



The State of New Jersey
Department of Military and Veterans Affairs

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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!

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We're on the Web!

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

Thought for the day:

"I am the inferior of any man whose rights I trample under foot. Men are not superior by reason of the accidents of race or color. They are superior who have the best heart – the best brain.

The superior man stands erect by bending above the fallen.

42nd Infantry Division Support Command units depart for Iraq as Battery C, 3/112th readies for European deployment.

During this first week of January 2005, DISCOM units began a phased overseas deployment in support of Operation Iraqi Freedom. Units left McGuire Air Force Base for Kuwait and eventual relocation into Iraq as part of the overall 42nd Infantry Division mobilization.

MG Glenn K. Rieth, The Adjutant General, Brig Gen Maria Falca-Dodson, Deputy Adjutant General, and senior staff and commanders joined family and friends in bidding farewell to the officers, NCOs, and soldiers of the National Guard's hometown team. The deployment is expected to last a year. These soldiers join more than 300 members of the New Jersey Army National Guard already deployed throughout Iraq to fight in our nation's Global War on Terrorism.

On Monday, 3 January 2005, MG Rieth joined with family and friends of Battery C, 3/112th FA as they departed for Fort Leonard Wood, Missouri. These soldiers will train and transition from field artillerymen to Military Policemen. Following completion of their training, they will be deployed to Europe.

NJ Air National Guard's 227th Special Operations Flight (SOF), 108th Air Refueling Wing wins Air Force's 2004 Outstanding Unit Award.

Congratulations to the 227th SOF for its selection as a recipient of the 2004 Outstanding Unit Award based on meritorious service for the period 1 November 2002 – 30 June 2004. The dedication and commitment of this organization enables the Air National Guard to fulfill its commitment to the missions of peacekeeping, humanitarian relief, domestic improvement, and most important of all, the defense of America. Congratulations!

The New Jersey National Guard visits Guantanamo (GTMO).

On 23 December, MG Glenn K. Rieth, The Adjutant General, New Jersey Senator Jon Corzine, Congressmen Rush Holt and Robert Menendez, joined a contingent from the NJ National Guard leadership including, BG Frank Carlini, COL Steven Hines, Chaplain Alphonse Stephenson, CSM Richard Adkins, COL Frank Caruso, LTC Kenneth Schechter, LTC John Manfre, CSM Jerome Jenkins, and CSM William Kryscnski and traveled to Guantanamo Bay, Cuba (GTMO). The primary focus of the visit was to greet deployed soldiers while they were working in the Joint Task Force (JTF) Headquarters, J4, J6, and J9 offices, as well as the Detention facilities. Soldiers from the 50th BDE HQs, 2-113th Infantry, 2-102d Armor, 3-112th Field Artillery, and 50th Finance Battalion comprise the New Jersey contingent. While the New Jersey and Brigade senior leadership visited with the soldiers of GTMO, the Congressional delegation attended several briefings conducted by the Commanding General of JTF-GTMO. Upon completion of the briefings, the Senator and two Congressmen joined MG Rieth and staff for lunch with the soldiers followed by a short gathering to address the soldiers and present them with well wishes for the Holiday Season. MG Rieth also took this opportunity to deliver Christmas gifts and phone cards from New Jersey to our soldiers in GTMO.

He rises by lifting others."

- Robert Green Ingersoll, 1833-1899

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

A message from Acting Governor Richard J. Codey on the recent tragedy in Southeast Asia.

NJ Department of Personnel's Acting Commissioner, Rolando Torres, Jr., has issued the following message to New Jersey's state workforce:

"On behalf of Acting Governor Richard J. Codey and the State of New Jersey, I would like to extend my deepest condolences to anyone affected by the recent tragedies in Southeast Asia. While the full magnitude of the losses suffered are not yet known, the death toll has climbed to over 140,000 lives lost, and there is massive flooding and damage to areas throughout the region.

The Family Medical Leave Act is available to State workers who have immediate family members involved in the tragedies. In addition, grief counseling is available through the Employee Advisory Service for any employee who needs assistance, at (609) 292-8543. Should you have any questions about these or other programs, please contact your personnel officer.

Acting Governor Codey is encouraging state workers who wish to contribute to the relief effort to send donations to The American Red Cross International Response Fund. Call 1-800-HELP NOW or 1-800-257-7575 (Spanish). Contributions to the International Response Fund may be sent to your local American Red Cross chapter or to the American Red Cross International Response Fund, PO Box 37243, Washington, DC 20013. Internet users can make a secure online contribution by visiting www.redcross.org."

Division of Veterans Programs issues its monthly report for December.

* During the month of December, the Department's Veteran Service Officers met with 2,187 of our State's veterans and filed 211 claims for veterans' benefits. 177 award letters were received in the amount of \$2,334,566.

* MG Glenn K. Rieth, The Adjutant General, honored three members of the Jewish War Veterans for their service at a Christmas Party for the dependents of our deployed National Guard troops held at the Cherry Hill Armory on December 22, 2005. MG Rieth presented the Department's Civilian Commendation Medal to Robert Richter, Arthur Seltzer, and Robert Cirkus. Colonel (Ret) Alan Bunting presented Mr. Eric Spivak with a special plaque in recognition of his dedication to our activated servicemen and women.

* Over 400 new winter coats were delivered to the Director of the New Jersey National Guard's Family Assistance Program as part of a motorcycle ride in support of those "THAT SUPPORT US" on December 18, 2005. The ride was coordinated by South Jersey Vietnam veteran Donald Holland, and was sponsored, in large part, by Ms. Barb Borwic, owner operator of Camden County-Buell Harley-Davidson of Audubon, New Jersey. We thank them for their generosity.

Acting Governor Codey announces effort to support U.S. Troops.

Acting Governor Richard J. Codey announced a statewide drive to collect used bulletproof vests that U.S. troops in Iraq will use to line their vehicles to protect themselves against bombs. "We are establishing regional drop off points at our National Guard Armories to collect used bulletproof vests to give our troops every possible protection," Governor Codey said.

The Acting Governor urged all local, state, and federal law enforcement agencies to donate used vests to strengthen armor on military vehicles in Iraq. Some groups have already begun campaigns to collect vests. "The response to existing efforts has been both enthusiastic and generous. What we hope to do is accelerate the process and make sure the vests get to Iraq as soon as possible so our men and women return home to their loved ones."

MG Glenn K. Rieth, The Adjutant General of New Jersey, said the drop-off sites would be located at the Atlantic City Armory (1009 Absecon Boulevard), the Lawrenceville Armory (151 Eggert Crossing Road), and the West Orange Armory (1315 Pleasant Valley Way). Collections will begin on Tuesday, January 11th.

MG Rieth stressed that the vests are only needed for use on military vehicles. "Every soldier being deployed to Iraq has his or her own personal body armor," he said.

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

NFL Playoffs begin this weekend.

" The game of life is a lot like football. You have to tackle your problems, block your fears, and score your points when you get the opportunity." - Lewis Grizzard, 1946-1994

"These brave men and women are risking their lives in the name of freedom. This is one way we can demonstrate our support and appreciation for the sacrifices they are making on behalf of our nation," Governor Codey said.

177th Fighter Wing visits the Veterans Memorial Home at Vineland.

Members of the 177th Fighter Wing visited the Veterans Memorial Home at Vineland on December 16, 2004, along with members of the 108th Air Refueling Wing and the 4th Grade class from Seaview Avenue School in Linwood, New Jersey. The students sang holiday songs and brought home baked cookies as gifts for the residents.

The 177th FW raised \$1264 to purchase various gifts for the veterans. The gifts purchased included 16 CD players, umbrellas, sweat suits, and T-shirts. In addition, several unit members made both monetary and gift donations directly to the Veterans Home at Vineland. Some of the donated items were: DVD players, movies, phone cards, socks, puzzles, speakers, a computer printer, and specially designed computer mouse(s). According to Chief Master Sergeant Robert McCarty, this year's visit yielded more gifts and donations than ever before.

Chief McCarty, along with Senior Master Sergeant Tom Dunn, Senior Master Sergeant Tim Donovan, and Master Sergeant Mike Montieth, represent the 177th FW as Coordinators with the Vineland Veterans Home. Together they ensure that funds are raised throughout the year to support this event, as well as the annual cookout at the Warren Grove Range for the residents of the Vineland Veterans Home.

Training the NJ Army National Guard Workforce

A trained workforce is one of the key elements to a successful organization. The employee development process is deliberate, continuous, sequential, and progressive. The New Jersey National Guard has soldiers deployed in support of Operations Iraqi Freedom and Enduring Freedom. Because of these deployments, many new employees and current employees are in new positions. AGR soldiers, military and civilian technicians have hit the ground running. They must receive numerous training courses in a short period of time. In December, the Operations and Training Directorate – Army, J3-T, had a banner month with employee development. Four courses, with a total of 11 classes were conducted.

The month kicked off with Automated Funds Control Orders System (AFCOS) training for 60 soldiers. AFCOS is a software application that computes reservations, generates orders and controls funds. Piggybacked with AFCOS was FTP (Files Transfer Protocol) training.

19 soldiers attended the Army Physical Fitness Test (APFT) Scorer Training course, which was developed to train a new generation of scorers for AGR and unit APFTs. The prerequisite for the course is a physically fit soldier with an above average APFT score of at least 250.

40 soldiers attended TROUPERS (Training, Readiness, Operations, Unit Planning, Execution and Resourcing System) software application training, which provides a standardized tool that allows trainers and logisticians to plan, prioritize, cost, approve, and fund individual events and collective training events.

At the 108th Air Refueling Wing – Santa and his elves deliver holiday pies.

The 108th Enlisted Council held two fundraisers in December. The profits from these fundraisers were donated to the wonderful men and women of the Veterans Memorial Home at Vineland.

The first fund raiser consisted of an anonymous vote by members of the Wing to determine who would be the lucky folks to dress up like Santa and his two elves during the Wing's Holiday party. The winners of the voting were Lt Col Robert Doolittle as Santa, and Chief Master Sergeant Marv Nichols and Staff Sergeant April Kelly as elves. The job of Santa and the elves was to deliver whipped cream pies to the recipients of the second fundraiser, which was a "Pie in the Face." Again, voting was done to have folks brought up in front of the Wing and have Santa cover them with a whipped cream pie. Some of the lucky, or not so lucky, recipients of the pies were: Col Michael Moore, Lt Col Steve Amisano, Lt Col Dave Bagby, Lt Col Thomas

Cameron, Maj Michael Baldi, Maj Vito Dimicco, and Maj Kris Frazier, just to name a few.

Between the two fundraisers, the 108th Enlisted Council was able to raise and proudly donate \$200 to the Veterans Memorial Home at Vineland. A special thanks goes out to Lt Col Doolittle, Chief Nichols, and Staff Sgt Kelly, who graciously took one for the team and wore some interesting outfits. We would like to also thank all of those who accepted their fate and took the pie, and all of the folks that opted to buy their way out of the messy pie with a donation to the Vineland Veterans Home. From what we hear, there is already a naughty or nice list being worked on for next year!

Elimination of the Thrift Savings Plan (TSP) Open Seasons: 1 July 2005.

Public Law 108-469, which was signed into law on December 21, 2004, eliminates the Thrift Savings Plan open seasons and the restrictions on contribution elections which are tied to open seasons. The Federal Retirement Thrift Investment Board will implement this law on July 1, 2005. After the close of the recent TSP open season on December 31, 2004, there will be one more open season, April 15 through June 30, 2005. This means that participants may file contribution elections with their agencies or uniformed services at any time beginning April 15. Through June 30, these elections will be processed under the current rules. Beginning July 1, contribution elections will be processed under the new rules – that is, the elections must be made effective no later than the first full pay period after they are filed. Additional information can be found at <http://www.tsp.gov>.

Veterans to be honored at upcoming Medal Ceremonies.

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

20 Jan 05

Salem County Community College [11 a.m. & 1 p.m.]

- Distinguished and Meritorious Service Medal
- Vietnam Service Medal

National Guard Association of New Jersey – 2005 Scholarship Announcement.

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. Scholarships are available to dependents (including grandchildren) of NJ National Guard members, both active and retired (with 20-year certification), spouses, and NJNG members themselves who are currently enrolled in or planning to pursue their first undergraduate degree program. All current college applicants must be pursuing at least 12 credit hours (full-time) each semester. All Official (raised seal) transcripts and SAT scores must be verified and signed by school officials. Additionally, a letter from the applicant is required to complete the application process. Please see the application for subject matter of the required letter. Applications will not be accepted from previous awardees of a National Guard Association of New Jersey Scholarship. Applications 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.

New Jersey Nets sponsor New Jersey Army & Air National Guard Day.

The NBA's New Jersey Nets will sponsor a NJ Army & Air National Guard Day on Saturday, 5 February 2005. The Nets will be playing the Detroit Pistons at 1 p.m. at the Continental Airlines Arena, East Rutherford, NJ. Ticket prices have been reduced for members of the National Guard and their families. Ticket orders will be filled on a first-come, first-served basis and are subject to availability. The deadline to order tickets is Friday, January 28, 2005. For more information or to order tickets, contact SMSgt Dave Whalen, 108th Air Refueling Wing at 609-745-3616 or david.whalen@njmccgu.ang.af.mil.

Liberty Village Premium Outlets offers Government/Military employees VIP Discounts – 11-17 January 2005.

Liberty Village Premium Outlets, located at 1 Church Street, Flemington, NJ (just off Routes 202 and 31) will offer Complimentary VIP Coupon Booklets to all current and retired government and military employees for 8 days: January 11-17, 2005. The VIP coupons are worth hundreds of dollars in additional savings at almost all of the 60 shops.

To obtain your VIP discount booklet, simply present proof with a Government agency or a Military ID at the Liberty Village Premium Outlets Management Office, located by the pond above Nautica.

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

Where does Energy come from?

All energy on earth comes from the sun. Plants use the light energy from the sun to form carbohydrates, fats, and proteins. Carbohydrates are sugars and starches used by the body as fuel molecules and to store energy. Fats are compounds that store energy. Proteins are important components of cells and tissues and are large complex molecules composed of amino acids. Humans and other animals then eat plants and other animals to obtain energy required to maintain cellular activities.

The body uses carbohydrates, fats, and proteins that you consume to provide the necessary energy to maintain cellular activity both at rest and during activity. Since all cells require energy, your bodies must have a way to convert carbohydrates, fats, and protein into a biologically usable form of energy to fuel physical activity. The ability to run, jump, and lift weights is contingent on and limited by your ability to transform food into biological energy. These physical abilities are contingent on thousands of chemical reactions that occur throughout our bodies all day long. Collectively, these reactions are known as metabolism. Metabolic activities are continually occurring in the trillions of cells in your body and must be carefully regulated to maintain a constant internal environment, or steady state. This steady state must be maintained regardless of your ever-changing external environment. This automatic tendency to maintain a relatively constant internal environment is called homeostasis.

I'll get a little more specific about each of these activities in the next two weeks.

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

Upcoming events:

22 Jan	1 p.m.	Between the Lines: Photographs from the National Vietnam Veterans Memorial. Author lecture and slide presentation by Vietnam Veteran Thomas F. Morrissey
19 Feb	1 p.m.	Rejoice or Cry: Diary of a Recon Marine, Vietnam 1967-1968 Author lecture by Vietnam Veteran John R. Rhodes
19 Mar	1 p.m.	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 Apr	10 a.m. 4 p.m.	Celebrating the 30th Anniversary of Operation Babylift, Vietnam (1975-2005) \$10 Admission fee
16 Apr	1 p.m.	A Sense of Duty: My Father, My American Journey

Author lecture by former Vietnamese refugee and USMC
Gulf War Veteran Quang X. Pham

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.

Today in History...

Today is Friday, 7 January 2005. It is the 7th day of the year with 359 days remaining.

1608 – Fire destroys Jamestown, Virginia settlement.

1782 – The Bank of North America opened in Philadelphia. It was the first commercial bank in the United States.

1789 – The first national Presidential election was held in the U.S – electing George Washington.

1896 – Fanny Farmer publishes her first cookbook.

1927 – Transatlantic telephone service began between New York and London (31 calls were made that day).

1944 – Air Force announces production of the first US Jet fighter, the Bell P-59.

1953 – President Harry Truman announced the development of the hydrogen bomb.

1959 – The United States recognized Fidel Castro's new government in Cuba.

1996 – One of the biggest blizzards in U.S. history hit the eastern states. More than 100 deaths were later blamed on the severe weather.

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.

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

Date	Event	Location
12-18 Jan	Home Design & Landscape Show	Morristown Armory
14-15 Jan	Auction	Cherry Hill Armory
23 Jan	Circus	Jersey City Armory
29-30 Jan	Men's Expo	Morristown Armory
2 Feb	Moscow State Circus	Bordentown Armory
27 Feb	NASCAR Collectibles Show	Bordentown Armory

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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