



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>



Veterans' Organizations
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State Veterans Service Council

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NJ Advisory Committee for Women Veterans

Mrs. Anna Hoffman
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BG Willam C. Doyle Cemetery
 Advisory Council

New Jersey Challenge Youth Program wins United Service Organization (USO) Award.

On Wednesday, 11 May 2005, the NJ Challenge Youth Program was presented with a United Service Organization (USO) award for Excellence in Health & Hygiene, which is one of the eight core components of all Challenge programs across the country. The ceremony was held in the Dirksen Senate Building in Washington, DC. It was an honor for Assistant Commissioner, COL (Ret) Michael Smith, and Program Director, COL (Ret) Kenneth Prossick, to receive the award with Congressman Rush Holt and Lt Gen H. Steven Blum, Chief of the National Guard Bureau, as well as other prominent dignitaries. Also representing the Challenge Program were Senior Drill Instructor Raymond Card and three cadets who were presented with coins from Lt Gen Blum. Congratulations to NJ Challenge for a job well done!

Teaneck Armory dedicates Children's Room, Meeting Room, and Food Pantry.

On Saturday, 7 May, U.S. Senator Jon Corzine joined MG Glenn K. Rieth and Mrs. Linda Rieth, Co-Chair, New Jersey State Family Readiness Council (NJSFRC), and Teaneck Mayor Jacqueline B. Kates for a dedication ceremony at the Family Assistance Center located at the National Guard Armory in Teaneck.

Together with family members of the 50th Main Support Battalion (the Teaneck based National Guard unit currently deployed to Iraq) and representatives of local veteran organizations, the Senator, Mayor, General and Mrs. Rieth dedicated the Children's Room in honor of the VFW and the Meeting Room in honor of the American Legion. The Food Pantry was dedicated in honor of Steve Gaunt, a local veteran primarily responsible for setting up and stocking the food pantry at the Teaneck Armory that serves families of deployed soldiers from throughout the area.

177th Fighter Wing is teaming up with the National Association of Letter Carriers in support of annual food drive.

Technical Sergeant Allison Phillips, a member of the 177th Fighter Wing Intelligence Shop serves as the Liaison between the Community Food Bank of Southern New Jersey, the National Association of Letter Carriers (NALC) and the Wing soliciting support in the way of hands on labor sorting the food at the Food Bank as well as coordinating a Food Drive within the Wing. As a result of her efforts, members of the 177th Fighter Wing will be teaming up with the NALC as they conduct their annual food drive on May 14, 2005 from 1700-2100 hours at the South Jersey Food Bank. The local beneficiary of their combined efforts is the Community Food Bank of Southern New Jersey. The 177th Fighter Wing has had the reputation of supporting the Food Bank with two major annual drives with the NALC drive each May, and our own unit drive in the Fall. The NALC drive is the largest and most important event of the year for the Food Bank.

NJ Department of Labor teams up with Teaneck Family Assistance Center.

Mr. William Rakestraw
warjrnj@msn.com

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:

Commerce Bank
 1-888-751-9000

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

The New Jersey Department of Labor and Workforce Development is teaming up with the Teaneck Family Assistance Center to provide all soldiers returning from deployment with the necessary information and tools to easily re-integrate into society. The Re-employment Opportunities briefing given by MSG (Ret) John Bautz will be held at the Teaneck Armory every Wednesday at 10 a.m. and again at 2 p.m.

If you have any questions regarding this briefing, contact MSG (Ret) Bautz at 201-996-8950 or email john.bautz@dol.state.nj.us.

OCS Class 48 will host 1st Annual SGT Nutter Benefit 5K Run.

Officer Candidates from OCS Class 48 are hosting the first annual SGT Nutter Benefit 5K Run on May 14, 2005 at the National Guard Training Center in Sea Girt, NJ. Proceeds from the run will go to the SGT Sam Nutter's Children Fund. For more information visit website: www.nutterrun.org. To make a donation: Checks should be made payable and mailed to: SGT Sam Nutter's Children Fund, Attention: Anthony Salvani, #121, 4057 Highway 9, Howell, NJ 07731. If you have any questions regarding this even, e-mail Janeann.Robinson@nj.ngb.army.mil.

Sandy Cove offers a free stay for our military members & families at Operation Oasis on Chesapeake Bay.

Operation Oasis is an outreach program developed to offer a time of rest and renewal to military personnel involved in Operation Iraqi Freedom. Located in North East, Maryland, at the headwaters of the Chesapeake Bay, Operation Oasis offers a free 3-day, 2-night time of rest and relaxation. It is a thank you to those who seek to secure and sustain our freedom. Simply contact Carol Lee Lynch by email at c.lynch@sandycove.org or by phone at 800-287-4843 for additional information. You can also visit the website www.sandycove.org for a more detailed description of the facility.

Steve Braun Baseball Camp available FREE for children of deployed soldiers and airmen.

Former Major League Baseball player and retired Trenton Thunder coach, Steve Braun, has offered to conduct a summer baseball camp on Saturday and Sunday, 16-17 July 2005. The two-day camp is provide free to children of New Jersey National Guard soldiers or airmen who are, or have been, deployed overseas during the Global War on Terrorism. Boys and girls, ages 7-16, are invited to apply through their respective Family Assistance Centers or by calling 1-888-859-0352. The first day of the camp will kick off at 8:30 a.m. (Children should arrive at 8:00 a.m.) with a short parade to the playing fields adjacent to the Lawrence Township Intermediate School. Parents should park in the school parking lot. The day will include batting, base running, and field position training by Steve Braun and his professional coaching staff. On Saturday, campers will have a hot dog and soda picnic for lunch and the first day of camp will end around 4 p.m. On Sunday, the camp will begin at 9:00 a.m. and end at 11:30 a.m. At 12 noon, on buses donated by the Stires Bus Company, the campers will travel to Waterfront Park and receive free admission to the Trenton Thunder game (parents are invited to attend the game at their own expense). Campers should bring money for food or snacks at the game on Sunday. Buses will return the campers to the playing fields at the conclusion of the game for pick-up and transport back home. So get ready to have some good old-fashioned fun playing baseball this summer and have the chance to train with the pros. "Batter Up!"

Global War on Terrorism Memorial Dedication -

The New Jersey National Guard will dedicate the Global War on Terrorism Memorial on Saturday, 28 May 2005, at 2 p.m. The ceremony will honor the fallen heroes of the New Jersey National Guard, and will take place at the NJ Department of Military and Veterans Affairs, 101 Eggert Road, Lawrenceville, NJ 08648. Refreshments will be served following the ceremony! Uniform: Army – Class A, Air Force – Service Dress.

Part-time opportunities in Military Funeral Honors Program.

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

Bank of America (Fleet Bank) is undergoing a system-wide change in their loan offerings and will no longer offer the New Jersey Freedom Loan.

National Nurses Week
6-12 May 2005

To our Department's Nurses, Assistants, and all those who provide professional and compassionate care to our Veterans and their families, we extend our best wishes for a

Happy Nurses Day!

A Nurse's Prayer

Let me dedicate my life today,
To the care of those who come my way.

Let me touch each one, with
healing hand,
And the gentle art for which I stand.

And then tonight when day is done,
Let me rest in peace, if I've helped just one.

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.

7th Annual Unity Day

"Come Share Your Heritage with Us." On Thursday, 9 June 2005, the NJ Department of Military and Veterans Affairs, Joint Force Headquarters will hold it's 7th Annual Unity Day at Building 3650, Fort Dix, NJ. This event is held to enhance cross-cultural awareness and promote harmony among all members of the New Jersey National Guard, and to 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. If you are interested in participating by putting up a display, please contact Kathey McCreedy, State Equal Employment Manager at 609-562-0854.

"Freedom Salute" – Soldiers, it's easy to nominate someone!

The Freedom Salute campaign is designed to recognize those who support Soldier's service and veterans who have served the country in the past. Individuals nominated will receive an "Army of One" lapel pin, an official Army decal a letter of appreciation signed by the Army Chief of Staff, and a letter of thanks signed by the Chief of Staff and the Secretary. It's easy to nominate someone. Soldiers should simply visit the website: <http://freedomteamsalute.army.mil> and submit the names of those individuals who are supporting our military.

Attention Veterans – Veterans Information Fair

A Veterans Information Fair, sponsored by the NJ Department of Labor in cooperation with Essex & Hudson County Workforce Development One Stop Services, will be held on Wednesday, 25 May 2005, from 9 a.m. to 4 p.m. at the Nutley Parks and Recreation Building, 84 Park Avenue, Nutley, New Jersey. Some of the agencies represented will be: Bloomfield & Jersey City Veterans Employment Services, Federal Bonding Program (NJDOL), VA Medical Administration Services, Small Business Association, the Department of Military & Veterans Affairs, and the Division of Vocational Rehabilitation (NJDOL).

Services provided will include: free medical screening, NJ Veterans Programs, training opportunities, employment placement and services, vendor licensing, bus passes, small business loans and entrepreneurship.

Veterans to be honored at upcoming Medal Ceremonies.

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

19 May 05	11:00 am	Korean Service Medal	Edison Elks Lodge 375 Old Post Road Edison, NJ 08818
	1:00 pm	Korean Service Medal	
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9 Jun 05	11:00 am	Distinguished & Meritorious Service Medal	Morristown Armory 430 Jockey Hallow Road Morristown, NJ 07960
	1:00 pm	Korean Service Medal	
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30 Jun 05	11:00 am	Distinguished & Meritorious Service Medal	Toms River Elks 600 Washington St Toms River, NJ
	1:00 pm	Vietnam Service Medal	

Support the Troops

NASCAR News...

National Guard's #16 is setting the pace!

The National Guard sponsored #16 driven by Greg Biffle is blazing around NASCAR tracks nationwide. The National Guard team is currently third in the NASCAR Nextel Cup standings and has won over \$2 million.

The #16, representing both the Army and Air National Guard won its third race of the season last weekend, the Dodge Charger 500, held at Darlington, South Carolina. The National Guard #16 has also won at California Speedway and Texas Motor Speedway.

Check out "your" car this weekend – they're racing at Richmond (under the lights) on Saturday night!

Here are some of the activities and fundraisers planned in support of our deployed troops and their families:

Packing Day at Somerset Armory – Sunday, 15 May 2005. If you are preparing a package for shipment to a soldier, mark 15 May on your calendar. There will be a Packing Day at the Somerset Armory. All you have to do is get the things together that you will be sending your soldier and call the Armory at 888-859-0352 to ensure your name is on the reservation list.

Bowling for the Troops – Sunday, 22 May 2005 – Colonial Lanes in Lawrenceville. The American Legion Post 414, Sons of the American Legion, and Colonial Lanes will host "Bowling for the Troops" on Sunday, 22 May 2005, from noon until 5 p.m. at Colonial Lanes, 2420 Brunswick Avenue (US Rt. 1), Lawrenceville, NJ. Interested in bowlers will be asked to sign-up sponsors ahead of time to make pledges. All proceeds will benefit the National Guard Family Assistance Program.

West Orange to honor and support NJ Air National Guard troops – 30 May 2005. The Township of West Orange is holding a luncheon fundraiser to support the NJ Air National Guard Family Readiness Council, in conjunction with its annual Memorial Day Ceremony, Monday, May 30, 2005. Since 1999, the municipality's annual event has included the awarding of the New Jersey Distinguished Service Medal to qualifying local combat veterans. To honor this year's twenty recipients, and in support of our troops in the field, a luncheon will follow. Tickets are \$50 per person and may be obtained by sending your check (payable to VFW Post 376) to the Mayor's Office, 66 Main Street, West Orange, NJ 07052. Additional information may be obtained by calling 973-325-4205.

Mealey's Furniture to donate 3 rooms of new future to a needy military member on Memorial Day. Do you know someone who is or has served Active Duty in the US military and is now in need? Mealey's would like to thank them for their service by giving them three complete rooms of furniture. Entry forms can be found in any of Mealey's three stores or online at www.mealeysfurniture.com. All nominations will be reviewed and selection will be made on June 30th.

Sign up for a chance to send your soldier Dunkin Donuts coffee. Dunkin Donuts will send a case of free coffee to your soldier if he/she is among the 50 selected in a monthly lottery. Just go to dunkindonuts.com, click on "About Us," click on "Contact Us," click on "Instore Visits," fill out the form, in the comments section put the soldier's rank, name and APO address, and say that you would like to send your soldier coffee. Then click "Submit." You can mail a request to Dunkin Brands, 130 Royall Street, Camton, MA 02021, Attention Customer Care or request the coffee by phone at 781-737-3000 (Customer Relations).

Operation Uplink. Visit <http://www.operationuplink.org/request.cfm> to request free phone cards for active duty military personnel deployed away from home. At this site you can fill out a request for a phone card to be sent to yourself or a loved one. One card per request per servicemember will be honored during a 60-day period.

Gifts from the Homefront. The "Gifts from the Homefront" program was begun last year by the Army and Air Force and enables people from all walks of life to rally around America's troops by purchasing gift certificates designed to lift the morale of deployed troops around the world. The certificates, which can be purchased by any individual or civic organization, allow service members to purchase items of necessity and convenience at PX and BX facilities around the world. "Gifts from the Homefront" certificates can be addressed to "any service member" or individual service members. Because the gift certificates can be used for merchandise already stocked at contingency locations, "Gifts from the Homefront" are a safe alternative to traditional care packages that can strain the military mail system and present force protection issues. Those wishing to send a "Gift from the Homefront" can simply log on to the AAFES website, www.aafes.com, or call 877-770-4438 toll-free to buy gift certificates in \$10 or \$20 denominations. From there, the "Gift from the Homefront" may be sent to an individual service member designed by the purchaser or distributed to "any service member" through the USO, American Red Cross, Air Force Aid Society, or Fisher House.

Operation Mail Call. Operation Mail call is a program initiated by New Jersey Assemblymen Jack Conners and Herb Conaway that enables citizens to donate postage stamps for use by our troops and their families. Over 23,000 stamps have been donated to our National Guard soldiers and airmen and Family Readiness Programs. If you would like to participate, please mail or drop off your postage

stamps to the 7th Legislative District Office, Delran Professional Center, 8008 Route 130 North, Suite 125, Delran, NJ 08075.

American Hero Band - 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.

112th Field Artillery schedules Memorial Day Services.

On Monday, 30 May 2005, at 1100 hours, the 112th Field Artillery Association will conduct their annual Memorial Day services at the Lawrenceville Armory on Eggert Crossing Road. A 21-round cannon salute will be provided by Battery B 3rd Battalion NJ National Guard. All are invited to attend.

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

Open House – Toms River Armory - An Open House is scheduled at the Toms River Armory on Saturday, June 18, 2005, from 11 a.m. to 5 p.m. There will be historical displays from the Revolutionary Wary to Operation Iraqi Freedom. For the children, there will be Hummer rides, camouflage face painting, paintball targets and a balloon grenade toss.

The purpose of the Open House is to inform the public about the Toms River Armory and let them know it is available for rent. Additionally, the open house will provide the NJ National Guard recruiters a change to support The Adjutant General’s policy on “Strength Management.”

15 May 05	Sports Card and Comics Show	Bordentown Armory
	-	-
12 Jun 05	Sports Card and Comics Show	Bordentown Armory
18 Jun 05	Open House	Toms River Armory

Fitness Corner – Ernie Razzano, Certified Fitness Trainer

Testosterone and Sexual Desire

With regard to testosterone and sex, consider the following. Sex can be classified as physical activity. That being said, moderate exercising supported by a healthy diet will increase testosterone levels in many men. Many men, because of the benefits associated with more-than-adequate levels, view high testosterone levels as a very desirable goal. Testosterone partners with growth hormone and IFG-1 to build strong muscles and bone. Plus, there’s no question that testosterone is critical for optimal sexual desire and performance.

One study showed that weight-training exercises by men increased blood testosterone levels by up to 40%. In men, doing squats, bench presses, or back rows increased testosterone more than doing biceps curls or triceps pushdowns, even tough the effort to the men felt the same. One study suggests that men begin a weight program by starting off using a heavy weight that can be lifted only five times. This workload was found to produce the greatest boosts in testosterone. Another group of researchers suggests increasing the number of sets performed from two to three of each weight-lifting movement with one minute rests between sets for greater testosterone production. One study looked at testosterone levels as a result of training within an eight-week period in untrained men and women. After six weeks on the program, the men showed an increase in testosterone levels.

The type of exercise performed may be important in determining the effect on testosterone levels. Resistance training shows an immediate response, however, studies on treadmill exercise showed a delay (up to ½ hour) in a testosterone elevation.

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

On Saturday, 14 May 2005, at 1:00 p.m., the NJ Vietnam Veterans' Memorial Foundation will host an author lecture by Vietnam Veteran Paul Drew about his book, *Jenny 4*, a novel about a GI's experience in the Vietnam War. Paul Drew, of Spring Lake Heights, NJ, was drafted into the Army at age 19, and from 1966 to 1967 he served as a combat infantry squad leader in Vietnam. *Jenny 4* is the story of a Vietnam War draftee who, amid the horrors, the atrocities, and the obscenity of war, discovers basic human goodness." Lecture attendees are asked to RSVP to 732-335-0033. A donation of \$5 per person is suggested.

14 May 05 1:00 pm	Jenny 4 (A novel about a GI's experience in Vietnam) - Author lecture by Vietnam Veteran Paul Drew.
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30 May 05 11:00 am	Memorial Day Ceremony
-	
11 Jun 05 1:00 pm	On the River (memoir of an American advisor to South Vietnamese Rangers) - Author lecture by Vietnam Veteran George L. Athas
18 Jun 05 10:00 am to 4:00 pm	Military Vehicle Display
-	

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 open Tuesday through Saturday, 10 a.m. to 4 p.m. Regular admission is free for veterans and active duty military personnel. Regular adult admission is \$4; student and senior citizen admission is \$2; and children under 10 are admitted free. The Center is located adjacent to the NJ Vietnam Veterans' Memorial off the Garden State Parkway at Exit 116.

Retirement Receptions planned.

Several lucky employees will be retiring in the very near future. Listed below is the information on their planned receptions/dinners.

Retiree	Reception Details	Contact Person
SFC William Arthur Hurley	Hollywood Café & Sports Bar Woodbury Heights, NJ 19 May 2005, 1400 hours	MSG Antonio Ortiz Jr. (856) 384-3765, ext. 118
SSG Walter G. Burris	McGuire AFB NCO Club 20 May 2005, 1130 hours	MSG Estrada or SFC Devarie 609-562-0566/0568
Ms. Ellen Fruscione	Lawrenceville Armory 31 May 2005, 1600 hours	Angela Como or Liz DiStefano 609-530-6780/6893
SGM Michael Amoroso	Charleys Other Brother 20 June 2005, 1700 hours	SFC Denise Creary 609-562-0661

Today in History

Today is Friday the 6th of May 2005. It is the 126th day of the year with 239 days remaining.

1607 – Jamestown, Virginia, was settled as a colony of England.

1637 – Cardinal Richelieu of France created the table knife.

1821 – The first practical printing press was patented in the U.S. by Samuel Rust.

1865 – Final engagement of the Civil War – PVT John J. Williams of 34th Indiana is the last man killed in the war.

1880 – Thomas Edison tested his experimental electric railway in Menlo Park.

1913 – Igor Sikorsky built and flew the first four engine aircraft.

1918 – The first airmail postage stamps were issued with airplanes on them. The denominations were 6, 16, and 24 cents.

1942 – Helicopter makes its first cross-country flight.

1950 – Diner’s Club issued its first credit cards.

1967 – Mickey Mantle hit his 500th homerun.

1981 – Pope John Paul II survived an assassination attempt.

1999 – The impeachment of Russian President Boris Yeltsin began in Moscow.

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

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

Thought for the week:

Kind words can be short and easy to speak.

But their echoes are truly endless.

... Mother Teresa

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