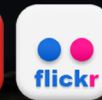


# NJDMAVA HIGHLIGHTS

OCTOBER 20, 2015



# Ranger Challenge tests cadets' mettle

By Sgt. Sherwood Goodenough, 444th Mobile Public Affairs Detachment



*Rutgers Reserve Officer Training Corps cadets clash against an opposing ROTC team in a rugby-scrum-like team-on-team competition that replicates the ancient Greek soldier phalanx formation during the Ranger Challenge at Joint Base McGuire-Dix-Lakehurst, N.J., Oct. 17,*

*2015. Nine-man teams from 42 schools across the region competed in the challenge that tested the future Army leaders as they completed a road march, team phalanx challenge and fire and maneuver drills. (U.S. Army National Guard photo by Spc. Devon Bistarkey/Released)*

A din of sweat, dust, roaring cheers combined with the machine-gun-replicas made from cut lumber collided in a coliseum of tomorrow's warfighters in what is referred to as the "Varsity Sport" of aspiring Army officers during the 2015 ROTC Ranger Challenge.

A century ago the Reserve Officer Training Corps program emerged from Maj. Gen. Leonard Wood's "Plattsburg Idea", which created the first series of training camps to make officers out of civilians.

ROTC Ranger Challenge is an opportunity for schools to "compete" with each other at completing military tasks. In addition to a written examination where cadets test their knowledge, they also compete in physical fitness drills and field exercises.

Forty-two participating schools from nine states sent teams. Each team, which consisted of nine cadets, was required to in-

clude at least one female and one freshman.

"This is kind of putting up the best cadets from each school to see who's training the most, to see who's most fitted for the officer's role," said Cadet Maxwell Luo, a Rutgers University senior who hails from Watchung, N.J. "We're trying to see who has been the best trained, who's working the hardest, who wants it the most."

Events in the competition include an obstacle course, paintball, a road march and a rugby-scrum-like team-on-team competition that replicates the ancient Greek soldier phalanx formation.

"This definitely instills the values that ROTC tries to teach," said Pfc. Chris Ramos, who has competed in past Ranger Challenge competitions and plans to commission in the New Jersey Army National Guard.

Ramos, an East Brunswick native is both an ROTC cadet and a Soldier in the

New Jersey National Guard with Company B, 1st Battalion, 114th Infantry, in Freehold. As a citizen soldier, his prior-service perspective helps him see how this "sport" approach to ROTC's lessons keeps their training battle focused.

"Without Ranger Challenge, everything I've learned wouldn't be as significant," Ramos said. "This teaches you leadership, brotherhood. This is your family away from family."

## COVER PHOTO

*Rutgers Reserve Officer Training Corps cadets prepare to clash against an opposing ROTC team in a rugby-scrum-like team-on-team competition that replicates the ancient Greek soldier phalanx formation during the Ranger Challenge at Joint Base McGuire-Dix-Lakehurst, N.J., Oct. 17, 2015. (U.S. Army National Guard photo by Spc. Devon Bistarkey/Released)*

# Freedom Awards nominations open

*From the Employer Support of the Guard and Reserve*

Nominations for the 2016 Employer Support of the Guard and Reserve 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.

## DMAVA PA PHOTOGRAPHER NATIONALLY RECOGNIZED

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

Tech. Sgt. Matt Hecht of the New Jersey Department of Military and Veterans Affairs Public Affairs Office received a \$1,000 grant from the Eddie Adams Foundation Oct. 12 in recognition of his work as a military photojournalist and videographer.

Hecht was one of four military photographers to gain admittance to the Eddie Adams Photography Workshop in Jeffersonville, N.Y., which each year trains the top 100 professional visual storytellers from news organizations around the world.

The foundation and workshop were founded by the late Eddie Adams, a Pulitzer Prize winning photographer for the Associated Press who captured one of the most iconic images of the Vietnam War, the execution of a Vietcong prisoner by a Vietnamese general. Adams, who died in 2004, established his annual workshop in 1988 to foster the professional development of outstanding photographers and videographers.

At the end of this year's workshop, Hecht also received the Maj. Herman Wall Award, named for a public affairs officer who captured some of the first images of the D-Day invasion and was wounded in the battle.

Hecht, a military technician who drills with the 108th Wing, said he plans to use the grant money to support his work on a visual project that will honor Adams's legacy.



# HEARING PROTECTION RESOURCES FROM GUARD YOUR HEALTH

From the Army National Guard Chief Surgeon's Office

Hearing loss among service members has risen substantially in the last few years. The Department of Defense Hearing Center of Excellence reports that tinnitus (ringing of the ears) and hearing loss are two of the most prevalent service-related injuries among veterans.

In response to hearing health concerns, the Army National Guard changed their hearing test policy from testing Soldiers once every five years to annually. More frequent hearing tests will help Soldiers identify, treat, and reduce the impact of hearing loss earlier.

When Soldiers take steps to protect their hearing, it keeps them safer on the battlefield, during trainings, and throughout everyday life. To help Soldiers better understand the importance of hearing protection and hearing loss prevention, ARNG's health and wellness campaign, Guard Your Health, offers tips on how to prevent hearing loss. Tactics like wearing noise canceling ear muffs while riding in a helicopter or wearing noise activated or electronic earplugs while shooting can keep ears safe.

Guard Your Health also features information on how hearing loss can affect a Soldier's life, how to cope with and manage hearing loss, and the signs to look out for, such as a muffled feeling in your ears, sensing a prolonged ringing or buzzing in your ears, or straining to hear someone.

Service members may be at risk for hearing injuries when exposed to high noise levels of vehicles, gun shots, and other deafening sounds. For example, a helicopter has a noise level of 85 decibels (dB), and flying one without appropriate hearing protection can cause gradual and permanent hearing loss. Gunfire and other impulse sounds can be loud enough to cause hearing damage as well.

Soldiers can learn more about the decibel scale, safe volume limits, and appropriate hearing protection with Guard Your Health's "How Loud Life

**How LOUD Life Should Be**

1 in every 3 Soldiers is affected by hearing loss

Know the safe volume limit for each of these activities and learn how to protect yourself from future hearing damage, whether at home, drill, or in combat.

**LOUDNESS SCALE**  
Measured in Decibels (dB)

0dB — SAFE — 90dB — POTENTIALLY HAZARDOUS — 140dB — DANGEROUS — 200dB

**AT A CONCERT**  
A concert can get as loud as **120 dB** ) That's as loud as a live chainsaw next to your ear!  
Wear foam or silicone earplugs to concerts, found at your local drug store.

**USING HEADPHONES**  
Listening to music with headphones at max volume **105 dB** ) It's the same as standing next to a helicopter taking off.  
Exposure to sounds this loud for even 15 minutes a day can cause long-term hearing damage.  
Listen to music at a safe level by turning down your headphones so you can hear people talking next to you.

**OPERATING A VEHICLE**  
Exposure to engine noise in a 4-hour convoy **95 dB** ) Does as much damage to hearing as an IED explosion.  
Protect your ears with military grade earplugs that provide protection for constant noise environments.

**FLYING A HELICOPTER**  
Tactical vehicles and rotary wing aircraft, like helicopters, produce steady noise higher than **85 dB** ) Steady noise at this level causes gradual, but permanent, hearing loss.  
Put on noise-cancelling headphones before turning on the aircraft to protect against hearing damage.

**ON THE FIRING RANGE**  
M60s put off **150 dB** ) Loud enough to rupture your eardrums instantly.  
Single impulse sounds, like gunfire, can cause sudden hearing loss.  
Protect your ears with noise-activated earplugs to block sudden noises.

**BLAST NOISE**  
Stun grenade explosions are up to **180 dB** ) That's like standing next to a space shuttle launch.  
50% of Soldiers injured in blasts experience hearing loss.  
Protect your eardrums with electronic earplugs that allow natural hearing while protecting against harmful blast noises.

Ask your Medical Readiness NCO where you can get hearing protection devices.

Should Be" infographic. Soldiers are encouraged to review Guard Your Health's hearing health resources and speak to their medical readiness NCO as soon as possible if they are concerned about their own hearing.

**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.

GUARD YOUR HEALTH  
www.GuardYourHealth.com  
www.facebook.com/ARNGHealth

**GUARD YOUR HEALTH**  
My Mission. My Health.

Guard Your Health (www.guardyourhealth.com) is a health and medical readiness campaign for Army National Guard Soldiers and their families sponsored by the Army National Guard Chief Surgeon's Office.

Guard Your Health provides Army National Guard Soldiers with information, motivation, and support to overcome challenges and make healthy decisions for themselves, their families, and their units.

To learn more about improving your health, visit the Guard Your Health website; like "Army National Guard Health" on Facebook: www.facebook.com/ARNG-Health. Follow Guard Your Health @ARNGHealth on Twitter: twitter.com/ARNGHealth.

*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](http://www.state.nj.us/military)



Raymond L. Zawacki, Deputy Commissioner for Veterans Affairs (609-530-7062)  
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)**

<p><b>Brigadier General Steven Ferrari, Director</b> 609-530-6967 Donna Myers, Sec 609-530-6766 Virginia Fiess, QA Coordinator 609-530-6979 Fax: 609-530-6970</p>	<p><b>Menlo Park Veterans Memorial Home</b> Joseph Brandspiegel, CEO Jennifer Pajak, Sec 132 Evergreen Road, PO Box 3013 Edison, NJ 08818-3013 732-452-4102 Fax: 732-603-3016</p>	<p><b>Paramus Veterans Memorial Home</b> Dianne Tabron-Felder, CEO Diane Callaghan, Sec 1 Veterans Drive Paramus, NJ 07652 201-634-8525 Fax: 201-967-8658</p>	<p><b>Vineland Veterans Memorial Home</b> Boris Reissek, CEO Sharon Davis, Sec 524 North West Boulevard Vineland, NJ 08360-2895 856-405-4207 Fax: 856-696-6714</p>
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**Veterans Services (DVS)**

<p><b>Albert J. Bucchi, Director</b> 609-530-6962 Cynthia Barnes, Sec 609-530-6975 Fax: 609-530-7075</p>	<p><b>Brigadier General William C. Doyle Veterans Memorial Cemetery</b> 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 Maintenance/Cemeteries/Memorials Joseph Arroyo &amp; Kenneth Smith Supervisor, 609-738-2408 Fax: 609-758-3490</p>	<p><b>Vietnam Veterans Memorial</b> 1 Memorial Lane, PO Box 648, Holmdel, NJ 07733 732-335-0033 Fax: 732-335-1107 <b>Korean Memorial</b> Boardwalk/Brighton Park, Atlantic City, NJ 08401 <b>War World II Memorial</b> W State Street, Trenton, NJ 08608</p>	<p><b>Veterans Haven South</b> Walter Nall, 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</p>	<p><b>Veterans Haven North</b> 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</p>
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<p><b>State Approving Agency-GI Bill Programs</b> Charles Rowe, Bureau Chief – 609-530-6842 Mansol Meyer, Education Prog Asst – 609-530-6849 Lynn Yesalonina, State Admin – 609-530-6858 Joan Edwards, State Admin – 609-530-6948 Fax: 609-530-7196</p>	<p><b>Veterans Benefits Bureau</b> Patricia A. Richter, Bureau Chief – 609-530-6949 Elizabeth Schofield, Fin 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</p>	<p><b>Veterans Service Offices</b> Joseph Bucco, State Supervisor – 609-530-6830 Christopher Wambach, State Supervisor – 609-530-6863 Joseph E. Nyzio, VSO – 609-530-6857 <b>VA Regional Office/Philadelphia</b> Vacant, VSO – 215-381-3033 5000 Wissahickon Avenue, Philadelphia, PA 19144</p>
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<p><b>Atlantic City/Cape May</b> 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)</p>	<p><b>Bergen/Passaic</b> Richard Mannes, VSO Titus Osuagwu, Sec 125 State Street, Suite 109, Hackensack 07601-5435 201-996-8050/8051 Fax: 201-996-8009</p>	<p><b>Burlington</b> Matthew Still, VSO Bernadette Whitman, Sec 555 High Street, Suite 6A, Mt. Holly 08060 609-518-2273/2274 Fax: 609-518-2275</p>
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<p><b>Camden/Gloucester</b> 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)</p>	<p><b>Essex/Union</b> Robert Maulano, VSO Shelley Darby, Sec 20 Washington Place, Room 439, Newark 07102-3174 973-297-3230 Fax: 973-648-2356</p>	<p><b>Hudson</b> 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)</p>
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<p><b>Mercer</b> William McDonnell, VSO Theresa Tomecheck, Sec 151 Eggerts Crossing Road, Room 136, Lawrenceville 08648 ~ (Lawrenceville Armory) 609-671-6697/6696 Fax: 609-671-6698</p>	<p><b>Middlesex/Somerset</b> Joseph Battilo, VSO Vacant, Sec 1060 Hamilton Street, Somerset 08873 ~ (Somerset Armory) 732-937-6347/6348 Fax: 732-937-6417 (closed alternate Fridays)</p>	<p><b>Monmouth</b> Vacant, VSO Rita Hyland, Sec 630 Bangs Avenue, Suite 320, Asbury Park 07712-6904 732-775-7009/7005 Fax: 732-775-3612</p>
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<p><b>Newark Liaison/VA Regional Office</b> Vacant, VSO Vacant, Sec 20 Washington Place, Room 431 Newark 07102-3174 973-297-3336 Fax: 973-642-0830</p>	<p><b>Ocean</b> Vacant, VSO Robin Mitchell, Sec James J. Howard Outpatient Clinic 970 Route 70, Brick 08724-3550 732-840-3033/3034 Fax: 732-840-0399</p>	<p><b>Salem/Cumberland</b> Leigh R. Pottle, VSO Catherine Raniolo, Sec 524 Northwest Boulevard, Vineland 08360-2895 856-405-4388/4390/4389 Fax: 856-696-6499</p>
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<p><b>Sussex/Morris</b> 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)</p>	<p><b>Warren/Hunterdon</b> *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</p>	<p><b>Southern Ocean County Resource Center</b> Nicholas Petrozzino, VSO (Thursday only) 179 South Main Street (Route 9) Manahawkin, NJ 08050 609-978-5895 Fax: 609-978-6446</p>
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## 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](mailto:madeleinemorlino@outlook.com)

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

5

# Veterans Outreach Campaign

Nov. 1  
 "15th Annual Salute to Military Veterans"  
 Sussex County Fairgrounds  
 11 p.m. – 3 p.m.  
 37 Plains Road  
 Augusta, NJ 08722

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. 8  
 Jersey City Parade for veterans and heroes  
 10 a.m. – 12 p.m.  
 Parade Starts at City Hall and ends at

Harsimus Cemetery  
 435 Newark Ave.  
 Jersey City, NJ 07302

Nov. 9  
 Veterans Job & Resource Fair  
 Moorestown Community House  
 9:30 a.m. – 12:30 p.m.  
 16 East Main Street,  
 Moorestown, NJ 08057

Nov. 10  
 Service Provider Roundtable  
 1:30 p.m. – 4 p.m.  
 Paul Robeson Campus Center, Rutgers University-Newark  
 350 Dr. Martin Luther King Jr. Blvd.  
 Newark, NJ 07102



**NJDMAVA Highlights** is published weekly under provisions of AR 360-1 and AFI 35-101 by the Public Affairs Office of the New Jersey Department of Military and Veterans Affairs for all members of the New Jersey Army and Air National Guard, their families, the New Jersey veterans community, retirees and civilian employees. The views and opinions expressed herein are not necessarily those of the Department of Defense, the Army, the Air Force, the National Guard Bureau, Veterans Affairs or the State of New Jersey. Letters may be sent to: NJDMAVA Highlights, Public Affairs Office, NJDMAVA, PO Box 340, Trenton, NJ 08625-0340. E-mail at: [pao@dmava.nj.gov](mailto:pao@dmava.nj.gov)

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The US Family Health Plan has been a trusted partner of the Military Healthcare System for more than 30 years.

We provide the TRICARE Prime option to service families and retirees.

US Family Health Plan contracts with over 12,000 physicians.

For more information on our plan, visit us @ [usfhp.net](http://usfhp.net)

## ENERGY CONSERVATION TIP OF THE WEEK

Put a brick in it!

### Did You Know...

On average, a family of four using an older toilet will flush approximately 26,000 gallons of water down the toilet every year. If you still have a standard toilet, which can use 3.5 gallons or more per flush, you can save by filling your toilet tank with something that will displace some of the tank water, like a brick or a heavy glass jar.

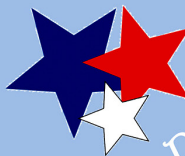
Warning: Don't put a brick in your toilet tank unless you know it won't break down after a long time in water. The brick might dissolve and can clog the plumbing.

If you would like more information about our energy and water conservation efforts, contact Christopher Moore, Energy Manager at [christopher.moore@dmava.nj.gov](mailto:christopher.moore@dmava.nj.gov)



SAVE THE DATE!

42<sup>nd</sup> 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](http://EANG-NJ.ORG)