

DMAVA Highlights



March 11, 2010 Volume 12 Number 08

Family Readiness Council hosting fundraiser March 25

The National Guard State Family Readiness Council (NGSFRC) is hosting a fundraiser at the Lawrenceville Armory on March 25 at 6 p.m. The emcee is Brian Thompson with entertainment featuring Joe Piscopo. Cocktails and dinner will be served.

The Family Readiness Council provides financial assistance to families and businesses of New Jersey National Guard's Soldiers and Airmen during and after overseas deployments. Grants awarded average \$50,000 monthly to N.J. Citizen-Soldiers and Airmen and their families. To date \$1.3 million in grants have been awarded.

The cost of the event is \$125. Please make your check payable to: National Guard State Family Readiness Council Celebration. All contributions to The National Guard State Family Readiness Council, a 501(c)(3) nonprofit corporation, are tax-deductible to the full extent allowed by law.

If you would like to attend or make a donation to the Council, contact Nicole Davidman immediately at 908-447-0358 or ndavidman@turnkeyproductions.net or visit www.nationalguardsfrc.org.



Raising funds for a Red Oak tree

Five years ago a memorial was dedicated on the DMAVA campus to honor the four New Jersey Army Guardsmen who gave their lives during two days in June 2004 during their deployment to Iraq. This year plans are underway to plant a red oak tree, the state tree of New Jersey, by the memorial.

If you would like to make a donation to help purchase the tree, please send your checks, made payable to, "Family Readiness Council," to:
Brig. Gen. (ret.) Frank R. Carlini
PO Box 340
Trenton NJ 08625-0340



State employees encouraged to get H1N1 flu shots; free clinics throughout the state until April 16

The New Jersey Department of Health and Senior Services has scheduled H1N1 flu vaccinations clinics for all state employees. The clinics are free of charge.

Employees need to make an appointment prior to the scheduled clinic day when they want to have their vaccination. Call the hotline at 1-866-321-9571 to make an appointment. Clinics are open from 9 a.m.-4 p.m.

Location	City	Date
State Police Troop HQ	Hamilton	March 19
War Memorial	Trenton	March 22-24
DMAVA HQ	Lawrenceville	March 29-30
BPU Gateway Plaza	Newark	April 7-8
DMAVA	West Orange	April 12-13
Casino Control	Atlantic City	April 14-15
State Police Troop HQ	Buena	April 16

For those employees unable to attend a clinic but interested in a H1N1 flu shot; use the department's "Find a Flu Shot" locator at www.nj.gov/health or call the hotline.



Spring Forward....Don't forget to turn your clock forward one hour Saturday when you go to bed! Daylight Saving Time begins at 2 a.m. Sunday, March 14.

Learn how to build a rain barrel; save water

If you are interested in saving water around your home, then this may be the class for you. The city of Lawrence, in partnership with Sustainable Lawrence and AmeriCorps, invites you to attend a "Build Your Own Rain Barrel" workshop on March 25, from 6:30-8:30 p.m. at the Lawrence Community Center, 295 Egerts Crossing Road.

Learn step-by-step how to build your own rain barrel and how to install it at home. Place the rain barrel under your gutter downspout next to the house to collect rain water from the roof.

Rain barrels can help save money on your water bill, prevent basement flooding, water your garden and reduce flooding in local rivers and streams. Learn how to conserve water and protect your environment.

The fee for the workshop is \$45 (rain barrels usually sell for more than \$100 at garden shops) which includes the barrel and all materials. Class size is limited so register early. Contact Angela Adams, AmeriCorps, 609-883-9500, ext. 246 or angela.adams@drbc.state.nj.us.



DMAVA Green

By Tech Sgt. Barb Harbison, DMAVA Public Affairs Specialist

Last fall, President Barack Obama, asked all federal employees and military personnel to share their ideas in the GreenGov Challenge so they could lead by example and meet the goals of the Executive Order on Federal Sustainability. The report is out – drop by <http://www.whitehouse.gov/sites/default/files/20100217-greengov-final-report.pdf> and see what was suggested.

While we are not employed by the federal government, we can use some of their ideas in our work and home environment to be green.

While teleworking is not available to DMAVA, we can make an effort to drive less, walk or ride a bike when the opportunity arises.

Insulate your hot water heater. Dress in layers at home and adjust your thermostat. Up in the summer and down in the winter.

Xeriscaping – plant native species and drought tolerant plants to reduce need for watering.

Install water-saving toilets, faucets and showerheads. The money saved will pay back the expense of buying the new items.

Capture rain water and use it to water plants.

Buy only recycled paper and green office supplies.

When buying a new car, purchase a fuel efficient model.

Use natural light as much as possible; paint your walls in light colors to enhance the effect of natural light.

Use your local farmers market.

Replace your old windows with double-paned windows.

When decorating, use Low Volatile Organic Compounds (VOC). Paints, carpet, flooring, furniture should be either low or no VOC.

Recycle, Reduce, Reuse.

Keep Green!

Photo information

If your armory needs photos for the Chain of Command "wall," contact Tech. Sgt. Barb Harbison at barbara.harbison@njdmava.state.nj.us or call 609-530-7088. Tell us which photos you need and we will mail them to you or get them ready for pick-up.

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Officers and NCOs can now schedule their DA photo appointment online for the N.J. National Guard photo studio at Joint Force HQ, Fort Dix.

Just visit fill out a work order, DA 3903, online at www.vios.army.mil, but you must log in with your CAC card. For assistance or more information registering on VIOS, contact Staff Sgt. Jorge L. Vazquez, G6 Network Control Center at 609-562-0333.

The studio accepts appointments for any week day from 8-10 a.m. or anytime during JFHQ drill weekends. For more information on studio hours contact Kryn P. Westhoven at (609) 847-2215.

Quotes

The vices we scoff at in others, we laugh at within ourselves.

--Sir Thomas Browne

Monkeys are superior to men in this: When a monkey looks into a mirror, he sees a monkey.

--Malcolm de Chazal

All men are tempted. There is no man that lives that can't be broken down, provided it is the right temptation, put in the right spot.

--Henry Ward Beecher



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

Families

Sign up the kids for tour of Battle Lab, March 28

The annual Youth Programs Battle Lab tour will be held March 28, 9: 15 a.m.-noon for youth 10 years and older. The tour will take place at the Joint Training and Training Development Center (JT2DC), building 3601, on Joint Base McGuire-Dix-Lakehurst. The youth will be able to view and learn about various flags and countries, learn about military occupational specialties, weapons marksmanship, walk through desert night fighting lanes and work with the virtual combat convoy trainer.

Only 25 slots are available on a first come, first serve basis. Families are responsible for transportation. Parents may drop youth off or walk through with group. To register, please visit http://www.state.nj.us/military/familysupport/youth_events.html to download the Battle Lab Tour permission slip.

Deadline to register is March 24. Return the completed forms to Amanda Balas via e-mail/mail or fax them to 609-530-6871. For more information, contact Amanda at amanda.balas@us.army.mil or 609-530-6836.

Free community nights at the Franklin Institute for families

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

Activities include FREE:

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

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

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

State Family Programs

101 Eggert Crossing Road, Lawrenceville
Toll-free number 1-888-859-0352
Family Assistance – 609-530-6834/6884
State Youth Coordinator – 609-530-6836
Military Family Life consultants – 609-530-6835/6886
Yellow Ribbon Program – 609-530-6846/6853/6859
Military OneSource 1-800-342-9647; NJ 609-530-6867
Survivor Outreach Services – 609-530-6864
Fax – 609-530-6871

Mt. Laurel YMCA opens doors on April 18 for Fun Fest

Come to the Mount Laurel YMCA, 59 Centerton Road, Mount Laurel, on April 18, 1-4 p.m., for "Celebrating Military Children."

There will be a FREE drop off service for ANY military children. Operation Military Kids team members will supervise your child and one friend, age 5 and up.

Submit completed forms by April 13, 2 p.m. There is a maximum participation of 75 youths. To register, please download the Permission Slip at http://www.state.nj.us/military/familysupport/youth_events.html.

Some activities include: arts and crafts, climbing wall, swimming, photography, face painting, YMCA Values hoop shoot, healthy food and drink, free giveaways and FUN, FUN, FUN!!!

For more information contact Amanda Balas, New Jersey National Guard Youth Coordinator, at 609-530-6836 or at amanda.balas@us.army.mil.

Youth trip to Washington, DC planned for June 4-6

The NJNG Youth Programs will be taking up to 35 teens (ages 13-17) and 10 chaperones on a trip to Washington, DC, on June 4-6.

If you are interested in touring and enjoying the nation's capital, contact Amanda Balas at amanda.balas@us.army.mil or 609-530-6836.

There will be two pick up points in New Jersey before heading to Bolling Air Force Base, where the group will be staying. The agenda is not completely set, but on the possible list is visiting the National Mall area where the historical monuments and museums are located.



Guard Youth Camp July 11-17

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

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

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

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

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

Sports & More

Picatinny Arsenal Hearts Apart begins April 15

Come join Hearts Apart, the group designed for families living apart from their military or civilian sponsor possibly due to an unaccompanied tour, extended temporary duty, deployment or other mission requirement.

Hearts Apart is a fun, relaxing and informative time to meet with other spouses, children, loved ones and friends in similar circumstances. The support group will meet on the third Thursday of each month in the Picatinny Arsenal Community Center, building 3225.

Come join us on April 15, 7-9 p.m. For more information or to register for the event, contact the ACS at 973-724-5219 or e-mail Clarence.lacy@us.army.mil.

Tickets available for National Guard Day at Hershey Park

It's Hershey Park Day again for the National Guard! If you would like to take your family for the day, April 18, 10 a.m.-6 p.m., the cost is \$22 per person. Go to <http://tinyurl.com/hershey-nat-guard-tickets>. The pass code is 29837. If you have any issues with the link, e-mail kmmameval@hersheypa.com.



Project Stars launched - new program for women veterans

A new program was launched in October 2009 for female veterans and service women as they return to New Jersey following deployment to Iraq and Afghanistan called Project Stars.

Located in the Women's Rights Information Center, 108 West Palisade Avenue, Englewood, the program is designed to address the unique needs of women veterans as they return from active duty. The three primary areas of focus will be academic, career services and legal assistance.

Project Stars offers free training and services. Some of the programs available include:

- Office technology computer training programs – earn a Microsoft Office Specialist certification
- Daytime classes at Farleigh Dickinson University, Hackensack campus, technology center or the evening classes at the Women's center
- Meet with college Director of Veterans Services to learn about Yellow Ribbon program and how the program can pay for your college education
- Job advice, interviewing skills and more with the career counselors
- Free, private consultation with an attorney from Women Lawyers in Bergen to receive support counseling and confidential referrals to non-military specialists for advice on marital law, child custody rights or other family issues or personal concerns.

Visit www.womensrights.org or call 201-568-1166 for more information.

Students who received GI bill advances will be assessed

By Rick Maze, Air Force Times

Student Veterans of America is recommending that people who must give back their \$3,000 GI Bill advances quickly assess their finances to determine the best way to repay the money.

The Veterans Affairs Department has announced it will start reducing living stipends, beginning April 1, by \$750 per month to recoup the fall advance payments.

Brian Hawthorne, legislative director for the student group, said people who cannot afford to have that much reduced from their monthly checks need to make other arrangements.

"We are advising our members to look at their personal finances and ensure that they can afford that amount," Hawthorne said. "We are suggesting that if this amount will negatively impact their bottom line or their family situation, they should call right away.

"It has been made very clear to us by VA that if it is too aggressive, they are willing to work with the student veterans that need to adjust the pace," Hawthorne said.

His comments come as Rep. Glenn Nye, D-Va., a member of the House armed services and veterans' affairs committees, is pressing VA to revise its recoupment plans. Nye says he worries that \$750 per month could prove too much for some veterans.

Hawthorne said he doesn't want veterans to be alarmed. "It is important for vets to realize that this is not a one-size-fits-all plan, and that they are in control of it, if they choose to be by calling VA debt management."

The automatic repayment applies only to those who received the \$3,000 advance payments last fall and are receiving spring payments under the Post-9/11 GI Bill. Anyone who received the pay advances who is not now drawing a monthly living stipend must make separate arrangements with VA to pay back the money.

Flexible repayment terms have been promised by VA officials as long as the \$3,000 is recouped within 12 months. VA officials said the more than 122,000 people who received the \$3,000 advance payments have received at least one notice about repayment, and they are about to receive a second that will include details on how to contact VA to arrange a payment schedule.



Veterans & Military

Get ready to sign up for Army Ten Miler; opens April 1

Now is the time to lace up those running shoes and start practicing for the 26th annual Army Ten-Miler. The race, which will take place on Oct. 24, 2010, opens registration on April 1. The 2009 race sold out in six days, so if you want to participate, the organizers encourage you to register early. Drop by www.armytenmiler.com for information, registration and more.

If you have an artistic streak, the race has a T-shirt design contest with a \$4,300 prize package. Great prizes and the opportunity to see your art emblazoned across the chests of thousands of runners.

Proceeds from the Army Ten-Miler go to support Army Family Morale, Welfare and Recreation programs.

It is a great opportunity to see 30,000 people line up and run through the streets of our nation's capital.

Honor Guard program looking for members to serve

The New Jersey National Guard Honor Guard Program is looking for new members to serve at funerals of veterans around the state.

Retirees and active National Guard members of the Army and Air Guard can apply for the openings. Retirees with 20 years or more of service from any branch can also apply. The Honor Guard members are men and women, enlisted and officers.

All personnel must meet Army/Air Force height and weight standards of AR 600-9 and their appearance must meet AR 670-1 standards.

Current Guard members are paid one day's active duty pay, but no less than \$50 plus one retirement point for each day's work. Retirees receive \$50 per day.

Many days can find the Honor Guard with more than one mission; but each person registers for the time they are available. Most services take place within a 50 mile radius of their assigned Honor Guard Office; hours are 9 a.m.-4 p.m. Some missions can be done in the evening hours. The Honor Guard provides services seven days a week, depending on the schedule of missions.

The N.J. National Guard Honor Guard Program provides services mostly for Army veterans but has worked at other branch's funerals.

There is an initial training period for all personnel. Everyone will be taught how to perform all assignments and phases of the ceremony. If someone has a special talent such as bugle playing for Taps, it is greatly appreciated.

Anyone interested must contact the program office at 609-530-7090. They will be referred to a local regional team leader to establish an appointment time and location for an interview or in the case of a bugler, an audition.



Agent Orange disability claims to be fast tracked at VA

WASHINGTON (March 9, 2010) - The Department of Veterans Affairs (VA) announced today an aggressive new initiative to solicit private-sector input on a proposed "fast track" Veterans' claims process for service-connected presumptive illnesses due to Agent Orange exposure during the Vietnam War.

"This will be a new way of doing business and a major step forward in how we process the presumptive claims we expect to receive over the next two years," Secretary of Veterans Affairs Eric K. Shinseki said. "With the latest, fastest, and most reliable technology, VA hopes to migrate the manual processing of these claims to an automated process that meets the needs of today's Veterans in a more timely manner."

Over the next two years, about 200,000 Veterans are expected to file disability compensation claims under an historic expansion of three new presumptive illnesses announced last year by Secretary Shinseki. They affect Veterans who have Parkinson's disease, ischemic heart disease and B-cell leukemias.

In practical terms, Veterans who served in Vietnam during the war and who have one of the illnesses covered by the "presumption of service connection" don't have to prove an association between their medical problems and military service. This "presumption" makes it easier for Vietnam Veterans to access disability compensation benefits. Vietnam Veterans are encouraged to submit their claims as soon as possible to begin the important process of compensation.

VA expects to shorten the time it takes to gather evidence, which now averages more than 90 days. Once the claim is fully developed and all pertinent information is gathered, VA will be able to more quickly decide the claim and process the award, if granted.

"Veterans whose health was harmed during their military service are entitled to the best this nation has to offer," added Secretary Shinseki. "We are undertaking an unprecedented modernization of our claims process to ensure timely and accurate delivery of that commitment."

Last year, VA received more than one million claims for disability compensation and pension. VA provides compensation and pension benefits to over 3.8 million Veterans and beneficiaries. Presently, the basic monthly rate of compensation ranges from \$123 to \$2,673 to Veterans without any dependents.

Disability compensation is a non-taxable, monthly monetary benefit paid to Veterans who are disabled as a result of an injury or illness that was incurred or aggravated during active military service.

For more information about disability compensation, go to www.va.gov.



Additional information about Agent Orange and VA's services and programs for Veterans exposed are available at www.publichealth.va.gov/exposures/agentorange.

Calendar

Rod and Gun Club invites all to have a wild night

The Picatinny Rod and Gun Association invited one and all to their Annual Game Dinner on April 17 at 6 p.m. Cost is \$20 per person. To reserve your place, call the ITR office at 973-724-4014/4186 no later than April 2. Payment can be made with Visa, MasterCard, cash or check.

What's for dinner? Appetizers are Venison meat balls in currant/Dijon sauce, corned Canada goose Reubens, gray squirrel quesadillas, raccoon empanadas, cheeses/crackers and veggies/dip. The main course is mixed greens salad, venison vegetable soup, venison chili, pheasant a-la-shrooms, pheasant and broccoli over white rice, pheasant jambalaya, venison shepherd's pie, venison Stroganoff over egg noodles, venison Bourguignon, venison Milanese, leg of venison with horseradish sauce, venison meatloaf, baked trout, loin of tame boar, beaver barbeque, roast chicken rosemary, mixed veggies, garlic mashed potatoes, apple sauce and dessert. Beer, wine, soda and coffee are included.

Come have a wild night with us!

102d Regiment reunion being held March 27 in West Orange

The 102d Regimental Reunion, sponsored by The Essex Troop, has been rescheduled for March 27 at 2 p.m. at the West Orange armory. It is open to current and former members of the 1st or 2nd squadron, 102d Cavalry, 1st, 2nd, 3rd or 5th Tank Battalion or the 5-177th Cavalry.

Food and refreshments will be served compliments of the Essex Troop Association. Attendees are asked to bring along their memorabilia – pictures, dog tags, P38, etc – and meet with old friends to have a great afternoon of camaraderie and stories.

Call The Essex Troop office at 973-736-0952 to RSVP, or e-mail etroop@verizon.net.

Guard families holding Band of Brothers Memorial Poker Run

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

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

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

For more information visit www.RememberingRyan.org.

Dash on down to the Nutter Run in Sea Girt, May 22

Get those running shoes ready for the sixth annual SGT Nutter Run on May 22. The 5K run will be held at the National Guard Training Center, Sea Girt. Sign in is 8-9:30 a.m., race start is 10 a.m.

Cost to run is \$10 if enrolled in JROTC, \$15 if postmarked before May 1 and \$20 on the day of the event. Profits from the run go to benefits the lives of National Guard families in need. This year the benefits will go the Stadelman twins – children of 2nd Lt. John Stadelman, a New Jersey Army Guardsman who passed away on July 9, 2009.

For more information about the prizes, donations to be raffled, applications to participate in the run and more, visit www.Nutter-Run.org.

Travel show, book fair being held at Picatinny March 26

Come to the Cannon Gate Club, Picatinny Arsenal, wearing your green on March 17 for the St. Patrick's Day party. The buffet will include corned beef and cabbage, Finnan Haddie, Irish stew and Key Lime pie for dessert. Dinner starts at 6 p.m. and the cost is \$16 per person. Don Pierce will be on the keyboards for entertainment. Call 973-724-2582 for reservations.



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.

April 6*, 7, 8 Paramus Park Mall

*Medal ceremony at 10:30 a.m.

Deadline

Want to place an event or article in DMAVA Highlights?

Deadline for articles is noon Wednesday.

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