY NATIONAL GUARD'S CONSTRUCTION AND FACILITIES MANAGEMENT OFFICE **EXCELLED IN ITS PERFORMANCE IN THE MONTHS THAT FOLLOWED**

In a tumultuous year, in which the New Jersey Army National Guard (NJARNG) was left to sort out the damages caused by Hurricane Sandy the previous fall, the NJARNG's Construction and Facilities Management Office showed dedication and resiliency during the rebuilding process. The office also managed to outperform its counterparts in 53 States and Territories. The office was awarded the 2013 Fred Aron Award for Excellence in Facilities Programs at the Construction and Facilities Management Officer (CFMO) Executive Summit in Little Rock, Arkansas in April, 2014. The Fred Aron Award is presented to the State with the top score in nine different areas, ranging from Military Construction (MILCON) Program execution, to financial management. The Army National Guard Installations Division (ARNG-ILI) Chief COL Kimberly A. O'Keefe presented the award to COL Michael Lyons, CFMO for New Jersey. Foundations of Readiness had a chance to speak with COL Lyons after the ceremony and congratulate him on the award.

The Fred Aaron Award is presented to the ARNG's best-performing facilities program. To which factors would you attribute your team's success?

COL Lyons: I have a great staff. I owe a lot to hardworking, dedicated people like CW4 Tom Comyack, who is my energy manager, my resource manager, CPT Jeanne Falchek and MAJ Vivienne McNamara, who is our new facility branch chief. I also need to give a lot of credit to the ARNG-ILI staff. They're very helpful. I think one thing that's helped my staff be successful is that they get the right guidance from the ARNG-ILI staff.

I also think our region—Region 1—is a great region. We've become good resources for each other. I reach out to them, they reach out to me, and it's great to bounce ideas and questions off peers.

New Jersey was hard-hit by Hurricane Sandy, which devastated large areas of the eastern seaboard in October, 2012. NJARNG sustained \$40 million worth of damages to its installations in the storm. Where are you in the rebuilding process?

COL Lyons: We're moving along. Maybe not as fast as I would like, but as fast as we can. Once again I'd like to thank the ARNG-ILI staff. I think our success in receiving money through the Disaster Appropriations Act of 2013 was due to the help I received from ILI—particularly from COL Kimberly O'Keefe, Sherrell Crow, Dwight Mickelson and Mike Wyndham. They definitely helped point me in the right direction. We got on track, and got a contractor to help us with our order of magnitude survey, so that we were able to get our documents drafted quickly.

As far as our sustainment projects, I think we're doing very well. We're wrapping up a lot of them. In many cases we received MILCON funds for repair by replacement and we're well into the design phase for those projects. One project that we did not get funded through the Disaster Appropriations Act was the museum at our installation at Sea Girt, which was devastated. We're working with the Federal Emergency Management Agency (FEMA) on that and hopefully we'll have that funded soon as well.

HIGHLIGHTS

The ARNG is facing unprecedented budget reductions. What internal measures have you taken in response to these reductions, in order to provide ready facilities?

COL Lyons: We've done a lot of renewable energy projects in the last few years—some through the Energy Conservation Investment Program (ECIP), some through our own resources, and some through State sources. I think we've done a good job of instilling energy awareness to help drive down costs.

With a sharp reduction in MILCON funds, the ARNG must in many cases make do with what it has and extend the life-cycle of its existing facilities. New Jersey faces near-buildout, with little available land for new construction. In recent years, the State of New Jersey has had difficulties coming up with its share of the funds in joint State-Federal projects. With little available land and a fiscally constrained State government, the NJARNG has faced these challenges for some time. Can you tell us about your facility inventory, and the challenges you face in modernizing these aging facilities to meet the needs of a modern force?



COL Lyons: A lot of our facilities are extremely old. Our State-owned Armories have an average age of 63 years old, which puts New Jersey at the high end, if not the highest, in terms of average age of facilities. A lot of these facilities were built in urban areas, near the population centers. It would be tough to build a new facility in an urban area today, because you'd never find enough land. We do want to retain some of these old, historic Armories in our urban centers.

One thing that we've been very successful in doing over the last few years is educating our internal staff and our Chiefs of Staff—both the Joint Chief and the Army Chief—on what our project priorities should be. Instead of letting our Facilities Advisory Board dictate the projects based upon the good idea of the day, we try to base the prioritization of our projects on our Installation Status Report (ISR) Program, looking at the facilities with the worst ratings and prioritizing that way.

New Jersey began looking at ways to reduce energy consumption long before energy intensity reduction became a federal mandate. Can you tell our readers how you have incorporated energy savings strategies and the use of alternative energy sources into your projects to improve building efficiency and increase energy security?

COL Lyons: From the time that I came on board as CFMO, our energy program has been pushed from the top down. We've had leadership buy-in all along, as it is a big focus area for our Adjutant General. It was primarily driven by the severely-reduced State budget. We did a lot of energy awareness education and energy awareness walkthroughs of facilities. Senior leaders were sent out to inspect various facilities to assure that we were practicing good energy discipline. Simple fixes, like setting a policy that only one refrigerator per Readiness Center should be plugged in during the week, goes a long way. There are a lot of refrigerators in some of these Readiness Centers, but they don't need to be plugged in until the drill weekend and should not be left running for 28 days of the month when they're not in use. These kinds of fixes go a long way in terms of reducing cost.

TOP PERFORMER

THE NEW JERSEY ARMY NATIONAL GUARD WAS AWARDED THE 2013 FRED ARON EXCELLENCE AWARD FOR EXCELLENCE IN FACILITIES PROGRAMS APRIL 30, 2014. FROM LEFT TO RIGHT, COL. MICHAEL LYONS, NJARNG CONSTRUCTION AND FACILITY MANAGEMENT OFFICER, BRIG. GEN. MICHAEL E. BOBECK, SPECIAL ASSISTANT TO THE DIRECTOR, ARMY NATIONAL GUARD, CHIEF WARRANT OFFICER 5 THOMAS COMYACK, NJARNG ENERGY MANAGER, COLS. MICHAEL BOUCHARD, ARMY NATIONAL GUARD OPERATIONS DIVISION CHIEF, AND KIMBERLY O'KEEFE, INSTALLATIONS DIVISION CHIEF AT THE NATIONAL GUARD BUREAU. (COURTESY PHOTO)

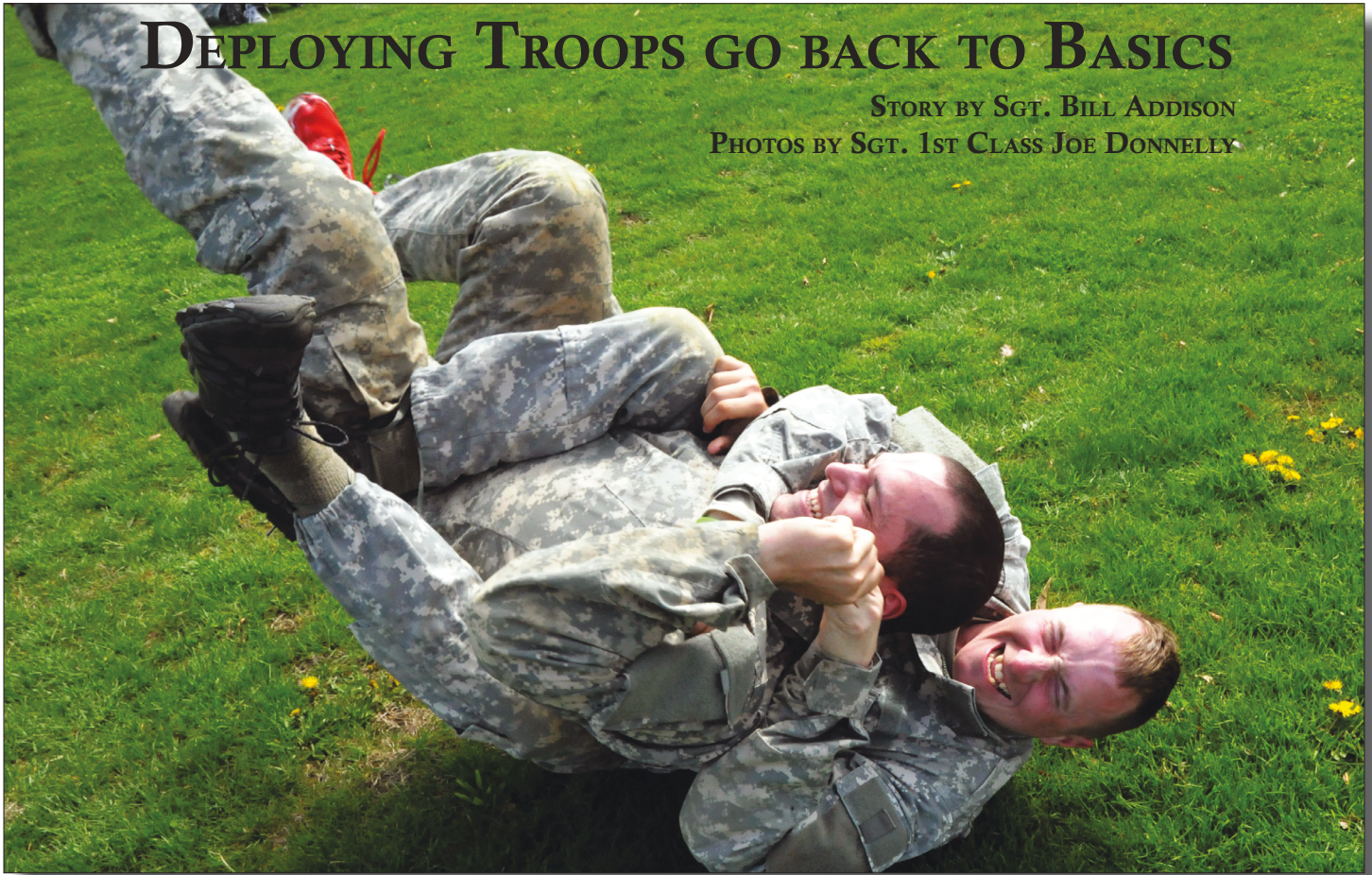
What legacy would you like to leave behind as the CFMO of the NJARNG?

COL Lyons: Four and half years ago I was in the logistics community. The NJARNG didn't have a good option for a new CFMO, and they brought me into the job. I think this is a very complicated job with a real steep learning curve, and I've loved doing it. What I've hoped to do is set us up for future success. I think I've done a pretty good job of building a good team and hiring some smart young talent. I'm proud of the people that I've been able to recruit. I've got LTC Garner, who I stole from logistics, as my deputy. I've got MAJ Vivienne McNamara, who I originally hired for an environmental job, as my facility branch chief. I've got CPT Jeanne Falchek in my resource management section. They're really smart young people that I know will do a better job running the organization than I have. Hopefully that will be my legacy.

DEPLOYING TROOPS GO BACK TO BASICS

STORY BY SGT. BILL ADDISON

PHOTOS BY SGT. 1ST CLASS JOE DONNELLY



JOINT BASE MCGUIRE-DIX-LAKEHURST, N.J. – Mastering the Army Warrior Tasks is an essential element to training for any Army unit.

For the Soldiers of Headquarters and Headquarters Company, 2nd Battalion, 113th Infantry Regiment, it's also the first step in their road to deployment.



The New Jersey Army National Guard Soldiers came to the Joint Base to qualify for their Warrior Tasks in late April as part of their pre-mobilization readiness training. The 35-man unit will deploy to Kuwait later this year to serve as a Base Defense Operations Center in the area of operations.

“The training has been excellent. We’ve got the support of the entire Brigade behind us,” said Staff Sgt. Scott Herrmann, who is deploying with the unit and also serving with the pre-mobilization training assistance element.

Herrmann’s job is to ensure every member of the team meets the Army standards prior to going to their mobilization station at Fort Hood, Texas.

With two deployments under his belt, and more than 10 years in the military, the Paterson, New Jersey native said he’s excited to deploy with such experienced Soldiers.

“We’re a higher ranking group, so we’re self sustaining and self driven,” he said.

The training includes Chemical, Biological, Nuclear and Radiological training and Modern Army Combatives.

“It’s fun. It’s new stuff. I haven’t done this since basic training, and there we

didn’t get to don full MOPP gear,” said Spc. Justin Fontanella.

With only two years in the New Jersey Guard, Fontanella is one of the most junior Soldiers assigned to the team, which is primarily made up of non-commissioned officers and officers.

For him, the upcoming mission represents a real chance to utilize the skills he’s acquired while training with the Guard.

“I’m looking forward to it,” he said. “It’s my first time deploying. I’m looking forward to a real mission.”

The BDOC members are augmentees from other New Jersey units, and this training period is helping to build camaraderie, according to 2nd Lt. Stephen Hernandez.

“We’re melding together really well,” he said. “We’ve got a lot of experienced guys, and lot of really good NCO’s and so it’s actually easier than running a traditional unit.”

The Ridgefield, Park New Jersey resident said the highlight of the training for him has been combatives.

“We’re only going at 50 percent so that we don’t hurt each other, but we’re all really excited to learn how to kick some butt,” he said.

HIGHLIGHTS

Refurbished Vietnam War icon joins remembrance ceremony

Story and photo by Sgt. Sherwood Goodenough, 444th Mobile Public Affairs Detachment

A workhorse of the Vietnam War reached its final landing zone in time for the New Jersey Vietnam Veterans Remembrance Day observance in Holmdel May 7.

The meticulously restored UH1-D “Huey” helicopter was unveiled at the New Jersey Vietnam Era Museum and Educational Center at a ceremony attended by more than 500 veterans.

New Jersey Vietnam Veterans who restored the chopper to its former appearance met some of the pilots and crew members from the units that flew the aircraft in Vietnam.

They were joined at the ceremony by Lt. Gov. Kim Guadagno and Brig. Gen. Michael L. Cunniff, The Adjutant General. The guest speaker was Rocky Bleier, who was a key player on four Super Bowl championship Pittsburgh Steelers teams after spending more than two years recovering from wounds he sustained as an infantryman in Vietnam.

He recalled the outsized role the Huey still holds in the memories of Vietnam veterans.

“It was a Huey that brought us into country and out of country. It brought us food and supplies. It would hover like a protective mother over the battlefield,” Bleier said. “But most importantly. It brought you hope.”

As the loud speakers beneath the static display filled the air with the familiar sound of the Huey’s turbine-powered twin propellers gaining speed, the eyes and faces of veterans throughout the audience lit up. At the end of the recording, the audience burst into roaring applause as though they had just heard an old friend sing a favorite hymn.

Cunniff acknowledged the shortcomings of the nation in recognizing the returning veterans of Vietnam.

“Your experiences are pages of history that were not written soon enough,” he said. “Tell your stories.”

Guadagno, herself the mother of a cadet at the United States Air Force Academy, echoed the general’s statements, “you had courage and you made sacrifices and we will never forget.”

“It may be a little late but this is our way of saying thank you,” she added. “Thank you for your service and welcome home.”



Former Pittsburgh Steelers running back Rocky Bleier, who became a four-time Super Bowl champion after a long rehabilitation from wounds sustained as an infantryman in Vietnam, was the keynote speaker at New Jersey Vietnam Veterans Remembrance Day.

*“Thank you for your service
and welcome home”*

Lt. Gov. Guadagno

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.

USFHP pushes forward effective Jan. 1, 2014, and they are adding an extra benefit to their already robust benefit package! Eye glasses for \$0 to low cost. To hear more about USFHP and this added benefit, come to one of their upcoming information sessions listed below:

Fort Dix Housing Community Center
Bldg. 1134 Hemlock Street, JB-MDL
May 12 / 10 a.m. to 4 p.m.
Contact: Josephine Grey at 347-501-2308

JB-MDL McGuire Library
2603 Tuskegee Airmen Ave, JB-MDL
May 12 / 10 a.m. to 2 p.m.
Contact: Pam Kwiat at 646-341-2545

**JB-MDL McGuire Housing
Jim Saxton Community Center**
3811 South Boiling Street, JBMDL
May 6, 22 / 10 a.m. to 4 p.m.
Contact: Pam Kwiat at 646-341-2545

108th Wing Airmen & Family Readiness Office
3327 Charles Blvd, JB-MDL
May 21 / 1 to 4 p.m.
Contact: Pam Kwiat at 646-341-2545

Picatiny Arsenal Army Community Service
Bldg. 119, Dover, NJ
May 13 and 30
Contact Darrel Hutchinson at 646-354-0126

Pemberton Community Library
16 Broadway Street, Brownmills, NJ
May 19 / 12 to 4 p.m.
Contact: Pam Kwiat at 646-341-2545

Mount Laurel Library
100 Walt Whitman Ave, Mount Laurel, NJ
May 15 and 23 / 11 a.m. to 3 p.m.
Contact: Josephine Grey at 347-501-2308

Camden County Veterans Affairs
3 Collier Dr., Lakeland Complex, Blackwood, NJ
May 5, 12 and 19 / 11 a.m. to 3 p.m.
Contact: Wil Acosta at 646-300-1312

NJDMAVA Bldg
IASD Section,
101 Eggerts Crossing Road, Lawrenceville, NJ
May 7 and 21 / 11 a.m. to 4 p.m.
Contact: Josephine Grey at 347-501-2308

177th Fighter Wing
Bldg. 229, 400 Langley Rd., Egg Harbor Twp, NJ
May 8 and 27 / 12 - 4 p.m.
Contact: Josephine Grey at 347-501-2308

NJNG Jersey City Armory
678 Montgomery Street, Jersey City, NJ
May 1, 8, 15 and 22 / 11 a.m. to 3 p.m.
Contact: Darrel Hutchinson at 646-354-0126

NJNG Toms River Armory
1200 Whitesville Road, Toms Rive, NJ
May 15 / 10 a.m. to 3 p.m.
Contact: Pam Kwiat at 646-341-2545

NWS Earle
Bldg. C29, 201 Highway 34 South, Colts Neck, NJ
May 14 / 1:30 to 3:30 p.m.
Contact: Pam Kwiat at 646-341-2545

Call 1-800-241-4848 option 3 or visit www.usfhp.net for more information.

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