



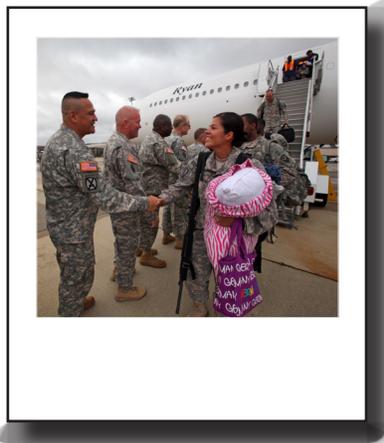
JULY 27, 2012

DMAVA HIGHLIGHTS



20 July 2012

Welcome Home 250th



Deployment creates “doggone” challenges for 177th Airmen

By Donna Clementoni, NJESGR director of employer outreach

The scramble begins on the home front.

For most deploying citizen Airmen, there are many loose ends to attend to before embarking on a military deployment. And sometimes, the doggone dilemma is of ‘mastiff’ proportions!

Kathleen “Kat” and Drew Barton are a married couple and are both members of the 177th Fighting Wing of the New Jersey Air National Guard, headquartered out of Atlantic City. They volunteered for a combat tour to Bagram Airfield in Afghanistan and had six months to get their affairs in order before departing with their unit. Kat Barton is an F-16 fuel systems technician and Drew Barton is a weapons technician.

The canine crisis erupted just two weeks before they were scheduled to deploy. “We had plans for the dogs and everything and at the last second the plans fell through!” said Drew Barton.

The intended caretaker for their dogs, Sasha, a 109 lb. hulking Italian Mastiff and Vada, an eight year old German Shepherd/Doberman mix, backed out of her commitment at the 11th hour. The Barton’s were on high alert, desperately sniffing out alternative options for the care of their beloved companions.

Kat went on a frantic tour of every dog shelter, kennel facility and veterinarian in Atlantic County. “What becomes of beloved pets when their guardians are activated?” said Kat Barton.

Her research was not encouraging. Too often, military personnel that don’t have the option of a friend or family member to step in and pet sit are forced to offer their companions up for adoption. Worse, animals that are left at a shelter are often euthanized due to overcrowding and underfunding. Furthermore, the costs of an extended stay at boarding kennels are often more than an Airman’s salary can bear. The Barton’s didn’t want their patriotic duty to create a ‘prison sentence’ for their beloved animals.

So, the clock was ticking and Kat Barton was in crisis mode. Not many households can accommodate the more than 160 pounds of canine enthusiasm for an extended stay. And Sasha and Vada were accustomed to a life of freedom, able to run for miles in the open space of the Barton’s wooded Mays Landing home.

Fortunately for the Barton’s, a new, non-profit Veterans Support Group out of Pennsylvania came to their rescue. PACT Pa, (People & Animals Companions Together) had placed an ad on Craigslist seeking ‘an army of compassionate animal lovers who wanted to help make a difference’ by providing ‘temporary foster care for ‘best friends.’ In the ad, founder Buzz Miller identified they served people in ‘desperate situations’ and Kat and Drew Barton, who were days away from deployment, were more than qualified.

The Calvaresi family, who lived on a sprawling estate in Valley Forge, Pa., was perusing Craigslist’s postings looking to find a playmate for their male boxer, Duke. After contacting PACT, it developed into a match made in heaven - and just in the nick of time.

After an awkward introduction to the new male dog, the three animals became inseparable companions. While the Bartons lived in military sparseness at Bagram Airfield, the dogs were living the life of luxury back in Valley Forge. With more than 20 acres



Courtesy photo

of land to roam and a pond for swimming at their disposal, the Barton’s were assured that their canines were well taken care of.

The Calvaresi household didn’t forget the sacrifices the Bartons were making for our nation’s total defense. They helped ease the couple’s concern by sending photographs of the Barton’s pets accompanied by their new friend, outfitted with festive hats and scarves for Christmas and New Year’s celebrations. In addition, these patriotic angels send a large care package of snacks for the Airmen’s unit and communicated with them electronically.

Upon arriving stateside, the reunion was ‘sweet and slobbery’ and the Bartons had the opportunity to present their dog’s foster family an American flag, which was flown in over Afghanistan. The gesture was symbolic way to reinforce the Bartons’ gratitude for helping them ease the stress of combat duty by providing love and care for their canines.

Currently, Drew Barton is back to his civilian career as a sheriff’s officer with the Atlantic County Sheriff’s Office and Kathleen Barton has returned to her position as a merchandizing team member with the Home Depot Corporation.

They stand ready, if called, to serve our country, again, through their involvement with the 177th Fighter Wing. If summoned, chances are the first call will be to the Calvaresi family!

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Hot Weather Safety Tips for Older Adults

Hot weather can be dangerous, especially for older adults. Every summer, nearly 200 Americans die of health problems caused by high heat and humidity—and most of them are 50 or older. Hot weather is more likely to cause health problems for older adults for a number of reasons. Physical changes that happen with age make older people less likely to notice when they feel hot, even when outside temperatures are high. They also can't cool down as quickly or as well as younger people. Older adults are also less likely to feel thirsty, which means they're more likely to become dehydrated (a loss of too much water in your body). Heart disease, diabetes and other chronic diseases common in later life also increase risks of heat-related problems. So do some medicines prescribed for these and other health problems, and many over-the-counter drugs. Some of the medicines that may have these side effects are water pills, allergy and sinus pills, and nerve medications.

Staying Safe When It's Too Darn Hot

90°

When temperatures climb above 90 degrees F (Fahrenheit), older adults need to take precautions. So check the outside temperature on summer days. If it's above 90 degrees, older people should:

SPEND AS MUCH TIME AS POSSIBLE INSIDE with the air conditioning on. If you don't have an air conditioner, go somewhere that is air-conditioned, such as a shopping mall, library, senior center, or movie theatre. Fans can't provide enough cooling if the temperature is in the 90s or higher. **NOTE:** The federal Low-Income Home Energy Assistance Program (LIHEAP) helps adults 65 and older who have limited incomes cover the cost of air conditioners and utility bills. To reach your state's LIHEAP program, call the toll-free number for your state's energy services office. You can find your state's number on the computer at <http://www.ac.fhs.gov/programs/ocs/liheap/grantees/states.html>.

■ **STAY OUT OF THE SUN** whenever you can, and wear loose, light-colored clothes (dark-colored clothes absorb heat) and a lightweight, broad-brimmed hat when you must go out. That will help you both stay cool and avoid sunburn. Being sunburned can also make it harder for your body to cool off. Use "broad spectrum" sunscreen with sun protection factor (SPF) 15 or higher.

■ **WAIT UNTIL THE SUN IS GOING DOWN**, or until early the next morning—to go for a walk or do demanding activities such as yard work.

■ **DRINK PLENTY OF COOL WATER**, clear juices, and other liquids that don't contain alcohol or caffeine. Alcohol and caffeine can dehydrate you ("dry you out").

■ **TAKE TEPID (NOT TOO COLD OR TOO HOT) SHOWERS, BATHS**, or sponge baths when you're feeling warm. Or wet washcloths or towels with cool water and put them on your wrists, ankles, armpits, and neck. This will also cool you down.

How to Spot and Treat Health Problems Caused by Heat

It's important to recognize when hot weather is making you sick, and get help. Here's a list of health problems caused by too much heat, and how to recognize and treat them:

Dehydration	<p>WHAT IT IS: A loss of water in your body. It can be serious if not treated.</p> <p>WARNING SIGNS: Weakness, headache, muscle cramps, dizziness, confusion, and passing out.</p> <p>WHAT TO DO: Call your healthcare provider or 911. Meanwhile, drink plenty of water and, if possible, "sports drinks" such as Gatorade™, which contain important salts called "electrolytes." Among other things, electrolytes play a key role in regulating your heartbeat. Your body loses electrolytes when you're dehydrated.</p>
Heat stroke	<p>WHAT IT IS: A very dangerous rise in your body temperature. It can be deadly.</p> <p>WARNING SIGNS: A body temperature of 103 or higher; red, hot, and dry skin; a fast pulse; headache; dizziness; nausea or vomiting; confusion; and passing out.</p> <p>WHAT TO DO: Call 911 immediately. Move to a cool, shady place, take off or loosen heavy clothes. If possible, douse yourself with cool water, or put cloths soaked with cool water on your wrists, ankles, armpits, and neck to lower your temperature. Try and see if you can safely swallow water or drinks such as Gatorade. Note: If you are caring for someone else who has heat stroke, only give them water or drinks if they are awake and can swallow.</p>
Heat exhaustion	<p>WHAT IT IS: A serious health problem caused by too much heat and dehydration. If not treated, it may lead to heat stroke (see above).</p> <p>WARNING SIGNS: Heavy sweating or no sweating, muscle cramps, tiredness, weakness, paleness, cold or clammy skin, dizziness, headache, nausea or vomiting, fast and weak pulse, fainting.</p> <p>WHAT TO DO: Without delay, move to a cool, shady place, and drink plenty of cool fluids, such as water or Gatorade. Call 911 without delay if you have high blood pressure or heart problems, or if you don't feel better quickly after moving to the shade and drinking liquids.</p>
Heat syncope	<p>WHAT IT IS: Fainting caused by high temperatures</p> <p>WARNING SIGNS: Dizziness or fainting.</p> <p>WHAT TO DO: Lie down and put your feet up, and drink plenty of water and cool fluids such as Gatorade.</p>

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DISCLAIMER: This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other healthcare provider. Always consult your healthcare provider about your medications, symptoms, and health problems. June 2012.

PHOTO OF THE WEEK



Nearly two dozen Soldiers from Joint Force Headquarters participated in a six-mile foot march at Joint Base McGuire-Dix-Lakehurst July 21, which began with an air movement aboard UH-60 Black Hawk Helicopters. The New Jersey National Guard Soldiers carried a minimum load of 25 pounds during the foot march, formerly known a ruck marches. The foot marches are a key component of the Army's revamped fitness program, Physical Readiness Training, which focuses on strength, speed and endurance. Photo by Spc. Bob Neill, 444th MPAD

177th Airman saves car-accident driver

Story and photo by Tech. Sgt. Matt Hecht, 177th FW/PA

For Airman 1st Class Rob Bowen it had been just another relaxing afternoon July 24.

He was talking to his aunt outside her house on Route 45 and Monroeville Road in South Harrison Township. Suddenly, they both heard a very loud bang.

"I knew from the sound of it there was an accident, so I took off running," said Bowen, who couldn't immediately see the crash because of a shed and trees in his aunt's yard.

"As I came around the shed, a tractor-trailer was coming right towards me, the accident was still in progress," he said.

Dodging out of the way, Bowen waited for the dust to settle to assess the situation.

"A white pickup truck was smashed into the trailer of the semi, and the semi had been stopped by a tree, which had burst a fuel tank and started a fire," said Bowen.

Bowen, 24, from Pennsville, said his training kicked in right away.

"The training I have re-

ceived from the Air National Guard, lessons learned from being a first responder, helped immensely," said Bowen. He is a firefighter with the 177th Fighter Wing, New Jersey Air National Guard.

Bowen immediately ran to the semi, as flames rose around the cab.

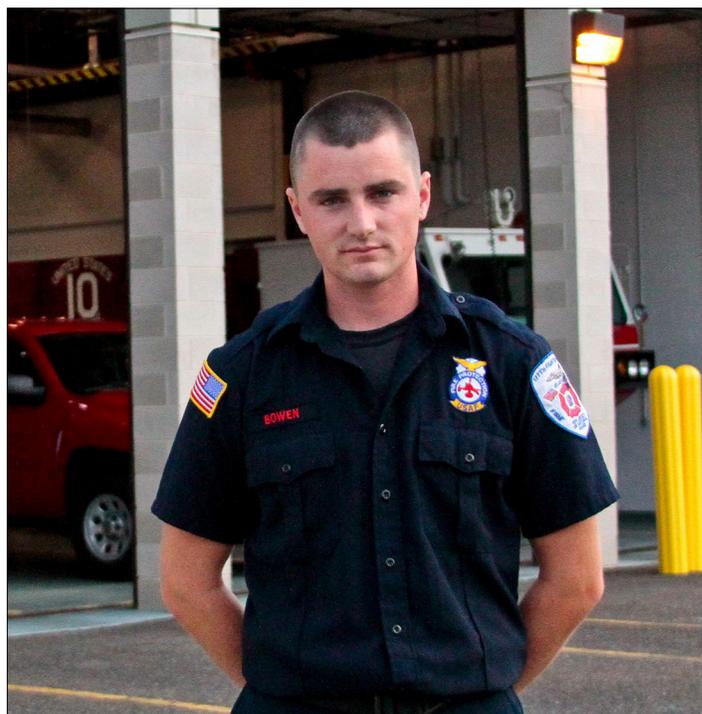
"I jumped up on the cab, and looked through the windshield, but I couldn't see anyone," said Bowen. "The fuel tank started to really go on the semi, so I turned my attention back to the white pickup truck."

When he ran back to the pickup truck, Bowen was able to yank open the driver side door, and discovered an unconscious man inside.

Bowen unbuckled the man's seat belt, grabbed him under the arms, and dragged him away from the wreck.

"I dragged him away until I stopped feeling the heat," said Bowen.

Once the unconscious man, later identified as Timothy Clyne, 37, of Philadelphia, was safely away from the wreck,



Bowen went back to the semi.

"I went back to the semi again, but the flames had gotten too bad, the fire was really going," said Bowen.

Bowen returned to the pickup driver to perform self-aid and buddy care, using his shirt to try to stop bleeding from Clyne's forehead.

"Once emergency crews

arrived, I stayed with my patient, who was finally starting to come around," said Bowen.

When asked if he was a hero, Bowen would only say, "I hope if I was in that situation, someone would do the same for me."

Clyne was treated at Cooper University Hospital in Camden and released.



Eighteen couples at the New Jersey Veterans Memorial Home at Vineland renew their wedding vows July 26, at the Veterans Home's auditorium. Photo by Master Sgt. Mark C. Olsen, DMAVA/PA



Family and friends celebrate Thomas Scarpa's 100th birthday July 22, at the Veterans Memorial Home at Menlo Park. Scarpa, a Navy World War II veteran, is currently a resident at the Veterans Home. Photo by Staff Sgt. Armando Vasquez, DMAVA/PA


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DMAVA bike team looking for riders

Join Team DMAVA at this year's Bike MS: City to Shore Ride, Sept. 29-30.

Named by Bicycling Magazine as the "Best Cycling Getaway in NJ," the Bike MS: City to Shore Ride promises to be the best cycling experience on the east coast.

Ride with 7,000 cyclists of all ages and cycling abilities for the challenge of your choice with several route options from a one day, 25 mile ride to a two day, 150 mile ride. Enjoy flat terrain as you travel from Cherry Hill through the quaint towns and back roads of Southern New Jersey. Pedal through the blueberry fields of Hammonton, experience the serene beauty of the Pine Barrens, and listen to the waves as you roll into historic Ocean City.

This ride is fully supported with catered rest stops, bike support, and transportation. Invite your family and friends to cheer as you cross the finish line and enjoy a wonderful evening stroll on the boardwalk.

This is not just a ride, but an experience. The sense of accomplishment that you'll feel as you cross the finish line can only be matched by the difference you'll be making in the lives of people affected by Multiple Sclerosis.

To learn more about the Bike MS: City to Shore Ride, visit their website at www.msccycling.org.

Contact Team DMAVA captain Bill McBride at william.mcbride@njdmava.state.nj.us or bill.mcbride1@us.army.mil, or 609-530-7136 to learn more or to join the team.



H2H job fair at Trenton

The U.S. Chamber of Commerce National Chamber Foundation, Hero2Hired and the American Legion will host a "Hiring Our Heroes" job fair Sept. 12 from 9 a.m. to 12 p.m. at the Sun National Bank Center in Trenton.

More than 50 employers are expected to participate; each is required to have jobs available for veterans and military spouses of all ranks and levels of experience. Companies range from America's biggest employers to dozens of small companies from across the state.

Interested job seekers should register for free at hoh.greatjob.net. Walk-in job seekers are allowed with proper military ID.

Since its launch in March 2011, *Hiring Our Heroes* has held more than 210 hiring fairs nationwide, helping more than 10,000 veterans and military spouses find employment



NJ State Deferred Compensation Presentation Plan Meeting

A representative from the New Jersey State Deferred Compensation Plan will be at DMAVA on Monday, July 30 from 10 a.m. to 3:30 p.m. at the TAG Command Conference Room.

There will be a group presentation from 10-11 a.m. A sign-up sheet will be available for anyone interested in meeting with the representative after the presentation.

Any questions regarding this meeting, please contact the Human Resources Division office at 609-530-6889.

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