



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

11 March 2005

Volume 4, Number 10

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

COL (Ret) Michael B. Smith

Mrs. Laura A. Branham

Phone: (609) 530-6987

Fax: (609) 530-7109

Email:

branham@njdmava.state.nj.us

We're on the Web!

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

Veterans' Organizations
Contact Information

State Veterans Service Council

Mr. Richard Clark

RJClark21@msn.com

NJ Advisory Committee for Women Veterans

Mrs. Anna Hoffman

hoffmanannem@aol.com

BG Willam C. Doyle Cemetery
Advisory Council

Mr. William Rakestraw

warjrnj@msn.com

New Jersey Freedom Loans

You're invited – "Welcome Home the Troops" on Sunday, 13 March 2005

On behalf of Major General Glenn K. Rieth, The Adjutant General for New Jersey, all Department of Military & Veterans Affairs employees, families and friends are encouraged to attend a "Welcome Home the Troops" ceremony for soldiers of the 50th Main Support Battalion (HET) Platoon, New Jersey Army National Guard, who deployed to Iraq in support of Operation Iraqi Freedom. The ceremony will take place this Sunday, 13 March 2005, at 11:00 a.m. in the National Guard Dover Armory located on 479 West Clinton Street in Rockaway Township. Please come out and support our returning soldiers!

DMVA's Division of Veterans Programs announces implementation of a Community Based Outpatient Clinic (CBOC) Project.

The Department's Division of Veterans Programs (DVP) is pleased to announce the implementation of a Veterans Service Office-Community Based Outpatient Clinic outreach project between DVP and the New Jersey Veterans Administration Healthcare System. Effective 10 March 2005, Mr. David Joost, Supervisor of our Department's VSOs, will be doing on-site veterans service work at the following clinics:

| | | |
|--------------------------------------|----------------------------|------------------------|
| Tuesdays 9 a.m. – 12 p.m. | Morris Clinic Room G-18 | Phone: 973-539-9794 |
| Thursdays 9 a.m. – 12 p.m. | New Brunswick Room 118 | Phone: 973-729-0646 |

The staff at the CBOCs will refer veterans to David for assistance in the following: claims filing, appeals, dependent issues, health care enrollment, tax issues, cemetery requests, long-term care, and other entitlements.

Future CBOC sites to be added to the project include Paterson, Trenton, and Elizabeth. This project has been in the works for four months and will certainly increase the visibility of DMVA and DVP within the veterans' community. Special thanks to Ms. Melba West and Mr. James Byrne, Staff Directors for the NJ VA Healthcare System, for their support in this project.

108th Air Refueling Wing receives Unit Compliance Inspection (UCI) results.

After months of hard work, sweat, tears, tempers, stress late nights, early mornings, and weekends, it all came down to an hour in the McGuire theater, watching a slide show with more than 350 other anxious individuals hoping that their area, and the Wing as a whole, passed the Unit Compliance Inspection (UCI). While the actual ratings are privileged and not mentioned in this article, the IG team gave awards to superior teams for their performance during the inspection. Those awards went to the Traffic Management Flight from the Logistics Readiness Squadron and three teams from the Security Forces Squadron: Combat Arms Training and Maintenance Team, Security Forces Armory Team, and the Security Forces Training Team. Nine members of the Wing were presented with IG coins for their accomplishments during the UCI. They were: Lt Col Toni Y. Hay, 1st Lt Luis G. Rosario-Lliveras, Senior Master

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

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

Fleet
1-800-841-4000

Manasquan Savings Bank
732-223-4450

Sergeants Lance C. Endee and Stephen Zinner, Master Sergeants Tania C. Prairie and Francisco Beltran-Bell, Tech Sergeants Rebecca R. Scaramuzzo and Bobbie H. Panger, and Staff Sergeant Duy T. Nguyen. COL Steven B. King of the IG team spoke to the 108th members and told them it had been a long time since the last inspection so many sections were not starting at scratch, but one micron above scratch. "It's the journey, not the destination," he stated. He noted that the 108th is a great team. "Whether we're patting one team on the back for tremendous work, or say that you've got more work to do, you're pros," he remarked. "That goes a long way," Col Michael Cunniff, 108th Commander, told the audience. Col Cunniff said the UCI was the toughest inspection he had been through in the 20 plus years he had been in the 108th. "The work you have done is a good foundation to keep moving for the future," said Col Cunniff. "Give yourselves a round of applause."

The Division of Veterans Programs publishes figures for January 2005.

Our Department's Veterans Service Officers were busy during the month of January. Our VSO offices saw and counseled 2,766 veterans and assisted them in filing 277 new claims. During the month, 302 Award Letters were received resulting in awards for our veterans in the amount of \$4,700,000.

The New Jersey National Guard Magazine "Guardlife" Volume 31, No. 1, is now available on the world wide web.

Guardlife magazine, Volume 30, Issue No. 1 is now available on the world wide web in a user friendly online web version at the following web address: <http://www.nj.gov/military/publications/guardlife/volume31no1/>. The "Hometown Team" magazine, Guardlife, provides up-to-date information on the happenings within the New Jersey Army and Air National Guard. For all of the current news on our soldiers and airmen, take a look at the new issue today. To view past issues of Guardlife magazine online, you can visit <http://www.nj.gov/military/publications/>

Veterans are honored at Medal Ceremony.

On Thursday, 10 March 2005, the New Jersey Distinguished Service, Meritorious Service, and the New Jersey Korean Service Medals were presented to New Jersey veterans at a ceremony held at the Bordentown Armory. Brigadier General Eugene Chojnacki, Commander of the New Jersey Air National Guard, presented more than 200 medals to Burlington County residents in two ceremonies. The Distinguished Service Medal, NJ's highest award, went to 62 honorably discharged New Jersey veterans. Thirty-five Meritorious Service Medals were presented to 35 combat veterans, who did not live in the state upon entering the military. In the second ceremony, 105 deserving Burlington County residents received the State of New Jersey's Korean Service Medal.

Upcoming Job Fairs

Army Community Service, Fort Monmouth - A Job Fair will be held on Tuesday, 29 March 2005, from 10 a.m. – 3 p.m. at Gibbs Hall, Fort Monmouth. The Job Fair is being sponsored by the Army Community Service – Employment Readiness Program, and more than 60 companies are registered to participate. Picture ID will be required. No large bags, backpacks, briefcases, etc. will be permitted. If you would like additional information, you may contact jill.mcdonald@mail1.monmouth.army.mil.

Veterans Job Fair, Bergen County – A Veterans Job Fair will be held on Tuesday, 5 April 2005, from 9 a.m. to 4 p.m. at VFW Post 4591, 513 Veterans Place, Hasbrouck Heights, New Jersey 08604. The NJ Department of Labor, VFW Post 4591, and the Bergen County Division of Veterans Affairs are sponsoring the Job Fair, and more than 50 leading employers are registered to participate. Please bring plenty of resumes, a copy of your DD214 (separation/discharge), and dress to impress. If you would like additional information, contact MSG (Ret) John Bautz at 201-996-8950 or by email at john.bautz@dol.state.nj.us.

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

**Saint Patrick's Day -
17 March 2005**

An Irish Blessing

"May the road rise to meet you,
May the wind be always at your
back..

May the sun shine warm upon
your face.

May the rain fall soft upon your
fields.

An until we meet again,

May God hold you in the palm of is
hand."

New Jersey Army National Guard participates in Read Across America.

Read Across America, initially created as a one-day event to celebrate the birthday of Dr. Seuss on March 2nd, has grown into the nation's biggest celebration of reading ever. The program has grown into a nationwide initiative that promotes reading every day. Soldiers of the NJ Army National Guard, Joint Force Headquarters' Operations and Training Directorate, Human Resources Office, Headquarters and Headquarters Company, Judge Advocate General Office, and the Inspector General Office read to nine classes of First Graders at the Sharon School in Robinsville, New Jersey. The experience was very rewarding. The children were well behaved, full of questions, and gave their undivided attention. "I am Sam. Sam I am...Do You Like Green Eggs and Ham? I Do Not Like Them, Sam I am." Dr. Seuss had to be in the Army!

177th Fighter Wing is site of Congressman Frank Lobiondo's annual Academy Nominee reception.

On 4 March 2005, New Jersey Congressman Frank Lobiondo, 2nd Congressional District, hosted his annual Academy Nominee reception at the 177th Fighter Wing. Each year Congressman Lobiondo holds a board for young men and women competing for nominations to all of the Service Academies. Once the nominations have been made, the Congressman hosts a reception for the individuals and their parents to thank them for their patriotism and desire to serve in the Armed Forces. For the third year in a row, the Congressman requested that the 177th partner with him and his staff to host this event. As in previous years, First Lieutenant Richard Defeo, Commander, Services Squadron and his staff were critical to the events overall success. Congressman Lobiondo spoke passionately to the Academy Nominees and their families about his recent trip to the Area of Responsibility (AOR) and the opportunity he had to sit with the men and women assigned there about how they feel about being there, what they need, and why they continue to serve. The Congressman, his staff and their guests were very appreciative of the efforts of the 177th Fighter Wing Services Squadron.

Veterans to be honored at upcoming Medal Ceremonies.

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

| | | |
|------------------------------------|---|--|
| 17 Mar 7 p.m. | Distinguished, Meritorious, Korean, and Vietnam Service Medals | American Legion #115 700 Melbourne Avenue Beverly, NJ 08010 |
| 31 Mar 11 a.m. 1 p.m. | Distinguished/Meritorious Service Medals Vietnam Service Medal | Cherry Hill Armory Grove Street & Park Blvd. Cherry Hill, NJ 08002 |

Support the Troops

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

Pancake Breakfast - Hopewell, NJ - 13 March 05. A "Support the Troops" Pancake Breakfast is being sponsored by the Knights of Columbus #7103 on Sunday, 13 March 2005, from 8 a.m. to 12:30 p.m. The breakfast will be held at the Hopewell American Legion Hall, Van Dyke Road, Hopewell, NJ. Cost is \$7.00 per person (donation to the Family Readiness Group). Advance tickets can be obtained by calling COL Ron Cefalone at 609-562-0211 or Laura Branham at 609-530-6987.

Pancake Breakfast - Waterfront Café, Carlstadt, 17 April 2005. The Waterfront Café - Steak and Clam House, Paterson Plank Road, Carlstadt, NJ (right behind the Continental Arena) will host a Pancake Breakfast to benefit the families of our Army National Guard troops deployed out of the Teaneck Armory. The event will be held from 9 a.m. to 1 p.m. and is sponsored by the Nam Knights of America, VVA Chapter 800, and the Jewish War Veterans of USA. Cost is \$7.00 for adults and \$5.00 for Seniors and children under 12

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.

Get Dunkin Donuts coffee for your soldier. Dunkin Donuts will send a case of free coffee to your soldier. Just go to 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, Camton, 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 use 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, 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.

Have you ordered your FREE American Hero wristband? We did and it arrived in just 2 weeks!

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.

National Guard Association of NJ –Scholarship Announcement.

- - MARCH 15 Deadline is drawing near - -

The New Jersey Vietnam Veterans' Memorial Foundation Scholarship Contest is available to graduating NJ high school seniors. Two \$2,500 scholarships will be awarded on May 30, 2005 at the Memorial Day ceremony at the NJ Vietnam Veterans' Memorial. To apply, students need to complete an application, submit proof that they are continuing their education at a college/university or trade/technical school, and submit a short essay about his/her visit to the NJ Vietnam Veterans' Memorial. Submissions must be received by 5 p.m. on Friday, April 15, 2005. Application and information can be found at www.njvvmf.org or by calling 1-800-648-VETS.

The National Guard Association of NJ is pleased to announce the continuation of the Scholarship Program for 2005. Completed applications will be accepted, beginning February 1, 2005 and must be postmarked, not later than, March 15, 2005. Applications and additional information are available online at: www.nganj.org and at your armory. Send completed applications to: National Guard Association of New Jersey, Scholarship Committee—COL Edward Slavin, 101 Eggert Crossing Road, Lawrenceville, NJ 08648.

American Legion Scholarship - If you have a son, daughter, grandson, or granddaughter that is a senior in high school, they may qualify to receive a scholarship through the American Legion. For applications, please call Mr. Robert Luby at 908-996-6005 or email him at robertlooby@earthlink.net.

The National Guard's Family Program Online Community has redesigned their website.

The National Guard's Family Program online community is a place to share information, find resources, and connect with others. Information on family issues, guard benefits, business matters, deployments, and many other topics can be found on the site. New content will be added over the next few months, so check back often – www.guardfamily.org.

Retirees wanted to provide Military Funeral Honors (MFH).

The J5/7 MFH Coordinator is looking for paid volunteers to provide MFH to New Jersey's fallen veterans. You must be retired from the Army or Army National Guard and meet military standards in the Army's Class A. uniform. Owning a Class A uniform is a plus, but not mandatory. If you are interested, please contact Mr. Denson at 609-530-7090 or e-mail him at Raymond.Denson@nj.ngb.army.mil for more information.

Armory Happenings – Listed below are events taking place at your local armory.

| Date | Event | Location |
|-------------------|------------------------------|--------------------|
| 10-14 Mar | Craft Show & Sale | Morristown Armory |
| 11-12 Mar | Auction | Cherry Hill Armory |
| 16-20 Mar | Tool Show & Sale | Mount Holly Armory |
| 20 Mar | Sports Card & Comics Show | Bordentown Armory |
| 23 Mar | Circus | Jersey City Armory |
| 30 Mar - 4 Apr | Home Design & Landscape Show | Westfield Armory |
| 17 Apr | Sports Card & Comics Show | Bordentown Armory |

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

| | |
|------------------------------|--|
| 19 Mar 1pm | A Redcatcher's Letters from Nam (199th Lt. Inf. Bde) Author lecture by Patricia Farewell Enyedy, sister of a NJ GI, KIA in Vietnam |
| 2 April 10am - 4pm | Celebrating the 30th Anniversary of Operation Babylift, Vietnam (1975-2005) \$10 Admission fee |
| 14 May 1pm | Jenny 4 Author lecture by Vietnam Veteran Paul Drew |

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.

DMVA's Fitness Corner – by Ernie Razzano, Certified Fitness Trainer

The Laws of Training (Part 3 of 4)

SAID Principal

Your muscles and their respective components will adapt in highly specific ways to the demands you impose upon them in your training. This applies as well to various bodily systems and tissues other than your muscles. This is the SAID Principal – "Specific Adaptation to Imposed Demands." If your training objectives include becoming more explosive, then you have to train explosively. If you desire greater strength, you must use heavier weights. If your objectives include deriving cardiovascular benefits, then you must tax the heart muscle as well as the oxygen-using abilities of the working muscles.

Use/Disuse Principle

Putting it another way, "use it or lose it." If you stress your body and its systems enough, it will adapt to meet the stress. For example, in a bodybuilding program, hypertrophy, or increase in size, occurs in the trained muscle. If you stop stressing it (disuse or detraining), it will adapt to meet the lowered stress. In other words, when you stop your bodybuilding training program, atrophy (decrease in size) occurs in the previously trained muscle. Unfortunately, it takes much less time to become detrained than it does to become trained. The "detraining" effect is known as the "law of reversibility."

Today in History..

Today is Friday, 11 March 2005. It is the 70th day of the year with 295 days remaining.

1302 – The characters, Romeo and Juliet, were married on this day according to William Shakespeare.

1824 – The U.S. War Department created the Bureau of Indian Affairs, which was headed by Seneca Indian Ely Parker.

1847 – John Chapman, Johnny Appleseed, died in Allen County, Indiana. This day became known as Johnny Appleseed Day.

1867 – In Hawaii, the volcano Great Mauna Loa erupted.

1901 – U.S. Steel was formed when industrialist J.P. Morgan purchased Carnegie Steel Corporation. The event made Andrew Carnegie the world's richest man.

1930 – President Howard Taft became the first U.S. President to be buried in the National Cemetery in Arlington, VA.

1969 – Levi Strauss started selling bell-bottomed jeans.

1986 – Popsicle announced its plan to end the traditional twin-stick frozen treat for a one-stick model.

Call today and volunteer to help at a Family Readiness Center near you.

To reach any NJ National Guard Family Assistance Center - Call toll free 888-859-0352.



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Department of Military & Veterans Affairs
P.O. Box 340
Trenton, NJ 08625-0340
Phone: 609-530-4600

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