



Senior Airmen Jennifer Heller, right, and Melissa Seel, both aerospace medical technicians with the 177th Fighter Wing, New Jersey Air National Guard, check a homeless veteran's blood pressure during Stand Down 2016 at the National Guard Armory in Cherry Hill Sept. 23, 2016. and recovery.

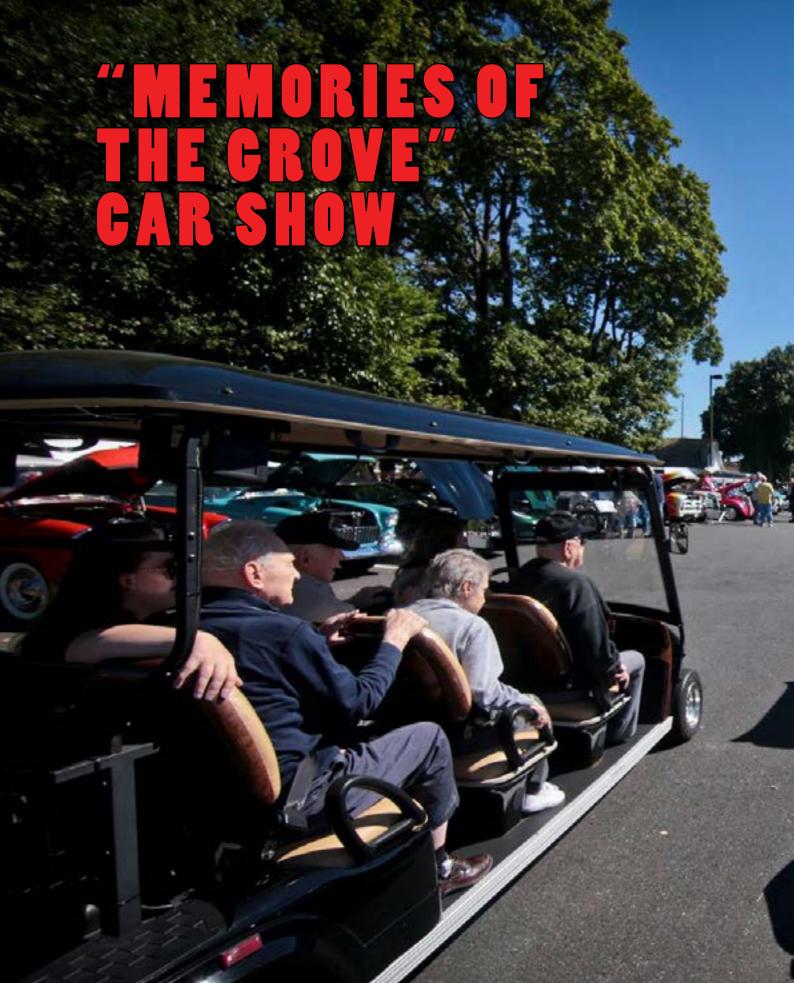
Pfc. Jeannerie Lopez, left, 119th Combat Sustainment Support Battalion, and Spc. Jerry Thach, 328th Military Police Company, New Jersey Army National Guard, cook sausages during Stand Down 2016 at the National Guard Armory in Cherry Hill Sept. 23, 2016 Maj. Lisa Robinson, left, clinical nurse, 177th Fighter Wing, New Jersey Air National Guard, gives a homeless veteran a flu shot during Stand Down 2016 at the National Guard Armory in Cherry Hill Sept. 23, 2016.

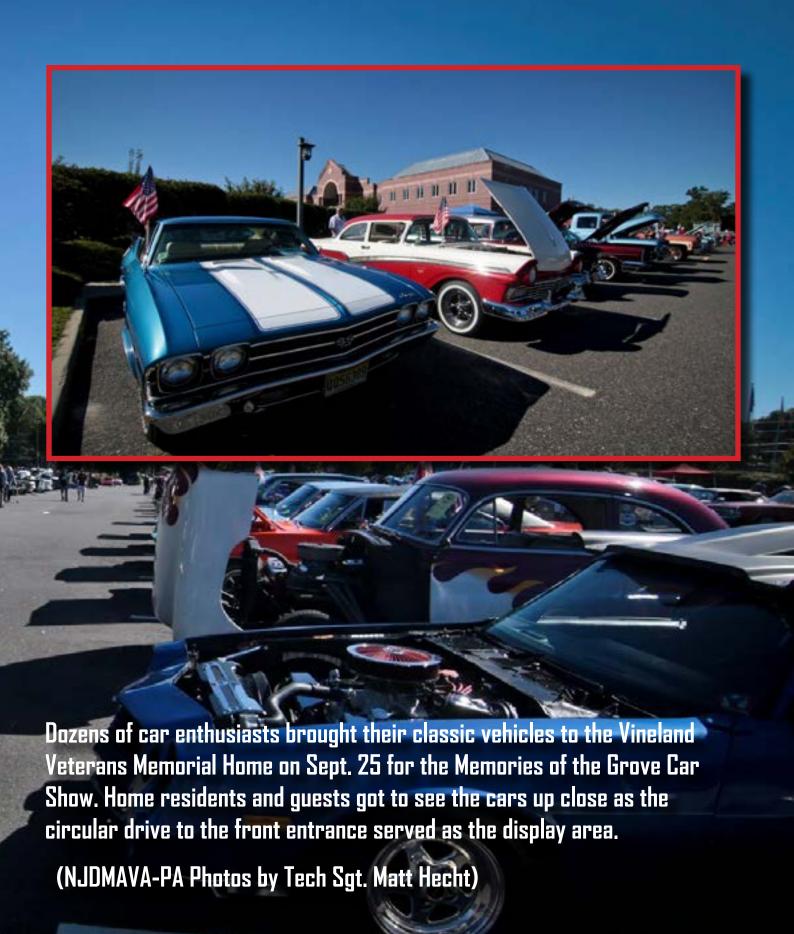




STAND DOWN 2016

The New Jersey Department of Military and Veterans Affairs along with New Jersey National Guard Soldiers and Airmen and the Stand Down of South Jersey Committee, Inc. co-hosted Stand Down 2016 at the National Guard Armory in Cherry Hill to provided more than 200 homeless veterans with access to healthcare, mental health screening, substance abuse counseling, social services - food stamps and unemployment, legal services, religious counseling, a hot meal, a haircut and winter clothing on Sept. 23, 2016. Since 1996, the South Jersey Stand Down has served as a catalyst that enables homeless veterans to re-enter mainstream society. Stand Down is a military term referring to exhausted combat units that were removed from the battlefront to a place of security and safety for rest and recovery. Today, Stand Downs are grass roots, community-based intervention program to help veterans' battle life on the streets.(NJDMAVA-PA Photos by Mark C. Olsen)





SQUAD DESIGNATED MARKSMEN COURSE

Story and photos by By Sgt. 1st Class Wayne Woolley, NJDMAVA-PA

The New Jersey Army National Guard's recent Squad Designated Marksman class featured some students from out of town – way out of town.

Ten Soldiers from the storied 82nd Airborne Division from Fort Bragg, N.C. were part of the 23-member class that seeks to develop shooters able to engage the enemy beyond the range expected of most troops.

"Graduates of the course go back to their units and fill the role between the average shooter – who shoots 300 meters – and the sniper – who engages targets at 600 meters and beyond," said Sgt. 1st Class Matthew Sams, the course manager. "We are training Soldiers who give commanders additional tactical options."

Although a number of active-duty and

National Guard installations offer the Squad Designated Marksmanship course, Sams said the 82nd Airborne troops ended up at the New Jersey course, which is run by the 1st Battalion of the 254th Training Regiment, because of connections made by a paratrooper who attended a leadership course led by the National Guard unit, which is based in Sea Girt.

The Soldiers from the airborne unit joined 13 other New Jersey National Guard Soldiers for the two week course that was designed to both build confidence in their ability to take longer shots with the M-16 rifle and to master the M-14 Enhanced Battle Rifle, which has a longer effective range. The Soldiers graduated from the course on Sept. 24.

Sgt. Nicholas Teigen, 22, of Spokane, Wash. said the training will help him become a better marksmanship trainer for the seven Soldiers he leads as a squad leader in Delta Company of the 2nd Battalion of the

airborne division's 504th Parachute Infantry Regiment.

"This is the first time I've been to a National Guard Course. I'm very impressed with the cadre. Everything is based off the student. They absolutely take the time to teach you the correct way – the tips and tricks," Teigen said.

One of his fellow paratroopers, Spc. Dalton Gentry, 21, of Devine, Texas, whose assigned weapon is normally the Squad Automatic Weapon – a machine gun -- said the course built his confidence in hitting distant targets.

"I learned a lot. I wasn't all that great of a shot when I got here. They taught me the fundamentals. If I was doing something wrong, they explained it to me instead of yelling. Gentry said. "This was the best shooting I've ever done in the military."



Pfc. Jacob Goss of the 1st Brigade Combat Team of the 82nd Airborne Division fires from the kneeling position on a firing range at Joint Base McGuire-Dix-Lakehurst on Sept. 22. Goss was one of 10 82nd Airborne Soldiers who recently completed the New Jersey Army National Guard's Squad Designated Marksmanship course.

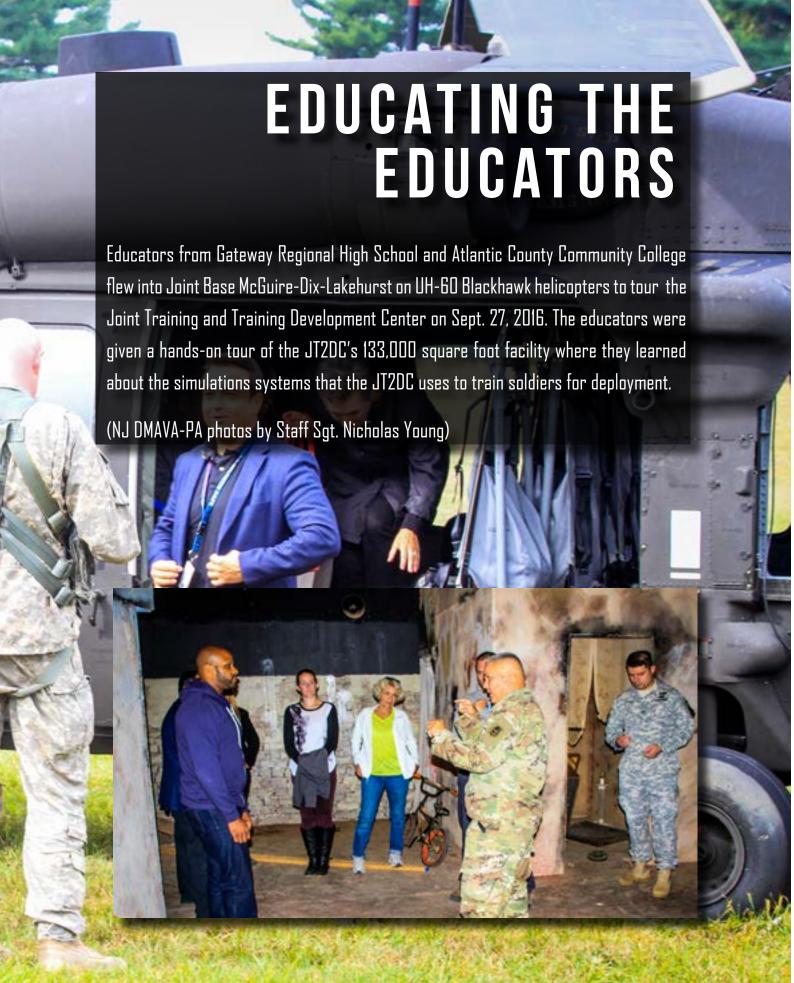


Soldiers from the 1st Brigade Combat Team of the 82nd Airborne Division make sight adjustments to the M-14 Enhanced Battle Rifle on a on a firing range at Joint Base McGuire-Dix-Lakehurst on Sept. 22. Ten 82nd Airborne Division Soldiers recently completed the New Jersey Army National Guard's Squad Designated Marksmanship course.

Pfc. Jacob Goss of the 1st Brigade Combat Team of the 82nd Airborne Division shows a diagram used to make sight adjustments when attempting to hit long-distance targets on a firing range at Joint Base McGuire-Dix-Lakehurst on Sept. 22. Goss was one of 10 Soldiers from the 82nd Airborne Division who recently completed the New Jersey Army National Guard's Squad Designated Marksmanship course.







THE HARD ROAD TO BECOMING FIRST

Photo and story by Tech. Sgt. Armando Vasquez, 108th Wing Public Affairs

If it seems like 1st Lt. Justin Sheppard has been in military schools for a lot of his 12-year career, it's because he has.

But the leadership of the New Jersey's 108th Wing believes Sheppard's unique background - which includes two Army military occupational specialties and four Air Force specialty codes - made him the first Airman selected for the elite 140th Cyber Operation's Squadron when it was created in July 2015.

Because the Air Force relies heavily on advanced computer and software systems, it must also rely on cyber operations to keep and maintain those systems safe from hackers and potential threats. Consequently, the cyber system operations specialists design, install and support these systems to ensure they are operating properly and are secure from outside intrusion.

Sheppard, who also holds an information technology degree and a master's in business was a perfect fit.

"As that first person in the unit, I wanted to be the first one done with training so that I can come back and impart that knowledge to everybody else that comes into the unit," said Sheppard. "That was my goal."

But completing that goal came with personal sacrifices that began several years earlier.

Sheppard began his military career in 2004 at Fort Jackson, South Carolina, where he met his future wife, Janette, during basic training. After Janette completed her advance individual training as a supply specialist and reported to her New Jersey Army National Guard unit, she returned to South Carolina while Justin completed his advance training. They married and moved to Indiana.

Two years later, Justin reclassified as a signal support specialist and began his second military school and the separation from his family began.

Looking for a more technical career in the military, the Sheppard's decided to move to Janette's home state and join the New Jersey Air National Guard. In December 2007, the Sheppard's joined the 108th Wing

and Janette's Army specialty transferred directly to the Air Force's specialty in logistics. Justin wasn't as lucky and not wanting to spend too much time away from his family, chose aerial porter, which has a shorter technical school period.

Assigned to the 108th Contingency Response Group, Justin also assisted with computers and IT matters in addition to his regular duties, and that's how he ended up attending his fourth school. He applied for a full time position with the 108th Communication Flight in 2010 and was sent to Keesler Air Force Base in Mississippi for six months to retrain as a client systems specialist.

Sometime later, the CRG received a slot for an officer. Having impressed his leadership with his technical skills, and hard work, he was offered the position, but that also meant more time away from his wife and his son.

So away he went to the nine-and-a-half week officer training school to get commissioned and then another 10 months of airfield operations officer's training. What made that separation more difficult was Janette was working on her master's degree in social work and was pregnant with their second child.

Unfortunately, the CRG's mission was short lived as the unit was stood down and personnel within the unit were reassigned to other units within the Wing. When he had accepted the CRG position, he had left a full-time position for a traditional one and now he needed to find a new assignment.

"It was very difficult time for me," said Sheppard. "I had invested a lot of time and effort into the CRG. I almost decided to get out at that point because they didn't have anywhere else to put me. I was the only airfield ops officer in New Jersey at that time. So I was going to have to retrain no matter what I did and I already spent so much time away from the family and I didn't know that I wanted to retrain again."

But for the Sheppard's the decision for Justin to accept the cyber operations officer position made sense. Although it meant going away for to school for several months, the skills and knowledge acquired in that career field would be invaluable.



"We've always shared the burdens together," said Janette. "But it hasn't gotten easy. His departures don't only affect me, it also affects our children."

So after becoming the first person in the cyber unit's manning document, Justin attended undergraduate cyber training at Keesler, then cyber warfare operations, followed by a weapons systems course. All of that schooling culminated in a two week mission qualification training at the Warfield Air National Guard Base in Middle River, Maryland this past June.

This month, several cyber operations personnel will be returning from the same training that Justin completed. These Airmen will receive their mission qualification training in-house because Justin is certified for the instruction and certification process that completes their training. Other cyber operators will follow until the 140th becomes initial operation capable in October 2017. Then their missions and deployments will begin.

Time away from family will most certainly be a possibility.

"The time away from home gets harder and harder," said Justin. "Especially now, when my daughter is at that age where she is recognizing that I'm not there."

"We understand that our decisions are based on what is best for our family," said Janette.

"I'm very lucky that my wife is in the unit, so she understands," said Justin. "I feel like if I had somebody that wasn't, they probably wouldn't understand why I would have to keep going away for six months, six months, 10 months and then another 10 months. So yes, I'm lucky that she is supportive and understanding.

Yes, he is.

VETERANS AFFAIRS



RUN FOR THE FALLEN



Participants in the 2016 New Jersey Run for the Fallen were greeted on Sept. 25 at the National Guard Training Center in Sea Girt by the family of Staff Sgt. Frank Carvill, a New Jersey Army National Guard Soldier killed in Iraq in 2004. The runners were in the homestretch of a three-day annual event that begins at the Cape May Lighthouse and ends more than 190 miles to the north

at the Vietnam Veterans Memorial in Holmdel, the location of the state's Gold Star Family Monument. Each mile is dedicated to a fallen New Jersey Hero and their Gold Star Family, and the run team stops at each Hero Marker to present a flag and personalized biographical card to waiting family members, friends and comrades. On the final run day, in addition to the stop at Carvill's Hero Marker,

runners also made stops in honor of four other New Jersey Army National Guard Soldiers who died in combat in Iraq; Spc. Christopher Duffy, Sgt. Ryan Doltz, Sgt. Humberto Timoteo, as well as for Staff Sgt. Jorge Oliveria, who died in Afghanistan. (Photo by Kryn Westhoven, DMAVA-PA).



PRIDE NJ RIDE

VETERANS GATHERED AROUND AN AUDI R8 AT THE VIETNAM VETERANS MEMORIAL IN HOLMDEL DURING THE THIRD ANNUAL PRIDE NJ RIDE. THE RIDE MATCHES VETERANS WITH OWNERS OF FAST CARS FOR A DAY OF DRIVING TO EVENTS ALONG THE JERSEY SHORE. (NJ DMAVA-PA PHOTO BY SGT. 1ST CLASS WAYNE WOOLLEY)

HELPFU INFORMATION

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

Colonel Edward J. Chrystal Jr., Director

609-530-6967 Donna Myers, Sec 609-530-6766 Virginia Fiess, QA Coordinator 609-530-6979 Fax: 609-530-6970

Menlo Park Veterans Memorial Home Joseph Brandspiegel, CEO Jennifer Pajak, Sec 132 Evergreen Road, PO Box 3013 Edison, NJ 08818-3013

732-452-4102 Fax: 732-603-3016

Veterans Healthcare Services (DVHS) Paramus Veterans Memorial Home Dianne Tabron-Felder, CFO

> 1 Veterans Drive Paramus, NJ 07652 201-634-8525 Fax: 201-967-8658

Vineland Veterans Memorial Home

Allyson Bailey, Acting CEO Sharon Frye, Sec 524 North West Boulevard Vineland, NJ 08360-2895 856-405-4207 Fax: 856-696-6714

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, Interment 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 rvisor, 609-738-2408 Fax: 609-758-3490

Veterans Services (DVS) 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

eterans Haven Sout

Walter Nall, Supt – 609-561-4948 Vacant. Asst. Supt - 609-567-3715 Carisa Shufford, Sec 609-561-4990 ext. 120 301 Spring Garden Road, PO Box 80 Winslow N.I 08095 609-561-0269 Fax: 609-567-5186

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

State Approving Agency-GI Bill Programs Charles Rowe, Bureau Chief – 609-530-6842 Marisol Meyer, Education Prog Asst – 609-530-6849

Lvnn Yesalonia, 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

Veterans Service Offices

Veterals Service Offices
Joseph Bucco, State Supervisor – 609-530-6830
Christopher Wambach, State Supervisor – 609-530-6863
Joseph E. Nyzio, VSO – 609-530-6857

Fax: 609-530-6970

3059hi E. Nyzin, Yod – 0059000007 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

Sherri Morris, Sec

1008 Absecon Boulevard, <u>Atlantic City</u> 08401-1999 ~ (*Atlantic City Armory*) 609-441-3060/3061 Fax: 609-441-3899 (*closed alternate Fridays*)

Bergen/Passaic enh Restivo, VSO

Joseph Resido, v30 Titus Osuagwu, Sec 125 State Street, Suite 109, <u>Hackensack</u> 07601-5435 201-996-8050/8051 Fax: 201-996-8009

Burlington Matthew Still, VSO

Mitchelina Giuliano, 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 Essex/Union Robert Maulano, VSO

Nelley Darby, Sec 20 Washington Place, Room 431, <u>Newark</u> 07102-3174 973-297-3336 Fax: 973-648-0830

Hudson Esther Chucaralao, VSO

Distribution (NG)
Michael Dorobis, Sec
678 Montgomery Street, 2nd Floor, <u>Jersey City</u> 07306 ~ (*Jersey City Armony*)
201-536-3401 Fax: 201-536-3404 (closed alternate Fridays)

658 N Evergreen Avenue, <u>Woodbury</u> 08096 ~ (*Woodbury Armory*) 856-853-4184/4185/4186 Fax: 856-384-3781 (*closed alternate Fridays*)

Mercer William McDonnell, VSO

Theresa Tomecheck, Sec 151 Eggerts Crossing Road, Room 136, <u>Lawrenceville</u> 08648 ~ (*Lawrenceville Armory*) 609-671-6697/6696 Fax: 609-671-6698

Middlesex/Somerset Joseph Battito, VSO Vacant. Sec.

7060 Hamilton Street, <u>Somerset</u> 08873 ~ (Somerset Armory) 732-937-6347/6348 Fax: 732-937-6417 (closed alternate Fridays)

<u>Monmouth</u> Peter J. Midalev. VSO Rita Hyland, Sec.

Newark Liaison/VA Regional Office

Richard Mannes, VSO Brad Christensen, VSO

20 Washington Place, Room 439 Newark 07102-3174 973-297-3230 Fax: 973-642-2356

Ocean Paul McIntyre, VSO

Lisa Szymanski, Sec

Robin Mitchell, Sec James J. Howard Outpatient Clinic 970 Route 70, <u>Brick</u> 08724-3550 732-840-3033/3034 Fax: 732-840-0399 630 Bangs Avenue, Suite 320, <u>Asbury Park</u> 07712-6904 732-775-7009/7005 Fax: 732-775-3612 Salem/Cumberland

Catherine Raniolo, Sec 524 Northwest Boulevard, <u>Vineland</u> 08360-2895 856-405-4388/4390/4389 Fax: 856-696-6499

Sussex/Morris
William Robinson, VSO
William Robinson, VSO
179 West Clinton Street, Dover 07801 ~ (Dover Armon)
973-386-0245(8347 Fax 973-386-0380 (Mon, Tues, Wed)
973-886-0245(8347 Fax 973-386-0380 (Mon, Tues, Wed)
973-887-4020 Fax: 973-827-4024 ~ (Franklin Armory)

Warren/Hunterdon *Sibley Smith, VSO/Ombudsman

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

Vacant-VSO 179 South Main Street (Route 9)

Manahawkin, NJ 08050 609-978-5895 Fax: 609-978-6446





Veterans' Oral History Luncheon to be Held in Manasquan

The National Guard Militia Museum of New Jersey (NGMMNJ) Center for US War Veterans Oral History Program will hold its annual luncheon at 11:00 a.m. on November 1, 2016 at the Manasquan Elks Lodge. The luncheon honors veterans who participated in the Veteran Oral History program over the previous year. At the luncheon each veteran will be presented with a ceremonial resolution commending them for their participation.

The Oral History Center has interviewed more than 550 veterans of World War II, Korea, the Cold War, Vietnam, Desert Storm/Shield, Operation Iraqi Freedom, Operation Enduring Freedom and more since the program's inception in 2001. Copies of individually filmed interviews are given to the veteran participants, filed at the museum, and sent to the Library of Congress. As time and resources permit, summaries are then posted on the NGMMNJ website.

Veterans' interviews are vital historical primary sources and are continually accessed by scholars, journalists, book authors and documentary filmmakers around the world, as well as by other veterans and their families. They are an essential part of the American story and provide a vital contribution to its narrative.

Individuals interested in participating in the program may obtain an application by completing the form on the website, printing and mailing the form to the museum in Sea Girt, or contacting the museum.

Contact:

Carol Fowler, Assistant Curator, Veteran Oral History Director, National Guard Militia Museum of New Jersey at Sea Girt 732-974-5966

Carol.Fowler@dmava.nj.gov

nj.gov/military/museum/oralhistory.html







THE AMERICAN LEGION, NJSBDC AND THE SMALL BUSINESS ADMINISTRATION PRESENT A FREE ONE DAY PROGRAM WITH A COMPREHENSIVE 8 WEEK ON-LINE COURSE FOR VETERANS WHO WANT TO START, EXPAND OR PURCHASE A SMALL BUSINESS.

AMERICAN LEGION POST 281 LOCATED AT 2101 CHEWS LANDING ROAD, BLACKWOOD, NJ 08012 **TUESDAY OCTOBER 25, 2016**

FROM 08:30 AM TO 5:00 PM - REFRESHMENTS PROVIDED AT NO **COST COURTESY OF AMERICAN LEGION POST 281**

> REGISTRATION REQUIRED BY OCTOBER 18, 2016 **Registration Link:**

http://boots2business.org/rebootapply/

For Questions Contact: Gene Spillane, SBA Veterans Small Business Outreach Officer <u>Eugene, Spillane@SBA.gov</u> / 973-645-2427







The Enlisted Association of the National Guard of

New Jersey

GOLF OUTING

Friday October 7, 2016

Stockton Seaview Resort & Hotel Galloway, NJ

COST \$105

INCLUDES



For Tickets contact Jerry Z 609-214-6959 Jerryzebrowski.jz@gmail.com

Fri overnight stay add \$132. w/1 breakfast (and join us for Friday Night's Fiesta...)

SEE YOU AT THE SEAVIEW

Got to www.eangnj.org for information on all weekend events

GET THE BEST OF BOTH WORLDS-

TRICARE® Benefits with Civilian Doctors.



Free for active duty families.

www.usfhp.net

Choose from our large network of civilian doctors: Advocare, Virtua, CHOP, RWJ,

Deborah and many more...





JB MDL Resiliency

Finding Solutions to Life's Challenges

Military OneSource	1-800-342-9647
Military OneSource NJ REP	609-433-8008
NJ ARNG SHARP Program	
NJ ARNG Suicide Prevention Program	
NJ ARNG Substance Abuse Program	
NJARNG Equal Oppurtunity Office	
NJ ARNG Psychological Health Program	609-235-5959
108th Wing Airman & Family Readiness Ctr	
108th Wing Director Of Psychological Health	
177th Wing Airman & Family Readiness Ctr.	
177th Wing Director of Psychological Health	
DDD Sexual Assault Hotline	
Employer Support for Guard & Reserve (ESGR)	609-562-5550
Joint Military & Family Assistance Center	1-888-859-0352
National Suicide Prevention Lifeline	
Red Cross	877-272-7337
Vets 4 Warriors	
National Resource Directory	
Joint Services Supportwwww.joints	servicessupport.org

Highlights submissions deadline 4 p.m. Wednesday: nicholas.p.young12.mil@mail.mil

N.J*VET2VET1-866-838-7654 (1-866-VETS-NJ4)

Confidential Peer Support For New Jersey Veterans

1-866-838-7654

http://ubhc.rutgers.edu/vet2vet/

@NJVet2Vet on Twitter, Pinterest & Facebook

Life doesn't have to be a battlefield

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

t o : NJDMAVA, DMAVA Highlights, Public Affairs Office, PO Box 340, Trenton, NJ 08625-0340. Email at: pao@dmava.nj.gov

New Jersey Department of Military and Veterans Affairs

Brig. Gen. Michael L. Cunniff – The Adjutant General of New Jersey Brig. Gen. Steven Ferrari – The Deputy Adjutant General Raymond Zawacki – Deputy Commissioner for Veterans Affairs Chief Warrant Officer 3 Patrick Daugherty – Public Affairs Officer Master Sgt. Mark C. Olsen – Photographer Kryn Westhoven – Writer, Photographer Sgt. 1st Class Wayne Woolley – Writer, Photographer Staff Sgt. Nicholas Young - Layout, Editor Tech. Sgt. Matt Hecht – Photographer, Graphic Artist









