



The State of New Jersey  
**Department of Military and Veterans Affairs**  
 Governor Phil Murphy Lt. Governor Sheila Oliver

[Army Guard](#)
[Air Guard](#)
[Veterans](#)
[Administration](#)
[Leadership](#)
[Youth Challenge](#)
[Sitemap](#)

## DMAVA Highlights Archives

**22 April 2005**
**Volume 4, Number 16**

### NJ Dept of Military and Veterans Affairs

Maj Gen Glenn K. Rieth  
 The Adjutant General

Brig Gen Maria Falca-Dodson  
 Deputy Adjutant General

Col (Ret) Stephen G. Abel  
 Deputy Commissioner for Veterans Affairs

Contacting us is easy!

Office of the Assistant Commissioner

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We're on the Web!

<http://www.nj.gov/military>



Veterans' Organizations  
 Contact Information

### State Veterans Service Council

Mr. Richard Clark

[RJClark21@msn.com](mailto:RJClark21@msn.com)

### NJ Advisory Committee for Women Veterans

Mrs. Anna Hoffman

[hoffmanannem@aol.com](mailto:hoffmanannem@aol.com)

BG Willam C. Doyle Cemetery  
 Advisory Council

### 2/113th Infantry Battalion Welcome Home Ceremony held on 21 April 2005.

On Thursday, 21 April 2005, the New Jersey National Guard conducted a Welcome Home ceremony for the 2/113th Infantry Battalion at the Jersey City Armory. MG Glenn K. Rieth, The Adjutant General, officially welcomed home the soldiers of the 2/113th Infantry Battalion who just completed a nine-month deployment to Guantanamo Bay, Cuba in support of Operation Enduring Freedom. Local politicians, the Jersey City Police and Fire Departments, and the entire community joined families, friends, fellow National Guard soldiers and airmen in showing their appreciation and support of these soldiers. The ceremony was highlighted by MG Rieth administering the re-enlistment oath to 40 soldiers who decided to make the commitment to stay in the New Jersey Army National Guard family. The New Jersey National Guard is extremely proud of all the soldiers of the 2/113th Infantry! Their performance and dedication to duty is in keeping with the highest traditions of military service. Welcome Home!

### The American Legion makes a generous donation to Vets Haven.

The Department of Military & Veterans Affairs and Vets Haven, our veterans' transitional housing program, would like to express its sincere appreciation to the American Legion, Department of New Jersey, for their generous donation of \$17,941, which will be used for the purchase of a new, fifteen-passenger van for our program.

### 177th Fighter Wing hosts Eastern New England Air Space Conference.

The 177th Fighter Wing, in conjunction with the Federal Aviation Authority, hosted the Eastern New England Air Space Conference on 20 and 21 April 2005. The Council consists of Senior Aviators, Range Commanders, State Aviation, Parks Division personnel and the Federal Aviation Authority. This council is one of six in the nation that come together once a year to discuss various issues affecting range and aviation operations throughout the North Eastern Region. The goal is to identify and resolve issues through the councils and their executive committees at the lowest possible level. Lieutenant Colonel David Haar, Warren Grove Detachment Commander from the 177th Fighter Wing, coordinated this year's conference.

### DMVA recognized for its NJ State Employees Charitable Campaign effort.

On Thursday, 21 April 2005, at the Charitable Campaign Awards Ceremony held at the Mercer Oaks Country Club, the Department of Military & Veterans Affairs received recognition for its participation in the 2004 NJ State Employees Charitable Campaign. LTC (Ret) Jack Dillie, Deputy to the Assistant Commissioner, and Ms. Patricia Smith, Personnel Assistant, Human Resources Division, were presented with Employee Coordinator Awards of Merit. In the fall of 2004, 241 DMVA employees (15%) made donations to the Campaign that totaled \$24,029. Overall, the NJ State Employees Charitable Campaign set a new record of \$2,142,844, which was up 1.6% from the previous year.

Mr. William Rakestraw  
[warjrnj@msn.com](mailto:warjrnj@msn.com)

## New Jersey Freedom Loans

### What is a Freedom Loan?

- \* Up to \$10,000
- \* Annual APR 6%
- \* Term: 5 years (no pre-payment penalty)
- \* Unsecured Loan (no collateral required)

### Who is eligible to apply?

NJ residents who are:

- \* Members of the National Guard or Reserve
- \* Mobilized for one year or longer to fight in the Global War on Terrorism (GWOT) – excluding routine training.

Or

- \* Served 90 or more consecutive days in the GWOT on federal or state active duty (excluding routing training) and have received orders extending cumulative active duty a year or longer.

### How do I apply?

- \* Contact participating banks. Call or visit your local branch office to obtain an application.
- \* Guardmembers, Reservists, or family members with Power of Attorney must submit copies of current mobilization orders with the bank's Freedom Loan application.

### Current participants:

Commerce Bank  
 1-888-751-9000

Credit Union of NJ  
 609-538-4061, ext. 401

## Operation Purple summer camp's registration runs from 15 April to 15 May 2005.

Operation Purple summer camps provide summer camp experiences for more than 2,000 children whose parents are deployed in the U.S. armed forces. The camps are funded through a \$100 million commercial commitment aimed at strengthening families, homes, and communities. The funding allows children to attend the camps free of charge. The camps run from five to seven days and provide children ages 8-18 with an exciting and memorable camp experience, providing tools to help them deal with the stress resulting from a parent's deployment.

Registration for the 22 Operation Purple summer camps began on 15 April on the National Military Family Association's website, [www.nmfa.org/site/PageServer](http://www.nmfa.org/site/PageServer).

Applications will be accepted from 15 April to 15 May 2005. There is no camp located in New Jersey, but NJ's children are welcome to register and attend the camps located in New York and Pennsylvania.

At a time when officials estimate more than 135,000 children are experiencing the absence of a parent because of deployment to Iraq or Afghanistan, Operation Purple is the only camp to focus on dealing with children's deployment issues.

## PV2 Ithan Schneider competes successfully at the Southern Germany Schuetzenschnur Weapons Competition.

PV2 Ithan Schneider, previously assigned to A Troop, 5th/117th Cavalry, currently assigned to C Company, 3/112th MP (Provisional), was sent as a representative of the unit to the Southern Germany Schuetzenschnur weapons competition last week. PV2 Schneider was awarded the bronze medal at the competition. The German weapons qualification consists of three weapons, and soldiers must qualify on all three to earn the Schuetzenschnur. The three weapons are the P1 pistol, the G3 rifle, and the MG1 machine gun. 1SGT David Corpini commented that PV2 Schneider's performance reflects highly on the unit.

## VFW Post #1429 sponsors a Writing Scholarship.

The VFW Post #1429 is sponsoring a writing scholarship and the topic is "How to Demonstrate My Freedom." Students in Grades 9 through Grade 12 are asked to submit a 1000 word essay on the topic. Essays are due no later than 1 p.m. on April 30, 2005, and should be submitted to SFC Minnie Hiller, Teaneck Armory, 1799 Teaneck Armory, Teaneck, NJ 07666. A \$500 prize will be awarded to the writer of the winning essay.

## New Jersey National Guard offers Marriage Enrichment Workshops.

The New Jersey National Guard Family Programs staff and Chaplains have teamed up to offer a truly outstanding program known as "PREP," Prevention and Relationship Enhancement Program. This program has proven so effective in recent years that it has been featured on 20/20, 48 Hours, Oprah, and in many articles of the printed media.

These Marriage Enrichment Workshop Weekends are available free of charge to all soldiers and their spouses who have been deployed for more than 90 days since 9/11. Please call the Family Programs Office at 609-562-0668 or 609-562-0739 for more information, as well as the dates and locations for these exciting weekend retreats.

## National Guard Association of NJ schedules Annual Business Meeting.

The National Guard Association of New Jersey will conduct its annual Business Meeting on Saturday, 7 May 2005, at the Lawrenceville Armory, Eggert Crossing Road, Lawrenceville, New Jersey. Sign in is at 0730, and the meeting will start at 0800 hrs. Members are urged to contact their unit's Executive Council representatives for more information.

First Morris Bank & Trust  
1-888-530-2265

Fleet  
1-800-841-4000

Manasquan Savings Bank  
732-223-4450

North Jersey Federal  
Credit Union  
1-888-78NJFCU

Peapack-Gladstone Bank  
(908) 719-BANK

Pennsville National Bank  
856-678-6006

PNC  
1-866-PNC-4USA

Sovereign Bank  
1-877-391-6365

Sun National Bank  
1-800-691-7701

### Happy Passover!

To all of our employees, families, and friends who will be celebrating Passover this weekend, we wish you a blessed and happy holiday!

## 7th Annual Unity Day

"Come Share Your Heritage with Us." On Thursday, 9 June 2005, the NJ Department of Military and Veterans Affairs, Joint Force Headquarters will hold it's 7th Annual Unity Day at Building 3650, Fort Dix, NJ. This event is held to enhance cross-cultural awareness and promote harmony among all members of the New Jersey National Guard, and to recognize the contributions of women and minorities. This combined effort of Army and Air, State and Federal, community members and members of both Team McGuire and the Fort Dix Post contribute to the different ethnic and Special Emphasis groups being represented. If you are interested in participating by putting up a display, please contact Kathey McCready, State Equal Employment Manager at 609-562-0854.

## Upcoming Job Fairs

**Veterans Job Fair, Iselin** – The NJ Department of Labor announced a Veterans Job Fair on 29 April 2005 at the American Legion Post 471, 25 Brown Avenue, Iselin, New Jersey, from 9 a.m. to 12 p.m. Participation is free for veterans and employers. Mr. Joe Battito, our Middlesex County Veterans Service Officer, will represent DMVA at the job fair. If you have any questions, please contact Veterans representative, John Leary, at 732-937-6205

**Job Fair, Morristown, NJ** – The NJ Army National Guard, 3rd 112 FA presents Support the Troops Job Fair on May 12, 2005. The Job Fair is open to the public from 0900-1500 (9a.m.-3 p.m.) and will be held at 430 Western Avenue, Morristown, NJ 07960. Points of contacts are: SSG Calvin Davis at (973) 538-4117 or by email at [Calvin.B.Davis@us.army.mil](mailto:Calvin.B.Davis@us.army.mil) or SSG Johnie Thomas at (973) 631-6280, email at [JT.Thomas@us.army.mil](mailto:JT.Thomas@us.army.mil).

## Veterans to be honored at upcoming Medal Ceremonies.

The following ceremonies have been scheduled to honor our State's veterans.

28 Apr - 11am

### **Vietnam Service Medal**

1pm

### **Distinguished/Meritorious Service Medal**

### **Viet Nam Service Medal**

NG Training Center  
Building 35  
Sea Girt, NJ

## Support the Troops

Here are some of the activities and fundraisers planned in support of our deployed troops and their families:

**JT2DC (T3BL) Soldier's Association Golf Tournament** – 25 April 2005. The event will begin with a 9 a.m. Shotgun Start at the Fountain Green Golf Course, Fort Dix. Cost \$80 per person. Proceeds will assist the families of our deployed soldiers. For additional information, contact CSM Tim Maskery at 609-562-0539.

Trenton Vet Center & Burlington County Veterans Service Office sponsors Women's Massage Icebreaker. Friday, April 22, 2005, from 6 – 9 p.m., a message therapy icebreaker will be held and free refreshments will be served at the Burlington County Human Services Building, 795 Woodlane Road, Westhampton, NJ. Additional agencies will be on hand to provide information on women specific services.

**Packing Day at Somerset Armory** – Sunday, 15 May 2005. If you are preparing a package for shipment to a soldier, mark 15 May on your calendar. There will be a Packing Day at the Somerset Armory. All you have to do is get the things together that you will be sending your soldier and call the Armory at 888-859-0352 to ensure your name is on the reservation list.

**Mother's Day cards** are being made available to deployed troops free of charge. Cardstore.com, in conjunction with the Department of Defense's America Supports You campaign, will provide forward-deployed troops in Afghanistan and Iraq the opportunity to send their Mom a Mother's Day card at no cost. Just by logging into the company's website and taking a few simple steps, starting with picking a card, service members in the two countries can send their mothers a traditional paper greeting card from wherever they may be this Mother's Day. Servicemembers choose a card, write a message, and then tell Cardstore.com when the card should be mailed. The company will print a "high-quality greeting card" and send it through the U.S. Postal Service. A special code is needed to access this offer on the company's website. Servicemembers serving abroad can find the code in three ads that will appear in Middle East editions of the Stars & Stripes newspaper beginning April 22. Orders can be placed from April 22 to May 8, Mother's Day. To guarantee on-time delivery, orders need to be placed no later than May 2nd.

**Mealey's Furniture** to donate 3 rooms of new furniture to a needy military member on Memorial Day. Do you know someone who is or has served Active Duty in the US military and is now in need? Mealey's would like to thank them for their service by giving them three complete rooms of furniture. Entry forms can be found in any of Mealey's three stores or online at [www.mealeysfurniture.com](http://www.mealeysfurniture.com). All nominations will be reviewed and selection will be made on June 30th.

**Sign up for a chance to send your soldier Dunkin Donuts coffee.** Dunkin Donuts will send a case of free coffee to your soldier if he/she is among the 50 selected in a monthly lottery. Just go to [www.dunkindonuts.com](http://www.dunkindonuts.com), click on "About Us," click on "Contact Us," click on "Instore Visits," fill out the form, in the comments section put the soldier's rank, name and APO address, and say that you would like to send your soldier coffee. Then click "Submit." You can mail a request to Dunkin Brands, 130 Royall Street, Canton, MA 02021, Attention Customer Care or request the coffee by phone at 781-737-3000 (Customer Relations).

**Operation Uplink.** Visit <http://www.operationuplink.org/request.cfm> to request free phone cards for active duty military personnel deployed away from home. At this site you can fill out a request for a phone card to be sent to yourself or a loved one. One card per request per servicemember will be honored during a 60-day period.

**Gifts from the Homefront.** The "Gifts from the Homefront" program was begun last year by the Army and Air Force and enables people from all walks of life to rally around America's troops by purchasing gift certificates designed to lift the morale of deployed troops around the world. The certificates, which can be purchased by any individual or civic organization, allow service members to purchase items of necessity and convenience at PX and BX facilities around the world. "Gifts from the Homefront" certificates can be addressed to "any service member" or individual service members. Because the gift certificates can be used for merchandise already stocked at contingency locations, "Gifts from the Homefront" are a safe alternative to traditional care packages that can strain the military mail system and present force protection issues. Those wishing to send a "Gift from the Homefront" can simply log on to the AAFES website, [www.aafes.com](http://www.aafes.com), or call 877-770-4438 toll-free to buy gift certificates in \$10 or \$20 denominations. From there, the "Gift from the Homefront" may be sent to an individual service member designed by the purchaser or distributed to "any service member" through the USO, American Red Cross, Air Force Aid Society, or Fisher House.

**Operation Mail Call.** Operation Mail call is a program initiated by New Jersey Assemblymen Jack Conners and Herb Conaway that enables citizens to donate postage stamps for use by our troops and their families. Over 23,000 stamps have been donated to our National Guard soldiers and airmen and Family Readiness Programs. If you would like to participate, please mail or drop off your postage stamps to the 7th Legislative District Office, Delran Professional Center, 8008 Route 130 North, Suite 125, Delran, NJ 08075.

**American Hero Band** - The American Hero Band is a free wristband worn by Americans to demonstrate their support of the "Defenders of Freedom" who are Army National Guard soldiers deployed across the globe. Engraved on the metallic wristband are the words IN HONOR OF AN AMERICAN HERO SERVING IN THE ARMY NATIONAL GUARD. These words are flanked left by the Army National Guard logo and right by the American flag. There is also an inscription of the National Guard website, <http://www.virtualarmory.com> and a unique serial number engraved inside this commemorative wristband. If you are interested in getting The American Hero Band, go to <http://www.virtualarmory.com> and click on the American Hero Band banner.

## **Tricare Reserve Select (TRS) Health Plan Information now Online.**

TRICARE Reserve Select is a new premium-based TRICARE health plan offered for purchase by certain members of the Reserve Component\* (RC) and their families, if specific eligibility requirements are met. The website for the new TRS is <http://www.tricare.osd.mil/reserve/reserveselec/index.cfm>.

TRS coverage is available to eligible RC members who were called or ordered to active duty, under Title 10, in support of a contingency operation on or after September 11, 2001. RC members and their Reserve Component unit will need to agree to for the member to stay in the Select Reserve for one or more whole years to qualify.

\*The Reserve Components include the Army National Guard, the Army Reserve, the Navy Reserve, the Marine Corps Reserve, the Air National Guard, the Air Force Reserve, and the U.S. Coast Guard Reserve. For more information about the Reserve Component and the Selected Reserve, visit [www.defenselink.mil](http://www.defenselink.mil).

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## **Veterans Benefits Handbook available on-line.**

The Department of Veterans Affairs released the 2005 edition of the "Federal Benefits for Veterans and Dependents" handbook last week. The 120-page handbook details federal payment rates and outline variety of programs and benefits for American veterans. Most of the nation's 25 million veterans qualify for some VA benefits, ranging from health care to burial in a national cemetery. Additionally, veterans may be eligible for programs providing home loan guaranties, educational assistance, training and vocational rehabilitation, income assistance pensions, life insurance and compensation for service-connected illnesses or disabilities. In some cases, veterans' survivors may also be eligible for benefits.

The handbook may be downloaded for free at <http://www.va.gov/opa/feature>.

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## **Part-time opportunities in Military Funeral Honors Program.**

The New Jersey Army National Guard Military Funeral Honors Program has several part-time employment opportunities immediately available across the state for TDGs and Technicians. Earn one day's base pay and one retirement point for a few hours work providing Military Funeral Honors for our Veterans. If you are interested, please contact SFC Raymond Denson, Military Funeral Honors Coordinator, at 609-530-7090 or by e-mail at [Raymond.Denson@nj.ngb.army.mil](mailto:Raymond.Denson@nj.ngb.army.mil).

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## **OCS Class 48 will host 1st Annual SGT Nutter Benefit 5K Run.**

Officer Candidates from OCS Class 48 are hosting the first annual SGT Nutter Benefit 5K Run on May 14, 2005 at the National Guard Training Center in Sea Girt, NJ. SGT Sam Nutter was a member of the NJ Army National Guard assigned to the OCS Company at the 254th Regiment in Sea Girt. SGT Nutter passed away earlier this year at 39 years of age after a long and courageous bout with cancer.

SGT Nutter is survived by his wife, Michelle Mallozzi-Nutter and three daughters, Summer Ann, Samantha, and Sarah. Proceeds from the run will go to the SGT Sam Nutter's Children Fund.

The race will begin with a howitzer blast at 10 a.m. sharp. Registration and sign-in begin at 7 a.m. All ages are welcome to participate. Prizes will be awarded to 45 of our participants in various categories. For more information visit website: [www.nutterrun.org](http://www.nutterrun.org)

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## **Sandy Cove Christian Conference & Retreat Center offers a free stay for our military members, their spouse and children at Operation Oasis on Chesapeake Bay.**

Operation Oasis is an outreach program developed to offer a time of rest and renewal to military personnel involved in Operation Iraqi Freedom. The purpose is to minister

to our military men and women, their spouses, and children by offering them a mini-vacation in a Christian atmosphere.

Military stress takes an immense toll on both the soldier and his/her family. It is hard to imagine the trauma that results from the ravages of war. Operation Oasis helps families reconnect after a loved one returns home from deployment in the Middle East. Located in North East, Maryland, at the headwaters of the Chesapeake Bay, Operation Oasis offers a free 3-day, 2-night time of rest and relaxation. It is a thank you to those who seek to secure and sustain our freedom.

Simply contact Carol Lee Lynch by email at [c.lynch@sandycove.org](mailto:c.lynch@sandycove.org) or by phone at 800-287-4843 for additional information. You can also visit the website [www.sandycove.org](http://www.sandycove.org) for a more detailed description of the facility.

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## **NJ Vietnam Veterans' Memorial and Vietnam Era Education Center's upcoming event schedule.**

### **7 May - 11 am**

NJ Vietnam Veterans Remembrance Day ceremony

### **14 May - 1 pm**

Jenny 4 - Author lecture by Vietnam Veteran Paul Drew

### **30 May - 11am**

Memorial Day Ceremony

### **11 June - 1 p.m.**

On the River (memoir of an American advisor to South Vietnamese Rangers) - Author lecture by Vietnam Veteran George L. Athas

### **18 June - 10 a.m - 4 p.m.**

Military Vehicle Display

For more information about any of these events, please call the NJ Vietnam Veterans Memorial Foundation office at (732) 335-0033.

The Vietnam Era Educational Center is located adjacent to the NJ Vietnam Veterans' Memorial off the Garden State Parkway at Exit 116.

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## **Fitness Corner – Ernie Razzano, Certified Fitness Trainer**

Fitness Corner – Ernie Razzano, Certified Fitness Trainer

### **Spot Reduction**

I'm always asked what exercise a person can do to lose the fat around the waist, legs, thighs, hips, etc. The simple fact is you can't spot reduce. There is no exercise that will take off fat from one area alone. If you need to cut body fat, then make sure you are doing cardio along with a well-planned strength program and are eating properly.

Any lower body workouts you do will help improve muscle in the legs, but not slim your thighs, hips, and buttocks. Any abdomen workouts will help strengthen and tone your midsection but not lose your belly. High reps are great if you are training for an endurance sport; however, if you want to slim down, try building over strength and muscle mass.

As you improve your lean mass, you will lose inches (body fat), even in the desired areas. It just takes time.

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## **Health Fact**

### **Did you know?**

Hand wipes and alcohol rubs may not do the trick when it comes to keeping hands clean. At the very least, you should wash your hands thoroughly with soap and water before every meal and after every trip to the restroom. Viruses are sturdy little particles that can cause illnesses such as hepatitis A, colds, the flu, gastroenteritis, and other ailments. Washing hands often is one of the best ways to reduce your risk

of some of these illnesses. When you don't have access to soap and water, alcohol rubs and hand wipes may offer some protection against certain infectious agents.

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## Armory Happenings

Upcoming events taking place at your local armory.

**Open House** – Toms River Armory - An Open House is scheduled at the Toms River Armory on Saturday, June 18, 2005, from 11 a.m. to 5 p.m. There will be historical displays from the Revolutionary War to Operation Iraqi Freedom. For the children, there will be Hummer rides, camouflage face painting, paintball targets and a balloon grenade toss.

The purpose of the Open House is to inform the public about the Toms River Armory and let them know it is available for rent. Additionally, the open house will provide the NJ National Guard recruiters a change to support The Adjutant General's policy on "Strength Management."

### 17 April

Sports Card and Comics Show - Bordentown Armory

### 23 April

Flea Market - Teaneck Armory

### 29 April

Auction - Cherry Hill Armory

### 15 May

Sports Card and Comics Show - Bordentown Armory

### 12 June

Sports Card and Comics Show - Bordentown Armory

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## Today in History

Today is Friday, 22 April 2005. It is the 112th day of the year with 253 days remaining.

1864 – The U.S. Congress mandated that all coins minted as U.S. currency bear the inscription "In God We Trust."

1889 – Oklahoma land rush officially starts; as many as nine out of ten of these settlers had jumped the gun, earning themselves the name "Sooners."

1915 – New York Yankees don pinstripes and hat-in-the-ring logo for the first time.

1951 – General MacArthur receives a ticker-tape parade in New York City.

1952 – An atomic test conducted in Nevada was the first nuclear explosion shown on live network television.

1969 – First human eye transplant performed.

1970 – The first Earth Day was observed by millions of Americans.

1976 – Barbara Walters became the first female nightly network news anchor.

1993 – The U.S. Holocaust Memorial Museum was dedicated in Washington, DC.

1994 – In Denmark, the largest lollipop, weighing 3,011 pounds, is made.

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## Support our Troops –

Call today to volunteer at a Family Readiness Center near you. Call toll free at 888-859-0352 to assist the families of our deployed soldiers and airmen.

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