

DMAVA Highlights

Jan. 21, 2010 Volume 12 Number 02



108th Wing Engineers leave for deployment to Iraq



Airmen of the 108th Civil Engineer Squadron say farewell to family members. More than 60 members of the 108th Civil Engineer Squadron, New Jersey Air National Guard, left New Jersey Dec. 27-28 for a six-month deployment to Iraq.

On Jan. 8 the main body of the squadron arrived at their duty location in Iraq. Lt. Col. Paul Novello, in a formal change of command ceremony, assumed command of the 447th Expeditionary Civil Engineering Squadron at the forward operating location. Photos by Maj. Yvonne Mays, DMAVA Public Affairs Office.



Coffee Express keeps 'em going

The "Coffee Express" provides deployed Airmen and Soldiers with coffee and snack food. You can send packages of snacks and coffee to keep the members of the 108th Civil Engineer Squadron remembering home. If interested, drop an e-mail to Barbara.harbison@njdmava.state.nj.us or call 609-530-7088 for the addresses.

Governors official photos are ready

The official photos of Gov. Chris Christie are ready for the armories. Please send an e-mail to Barbara.harbison@njdmava.state.nj.us with the unit, address and person to whom the picture should be mailed. If you need more than one for your facility, let us know.

Post extends invitation to Jewish war veterans

An invitation is extended to any Soldier or Airman of the Jewish faith to join the Specialist Marc Seiden Post 444 of the Jewish War Veterans. The veterans meet on the third Thursday of the month at the Twin Rivers library located in East Windsor, N.J. Spc. Seiden was a resident of Twin Rivers and the first Jewish soldier to die in the Iraq War. The post was renamed last April in his name.

Post 444 covers Mercer County and some of the surrounding areas. Anyone interested in joining this post or a similar post should contact Larry Rosenthal Larry.S.Rosenthal@us.army.mil, LSR1950@hotmail.com, or 609-888-0646.

Family, friends extend a welcome home to Aviation troops

by Sgt. Wayne Woolley, DMAVA Public Affairs Specialist

Nearly 300 New Jersey Army National Guard Soldiers who just finished serving a year in Iraq were officially welcomed home Jan. 16 by their families, Gov.-elect Chris Christie and Maj. Gen. Glenn K. Rieth, the Adjutant General, at a ceremony in Trenton.

The troops from the 1-150th Assault Helicopter Battalion and 628th Aviation Support Battalion marched into the War Memorial as the 63rd Army Band played the theme to "Star Wars" and their families waved American flags.

"You've honored us with your service more than we could ever honor you," Christie told the Soldiers and their families. "You are among a special group of American patriots – you don't talk the talk, you walk the walk."

Christie was sworn in as the state's 55th governor three days later. He selected the National Guard State Family Readiness Council, which provides emergency financial support to deployed National Guard troops, as one of three charities that will receive a portion of the money raised by the 2010 Christie-Guadagno Inauguration committee.

Rieth, a former Army aviator, told the Soldiers it was fitting they were being honored after their tour in the building "that was built to honor those who served with dignity, honor and patriotism. And that, is all of you."

While in Iraq, the Soldiers from the two New Jersey units flew nearly all of the UH-60 Blackhawk helicopter missions in Central Iraq – more than 900 missions. The maintenance crews battled the harsh environment and had a 96 percent mission launch rate, a particularly impressive accomplishment because the aircraft are 25 to 30 years old.

Rieth said the unit's biggest accomplishment was transporting 11,000 Soldiers and Marines by air, allowing them to avoid travel on Iraq's often treacherous roads.

"Because of you, they're going to be coming home to their families too," Rieth said.



Governor-elect Chris Christie, second from right, shakes hands with Spc. Timothy D. Lynch, right, 1-150th Assault Helicopter Battalion, while Maj. Gen. Glenn K. Rieth, left, welcomes a returning Soldier at the Welcome Home ceremony at the War Memorial in Trenton, N.J., on Jan. 16. Civic leaders to include Governor-elect Christie and his family joined the families of the more than 250 New Jersey Army National Guard Soldiers of the 1-150th at the ceremony, which brings to a close a one-year Operation Iraqi Freedom mobilization. The 1-150th is headquartered in Lawrenceville and the Citizen-Soldiers hail from all of New Jersey's 21 counties. U.S. Air Force photo by Tech. Sgt. Mark Olsen, 177FW/PA.

For many of the Soldiers on the deployment, service was a family affair.

During his first tour of duty in Iraq, Sgt. Victor Hernandez met his bride to be Sgt. Carmine Villegas in 2003. Five years later the pair exchanged wedding vows just before Carmine deployed with her son, Sgt. Felipe Diaz, both of whom were serving with the New Jersey Army National Guard's 50th Infantry Brigade Combat Team.

All three are now safely back in New Jersey.

"It's a great feeling being together again," Carmine Hernandez said.

TAG addresses DMAVA employees, promises communication

Maj. Gen. Glenn K. Rieth, The Adjutant General of New Jersey, held a short town hall meeting at DMAVA on Jan. 20.

"Gov. Chris Christie reappointed me as TAG," said Rieth. "I thank everyone in the department for their hard work; I am only as good as the people around me."

He noted the central theme of the new governor's speech was change. Rieth said the governor must have said the word 50 times. "What does that mean for DMAVA? I don't know," he said.

Reith stated that he was proud of the report from the transition team. "It was outstanding, with nothing negative to report," he said.

He went on to thank everyone for their parts in the recent welcome home ceremony for the Aviation battalions.

Gen. Rieth explained that Secretary of Veterans Affairs Eric K. Shinseki was looking at New Jersey and how we reintegrate soldiers. He said that the umbrella of support that we provide for our soldiers has shown that we are doing something right.

As he ended the meeting, he promised to communicate any changes coming down the road with the employees.

"It is truly an honor and privilege to serve with all of you; not just those in uniform," he said.

Vets Journal on DMAVA Web site

The New Jersey "Veterans Journal" December 2009 edition is now available on the World Wide Web in a user friendly on-line version at the following web address: <http://www.nj.gov/military/veterans/journal/fall2009/index.html>. The Veterans Journal is intended to serve New Jersey's veterans, their families, friends, and concerned individuals and groups. The journal provides up-to-date information on veterans' events, news, entitlements and services. Take a look at the new edition today.

DMAVA Highlights



Trombonist Sgt. Jose R. Quiles, and other Soldiers of the 63rd Army Band, warm up before performing for the inauguration of Governor Chris Christie on Jan. 19. Soldiers and Airmen of the New Jersey National Guard supported the inauguration of Governor Christie as the 55th Governor of the State of New Jersey and Kim Guadagno as New Jersey's first Lieutenant Governor. U.S. Air Force photo by Tech. Sgt. Mark Olsen, 177FW/PA.



BNP Paribas employees remove a coffeemaker from its box as part of the group's refurbishment of the 177th Fighter Wing Family Readiness Center on Jan. 14. The Center supports the Airmen and Soldiers of the New Jersey Air and Army National Guard. U.S. Air Force photo by Tech. Sgt. Mark Olsen, 177FW/PA.

177th Family Readiness Center gets an update from BNP Paribas

Larry Sobin, CFO of the BNP Paribas Corporate and Investment banking division that employees approximately 17,000 employees in 53 countries around the world brought 35 BNP Paribas employees to refurbish the 177th Fighter Wing Family Readiness Center in support of the families of the Airmen and Soldiers of the New Jersey Air and Army National Guard. The Family Assistance Coordinators made a wish list of items needed for the center that ranged from new blinds for the windows, toys, new furniture, appliances, flat screen televisions to freshly painted walls and Sobin and his employees delivered every item. They, along with 1st Sgt. Danny Mitchell and the Command Chief Master Sgt. Ray Morales, made several trips to local vendors picking up supplies, furniture, appliances and equipment and then the BNP folks got busy transforming an old facility into an updated one that will serve the National Guard families today and well into the future.

Upcoming training for Guard technician personnel system

From the desk of Chief Warrant Officer 3 Michele Thomas, Human Resource Office

Training for the Performance Appraisal Application (PAA) in the Defense Civilian Personnel Data System (DCPDS) for all Army and Air Guard technicians is currently being planned and scheduled. All Supervisors will attend training Feb. 1-5 for the PAA. This training is being conducted at four different locations within the state. Please go through your supervisor to learn when and where you will attend your training.

Additionally, training for the workforce is being planned and scheduled for March. Dates and times will be published at a later date.

If you have any questions about the system, contact Chief Warrant Officer Michele Thomas at 609-562-0878 or DSN 944-0878 or Michele.Thomas1@us.army.mil.

Wear RED on February 5!

Feb. 5 is National Wear Red Day®. Heart disease is the number 1 killer of women - wear **red** and speak up about the risk of heart disease in women. Visit www.GoRedForWomen.org for more information.

State Info

Reserve, Guard come together to help Soldiers find jobs

At no time in our history has it been more critical for the U.S. Army Reserve to develop and maintain solid, meaningful relationships with civilian Employers. To that end, the Chief of the Army Reserve, Lt. Gen. Jack C. Stultz, created the innovative Employer Partnership Initiative. Soon after, Maj. Gen. Raymond Carpenter, Acting Director of the Army National Guard, began a partnership with the Army Reserve to drive employment opportunities to the Army National Guard. Both the Army National Guard and the Army Reserve share a vision of collaborative effort that will sustain a viable operational Reserve Component, capable of caring for Soldiers and their families, and provide employers with a no-cost link to highly skilled and talented Guard and Army Reserve Soldiers.



In partnership with the Guard and Army Reserve, businesses and government agencies can look to hundreds of thousands of talented Guard and Reserve Soldiers in filling their staffing needs. These potential employees have been pre-screened and fully trained in the technical, specialized and professional capabilities employers need. The opportunity for Employer Partners to hire from a skilled labor force has the potential to reduce busi-

ness recruiting and training costs.

Through the Employer Partnership Initiative, Guard and Army Reserve Soldiers get two careers – one with the military and the other with one of our Employer Partners. This dual opportunity provides stability to families, and gives Soldiers additional possibilities to achieve both their civilian and military career goals.

The Guard and Army Reserve believes that Soldiers who possess advanced skills, certifications and education are more valuable employees and Soldiers – an essential element in sustaining the All-Volunteer Force for the future. That viability must be assured by all parties – the Guard, Army Reserve and the Employer – working together for the benefit of Reserve Component Soldiers and the Nation.

Visit <http://www.usar.army.mil/arweb/epi/pages/default.aspx> to find jobs, post resumes and more.

DMAVA Green

By Tech. Sgt. Barb Harbison, DMAVA Public Affairs Specialist

Research for this week's article found me in an article from BonAppétit, giving 50 tips for green eating. Here are some of them that may help you save money and the planet at the same time.

Fill up your freezer – a full freezer uses less energy than an empty one.

Every time you peek in the oven you lose 25-50 degrees Fahrenheit, so keep it shut until your meal is cooked.

Roast a whole chicken – less packaging and when you have eaten your fill, cook leftover bones for a homemade stock.

Eat American made cheese. Artisan cheese is made in small batches with special attention to the traditional art of cheesemaking. Farmstead cheese means the cheese is made with milk from the farmer's own flock or herd.

Eat your veggies – vegetables use less energy and water to grow. They also produce no greenhouse gases making them a far more efficient food source than domesticated livestock. You can also plant an heirloom vegetable garden. Heirloom seeds are non-hybrid traditional vegetables that have not been genetically modified.

But if meat is what you want – bison may be the way to go. Bison burgers are delicious. While bison were in decline in the late 1800s when only 1,000 remained, their population has reached more than 450,000, partly due to the rise in bison consumption. Or eat grass-fed beef. Cows were made to graze on grass.

The new term I learned for this week is locavore. A locavore eats only food that has been grown or produced near their homes, supporting their community and cutting down their carbon footprint. Generally speaking the distance is a 100-mile radius from your home.

If being a locavore isn't in your diet plan, try to buy as many foods as you can from your local farmer's market, or farm, plant a garden in your yard or pots of veggies on your deck. Then hop on your bike to ride to your local grocery store and save gas, get exercise and enjoy the weather.

Turn out the light when you leave the kitchen.

Keep Green!

Quotes

Every man has a right to utter what he thinks truth, and every other man has a right to knock him down for it.

--Samuel Johnson

The average person puts only 25 percent of his energy and ability into his work. The world takes off its hat to those who put in more than 50 percent of their capacity, and stands on its head for those few and far between souls who devote 100 percent.

--Andrew Carnegie

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, the Veterans Affairs or the state of New Jersey. Letters may be sent to: NJD-MAVA, 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

Maj. Gen. Glenn K. Rieth – The Adjutant General

Brig. Gen. James J. Grant – Director, Joint Staff

Retired Col. Stephen G. Abel – Deputy Commissioner for Veterans Affairs

Maj. Yvonne Mays – Public Affairs Officer

Tech. Sgt. Barb Harbison – Public Affairs Specialist

Sgt. Wayne Woolley – Public Affairs Specialist

Wounded Soldier and Family
Hotline
1-800-984-8523

Families

Free community nights at Franklin Institute

The Franklin Institute is introducing Target Community Nights at the Franklin Institute – free educational and fun-filled science nights, from 5-8 p.m., sponsored by Target. Everyone is welcome: join the fun and experience The Franklin Institute's exhibitions, special programs and themed activities.

Activities include FREE:

Access to all of The Franklin Institute's hands-on exhibits like Sports Challenge and The Giant Heart; tickets to the Tuttleman IMAX Theater; 3D shows in The Franklin Theater; live science shows; Fels Planetarium shows; and access to the Joel N. Bloom observatory. The monthly schedule varies and not all community nights offer free IMAX tickets, nor are the free IMAX tickets for feature length films.

The dates of the 2010 Target Community Nights are: Jan. 20, Feb. 17, March 17, April 21, June 16, July 21, Aug. 18, Sept. 15, Oct. 20 and Nov. 17.

You will be asked to register when you arrive; the registration desk opens at 5 p.m.

West Point band schedules two visits to local area

If you are interested in hearing the West Point Band, check out their schedule at www.westpoint.edu/band.

In the next few months, their schedule includes two visits to our area. On March 12, the Concert Band will perform at 7:30 p.m. at Asplundh Hall, West Chester University, West Chester, Penn. On April 1, at 7:30 p.m., the Jazz Knights will perform with trombonist Conrad Herwig at Patriots Theater, Trenton.

Visit their Web site for a complete listing of performances, information about the band and audio clips.

Bucky's at Picatinny Arsenal is looking for live bands

Do you have a band? Bucky's at Picatinny Arsenal is looking for live bands to play on Thursday nights, 5-8 p.m.

If you are interested, call Scott Miller, 973-724-5649, cell phone 201-874-2549, or e-mail scott.f.miller1@us.army.mil.

State Family Programs

101 Eggert Crossing Road, Lawrenceville
Toll-free number 1-888-859-0352
Family Assistance – 609-530-6834/6884
State Youth Coordinator – 609-530-6836
Military Family Life consultants – 609-530-6835/6886
Yellow Ribbon Program – 609-530-6846/6853/6859
Military OneSource 1-800-342-9647; NJ 609-530-6867
Fax – 609-530-6871

July 11-17 slated for 2010 NJ Guard Youth Camp

Applications are now available for the 2010 New Jersey National Guard Youth Camp being held at Sea Girt, July 11-17. To download an application, go to: http://www.state.nj.us/military/familysupport/youth_camp.html or contact your nearest Family Assistance Center.

Registration open for 9-week summer camp at Picatinny

Picatinny Arsenal offers a nine-week summer camp program for military families, DoD civilians and contractors. Children need to have finished kindergarten and up to middle school ages are eligible for the program.

There are weekly field trips, swim lessons at Frog Falls, free swim time, 4-H clubs, and Boys and Girls Club activities, sports, arts and crafts, computer time, special events, team building activities and more.

Military family registration begins Jan. 13 and DoD civilian/contractor starts on Jan. 27 for the lottery. The 2010 lottery will be drawn Feb. 10 at 9 a.m. at the teen center, building 3228. For more information call School Age Services at 973-724-5555.

Try your steps at line dancing Jan. 29

Spend an evening learning how to line dance or just showing off your current skills. Cannon Gate Catering, Picatinny Arsenal, is featuring Country Line Dancing with Music by the M's on Jan. 29, starting at 6 p.m.

Cost is \$15 per person and includes a buffet with barbecue beef brisket, fried chicken, Cajun catfish, cornbread and a cash bar. Call 973-724-2582 for reservations.

Check out Blue Star Flag Program

Grantham University's Blue Star Flag program has been providing Blue Star Flags to Service members and their families since 2006. Grantham University is also offering scholarships and grants to Servicemembers and veterans. For further information about the Blue Star Flag program, please go to: <http://www.mybluestar-flag.com>.

Military and family members health insurance questions should be directed to:

Tricare – Sgt. 1st Class Louis Tuck, 609-562-0865

US Family Health Plans – Pam Worley, 732-977-8531

VA Medical – Michelle Stefanelli, 973-676-1000, ext. 1727

Sports & More

It's time to start thinking about VACATION!!!!

Disney World Armed Forces Salute

From January 3 to July 31, 2010, active and retired U.S. military, including members of the U.S. Coast Guard and active members of the National Guard or Reserves, may purchase 4-day Walt Disney World Armed Forces Salute Tickets for themselves and up to five family members and/or friends for \$99.

The base ticket is valid for four days of admission into one of the four Walt Disney World theme parks. The Park Hopper option allows guests to visit more than one park each day. The Water Park and More option gives guests a total of four visits to a choice of a Disney water park, DisneyQuest Indoor Interactive theme park or certain other attractions.

During this offer period, active or retired U.S. military personnel may make a one-time purchase of up to a maximum of five 4-day companion tickets (one theme park per day) for \$99 per ticket, for family members (including spouse) or friends. Although this ticket for family members and friends does not include either the Park Hopper or Water Park Fun & More options, this ticket can be upgraded to add either such option, or both, for an additional \$25, per option. All tickets and options are non-transferable and must be activated by Sept. 26, 2010. Block out dates March 12-April 9 in all locations; July 3-4 in Magic Kingdom only. Tickets are available for purchase at Shades of Green beginning Jan. 3.

Busch Garden program for military

"Here's to the Heroes," a program sponsored by Anheuser-Busch, provides free admission in 2010 for any active duty, active reserve, National Guardsman or ready reserve servicemember representing any of the five service branches and as many as three of his or her direct dependents. All servicemembers need to do is register online at www.herosalute.com or in the entrance plaza of a participating park, and show a Department of Defense (DoD) photo identification. Each pass is valid for a one-day admission per person per year to five of Anheuser-Busch's seven theme park brands.

Waterpark opens May 29

Opening May 29 is Frog Falls Waterpark. The waterpark, located at Picatinny Arsenal boasts over 520,000 gallons of water adventures. The facility includes two high-velocity slides, six 25-yard lap lanes, a zero-depth entry leisure pool, a lazy river and a child activity pool with its own activities for our littlest guests.

Frog Falls is a membership only facility open to active duty, Reserve and National Guard military personnel and their dependents; Picatinny civilian employees and their dependents, contractors working on Picatinny as well as members of our partner communities residing in Rockaway Township, Rockaway Borough, Jefferson, Wharton, Denville, Dover, Roxbury, Mine Hill, West Milford, Sparta and Boonton. Through the Army's "Always a Soldier Program," military veterans as well as Morris County First Responders and their dependents are also authorized membership.

For membership information and more, visit <http://www.pica.army.mil/mwr/MWR/AquaticPark/FrogFallsSite/home.htm>.

6 Military personnel and their dependents are allowed to pay a daily fee of \$3 a person with valid ID card. Sponsorship and care giver memberships are also available.

Sea World tickets

Explore the wild world of animals at Sea World with more than 200 acres of world-class shows, thrilling rides and unforgettable animal adventures. There are new state-of-the-art rides such as "Kraken" and "Journey to Atlantis" to twist, turn and drench guest with unprecedented thrills while amazing the family with encounters with killer whales, dolphins, sea lions, stingrays and more.

For discounted tickets for military members, visit the Picatinny Arsenal ITR "Take Off" Center in building 34 or call 973-724-4014/4186. They are open Monday-Friday, 7:30 a.m.-3:30 p.m. Ticket prices for Sea World are \$64 for adults and \$56 for children ages 3-9.

Universal Orlando Military Salute

Universal Orlando's Military Salute offers one free 2-Park Unlimited Admission ticket to all U.S. active duty (including all National Guard and Reservists) and retired military service members with valid military IDs at all base Morale Welfare and Recreation travel and ticket offices. In addition the military member or their dependents can purchase additional 2-Park Unlimited Admission tickets at a substantial discount for family members and friends. Offer expires March 26, 2010.



Military Appreciation special rates for skiers, snowboarders

Military Appreciation ski and snowboarding specials are available from the Big Boulder and Jack Frost Ski areas for all military, spouse, dependents (under age 18), reservists and retirees with current military ID, current military spouse ID, and a current military dependant ID for ages 10 and up. A current military ID is required for all persons purchasing a snow pass and/or rentals. Military rates are:

- Monday-Friday (Non-holiday): \$20 snow pass, \$20 rentals
- Weekend and Holiday: \$30 snow pass, \$20 rentals

All Military snow passes must be purchased at Guest Services. This offer cannot be combined with any other discounts. The Big Boulder and Jack Frost Ski resorts are operated by Peak Resorts and are located in Lake Harmony and Blakeslee, Penn., within minutes of each other. For more information about hours of operations, facilities, directions and events you can visit their website online at: <http://www.jfbb.com>.

Veterans & Military

2009 tax documents available on myPay

2009 tax statements (W-2 and 1099) will be available on myPay - <https://mypay.dfas.mil/mypay.aspx> - as follows:

Retiree 1099R - available

Annuitant 1099R - available

Air Force, Army, and Navy Reserve W-1 - available

Civilian W-2 - available

Student Loan Repayment Program W-2 - Jan. 9, 2010

Army Non-Appropriated Fund Civilian W-2 - Jan. 11

Savings Deposit Program 1099INT - Jan. 16

Marine Corps Active and Reserve W-2 - Jan. 18

Air Force, Army, and Navy Active W-2 - Jan. 20

Travel/Miscellaneous W-2 - Jan. 22



OneSource offers tax services

From the desk of retired Command Sgt. Maj. Mike Hughes, Family Assistance Specialist

Starting January 18, Military OneSource brings you H&R Block At Home® online tax filing (formerly TaxCut), plus tax consultations by phone — free to service members and their spouses.

PLEASE NOTE: On January 18, 2010, the Military OneSource site will provide a link to the customized H&R Block At Home® product. Please wait until this link is posted on Military OneSource and use that link to access the customized product and create your account.

Do not go to the public H&R Block Web site to create a user account. If you create your account on the H&R Block Web site instead of through the Military OneSource site, the H&R Block system will treat your account as a public account. This means that you will receive the public version of the product instead of the customized Military OneSource product. The public version of is not the same as the customized Military OneSource product and it is not free.

Veterans Organizations contact information

State Veterans Service Council

Richard Clark, RJClark21@msn.com

BG William C. Doyle Cemetery Advisory Council

William Rakestraw, warjrnj@msn.com

Veterans Hotlines

Benefits and Entitlements

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

Mental Health

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

DoD, VA addressing suicide rate; help available

More than 1,000 military and government health-care workers and officials will be closing up the second annual DoD/VA Suicide Prevention Conference today.

VA Secretary Eric K. Shinseki said soldier suicide is an issue that troubled him throughout his military career in his address to the conference.

"Throughout my years and service in uniform, suicides were one of the most frustrating leadership challenges I faced," Shinseki, a retired Army general, chief of staff, and Vietnam War veteran, said. "We continue to be challenged." Everyone is vulnerable to suicide, the secretary said. Age, personality or positions in the military and in society hold no bearing on who's more at risk. Emotional wounds are just as common as physical injuries, but more difficult to spot, which makes suicide prevention such a challenge, he said.

"You can splint and patch physical wounds, but emotional wounds don't lend themselves to such fixes," he added. "But we must continuously develop equivalent accommodations."

In 2008, the Army reported 140 confirmed or suspected suicides, the Marines listed 41 possible or confirmed suicides, the Navy reported 41 suicides and the Air Force lost 28 airmen to suicide.

Of the more than 30,000 people who fall to suicide nationwide each year, 20 percent are veterans. About 18 veterans commit suicide every day. Each of VA's 153 medical centers and the largest of its 774 community-based outpatient clinics have suicide prevention coordinators who ensure counseling and services as a priority, he said. If you, as a current member of the military or a veteran are having problems, feeling the stresses of live or the stresses that come after deployment, there are a variety of organizations that are ready and willing to help you. Pick up the phone if you are experiencing emotional crisis and need to talk to someone.

Here are some resources.

The University of Medicine & Dentistry of New Jersey counseling hotline - 1-866-838-7654.

National Suicide Prevention Lifeline: 1-800-237-TALK (8255)

Military OneSource - 1-800-342-9647; offers three types of counseling: face-to-face, telephone and online consultations.

Realwarriors.net - provides links to resources, live chat room, and information about the Defense Centers of Excellence Outreach Center; a 24/7 call center staffed by health resource consultants. The outreach center can be reached toll-free at 866-966-1020 or via e-mail at resources@dcoeoutreach.org.

Join the New Jersey WOA

The United States Army Warrant Officer Association, Fort Dix Doughboy Chapter, is looking for members. For membership information, contact Chief Warrant Officer Nancy E. Rowbotham at nancy.rowbotham@us.army.mil.



Calendar

Watch them dunk the ball!

The New Jersey Nets are extending a special discount to military personnel, veterans, their family, friends and supporters for two games in January.

Come to the IZOD Center, East Rutherford, and see the Nets vs. the LA Clippers on Jan. 27 at 7:30 p.m. or the Nets vs. the Washington Wizards on Jan. 29 at 8 p.m.

Tickets are just \$5 for the upper level (200 level centers and corners) and \$10 for the lower level (100 level ends, corners and centers) tickets. If you have any questions, contact Christie Freid, Nets Basketball, 201-806-3776, cfreid@njnets.com.

Catch the Jersey Devils icing the competition

Picatinny Arsenal Family Morale Welfare and Recreation Events has tickets to see the New Jersey Devils at the Prudential Center, Newark.

Tickets are \$36. That includes upper level seats – exact seat location is unknown but usually near the ends – and a \$10 food & beverage card. That's a \$66 value for only \$36!

See the Devils skate against the Philadelphia Flyers on Feb. 10. Reservations are by paid sign up only. The sooner you sign up, the better. You may stop by the "Take Off" Center in building 34 at Picatinny or call 973-724-4014 and put your order on your Visa or Mastercard. Deadline is Feb. 3, 3 p.m. Call 973-724-4014 for more information.

North Jersey AUSA chapter holding social event on Feb. 2

The Northern New Jersey Chapter 1502 of the Association of the United States Army is holding a cocktail and social gathering on Feb. 2, 6 p.m., at the Vienna 60 Restaurant, 375 Park Avenue, Scotch Plains.

Menu for the event is hors d'oeuvres with a cash bar. Cost is \$10 per person and dress is business attire.

Please RSVP by Jan. 22 to retired Col. Richard F. Plechner, 739-549-1535.

Guard families holding Band of Brothers Memorial Poker Run

The families of the four New Jersey Army National Guard Soldiers who were killed in Iraq in June 2004 are honoring the memory of their fallen heroes with the Band of Brothers Memorial Poker Run which will be held on June 6, 2010.

The families are asking for their friends' and communities help and support with the event. All donations – monetary or otherwise – will be greatly appreciated and acknowledged on the day of the event. All donations are tax deductible. Individuals or organizations donating \$1,000 or more will have their names listed on the Run T-shirt.

All profits will be divided among the Friends of Frank Carvill Foundation, the SGT Ryan E. Doltz Memorial Foundation and the Duffy and Timoteo families.

For more information visit www.RememberingRyan.org.

Cav Association meeting on Feb. 5

The 117th Cavalry Association will be holding their meeting on Feb. 5, 7:30 p.m. in the Heritage Room at the Westfield Armory. Check out www.117th-cav.org for more information.

Free employment seminar starts Jan 25 in New Providence

The New Providence United Methodist Church is sponsoring a free eight-week re-employment seminar. Held Monday evenings at 7:30 p.m. beginning Jan. 25, the seminar will be led by Lloyd Feinstein, founder of Career Marketing Consultants.

The seminar will be helpful to those who are unemployed or who anticipate having to make a job change. Each week will work on a different topic to help those attending prepare for today's unpredictable employment market.

Topics will cover: communicating your value, how to figure where to go in your next career, the resume, mechanics of the job search, and much more.

Feinstein has more than 25 years experience conducting these types of seminars and working as a fulltime career consultant and adviser to everyone from college graduates up to and including senior management executives and entrepreneurs.

Anyone is welcome to attend. The church is located at 1441 Springfield Avenue, New Providence.

Veterans Outreach Campaign schedule

The DMAVA Veterans Outreach Campaign has kiosk displays at malls throughout the state and other special events to help veterans and their family members discover and apply for the benefits they are eligible to receive.

February 2*, 3, 4 Monmouth Mall

March 2*, 3, 4 Bridgewater Commons Mall

*Medal ceremony at 10:30 a.m.



Deadline

Want to place an event or article in DMAVA Highlights?

Deadline for articles is noon Wednesday.

Send submissions to barbara.harbison@njdmava.state.nj.us.