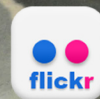


NJDMAVA HIGHLIGHTS

OCTOBER 15, 2015



Stand Down North aids homeless vets



Above: Staff Sgt. Debbie Macalalad, 108th Medical Group, New Jersey Air National Guard, performs a blood pressure check on homeless veteran William Brown at the New Jersey Department of Military and Veterans Affairs Stand Down at the John F. Kennedy Recreation Center in Newark, N.J., on Oct. 10, 2015. (U.S. Air National Guard photo by Master Sgt. Carl Clegg, Released) Above right: Airman 1st Class Daniel Hansen, 108th Medical Group, checks the blood pressure of a homeless veteran. The stand down day allows the veterans to get much-needed care and services from a wide array of state agencies and non-profit organizations. (U.S. Air National Guard photo by Master Sgt. Carl Clegg, Released) Right: Pvt. Juan Rodriguez, 2nd-113th Infantry Battalion, New Jersey Army National Guard, serves salad to a homeless veteran. Stand down is a military term referring to exhausted combat units that were removed from the battlefield to a place of security and safety for rest and recovery. Today, stand downs are grass roots, community-based intervention programs to help veterans battle life on the streets. (U.S. Army National Guard photo by Sgt. 1st Class Joseph Donnelly/Released) Below: Airmen with the 108th Medical Group, provide blood pressure checks to homeless veterans. The 108th Medical Group have been providing care at stand downs for more than 10 years and were providing blood pressure checks as a means to have conversations with the veterans about their overall health and wellness (U.S. Air National Guard photo by Master Sgt. Carl Clegg, Released)



COVER PHOTO A HAND UP, NOT A HAND OUT

Lt. Col. Mauricia Alo, 108th Medical Group, New Jersey Air National Guard, checks the blood pressure of a homeless veteran at the New Jersey Department of Military and Veterans Affairs Stand Down at the John F. Kennedy Recreation Center in Newark, N.J., Oct. 10, 2015. (U.S. Air National Guard photo by Master Sgt. Carl Clegg, Released)



ASSOCIATION SEEKS NEW MEMBERS

By Spc. Oscar Baldriche, 444th Mobile Public Affairs Detachment

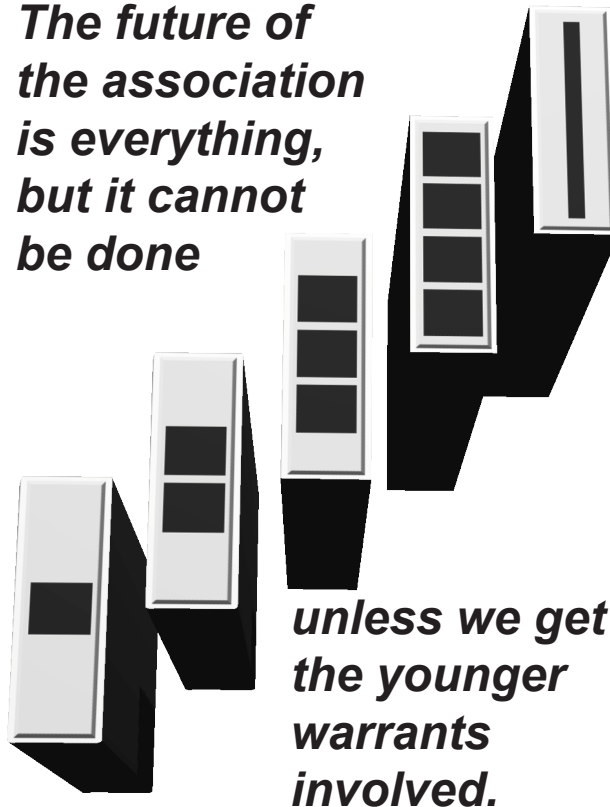
“Lead, follow or get out of the way!” said, Chief Warrant Officer 5 Thomas Comyack, past president of the Army Warrant Officer Association chapter at Fort Dix.

Recently the National Guard Training Center was the site for a picnic that Comyack planned to boost membership by inviting all current warrant officers and retirees.

Just like the state officer and enlisted associations, the Doughboy Chapter is part of a national association that lobbies Congress for benefits and services. The local warrant officers started a care package committee in 2004, which sends packages to military service members overseas. The warrant officers annually provide higher education scholarships program to military families.

“I want to bring warrants together and express the importance of the association,” said, Comyack. “We try to keep from losing benefits we have so strenuously fought for.

The future of the association is everything, but it cannot be done



unless we get the younger warrants involved.

I believe in strength in numbers and I have seen how this program promotes professional development, mentorship, camaraderie and a working relationship between fellow warrant officers and the surrounding community.”

Previous members have inspired those around them to become leaders and develop skills, but now it is time for the younger generation of warrant officers to carry the torch and take ownership.

“The future of the association is everything, but it cannot be done unless we get the younger warrants involved” said, Comyack. “They must continue the mission we have started. For one to lead one must lead by example and that is the message that the Doughboy chapter is attempting to convey. This picnic isn’t only an attempt to gain membership, but a reminder that together, so much has been, and will be accomplished.”

Nominations open for 2016 ESGR Freedom Awards

Nominations for the 2016 ESGR 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.

5 WAYS HEARING LOSS CAN AFFECT YOUR LIFE

From the Army National Guard Chief Surgeon's Office

Imagine this: you're hanging out with your buddies and you can barely hear what they're saying. You see their lips moving but you're struggling to keep up with the conversation. Unfortunately, this is the everyday reality for more Soldiers than you may think.

The Department of Veterans Affairs reports that more than 445,000 Veterans have service-related hearing loss. Seventy one percent of Soldiers returning from Iraq or Afghanistan have reported some level of hearing loss. The Hearing Loss Association of America (HLAA) (<http://www.hearingloss.org/>) shares insight on five ways hearing loss can affect your life: 1. Hearing loss can affect relationships. If your friends and family don't know about your hearing loss, they can't help you understand what they are saying. Bottom line: be upfront. Tell them the best ways to communicate with you so your relationships don't suffer.

2. Social situations can be frustrating. It's common for individuals with hearing loss to prefer be-ing alone than risk misunderstanding someone because they can't hear them. Remember that you can always find a quiet place to have a one-on-one conversation. You can also use a personal Assistive Listening Device (ALD), such as a hearing aid, to help you hear better.

3. Completing tasks at work can be difficult. Hearing loss can make hearing details and instructions needed to complete work tasks challenging. Under the Americans with Disabilities Act (ADA), employers with 15 or more employees must make adjustments in the workplace for an employee with a hearing loss. Speak up, work with, and educate your employer about hearing loss so that you can perform your job better.

4. Hearing loss can affect your safety. Our ears help us identify danger such as a beeping smoke alarm. Living with hearing loss means you need to rely on your other senses to alert you to sounds you might not hear. For example, an ALD such as a vibrating pager can let you know when a baby cries or a doorbell rings.

5. Enjoying some of your favorite activities may become harder. You might find



HOW TO WEAR HEARING PROTECTION PROPERLY



To straighten your ear for earplugs, grip the cartilage of your ear and stretch it away from your body. Insert the earplug, then release your ear.

Do a few jumping jacks to test the security of the earplugs: if they fall out, try again, or get a smaller size.

FOAM EARPLUGS

Pinch the foam, insert the earplug, and allow the foam to expand in your ear until a tight, non-painful seal is obtained.



SILICONE EARPLUGS

Slide silicone earplugs carefully into your ear until you feel slight resistance. Never jam anything into your inner ear.

EARMUFFS

Secure any long hair. Adjust the headband until the muffs completely cover your ears, creating a tight seal on the skin of your face. The bottom of the muff should sit about two fingers up from your jawbone.



www.GuardYourHealth.com

www.facebook.com/ARNGHealth

www.twitter.com/arnghlth

it difficult to hear the dialogue during a movie or other events. ALDs expand the functionality of hearing aids and cochlear implants (<http://hearing.health.mil/DiagnosisTreatment/TreatmentOptions/CochlearImplants.aspx>) by helping you separate the sounds you want to hear from background noise. The ADA requires most public venues to provide them. So next time you visit a movie theater, ask for one!

Although hearing loss can affect your life in numerous ways, there are just as many ways to treat and reduce the impact of hearing loss. Talk to your Medical Readiness NCO or health care professional to make an appointment for a hearing evaluation if you feel you may have some hearing loss. You'll be surprised at all the options available – hearing aids, cochlear implants, and more! Review your options and decide what makes the most sense for you.

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



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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)

Brigadier General Steven Ferrari, 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	Paramus Veterans Memorial Home Dianne Tabron-Felder, CEO Diane Callaghan, Sec 1 Veterans Drive Paramus, NJ 07652 201-634-8525 Fax: 201-967-8658	Vineland Veterans Memorial Home Boris Reissek, CEO Sharon Davis, Sec 524 North West Boulevard Vineland, NJ 08360-2895 856-405-4207 Fax: 856-696-6714
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Veterans Services (DVS)

Albert J. Bucchi, Director 609-530-6962 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 <i>Maintenance/Cemeteries/Memorials</i> Joseph Arroyo & Kenneth Smith Supervisor, 609-738-2408 Fax: 609-758-3490	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	Veterans Haven South Walter Nail, Supt – 609-561-4948 Vacant, Asst, Supt – 609-567-3715 301 Spring Garden Road, PO Box 80 Winslow, NJ 08095 609-561-0269 Fax: 609-567-5186	Veterans Haven North 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
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State Approving Agency-GI Bill Programs Charles Rowe, Bureau Chief – 609-530-6849 Mansol Meyer, Education Prog Asst – 609-530-6849 Lynn 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 Fax: 609-530-6970	Veterans Service Offices Joseph Bucco, State Supervisor – 609-530-6830 Christopher Wambach, State Supervisor – 609-530-6863 Joseph E. Nyzio, VSO – 609-530-6857 VA Regional Office/Philadelphia Vacant, VSO – 215-381-3033 5000 Wissahickon Avenue, Philadelphia, PA 19144
Atlantic City/Cape May Nicholas Petrozzino, VSO Sherri Morris, Sec 1008 Absecon Boulevard, Atlantic City 08401-1999 ~ (Atlantic City Armory) 609-441-3060/3061 Fax: 609-441-3899 (closed alternate Fridays)	Bergen/Passaic Richard Mannes, VSO Titus Osuagwu, Sec 125 State Street, Suite 109, Hackensack 07601-5435 201-996-8050/8051 Fax: 201-996-8009	Burlington Matthew Still, VSO Bernadette Whitman, Sec 555 High Street, Suite 6A, Mt. Holly 08060 609-518-2273/2274 Fax: 609-518-2275
Camden/Gloucester Joseph Frost, VSO Diane Rosci, Sec 658 N Evergreen Avenue, Woodbury 08096 ~ (Woodbury Armory) 856-853-4184/4185/4186 Fax: 856-384-3781 (closed alternate Fridays)	Essex/Union Robert Maulano, VSO Shelley Darby, Sec 20 Washington Place, Room 439, Newark 07102-3174 973-297-3230 Fax: 973-648-2356	Hudson Vacant, VSO (Robert Maulano-Tuesday/Thursday) Michael Dorobis, Sec 678 Montgomery Street, 2nd Floor, Jersey City 07306 ~ (Jersey City Armory) 201-536-3401 Fax: 201-536-3404 (closed alternate Fridays)
Mercer William McDonnell, VSO Theresa Tomecheck, Sec 151 Eggerts Crossing Road, Room 136, Lawrenceville 08648 ~ (Lawrenceville Armory) 609-671-6697/6696 Fax: 609-671-6698	Middlesex/Somerset Joseph Battilo, VSO Vacant, Sec 1060 Hamilton Street, Somerset 08873 ~ (Somerset Armory) 732-937-6347/6348 Fax: 732-937-6417 (closed alternate Fridays)	Monmouth Vacant, VSO Rita Hyland, Sec 630 Bangs Avenue, Suite 320, Asbury Park 07712-6904 732-775-7009/7005 Fax: 732-775-3612
Newark Liaison/VA Regional Office Vacant, VSO Vacant, Sec 20 Washington Place, Room 431 Newark 07102-3174 973-297-3336 Fax: 973-642-0830	Ocean Vacant, VSO Robin Mitchell, Sec James J. Howard Outpatient Clinic 970 Route 70, Brick 08724-3550 732-840-3033/3034 Fax: 732-840-0399	Salem/Cumberland Leigh R. Pottle, VSO Catherine Raniolo, Sec 524 Northwest Boulevard, Vineland 08360-2895 856-405-4388/4390/4389 Fax: 856-696-6499
Sussex/Morris William Robinson, VSO 479 West Clinton Street, Dover 07801 ~ (Dover Armory) 973-366-0245/8347 Fax: 973-366-0360 (closed alternate Fridays) *Sussex, 12 Munsonhurst Road, Franklin , 07416 (Thursday/Friday) 973-827-4020 Fax: 973-827-4024 ~ (Franklin Armory)	Warren/Hunterdon Sibley Smith, VSO/Ombudsman Lisa Szymanski, Sec 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 Nicholas Petrozzino, VSO (Thursday only) 179 South Main Street (Route 9) Manahawkin , NJ 08050 609-978-5895 Fax: 609-978-6446

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.

For more information and to reserve your free table, please contact Madeleine Morlino at 856.628.7421 or email madeleinemorlino@outlook.com

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

Veterans Outreach Campaign

Oct. 15 "Life after Service Conference" Vineland National Guard Armory 9 a.m. – 12 p.m. 2560 S. Delsea Drive Vineland, NJ 08360	11 p.m. – 3 p.m. 37 Plains Road, Augusta, NJ 08722
Oct. 19 Veterans Health & Wellness Fair Saint Francis Residential Community – Denville 11 a.m. – 3 p.m. 122 Diamond Spring Road Denville, NJ 07834	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. 1 "15th Annual Salute to Military Veterans" Sussex County Fairgrounds	Nov. 9 Veterans Job & Resource Fair Moorestown Community House 9:30 a.m. – 12:30 p.m. 16 East Main Street, Moorestown, NJ 08057



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ENERGY CONSERVATION TIP OF THE WEEK

Check your attic door!

Did You Know...

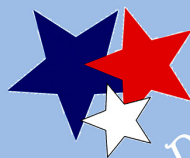
A poorly installed attic door can be responsible for up to 15 percent of your home's heat loss. Attic doors are usually located at the highest point in a house, so that's where most of the heat tries to escape! Whether it's the type that pulls down from the ceiling, or just an ordinary door, adding insulation and weatherstripping to your attic door can reduce heat loss and save you money on your heating bill.

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



SAVE THE DATE!

42nd Annual Enlisted Association Conference



Patriotic Polar Plunge



Host Command- 42D Regional Support Group



Beach Party



Military Ball & Awards Presentation

Nov. 6-8, 2015

Ocean Place Resort and Spa
Long Branch, NJ

Details will be posted to EANG-NJ.ORG