



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

[Army Guard](#) [Air Guard](#) [Veterans](#) [Administration](#) [Leadership](#) [Youth ChalleNGe](#) [Sitemap](#)

DMAVA Highlights » 9 June 2006

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Volume 5, Number 24

Contacting us is easy!

Public Affairs Office

Phone: (609) 530-7088

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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 William 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)

NJ World War II Memorial

For information or to make a donation, call 609-530-7049

[WWII Memorial on the web](#)

New Jersey Freedom Loans

What is a Freedom Loan?

- * Up to \$10,000
- * Annual APR 6%
- * Term: 5 years (no pre-payment penalty)

DMAVA Highlights Deadline

The deadline for next week's issue will be 10 a.m., Wednesday, June 14. The issue will be mailed out to everyone by the end of the business day on June 14. Thank you for your cooperation.

Affordable vacation spots around the world

Are you looking for an affordable vacation spot? The Armed Forces Recreation Center has resorts around the world for members of the Armed Forces, their families and other members of the Total Defense Force. Room rates are based on rank, pay grade, duty status, room size and/or room location. Reservations are required, policies vary by location and guests may not stay more than 30 consecutive days or register again within the following 90-day period. But if you are thinking of Hawaii, Germany, South Korea or Orlando as a possible vacation destination, this just may be the ticket! Visit <http://www.armymwr.com/portal/travel/recreationcenters/> for more information.

ChalleNGe receives award from N.J. DOT

The New Jersey Youth ChalleNGe Academy received a special award at the Clean Community Council awards ceremony held at the Renault Winery on May 25. The award, presented by the New Jersey Clean Community Council in conjunction with the New Jersey Department of Transportation, was given "in recognition and grateful appreciation" of the New Jersey Youth ChalleNGe Academy's effort and dedication to the Adopt-A-Highway Program. Over the years, the cadets of the Youth ChalleNGe Academy have helped police more than 15,000 center-lane miles of New Jersey's highways and have removed more than 52 tons of garbage and debris.

Abel named 'Citizen of the Year'

The Jewish War Veterans, Department of New Jersey, under the direction of Commander Michael Winnick, has selected retired Col. Stephen G. Abel, Deputy Commissioner for Veterans Affairs, as their "Citizen of the Year."

This award is given to that individual who during the past year has made significant contributions for the betterment of the Veterans and Military community. The award will be presented at the Commander's Banquet on Saturday, June 17.

The banquet is part of the Department of New Jersey Jewish War Veterans' Summer Convention to be attended by veterans and their families from across the state of New Jersey. Past Department Commander Norman Rosenshein, who has been nominated to be the next National Commander, along with Past National Commanders, Robert Zweiman and Michael Berman, will also be in attendance. The convention will be held at Kutshers Country Club Resort in the Catskills, June 16-18.

Congratulations, Col. Abel!

Fill Your Date Book

Flag Memorial, Concert, Motorcycle Rally and Memorial Ceremony

The Delaware Valley Vietnam Veterans will be planting flags to honor all veterans at the Falls Community Park, 9125 Millcreek Road, Levittown Penn., on June 9. Volunteers to help plant flags can come by the park starting at 9 a.m. You can see the Donald W.

* Unsecured Loan (no collateral required)

Who is eligible to apply?

NJ residents who are:

- * Members of the National Guard or Reserve
- * Mobilized for one year or longer to fight in the Global War on Terrorism (GWOT) - excluding routine training.

Or

- * Served 90 or more consecutive days in the GWOT on federal or state active duty (excluding routing training) and have received orders extending cumulative active duty a year or longer.

How do I apply?

- * Contact participating banks. Call or visit your local branch office to obtain an application.
- * Guardmembers, Reservists, or family members with Power of Attorney must submit copies of current mobilization orders with the bank's Freedom Loan application.

Current participants:

Commerce Bank
1-888-751-9000

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

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

Sun National Bank
1-800-691-7701

Jones Veterans' Flag Memorial at the free concert being held all day Saturday, June 10, starting at 11 a.m. Bands performing include Mikey Jr and the Stone cold Blues Band, Sister Blue Band, The Buicks Unplugged, Tuesday's Gone and Ambush, along with others. On June 11, there will be a motorcycle rally and memorial ceremony starting at noon. For more information, call Janice at 215-946-8686 or Ed at 215-945-3475.

8th Annual Unity Day

The event is just around the corner. Time waits for no one.

Please join us on Thursday, June 15 for the 8th Annual Unity Day, "Passport to Diversity", being held at the Joint Force Headquarters Building Drill Floor. Unity Day is held to enhance cross-cultural awareness and promote harmony among all members of the New Jersey National Guard and recognize the contributions of women and minorities. This combined effort of Army and Air, State and Federal, community members and members of both Team McGuire and the Fort Dix Post contribute to the different ethnic and Special Emphasis groups being represented in the New Jersey National Guard. This year's event will start off with a 3K Fun Run/Walk at 8:30 a.m. Opening ceremonies will take place at 10 a.m. with a performance from the New Jersey Youth Challenge Program Drill Team followed by the Presentation of Awards and additional entertainment throughout the event. Multi-cultural displays and food samplings will take place from 10:30 a.m.-3 p.m. We encourage ALL members associated with the New Jersey National Guard to attend. For questions, please contact Capt. Lola Washington, State Equal Employment Manager at 609-562-0856.

"Marriage Enrichment" announces last seminar for 2006

PREP is NOT therapy, and is unlike anything to which you have been exposed. No encounter group or sharing of personal concerns, simply thrilling insights into a more loving, grown filled relationship! PREP begins with teaching effective communication skills, addresses problem resolution strategies that work, and teaches how to discover the hidden issues in every relationship. The program then moves into friendship, forgiveness, fun, and sensuality. If you are interested in attending (soldiers that were deployed are given priority) or need additional information, please call Marie Durling at 609-562-0739. (We have five openings for our June weekend)

PREP is scheduled to be held at the Ramada Inn, East Windsor, New Jersey on June 9-11, 2006.

Pancake Breakfast in Cookstown for 250th BSB FRG

The Family Readiness Group of Delta Company 250th BSB in conjunction with VFW Post 6590 is sponsoring a Pancake Breakfast to raise funds to support the families and their Soldiers currently deployed from Delta Company. The event will be held on Saturday, June 24, 8:30-11 a.m., at the VFW Post 6590, 2290 Veterans Way, Cookstown, NJ. Cost is adults: \$7, children under 12: \$3.50. Points of contact Kim Bowe at 856-455-8656 or Linda Rigby at 609-877-2956.

ChalleNGe sponsors blood drive, June 26

The Youth ChalleNGe Academy is sponsoring a blood drive with the American Red Cross on Monday, June 26 at 9 a.m.-3 p.m. at building 5910, W. 16th Street (Doughboy Loop & Newport St.), Fort Dix. Make your appointment today!

For your convenience appointments can be made by signing up online at: <http://www.pleasegiveblood.org/sponsor.html?sponsorcode=2T34>, or call Sean Van Lew, Deputy Director at 609-562-0572.

Not sure if you can donate? Check out Donor Eligibility Guidelines at: www.pleasegiveblood.org/documents/Eligibility_Guidelines3-21-05.pdf.

Thank you. Together, we can save a life.

Concert benefits scholarship fund

The Freedom Concert benefits the Freedom Alliance Scholarship Fund which provides college scholarships to the children of fallen military heroes who sacrificed life and limb defending our freedom. It also honors the America's true heroes and brave defenders of freedom: our Soldiers, Sailors, Airmen, Guardsmen and Marines.

Quote of the Week

You are the same today as you will be five years from now except for two things...the

people you meet and the books
you read.

-Charles E. Jones

[DMAVA Highlights Archive Page](#)

One time a year Sean Hannity invites you to his BIGGEST party of the year. On Friday, July 21, 77WABC is proud to present the 4th Annual Hannity Freedom Concert at Six Flags Great Adventure! It will feature country music legend Hank Williams Jr., and special performances by Sara Evans and Lee Greenwood.

Order your Hannity Freedom Concert tickets by calling 1-800-329-5454 or go to: <http://www.wabcradio.com/Article.asp?id=207819&spid> or <http://www.wabcradio.com/goout.asp?u=http://www.sixflags.com/hannity.asp>. Cost of tickets online is \$54.99 plus tax that includes park admission and the concert. Season passholders may attend the concert with the purchase of a \$26.99 concert upgrade. Concert upgrades are available by calling 732-928-1821 or stop by the VIP Experience Center just outside the Main Gate. Print your tickets at home with Print-N-Go or choose to have them shipped via UPS. Shipping/handling fees apply to shipped orders.

Essex Troop Association Family Picnic

"The Essex Troop Association" 2/102AR - 102CAV (RSTA) NJARNG will hold its Annual Family Picnic at Sea Girt National Guard Center on Saturday, July 29, at noon. Activities will be centered at the Essex Troop Memorial Grove and N.J. Military Museum building. There is no cost to association members and their guests, or any members of the 2/102 Armor or 102D Cavalry (RSTA). Food and beverages will be supplied by the association. Bring your bathing suits and toys/games for the children. There are changing rooms available and the beach is just a short distance away. Bring the family and friends and enjoy a relaxing day at the shore. This will be an excellent way to meet some of your new fellow Soldiers from the 5/117th Cav and 2/102 AR, who are being transformed into the 102 Cavalry (RSTA) - Reconnaissance, Surveillance, Target Acquisition Squadron NJARNG.

There will be a short business meeting at 11:30 a.m. for all association members. For further information call 973-736-0952 or email at etroop@verizon.net.

Honorable Mention

Doyle cemetery seeks volunteers

The Cemetery is working toward designation as a Certified Audubon Cooperative Sanctuary. We are enlisting the support of community volunteers for Outreach & Education, Scouting Groups, Veteran Service Organizations, Youth Groups, and other interested individuals are encouraged to contact Iven C. Dumas 1st Sgt, USMC (Ret) Assistant Superintendent, at 609- 758-7250 ext. 17 or by e-mail at Iven.Dumas@njdmava.state.nj.us.

JT2DC Memorial Walkway offers engraved pavers

The Joint Training and Development Center (JT2DC) recently unveiled the Memorial Walkway to the center. The purpose of the pond and walkway are to serve as a reminder that there are Soldiers in harm's way protecting the freedoms that we all cherish and enjoy.

The concept of the Memorial Walkway was to have Soldiers create a mark by dedicating inscribed bricks. Soldiers have chosen to honor loved ones, family members, friends, and personnel with whom they served.

Anyone interested in purchasing an engraved paver for \$50, can contact Command Sgt. Major Timothy Maskery at (609) 562-0539.

Enlisted Association of the National Guard of New Jersey

Membership

Give our state a larger voice by becoming a member of the Enlisted Association. The increased numbers will help us speak on all legislative issues that will benefit you and your families. The association works hard for you at the Federal & State level on all important issues. Visit the web site EANG-NJ.org, click on Become a Member for the application and find out more about what the association does.

Conference

The Enlisted Association invites you to the Annual Conference at the Clarion Hotel and Conference Center in Atlantic City West, October 6-8, 2006, to Honor and Salute our Airmen and Soldiers who supported the War on Terrorism. Saturday during the Military Ball will be our way to say thank you for their dedication and sacrifices that they and

their families shared. Friday night will feature a Hawaiian luau with a show and an Army and Air challenge. Our mission is to have fun. Visit our web site EANG-NJ.org, click on EANG-NJ Conference to find out more. Thank you for your support. You can reach the membership chairman Jerome Zebrowski at 609-214-6959 or jcptfalc@aol.com or co-chairman Edward Goetschius at 609-965-1972 or esgtmaj@comcast.net.

For the Families

Youth trip to the Intrepid on August 9

A trip to the Intrepid Sea-Air-Space Museum is scheduled for Wednesday, **August 9**, from 7:30 a.m.-5 p.m. The Family Programs staff will be taking 40 sons and daughters (ages 10-17) of National Guard Soldiers and Airmen to the Intrepid in New York City from. The slots will be filled on a first come, first serve basis, however, those with a deployed parent will have first priority.

The day will begin with a charter bus picking up youth at the Lawrenceville Armory at 7:30 a.m. and then on to the Teaneck Armory around 9:30 a.m. to pick up the rest of the crew. We will cruise into New York City and begin the festivities. The day will include a self-guided tour of the Intrepid, a video on the history of the Intrepid, lunch from McDonald's, tattoos, rock climbing wall and a 4-D experience ride. We will leave the Intrepid by 3 p.m. to head back to the Teaneck Armory and then on to the Lawrenceville Armory. Are you ready for the fun to begin?

How much does this cost? \$5 ... this will cover the costs of the T-shirts we will all wear.

How do I sign up? A parent/guardian must contact Amanda Balas at 609-562-0742 or amanda.balas@us.army.mil to reserve a spot and receive the forms necessary to attend. Needed will be: each child's name, age, shirt size, location of pick up/drop off, permission forms filled out and lunch choice. Lunch will be served on the Intrepid at the in-house McDonald's café.

When can I sign up? You can sign up from now until Friday, June 30 by 4 p.m. (or until all slots are full).

Kaleidoscope Kids – summer camp in New Jersey

There is still time to enroll in this enrichment day camp focused on Astronomy and Space Travel!

The New Jersey State Museum's summer academy, KALEIDOSCOPE KIDS, for ages 6-12, will explore the universe this year! Five weekly sessions, July 10 through August 11, will be devoted to "ENVIRONMENTS IN TIME AND SPACE."

Campers will view the current exhibition: "Heavens Above: Photographs of the Universe from the Hubble Telescope." The State Museum Planetarium will provide special programs for the campers. Field trips will be held every Wednesday, featuring astronomy, rocketry and space exploration.

There will be five difference one-week sessions; enrollment may be for any combination of weeks. Cost is \$160 per child per week, with discounts for State employees and members of The Friends of the New Jersey State Museum. For more information, call 609-292-6310.

Guard Family Action Plan

The Guard Family Action Plan (GFAP) identifies issues of concern to Guard members, spouses, parents, children, retirees and civilian employees. The GFAP determines actions necessary to resolve issues and assigns responsibility for actions to the proper staff agency.

The proper staff agency begins at unit level within the chain of command and can include the Departments of the Army and Air Force and the Congress of the United States. You can submit an issue along with your recommendation for a solution through the GFAP website at www.gfap.org. If you have any questions, you can call Marie Durling in the State Family Programs Office at 609-562-0739.

Spouses invited to go on orientation flights

The 108th Air Refueling Wing would like to extend an invitation to the spouses of New Jersey Army and Air National Guardsmen and women who would like to see an aerial refueling up close.

The wing will be having a spouse-only orientation flight on August 18. This is a great opportunity for spouses to see the skills needed to fuel an aircraft more than 20,000 feet in the air. Seats will be on a first-come, first-served basis. If you are unable to get a seat, don't worry. The 108th will have more flights to follow to give everyone a chance to fly.

If you are interested, please call Staff Sgt. Beth Pritchard at (609) 754-4173 or e-mail at elizabeth.Pritchard@njmccgu.ang.af.mil for the form needed to request a seat.

Guard members who would like an orientation flight or would like to nominate their bosses for a flight can also contact Staff Sgt. Pritchard for information and forms.

Youth Camp 2006

This year's Youth Camp will begin Sunday July 16, 2006 and will end with closing ceremonies on Saturday July 22, 2006. There are many activities scheduled for the week at the National Guard Training Center in Sea Girt, NJ. The campers will be able to enjoy the beach, arts and crafts, archery, sports and presentations by other organizations. Campers ages 9-12, Helpers ages 13-15, Junior Volunteers ages 16-17 and Volunteers ages 18 and up are all encouraged to attend. The fee for campers is \$100 and volunteers are free. For an application, please go to http://www.state.nj.us/military/familysupport/youth_camp.html.

Family Readiness Group Meeting schedule

Bordentown Armory – B Co 250th SBF & Co D 250th BSB – June 17, 10 a.m.
Hammonton Armory – 119th SB Corps – June 15, 7 p.m.
Jersey City Armory – D Co 2-113th – June 21, 7 p.m.
Lawrenceville Armory – PSB/OSACOM/JFHQ Det 19 –
Morristown Armory – 3-112th & 5/117th – June 15, 7 p.m.
Newark Armory – A, B, E Co's 2-113th Inf – June 21, 7 p.m.
Port Murray Armory – 2-102nd Arm – July 12., 7 p.m.
Teaneck Armory – 50th SBM – June 15, 7 p.m.
Toms River Armory – C/3-112th FA – June 19, 7 p.m.
Vineland Armory – 5/117th Cav – July 15, noon
West Orange Armory – B Co 5/117th Cav – June 24, 1 p.m.

Recreation and Sports

Golf Tournament, June 9

Suneagles Golf Course, Fort Monmouth, N.J., on June 9. Shot gun start at 8 a.m. and 1:30 p.m. Four player scramble game format. Cart is included in the cost of the registration, which ranges from \$26-47 per person, depending on status. Registration must be received by June 7. Please check the web site for entry form and more information.- www.monmouth.army.mil/C4ISR/services/mwr/sportsevents.htm5.

5k Run and 3k Family Fun Walk on June 10

Join fellow runners and walkers at Fort Monmouth, N.J. on Saturday, June 10 at 8:30 a.m. for a 5k run and 3k Family Fun Walk. Pre-registration fee for the 5k is \$15, register after June 6 and the cost is \$20. The family walk is free. Visit the following web site for entry form and more information - [2006 Fort Monmouth Sports Events](#)

5K run on Flag Day for homeless veterans program

Community Hope, Inc., which has a program for homeless veterans to rebuild their lives is holding their 5th Annual Flag Day (June 14) 5K run in Basking Ridge, N.J. Runners can register at the Somerset Hills YMCA, 140 Mt. Airy Road, Basking Ridge or on-line at www.communityhope-nj.org. All proceeds from the run will be donated to the Hope for Veterans program, the largest transitional housing and rehabilitation program for homeless vets in New Jersey. Non-runners can also support the program if they wish through sponsorships or tributes. If interested in pledging support, contact Julia Bey Ahmet at the Community Hope Development Office, 973-463-9600, ext 303 or at jbahmet@communityhope-nj.org.

ESGR Golf Outing on August 9

The N.J. Friends of the Guard and Reserve is proud to present the 2006 State Chairman's Annual Golf Outing. The golf outing will be held on Wednesday, August 9, at the Cream Ridge Golf Club in Cream Ridge, N.J. The \$95 per golfer registration fee includes greens fees, cart, registration, food and beverages on the course, door prizes and a luncheon at the Green's Café at the golf club. Corporate, hole and cart sponsors are also being sought. All proceeds benefit the activities of the N.J. Committee for Employer Support of the Guard and Reserve. For additional information please contact Hank Pierre at 609-530-6879.

Trenton Thunder offers reduced tickets to military personnel, vets

The Trenton Thunder baseball team and its community partner, the Trenton Vet Center, has collaborated to sponsor reduced ticket prices for veterans and their families during the 2006 Trenton Thunder baseball season.

A regular \$9 season ticket has been reduced to \$7 for veterans and their family members.

Active Duty, Reserve, and National Guard, separated, and retired veterans are eligible for this program. Interested veterans must have a picture I.D. and provide proof of their veteran status by showing one of the following documents:

- Military I.D. card
 - Federal Department of Veteran Affairs medical I.D. card
 - DD Form 214
-

New Jersey State Park passes for 2006

All Active New Jersey National Guard Members are entitled to Division of Parks and Forestry State Park Passes. When parking fees are in effect this pass entitles the NJNG member (and passengers) free parking at all New Jersey State Parks, Forests, Recreation Areas and Historic Sites (Does not pertain to Campground fees) ID Card must be shown with this Pass. See your Orderly Room for your pass.

Anheuser Busch extends complimentary ticket program

Anheuser Busch has announced its program offering free amusement park tickets to the service members and their families has become so popular it will be extended another year. The "Here's to the Heroes," is open to active duty service members, active members of the National Guard or Reserve, and up to three direct dependents for one complimentary admission per year. Participants can go online to fill out a form for free admission at <http://www.herosalute.com/>.

The amusement parks participating in the program are: Sea World parks in Orlando, Florida; San Diego and San Antonio; Busch Gardens parks in Tampa, Florida, and Williamsburg, Virginia; Sesame Place, a children's play and water park, near Philadelphia; Adventure Island water park in Tampa; and Water Country USA water park in Williamsburg.

Operation Oasis vacations for military personnel

Operation Oasis Outreach at Sandy Cove, North East, Md., offers a free, 3-day, 2-night time for rest and relaxation for military personnel who were deployed to the Middle East area during OIF/OEF with their spouse and children. Sandy Cove is located at the headwaters of the Chesapeake Bay. If you are interested, contact Carol Lee Lynch: toll free 1-800-287-4843 or e-mail c.lynch@sandycove.org.

Picatinny Waterpark and Golf Course open to Vets, Guard, families

Picatinny Arsenal Morale, Welfare and Recreation Office is proud to announce new opportunities for Veterans. As part of the Army's "Always a Soldier" program, Picatinny's Frog Falls Waterpark and Golf Course are now open to veterans as well as Active Duty and Retired Military and Reservists. Frog Falls Waterpark offers annual memberships to veterans through our partnership with Rockaway Township Recreation. Active Duty and

Retired Military and Reservists can purchase an annual membership or visit the Waterpark for a \$3 daily fee. Guest passes (for non-dependents) can be purchased at the gate for \$7 (limit of 4 per visit). Please call (973) 724-7275 for more information. Picatinny Golf Course is also open to Veterans. Please call (973) 724-GOLF for more information.

Memorial Golf Tournament, Sept. 11

The 3rd Annual Tom Laffey Memorial Golf Tournament will be held Monday, Sept. 11, with a 10 a.m. shotgun start at The Meadows at Middlesex Golf Course, Plainsboro. The tournament is sponsored by The Keeping the Faith Foundation which was created in 2004 by the children of Tom and Virginia Laffey as a way to honor the memory of their parents. The proceeds from the annual golf tournament are donated to a special cause; this year's proceeds will be given to the family of 1st Lt. Howard Gwin, whose daughter Ashleigh has been diagnosed with Krabbe Keukodystrophy. For more information about the tournament, please call Bill Laffey (732) 822-5814, Helene Wahl (732) 922-6539 or Tom Laffey Jr. (732) 846-1775.

Support our Troops Motorcycle Run

The Freedom Riders "Support Our Troops" Motorcycle Run is scheduled for October 14, 2006 (October 15 – Rain date). Proceeds benefit the Freedom Alliance Foundation providing: Educational scholarships to the children of American's Military Heroes that have given the Ultimate Sacrifice; pre-paid long-distance phone cards, gift cards for clothing, food, toiletries, books and magazines for the injured in our hospital; and funding for family members to travel to see and encourage their loved one.

For registration and information on the run go to: www.citikids.org/freedom.htm

Scholarship News

ThanksUSA offers at least 1,000 scholarships from \$1,000 to \$5,000 to dependent children and spouses of active duty U.S. military service personnel. Members of the military reserves who have been activated to full-time duty and members of the National Guard who have been federalized and who otherwise meet the requirements are both eligible. Visit www.thanksusa.org/main/index.html for more information. Deadline date is May 30, 2006 for applications.

EANG-NJ Scholarships: Eligibility – The legal children of New Jersey National Guard members who are also members of the Enlisted Association may submit applications for consideration. Also, any drilling Guardsperson who is a member of this association may submit an application for the CSM Baldassari Scholarship.

USAA Scholarship: Open to any drilling Guardsperson (need not be a member of the EANGNJ). This scholarship is administered by the EANGNJ and funded by USAA. Previous recipients are not eligible for subsequent awards. Applications are available at: <http://www.eang-nj.org/scholarships.html>

DCA Scholarship for Military Children: If your mother or father is active duty, reserve/guard, or retired military personnel, or if you are the survivor of a deceased member and you have a military dependent I.D. card, you can apply! You must be planning to attend a college or university on a full-time basis. For details and how to apply, go to: <http://www.militaryscholar.org/apply/apply.shtml>.

Freedom Alliance scholarships for children of military heroes: The Freedom Alliance Scholarship Fund provides college scholarships to children of military personnel who have been killed or permanently disabled (100 percent VA rating) in the line of duty during the War on Terror. For more information, go to www.freedomalliance.org/scholarship.htm.

Department of Education Grants: The Department of Education has announced two new grants for the 2006-2007 school year. The Academic Competitiveness and National SMART grants will provide high performing college students with up to \$4,000 a year for maintaining a 3.0 or better GPA. An Academic Competitiveness Grant will provide up to \$750 for the first year of undergraduate study and up to \$1,300 for the second year of undergraduate study to full-time students who are eligible for a Federal Pell Grant and who had successfully completed a rigorous high school program, as determined by the state or local education agency and recognized by the Secretary of Education. Second year students must also have maintained a cumulative grade point average (GPA) of at least 3.0. The program will be available for the first time for the 2006-07 school year for first year students who graduated from high school after January 1, 2006 and for second year students who graduated from high school after January 1, 2005. The Academic

Competitiveness Grant award is in addition to the student's Pell Grant award.
http://www.military.com/Education/Content/1,13302,-EN_031506-new-grants,00.html

Grantham University scholarships: Grantham University offers a scholarship program to severely injured service members and their spouses and adult children. Go to www.grantham.edu for more information. They also have scholarship programs for military veterans, service members, and family members.

Widener University CARES Scholarship: Widener University, Chester, Pa., has a full scholarship program for children of Global War on Terrorism service members who were killed in action. Contact the Office of Admissions at 610-499-4126 for more information.

Veterans Information

DMVA Veterans Outreach Campaign continues.

The DMVA Veterans Outreach Campaign continues with kiosk displays at selected malls throughout New Jersey. The schedule is as follows:

July 13-15	Cherry Hill Mall
August 10-12	Quakerbridge Mall
September 14-16	Livingston Mall
October 12-14	Deptford Mall
November 9-11	Menlo Park Mall
January 11-13	Brunswick Square Mall
February 9-11, 2007	Moorestown Mall
March 1-3, 2007	Hamilton Mall

The kiosk will be open from 10 a.m. to 6 p.m. on the identified dates.

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

For more information, please call the NJ Vietnam Veterans Memorial Foundation office at (732) 335-0033 or (800) 648-VETS. The Vietnam Era Educational Center is located adjacent to the NJ Vietnam Veterans' Memorial off the Garden State Parkway at Exit 116.

Trenton Vets Center open for counseling services

Located at 934 Parkway Ave, 2nd Floor, Ewing, N.J., the Department of Veteran Affairs, Trenton Vet Center, provides free readjustment counseling services to combat zone veterans and their families.

The Vet Center services include:

- Individual readjustment counseling
- Group readjustment counseling
- Screening for Post-Traumatic Stress Disorder
- Counseling for PTSD
- Substance Abuse counseling
- Marital and family counseling
- Sexual Trauma counseling
- Community education and liaison
- Referral for benefits assistance
- Employment Assistance

Heading the Trenton Vet Center Staff is James Gordon, team leader. Other staff at the center to help veterans and their families are Jeanne Morrison, Master Social Worker, Rawle Gaskin, Readjustment Counseling Therapist, Darryll Johnson, Readjustment Counseling Technician and Burnice Rice, Trenton Vet Center Office Manager.

The center is open Monday thru Friday 8 a.m. to 4:30 p.m., with Wednesday and Thursday extended hours by appointment only.

All services provided to veterans and their families are at no cost and clients' rights are protected by HIPPA. For more information call (609) 882-5744.

"The Moving Wall" is scheduled to visit New Jersey

"The Moving Wall" is the half-size replica of the Washington, DC Vietnam Veterans Memorial and has been touring the country for almost twenty years. When John Devitt attended the 1982 dedication in Washington, he felt the positive power of "The Wall." He vowed to share that experience with those who did not have the opportunity to go to Washington.

On June 14-19, 2006, the Medford New Jersey Township Council will sponsor "The Moving Wall" exhibit at Freedom Park, 86 Union Street, Medford, New Jersey. Opening ceremonies are planned for Wednesday evening, June 14. For further information, please contact the Recreation Department at 609-654-2512, or visit www.medfordtownship.com or www.themovingwall.org.

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.

Fitness Corner

Ernest Razzano, Certified Fitness Trainer, ISSA

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A Call To Swiss Ball Sanity - Part 2 of 2

In the spirit of clearing up some of the confusion, here are some guidelines to go by when using swiss ball exercises;

1. While a variety of methods are encouraged, perhaps the one area in which a swiss ball can be used on a consistent basis is abdominal training. Swiss balls allow a full range of motion; the exerciser can easily roll forward during crunches to take any strain off the lower back, and they allow for numerous variations of abdominal exercises.
2. If you are going to do swiss ball work for any other muscle group, do it AFTER your main exercises. The prevailing line of reasoning says to do them first, in order to exhaust the stabilizers and target the prime movers more efficiently. I disagree for that very reason. Exhaust the prime movers first with high intensity work and then hit the stabilizers. Since the prime movers are fatigued, the stabilizers will be forced to work even harder, effectively targeting them in a more efficient manner, while not detracting from the intensity or safety of your core lifts.
3. Limit your swiss ball work to no more than 2 - 3 sets per muscle group being exercised. That does not mean 2 - 3 sets per exercise, but 2 - 3 sets per muscle group, total. Do not overdo the swiss ball work. If you have that much energy left you would get better returns on your investment by doing another set of a basic lift for that muscle group.
4. Run from anyone who tells you that you should be able to stand on the ball and perform a squat on it. While it's a neat trick, last time I checked no surface on this planet is that unstable, making the time and effort necessary to achieve this trick a literal waste of time. If you want to learn how to do this in order to impress your workout partner then that's your business, but any trainer or "expert" that suggests that this is a skill you must possess is not living in reality.

So there you have it, four guidelines to go by when trying to integrate the swiss ball into a scientifically-based training program. The swiss ball is a great tool to put in your bag of tricks, but it can never replace good old hard work and moving a mountain of iron. Stick with the basics, and you will garner far better results for your efforts.

Mark your calendar

June 14– Trenton Thunder Military Appreciation Day
June 14 – Flag Day
June 15 – Unity Day

July 4 – Independence Day
July 16-22 – National Guard Youth Camp (Sea Girt, NJ)

Where to send your submissions to “Highlights”

If you have submissions for the newsletter, please e-mail them to Staff Sgt. Harbison at barbara.harbison@njdmava.state.nj.us - for those of you who have global accounts, the address you see on the global listing is NOT the DMAVA address, so you will have to type it. You can also contact her at (609) – 530-7088, fax: (609) 530-6963.

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