



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

Brig Gen Maria Falca-Dodson
 Deputy Adjutant General

Col (Ret) Stephen G. Abel
 Deputy Commissioner for Veterans Affairs

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We're on the Web!

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

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BG William C. Doyle Cemetery
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1st Battalion 114th Infantry returns from Sinai.

On 12 January 2005, MG Glenn K. Rieth, Brig Gen Maria Falca-Dodson, BG Frank Carlini, and other senior members of the NJ National Guard were at the Philadelphia International Airport to welcome home 60 soldiers from the 1st Battalion 114th Infantry returning from their Multi-National Force Observer mission in the Sinai. The remainder of the Battalion will be redeploying over the next two weeks. The battalion will have a couple of months to prepare for their next mission, which will be a follow-on deployment to the National Training Center at Ft. Irwin, CA for one year. Welcome home and good luck with your future mission.

News from the Front -- Message from 42nd DISCOM Commander in Iraq, 10 Jan 05).

"This is just a short note to let you know that the DISCOM HHC and MSB all arrived in Kuwait without incident. We're all in the middle of our training here to include the convoy life fire and additional weapons training. We have been able to ship a large portion of our equipment directly into Iraq so that we will be flying more soldiers than we originally thought directly into our final destination. They have been doing a great job, and there is no doubt in my mind that we are ready to assume this mission. All of our soldiers have been great and 1st Infantry Division has nothing but good comments. Once again, I'd like to thank all of you for your support." Colonel Bill Rochelle.

Chief Master Sergeant Jean C. Perry makes history at the 177th Fighter Wing.

On January 1, 2005, Senior Master Sergeant Jean C. Perry became the first female member of the 177th Fighter Wing to be promoted to the grade of E-9. This makes her the first female Chief Master Sergeant in the history of the Wing. Chief Perry is currently assigned as the Superintendent of the 177th Military Personnel Flight. Prior to this position she served as the 177th Fighter Wing Training Manager. Throughout her career, Chief Perry has worked to be the best in whatever capacity she served. In addition to being an outstanding performer, she involved herself with the various councils and organizations tasked with the job of promoting esprit de corps and enhancing morale among the members of the 177th Fighter Wing as well as personnel from other units assigned to the New Jersey National Guard. Chief Perry leads by example, using the Air Force core values of Integrity, Service before Self, and Excellence in all we do as a guide to be an integral part of the senior enlisted leadership at the 177th Fighter Wing.

BG William C. Doyle Veterans Memorial Cemetery accepts donation from the American Legion.

On behalf of the Cemetery Advisory Council, COL (Ret) Stephen G. Abel, Deputy Commissioner for Veterans Affairs, accepted a contribution of \$5,000 from American Legion Commander M. E. "Ted" Behr and Auxiliary President Penny Kraus. Their gift will support the purchase of two monuments, "The Companion" and "The Void," that are part of the expansion and improvement program at the cemetery.



Martin Luther King, Jr.

All Federal and State Offices will be closed in observance of the holiday.

Monday, 17 January 2005

"We have learned to fly the air like birds and swim the sea like fish, but we have not learned the simple art of living together as brothers."

..Martin Luther King, Jr

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

108th Air Refueling Wing participating in Northeast Tanker Task Force.

Congratulations to the 108th Air Refueling Wing and the unit members who are participating in Northeast Tanker Task Force (NETTF). Since July 1, 2004, the 108th has 200 safe flying hours and 3 million pounds of fuel offloaded as part of NETTF. These operations have been in support of Operations Enduring Freedom and Iraqi Freedom. The maintenance crews of the KC-135E aircraft are to be commended – only three missions out of 58 have been cancelled for maintenance problems, giving them a 95% mission reliability rate, and Command Post controllers have been busy keeping up with mission changes. The tempo slowed during Christmas, but as of December 31, 2004, it picked up and is forecast to remain high for the foreseeable future.

Training the Guard.

The Global War on Terrorism has triggered the largest activation of National Guard forces since World War II. The National Guard holds a unique dual status in that it performs federal and state missions. Over one-half of the National Guard’s soldiers have been activated for overseas war fighting or domestic homeland security missions. How the Guard trains is key to mission accomplishment.

The individual and collective training in the Guard is quickly adapting modern doctrine and lessons learned in urban operations. The quick takeover of Baghdad and other Iraqi cities shows how much the United States has learned about urban warfare. Kentucky’s Fort Knox has been at the forefront of those efforts. The 3-year-old, \$20 million Zussman Mounted Urban Combat Training Center is among the most technologically advanced training sites in the nation.

In battle, soldiers must react instinctively. The only way to make that happen is to practice in real-world scenarios. Most of the battle space in the next century is going to be urban. Commanders must look at improving urban operation capabilities. The Zussman Range involves how to fight in cities, when to shoot and when not to shoot, how to interact with civilians, and how to choose targets wisely.

Lieutenant Colonel James Rosenburg, Battalion Commander of the 5/117 Cavalry, is sending 170 of his soldiers to Zussman Range. This Commander’s “out of the box thinking” will provide the soldiers of the Cav realistic training relevant to current events. “It is my desire to begin the tactical exercise as the troops assemble at the armory on Friday morning and maintain a high OPTEMP (operational tempo) pace as we move to McGuire Air Force Base, right up to ENDEX (end of exercise) at 0400 (a.m.) on Sunday. I intend to stress and thereby develop the decision making abilities of the junior leaders.” When needed by the President or the Governor, these soldiers will know their jobs and have the confidence to act boldly and decisively.

Veterans to be honored at upcoming Medal Ceremonies.

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

20 Jan 11 a.m.	New Jersey’s Distinguished and Meritorious Service Medal	Salem County Community College
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

Army National Guard bonuses skyrocket!

On 14 December 2004, New Jersey Army National Guard Enlistment and Reenlistment Benefits increased significantly. Non-prior Service personnel can now get up to \$10,000 for enlisting. They could qualify for up to \$20,000 in Student Loan Repayment. Prior Service personnel joining the NJ Army National Guard can get up to \$15,000. New Jersey Army National Guard soldiers reenlisting qualify for up to \$15,000 and the payment can be lump sum. Additionally, if the soldiers reenlist in a

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

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

NFL Playoffs begin this weekend.

" The game of life is a lot like football. You have to tackle your problems, block your fears, and score your points when you get the opportunity." - Lewis Grizzard, 1946-1994

Combat Zone or Qualified Hazardous Duty Area, the bonus payment can be Tax-Free. If you are interested in joining the New Jersey Army National Guard, contact MAJ Coakley at 609-562-0711. If you are interested in reenlistment information, contact 2LT Joseph Gagnon at 609-562-0704.

NJ National Guard Summer Youth Camp Information.

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

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@njmcbgu.ang.af.mil, not later than 28 January 2005.

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

Homeostasis

Last week I briefly discussed two activities that take place in the human body. Today, I will expand on Homeostasis. The concept of homeostasis is of special interest to the fitness enthusiast. You are in equilibrium with the environmental stimuli imposed on you. Think, for example, how your muscles change in response to different training programs. If you spend most of your time lifting heavy weights, your muscles will grow larger. A shift in your homeostasis has taken place. The simple action of weight

lifting causes more protein synthesis in the muscles being exercised with weights. Hormone levels change to accommodate this growth. On the other hand, if you choose to run several miles per day, your muscles will take a different form. They will develop a higher endurance capacity, stimulate the formation of more fat-utilizing slow twitch muscle fibers, and develop a higher capacity to use oxygen in energy production. Nutrient intake is an important factor, which can affect your homeostatic balance as well. Eating too much of the wrong foods, or too little of the right foods can cause homeostasis to shift. Too much fat and calories, and your body stores fat. Not enough protein, and your muscles break down. Not enough carbohydrates, and you will feel tired sooner. For optimum homeostasis and metabolism, eating the right nutrients in the right amounts at the right times is vital. Next week, we're on to metabolism!

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, 14 January 2005. It is the 14th day of the year with 352 days remaining.

1699 – Massachusetts holds day of fasting for wrongly persecuting "witches."

1784 – The United States ratifies peace treaty with England ending the Revolutionary War.

1914 – Henry Ford introduces assembly line for Model T Fords.

1943 – U. S. President Roosevelt became the first U.S. President to fly in an airplane while in office. He flew from Miami, Florida to French Morocco where he met with

British Prime Minister Winston Churchill to discuss World War II.

1954 – Marilyn Monroe and Joe DiMaggio were married. The marriage only lasted nine months.

1969 – An explosion aboard the U.S. aircraft carrier Enterprise off Hawaii killed 25 crewmembers.

1973 – The Miami Dolphins defeated the Washington Redskins in Super Bowl VII and became the first NFL team to go undefeated in a season.

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
12-18 Jan	Home Design & Landscape Show	Morristown Armory
14-15 Jan	Auction	Cherry Hill Armory
23 Jan	Circus	Jersey City Armory
29-30 Jan	Men's Expo	Morristown Armory
2 Feb	Moscow State Circus	Bordentown Armory
27 Feb	NASCAR Collectibles Show	Bordentown Armory

Inauguration Day – Thursday, 20 January 2005

“If you are as happy, my dear sir, on entering this house as I am in leaving it and returning home, you are the happiest man in this country.” - James Buchanan to Abraham Lincoln on his Inauguration Day.

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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