



DMAVA HIGHLIGHTS

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September 26, 2013

NJ Youth ChalleNGe Class 38 embarks on 'pathway paved for success'

Story by Spc. Devon Bistarkey,
444th Mobile Public Affairs Detachment

Ninety-two cadets of New Jersey Youth ChalleNGe Academy Class 38 earned the distinction of graduate during a ceremony at The War Memorial in Trenton, N.J., Sept. 21.

The program gives 16- to 19-year-old high school dropouts the chance to prepare for the General Education Development exam during an intense 22-week residential program in a quasi-military environment at Joint Base McGuire-Dix-Lakehurst.

The program's goal is to raise cadets' math and reading scores two grade levels. The goal is usually met and more than 85 percent of the cadets earn a certificate of high school equivalency diploma. The grade levels of Class 38 exceeded that goal, with an average increase of 2.5 grade levels. One cadet blew the goal out of the water, raising her performance by seven grade levels.

"We change them for the better," said 1st Sgt. Robert Redler, a member of the black-uniformed cadre staff that's with the cadets for their every waking moment. "From day



Deion Fabian, student 1st Sgt. of the New Jersey Youth ChalleNGe Academy Class 38, delivers the welcome address during the graduation ceremony at the Patriot Theater at the War Memorial in Trenton, N.J., Sept. 21, 2013. (U.S. Army National Guard photo by Sgt. Michael J. Davis/Released)

one to day 154, there is a tremendous change in their attitude and discipline."

The cadre is an essential piece of the ChalleNGe curriculum, said Brig. Gen. Michael L. Cunniff, The Adjutant General of New Jersey. The cadre helps cadets reach their potential through a "tough love" blend of structure, discipline, and confidence building.

During his address to Class 38, Cunniff recognized the graduates' hard work and perseverance – and left them with a call to action.

"You have paved the pathway to future success, and I challenge you to maintain your drive," Cunniff said.

Throughout the program, cadets endured long, structured days filled with physical, academic and leadership activities.

Their days began at 5 a.m. with physical training and continued into the evening with academic classes. Cadets also completed team-building activities, which included a confidence course and road marches, as well as additional leadership training from participation in the track

team, student council, rifle team and weight loss program.

The twenty cadets who participated in the weight-loss program lost a combined 699 pounds – including a female cadet who trimmed 73 pounds. According to Victoria Ragucci, director of the NJYCA, participation in the track team convinced one 16-year-old cadet to consider running track in college. When he began the program, his fastest mile was a respectable 5:41. He shaved a minute off his time over the 22 weeks.

During the ceremony, Ragucci shared a letter from graduating cadet Bianca Roman. The letter gave a personal anecdote of transformation in a thankful reflection detailing one cadet's personal character development. Ragucci said Bianca's story is common, and one that is shared uniquely by each cadet who entered the program lacking priorities and confidence.

"For me it was a challenge to stay out of trouble," said Roman. "Now I have learned that whatever I put my mind to, I can do."



HIGHLIGHTS



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



SATURDAY • SEPTEMBER 28, 2013

Run For Jorge is a 5K Run/Walk in memory of Staff Sergeant Jorge M. Oliveira who was killed in action in Afghanistan on 19 October 2011. Home Front Hearts, Inc. in conjunction with the 113th Infantry Officer Association is hosting this event at Riverdale Armory on Saturday, 28 September 2013. The funds raised at this event will be used to start a scholarship fund in memory of SSG Oliveira benefiting the family members and Soldiers of the 113th Infantry Regiment.



Location: Riverdale Armory, Newark-Pompton Turnpike, Riverdale, NJ 07457

Date: 28 September 2013

Registration: 8AM – 9AM

Start Time: 10 AM

To register for the race, make a donation or to download a scholarship application, please visit: www.RunForJorge.org

Learning valuable lessons at Teen Symposium

Story and photo by Sgt. Saul Rosa, 444th Mobile Public Affairs Detachment

Childish laughter could be heard throughout the halls of the Radisson Hotel recently. It wasn't a group of toddlers making the noise, but a group of teenagers gaining valuable life skills at the New Jersey Youth Program's Teen Symposium.

The Teen Symposium, held Sept. 13 - 15, focused on building valuable tools for success from the book "7 Habits of Highly Effective Teens" by Sean Covey.

"The idea of this program is to develop our teen group," said Nicole Morgan-Lewis, New Jersey National Guard Child and Youth Program coordinator. "We've done trips and various community service projects. As you work with these kids you learn that they have great potential. They have great leadership skills that need to be developed."

To harness the skills, the Youth Program invited Jonathan Catherman, a senior consultant with FranklinCovey Education, to present the core theory of the "7 Habits of Highly Effective Teens" book.

"Teens today have more potential to do good (sic) than any other demographic age group before," Catherman said. "The question is will they be effective, and unfortunately much of what they are learning in the world does not lead to high effectiveness. This book is written in their language, with them and for them, with the premise that they can take responsibility for their own actions and make significant contributions in our world."

“ We’re constantly thrown back and reminded that we are military families ”
Nicole Morgan-Lewis, New Jersey National Guard Child and Youth Program coordinator

The focus of the book is seven habits that lead to three levels. The first three habits deal with "private victories" and lead into the next three habits of "public victory." The final habit leads into the last level of "renewal."

"They can listen to me and get excited about living in leadership," said Catherman. "But when they take it to the next step, they have to personally apply it to themselves. The more they practice the better they will become. They will use it at school, at home, and in career pursuits and it becomes a part of who they are."

Facing similar challenges as National Guard Soldier and Airmen, children of Guardsmen must balance belonging to both the



Jonathan Catherman speaks to two teenagers from the New Jersey Youth Program about their life experiences and how they felt about the "7 Habits of Highly Effective Teens."

civilian and military cultures. The habits formed here will help benefit them in this balance.

"Tweens and teens are tweens and teens no matter where you go," said Catherman. "Whether they are in the military or civilian life, they are still concerned about the same things. Yet, they are dealing with what many teens do not have to deal with and the seven habits help them recognize that they have an identity unique to them."

The New Jersey Child Youth Services provides a community for children of Guardsmen to grow and get support for the stress that comes from being a military family.

"I'm a spouse. My husband is in the National Guard and my daughters are teenagers," said Morgan-Lewis. "It's a part of our lives. We've lived through deployments and annual training. We're constantly thrown back and reminded that we are military families and we need to make sure we stay connected and make sure the kids understand that and use it in a positive way."

Open invitation to Veterans suffering from TBI

The Brain Injured and Stroke Support Group of St. Lawrence Rehabilitation Center in Lawrenceville, N.J., would like to invite all Veterans and their families to join them.

The support group meets the first Wednesday of each month between 6:30 - 8:30 p.m., at the Center's cafeteria. Join them for interesting and pertinent presentations followed by separate small group sessions to support Brain Injured, Stroke Survivors and their Caregivers.

Peggy DiTommaso, of the Brain Injury Association of New Jersey, will be speaking about "Adjusting to Brain Injury" at the

Oct. 2 meeting. DiTommaso will discuss the changes that occur after brain injury and how you and your family and/or caregiver can adjust to these changes. In addition, she will address the grieving that survivors experience after a brain injury - a topic not often dealt with - and how to cope with it. Furthermore, DiTommaso will present coping strategies that will help you as you move forward.

Why "go it alone" when you can share experiences and receive the support of others?

Call 609-896-9500, ext.2303 for more information and to receive their monthly letter. They are looking forward to seeing you!

RECRUIT MILITARY®

Career Fair for Veterans

THIS FREE HIRING EVENT IS FOR:

- Veterans
- Transitioning Military Personnel
- National Guard Members
- Reserve Members
- Spouses

**September
26
2013**

11:00 am - 3:00 pm

COMPANIES ARE HIRING!

- Job Opportunities
- Continuing Education Opportunities
- Business Ownership Opportunities

For more details visit:
<https://events.recruitmilitary.com>



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Produced by RecruitMilitary in cooperation with The American Legion

**AMERICAN LEGION RIDERS
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PRESENTS**



**COACH BAG
BINGO**



Ladies Night Out

Prizes will be Coach Bags. Doors open at 6:00 pm. Ticket price includes 15 BINGO Games. Additional games can be purchased at the event. Specials are not included. BYOB - ABSOLUTELY No one under 21 years of age admitted. ID may be required

\$30.00

Tickets are limited and must be paid in full within 14 days of order. Ticket includes 15 games of bingo

Friday November 1, 2013

Doors open at 6:00 p.m. - Games start at 7:00 p.m.
National Guard Unit, 101 Eggerts Crossing Road Lawrence N.J.

FREE Refreshments * 50/50 * BONUS GAMES

For Tickets and Information Call 609-947-3014 or email Sticker513@AOL.com

SOUTH JERSEY VETERANS JOB FAIR



558 FELLOWSHIP RD, MT. LAUREL, NJ

**TUESDAY, OCTOBER 1, 2013
10 AM- 2 PM**

EMPLOYMENT * TRAINING * COLLEGES * HEALTH CARE * BENEFITS
BRING PLENTY OF RESUMES AND DRESS FOR SUCCESS!



The G.I. Go Fund
Where Veterans Go Forward

Military Veterans Skills and Career Transition Workshop

- Resume Writing Skills
- Interview Skills
- Job Fair Prep
- Workplace Skills

Saturday, September 28, 2013
9am- 2pm

1 Johnson & Johnson Plz
New Brunswick, NJ 08933

The G.I. Go Fund
Where Veterans Go Forward

Register online at www.gigofund.org or by contacting (973) 802-1479

HIGHLIGHTS

New Jersey Department of Military and Veterans Affairs Veterans Outreach Events

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Search for people, places and things



New Jersey Department of Military and Veterans Affairs



New Jersey Department of...

Events

+ Create Event



Upcoming Events · Past Events



NJ DMAVA Medal Ceremony & Veterans Outreach Event

Thursday at 9:00am
9 guests

Ocean City Music Pier
Ocean City, New Jersey

Join · Share



Veterans Benefits Forum

Thursday at 2:00pm

The Chelsea Senior Assisted Living at Brookfield, 1
Brookfield Court, Belvidere, NJ 07823

Join · Share



Stand Down of South Jersey

Friday at 8:30am

Cherry Hill National Guard Armory
Cherry Hill, New Jersey

Join · Share



Verona Veterans Fair

Saturday at 10:00am

Verona Community and Recreation Center
Verona, New Jersey

Join · Share



South Jersey Veterans Job Fair

Tuesday, October 1, 2013 at 10:00am

Aloft Mount Laurel
Mount Laurel, New Jersey

Join · Share



"Because You Served" Veterans Resource Expo

Wednesday, October 9, 2013 at 9:30am

The Vorhees Care and Rehabilitation, 1302 Laurel
Oak Road, Voorhees, NJ 08043

Join · Share

RUTGERS

CAMDEN

Receive an **Instant Admission Decision** for the following programs offered at JBMDL:

- Ba Liberal Studies
- BA Criminal Justice

Homeland Security / National Security Certificate

Register today for an Instant Decision Day appointment. The benefits of attending an Instant Decision day include receiving an immediate answer about if you are accepted to attend Rutgers University Camden at JBMDL, as well as having your Application Fee waived.

Instant Decision Day will be held on Wednesday, October 9th from 1-5 in the Education Center located at 3829 School House Rd, Room 303. Appointments are available between 9 am and 6 pm.

Requirements for Transfer Students:

Please complete application prior to your appointment (online at admissions.rutgers.edu) and bring in all college transcripts (official or unofficial) from all institutions you attended.

To register contact Maria Yates at 609-353-1273 or mariay@camden.rutgers.edu



Think you can be a cyber warrior?

Build your cybersecurity skills here.

Registration opens September 3. First-round competition October 15.

It's all FREE

Register at CyberAces.org



Save The Date!



You are invited to participate in a special **Wellness Expo and Rally** for **female** veterans and current service members

NEW JERSEY
Military & Veterans Initiative

Tuesday
October 22, 2013
9 am - 4 pm

Rutgers Cook Campus Center
59 Biel Road
New Brunswick, NJ 08901
Parking available in lots 99B & 99C

Women veterans and service members will rally together to:

- Gain information on self-care and empowerment
- Learn about viable training and employment pathways
- Discuss and create a peer mentoring program

The following workshops will be offered:

- Emotional and Sexual Health
- Healthy Cooking and Lifestyle Strategies
- Professional Image Consulting
- Mind/Body Awareness (organizational Feng Shui)
- Intimate Partner Violence/MST/PTS

Keynote Speaker • Giveaways • Chair Massages
Continental Breakfast & Lunch

Easter Seals New Jersey's Military & Veterans Services Women's Initiative is its our duty and purpose to recognize, document and honor the accomplishments and sacrifices offered in defense of our nation by heroines and patriots of years past, present, and days to come. This program is in partnership with Easter Seals, Inc. and the Dixon Center for Military and Veterans Community Services.

Easter Seals New Jersey | 25 Kennedy Blvd, Suite 600 | E. Brunswick NJ 08816 | eastersealsnj.org

This **FREE** event is open to **FEMALE** Service Members and Veterans

★ **RSVP Required** ★
by **Friday, October 11, 2013**

Please RSVP online @ <http://goo.gl/lzhpzm>

If you are unable to access the online RSVP form, please email mvscoordinator@nj.easterseals.com



Reflections on "The Invisible War" — Military Sexual Trauma

Wednesday, November 6, 2013 • 4:30 p.m. - 8:30 p.m.

Campus Center Event Room

Registration begins at 4:00 p.m.; program begins promptly at 4:30 p.m.

"Military sexual trauma" or MST is the term used by the Department of Veterans Affairs to refer to experiences of sexual assault or repeated, threatening acts of sexual harassment, MST can be defined as psychological trauma resulting from physical assault of a sexual nature or sexual harassment which occurred while the Veteran was serving on active duty.

Join us for a viewing of the film *The Invisible War* and interactive panel discussion on Military Sexual Trauma.

★ Learn how to identify the signs and symptoms of Rape Trauma Syndrome and Post Traumatic Stress Disorder (PTSD)

★ Identify the role of the healthcare provider in treating the MST survivor

★ Identify community resources to support MST survivors

Cost: \$35 (\$30 before 10/16): Stockton Students \$12.00 (Includes light dinner)

To register for this event visit: www.stockton.edu/csconferences

For questions contact: Continuing Studies

By email: continuingstudies@stockton.edu or by calling 609.652.4227

Sponsored by:
Theta Sigma Chapter of Sigma Theta Tau International Nursing Honor Society
The Richard Stockton College of New Jersey

Co-Sponsored by:
Stockton Office of Veteran Affairs

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Stockton College is an AA/EI institution.

HIGHLIGHTS



US FAMILY HEALTH PLAN

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.

Joint Military and Family Assistance Center

1048 US Highway 206, Bordentown

September 26

11 a.m. to 4 p.m.

JB-MDL McGuire Library

2603 Tuskegee Airmen Ave, JB-MDL

September 23

11 a.m. to 4 p.m.

Pemberton Community Library

Brownmills, NJ 08015

September 30

11 a.m. to 3 p.m.

Mount Laurel Library

100 Walt Whitman Ave, Mount Laurel, NJ 08054

September 20

12 to 4 p.m.

Camden County Veterans Affairs

3 Collier Dr., Lakeland Complex, Blackwood, NJ 08012

September 23 and 30

10 a.m. to 2 p.m.

Blackwood Armed Forces Reserve Center

*****RETIREE APPRECIATION DAY*****

390 Woodbury-Turnersville Road, Blackwood, NJ 08012

September 25

11 a.m. to 2 p.m.

Call 1-800-241-4848 option 3 or visit www.usfhp.net for more information.



Attention: Veterans from the Camden County area

You're invited to attend:

"Because You Served"

Veterans' Resource Forum

The Voorhees Care and Rehabilitation proudly invites Veterans to a Camden County Veterans' Resource Expo

Gain valuable insight from various veteran-related quality of life resources. Residential, health, benefits, general issues, and more!

When: Wednesday, October 9, 2013

Time: 9:30-11am

Where: 1302 Laurel Oak Road Voorhees, NJ 08043
(856)298-9591

1302 Laurel Oak Road Voorhees, NJ 08043



Now is the time for all good men to come to the aid of their party.

E-mail your Photo of the Week or Highlights submissions to:
wayne.woolley@njdmava.state.nj.us **OR**
armando.vasquez@njdmava.state.nj.us

DMAVA Highlights is published weekly by the Public Affairs Office of the New Jersey Department of Military and Veterans Affairs. The views and opinions expressed herein are not necessarily those of the Department of Defense, the Army, the Air Force, the National Guard, Veterans Affairs or the state of New Jersey. Letters may be sent to: NJDMAVA, DMAVA Highlights, Public Affairs Office, PO Box 340, Trenton NJ 08625-0340. e-mail at pao@njdmava.state.nj.us.

New Jersey Department of Military and Veterans Affairs
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Brig. Gen. James J. Grant – Director, Joint Staff
Raymond Zawacki – Deputy Commissioner for Veterans Affairs
Chief Warrant Officer 3 Patrick Daugherty – Public Affairs Officer
Air Force Staff Sgt. Armando Vasquez - Public Affairs Specialist
Army Staff Sgt. Wayne Woolley – Public Affairs Specialist