

# NJDMAVA HIGHLIGHTS

NOVEMBER 5, 2015



# HELPING MILITARY FAMILIES

By Give an Hour

The holiday season is upon us. For many, it is a time to be with family and friends—a time to give thanks for what we have, whom we have, and the future we see ahead.

Likewise, anyone who has known the pain of depression, loss of a loved one or the distress of anxiety is aware of how difficult this time of year can be. Guard members and loved ones whose lives are unsettled or unstable, those who are facing a crisis or dealing with a significant loss, those who are unemployed or homeless—they may not experience the same joy of the season. Indeed, the images that bombard us during this time of year remind those who struggle of what they don't have and what they have lost. If you find yourself experiencing uncomfortable feelings during this holiday season Give an Hour is here to support you at no cost.

If you find yourself experiencing stress this holiday season, here are a few tips to help:

Ask for help from family and friends—they want to be there for you—and be specific about your needs – can you watch the baby while I do some holiday shopping? It's ok to depend on your close family, friends and other loved ones to help you. We all need help sometimes.

Be firm with your limits. If you can't muster the time, energy, or money to travel to visit relatives, say so; if you can't organize this



year's bake sale at the school, say so.

Look for opportunities to help others in need. The act of giving improves our mood and can lift our spirits.

Avoid financial stress by avoiding the temptation to spend beyond your means, and instead focus on "gifts from the heart" – photo albums, written messages and homemade items.

Beginning in 2013, the Army National Guard partnered with Give an Hour to ensure that quality mental health care services are available when and where they are needed. Give an Hour is dedicated to providing free and confidential mental health services to military personnel and their families in all 50 states. This free resource is available to Guard members and their loved ones, for as long as help is needed. Anyone affected by their loved one's service is eligible to receive help through Give an Hour, including parents, siblings, and unmarried partners. If you or someone you care about is struggling during this holiday season – or at any time of the year – contact Give an Hour at [www.giveanhour.org](http://www.giveanhour.org) to connect with a counselor who can help.

If you are experiencing crisis or know someone who is, call 911 or the Veterans Crisis Line at 1-800-273-8255 (and press 1 to talk to someone immediately).

Don't wait. Get help today.

**ATTN: VETERANS & CONCERNED CITIZENS!**  
**Are you concerned on how Veterans diagnosed with Post Traumatic Stress Disorder (PTSD) are treated in judicial proceedings?**

Let your voice be heard

**PUBLIC HEARING**

**Tuesday, November 10, 2015**

**10 a.m. – 1 p.m.**

**AMERICAN LEGION POST #129**

**2025 CHURCH ROAD**

**TOMS RIVER, NJ 08753**

**This Public Hearing is open to anyone. All those wishing to give testimony please be on time and prepared to give both oral and written testimony.**

This Public Hearing is being held by a Task Force created by the New Jersey Senate and General Assembly and overseen by the New Jersey Department of Military and Veterans Affairs. The Task Force shall examine current data, research, programs and initiatives related to the impact of PTSD upon Veterans to include those members of the New Jersey National Guard and how it has affected their treatment in judicial hearings.

The Task Force shall also identify effective strategies for the court system to adopt to effectively interact with Veterans diagnosed with PTSD and develop recommendations to implement those strategies, including legislation or court rules, if appropriate, based on their findings. Three Public Hearings will be held and a final report shall be issued to the Governor.

To register to give testimony, or if you have any questions please contact;

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Ph. 609-530-6962

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Ph. 609-530-6855

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

## COVER PHOTO

*Tech. Sgt. Ray DeMarco, 108th Wing, New Jersey Air National Guard, tows a KC-135R Stratotanker into a hangar with a MB-2 aircraft towing tractor for a post-wash lubrication at Joint Base McGuire-Dix-Lakehurst, N.J., Nov. 4, 2015. The Stratotanker provides the core aerial refueling capability for the United States Air Force. The aircraft, which enhances the Air Force's capability to accomplish its primary mission of Global Reach and Global Power, also provides aerial refueling support to Air Force, Navy, Marine Corps and allied nation aircraft. The KC-135R is also capable of transporting litter and ambulatory patients using patient support pallets during aeromedical evacuations. (U.S. Air National Guard photo by Master Sgt. Mark C. Olsen/Released)*

*You are cordially invited*

*to the*

*NJDMAVA*

*Veterans Day Ceremony*

*Nov. 11, 2015*

*10:30 a.m.*

*at the*

*BG William C. Doyle*

*Veterans Memorial Cemetery*

*Public Assembly Area*

*350 Province Line Road*

*Wrightstown*

*NJ*

*08562*

# AIRMEN RECEIVE QRF REFRESHER TRAINING

From the 177th Fighter Wing Quick Reaction Force Office



Airmen with the 177th Fighter Wing participate in advanced Quick Reaction Force training at Joint Base McGuire-Dix-Lakehurst, N.J., Oct. 17-18 2015. (U.S. Air National Guard photo by Lt. Col. Jesse Arnstein/Released)

Whether responding to emergencies such as natural disasters, or civil unrest situation, National Guardsmen must be trained and prepared to respond at a moment's notice.

Fourteen 177th Fighter Wing Quick Reaction Force Airmen sharpened their readiness skills during advanced QRF training from 2nd-254th Combat Arms Regiment Soldiers on Oct. 17-18 at Joint Base McGuire-Dix-Lakehurst, N.J.

The 254th instructors covered subjects included conducting convoys, establishing vehicle checkpoints, searching vehicles and personnel, controlling civil disturbances and providing facility security.

Classroom instruction was put into practice outside.

The Airmen impressed their Army National Guard instructors.

"I really do not see a huge difference between training Airmen and Soldiers in QRF tasks," said Sgt. 1st Class Timothy

***I really do not see a huge difference between training Airmen and Soldiers in QRF tasks.***

***Sgt. 1st Class Timothy Hoke  
QRF Course Manager  
2nd-254th Combat Arms Regiment***

Hoke, QRF Course Manager. "At the basic level they are all service members that have volunteered to serve and their branch affiliation does not seem to matter."

In addition to learning valuable skills, the Airmen enjoyed the experience.

"What I enjoyed most was the hands on training," said Tech. Sgt. William Dingman, 177th Aircraft Maintenance Squadron. "I'm more of a tactile learner with learning something by doing it in repetition."

"They (Airmen) just want to do their part in serving the community and that shows in their motivation," said Hoke.

"The professionalism, positive attitude and the personal real-world stories from the instructors made for an interesting and engaging course," said Dingman.

"Everyone had great attitudes," said Lt. Col. Jesse Arnstein, 177th QRF Officer in Charge. "It can be challenging to learn Army-centric skills, but everyone was enthusiastic and focused throughout the training."

"It's a privilege to serve alongside these motivated Airmen, eager to help our community and New Jerseyans when they need us most."

# Residents get new van



*Commander Jack Kane, right, past Veterans of Foreign Wars State Commander 2014-2015, presents Sean P. VanLew Sr., Superintendent of Veteran's Haven North - a transitional housing programs for homeless veterans run by the New Jersey Department of Military and Veterans Affairs - with the keys to a 2015 Ford Connect Oct. 20, 2015. The money for the vehicle was raised as part of Commander Kane's Department project during his command year. (Courtesy photo)*



## Jewish War Vets donate to home

*Commander Ralph Goodman, right, Jewish War Veterans, Post 609, Monroe Township, presents Joseph Brandspiegel, CEO, New Jersey Veterans Memorial Home at Menlo Park, with a check for the Home's residents Nov. 1, 2015. Brandspiegel was the guest speaker at the JWV's monthly meeting. (Courtesy photo)*

RUTGERS FOCUS WELLNESS CENTER



# **Veterans Day Open House**

*Free Health Screening*

*Free Nutritional Advice*

*Free refreshments*

**When: November 11, 2015**

**Where: 449 Broad St Newark, NJ 07102**

**Time: 11:00am-2:00pm**

Please **RSVP** by November 5, 2015

[Wilrodri@andromeda.rutgers.edu](mailto:Wilrodri@andromeda.rutgers.edu) | (862) 902-7873

*This project is supported by the Healthcare Foundation of New Jersey*

# Freedom Awards nominations open

From the Employer Support of the Guard and Reserve

Nominations for the 2016 Employer Support of the Guard and Reserve Freedom Awards are open until Dec. 31, 2015.

Any Guard or Reserve service member can nominate their employer. If a service member does not have access to submit a nomination, a family member can nominate the service member's employer on their behalf.

You can nominate small, large (500+) and public employers. The employer MUST be the service member's current employer. Nominations for friends, family, schools, stores, etc. that are not the service member's employer will not be considered.

To nominate your employer, go to <https://esgr.csd.disa.mil/fa/NominateYourEmployerView.aspx>

Click on the "Nominate" button at the top or bottom of this page. Open the form and review the questions before filling in any of the fields.

If you do not know how to answer any of the questions, print the form and gather the pertinent information before going any farther. Ask your employer or HR representative for clarification if you need assistance

answering the questions.

A nomination form must be completed in one session, so fill out the nomination form fully and accurately. There is not an option to save your data and submit later.

It is recommended that you use the cursor to enter your information in each field. Do not hit the "Backspace" button, as all typed information will be lost. Your information will not be saved until you hit "Submit."

For each question, please provide supporting information in the text box below each question. This is your chance to enhance your nomination by providing thorough explanations of why your employer deserves to be considered for this award. For example: elaborating on pay and benefit policies, service member and family support provided. Explaining on all of the ways in which your employer supports you, your family, other service members and the military community will ensure the strongest nomination possible.

After your nomination is submitted,



it will go to a review committee in your state. Once the nomination period closes, the state will select semifinalists to move forward. A review board at HQ ESGR, a Department of Defense agency, considers all semifinalists for selection to the next round. The group of finalists goes before a National Selection Board comprised of senior Department of Defense officials, representatives from each of the seven Reserve Components, employer associations and past recipients of the Freedom Award. This selection committee makes recommendations for up to 15 recipients to the Secretary of Defense for final approval. Semifinalists are announced in early spring, and recipients are finalized by early summer.

**Attention Businesses! Hire a Veteran!**

**You're Invited!**  
**Veterans Job & Resource Fair**  
November 9th, 2015 ~ 9:30-12:30  
Moorestown Community House,  
Mainstreet, Moorestown, N.J. 08057  
*Meet Moorestown Mayor Napolitano*  
**Get suited up with Suiting Warriors**

**Special Guest Speaker**  
**Lt.Col Scott Rutter (Ret.)**

Free breakfast, lunch, snacks and beverages and so much more.

Just some of the organizations attending with job vacancies to fill.

Walmart, AnnieMac, WOS, PNC, Lowe's, AIR FORCE RESERVE

For more information and to reserve your free table, please contact Madeleine Morlino at 856.628.7421 or email [madeleinemorlino@outlook.com](mailto:madeleinemorlino@outlook.com)

**Thank you to Moorestown Community House for generously sponsoring this event.**

# Veterans Outreach Campaign

Nov. 6 & 7  
4th Annual Operation Stand  
Down In Morristown  
Morristown National Guard  
Armory

8:30 a.m. – 1 p.m. Daily  
430 Western Avenue,  
Morristown, NJ 07960

Nov. 8  
Jersey City Parade for  
Veterans and Heroes  
10 a.m. – 12 p.m.  
Parade Starts at City Hall  
and ends at  
Harsimus Cemetery  
435 Newark Ave.  
Jersey City, NJ 07302

Nov. 9  
Veterans Job & Resource  
Fair  
Moorestown Community  
House

9:30 a.m. – 12:30 p.m.  
16 East Main Street,  
Moorestown, NJ 08057

Nov. 10  
Service Provider  
Roundtable  
1:30 p.m. – 4 p.m.  
Paul Robeson Campus  
Center, Rutgers  
University-Newark  
350 Dr. Martin Luther  
King Jr. Blvd.  
Newark, NJ 07102

Nov. 14  
Veterans Benefit Seminar  
6 p.m. – 7 p.m.  
Lake Hopatcong Elks  
Lodge  
201 Howard Blvd.  
Mt. Arlington, NJ 07856



**NJDMAVA HIGHLIGHTS** is published weekly under provisions of AR 360-1 and AFI 35-101 by the Public Affairs Office of the New Jersey Department of Military and Veterans Affairs for all members of the New Jersey Army and Air National Guard,

their families, the New Jersey veterans community, retirees and civilian employees. The views and opinions expressed herein are not necessarily those of the Department of Defense, the Army, the Air Force, the National Guard Bureau, Veterans Affairs or the State of New Jersey. Letters may be sent to: NJDMAVA Highlights, Public Affairs Office, NJDMAVA, PO Box 340, Trenton, NJ 08625-0340. E-mail at: [pao@dmava.nj.gov](mailto:pao@dmava.nj.gov)

**BRIG. GEN. MICHAEL L. CUNIFF**  
*The Adjutant General*

**RAYMOND ZAWACKI**  
*Deputy Commissioner for Veterans Affairs*

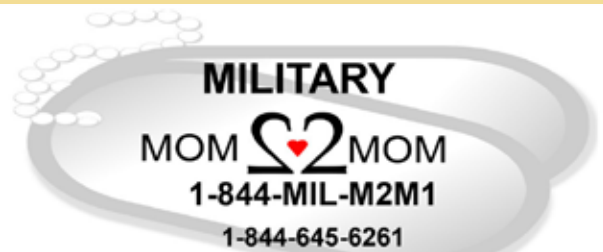
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*The Military "MOM 2 MOM" Peer Helpline Program*

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.



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](http://www.njveteranshelpline.org)

@NJVet2Vet on Twitter, Pinterest & Facebook

**Life doesn't have to be a battlefield**



*The US Family Health Plan has been a trusted partner of the Military Healthcare System for more than 30 years.*

*We provide the TRICARE Prime option to service families and retirees.*

*US Family Health Plan contracts with over 12,000 physicians.*

*For more information on our plan, visit us @ [usfhp.net](http://usfhp.net)*