

# NJDMAVA HIGHLIGHTS

JANUARY 22, 2016





# How to prepare for a winter storm

From the American Red Cross



(U.S. Air National Guard photo by Master Sgt. Mark C. Olsen/Released)

Winterize your vehicle and keep the gas tank full. A full tank will keep the fuel line from freezing.

Insulate your home by installing storm windows or covering windows with plastic from the inside to keep cold air out.

Maintain heating equipment and chimneys by having them cleaned and inspected every year.

If you are away during cold weather, leave the heat on in your home, set to a temperature no lower than 55 degrees Fahrenheit.

Next put together a supply kit.

Water—at least a three-day supply; one gallon per person per day.

Food—at least a three-day supply of non-perishable, easy-to-prepare food.

Flashlight

Battery-powered or hand-crank radio - NOAA Weather Radio, if possible.

Extra batteries

First aid kit

Medications (seven-day supply) and medical items - hearing

aids with extra batteries, glasses, contact lenses, syringes, etc.

Multi-purpose tool

Sanitation and personal hygiene items.

Copies of personal documents. These include medication list and pertinent medical information, proof of address, deed/lease to home, passports, birth certificates and insurance policies.

Cell phone with chargers.

Family and emergency contact information.

Extra cash

Baby supplies, these include bottles, formula, baby food and diapers.

Pet supplies, these include a collar, leash, ID, food, carrier and food bowls.

Tools and supplies for securing your home.

Sand, rock salt or non-clumping kitty litter to make walkways and steps less slippery.

Warm coats, gloves or mittens, hats, boots and extra blankets and warm clothing for all household members.

Ample alternate heating methods such as fireplaces or wood- or coal-burning stoves.

## Cover: Door breaching

*Spc. Stephanie Zapapta conducts a door breach as part of a Rapid Response to Active Shooter training for members of the New Jersey Army National Guard's 328th Military Police Company Jan. 7, 2016. The training was done prior to the unit's annual training in June to provide Force Protection to the U.S. Military Academy at West Point, N.Y. (U.S. Army National Guard photo by Sgt. Bill Addison/Released)*

## Veterans Outreach Campaign

Veterans Outreach  
Campaign and Medal  
Ceremony

Jan. 26 – 28

10 a.m. – 8 p.m.

DMAVA medal ceremony Jan. 26  
at 11 a.m. at Center Court  
Quaker Bridge Mall  
150 Quakerbridge Road,  
Lawrenceville, NJ 08648

E-mail your  
Highlights  
submissions to:  
[mark.olsen@  
dmava.nj.gov](mailto:mark.olsen@dmava.nj.gov)  
by close of  
business  
Wednesday

# MPs TRAIN TO FACE 'WORST OF WORST'

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

Just after 9 on the morning of Sept. 6, 1949, the door opened in a Philadelphia shoe-repair shop owned by 27-year-old cobbler and World War II veteran John Pilarchik. In walked a slender 6-foot man wearing a brown tropical suit, white shirt and bow tie. Howard Unruh said nothing. Instead he pulled out Luger pistol and fatally shot Pilarchik. It was the first of 13 people, including a 2-year-old boy, Unruh would kill in his neighborhood over the next 12 minutes. Later, in an insane asylum, Unruh told a psychologist, "I'd have killed a thousand if I had enough bullets."

It was the first recorded mass-shooting in American history. Sixty-seven years later, there is more than one mass shooting a day in the United States.

"After an active-shooter event, your community is never the same," said Howell Township Police Sgt. Ber-nie Fowler.

Fowler is a Training Unit Supervisor with a law enforcement unit that trains officers from around the state in what's called "active-shooter interdiction." Earlier this year, members of the New Jersey Army National Guard's 328th Military Police Company became the first Citizen-Soldiers to undergo the training.

"They're being taught tactics and techniques that will help them during an active shooter response," Fowler said. "We train with a mentality that it's not 'if' it will happen again, it's a matter of when."

The tactics of active shooter training differ from much of traditional military police training, which focuses on almost absolute level of control within a perimeter. But that level of thoroughness sacrifices response time.

Eric Harris and Dylan Klebold's mass shooting in Columbine High School in Colorado in 1999 killed 12 and wounded 21 people in 32 minutes. SWAT teams would not enter the school until roughly an hour after the two gunmen had committed suicide.

Published reports of the San Bernardino killings suggests that the terrorists who killed 14 people and wounded 22 were at the site of the massacre for perhaps as little as 15 minutes. Howard Unruh's "Walk of Death" in Camden killed 13 and injured three people in 12 minutes.

Whether on a quiet sunlit street in Camden six decades ago, or in a suburban high school in 1999, active-



**Howell Police officers demonstrate the proper way to ascend a staircase during Rapid Response to Active Shooter training to members of the New Jersey Army National Guard's 328th Military Police Company, Jan. 7, 2016. The training was conducted in preparation for the unit's Annual Training period in June to provide Force Protection to the U.S. Military Academy at West Point, N.Y. (U.S. Army National Guard photo by Sgt. Bill Addison/Released)**

shooter events rarely last long.

"There's no sugar coating it," said 328th MP rear detachment commander, 1st Lt. Justin Hunter. "It's a very real thing in our country and as we saw in Fort Hood, it's a very real thing in the military."

"We're the first ones to do this," Hunter said. "What we're used to is room-clearing."

The unit is soon to assume a law-enforcement mission at the United States Military Academy, in West Point, N.Y. Hunter acknowledges that this is the kind of training that most accurately reflects the worst-case scenarios his unit might be facing in the coming year.

"We're training Soldiers to protect families in the most literal sense," he said.

Master Sgt. Joseph Swansinger was the noncommissioned officer in charge of the active shooter training exercise. When he is not training Guard members, he's a full-time Asbury Park police officer.

Swansinger explained that this kind of training helps bridge the gaps that make it difficult for Soldiers to work with law enforcement when the unthinkable happens.

"No one wants to talk about it, but if no one is talking about it, then no one is prepared," Swansinger said. "This is definitely the worst of the worst. And we are training to make sure we all get home safe."



# Brown takes command of 177th Support Group

Story and photos by Tech. Sgt. Andrew J. Merlock, 177th Fighter Wing Public Affairs

Members of the 177th Fighter Wing gathered in the main hangar to take part in the Mission Support Group change of command ceremony Dec. 5, 2015.

Col. Patrick Kennedy, wing vice commander, turned over command of the group to Lt. Col. Diana Brown from Col. Michael Love, who is retiring later in the month.

"Diana couldn't be more suited for command with her background," Kennedy stated. "She has grown through the enlisted ranks, became a senior NCO (non-commissioned officer) then first sergeant. That type of experience is unbelievable for her to have as a group commander."

Brown, the former deputy MSG commander, addressed the crowd for the first time as their commander.

"I am truly humbled standing here before you chosen to represent the 177th Mission Support Group," said Brown. "I've been told this change of command is about me, but I'm not so sure. It's really about you and the support I can give you to meet your mission and goals."

Brown spoke of the MSG mission as well as her expectations as commander.

"We need to be ready and our number one mission is readiness, in



**Col. Patrick Kennedy, left, vice commander, 177th Fighter Wing, New Jersey Air National Guard, passes the Mission Support Group guidon to Lt. Col. Diana Brown during the Mission Support Group change of command ceremony at the Atlantic City Air National Guard Base, N.J., Dec. 5, 2015.**

***We all have a common goal, to support the wing and ultimately ensure the planes can fly.***

**LT. COL. DIANA BROWN  
COMMANDER  
177TH MISSION SUPPORT GROUP**

being prepared to answer whatever call mother Air Force has for us," Brown explained. "Whether you are an Airman or officer, we surround ourselves with the core values, integrity, service before self and excellence in all we do. And I will expect nothing less of all of you as well as myself."

The MSG consists of the Civil Engineering, Force Support, Logistics Readiness and Security Forces Squadrons, in addition to the Communications Flight.

"We are a very diverse group of squadrons, from our training to our mission, but we all have a common goal, to support the wing and ultimately ensure the planes can fly," said Brown.



**Incoming 177th Mission Support Group commander Lt. Col. Diana Brown, left, and outgoing commander Col. Michael Love stand at attention during the Mission Support Group change of command ceremony.**



# 5 WAYS YOU CAN SERVE OTHERS

*From Guard Your Health*

Giving back and serving others as a Citizen-Soldier is good for you. A single act of kindness has been shown to enhance a person's physical and mental health.

Don't believe us?

Here are some of the proven benefits of giving back:

Volunteers live longer and are healthier than non-volunteers.

Volunteering combats loneliness and builds relationships.

Volunteering can lead to career opportunities.

Volunteering makes positive changes in your community.

Volunteering gives more meaning and purpose to your life.

Getting involved is easy

There are several ways you can get involved and start giving back to your community. Here are five ideas to get you started:

Mentor or tutor youth. Volunteer at your local school's tutoring and mentoring programs, assist teachers in the classroom, lead after-school activities, read to kids, or chaperone field trips. Seek out your local Young Men's Christian Organization or little leagues and volunteer to coach if that appeals to you more.

Build homes. Habitat for Humanity and other organizations help rebuild communities struck by natural disasters. Check out their site at [www.habitat.org](http://www.habitat.org) to see how you can help.

Assist seniors and veterans. There are elderly in your town that either live independently at home or reside in a nursing facility. Offer to mow their lawn, go grocery shopping for them, help around the house, or simply spend an hour or two each week with them. Let them share their stories with you; you never know what you might learn. You can find an activity

to help veterans by checking out the Disabled American Veterans website at [www.dav.org](http://www.dav.org).

Reach out to fellow military families. You may know what it's like to be deployed or have a family member stationed far away. Stop by and see how you can help support a military family during that time. Arrange to babysit or have a game night with the kids.

Protect the environment. Organize recycling drives or trash pickup along the roadways or waterways. Join organizations that remove brush to help prevent wildfires and/or plant trees. You can plant trees or join a community garden in your neighborhood.

You can also give blood, serve food at a local soup kitchen, or deliver meals to shut-ins. The list of ways to give back is endless!

## 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.



### Minimum Requirements for Employment Opportunities:

- High school diploma or GED; 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:

Heather Johnson,  
Burlington County Workforce  
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609-518-3900  
[hejohnson@co.burlington.nj.us](mailto:hejohnson@co.burlington.nj.us)



# The Department of Veterans Affairs Claims Clinic

for  
Veterans, Dependents and Survivors  
*"Enhancing the Veteran  
Experience"*

Hosted by Michael Blazis  
Director, Newark Regional Office  
&  
Trenton Vets Center

**WHERE:** Trenton Vets Center

934 Parkway Avenue #201  
Ewing, NJ 08618

**WHEN:** Tuesday, January 26, 2016/Noon – 4PM

**Who should come?** Veteran, Servicemembers and dependents of who are interested and eligible to receive VA benefits and entitlements

**\*\*This is a great opportunity to get information about VA benefits and entitlements, submit a claim for benefits or receive information about the status of your pending VA claim\*\***

This event is open to the public

For more information contact Jennifer Myers at 973-297-3384



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Raymond Zawacki  
*Deputy Commissioner for Veterans Affairs*

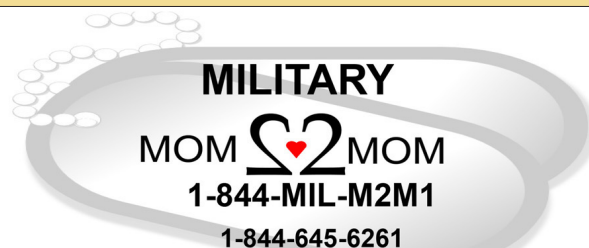
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*The Military "MOM 2 MOM" Peer Helpline Program*

By dialing 1-844-MIL-M2M1 (1-844-645-6261) Military MOM 2 MOM helpline program a military parent will receive the following services;

**Military Mom 2 Mom Peer Support**- Military M2M Peer Supporters will be available to provide telephone peer support to callers in need. Military family members trained in peer counseling and crisis support will offer peer support, explain resources, and explore your needs. Military Mom 2 Mom peer support is also available through our website for a live chat experience online.

**Military Mom 2 Mom Clinical Assessment** – Military M2M Clinicians will be on the helpline as part of the team of clinical professionals available to do telephonic assessment and gauge the depression, anxiety, and family & marital issues, etc. that may be impacting your life.

**Military Mom 2 Mom Network**- A Military M2M database of specially trained service providers will be available for referrals for your mental health needs.

**Military Mom 2 Mom Support Groups**- Within your communities Mom Peer Supporters will be available for Military Mom 2 Mom support groups.



THE HEALTHCARE  
FOUNDATION OF NJ  
founded by the Jewish community

1-844-MIL-M2M1  
1-844-645-6261

RUTGERS

University Behavioral  
Health Care

**NJ★VET2VET** 1-866-838-7654  
(1-866-VETS-NJ4)

**Confidential Peer Support  
For New Jersey Veterans**

1-866-838-7654

[www.njveteranshelpline.org](http://www.njveteranshelpline.org)

@NJVet2Vet on Twitter, Pinterest & Facebook

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