

DMAVA HIGHLIGHTS

SEPTEMBER 5, 2014



The Brig. Gen. William C. Doyle Memorial Cemetery Public Information Center starts to take shape after the concrete foundation is poured. The Center will serve as a staging area for funeral corteges, orient visitors to the cemetery and will include a cemetery map outlining all burial locations and a grave locator kiosk. (NJDMAVA-PA photo by Kryn P. Westhoven)



Suicide prevention more than a month-long campaign

By Jonathan Stock, Air Force Surgeon General Public Affairs

WASHINGTON (AFNS) -- All Airmen have a responsibility that lasts much longer than a one-month campaign. This responsibility extends beyond ourselves and includes our work environment, our families, friends, fellow Airmen and our communities.

While Suicide Prevention Month is observed across the United States in September, the month-long event is a reminder of everyone's 24/7, 365-day responsibility to be a true Wingman. That means knowing our fellow Airmen, family members, coworkers and what is happening in their lives, as well as being willing and able to support them when they are facing challenges that test their resilience.

The Air Force has undertaken several initiatives to improve resilience for individuals and our communities. These efforts can be found under the umbrella of Comprehensive Airmen Fitness, which focuses on maintaining a balanced and healthy lifestyle across physical, mental, social and spiritual domains. Individuals practicing comprehensive fitness are more likely to seek help when needed and be able to identify risk factors and warning signs when an individual is off balance.

"Prevention begins with each individual working to strengthen and maintain their overall well-being across all CAF domains, as well as being able to identify when they need help. A good Wingman offers help knowing what resources are available, and follows up to stand by their side throughout a challenge," said Lt. Col. Kathleen Crimmins, Air Force Suicide Prevention manager. "Assisting Airmen to get help... whether peer or professional, is what a Wingman does."

A number of resources are available to include the Air Force Suicide Prevention website, the Airman's Guide for Assisting Personnel in Distress, the Military Crisis Line by calling 1-800-273-8255, press 1, text 838255, or go online to chat at www.militarycrisisline.net, with access to peer counselors in person and through online chats and text messaging.

You can also find help by contacting your local agencies who make up



the installation Integrated Delivery System.

In addition to the crisis phone line, help is also available through the Vets4Warriors peer support chat line at 855-838-8255 or online at www.vets4warriors.com. This line will connect an individual with veteran peers who understand the unique challenges of military life and assist with problem solving and resolution.

Family members, retirees, and veterans can also use these resources for themselves if they feel the need to speak with someone.

According to Crimmins, Air Force mental health clinics reported an increase in the number of visits annually over the last few years which are positive results of the Air Force's effort to remove the perceived stigma of seeking help. Leaders at all levels must continue to promote and encourage individuals to seek support agencies and clinician services as a normal step in maintaining a good work and life balance.

Early resolution of stress helps Airmen maintain a balanced lifestyle, which in turn allows them to withstand, recover and grow in the face of adversity.

"We can all make a difference by helping our Wingmen understand they are not alone," said Crimmins. "Sharing our stories and highlighting our own personal resilience and perseverance will let others know their Air Force family is behind them and those needing help are not alone."



... Confidential chat at MilitaryCrisisLine.net or text to 838255 ...

Feedback welcome on new Performance Triad app

From Army News Service

Important information and helpful links on sleep, activity and nutrition -- the three components of Performance Triad -- are now available as an app that can be downloaded to any smartphone.

While the Performance Triad version 1.0 is useful in its current form, future versions will contain interactive features, according to Lt. Col. Myong S. Woo, Health Informatics officer, technical lead for Performance Triad.

The Army Office of the Surgeon General would like to receive feedback from Soldiers, Army civilians and family members about exactly what they would like the app to feature, she said, as app developers are meeting next month to discuss future versions.

Commanders have already expressed interest in an interactive dashboard feature that would allow them to provide guidance to their troops or answer any questions or concerns they might have, she said, adding that Soldiers would have complete control of their confidentiality.

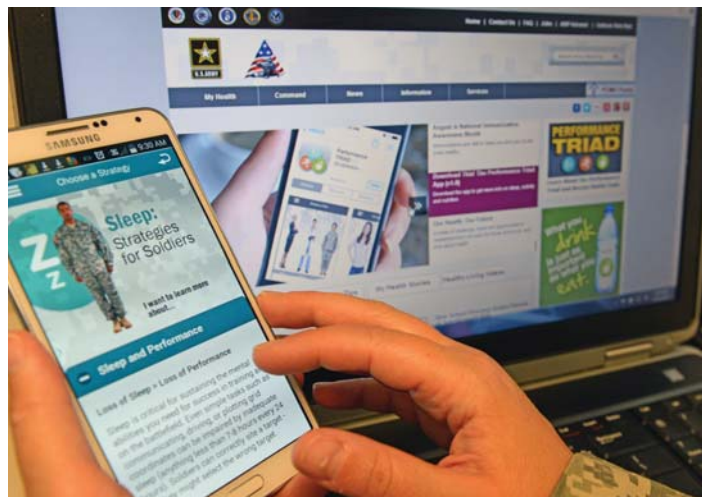
Perhaps Soldiers would like a daily inspirational message or tips on managing work, while getting the proper amount of sleep, or a nutritional tip of the day. Other possibilities, she said, include entering steps taken per day and hours of sleep or food eaten to track sleep wellness or calories.

Feedback like this will help guide future app development, Woo said, noting that "it's now very much a work in progress."

Users can visit their app store for this free app for iPhone, Android or Windows. Search for "Performance Triad" and download the app to the smartphone.

Once the app is downloaded, avatars of a Soldier, Army civilian, family member and retiree will be displayed. Users should click on their avatar, which will open up content most applicable to them, she said.

Content in the app is organized by the three sleep, activity and nutrition categories. Within each category are such



things as frequently asked questions and links to helpful sites like Army wellness centers, the Human Performance Resource Center and Operation Supplement Safety.

After reviewing the content users should click on "review" to provide feedback, she said, adding that it would be excellent if squad leaders and other leaders can promote the app to their Soldiers and their own family members.

The app supports the Army's Ready and Resilient Campaign by giving Soldiers and family members the tools they need to maintain peak performance, Woo concluded, adding that August is Performance Triad month, and it's also the one-year anniversary when the first Performance Triad pilot course started.

The Army Public Health Command, U.S. Army Training and Doctrine Command, U.S. Army Combined Arms Support Command and U.S. Army Sustainment Center of Excellence also participated in the app's development and will participate in future revisions, Woo said.



The "King" plays at Menlo

It might not be Las Vegas but the "King" did make an appearance at the Veterans Memorial Home at Menlo Park recently. A crowd gathered in Menlo's square for Elvis impersonator Craig Newell, just one of dozens of events held at the home every month. (Courtesy photo)



Aquarium dedicated

Chief Executive Officer Joseph Brandspiegel, left, stands beside World War II veteran Walter Cycak as the fish tank in the town square was dedicated to Cycak and his fellow veterans at the Veterans Memorial Home at Menlo Park. (Courtesy photo)

Honor Guard pays final tribute to military service

Story and photo by Sgt. Bill Addison, 444th Mobile Public Affairs Detachment

To many, Sgt. Asim Williams may have one of the most depressing jobs in the New Jersey.

The 36-year-old Trenton native is the north area supervisor for the state's Honor Guard program. It's this Army National Guardsmen's job to attend the funerals and pay the last respects to departed military members and veterans.

"People often ask me, 'how can you attend a funeral everyday?'" he said. "I don't think about it like that, I see it as a way to honor our veterans."

Williams has been involved with the Honor Guard since 2007, and took on a full time position in 2008.

The state's Honor Guard program performs approximately 4,000 funerals per year, according to Spc. Kerry Evans, the state's program coordinator. He said that in January of this year, the Honor Guard surpassed 25,000 funerals since it's inception in 2005.

Evans said every veteran is entitled to a military color guard, whether they've served in wartime or peace. The level of honors varies depending on the person's service, but at a bare minimum will consist of folding the American Flag, presenting it to the family, along with the playing of Taps.

"The veteran has earned this and deserves it," he said. "It really is an honor to stand up there for the veteran who is no longer with us."

For Evans, the funeral honors represent a promise made to the deceased when they enlisted. He said it also represents the keeping of that promise to the current Soldiers that their service and sacrifice will not be forgotten.

"It tells that current soldier that their service was very important, it mattered and when the day comes, we'll render them the same honors," he said.

And while the vast majority of the funeral honors rendered throughout the years are for elderly veterans who served decades ago, the Honor Guard has also been present to formally honor New Jersey's fallen who served in Iraq and Afghanistan.

Williams recalls being present for one of the Jersey Guard's own, Staff Sgt. Jorge Oliveira, who was killed in action Oct. 19, 2011 as a member of the provisional reconstruction team in Afghanistan.

"That's the worst part - to hand off the flag to a wife or a mother who's saying their son went too fast, it wasn't his time to go," Williams said. "It gets you shaken up, but you still do your duty and try to honor that veteran the best you can."

Evans said the Honor Guard Soldiers must walk a fine line between keeping an emotional distance from the subject, while ensuring they give it their full attention and due respect. It's



Sgts. Asim Williams (left) and John Alvarado (right), members of the New Jersey National Guard's Honor Guard demonstrate the proper technique for folding the American flag during funeral honors. More than 200 Soldiers participate in the state-run program which performs approximately 4,000 funerals per year.

something he calls "presence."

"Our soldiers need to be present," he said. "You can't totally distance yourself because when you are doing this, it's the most important thing you are doing that day."

He stressed the importance of communication amongst the Soldiers of the Honor Guard, as well as the time-honored tradition of checking your buddy. It's a lesson Soldiers can apply outside of the Honor Guard.

"Don't be afraid to ask the question: 'How are you doing? This was a tough one today... how are you doing with that?'" he said.

Williams said while the job can be tough at times, it's extremely rewarding.

"I love my job, it makes me feel good to be a Soldier and give our veterans their proper dignified send-off," he said.

More than 200 Soldiers and approximately 11 veterans participate in New Jersey's Honor Guard, but Evans said they are always looking for more.

The program is open to all New Jersey National Guard members, of all ranks, in an active or drilling status. Soldiers interested in becoming members of the program must be in good standing with their unit - meaning they meet the height, weight and physical fitness standards.

Honor Guard Soldiers receive formal training in their duties and receive one day's pay at their current rank for performing honors duties. Soldiers will also receive one retirement point for each day's participation, and after 30 missions are eligible for the New Jersey Honor Guard Ribbon.

Soldiers interested in becoming part of the program should contact Evans at 609-530-6758 or email him at kerry.e.evans4.mil@mail.mil.



Joint training at Joint Base

Airman 1st Class Leonardo Lantigua-Menendez 108th Wing Maintenance Squadron is wheeled away from the scene where he was extracted from a fuel tank. Airmen from the 108th Maintenance Squadron, 108th Wing, New Jersey Air National Guard, perform a fuel tank extraction to test the procedures to extract an unconscious victim from a KC-135R Stratotanker fuel tank at Joint Base McGuire-Dix-

Lakehurst, N.J., Aug. 22, 2014. The exercise involved multiple Joint Base organizations including the 108th Wing and the 87th Bio-Environmental shops, the 87th Fire Department and both the 108th and the 87th Safety Offices. (U.S. Air National Guard Photo by Tech. Sgt. Carl Clegg/Released)


E-mail your Highlights submissions to: mark.olsen@dmava.nj.gov

DMAVA VETERANS OUTREACH CAMPAIGN



SEPT. 16, 2014: MEDAL CEREMONY & OUTREACH EVENT
 American Legion Post #129 – Toms River (11:00 a.m. – 1:00 p.m.)
 2025 Church Road, Toms River, New Jersey 08753
 DMAVA will have a veteran service officer present to help and assist any veteran

NOV. 6, 2014: VETERANS' OUTREACH FORUM
 Salem Community College (9:30 a.m. – 1:00 p.m.)
 Davidow Hall Gymnasium
 460 Hollywood Avenue, Carney's Point, NJ 08069
 DMAVA will have a veteran service officer present to help and assist any veteran

 **SEPTEMBER 17TH, 2014**
NJDEP - 401 EAST STATE STREET
1ST FLOOR, PUBLIC HEARING ROOM
10:00 AM - 2:00 PM

VETERANS JOB FAIR
AT THE NJ DEPARTMENT OF ENVIRONMENTAL PROTECTION




Register by September 8th, 2014

PLEASE BRING THE FOLLOWING:

- ★ CIVILIAN/MILITARY PHOTO ID
- ★ RESUME
- ★ DRESS BUSINESS CASUAL

IF YOU WANT TO FILE FOR CIVIL SERVICE VETERANS PREFERENCE, PLEASE BRING YOUR DD214

ALSO SUPPORTED BY:

WALK-INS WELCOME

DAV | **RECRUIT MILITARY**
ALL VETERANS CAREER FAIR

Thursday SEPTEMBER 18th
11:00 AM - 3:00 PM

New Yorker Hotel
481 Eighth Avenue
New York, NY 10001

THIS FREE HIRING EVENT IS FOR:

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

COMPANIES ARE HIRING!

- Job Opportunities
- Continuing Education Opportunities
- Business Ownership Opportunities

For more details visit:
<https://events.recruitmilitary.com>

Follow us on Twitter:
 @DAVHO and @RecruitMilitary
 Event Coverage on Twitter:
 #rmhire

Follow us both on Facebook

REGISTER NOW




www.DAV.org www.RecruitMilitary.com

328th Military Police Co. Golf Outing

Join the 328th Military Police Company for the 1st Annual Golf Outing! Enjoy a friendly game while we give away prizes for mini competitions, goodie bags, and a Chinese auction!

\$120 includes

- BBQ LUNCH
- GOODIE BAGS
- DOOR PRIZES
- MINI-COMPETITIONS (LONGEST DRIVE, ETC)
- CHINESE AUCTION



...For Registrations, Donations and other details...

CONTACT
 SERGEANT ODISE CARR AT 856.952.1337 or odise.a.carr.mil@mail.mil
 SPECIALIST KYLE ABBOTT AT 609.315.2603 or kyle.w.abbott.mil@mail.mil

Please Register NLT
 September 20, 2014

WHERE:
INDIAN SPRINGS COUNTRY CLUB
115 SOUTH ELMWOOD ROAD
MARLTON, NJ 08053

WHEN:
OCTOBER 4, 2014
9:00AM SHOTGUN START

CONTACT:
 Bob Looby: (908) 894-0746
Boblooby@embarqmail.com

***** Reach Veterans in South Jersey *****

Join the American Legion and Atlantic City Mayor Don Guardian at the South Jersey Regional Veterans Resource & Opportunity Fair

Services will be expanded to include vendors that provide assistance with Employment, Homelessness, PTSD, and Criminal Justice initiatives

Atlantic City, NJ – The American Legion and Atlantic City Mayor Don Guardian will host a Veteran Resource and Opportunity Fair to bring together South Jersey Veterans with service organizations and employers that can assist and enhance the lives of the brave men and women that defend our freedom.

This event, tailored to Active Duty, National Guard, Reservists, Veterans, and their families is looking for vendors and providers to join the U.S. Department of Veterans Affairs, and the NJ Department of Military and Veterans Affairs, and many others that provide services for homelessness, mental health issues, and veterans' affairs in general. The NJ State Parole Board will be present to discuss various criminal justice initiatives that will benefit veterans. The NJ Division on Civil Rights, under the NJ Office of the Attorney General, will present on the NJ Law Against Discrimination as it pertains to the veteran's community. Also invited to present from the federal government are the US Equal Employment Opportunity Commission (EEOC) and the US Office of Federal Contract Compliance (OFCCP), under the US Department of Labor.

WHAT: Veterans job and opportunity fair
WHO: Sponsored by The American Legion, Atlantic City Mayor Don Guardian, The State of New Jersey Co-sponsored by the New Jersey Parole Board and the U.S. Department of Veterans Affairs
WHEN: Thursday, October 9, 2014
 9:00 am – 1:00 pm
WHERE: All Wars Memorial Building (Old Soldiers Home)
 1510 Adriatic Ave., Atlantic City, New Jersey 08401

RSVP - EMPLOYERS, SERVICE PROVIDERS - Employers with current job openings or entities that can offer services MUST PRE-REGISTER With Martin Houston, State Parole Board, at VeteranReentry@spb.state.nj.us or call 609-984-4588.

RSVP - VETERANS - All Active Duty, National Guard, Reservists, Veterans, and their spouses are encouraged to pre-register but "WALK-INS" are welcome!

Mr. & Ms. New Jersey Veteran – The event will include competition and judging for the title of Mr. & Ms. New Jersey Veteran. The participants will be the finalists from the three previous Resource & Opportunity Fairs' competition.

PLEASE REGISTER FOR THIS EVENT NO LATER THAN 10/03/14 AS SPACE IS LIMITED!

ID CARDS AT BORDENTOWN

ID Cards are available at the Joint Military Family Assistance Center in Bordentown. To schedule an appointment, call (609) 324-7027.



US Family Health Care, a Tricare Prime option, is holding information sessions for service members and families at various locations. Call 1-800-241-4848 option 3 or visit www.usfhp.net for more information.

MOUNT LAUREL, N.J.
MOUNT LAUREL LIBRARY
 Sept. 12 (4 – 6:45 p.m. hourly)
 100 Walt Whitman Avenue
 Mount Laurel, N.J. 08054
 POC: Josephine Grey
 (347) 501-2308

EGG HARBOR TOWNSHIP, N.J.
177TH FIGHTER WING
 Sept. 18 (12 – 4 p.m. hourly)
 400 Langley Road
 Bldg 229
 Egg Harbor Twp, N.J. 08234
 POC: Josephine Grey
 (347) 501-2308

LAWRENCEVILLE, N.J.
NJDMAVA BUILDING
 Sept. 9, 23 (11 a.m. – 4 p.m. hourly)
 1st Floor/IASD Section
 101 Eggerts Crossing Road
 Lawrenceville, N.J. 08648
 POC: Josephine Grey
 (347) 501-2308

FORT DIX, N.J.
HOUSING COMMUNITY CENTER
 Sept. 15 (12 – 4 p.m. hourly)
 Building 1134 Hemlock Street
 Ft. Dix, N.J.
 POC: Josephine Grey
 (347) 501-2308

COLTS NECK, N.J.
NAVAL WEAPONS STATION EARLE
 Sept. 18 (3 – 7 p.m.)
 201 Highway 34 South
 Building C29
 Colts Neck, N.J. 07722
 POC: Pam Kwiat
 (646) 341-2545

MCGUIRE AIR FORCE BASE, N.J.
MCGUIRE LIBRARY
 Sept. 8 (3 – 7 p.m. hourly)
 2603 Tuskegee Airmen Ave
 McGuire AFB, N.J. 08641
 POC: Pam Kwiat
 (646) 341-2545

MCGUIRE HOUSING
JIM SAXTON COMMUNITY CENTER
 Sept. 25 (10 a.m. – 4 p.m. hourly)
 3811 South Boiling Street
 McGuire AFB, N.J. 08641
 POC: Pam Kwiat
 (646) 341-2545

108TH WING AIRMEN & FAMILY READINESS OFFICE
 Sept. 17 (1 – 7 p.m.)
 3327 Charles Blvd
 McGuire AFB, N.J. 08641
 POC: Pam Kwiat
 (646) 341-2545

BROWNS MILLS, N.J.
PEMBERTON COMMUNITY LIBRARY
 Sept. 22 (12 – 4 p.m.)
 16 Broadway Street
 Browns Mills, N.J. 08015
 POC: Pam Kwiat
 (646) 341-2545

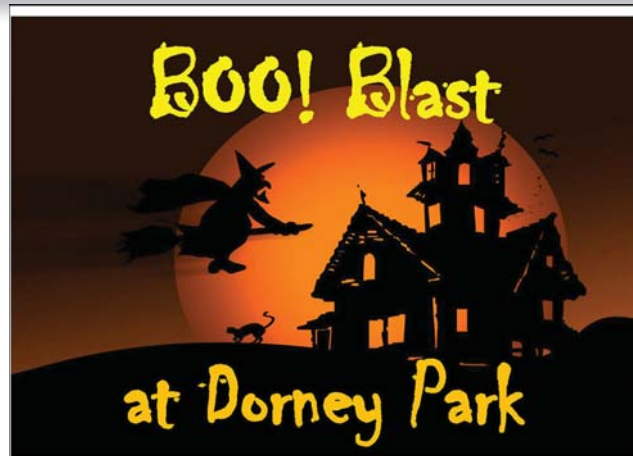
JERSEY CITY
NEW JERSEY NATIONAL GUARD ARMORY
 Sept. 11 (11 a.m. – 3 p.m. hourly)
 678 Montgomery St.
 Jersey City, N.J. 07306
 POC: Darrel Hutchinson
 (646) 354-0126

BLACKWOOD, N.J.
CAMDEN COUNTY VETERANS AFFAIRS
 Sept. 8, 15, 22 (11 a.m. – 3 p.m. hourly)
 3 Collier Dr. Lakeland Complex
 Blackwood, N.J. 08012
 POC: Wil Acosta
 (646) 300-1312

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@dmava.nj.gov

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 Master Sgt. Mark C. Olsen – Editor, photographer
 Staff Sgt. Wayne Woolley – Writer, photographer



JTDC Association is sponsoring Halloween Fun for Soldiers and their families Saturday October 18th 2014.

Activities include: Mask Making, Pumpkin Painting, Halloween shows with the Peanuts Gang, Children's rides, Scavenger hunts, and Petting Zoo.

Ticket cost is: **\$40.00**

per person (includes children 2 and above)

Parking Fee: \$15.00 per vehicle / Paid at Park

Ticket price also includes a 2 hour unlimited buffet: Hamburgers/Hot Dogs, Fixin's Bar, Potato Salad, Baked Beans, Potato Chips and Cold Beverages.

Contact for ticket sales: Trudi Deyoung 609.847.5325

Trudi.c.deyoung.ctr@mail.mil

SFC Paul Rein 609.562.0644 paul.j.rein.mil@mail.mil