

DMAVA Highlights

Sept. 17, 2009 Volume 9 Number 34



New leadership for 57th Troop Command Soldiers

By Sgt. Wayne Woolley, DMAVA Public Affairs Office

Brig. Gen. James J. Grant's tenure leading the New Jersey Army National Guard's 57th Troop Command ended Sept. 19 at a ceremony to install the incoming commander, Lt. Col. Gerard R. Gagnon.

Both officers won plaudits from Brig. Gen. Stephen Hines, who served as the reviewing officer for the ceremony at the Joint Training and Training Development Center on Fort Dix.

Hines credited Grant, who serves as Chief of the Joint Staff, for using leadership skills honed over more than three decades of military service to raise the standards of the Troop Command during his tenure. Grant held leadership positions in nearly every subordinate unit of the Jersey Guard and now provides supervision to 8,300 Army and Air Guard members as well as oversight for the state operations of the New Jersey Department of Military and Veterans Affairs.

Gagnon's career has been marked by his holding key leadership positions and other sensitive assignments dating back to his active-duty time in the 1980s with a military intelligence unit that provided direct support to U.S. Central Command. He joined the National Guard in 1989 and held many key intelligence roles. He stood up and assumed command of the 21st Civil Support Team in 2004, a unit that cleared the arduous certification process in record time.

But Hines said Gagnon may be best served by the experience he gained serving in Iraq with the 50th Infantry Brigade Combat Team this year. Gagnon was responsible for five Forward Operating Bases, transportation and other logistics in Baghdad's International Zone.

The unit he will now command is one of the Jersey Guard's most diverse. It includes units across the spectrum of combat, combat service and combat service support.



Retired Col. Stephen Abel, DMAVA Commissioner for Veterans Affairs, (right) pins a New Jersey POW medal on a veteran during a ceremony Tuesday, Sept. 22 at the Rockaway Townsquare Mall. The ceremony was part of the department's program that brings the Veterans Service Officers' kiosk to the local malls around the state to get veterans enrolled in the various benefit programs. The next kiosk will be at the Jersey Gardens Mall on Oct. 20-22. Photo by Kryn Westhoven, DMAVA Public Affairs Office.

DMAVA administering flu shots to employees in October

From the DMAVA Division of Healthcare Services

DMAVA will again be administering the seasonal flu vaccine to state and federal employees (federal employees in the DMAVA Headquarters building only).

If there are individuals in your directorate that are interested in receiving the vaccine, send the following information to Karen D. Wallace at 609-530-6766, fax 609-530-6970 or e-mail karen.wallace@njdmava.state.nj.us.

Send each person's first and last name, division and work site where they will be to receive the vaccination. Forward lists to Wallace by close of business, Monday, Sept. 28.

The flu vaccines will be administered at the Central Office, Veterans Cemetery and the three Veterans Memorial Homes sometime in early October.

This is only for the seasonal flu vaccine. Information about receiving the "Swine Flu" vaccine (H1N1) will be sent out in a separate notice.

Bodily decay is gloomy in prospect, but of all human contemplations, the most abhorrent is body without mind.

--Thomas Jefferson, 3rd President of the United States



DMAVA Highlights

Vietnam Veterans Memorial calling for photos of men, women named on wall

American Forces Press Service

WASHINGTON - The National Call for Photos, a campaign to gather images of the more than 58,000 men and women whose names are on the Vietnam Veterans Memorial, was launched Sept. 17. FedEx Office will use its locations across the country to help in gathering photos.

Established in 1979, the Vietnam Veterans Memorial Fund is dedicated to preserving the legacy of the Vietnam Veterans Memorial here, promoting healing and educating people about the impact of the Vietnam War.

The fund's latest initiative is The Education Center at The Wall, an underground facility near the memorial that is being designed to help visitors discover the stories of those named on The Wall and celebrate the values embodied by servicemembers from all of America's wars.

Exhibits will include a wall of photographs of people whose names are on The Wall, a selection of the more than 100,000 items that have been left at the Vietnam Veterans Memorial, a timeline of key military events of the Vietnam War and a history of the memorial.

The center also will celebrate the values embodied by America's servicemembers: loyalty, duty, respect, service, honor, integrity and courage, officials said. An exit exhibit will show images of those who have served in America's conflicts, from the Revolutionary War to Iraq.

More than \$20 million has been raised for the education center, including a \$10 million gift from Time Warner. It is estimated that the center will cost \$85 million to build.

Other Memorial Fund initiatives include educational programs for students and teachers, a traveling Wall replica that honors veterans and a humanitarian and mine-action program in Vietnam.

DMAVA employee now a certified kayak master

Congratulations go out to Paul Serdiuk, HRD, who recently was certified as an Open Water Coastal Kayak Instructor by the American Canoe Association (ACA). During the intensive five-day program Serdiuk was tested on his ability of kayaking knowledge, navigation, safety, leadership, and training presentation. He had to successfully demonstrate his ability to execute an Eskimo Roll, wet exit, paddle strokes and maneuvers as well as self and assisted kayak rescues – all in four foot waves. Hey – now we know why you have that yellow kayak strapped to your car.

DMAVA Green

by Tech. Sgt. Barb Harbison, DMAVA Public Affairs Office

According to a 2006 report by the U.N. Food and Agriculture Organization, the livestock industry is one of the top three contributors to the planet's most serious environmental problems. Cows and other livestock (such as pigs, sheep and goats) release methane gas when they burp or fart, making them responsible for 18 percent of the world's greenhouse gas problem. It's estimated that a single cow can produce 25 to 130 gallons of methane a day.

In addition, nearly 30 percent of the available land on the planet is used for grazing livestock and growing their feed -- often at the expense of forests -- and their manure is a major source of water pollution and acid rain.

A study in *Environmental Science & Technology* by the Carnegie Mellon University researcher Christopher Weber found that food transport accounts for only 11 percent of food-associated greenhouse gas emissions, while production contributes a whopping 83 percent. Specifically, nitrous oxide and methane — mainly byproducts of fertilizer use, manure management and animal digestion — make up a far bigger piece of the emissions pie than emissions from transporting our food from faraway places, the study found.

Weber and colleague Scott Matthews conducted a life-cycle assessment of greenhouse gases emitted during all stages of growing and transporting food consumed in the U.S. (using Department of Commerce data) and calculated that the average U.S. household generates 8.1 metric tons of greenhouse gases (in CO2 equivalents) annually as a result of food consumption. By comparison, driving a car that gets 25 miles per gallon of gasoline for 12,000 miles per year (the U.S. average) produces about 4.4 tons of CO2.

Even more surprising, the study noted that U.S. consumers can do more to reduce greenhouse gases by eating one-seventh of a week's calories from chicken, fish or vegetables instead of red meat or dairy than buying all local foods. From ScienceNews.org.

Quotes

He that has done you a kindness will be more ready to do you another, than he whom you yourself have obliged.

--Benjamin Franklin

A journalist is a grumbler, a censorer, a giver of advice, a regent of sovereigns, a tutor of nations. Four hostile newspapers are more to be feared than a thousand bayonets.

--Napoleon Bonaparte

If you've nothing to lose, you can try everything.

--Yiddish proverb

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

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

Families

Warrior Adventure Quest now at Picatinny Arsenal

Warrior Adventure Quest introduces Soldiers to high-adventure outdoor recreation activities such as Paintball, Geocaching, Ropes Course, SCUBA diving, rock climbing, mountain biking, skiing or white-water rafting, and combines it with Battlemind training.

What's The Objective? Allow Soldiers to experience high-risk activities in a safe, controlled environment.

Unfortunately, many recently deployed U.S. service members have pushed too far as they seek to fill the void left by a supercharged combat environment. At least 186 Soldiers have died in accidents within one year of returning from combat, officials reported, and 168 of them within the first six months of their redeployment. More than half of the accident fatalities were those ranked E-5 or below, with the incidents involving driving at high speeds, alcohol, or both.

As of Jan. 20, the Army had documented the death of 50 Soldiers to accidents between Memorial Day and Labor Day 2008 - a loss of one Soldier every other day throughout the summer.

WAQ activities are a high adventure component, using local resources at each Garrison, using Battlemind training. This program is designed for a team-building activity, Focused at the Platoon-level, to engage all soldiers in RESET.

Visit <http://www.pica.army.mil/outdoor/> for more information.



Next Marriage Enrichment weekend coming in February

From Marie Durling, Family Programs Specialist

The next Marriage Enrichment weekend will be in February 2010. As soon as information is available on location and date, the applications will be available in the Family Support newsletter. There is only space for 25 couples, so keep your eyes open for the notice. Contact Marie at 609-530-6884 or marie.durling@us.army.mil to receive the e-newsletter.

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
Fax – 609-530-6871

Military-friendly college fair in Woodbridge Oct. 21

The organizers of a college fair at Woodbridge High School 25 Kelly Street, Woodbridge, on Oct. 21 are inviting all members of the military and their families to attend. More than 75 higher learning institutions will be represented at the fair, which opens to the military at noon. Woodbridge Mayor John E. McCormac has also invited several local corporations to send recruiting representatives.



First Tee program comes to Picatinny Arsenal

From Scott Nordland, Picatinny Arsenal

It is with great pleasure to announce a new FREE program that the Picatinny Arsenal SKIESUnlimited Program will be offering! The First Tee program serves young people by offering them a unique perspective toward learning golf while appreciating the positive personal and social values associated with a lifelong game and physical fitness activity. Life skills programs that incorporate The First Tee Nine Core Values are delivered through a network of community-based chapters and elementary schools. Children ages 7-18 are able to participate in this free program that is being offered by the SKIESUnlimited Program beginning in October. Please visit the Children and Youth School Services Web page <http://www.pica.army.mil/mwr/cys/SKIES/SKIES%20Webpage.htm> for more details!

To register contact Scott Nordland, 973-724-7183 or e-mail scott.nordland@us.army.mil.

Free tutoring, homework assistance to Army families

Tutor.com is available to ALL Army-affiliated families – military, civilian and contractor – regardless of deployment status or component. The Web site is 24/7 real-time, individualized, one-to-one tutoring and homework assistance with a qualified and screened tutor.

Spanish speaking tutors are available from 2 p.m.-1 a.m.

Adult assistance college coursework and resume/job search/citizenship/standardized testing is also available.

If you have questions, contact Nadine Moore at the National Guard Bureau, 703-607-9817 or visit www.myarmyonesource.com/cyss_tutor.

State Employees

Open enrollment for state health plan 2010 begins Oct. 1

It's that time of year again! The State Health Benefits Program (SHBP) Open Enrollment period for all State employees will begin on Oct. 1 and end on Oct. 30, 2009. All changes to coverage made during this open enrollment will be effective on January 2, 2010, for State employees paid through the State Centralized Payroll Unit.

There are new documentation requirements if a member is enrolling a dependent for coverage (spouse, partner, or child). Along with the employer-certified *Health Benefit Applications* and/or *Dental Plan Application* the following documents are required to verify the dependent's relationship to the member and eligibility for coverage.

- Employees who are enrolling a spouse as a dependent in the SHBP for the first time are required to provide a photocopy of the marriage certificate and a copy of the top half of the front page of the employee's most recently filed federal tax return (Form 1040*) that lists the spouse.

- Employees who are enrolling a child as a dependent in the SHBP for the first time are required to provide a photocopy of the child's birth certificate showing the employee's name as a parent.

If the employee's name is not on the birth certificate, the birth certificate and a copy of the top half of the front page of the employee's most recently filed federal tax return (Form 1040*) that lists the child may be submitted.

**Employees may black out all financial information shown on the form but the last 4 digits of any Social Security numbers.*

Note: Additional documentation requirement information can be found on the SHBP Web site at: www.state.nj.us/treasury/pensions/shbp.htm. If you wish to enroll any dependents in the SHBP, and are not sure what documentation is required, please contact Benefits Administrator, Lisa J. Dandrea in Human Resources at 609-530-6888.

The State Health Benefits Commission has approved health, dental, and prescription drug plan rates for the 2010 plan year. The cost for health and prescription remains the same at 1.5 percent of the employee's salary. There will be a slight increase to the dental plan rates for state employees. Rate increases will be effective Jan. 2, 2010. These rates may be found on the SHBP Web site at: http://www.state.nj.us/treasury/pensions/hb_open_enrollment_2009/dental-state-biweekly.pdf.

Is it a cold or the flu? Here's an easy way to tell the difference

From DMAVA Veterans Healthcare Services

So you woke up this morning feeling like a steamroller was running over you all night. You are tired, aching, coughing – do you have a cold or is the flu? And if it's the flu, is it Swine Flu (H1N1)? Here is an easy table to help you tell the difference.

Symptom	Cold	Flu
Fever	Fever is rare with a cold	Fever is usually present; up to 80 percent of cases. Temperature of 100 degrees or higher for 3-4 days is associated with the flu.
Coughing	Hacking, productive cough – with mucus often present	Non-productive cough usually present; dry cough
Aches	Slight body aches and pains can be present	Severe body aches and pains are common
Stuffy Nose	Commonly present; typically resolves spontaneously within a week	Not present with the flu
Chills	Uncommon	60 percent of people with flu get chills
Tiredness	Fairly mild	Moderate to severe
Sneezing	commonly present	Not common
Sudden Symptoms	Tend to develop over several days	Flu has a rapid onset – within 3-6 hours. Hits hard and includes high fever, aches and pains
Headache	Fairly uncommon	Very common; present in 80 percent of cases
Sore Throat	Commonly present	Not commonly present
Chest Discomfort	Mild to moderate	Often severe

If you have two or more of the flu symptoms: self-quarantine and don't infect others.

Swine flu (H1N1) has also been infected with vomiting and diarrhea.

Always cover your mouth and nose with a tissue when you cough and/or sneeze. Or cough or sneeze into the crook of your arm.

Clean your hands often during the day with soap and warm running water. And always after you cough or sneeze.

Use an alcohol-based hand sanitizer gel if you don't have access to soap and water.

Veterans & Military

VA warns Veterans of telephone prescription scam

WASHINGTON (Sept. 17, 2009) - The Department of Veterans Affairs (VA) is warning Veterans not to give credit card numbers over the phone to callers claiming to update VA prescription information.

"America's Veterans have become targets in an inexcusable scam that dishonors their service and misrepresents the Department built for them," said Dr. Gerald Cross, VA's Under Secretary for Health. "VA simply does not call Veterans and ask them to disclose personal financial information over the phone."

Veteran Service Organizations have brought to VA's attention that callers are misrepresenting the VA to gain personal information over the phone. They say VA recently changed procedures for dispensing prescriptions and ask for the Veteran's credit card number.

"VA has not changed its processes for dispensing prescription medicines," Cross said. "Nor has VA changed its long-standing commitment to protect the personal information of this nation's Veterans."

Veterans with questions about VA services should contact the nearest VA medical center or call, toll-free, 1-877-222-8387.



Navy birthday lecture Oct. 3 at NJ Vietnam center

On Oct. 3, at 1 p.m., the New Jersey Vietnam Veterans' Memorial Foundation will host a celebration of the United States Navy's 234th Birthday with a lecture by Navy Lakehurst Historical Society members Carl Jabonski and Ronald Montgomery. The lecture will cover the history of the U.S. Navy, a look at where the U.S. Navy is today and what the future holds. This program will be held at the Vietnam Era Educational Center in Holmdel. Light refreshments will be served.

Carl Jablonski of Beachwood, President of the Navy Lakehurst Historical Society, will speak about the Navy's history along with its present and future missions. Ronald Montgomery of Whiting, serves as vice-president of the historical society as well as Director of the Navy Lakehurst Information Center, Ready Room, and POW-MIA Room. Ronald retired from the U.S. Navy. He will discuss his Navy experience and Lakehurst's new jet launching system that will render today's aircraft catapult systems obsolete.

Lecture attendees are asked to RSVP to 732-335-0033. A donation of \$5 per person is suggested.

NJ Vietnam Memorial hosts author lecture, book signing

On Oct. 10, at 1 p.m., the New Jersey Vietnam Veterans' Memorial Foundation will host an author lecture and book signing presented by retired Col. Leonard Luzky and retired Lt. Col. William Kale, entitled "A Journey to Honor," based on the new book, *A Tribute to New Jersey Veterans*. This program will be held at the Vietnam Era Educational Center in Holmdel. Light refreshments will be served.

The book, *A Tribute to New Jersey Veterans*, was a collaborative effort between the *Star-Ledger* newspaper and the National Guard Militia Museum of New Jersey. It features numerous unpublished photos from the museums' collections, the archives of the N.J. National Guard archives, N.J. National Guard Regimental Associations' archives and *Star-Ledger*, along with photos from personal collections and other sources, including the NJVVMF. It features approximately 300 photographs with text and captions that chronicle the men and women of New Jersey who have protected democracy since the inception of our great country right up to today's conflicts, including a chapter entitled "In Harm's Way" featuring photos from recent deployments. With the photos and illustrations, this book captures the contributions of New Jersey's men and women.

In the lecture, "A Journey to Honor," the authors will speak on the genesis of the book, its development and extensive sources. They will review pictorial highlights from various chapters including the Vietnam section, New Jersey's early military history, how the state has honored our veterans, notable New Jerseyans, and the story of today's men and women from New Jersey who serve in the military. Copies of the book will be available the day of the lecture for \$32.

In addition to Col. Luzky and Lt. Col. Kale, *A Tribute to New Jersey Veterans* was also co-authored by retired Chief Master Sgt. Craig A. Czarnecki, retired Brig. Gen. Robert Dutko, Michael Horgan, retired Col. Donald Kale, and Joseph Seliga.

Lecture attendees are asked to RSVP to 732-335-0033. A donation of \$5 per person is suggested. The Vietnam Era Educational Center is located adjacent to the New Jersey Vietnam Veterans' Memorial off the Garden State Parkway at exit 116. The Educational Center is open Tuesday through Saturday, 10 a.m.-4 p.m.

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)

Calendar

When – Sept. 26

What – 22nd annual New Jersey Friends of the Guard and Reserve golf outing

Where – Falcon Crest golf course, McGuire Air Force Base

More info – 609-562-0156 or 609-562-0157

When – Oct 17, 6 p.m..

What – Col . Ronald Cefalone retirement dinner

Where – NJARNG Armory, Lawrenceville,

More info – Call Lucy Brogle, 609-562-0264, lucy.brogle@us.army.mil

Motorcycle show benefits

veterans memorial in Wantage

Come enjoy the 2nd Annual Wantage Twp Veterans' Memorial Fundraiser Car & Motorcycle Show at Woodbourne Veterans Memorial Park, Sherman Ridge Road, Wantage, on Oct. 10, from 9 a.m.-3 p.m. Rain date is Oct. 11.

Free spectator admission to see multiple classes of cars, motorcycles and trucks. There will be food, hot and cold refreshments available all day – you can even get breakfast there. Also on the slate will be live music, a DJ, huge 50/50 drawing and tricky tray and door prizes.

If you want to show off your car, pre-registration is \$15, \$20 on the day of the show. Visit <http://www.wantagetwp.com/VeteransMemorialWebsite> or http://gmlnj.com/car_show/car_show.htm for more information.

All funds raised will be used for completion of the Veterans memorial to honor all veterans.

Comedy show with a twist coming to Fort Monmouth

Coming to the Expo Theater at Fort Monmouth on Oct. 16 at 3 p.m., is comedian Bernie McGrenahan as part of his Happy Hour comedy tour. He will be performing his live stand-up comedy show with a twist – a powerful and inspirational message.

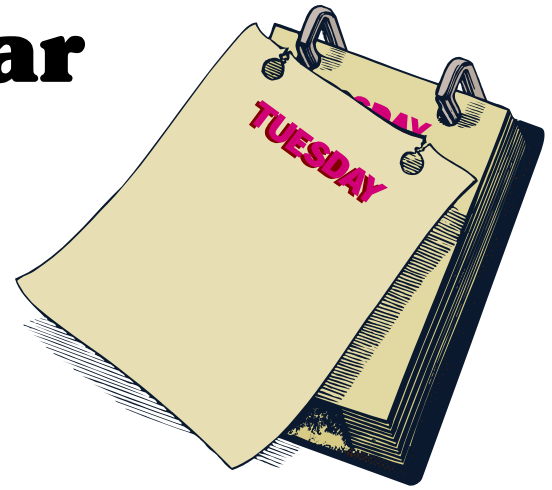
The performance is free and there will be preferred seating for military families. The show is presented by Army Community Services. For questions, call 732-532-2077 or e-mail Monm-USA-GACS@conus.army.mil.

To see more about McGrenahan, visit www.HappyHourComedy.com.

Walkup Memorial Poker Run slated for Oct. 3

By Kryn Westhoven, DMAVA Public Affairs Office

The Green Flag Committee of New Jersey Motorsports Park in Millville is hosting the 6th annual Tom Walkup Jr. Memorial Poker Run on Saturday, Oct. 3. The Ride starts at 9 a.m. at the NJMP Officers Club and will end at the same location where there will be live music and chance to watch Sportscar Vintage Racing Association Grand Prix. The poker run benefits the Patriot Park project and Green Flag Children's charities. The cost is \$20 each rider and \$15 for passengers. Call Jamie at 856-327-7203 to pre-register or for more details.



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.

Oct. 20, 21, 22** Jersey Gardens Mall

Nov. 9*, 10 Woodbridge Center Mall

*Medal ceremony at 10:30 a.m.

**Medal ceremony at 1 p.m.

Picatinny Haunted House is set to scare one and all

Bring the family to Picatinny Arsenal's "Fear of the Unknown" haunted house on Oct. 23, 24 and 30, from 6:30-9:30 p.m. Ticket cost is \$8 for adults and \$4 for children ages 6-12.

Children 6-12 must be accompanied by an adult; not recommended for children under 6 years old.

Proceeds benefit the Picatinny Youth Program, Military Unit Fund and Civil Air Patrol. There will be graveside dining at the Cemetery Café with hamburgers, hot dogs and chili. Seating is available.

Entrance to the Picatinny Haunted House will be through the Navy Hill gate off Lake Denmark Road in Rockaway Township. Detailed directions can be found at <http://www.pica.army.mil/mwr/cys/cyshomepage.htm>. The entrance gate to Picatinny will be closed to incoming cars at 9 p.m. No backpacks, large purses or cameras.

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.