

NJDMAVA HIGHLIGHTS

JANUARY 28, 2016



Veterans honored at ceremony



Brig. Gen. Michael L. Cunniff, left, the Adjutant General of New Jersey, presents World War II veteran U.S. Army Technician Fifth Grade James H. Hall the New Jersey Distinguished Service Medal with cluster during a New Jersey Department of Military and Veterans Affairs state medals ceremony at the Quakerbridge Mall in Lawrenceville, N.J., Jan. 26, 2016. Medals were presented to veterans from World War II, the Vietnam War,

the Lebanon Peacekeeping Mission and Operations' Noble Eagle, Iraqi Freedom and Enduring Freedom. For more photos, click on the picture, which will take you to the NJDMAVA Facebook page for the rest of the ceremony's photos. [Click here for the video from the ceremony.](#) [High resolution photos can downloaded from flickr by clicking this sentence.](#) (NJDMAVA photo by Mark C. Olsen/Released)

Cover: Selfies

Operation Enduring Freedom veteran U.S. Navy Seaman Christopher J. Fischer, left, and Operation Iraqi Freedom veteran U.S. Marine Corps Pfc. Gabriel Joza, both recipients of the New Jersey Distinguished Service Medal, take selfies after a state medals ceremony at the Quakerbridge Mall in Lawrenceville, N.J., Jan. 26, 2016. (NJDMAVA photo by Mark C. Olsen/Released)

Veterans Outreach Campaign

Veterans Outreach Campaign
Feb. 17 – 18
10 a.m. – 8 p.m., daily
Monmouth Mall
180 Route 35 South
Eatontown, N.J.
07724

"Housing Our Heroes"
Veterans Housing
Forum IV
March 30
1 p.m. – 3:30 p.m.
All Wars Memorial
Building
1510 Adriatic Avenue
Atlantic City, N.J. 08401

Veterans Outreach Campaign & Medal Ceremony
March *30 - 31
10 a.m. – 8 p.m., daily
NJDMAVA medal ceremony March 30 at 11 a.m., at Center Court
Deptford Mall
1750 Deptford Center Road
Deptford, N.J. 08096

WHEN JONAS ARRIVED, THE NJ NATIONAL GUARD WAS READY

By Staff Sgt. Wayne Woolley, New Jersey Department of Military and Veterans Affairs Public Affairs

As a meteorological Leviathan named Winter Storm Jonas churned up the East Coast, more than 200 New Jersey National Guard troops were prepared to aid civil authorities in the response to the potentially life-threatening blizzard.

On Friday, Gov. Chris Christie returned from the presidential campaign trail in New Hampshire and announced a state of emergency for the Garden State, a declaration that cleared the way for the widespread mobilization of traditional drilling Soldiers and Airmen, if necessary.

"The job of the National Guard is to provide a trained and ready force of military first responders to assist civil authorities," said Brig. Gen. Michael L. Cuniff, The Adjutant General of New Jersey. "Our equipment allows us to provide unique capacities during extreme weather events."

No widespread call-up of troops was necessary in New Jersey, as the heaviest snowfalls and whiteout conditions did not arrive in the state until late Friday evening, long after most commuters had reached their destinations. More than 200 troops remained stationed at strategic locations across the state throughout the storm.

There were two important missions conducted by the Na-

tional Guard on Saturday morning, during some of the heaviest snowfall and most reduced visibility.

According to Col. Kevin Hegarty, the director of the National Guard's Homeland Security Center of Excellence, the first mission was to assist emergency personnel and the leadership of a John F. Kennedy Medical Center in Edison scout the best possible routes for ambulances and keep a real-time tally of roads still passable by emergency vehicles.

In email to nj.com, Capt. Andy Toth, Edison's emergency manager, said the Guardsmen played an important role at hectic time.

"In some cases, we needed help just to get people from their houses to ambulances," Edison's emergency manager, Toth wrote. "In a few cases, streets were so bad that the Humvees helped transport people to JFK Medical Center for treatment."

In the other mission, the National Guard led a convoy of vehicles transporting Christie and three of his cabinet members to a news conference in Sayreville.

"The main part of that mission was to allow the governor and members of his cabinet to be out and adding to their situational awareness," Hegarty said.

JT2DC holds active shooter training

B.J. Frullo, U.S. Air Force Air Advisor Academy, demonstrates the correct way to maneuver under fire during a training scenario at the New Jersey Army National Guard's Joint Training and Training Development Center, Jan. 22, 2016, at Joint Base McGuire-Dix-Lakehurst, N.J. For more photos, click on the picture, which will take you to the New Jersey National Guard Facebook page for the rest of the training session photos. (U.S. Air National Guard photo by Tech. Sgt. Matt Hecht/Released)



Keeping the wing ready

Story and photo by
Master Sgt. Mark C. Olsen
108th Wing Public Affairs



Staff Sgt. Janette J. Sheppard, Individual Protective Equipment Section (Mobility), 108th Logistics Readiness Squadron, shelves M50

Joint Service General Purpose Masks after they were fit tested at the 108th Wing, at Joint Base McGuire-Dix-Lakehurst, N.J., Jan. 9, 2016.

Walking into the 108th's warehouse, you can't help but think of the ending of the Raiders of the Lost Ark where Ark of the Covenant disappears into the bowels of the unnamed government storehouse.

I mention this to Staff Sgt. Janette J. Sheppard and Senior Airman Mario Lopez and they laugh. Both Airmen are assigned to the Individual Protective Equipment Section (Mobility), which is part of the Material Management Flight with the 108th Logistics Readiness Squadron.

Instead of the Ark, they are returning M50 joint service general purpose masks to the warehouse after they had been fit tested. The gas masks are just one component of the many items that Mobility is responsible for.

"We stock just over 23,000 mobility items," said Senior Master Sgt. Stephen Di Ambrosio, superintendent, Material Management Flight.

Mobility provides 108th Airmen both training and real world gear – equipment that is sent with an Airman when he or she deploys. For mobility purposes, this includes everything from chemical warfare gear like gas masks to cold weather gear and individual protective equipment, which includes web gear, body armor and helmets, as well as M4 carbines, M16 rifles and M9 pistols.

All that equipment occupies a lot of space, which for the Air Force is both costly and at a premium.

Fortunately today's warehouse are a far cry from the storehouses of years past.

Gone are the rows of shelves that stretch on forever. Gone

also are the immense buildings with their large floor space footprint necessary to store all the items that a wing needs.

Instead, they have been replaced with mobile shelving mounted on trackways. The shelves can be packed together when not in use, but can be easily opened to gain access unlike the old individual fixed shelf system of the past.

It also means that tracking each of the 23,000 individual items and finding them in the warehouse is that much easier.

"The majority of our chemical gear does have a service/shelf life," said Di Ambrosio. "These items are tracked monthly to ensure our 'Real World' gear is always serviceable and ready to be deployed with our members at a moment's notice."

This gear includes M50 gas masks, joint service lightweight integrated suit technology suits, over boots, chemical gloves, M295 decontamination kits, M8 paper and M9 tape, just to name a few. That makes it necessary to be able to track down and replace the gear so if there is a real world emergency, gear that has expired is not being issued to a deploying Airman.

Sheppard and Lopez move the hand truck to the mobility section of the warehouse where the gas masks are stored. Each cluster of shelves are like those found in a library, and because they are in alphabetical order, it is just a matter of locating the open spot on the shelf where the gas mask came from and putting it back.

In less than 10 minutes, all the gas masks have been returned to their locations and Sheppard and Lopez return to their office.

The lesson from this story: If the Ark is in there, it will be relatively easy to find.

CROSS-TRAINING: IS IT RIGHT FOR YOU?

From Guard Your Health

I do bodyweight CrossFit. Should I change my routine to prepare for the APFT or am I doing the right workouts?

The short answer is keep doing what you are doing if it is working for you.

CrossFit is a strength and conditioning program of daily cross-training workouts (known as WODs) that include aerobic exercise, Olympic weightlifting, and bodyweight exercises such as push-ups, lunges, and squats.

Many Guard Soldiers across the nation do CrossFit as a way to engage in high intensity fitness activity and improve overall performance. In some cases, Soldiers who cross-train have raised their Army Physical Fitness Test (APFT) scores by 13 percent.

Cross-training is beneficial for the Citizen-Soldier who:

Takes a well-rounded approach to fitness. Soldiers who do strength- and cross-training, in addition to cardio, have up to 50 percent fewer injuries and do better on the APFT. So take a look at your WODs and assess if you need to add anything to your workout routine. Some CrossFit boxes focus heavily on weight training and not so much on cardio. If you find that your WODs are lacking in cardio, make sure to ramp that up outside of the box.



Limits running to avoid injuries. Soldiers who run more than 30 minutes three times a week are at an increased risk for injury; most Soldiers don't need to do more than that to maintain a healthy fitness plan.

Needs to carry and wear combat gear. Mixed fitness programs, including resistance training and circuit training, can improve a Soldiers' ability to wear body armor and a rucksack by up to 30 percent.

If you're concerned with whether you're doing the right type of workouts, consider this: bodyweight exercises that are done in CrossFit focus on improving endurance and gaining strength, both of which are assessed and measured in the APFT. Don't forget about the timed run during the APFT though. Make sure you get cardio training to boost your running score!

There are many ways to prep for PT—Guard Your Health's APFT Max section at <http://www.guardyourhealth.com/apft-max/> offers several guides and exercise plans to help you reach your fitness goals.

Click on the Guard Your Health logo for health and fitness information.

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Vineland Veterans Memorial Home Allyson Bailey, Acting CEO Sharon Frye, Sec 524 North West Boulevard Vineland, NJ 08360-2895 856-405-4207 Fax: 856-696-6714						
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Women in Sustainable Employment (WISE) Program is Seeking Candidates

WISE Pathways is a career exploration course designed for women to explore nontraditional, in-demand jobs in the construction, gas, water, electric and energy industries. You will have the opportunity to learn about career paths in these industries, strategies in conflict management, team building, and workplace expectations; create a resume; practice online applications and interviewing; and be connected with recruiters from participating companies.



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Employment Opportunities:

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9th grade level for reading and math
- Drug-free
- Valid Driver's License
- Interest in Craft/Technician Work
- Enjoy Physical Labor and Outdoor Work
- Experience in craft/technician or similar work (including other industries) is desirable

Focus Careers Include: (but not limited to)

- Damage Prevention Technician/Utility Locator
- Laborer
- Mechanic/Mechanic Trainee
- Helper Substation Technician
- Utility & Production Mechanic
- Meter Processor/Reader
- Plant Operator

*Depending on position and company,
salary range is \$14.00 to \$20.25 per hour

Class Dates and Times:

Feb. 27	9 a.m. - 4 p.m.
March 1	6 p.m. - 9 p.m.
March 3	6 p.m. - 9 p.m.
March 5	9 a.m. - 4 p.m.
March 8	6 p.m. - 9 p.m.
March 10	6 p.m. - 9 p.m.
March 15	6 p.m. - 9 p.m.
March 16	6 p.m. - 9 p.m.

For More Information Contact:

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