



The State of New Jersey
Department of Military and Veterans Affairs
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DMAVA Highlights Archives

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NJ Dept of Military and Veterans Affairs

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 The Adjutant General

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We're on the Web!

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

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Thought for the Day..

2004 USO Award for Excellence awarded to NJ National Guard's ChalleNGe Youth Program.

Congratulations to the New Jersey National Guard ChalleNGe Youth Program for earning the 2004 USO Award for Excellence in Health and Hygiene. The award was presented at the Annual ChalleNGe Workshop held in San Diego, California on 7 January 2005. A formal ceremony on Capitol Hill on 13 May 2005 will again acknowledge New Jersey's distinction.

The ChalleNGe Program is looking for a few good men and women to add to their team. If you would like to be a part of this award-winning team, contact Mr. Van Lew at 609-562-0572. You can work part-time as a Cadre Instructor, supervising and mentoring cadets in their daily activities. ALL SHIFTS are available during the week and on weekends.

NJ Air National Guard's 108th Air Refueling Wing had the honors of flying the last operational mission in Operation Joint Forge.

During the month of December members from the 108th Air Refueling Wing deployed, under Operation Joint Forge, to Istres Air Base, France to assist in the closure and relocation of assets and personnel. The U.S. Air Force had personnel on Istres for NATO to direct air coverage over the Balkan skies, but now after 11 years, their mission is finally complete. In the past 10 years the detachment, based in a rented hangar in Istres, has flown approximately 6,000 missions and logged over 34,000 flight hours.

The 108th ARW had the honors of flying the last operational mission in Operation Joint Forge. During a closure and flag furling ceremony to mark the official end of the air base there was a strong sense of friendship between the French and Americans that was formed in their decade on French soil.

New Jersey's Distinguished and Meritorious Service Medals presented to veterans.

On Thursday, 20 January 2005, New Jersey Distinguished and Meritorious Service Medals ceremony was held at Salem County Community College in Carneys Point, New Jersey. Brig Gen Eugene R. Chojnacki, Commander of the New Jersey Air National Guard, presented these medals to 66 of our State's veterans and saluted them for their service and sacrifice on behalf of all the citizens of our great state and nation.

177th Fighter Wing hosts "Open House" at Warren Grove Weapons Range.

Colonel Brian Webster, Commander 177th FW, hosted an "Open House" for the media and the public at the Warren Grove Weapons Range on Thursday, January 20, 2005. The purpose of this event was to invite the public to come out and see their facility and get a feel for what a typical day at the Range is like when training is in progress. Those in attendance received a mission brief from Lt Col Dave Haar and were then given the opportunity to view a tactical aerial demonstration involving F-16C Fighting

"The first fall of snow is not only an event, it is a magical event. You go to bed in one kind of world and wake up in another quite different. And if this is not enchantment then where is it to be found."

-J.B. Priestley

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:

Falcon Aircraft from the 177th Fighter Wing and OA-10 Thunderbolts from the Pennsylvania Air National Guard from Willow Grove Naval Air Station. Warren Grove Range is and will remain open to the public.

Veterans Haven receives the gift of warmth.

Thanks to the generosity of the Manasquan Elks, the residents at Veterans Haven, the Department's facility for homeless veterans, were the recipients of more than 50 warm, winter coats donated by the Elks organization. Thank you for remembering our veterans!

Simply Audiobooks makes a generous donation to our troops.

On Monday, 17 January 2005, Mr. Sean Neville, Chief Executive Officer for Simply Audiobooks, met with MG Glenn K. Rieth and New Jersey Assemblyman Bill Baroni, District 14, at the Lawrenceville Armory. During this event, Mr. Neville donated 400 audio books that will be shipped as expeditiously as possible to our deployed soldiers and airmen. MG Rieth thanked Mr. Neville and Audiobooks for their generosity and support of the New Jersey National Guard, and Assemblyman Baroni and his office staff for their work in facilitating this donation.

The National Committee for Employer Support of the Guard and Reserve (ESGR) – Freedom Award for 2005.

The National Committee for Employer Support of the Guard and Reserve (ESGR) announced that nominations for the 2005 Secretary of Defense Employer Support Freedom Award would be accepted at the ESGR website, www.esgr.mil, until midnight February 24, 2005. The Secretary of Defense Employer Support Freedom Award was instituted in 1996 to recognize the significant contributions and sacrifices made by America's employers of National Guardsmen and Reservists. ESGR is reinstating the original parameters of the nomination process in which Guardsmen and Reservists may nominate their employers. National Guardsmen and Reservists are encouraged to visit the ESGR website to nominate their employers for this prestigious award that recognizes support above and beyond the USERRA Law for employees who serve in the National Guard and Reserves. The 2005 recipients will be recognized on October 22, 2005 in Washington, DC. Please contact Hank Pierre at 609-530-6879 should you have any questions about the 2005 Freedom Award or ESGR.

Free American Hero wristbands are available now.

The American Hero Band is a free wristband worn by Americans to demonstrate their support of the "Defenders of Freedom" who are Army National Guard Soldiers deployed across the globe. Engraved on the metallic wristband are the words IN HONOR OF AN AMERICAN HERO SERVING IN THE ARMY NATIONAL GUARD. These words are flanked left by the Army National Guard logo and right by the American Flag. There is also an inscription of the National Guard website, <http://www.virtualarmory.com> and a unique serial number engraved inside this commemorative wristband. If you are interested in getting The American Hero Band, go to <http://www.virtualarmory.com> and click on the American Hero Band banner.

Veterans to be honored at upcoming Medal Ceremonies.

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

10 Feb 11 a.m. 1 p.m.	Distinguished/Meritorious Service Medal Korean Service Medal	Hackettstown Armory 901 Willow Grove Street Hackettstown, NJ
24 Feb 11 a.m. 1 p.m.	Distinguished/Meritorious Service Medal Korean Service Medal	Lawrenceville Armory 151 Eggert Crossing Rd. Lawrenceville, NJ

NJ National Guard Summer Youth Camp Information.

Commerce Bank
1-888-751-9000

Credit Union of NJ
609-538-4061, ext. 401

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

Fleet
1-800-841-4000

Manasquan Savings Bank
732-223-4450

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

This year's New Jersey National Guard Youth Camp will be held 17-23 July 2005 at the NJ National Guard Training Center, Sea Girt, New Jersey. Applications are available on the Family Program website:

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

Both the camper and volunteer applications are on the net in a downloadable format. Applications will also be available at all Family Assistance Centers or can be obtained by calling the Family Program Director's office at 609-562-0668. Boys and girls, ages 9-12 are invited to apply. All campers must be the child/grandchild/legal dependent of an active or retired member of the NJ National Guard. Volunteer positions are available for senior counselor, junior counselors, safety and security, arts & crafts, sports, beach, administrative, public affairs, cooks, transportation, and logistics. For additional information, call your Family Assistance Center at 1-88-859-0352 or the Family Programs Office at 609-562-0668

CSM Vincent Baldassari Memorial and USAA Scholarship Awards Program.

The Enlisted Association of the National Guard of New Jersey will sponsor five scholarships of \$1000 each for children of members of the Association and drilling members of the NJ National Guard (Army or Air) who are also members of the Association. Additionally, USAA will sponsor one \$1000 scholarship for a drilling member. Applicants must complete the appropriate application in its entirety with all required and prescribed documents. The deadline for application submission is 15 April 2005. Additional details and application can be found on the Department's website by [clicking here](#).

National Guard Association of NJ –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. Applications and additional information are available online at: www.nganj.org and at your armory. Send completed applications to: National Guard Association of New Jersey, Scholarship Committee—COL Edward Slavin, 101 Eggert Crossing Road, Lawrenceville, NJ 08648.

Teaneck Family Assistance Center schedules Pancake Breakfast.

A Pancake Breakfast will be held on Sunday, February 6th, from 9 a.m. through 1 p.m. to benefit the Teaneck Family Assistance Center. VFW Post 1492, American Legion Post 129, and the Teaneck Public Schools are sponsoring the breakfast, which will be held at Thomas Jefferson Middle School, 655 Teaneck Road, Teaneck, NJ 07666 (Opposite Holy Name Hospital). For tickets and information, please call SFC Hiller, SGT Loureiro, or SPC Durango at 201-833-8356.

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, when they host the Detroit Pistons at the Continental Airlines Arena, East Rutherford, NJ. Reduced ticket prices are available for members of the National Guard and their families. For more information or to order tickets, contact SMSgt Dave Whalen, 108th Air Refueling Wing at 609-754-3616 or david.whelen@njmccgu.af.mil, not later than 28 January 2005.

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

Metabolism

The many biochemical processes that make up the body's metabolism are categorized into two general phases: anabolism and catabolism. From the start, it must be understood that anabolism and catabolism occur simultaneously all the time. However, they differ in magnitude depending on the level of activity or rest and on when the last meal was eaten. When anabolism exceeds catabolism, net growth occurs. When catabolism exceeds anabolism, the body has a net loss of substances and body tissues and may lose weight.

Anabolism includes the chemical reactions that combine different biomolecules to create larger more complex ones. The net result of anabolism is that new cellular material is made. That energy is stored in the form of glycogen and/or fat, and in muscle tissue. Anabolism is necessary for growth, maintenance, and repair of tissues.

Catabolism is the term used to describe the chemical reactions that break down complex biomolecules into simpler ones for energy production. Catabolism provides the energy needed for transmitting the nerve impulses and muscle contraction.

Metabolism includes only the chemical changes that occur within tissue cells in the body. A healthy metabolism needs many nutrients to function optimally. A slight deficiency of even one vitamin can slow down metabolism and cause chaos throughout the body. The body builds thousands of enzymes to drive your metabolism in the direction influenced by activity and nutrition. So, when you are training several hours a day, you better make sure that your diet contains the nutrients it needs to feed the many metabolic pathways.

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

On Saturday, 22 January, at 1 p.m., the NJ Vietnam Veterans' Memorial Foundation will host a slide show and book discussion by Vietnam Veteran Thomas F. Morrissey, author and photographic illustrator of *Between the Lines: Photographs from the National Vietnam Veterans Memorial*. This book is a collection of photographs designed to not only capture the faces of those who visit "The Wall," but the emotion, solitude, and ultimate spirit of healing that take place there. Throughout the book, Morrissey incorporates excerpts of messages that have been left at the Wall. Lecture attendees are asked to RSVP to 732-335-0033. A donation of \$5 per person is suggested.

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, 21 January 2005. It is the 21st day of the year with 344 days remaining.

1677 – The first medical publication in America (pamphlet on smallpox) printed in Boston.

1853 – Dr. Russell L. Hawes patented the envelope-folding machine.

1915 - The first Kiwanis club was formed in Detroit, Michigan.

1949 - The first inaugural parade (Harry Truman) was televised.

1954 - First Lady Mamie Eisenhower broke the traditional bottle of champagne across the bow of the USS Nautilus, the first atomic-powered submarine, as she slid into the Thames River in Groton, Connecticut.

1970 - The Boeing 747 made its first commercial flight from New York to London for Pan American.

1976 - The French Concorde SST aircraft began regular commercial service for Air France and British Airways.

1977 - U.S. President Jimmy Carter pardoned almost all Vietnam War draft evaders.

2003 - The U.S. Census Bureau estimates show that the Hispanic population had passed the black population for the first time.

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
23 Jan	Circus	Jersey City Armory
23 Jan	Sports Card & Comic Book Show	Bordentown Armory
29-30 Jan	Men's Expo	Morristown Armory
2 Feb	Moscow State Circus	Bordentown Armory
20 Feb	Sports Card & Comic Book Show	Bordentown Armory
27 Feb	NASCAR Collectibles Show	Bordentown Armory

Snow is on the way! Here are a few Snow Shoveling tips.

- Dress warmly, but don't bundle. You want to move naturally and not make movements difficult or awkward.
- Warm up and stretch before you start shoveling. Walk around with large arm movements to get the blood flowing and your body temperature up before you start.
- Use a lightweight push shovel if possible. Also, spray your shovel with Teflon so the snow does not cling.
- Always keep one hand close to the base of the shovel to balance weight of the lift and lessen the lower back strain.
- Try to push the snow when possible. Avoid lifting and throwing snow any distance. Push or walk the snow to a pile.
- Avoid sudden twists with your body. Try to move the entire body together as a unit..
- Use your legs and bend your knees to help with leverage.

- Work slowly, pace yourself. Shovel for five to seven minutes then rest for two or three minutes. Don't wait until you're tired or short of breath. If you start to fatigue, stop!

- If you experience pain, stop immediately. Rest yourself for five to ten minutes. For any new injury, use ice and not heat. Apply ice packs 10 minutes on, 10 minutes off, and 10 minutes on again to help start reducing inflammation.

- If you have a health problem or are not in good shape, do not even consider snow shoveling. Find someone ahead of time to help. Don't wait until there is a lot of snow on the ground before you figure out how to remove it.

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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