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HIGHLIGHTS



AUGUST 31, 2012



HAPPY LABOR DAY

It's deja vu all over again *108th CRG tackles 'Eagle Flag' for the third time*



Soldiers from the 689th Rapid Port Opening Element, Fort Eustis, Va., employ a 10K Atlas to load cargo during night operations at Eagle Flag 12-4, at Joint Base McGuire-Dix-Lakehurst, N.J., Aug. 14.

The exercise tests the 108th CRG and the 689th RPOE's ability to create and run a Joint Task Force-Port Opening under bare base conditions. (U.S. Air Force photo by Master Sgt. Mark C. Olsen/Released)

By Staff Sgt. Armando Vasquez, 108th Wing Public Affairs

When August rolls around in the training calendar for the New Jersey Air National Guard, Airmen from the 108th Contingency Response Group know exactly what to expect. They know they need to put on their game-face and tackle the exercise they have been participating at for the past three years: Eagle Flag.

They've done this before, so they knew this year's exercise would be held at the Lakehurst side of Joint Base McGuire-Dix-Lakehurst and would run from Aug. 16 – 20. It is five days of 24-hours operations

As one of only two CRG groups in the Air National Guard – the other is in Kentucky – the 108th CRG is a rapid-deployment unit designed at the initiative of Air Force leadership to be a first-in force that will secure an airfield, establish and maintain field operations. They are tailored for a specific mission and incorporate more than 20 military specialties, which comprises of approximately a 120-person unit ready for deployment around the globe with no more than 12 hours notice.

Consequently, attending Eagle Flag is

quite important for a CRG, as the purpose of Eagle Flag is to train the Airmen of CRGs to become fully operational capable in order to deploy into a foreign country or anywhere within the continental United States and join other personnel and elements to comprise a United States Air Force expeditionary group. Once at the location, the expeditionary group will be tasked with a mission to open an air base and conduct air operations. After the expeditionary base is

open and functional; the groups' mission can be in of support humanitarian, disaster relief, or combat operations.

At this year's exercise, the Airmen from the 108th CRG and approximately 25 Soldiers from the 689th Rapid Port Opening Element, Fort Eustis, Va., were tasked with operating a joint task force port opening (JTF-PO) that would support humanitarian relief efforts at a poor fictional country

CONTINUED ON PG. 3



EAGLE FLAG

CONTINUED FROM PG. 2

named "Nessor".

This task was accomplished by having the Air Force assets provide air mobility expertise such as setting up the base and receiving air cargo, while the Army's assets transport the much needed cargo to a pre-determined forward node for further distribution. Operating as a joint force, both the Airmen and the Soldiers are evaluated on how well they work together during the operations.

And worked well together they did.

"From my group, I really saw the synergy and the effort to come together with the RPOE," said Col. Robert Brazel, commander of the 108th CRG, as well as the commander of the JTF-PO during the exercise. "We've been with the RPOE for the third time out; my hat is off to you."

"I would take this group and this RPOE and deploy anywhere in the world, and I know you would do the mission with 100 percent success," said Brazel as the exercise culminated and the Airmen prepared to return to home base and begin the training process all over again for next year's Eagle Flag.



An air transport Airman directs traffic during night operations at exercise Eagle Flag, Aug. 15. While the 108th Contingency Response Group provided base support, Soldiers from the 689th Rapid Port Opening Element drove cargo to forward nodes. (U.S. Air Force photo by Master Sgt. Mark C. Olsen/Released)



Senior Airman Aaron Fuentes, a security forces personnel with the 108th Contingency Response Group is silhouetted against the night sky during exercise Eagle Flag at Joint Base McGuire-Dix-Lakehurst, N.J., Aug. 14. (U.S. Air Force photo by Master Sgt. Mark C. Olsen/Released)

5th Annual
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RUN FOR THE WARRIORS®

In Memory of CPL Steven R. Koch, USA
5K and 1.5-Mile Walk/Run
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VETS4WARRIORS
 ★ ★ ★ 1-855-VET-TALK ★ ★ ★

PROGRAM OVERVIEW

- **Goal**
Vets4Warriors provides 24/7 peer support, information and referrals for National Guard and Reserve service members and their families.
- **Access**
Rapid access to a variety of services, follow up contacts, 24/7 LIVE helpline. All Vets4Warriors calls are answered by a Veteran peer or clinician within 20 seconds, utilizing sophisticated technology to ensure accurate data collection. This program utilizes University Behavioral Healthcare's Access Center, staffed by individuals with over 15 years of helpline experience who answer more than 10,000 calls per month.
- **Soldier and family peer-to-peer support; combating stigma**
Who better to understand the challenges of military life than someone who has lived it? Veterans provide support to soldiers and families, engaging them in a personal, non-threatening way, helping to mitigate stigma and concerns about confidentiality.
- **Integrates existing resources**
The helpline is designed to maximize the use of existing state, federal, academic, medical and community resources; to provide the caller with information to meet their specific need.
- **Soldier and family case management**
Service members and their families are offered follow-up contacts to assure continued support where needed. Data tracking assures timely follow-up. Outreach to "high risk" service members is also provided.
- **Vets4Warriors is modeled after NJ Cop2Cop and Vet2Vet, programs certified by the American Association of Suicidology & the QPR (Question, Persuade, Refer) model of Military Suicide Prevention.** Trained peer staff is partnered with experienced mental health staff to provide additional support for callers in crisis.
- **Prevents problems from becoming crisis**
Offering phone support when questions and concerns arise, along with continued contact while problems are resolved, mitigates crisis situations. Continuous customer satisfaction survey tools help inform quality of care.
- **Employs Veterans**
Vets4Warriors employs Veterans as peer staff.
- **Web-based services**
Vets4Warriors - Peer and family support counselors provide live chat for soldiers and their families. Those services are accessed at the following URL: <http://vets4warriors.com>.

Call toll free 1-855-838-8255 to connect to a Veteran who understands.
 You are never alone, anywhere, anytime.
 We have been there...now we are here for YOU.

RECRUIT MILITARY®
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U.S. CHAMBER OF COMMERCE

This event is for Military Veterans and their families.

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HELPING VETERANS
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Through our last 11 events, veterans have received over
2,500 interviews and over 1,000 job offers.

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September 13, 2012 | 11-3 PM

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Produced by RecruitMilitary in cooperation with The American Legion.
For event details and directions, visit <https://events.recruitmilitary.com>.



Yoga, Meditation and Pilates for Vets

Semper Fidelis Health and Wellness (SFHW) has announced its newest strategic partnership with Diane Grossman and Sylvia Bryd-Leitner, co-founders of Pilates Core Center and Dragonfly Yoga.”

Centrally located near Joint Base McGuire-Dix-Lakehurst, Pilates Core Center and Dragonfly Yoga is offering free Pilates, yoga and meditation classes to Wounded Warriors, active duty, reserve, National Guard, veterans and their family members. All three modalities are complementary holistic approaches that support the Chairman of the Joint Chiefs of Staff’s “Total Force Fitness” initiative. The classes are donation based for all others. Proceeds will support SFHW programs.

SFHW is a community-based nonprofit corporation founded by two U.S. Marine Corps Veterans supported by a team of motivated and dedicated health and wellness experts and volunteer practitioners. SFHW is the first and only integrative health and wellness solution providing health and wellness education and programs to the nations’ wounded, ill and injured warriors and their families, as well as active duty and reserve military veterans and first responders.

Together, SFHW and Pilates Core Center and Dragonfly Yoga are dedicated to improving the lives of our military, with a special concern for those who suffer from wounds and injuries, post-traumatic stress disorder and other combat-related illnesses, chronic pain, disease, obesity and addiction.

The Pilates Core Center and Dragonfly Yoga is located at 1919 Greentree Road, Cherry Hill. For more information call Diane Grossman at 856-985-0900, or visit their Website at www.PilatesCoreCenter.com or SemperFidelisHealthAndWellness.org.

To read an interactive newsletter on healthy living, please click on the this link: [Natural Awakenings](#).

HIRING OUR HEROES

2012 Hiring Our Heroes Veterans Event - Trenton NJ
Sun National Bank Center
81 Hamilton Avenue, Trenton, NJ
September 12, 2012
9:00 AM to 1:00 PM

Join the U.S. Chamber of Commerce’s Hiring our Heroes Initiative, Hero2Hired (H2H), the Employer Support of the Guard and Reserve, the American Legion, the New Jersey State Chamber of Commerce, the New Jersey League of Municipalities, and New Jersey’s Employment Initiative Program on **September 12, 2012 from 9:00 AM to 1:00 PM**, for a job fair for veteran job seekers, active duty military members, Guard and Reserve members, and military spouses, at the **Sun National Bank Center, 81 Hamilton Avenue, Trenton, NJ**. This event will be a one-of-a-kind FREE hiring fair for both employers and job seekers.

Employers
Must register for FREE at
HoH.GreatJob.net

Job Seekers
Register for FREE at HoH.GreatJob.net
To guarantee admission.
Walk-ins welcome but space not guaranteed.

This Hero2Hired (H2H)-sponsored event is being supported by the Sun National Bank Center, US Department of Labor’s Veterans Employment and Training, US Department of Veterans Affairs’ Vocational Rehabilitation, New Jersey Department of Labor and Workforce Development, NBC News, New Jersey VET2VET, and Allies Inc.

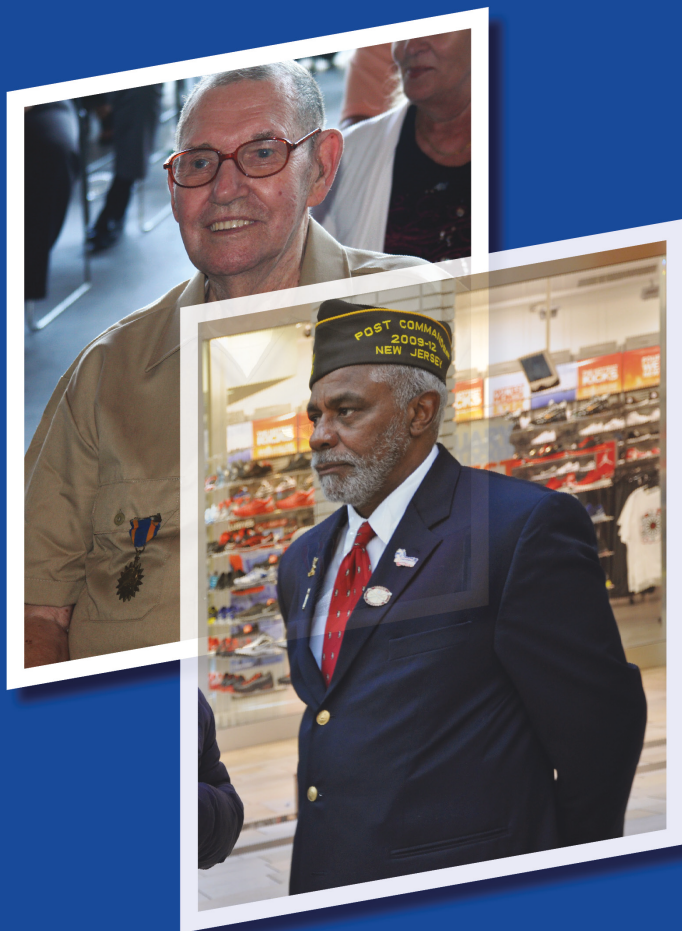
If you need assistance registering, please contact us at hiringourheroes@uschamber.com.

WWW.USCHAMBER.COM/HIRINGOURHEROES

is the official online partner for Hiring Our Heroes | Find Hiring Our Heroes online: [f](#) [t](#)

Hero2Hired (H2H) jobs is a comprehensive employment program for Guard and Reserve members that provides job postings from military-friendly employers as well as career exploration tools, military-to-civilian skills transitions, education and training resources, and a mobile app.

Serving Those Who Served



New Jersey Veterans to be Honored
at
Bergen Town Center
Tuesday, September 4
11 a.m.

BERGEN TOWN CENTER
Mall's "Century 21 Court"
1 Bergen Town Center
Paramus

The ceremony will mark the start of a three-day visit from the New Jersey Department of Military and Veterans Affairs' veterans outreach kiosk.

The kiosk will have Veterans Service Officers from September 4-6, from 10 a.m. to 8 p.m. each day to answer questions about federal, state and local benefits or entitlements.

E-mail your Photo of the Week or Highlights submissions to
wayne.woolley@njdmava.state.nj.us OR
armando.vasquez@njdmava.state.nj.us

Like our pages on Facebook by clicking on each photo:



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New Jersey Department of Military and Veterans Affairs
Brig. Gen. Michael L. Cunniff – The Adjutant General
Brig. Gen. James J. Grant – Director, Joint Staff
Raymond Zawacki – Deputy Commissioner for Veterans Affairs
Chief Warrant Officer 3 Patrick Daugherty – Public Affairs Officer
Air Force Staff Sgt. Armando Vasquez - Public Affairs Specialist
Army Staff Sgt. Wayne Woolley – Public Affairs Specialist