



# DMAVA HIGHLIGHTS

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April 9, 2014

## Brothers Complete Warrant Officer Career College

*Tu and Daniel hand their brother, Alvin, an ammo container at an obstacle at the Leaders Response Course March 25. (Photo by Sara E. Martin)*

**By Sara E. Martin, Army Flier staff writer**

With long hours, grueling duties and limited communication with the outside world, the Warrant Officer Career College can be considered one of the most challenging schools to complete in the Army.

But its halls were brightened a little the past few weeks as three brothers battled the courses, tests and restraints of the confined environment.

Alvin, Daniel and Tu Bui, members of the New Jersey National Guard, all enlisted within a year of each other, and all of them had Aviation military occupational specialties.

While two brothers, Alvin and Daniel, were deployed to Afghanistan last year, the youngest, Tu, learned that their state needed Black Hawk pilots.

"I was a UH-60 crew chief and began talking to my superiors about how New

Jersey needed warrant officer pilots. I told my brothers that it would be great if we all put in packets to become pilots together, and they were on board," said Tu, 22. "So, when they came back last summer, we motivated each other to complete the packet requirements."

Although they all had different reasons for wanting to change jobs to become pilots, they all agreed that it is the coolest and most unique job in the Army.

"Having my brothers here has helped me more than hindered me because we know each other's strengths and weaknesses, and they can bring me up more than one of the other candidates," said Daniel, 24. "This is a story we can retell when we are old men."

CW2 Kimberly Johnson, the primary training, advising and counseling officer

for the brothers, said they are always upbeat, and motivate each other and the platoons.

"All of the candidates love the Buis because they are friendly and they are always looking on the bright side of things," she said. "A few weeks ago we had a Bui-Off where they had to march their platoon around a drill field and whichever brother did the best their platoon got dessert. It really motivated everyone, and it was fun."

She added that having family here didn't give them an unfair advantage because they were immediately separated into different platoons and different rooms.

"We have tried to keep them as isolated from each other as possible. We haven't

**CONTINUED ON PG 2**

# HIGHLIGHTS

## BUI BROTHERS

CONTINUED FROM PG 1

had to alter their training in anyway, but I think it has helped them, in a way, because they are able to experience WOCC separately, but still together,” she said.

The brothers said they usually get in trouble when they are seen together, but that when they are together it’s usually by accident, such as when they first arrived at school.

“We were doing the bag drag, where we have to move everyone’s bags into the barracks. It was a little chaotic, and even though we were split up, somehow we all happened to go for the last three bags. So, when we got to the building they thought we were trying to talk to each other and of course we got yelled at,” Daniel said as his brothers laughed while remembering the story.

“No matter how we try to stay away from each other, somehow we always end up near each other, like at chow,” he added. “And sometimes it’s bad because we know how to mess with each other, and make each other laugh or get under each other’s skin.”



Alvin Bui, 25, said during the Leaders Response Course March 25 that each of them wants to show everyone, and themselves, that they can do it on their own.

“We all try to help each other out because we all want to graduate together, so that motivates us to keep up all of our grades and performances,” he said. “But, it never hurts to say you did a little better on one test or another. Sibling rivalry in this case is a good thing to make us better.”

Their Family immigrated to America in 1994 from Viet Nam, and the brothers said since they didn’t have much in Asia they wanted to take as much of the financial burden off their parents as they could because they have five other siblings. They also hope to set the standard for younger Family members.

Three brothers have never come through the school before, said Johnson, which is why the cadre got excited when they heard about the brothers arrival.

“They are sometimes the joke of the company, but I think they like that because they help the stress levels of the platoons,” she said. “They are a good group of brothers.”

All three brothers graduated together April 2.



## Energy Conservation

### Energy Conservation Tip of the Week

An easy way to save money on your heating bill is to turn your thermostat down. By turning the thermostat down 10 to 15 degrees when you are sleeping or away for 8 hours or more, you can save five to 15 percent a year in heating costs.

### Did You Know?

The New Jersey Clean Energy Program offers financial incentives and rebates to help offset the cost of making your home more energy efficient. The WARMAdvantage program offers rebates for high efficiency heating systems and water heaters. To learn more about this program, visit the Clean Energy website at <http://www.njcleanenergy.com/residential/programs/warmadvantage/>.

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](mailto:christopher.moore@dmava.nj.gov).

New Jersey's  
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## FOUND RECOGNIZED

*Brig. Gen. Michael L. Cunniff, left, The Adjutant General of New Jersey awards the Joint Service Achievement Medal to Capt. Shawn J. Found during the Assembly budget hearing at the State House, Trenton, N.J., April 9, 2014. Found developed a training course for the fledgling Albanian Mental Health Care Professional Team while serving as chaplain resiliency subject matter expert at the Office of Defense Cooperation Albania, Headquarters, United States European Command from Sept. 4-28, 2013. (NJDMAVA photo by Mark C. Olsen)*



## REMEMBRANCE DAY CEREMONY HUEY HELICOPTER DEDICATION

May 7th was created by legislation in 1991 as a unique day in New Jersey to honor all those who served in the military during the Vietnam Era from 1959 to 1975. As part of this year's ceremony the Foundation will unveil its newly restored Huey Helicopter at the Vietnam Era Museum.

A special thanks to our donors and volunteers for making Operation Huey Restoration a reality.



**WEDNESDAY • MAY 7, 2014 • 11:00 AM**

New Jersey Vietnam Era Museum & Educational Center

### GUEST SPEAKER

**Rocky Bleier**

Vietnam Veteran

Four-time Super Bowl Champion

### REMARKS BY

**Major General Clark W. Martin**

USAF (Ret'd) & Chairman, NJVVMF

**Brigadier General Michael L. Cunniff**

Adjutant General of New Jersey

**Al Sever**

116th Assault Helicopter Company

**Ken Gurbisz**

US Army, 1968-1970

**Bob Briant, Jr.**

Utility Transportation & Contractors Association



**NEW JERSEY VIETNAM VETERANS' MEMORIAL  
VIETNAM ERA MUSEUM & EDUCATIONAL CENTER**

ABOUT THE NEW JERSEY VIETNAM VETERANS' MEMORIAL FOUNDATION

The New Jersey Vietnam Veterans' Memorial Foundation offers a meaningful and engaging experience that recognizes the sacrifice, courage and valor of Vietnam Veterans and encourages and fosters a thorough understanding of the Vietnam Era including the political, historical, social, cultural and military aspects, which affected the United States, and especially New Jersey. To support the Foundation and the Huey project, visit [WWW.NJVVMF.ORG](http://WWW.NJVVMF.ORG).

1 Memorial Lane (Garden State Parkway Exit 116) • Holmdel, NJ 07733 • 732.335.0033 • [WWW.NJVVMF.ORG](http://WWW.NJVVMF.ORG)

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**2014 Hiring Our Heroes Veterans Event – Trenton, NJ**  
**Samaritan Church**  
**531 Martin Luther King, Jr. Boulevard**  
**Trenton, NJ 08618**  
**April 30, 2014**

**HIRING FAIR: 10:00 A.M. – 1:00 P.M.**

**EMPLOYMENT WORKSHOP: 8:30 A.M.**

This American Legion-sponsored employment event is being conducted by U.S. Chamber of Commerce; local Chambers of Commerce; New Jersey Committee, Employer Support of the Guard and Reserve; The American Legion; Department of Labor Veterans Employment & Training; the U.S. Department of Veterans Affairs; the New Jersey Department of Labor & Workforce Development (NJ LWD), the New Jersey Department of Military and Veterans Affairs (DMAVA), and the New Jersey State Parole Board. We are particularly grateful to American Legion Post 182; our hosts at Samaritan Baptist Church; and the Concerned Pastors of Trenton and Vicinity.

**EMPLOYERS**  
Must register for **FREE** at [www.hiringourheroes.org](http://www.hiringourheroes.org)

**JOB SEEKERS**  
*Veterans, Active Duty Military, Members Of Guard And Reserve Components, Military Spouses*  
Register for **FREE** at [www.hiringourheroes.org](http://www.hiringourheroes.org)  
Walk-ins always welcome

A workshop for veterans and other military job seekers that focuses on resume writing, tips for successfully navigating hiring fairs, military skill translation, and interviewing will start at 8:30 a.m. To register for Hiring Our Heroes Employment Workshop, visit [hohworks.eventbrite.com/](http://hohworks.eventbrite.com/)

For registration questions, please contact [hiringourheroes@uschamber.com](mailto:hiringourheroes@uschamber.com) or call 202-463-5807.



  [HIRINGOURHEROES.ORG](http://HIRINGOURHEROES.ORG)  



## STUDY TO HELP WOMEN VETS COPING WITH MST

By Tom Cramer, VA Staff Writer

The Department of Veterans Affairs is preparing to launch a study this year to determine if a practice called Mindfulness-Based Stress Reduction can help relieve symptoms of posttraumatic stress in women Veterans suffering from military sexual trauma (MST).

About one in five women in the military will report experiencing sexual trauma while serving their country.

“That’s about 20 percent of women Veterans,” said Dr. Autumn Gallegos, a researcher with VA’s Center of Excellence for Suicide Prevention in Canandaigua, NY. “Exposure to MST is a significant public health concern and is associated with both mental and physical health burdens, including risk of suicide.”

Gallegos said the negative mental health consequences of military sexual trauma are extensive, and include posttraumatic stress and other anxiety disorders, depression and substance abuse.

### Returning to the Scene of the Crime

“A traumatic event, such a sexual assault, has the potential to detach you from your own body,” Gallegos explained. “After all, your body itself was the crime scene. So, one of our major goals is to help you learn how to re-connect with your body, to have your body once again become a resource for you, a source of comfort and peace.”

Women selected for the study will participate in two-hour group sessions, once each week, where they will engage in four mindfulness practices: sitting meditation, walking meditation, mindful movement (similar to yoga poses) and a body scan.

“During a body scan, you’re simply paying very close attention to sensations in different regions of your body,” Gallegos said. “Through meditations that focus on body awareness, participants gradually begin to reconnect to their bodies, to regard their bodies as a source of strength.”

### Promoted to Captain

“All these practices are designed to foster a calm, non-judgmental awareness of your sensations and feelings,” she observed. “We call it Mindfulness-Based Stress Reduction. The idea is to be present in the moment, to be fully aware and alive. And if you can do that, you can choose how you’re going to respond to unpleasant events or memories. You become the captain of your own ship.”

“For women who have been physically and sexually victimized,” she continued, “the practice of reappraising thoughts and physiological sensations with mindful awareness may improve their ability to successfully regulate their emotions, thereby mitigating trauma symptoms. We want to see if this approach to stress reduction is effective for women Veterans who’ve experienced military sexual trauma.”

### The Blame Game

Gallegos said that following a sexual assault, victims tend to

engage in a lot of self-blame. Along with that, the victim tends to re-experience the event repeatedly, like a broken record playing in her head.

“With Mindfulness-Based Stress Reduction, you learn to observe yourself and how you’re reacting to a stressful event, or a stressful memory,” the researcher explained. “If you’re able to observe what’s going on inside you, you may be able to train yourself to respond to the stressor in a different way.”

“When all is said and done, we’re teaching you that you have a choice,” she said.

Mindfulness-Based Stress Reduction, however, wasn’t developed exclusively for victims of military sexual trauma. Veterans Brenda Voorhees and Kelly Lannon tried it out for other reasons.

### Hitting ‘Pause’

Voorhees, an Air Force Veteran who served from 1979 to 1986, recently took a Mindfulness-Based Stress Reduction class designed to help participants improve their heart health.

“When you meditate, you’re silencing the mind,” she said. “Most of the time we’re multi-tasking, so it’s nice to slow down and do one thing. And now that I’m a bit older, I like slowing down.”

The 59-year-old compared Mindfulness-Based Stress Reduction to hitting the ‘pause’ button.

“It helps me slow down and see the world,” she said. “For example, today I went to the post office. There were maybe eight people ahead of me and only one clerk. It was funny watching everybody fidgeting. But instead of getting caught up in the process, I just watched the movie of life unfold.”

“I’m going to need that tomorrow because I’ll be going to the airport,” she laughed.

### Let it Be Kelly

Lannon, an Air Force Veteran who served during Operation Iraqi Freedom, said practicing mindful awareness has helped put an end to the sleepless nights she endured after leaving the military.

“I tried medication,” she said, “but I didn’t like it. I wanted to try something more natural.” She’s glad she did.

“Sometimes, when it’s hard to sleep, I do the body scan meditation,” she said. “It makes you focus on what’s going on with your whole body. When you’re doing that, it’s hard to focus on anything else.”

“If I’m really stressed out, the negative thoughts will still come in,” she admitted. “But I don’t push them away— that’s what they taught us in the class— not to push them away. So I just let them be.”

“I just continue with the body scan meditation and let the thoughts be there. Eventually they leave. If you try to push them away, that just makes it worse. The more I push them away, the stronger hold they have on me.”

CONTINUED ON PG 6

# STUDY

CONTINUED FROM PG 5

Of the four types of meditation involved with Mindfulness-Based Stress Reduction, the moving meditation is Lannon's favorite.

"I really like the Yoga," she said. "But I haven't been practicing it on my own. Instead, when I need to slow down during the day, I'll just sit quietly, close my eyes and breathe. I set aside some time each day to do that."

As calming as meditation is, however, it can't compete with Lannon's absolute favorite stress reduction technique.

"I like a good massage," she said. "I think that's wonderful. The only thing is, it's expensive."

To learn more about how VA is helping Veterans with PTSD, visit [www.ptsd.va.gov](http://www.ptsd.va.gov).

To find out more about health care services available for Veterans who have experienced MST, visit <http://www.mental-health.va.gov/msthome.asp>.



VA researcher Autumn Gallegos, left, and students Brenda Voorhees, center, and Kelly Lannon practice their Warrior 2 pose during a Mindfulness-Based Stress Reduction class at the Canandaigua VA Medical Center.



Soldiers from the Military Advisor Team (MAT) 4, New Jersey National Guard, were welcomed home at the Lawrenceville Armory April 7, 2014, after a year-long deployment in support of Operation Enduring Freedom in Afghanistan. MATs are a small team of officers and NCOs whose primary task is to coach, teach and mentor Afghan National Army (ANA) units, serve as a conduit for liaison and command and

control and, when required, support the operational planning and employment of the ANA. The New Jersey Army National Guard conducts joint MAT's with the Albanian Armed Forces that build on state partnership relationships in order to demonstrate commitment and strengthen the alliance with the Republic of Albania. (U.S. Air National Guard photo by Master Sgt. Mark C. Olsen/Released)

# HIGHLIGHTS



US Family Health Care, a Tricare Prime option providing a civilian based managed care network, will be holding Question and Answer sessions to provide information for servicemembers and families.

USFHP pushes forward effective Jan. 1, 2014, and they are adding an extra benefit to their already robust benefit package! Eye glasses for \$0 to low cost. To hear more about USFHP and this added benefit, come to one of their upcoming information sessions listed below:

**Fort Dix Housing Community Center**  
Bldg. 1134 Hemlock Street, JB-MDL  
April 7 / 10 a.m. to 4 p.m.  
Contact: Josephine Grey at 347-501-2308

**JB-MDL McGuire Library**  
2603 Tuskegee Airmen Ave, JB-MDL  
April 28 / 10 a.m. to 2 p.m.  
Contact: Pam Kwiat at 646-341-2545

**JB-MDL McGuire Housing  
Jim Saxton Community Center**  
3811 South Boiling Street, JBMDL  
April 8 / 10 a.m. to 4 p.m.  
Contact: Pam Kwiat at 646-341-2545

**108th Wing Airmen & Family Readiness Office**  
3327 Charles Blvd, JB-MDL  
April 16 / 1 to 4 p.m.  
Contact: Pam Kwiat at 646-341-2545

**Bordentown Library**  
18 East Union Street, Bordentown, NJ  
April 17 / 12 to 4 p.m.  
Contact: Pam Kwiat at 646-341-2545

**Picatinny Arsenal Army Community Service**  
Bldg. 119, Dover, NJ  
April 15 and 29  
Contact Darrel Hutchinson at 646-354-0126

**Pemberton Community Library**  
16 Broadway Street, Brownmills, NJ  
April 14 / 12 to 4 p.m.  
Contact: Pam Kwiat at 646-341-2545

**Mount Laurel Library**  
100 Walt Whitman Ave, Mount Laurel, NJ  
April 11 / 11 a.m. to 3 p.m.  
Contact: Josephine Grey at 347-501-2308

**Camden County Veterans Affairs**  
3 Collier Dr., Lakeland Complex, Blackwood, NJ  
April 7, 14, 21 and 28 / 11 a.m. to 3 p.m.  
Contact: Wil Acosta at 646-300-1312

**NJDMAVA Bldg**  
IASD Section,  
101 Eggerts Crossing Road, Lawrenceville, NJ  
April 16 / 11 a.m. to 4 p.m.  
Contact: Josephine Grey at 347-501-2308

**177th Fighter Wing**  
Bldg. 229, 400 Langley Rd., Egg Harbor Twp, NJ  
April 3 / 12 - 4 p.m.  
Contact: Josephine Grey at 347-501-2308

**NJNG Jersey City Armory**  
678 Montgomery Street, Jersey City, NJ  
May 1, 8, 15 and 22 / 1 to 6 p.m.  
Contact: Darrel Hutchinson at 646-354-0126

**NJNG Toms River Armory**  
1200 Whitesville Road, Toms River, NJ  
April 10 / 10 a.m. to 3 p.m.  
Contact: Pam Kwiat at 646-341-2545

**NWS Earle**  
Bldg. C29, 201 Highway 34 South, Colts Neck, NJ  
April 23 / 1:30 to 3:30 p.m.  
Contact: Pam Kwiat at 646-341-2545

Call 1-800-241-4848 option 3 or visit [www.usfhp.net](http://www.usfhp.net) for more information.

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