



DMAVA Highlights

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TESTING THE DOMAINS OF PHYSICAL READINESS

Photos and story by Sgt. 1st Class Wayne Woolley, JFHQ-PA

For the past four months, newly enlisted National Guard Soldiers have been taking a new kind of physical fitness test.

It's called the Occupational Physical Fitness Test, or the OPAT.

Think of it as an ASVAB for the body.

Just as the Armed Forces Vocational Aptitude Battery tries to predict whether Soldiers have the right mental aptitude for certain military jobs, the OPAT does the same with the body.

Cadre administering the OPAT to the members of the Recruit Sustainment Program at Sea Girt say the test measures strength, explosive power and endurance in ways the standard APFT cannot. And the four-exercise

OPAT does so in a way that comes close to replicating some of the things Soldiers must be able to do to succeed in the Army's most physically demanding jobs.

Take the deadlift. Soldiers stand inside a hex-bar and begin a sequence of one-repetition lifts starting with 120 pounds and working up to 220 pounds.

Or the seated power throw. For that, Soldiers sit with their back against a wall and throw a 4.4 pound medicine ball as far as possible.

Then there is a standing long jump, still exactly as it was in high school gym class. The final exercise, the interval run, a timed shuttle run back and forth over a 20 yard course, with the time allowed for each leg becoming progressively shorter. Many Soldiers find it the biggest challenge because it begins with deceptive ease. The time allowed for the first few 20 yards can be covered at a jog. Soldiers who endure till the



end need to cover the 20 yards at a full sprint. By then, they've run 43 shuttles.

The OPAT standards are for the same for male and female. Only Soldiers who achieve the highest rating are eligible for the jobs the Army considers the most physically demanding – all of the combat arms specialties and combat engineering. To achieve the highest rating, Soldiers need a minimum of a 160 pound deadlift, a ball throw of longer than 14 feet 9-inches, a long jump greater than 5-feet 3-inches and complete 43 shuttle runs in 10-minutes 14-seconds – the equivalent of one sub 6-minute mile.

The minimums needed for the specialties deemed the least physically demanding is an 120-pound deadlift, a ball throw of longer than 11-feet 6-inches, a 3-feet 11-inch long jump and 36 shuttle runs in 10:27.

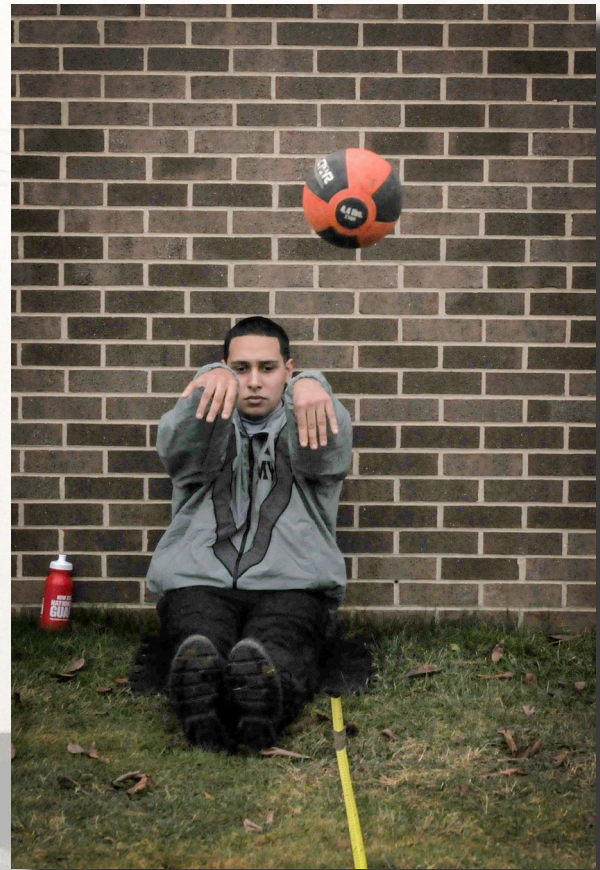
Soldiers who fail to meet the standards for the most physically-demanding specialties will have to switch to less physically challenging specialties before shipping to Initial Entry Training. Soldiers who fail to meet the lowest standards won't ship to Initial Entry Training until they do.

According to Army Recruiting Command, the objective of the OPAT is to decrease the chances Soldiers get injured at their Advanced Individual Training and the likelihood they can handle the physical challenges of their job once they reach a unit.

At a recent drill, many of the Soldiers who scored high enough to be eligible for all MOSs said they got ready by working hard at a gym.

Pvt. Aleesha Beaufls, a Stockton University student who wants to enroll in the OCS program after Initial Entry Training said she went from failing the OPAT to reaching the highest level with a few months of heavy lifting and sprints.

"It was very difficult test," she said. "But I've been working hard to build my endurance. I lift at least three days a week. It paid off."



CHALLENGE GOES “ALL IN”

Photos and story by Sgt. 1st Class Wayne Woolley, JFHQ-PA

On Dec. 23, 2011, a high school history teacher from Union City, N.J., gave poker chips to members of the New York Giants on the eve of a game they needed to win to make the playoffs.

The teacher, Gian-Paul Gonzalez, hadn't been invited to the team's practice facility to talk about gambling. He'd come to ask the players a simple question: Are you willing to fully commit? To your family? Your teammates? Put another way: Are you all in?

The phrase “All In” became the mantra of a team that overcame long odds to make the playoffs -- and then shocked the NFL by winning Super Bowl XLII.

On Friday, the teacher and his poker chips were at the Timmerman Center on Joint Base McGuire-Dix-Lakehurst. He had a familiar question for the nearly 100 cadets enrolled in the New Jersey Youth Challenge Program, a 22-week National Guard program created to help at-risk youth earn high school diplomas.

“Are you all in? All in is not a t-shirt. It's not a slogan. It's a way of life,” Gonzalez said. “Find out what your ‘All In’ is and commit. Make it personal. Not business. Because when it's just business, it becomes ‘I got a C on that test? Whatever. It's just business.’ No. If it matters, make it personal.”

Gonzalez also gave the answer to how a high school history teacher from Union City ended up giving a pro football team a pep talk with their season on the line.

But first, Gonzalez told them about his life.

A doctor told his newly pregnant mother that she should abort her fetus because she had contracted measles and there was great risk the child would have life threatening deformities. She declined the doctor's advice. Gonzalez was born healthy.

“My mother made it personal. She was ‘All In,’” Gonzalez said. “That's why I'm here.”

Gonzalez grew up in Union City, a tough, crowded town with plenty of opportunities to get into trouble. He avoided the trouble, most of it, at least, and went on to play basketball for Montclair State University.

He struggled at first, averaging 5 points a game his sophomore year. Then he committed. All in. His senior year, he was a Division III All American, averaging 30 points a game.

The NBA called. He earned a slot in the 2007 summer league. Then a tryout with the Los Angeles Clippers. He struggled in training camp. Pulled from one game after several missed shots, he told the trainer that his shoes weren't right, that's why he was missing



shots. When other problems arose, he started blaming other things.

"Then it hit me," Gonzalez said. "The only thing standing in my way to succeeding is me. And that's the way it always is. When we struggle, it's not our families, it's not our friends, it's not our employers. It's us."

He started playing better. The team offered him a \$2 million contract. But something wasn't right. He'd been talking every day to his younger brother in Union City – and his friends back home. His little brother was getting in trouble. And each time it was getting worse. So were some of his old friends.

"So I'm sitting there on Venice Beach and I get a call and someone is telling me I better start planning for a funeral and a wake back home," Gonzalez said. "What am I going to do with all that money if they're dead? Buy them a tomb stone?"

He wanted to make a difference. People told him if he collected an NBA salary, he'd have plenty of money to make a difference.

"I wanted to be the one to make a difference," he said. "Not my money."

So he came home to Union City to look after his brother and his old friends. And he went back to school to earn a teaching certificate.

He started looking for opportunities to teach while he earned the certificate. One happened to be as a volunteer in a juvenile detention facility. Someone there realized he'd been a basketball star. They asked him to coach the detention facility team.



Eventually, he landed a full-time teaching job in Union City.

A young man who had played on the detention facility basketball team was released from custody and told his uncle about how he wanted to turn his life around because of a basketball coach he'd had when he was locked up. The uncle happened to play for the Giants. Gonzalez's name came up. The team chaplain recognized the name.

The team called Gonzalez.

"I thought they were joking," he said. "All they said was report to this door at the practice facility – and don't be late."

When word of Gonzalez's pep talk to the Giants got out, invitations to talk to other professional sports teams and corporations followed ... the Portland Trail Blazers, Manchester United, Walmart, the U.S. Army.

He still thinks about the initial invitation from the Giants. Why him?

"Tony Robbins is a famous motivational speaker and is far better at it than I am and has an office in New York. There are better history teachers than I am too," he said. "But I got in to talk to the Giants, not because I sent them my resume 100 times. I got in to talk to the Giants because I was willing to do something for some people everyone else had abandoned."

INTEGRATION OF THE GUARD™

Compiled by retired Col. Leonard Luzky

For many years, the Afro-American citizens of New Jersey were keenly aware of the fact that the patriotism they felt for their State and Country needed manifestation in the military forces of New Jersey. It was hard to conceive of a period when large numbers of patriotic, qualified citizens of New Jersey were barred from serving their country and state in the National Guard. This was the era of the segregated Army and the National Defense troop structure did not allow for the organization of any "Colored" units in the New Jersey National Guard. This matter was brought to the attention of the Legislature through the Office of the Adjutant General, with petitions from World War I Veterans, who had served with distinction at Alsace and in Lorraine and Meuse-Argonne and from the American Legion and non-prior service concerned citizens. The New Jersey Legislature passed Chapter 149, Laws of 1930, which was approved on 16 April 1930, authorizing the organization and equipment of a battalion of Colored Infantry, the First Separate Battalion, New Jersey State Militia. This would be the third time in New Jersey history to see the authorization of Colored Units within the State Militia/National Guard; 1872 - 1877, 8th Regiment (unattached) and 1916 - 1920, 2 separate companies for the State Militia.

In spite of the fact that its actions might be in violation of Federal Laws, the Legislature went on to pass funding appropriations. On July 14, 1931, The Adjutant General appointed committees to organize the first two companies, Company A in Newark and Company B in Atlantic City, of the proposed battalion.

Through communications sent to churches and fraternal organizations and individuals, men responded for enlistment. The Amsterdam Building located at 83 Sixteenth Avenue, Newark and a building at Kentucky and Adriatic Avenues in Atlantic City, were

selected by the committees as armories, and approved by The Adjutant General of New Jersey.

Company A was mustered into service on September 25, 1931 and Company B was mustered into service on September 23, 1931 as part of the First Separate Battalion, New Jersey State Militia. On September 17 - 30, 1932, the companies received their first field training at Sea Girt, New Jersey.

Upon reporting for field training September 8, 1934, at Sea Girt, Companies A and B were immediately assigned to rescue victims of the Morro Castle, which was burning off shore. Although the weather



was stormy to hurricane proportions, the men never stopped for rest until the drowning were rescued and the dead were recovered. An improvised morgue was set up for the 78 bodies recovered, and after identifications were made, the men placed the bodies on a train, which carried them from the camp. Companies A and B received from Governor A. Harry Moore and the State Legislature Citations for their courage, courtesy, and sympathetic handling of a very gruesome duty.

In December 12, 1934, HQ's Detachment was organized in Atlantic City. Company D was organized on February 4, 1935 and became the Heavy Weapons Company, on March 22, 1935 at 36 Fowler Street, Trenton, NJ. Company C was organized on February 5, 1935 at 1486-90 Broadway, Camden, NJ.

In 1936, The Adjutant General Office diligently applied through the NJ Senate to re-designate the Battalion

into the New Jersey National Guard, as the 1st Battalion, NJNG. Under the provisions of Chapter 49, Laws of 1937, the First Separate Battalion, New Jersey State Militia, was redesignated the 1st Battalion, New Jersey Guard, effective May 5, 1937.

The 372nd Infantry Regiment had the following change of stations; Camp Breckinridge, Kentucky, April 1944, Ft. Huachuca, Arizona, November 1944, Ft. Lawton, Washington, April 24, 1945 and Schofield Barracks, April 29, 1945, to prepare for the invasion of Japan. The Regiment was inactivated at Ft. Dix, New Jersey on January 31, 1946, at the conclusion of World War II.

Historically, it is interesting to note that while the Statute of the State specifically authorized a Colored Battalion of Infantry, State Militia, (Chapter 149, Laws of 1930), The current Constitution of New Jersey, which became effective January 1, 1948, necessitated a change. Therefore Chapter 149, Laws of 1930 were repealed. Upon the adoption of the new Constitution, The State Department of Defense, on 12 February 1948, published General Order No. 4 which in effect announced that no qualified person shall be denied any military rights, nor be discriminated against in exercise of any military rights, nor be segregated in the militia because of religious principles, race, color, ancestry or national origin.

With this order the New Jersey National Guard, in spite of federal policy, became a totally integrated force. The active military would not take this step until almost two years after ordered to do so by President Harry Truman's Executive Order issued on July 26, 1948.

The 1st Battalion, 372nd Infantry (rifle), New Jersey National Guard set an example of loyalty, fidelity and military efficiency. It had brought honor and credit by its achievements, not only to Afro-American community, but also to the citizenry of New Jersey as a whole.

Inset Photo: New Jersey Guard's First Separate Battalion Company "C" Rifle Team. This photo was taken circa 1935. Left to Right: George Jones, Oliver Jones, William Jones, Dawley Woolford, Rluers, O. Jones (Standing), Eggleston, Cole & Sharp (Archive Photo)

BLACK HISTORY MONTH

FEBRUARY 2017

“SUCCESS
ALWAYS LEAVES
FOOTPRINTS.”

BOOKER T. WASHINGTON



Mary McLeod Bethune

Linda Brown

Ruby Bridges

Lieutenant Henry O. Flipper

Booker T. Washington

Little Rock Nine

James Meredith



Designed by DEOMI - Defense Equal Opportunity Management Institute



FERRARI RACES TO 42ND ID COMMAND



Brig. Gen. Steven Ferrari left the ranks of the New Jersey Army National Guard to serve as the Commanding General of the 42d Infantry Division, New York Army National Guard.

Ferrari joined the New Jersey Army National Guard in January 1981 and was commissioned through Officer Candidate School at Fort Benning, Georgia in March 1982. General Ferrari served as the 50th IBCT commander during Operation Iraqi Freedom (2008-2009) which served as a Security Force Brigade with duties in Camp Cropper, Camp Bucca, Balad, Ashraf and Baghdad. (Photos by Mark C. Olsen, NJDMAVA-PA)



EQUAL OPPURTUNITY LEADERS



New Jersey Army National Guard Soldiers completed the 40-hour Equal Opportunity Leader course at the Joint Training and Training Development Center on Joint Base Mcguire-Dix-Lakehurst Feb. 3, 2017. The course prepares Soldiers to effectively accomplish duties as a unit Equal Opportunity Leader to assist commanders in implementing his/her EO program. This course provides future EOLs with the information and skills necessary to prevent, identify, and deal with instances of unlawful discrimination, and other Equal Opportunity violations or problems. (U.S. Army National Guard photo by Staff Sgt. Nicholas P. Young/Released)



EO & DIVERSITY
Leveraging Mission Command through Equality and Diversity
ARMY NATIONAL GUARD

CYBER WARRIORS WANTED

DO YOU HAVE WHAT IT TAKES TO FIGHT AND WIN ON THE BATTLEFIELD OF THE FUTURE?

THE NEW JERSEY ARMY NATIONAL GUARD WANTS SOLDIERS WITH THE PASSION, APTITUDE AND DRIVE TO JOIN ITS FIRST CYBER PROTECTION TEAM.

THE TEAM WILL INCLUDE ENLISTED, WARRANT, AND COMMISSIONED OFFICERS. ALL WILL BECOME PART OF THE ARMY'S NEWEST BRANCH - CYBER, WHICH HAS BEEN DESIGNATED THE 17-SERIES CAREER FIELD AND IS CONSIDERED A COMBAT ARMS BRANCH, ACCORDING TO U.S. ARMY CYBER COMMAND.

"IT IS AN OPPORTUNITY TO BECOME ONE OF THE ELITE FEW," SAID LT. COL. EDWARD K. DION, THE NEW JERSEY ARMY NATIONAL GUARD CHIEF INFORMATION OFFICER (G6). "SOLDIERS ON THIS TEAM WILL BE ON PAR WITH CYBER WARRIORS ANYWHERE WITHIN THE DEPARTMENT OF DEFENSE OR THE FEDERAL GOVERNMENT."

CYBER PROTECTION TEAM 173 WILL BE A JOINT PARTNERSHIP BETWEEN THE NEW JERSEY AND NEW YORK. FOURTEEN TEAM MEMBERS WILL BE FROM NEW JERSEY AND THE UNIT WILL PERFORM FEDERAL AND STATE MISSIONS. ALL OF THE SOLDIERS ON THE TEAM WILL TRAIN AND OPERATE ON A TRADITIONAL PART-TIME BASIS. THE NEW JERSEY-NEW YORK TEAM WILL BE ONE OF 10 NATIONAL GUARD CYBER PROTECTION TEAMS BEING STOOD UP.

DION SAID THAT SUCCESSFUL APPLICANTS MAY COME FROM A VARIETY OF BACKGROUNDS AND OCCUPATIONAL SPECIALTIES, BUT MUST SHARE A PASSION AND APTITUDE FOR THE CYBER/INFORMATION TECHNOLOGY FIELD.

Other requirements to be considered for the Cyber Protection Team:

- Ability to obtain a Top Secret Security Clearance.
- U.S. Citizen.
- Physically and mentally fit.

Current members of the New Jersey Army National Guard interested in competing for a position on the Cyber Protection Team may submit a resume to:

ng.nj.njarng.mbx.cpt-applicants@mail.mil

Include your military email address on the resume. All responses and future correspondence will be conducted using only the ".mil" system.



HELPFUL 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

Veterans Healthcare Services (DVHS)

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Veterans Services (DVS)

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Southern Ocean County Resource Center

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108th Wing Director Of Psychological Health.....	609-754-2159
177th Wing Airman & Family Readiness Ctr.....	609-761-6248
177th Wing Director of Psychological Health.....	609-761-6871
DDD Sexual Assault Hotline	1-877-995-5247
Employer Support for Guard & Reserve (ESGR)	609-562-5550
Joint Military & Family Assistance Center.....	1-888-859-0352
National Suicide Prevention Lifeline.....	1-800-273-TALK
Red Cross.....	877-272-7337
Vets 4 Warriors	1-855-838-8255
National Resource Directory	www.nrd.gov
Joint Services Support.....	www.jointservicesupport.org

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

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Life doesn't have to be a battlefield



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