



DMAVA HIGHLIGHTS

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March 14, 2014

Soldiers use military skills to save a life



Spc. Frank Reyes, left and Pvt. Christopher Illescas stand in front of the 154th Quartermaster (Water Purification) Company after receiving Army Commendation medal March 9, 2014, for assisting with a motor vehicle accident in December at the Garden State Parkway on their way to a unit training assembly. (NJDMAVA photo by Kryn P. Westhoven/Released)

Story by Sgt. Michael J. Davis, 444th Mobile Public Affairs Detachment

Spc. Frank Reyes and Pvt. Christopher Illescas didn't meet in basic training and never drilled together. In fact, the New Jersey Army National Guard Soldiers had never met. Yet when a stranger's life was on the line, Reyes and Illescas sprang into action and worked together like they'd been battle buddies on a combat deployment.

It all unfolded on Dec. 8 as the Soldiers were making their way to their unit's holiday party in separate cars when they saw a horrific crash on the Garden State Parkway.

"The car was ahead of me doing about 55-60 mph and all the sudden it just started swerving left and right. Then it flipped over four times and finally stopped facing the wrong direction on the right shoulder," Reyes recalled.

Both he and Illescas pulled over. Dressed in their blue dress uniforms, the Soldiers assumed control of the scene by ensuring all vehicles were off the roadway, instructing a

civilian to call 911 and assessing the mangled vehicle for an entry point to extract the driver and move her to a safer location until more help arrived.

"National Guard training is exactly what helped me do what I needed to do in this situation. It helped me give commands to other people without hesitating; helped me keep my cool and think about what I needed to do before I did it," Illescas recalled.

With the car crushed on all sides, Illescas broke through the shattered glass on the driver's side window to turn off the engine while Reyes found the only door still working and pried it open. The two worked in seamless concert; Illescas helped from the front to dislodge the driver who was pinned under the steering wheel so Reyes could maneuver her to the rear seat and escape through the back door.

Reyes and a civilian at the scene moved the driver a safe distance from the vehicle,

which was now smoking even more, and laid her down perfectly straight near the guard rail. "I remembered my Combat Life Saver training and how to position her to avoid further injuries," said Reyes. "My training is what helped me react to the situation."

The police commended the Soldiers for their prompt response and actions. Their unit, the 154th Quartermaster (Water Purification) Company, awarded them an Army Commendation medal. Illescas was going to his first drill that happened to be the holiday party, but they both had no idea that before the party even started they'd be hailed as heroes.

However, both of them will tell you that they don't think they deserve any of the extra attention or praise. "Having the training and being in uniform gives us the confidence and extra push to do more. We always want to help wherever and whenever we can" Reyes said.

How to destroy your military career with Social Media

By Master Sgt. Mark C. Olsen, 108th Wing Public Affairs

It's so easy a caveman (if there are any still around) can do it. First take an inappropriate picture of yourself in uniform and post it on Facebook or Twitter. Next sit back and reap the consequences.

Two recent cases are proof of the effectiveness of this approach.

The first photograph shows an active-duty Airman sticking her tongue in the mouth of the silhouetted figure on the POW-MIA sign.

The photo was posted on Facebook. Result: Pending disciplinary action.

In the second example, a group of Army Guardsmen pose next to a flag-draped coffin; the photo caption reads: "We put the FUN in funerals." The photo was posted on Instagram.

Realizing that they were on a roll, a second photo was posted with the caption: "It's so damn cold out...WHY have a funeral outside!? Somebody's getting a jacked up flag."

This incident has resulted in death threats and possible disciplinary action.

Remember you represent the U.S. Armed Forces: What you post, especially in uniform carries great meaning. It gives you the opportunity to share your military story with your friends, family and the general public. You can have a significant positive impact on public opinion when you post appropriately.

Posts that reflect poorly on our professionalism and maturity do tremendous damage to the public trust we rely on to do our duty. Also these posts could pose an operational

security violation.

Once you post something, you can't "get it back," no matter what your security settings are. It can be re-shared or redistributed at will.

You have now lost all control of that comment or photo. A brief moment of stupidity can go viral in minutes, potentially ending your career.

These Soldiers and Airman are facing disciplinary action for their poor judgment; don't be like them: Think before you post.



As the New Jersey National Guard celebrates Black History Month, U.S. Army Staff Sgt. David R. Crenshaw, center, is joined by faculty and students from the Green Grove School in Neptune, N.J., Feb. 27, 2014, where Crenshaw provided information regarding African-Americans contribu-

tion to the military. Crenshaw serves as an Army Instructor assigned to the 254th Regiment located at Sea Girt, N.J. He has served overseas in support of the War on Terrorism and has assisted with several state emergencies as a Middletown, N.J. police officer. (Courtesy photo)

HIGHLIGHTS

Veterans Job & GI Bill Fair

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March is National Nutrition Month

A major part of living healthy is eating the right kinds of food to give your body the essential nutrients it needs. We also need to temper this with limiting the kinds of food that cause unnecessary weight gain. The Academy of Nutrition and Dietetics' National Nutrition Month is a great time for us to assess our dietary and nutritional needs for optimum health.

Children and adults have specific dietary needs although the total number of calories a person needs each day varies depending on several factors, including age, gender, height, weight, and activity level. To maintain a healthy weight, calorie intake must be sufficient but not exceed calories burned. Carbohydrates, protein, and fat are the main sources of calories. Most foods and beverages contain combinations of these macronutrients in varying amounts.

TRICARE covers well-child care from birth to age six. This

includes height and weight assessments as well as health guidance and counseling (including breast feeding and nutrition). While nutritionist/dietician services for adults are not covered by TRICARE, many military hospitals and clinics have Nutrition Clinics where you can schedule an appointment with a registered dietician or attend nutrition classes.

While there certainly is a lot to learn about nutrition, in time you can become very knowledgeable. The sooner you get started, the sooner you will learn how to feed yourself and your family the healthiest foods. This could mean fewer sick days, lower health care costs, healthier bodies and stronger minds. For more information about nutrition and dietary health, visit www.nutrition.gov. For information about TRICARE health plans, visit www.tricare.mil.



Chief Warrant Officer 5 Glenn E. Malin, left, commander of Detachment 19, Operational Support Airlift Command, New Jersey Army National Guard, accepts the State of New Jersey flag during the unit's departure ceremony at the Army Aviation Flight Facility in West Trenton, N.J., Mar. 8, 2014. The nine members of the Detachment will deploy to Kuwait and provide priority, short notice air transportation for personnel and cargo throughout the region. (U.S. Army National Guard photo by Chief Warrant Officer 3 Patrick Daugherty/Released)

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WOMEN'S HISTORY MONTH

*Celebrating Women of
Character,
Courage,
and*



Jaida Im

Janet Yellen



Tammy Duckworth



Caroline Kennedy



VADM Michelle Howard

Commitment

HIGHLIGHTS



EQUAL OPPORTUNITY LEADER COURSE



Top photo, the Equal Opportunity Leader (EOL) Course graduated 37 Soldiers March 8, 2014, to include two Soldiers from the Pennsylvania Army Guard. The course consisted of classroom and small group instruction on the Prevention of Sexual Harassment, Racism and Sexism, Perception Process and Stereotypes, and Climate As-

sessments. The EOL's role is to assist the commander in carrying out the Army's equal opportunity program. Above, Staff Sgt. Richard Ramos, left, receives his certificate from 1st Sgt. Alvin Sylvester, New Jersey state equal employment manager. (NJDMAVA photo by Kryn P. Westhoven/Released)

HIGHLIGHTS



More than two dozen Veteran Service Officers (VSO) attend the 13th Bi-Annual Training and Information Seminar March 6, 2014 at the Lawrenceville armory. State Approving Agency Bureau Chief Charles Rowe,

top right, explains recent changes in GI Bill and other education programs to all the VSO, which included DMAVA field offices and other governmental entities. NJDMAVA photo by Kryn P. Westhoven/Released)



Col. Wayne McCaughey, left, Chief of Staff-Air, New Jersey National Guard, presides over the re-enlistment ceremony for Command Chief Master Sgt. Vincent Morton, New Jersey State Command Chief

Master Sergeant, March 4, 2014 at the New Jersey National Guard's Joint Force Headquarters in Joint Base McGuire-Dix-Lakehurst, N.J. (Courtesy photo by Master Sgt. Sydney White / Released)



The National Guard Association of New Jersey is holding its annual **membership drive** through **31 March**. All commissioned and warrant officers in the New Jersey Army and Air National Guard are eligible for membership in the association.

The goal of the NGANJ is to promote the interests of our membership, their families and all members of the NJ National Guard. Your membership in the association helps us achieve those goals. For further information on the association, visit our website at www.nganj.org. Information on membership dues can be found at www.nganj.org/membership.

You can pay directly online via credit card or you can pay through your unit representative. If you need assistance finding your unit representative to the NGANJ, send an email to secretary@nganj.org for further information.



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