

# DMAVA HIGHLIGHTS

JUNE 10, 2016





# HISTORIC UNIT DONS 50TH PATCH

*Story and photos by Master Sgt. David Moore  
Joint Force Headquarters Public Affairs*



**Top photo:** Guidon bearer Spc. Lavi Mattingly, 1-181st Infantry Battalion, Massachusetts Army National Guard, holds the Battalion's colors during a patch ceremony at Joint Base McGuire Dix Lakehurst, N.J., June 5, 2016. **Bottom photo:** Command Sgt. Maj. Thomas

Alexander, 50th Infantry Brigade Combat Team, New Jersey Army National Guard, places the 50th's patch on Command Sgt. Maj. Jason Civello's uniform after removing the patch of the 26th Maneuver Enhancement Brigade of the Massachusetts Army National Guard.

The New Jersey Army National Guard's 50th Infantry Brigade Combat Team has new Soldiers. And they trace their roots to the original Minutemen.

At a ceremony on June 5 at Joint Base McGuire-Dix-Lakehurst, the Soldiers of the Massachusetts Army National Guard's 1-181st Infantry Battalion official became part of the

Garden State's largest Guard unit.

The Massachusetts infantrymen are part of a unit that formed on Dec. 13, 1636, a force that ultimately became the Continental Army and later the militia that came to be known as the National Guard.

With the New Jersey unit now their higher headquarters, the Massachusetts

Soldiers will wear the distinctive three-star patch of the 50th IBCT.

Col. Christopher Shrieves, 50th IBCT commander, noted that the new unit adds to an already rich history, as many of the New Jersey units that comprise the brigade trace their roots to the Revolutionary War.

"If you look at our unit colors, we hold some of the same battle streamers," he said. "We are very happy to have really professional Soldiers who take pride in their unit history. With that unit pride, they can bring a newer approach at how training is viewed. We can learn from them and they can learn from us."

The reassignment of the 181st to the Brigade comes as a result of the Army and Army National Guard realignments with the infantry brigades in the next training year.



## Cover: New patch

*Spc. Daniel Turner, 1-181st Infantry, displays his new 50th Infantry Brigade Combat Team, New Jersey Army National Guard, patch along with his former 26th Maneuver Enhance Brigade patch during a patch ceremony held at Joint Base McGuire Dix Lakehurst, N.J., June 5, 2016. (U.S. Army National Guard photo by Master Sgt. David Moore/Released)*



# Legion donates two vans



*Top photo: Iven Dumas, Superintendent, Brigadier General William C. Doyle Veterans Memorial Cemetery and Dennis Macomber, Honor Guard Coordinator, stand beside the new minivan donated by the Department of New Jersey American Legion at the state American Legion convention in Wildwood June 9, 2016. This van and two 15-passenger van for Veterans Haven North and South were Michael Babli, Jr.'s state commander's project for 2015-2016. Photo below:*

*Walter Nall, superintendent, Veterans Haven South stands beside the new 15-passenger van donated by the Department of New Jersey American Legion. This van with identical one for Veterans Haven North. A minivan donated by the American Legion to Veterans Haven South has logged more than 250,000 miles in three years. (NJDMAVA photos by Kryn P. Westhoven/Released)*





# 8 common PT injuries (and how to avoid them)

From Guard Your Health

Physical training (PT) injuries that result from improper exercise techniques are a lot more frequent than many would think. Here is a list of eight of the most common PT injuries and steps you can take to avoid them. With these steps in mind, you might just end up passing that next PT test with flying colors.

**1. Shin Splints.** What Is It? Shin splint are caused by inflammation, or swelling, due to injury of the soft tissues in the lower leg and cause a sharp pain along the shin. Shin splints are most often caused by overtraining.

**How to Avoid It?** Try a moderate running routine. You can do this by varying your running terrain by running on softer surfaces, such as a trail, if possible (not just pavement or treadmill). Also, replace your running shoes every 300-400 miles and allow for plenty of recovery time before, during, and after workouts.

**2. Calf Muscle Pull.** What Is It? Calf muscle pulls occur when the calf muscle begins to tear away from the Achilles tendon. Calf muscle injuries can occur when high-intensity workouts, such as running or biking, are performed too frequently.

**How to Avoid It?** Avoid raising your exercise intensity by more than 10 percent each week. For example, if you ran for 30 minutes the first week, the next week you should increase your run to about 33 minutes, the week after should be 36 minutes and so on. Invest in athletic shoes with cushioned insoles to help reduce calf muscle stress. Also, allow extra time to warm-up before beginning any exercises.

**3. Low Back Strain.** What Is It? This injury occurs when the back muscles are stretched too far and can cause small tears in the tissue that could possibly affect the spinal cord.

**How to Avoid It?** Regularly do hamstring stretches after working out to prevent your back muscles from tightening. Always maintain good posture and proper form during exercise, and incorporate exercises that strengthen your core, such as planks and sit-ups, into your fitness routine.

**4. Plantar Fasciitis.** What Is It? A

plantar fasciitis injury causes irritation to the plantar fascia ligament that runs along the bottom of the foot. The most common cause of plantar fasciitis is an overload of physical activity or exercise.

**How to Avoid It?** Choose shoes that are well-fitted and provide sufficient cushioning and support for the heel, arch, and ball of the foot. The cushioning and support will help to distribute weight evenly throughout the foot. Also, check your running form, as this type of issue can be caused by overstriding (heavy heel-striking).

**5. Hamstring Strain.** What Is It? A hamstring strain is what happens when one or more of the muscles located in the back of your thigh have been stretched too far.

**How to Avoid It?** Establish an effective warm-up routine before exercising to help loosen the muscles in your legs and prepare for your workout.

**6. Achilles Tendinitis.** What Is It? This injury happens when the large tendon, located in the back of the ankle, is inflamed. Achilles tendinitis most commonly develops when you increase your training intensity at a rapid pace. You are also likely to suffer from Achilles tendinitis if stretching is not incorporated into your physical training.

**How to Avoid It?** Only increase your exercise levels in small increments to gradually build up your intensity. Also remember to do dynamic stretches before your workout and static stretches after your workout.

**7. Rotator Cuff Injury.** What Is It? A rotator cuff injury can range in stages from a basic inflammation to a complete tear around the shoulder joint. While most rotator cuffs tear over time, they



can also tear suddenly.

**How to Avoid It?** Stretch your arms after you warm up and after every workout session to strengthen the shoulder joint muscle to reduce the chances of a rotator cuff injury.

**8. Groin Pull.** What Is It? A groin pull is caused by putting too much stress on muscles located in the groin and inner thigh. Not warming-up enough and extreme overuse of inner thigh and groin muscles while preforming squat exercises can result in groin pulls.

**How to Avoid It?** Warm up before each workout and properly stretch after any squatting exercises that involve this muscle group.

Although these eight injuries are different, there is a common theme when it comes to prevention. Many of these injuries can be avoided by following proper warm-up and cool down techniques, allowing for plenty of rest between workouts, avoiding overuse or overtraining, and wearing the proper equipment.



# ***GUARDLIFE***

**JUNE 2016**



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## ***Veterans Outreach Campaign***

### **VETERANS OF FOREIGN WARS STATE CONVENTION**

June 15-17, 8 a.m. – 3 p.m.,  
daily

Wildwood Convention Center  
4501 Boardwalk  
Wildwood, N.J. 08260

### **SUSSEX COUNTY “BIKE NIGHT FOR VETERANS”**

June 23, 5 – 8 p.m.  
Chatterbox Restaurant  
1 State Route 15  
Augusta, NJ 07822

### **63RD ANNIVERSARY OF THE SIGNING OF THE KOREAN WAR ARMISTICE**

July 27, 11 a.m.

New Jersey Korean War  
Memorial  
Brighton Park Amphitheatre and  
the Boardwalk  
Atlantic City, NJ 08401

### **“VETTE TO VET NIGHT”**

Sept. 9, 5 – 8 p.m.  
Chatterbox Restaurant,  
1 State Route 15

Augusta, NJ 07822)

### **VETERANS OUTREACH CAMPAIGN & MEDAL CEREMONY**

Sept. 20-21, 10 a.m. – 8 p.m.  
Daily

DMAVA medal ceremony Sept.  
20 at 11 a.m. at Center Court  
Bridgewater Commons Mall  
400 Commons Way  
Bridgewater, NJ, 08807

**Highlights submissions deadline 4 p.m. Wednesday: [mark.olsen@dmava.nj.gov](mailto:mark.olsen@dmava.nj.gov)**



## Scholarship for wounded guardsmen

The National Guard Education Foundation is offering scholarship grants to current or former National Guard members wounded in an operational or training mission in support of Operation Enduring Freedom, Operation Iraqi Freedom or Operation New Dawn.

For more information, please visit: <http://www.ngef.org/the-van-hipp-heroes-scholarship-fund/>



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Life doesn't have to be a battlefield

## Military Appreciation Day

**Place:** Casino Pier, Seaside Heights  
800 Ocean Terrace

**Date:** Saturday, 25 June 2016 (Raindate – Sunday 26 June)

**Time:** 1000 – 1430 Hours for bracelet pick-up  
Waterpark opens at 1000 Hrs

**Rain Date:** Please check “NJ State Family Programs” on Facebook for info. Please **DO NOT** call Casino Pier. Changes will be made by the State Family Programs Office and will be posted on their facebook page.

Soldiers/Airmen and Family members of the NJ National Guard are cordially invited to attend “Military Appreciation Day” at the New Jersey Shore.

You will be required to show a Uniformed Services Military ID to obtain waterpark bracelets for you and your dependants only. Friends and extended family members will not receive bracelets.

\*\* check in through the side entrance of the Breakwater Beach Waterpark on 800 Ocean Terrace off Grant Ave. between 1000 Hrs – 1430 Hours.

\*\* Waterpark opens at 1000 hours.

Thank you.....for serving our Country!



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