



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

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DMAVA Highlights Archives

23 September 2005
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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!

Office of the Assistant Commissioner

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We're on the Web!
<http://www.nj.gov/military>

The NJ National Guard Needs You!

Here is our featured
 Job of the Week

Self-Propelled Field Artillery Turret Mechanic (45D)

The self-propelled field artillery turret mechanic performs unit maintenance of carriage-mounted armament, associated fire control, and related systems on all self-propelled field artillery weapon systems. Diagnoses malfunctions of troubleshoots and performs other unit maintenance on carriage-mounted armament, associated fire control, and related systems and components on all

Acting Governor Codey surveys Hurricane Katrina relief efforts.

Acting Governor Codey flew to Louisiana on Wednesday, 21 September, to visit the New Jersey state troopers assisting security and relief efforts in the aftermath of Hurricane Katrina. The Governor accompanied The Adjutant General, MG Glenn K. Rieth, along with soldiers and civilians, on the trip to Belle Chasse Naval Air Station in New Orleans, LA, aboard one of the 108th Air Refueling Wing's KC-135E Stratotankers.

Before departing McGuire Air Force Base, Acting Governor Codey spoke to the crowd in the 108th ARW's Operations auditorium, expressing how much he appreciates the efforts of the soldiers and airmen of the NJ National Guard in helping the victims of the hurricane. "What you are doing is for your brothers and sisters, and your fellow citizens," he said, and then added, "This is the spirit of the United States." Following the flight to the Naval Air Station, Acting Governor Codey boarded a helicopter and flew to the New Orleans International Airport to visit with New Jersey's state troopers and soldiers working 10-day rotations in Kenner, LA, where they are assisting in maintaining security and the search and rescue of victims of the flooding.

Farewell Ceremonies are scheduled for Company D, 250th Forward Support Battalion and the Reconnaissance Surveillance Target Acquisition Battalion.

The public is invited to join family and friends at farewell ceremonies for local National Guard members who are being deployed to Iraq.

A ceremony for Company D, 250th Forward Support Battalion is scheduled for Wednesday, September 28, 2005 at 10 a.m. at the Vineland Armory, 2560 South Delsea Drive, Vineland, New Jersey.

The ceremony for the Reconnaissance Surveillance Target Acquisition Battalion is scheduled for Thursday, October 13, 2005 at 10 a.m. and will also be held at the Vineland Armory.

These are trying times for both our National Guard soldiers and their family members and your show of support is appreciated.

Members of the 177th Fighter Wing deploy to Germany.

From 30 August to 14 September, 12 members of the 177th Fighter Wing's Services Flight deployed to Spangdahlem, Germany to assist the host wing while most of their military members were deployed. The deployment was also part of the Service Flight's Deployment for Training (DFT) requirement. A DFT is required so the flight can work alongside their active duty counterparts. While in Germany, 177th Service Flight members performed duties in Fitness Center, Lodging, Readiness function, and the Dining Facility. The flight also received training in areas that are required as part of their home station training requirements to include Self-Aid and Buddy Care, Food Sanitation, Mortuary Affairs, and Search and Recovery. 177th Services Flight members received positive feedback from the host wing leadership. In all, the DFT was an extremely positive and rewarding experience for all members of the 177th Fighter Wing's Services Flight.

self-propelled field artillery
weapon systems.

If you're interested in an exciting
job opportunity,
contact your Recruiting Office at
1-800-792-8396



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

Veterans Hotlines

Benefits & Entitlements

1-888-8NJ-VETS
(1-888-865-8387)

Mental Health

1-866-VETS-NJ4
(1-866-838-7654)

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)

Division of Veterans Programs announces August's statistics.

Mr. William Devereaux, Director, Division of Veterans Programs, announced that during the month of August, our Department's Veterans Service Officers saw, counseled, or referred 2,964 veterans; filed 284 claims/appeals; received 319 Award Letters, and received \$4,678,000 in benefits on behalf of our state's veteran population. This equates to an annual rate of \$56.2 million added to the state's economy on behalf of our disabled veterans.

The North Jersey Stand Down was conducted last week, 17 September 2005, at Essex County Community College. Units of the New Jersey National Guard supported volunteers from a variety of state service organizations and volunteer groups. Everyone in attendance rated the Stand Down a success. The South Jersey Stand Down will be held at the Cherry Hill Armory today.

NJ National Guard Magazine "Guardlife"– Volume 31, No. 4 – now available on the world wide web.

Guardlife magazine, Volume 31, Issue No. 4, is now available on the world wide web in a user friendly on-line web version at the following web address:
<http://www.nj.gov/military/publications/guardlife/volume31no4/index.html>.

The "Hometown Team" magazine, Guardlife, provides up-to-date information on the happenings within the New Jersey Army and Air National Guard both at home and abroad. 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>, the DMVA publications homepage.

Note to NJ National Guard retirees.

Recently, COL (Ret) Carmen Venticinque, who is a NJ Army National Guard retiree, sent out an email to about 50 retirees of both the Army and Air National Guard asking if they would be interested in being included as an addressee in a group e-mail in which he would put out information of interest to New Jersey National Guard retirees. Within a few days he received over 100 additional names and email addresses to include in the group. He now has close to 200 email addresses for retirees. He will put all names in the group, however, those wishing to opt out after receipt of their first group email can do so simply by notifying COL Venticinque. The overwhelming response and positive comments received from retirees ranging from General Officers to Senior Enlisted personnel is solid evidence of their interest in not only their fellow retirees, but what is currently happening in our New Jersey national Guard. COL Venticinque can be reached at colcv25@verizon.net. To protect the privacy and integrity of the list, addresses will be listed as "undisclosed recipient" or placed on the "Bcc" line.

Philadelphia Eagles - National Guard Appreciation Day

The Philadelphia Eagles announced that on Saturday, October 15, 2005, they would hold "National Guard Appreciation Day" under the tent at the Cherry Hill Armory from 9:00 a.m. to 4:30 p.m.

Attendees will meet Eagles' players, Jon Runyan, Hank Fraley, Artis Hicks, and Shawn Andrews. Also attending the event will be NFL Films President, Mr. Steve Sabol. Military ID will be required for admission.

Military Family Resource Center News –

Beginning 1 September 2005, the customer service function of the Military Family Resource Center (MFRC) was transferred to new resources: Military OneSource and MilitaryHOMEFRONT.

Military OneSource is a new and expanded information resource available to service providers. You can reach Military OneSource 24 hours a day, 7 days a week, by calling 1-800-342-9647 or online at www.militaryonesource.com. The user id is "military" and the password is "onesource." You can also email Military Onesource directly at mfrc@militaryonesource.com. Leaders, service providers, and service

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

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

members and their families can find information on the MilitaryHOMEFRONT Portal at www.militaryhomefront.dod.mil. In addition, selected items from the MFRC documents collection will be accessible from the Military HOMEFRONT QoL Library. The projected availability date for these materials is October 1, 2005. If you have questions about obtaining materials from the MFRC collection, contact the MilitaryHOMEFRONT Webmaster.

Family Reunion briefings and workshops are scheduled.

The 42nd Infantry Division will be coming home from IRAQ in the near future. A briefing and workshop are scheduled to assist family members and friends to prepare for the reunion with their Soldier. Topics to be covered will include understanding the changes that have occurred both in yourself and in your returning soldier, adjusting and enhancing lines of communications, asking the right questions, and listening to his or her answer. Date and location are Thursday, 29 September 2005 at 7 p.m. in the Teaneck Armory.

For further information or to RSVP, call Sarah Loureiro at 201-833-0632.

Enlisted Association of the National Guard announces Enlisted Conference.

The Enlisted Association of the NJ National Guard is proud to announce the Enlisted Conference at the Clarion Hotel & Conference Center in Atlantic City West. The Conference will be held 7 thru 9 October 2005. During the Conference we honor our Outstanding Soldiers and Airmen. There are various plans available. Friday night is the Halloween Masquerade Ball with Tex-Mex Buffet, and Saturday is the Formal Evening Ball with dinner and dancing. For additional information, contact SGM (Ret) Jerome Zebrowski at 609-214-6959 or e-mail jcptfalc@aol.com or SGM Edward Goetschius at 609-965-1972 or e-mail esgtmaj@comcast.net or www.EANG-NJ.org to get an application, plans and other activities offered. Thank you for your support!

Veterans to be honored at ceremony on 29 September 2005.

Salem and Cumberland County veterans will be honored in ceremonies to be held at the Salem County Community College, 460 Hollywood Avenue, Carneys Point, NJ. Veterans will be presented with the New Jersey Distinguished Service Medal at an 11 a.m. ceremony.

Salvation Army – Operation Red Shield.

Operation Red Shield is a fully funded program run by the Salvation Army to meet the emergency needs of our deployed service personnel and their dependents. If anyone needs assistance or additional information on Operation Red Shield, please call 888-302-6100 or 888-247-0100. Full program details can also be viewed at www.salvationarmynewjersey.org.

NJ Vietnam Veterans' Memorial and Vietnam Era Educational Center's upcoming event schedule.**15 Oct, 1pm -**

"Who Knew? Reflections on Vietnam (by an American Red Cross "Donut Dolly" in Vietnam). Author lecture by Vietnam Veteran (civilian) J. Holly Watts.

21 Oct, 8am - 3pm

Decades Later: Remembering America's War in Vietnam. Seventh Annual Forum on the Vietnam Era. Keynote Address by Lt Col Jim Kean, USMC (Ret) Commander of the Security Guard Force at the U.S. Embassy in Saigon during the April 1975 evacuation. Pre-Registration required.

27 Oct, 6pm

Salute to Patriotism – Third Annual Gala. Keynote Address by General Anthony Zinni, USMC (Ret) former head of Central Command for U.S. forces in the Middle East. Pre-Registration required.

Sun National Bank
1-800-691-7701

11 Nov, 11am
Veterans Day Ceremony

17 Dec, 6pm
Holiday Lighting Ceremony

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.

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 SGM Edward Goetschius, Military Funeral Honors Coordinator, at 609-530-7090 or by e-mail at Edward.goetschius@nj.ngb.army.mil.

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

Date/Time	Event	Location
22-24 Sep (10am-8pm) 25 Sep (10am-6pm)	Tool Show	Woodbridge
	-	
22-24 Sep (10am-8pm) 25 Sep (10am-6pm)	Tool Show	Freehold
	-	
24 Sep (6am-6pm)	Flea Market	Teaneck
	-	
24 Sep (10am-10pm)	Medieval Festival	Westfield
	-	
30 Sep (10am-5pm) 1 Oct (10am-8pm)	Quilt Show	Westfield
	-	
1-2 Oct (9am - 4pm)	Craft Show	Freehold Armory
	-	
9 Oct (8:30am -)	Nascar Collectibles	Bordentown

Fitness Corner –

Ernie Razzano, Certified Fitness Trainer, ernest.razzano@njdmava.state.nj.us

Aerobics and Muscle Loss?

I was asked if doing aerobics would cause a decrease in muscle size. This is a yes and no answer. Let me explain without getting too technical.

A person who loses muscle during a period of aerobic training is not eating enough to compensate for the calories expended. Calorie consumption versus calorie expenditure is an important factor in keeping your muscle while dropping bodyfat. Intense cardio-vascular training forces oxygen through your body, increasing the number and size of your blood vessels. Blood vessels transport oxygen and nutrients to muscles and carry waste products away for muscular growth, repair, and recovery. Without aerobics in your training program your body cannot create any new supply routes for your newly developed muscles.

If you're consistent in your cardiovascular training, then some important metabolic changes take place inside the body. First, at the cellular level, aerobic exercise adaptations include an increase in the size and number of mitochondria (cellular furnaces where fat and other nutrients are burned). When the larger and more prevalent mitochondria are combined with an increase in the quantity of oxygen that can be delivered to the mitochondria through higher levels of myoglobin, the aerobic capacity of the muscle tissue is enhanced. Second, aerobic exercise appears to

increase levels of myoglobin. Myoglobin is a protein that transports oxygen from the blood stream into the muscle fibers. Finally, this adaptation increases the level and activity of the enzymes involved in the aerobic metabolism of glucose.

Today is Friday, September 23rd. It is the 267th day of the year with 98 days remaining.

On this day in history...

1642 - The first commencement at Harvard College, in Cambridge, Massachusetts was held.

1779 - John Paul Jones, Commander of the American warship Bon Homme, was quoted as saying "I have not yet begun to fight!"

1780 - John Andre, a British spy, was captured with papers revealing that Benedict Arnold was going to surrender West Point, NY to the British.

1838 - Victoria Chafin Woodhull was born. She became the first female candidate for the U.S. Presidency.

1846 - Astronomer Johann Gottfried Galle discovered the planet Neptune.

1930 - Flashbulbs were patented by Johannes Ostermeier.

1932 - The Kingdom of Hejaz & Nejd was renamed the Kingdom of Saudi Arabia.

1962 - "The Jetsons" premiered on ABC-TV. It was the first program on the network to be carried in color.

1990 - Saddam vows to destroy Israel.

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

If you are able to assist the families of our deployed soldiers and airmen, please call our Family Readiness Center at our toll-free number 888-859-0352.

Thought for the day...

"An optimist expects his dreams to come true; a pessimist expects his nightmares to."

- Laurence J. Peter

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