



The State of New Jersey
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DMAVA Highlights Archives

18 February 2005
Volume 4, Number 7

NJ Dept of Military and Veterans Affairs

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 The Adjutant General

Brig Gen Maria Falca-Dodson
 Deputy Adjutant General

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We're on the Web!

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

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 Advisory Council

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New Jersey Freedom Loans

Welcome Home – Battery B, 3/112th Field Artillery Battalion!

On 11 February 2005, the New Jersey National Guard conducted a Welcome Home Ceremony in Lawrenceville, New Jersey for Battery B, 3/112th Field Artillery Battalion. MG Glenn K. Rieth, Acting Governor Richard J. Codey, United States Senators Jon Corzine and Frank Lautenberg, Congressmen Rodney Frelinghuysen and Rush Holt, local dignitaries, families, friends, and the community of Lawrenceville welcomed home the 178 soldiers of Battery B, 3/112th FA who were deployed for 12 months in Iraq. The 3rd Battalion Family Readiness Group and the local community did an outstanding job coordinating and setting up the event. The ceremony included a parade and an awards ceremony to honor the outstanding achievements of the unit and soldiers. Seventeen soldiers were awarded the Bronze Star, and 23 soldiers were awarded the Purple Heart during their deployment. Battery B performed over 4,000 missions during their deployment, to include Iraqi Police training and providing security for Iraqi Police stations. The unit operated in some of the most dangerous areas including Fallujah and Sadr City in Baghdad. In a solemn moment, Governor Codey and everyone present remembered the four brave soldiers who made the ultimate sacrifice: Staff Sergeant Frank T. Carvill, Staff Sergeant Humberto Timoteo, Specialist Ryan Doltz, and Specialist Christopher M. Duffy. The NJ National Guard is extremely proud of Battery B, 3/112th Field Artillery. Their performance and dedication to duty is in keeping with the highest traditions of military service. Welcome Home!

New Jersey veterans honored at ceremony.

On Thursday, 10 February 2005, a New Jersey Vietnam and Korean Service Medals ceremony was held at the Hackettstown Armory in Hackettstown, New Jersey. Colonel Robert Watson, Plans Operations and Training Officer, from Fort Dix, New Jersey presented these medals to 71 of our State's veterans. COL Watson saluted them for their service and sacrifice on behalf of all the citizens of our great state and nation. Ms. Kathy Hymes served as Mistress of Ceremony and also sang the National Anthem to everyone's delight. Ms. Kimberly Bruss and Ms. Kimberly Castner assisted with the program.

177th Operations and Maintenance Groups deploy to Hickam Air Force Base, Hawaii.

Guardsmen assigned to the 177th Fighter Wing Operation and Maintenance Groups deployed to Hickam Air Force Base, Hawaii on 12 February 05. In addition to personnel, a portion of the Wings F-16c aircraft also deployed. The personnel and aircraft will participate in an exercise known as "Sentry Aloha." The exercise is designed to provide realistic training scenarios for dissimilar aircraft, namely F-16s versus F-15s. This exercise is one of many that help keep our pilots and maintainers trained and ready to support real world missions.

The New Jersey World War II Memorial website is now online.

The World War II Memorial at Veterans Park website is now available on the world wide web at the following address:

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

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

Fleet
1-800-841-4000

Manasquan Savings Bank
732-223-4450

http://www.nj.gov/military/veterans/wwii_memorial/

The new site contains committee, design, and donation information, as well as information on the current events regarding the memorial and a brief photo gallery. The site will continue to be updated as the project progresses. Please take a minute to view the outstanding design as the State of New Jersey takes the initiative to honor and remember our “Greatest Generation.”

National Guard Bureau hosts Legislative Conference.

The National Guard Bureau hosted its first annual conference for State Legislative Liaisons in Washington, D.C. Legislative Liaison personnel from all 50 states and territories attended. Dr. Wayne Girardet, Director, Government Relations, represented New Jersey. Among the items discussed were the composition of the new Congress, BRAC, budgetary outlook, and force structure.

Annual Training Conference conducted at Fort Indiantown Gap, PA.

On 16 February 2005, the Joint Force Headquarters, Army Directorates and full-time support soldiers of the 50th Brigade and 250th Forward Support Battalion, converged on the Pennsylvania National Guard Training Center for an Annual Training (AT) Conference. Fort Indiantown Gap is a National Guard Training Center that provides New Jersey units with 19,000 acres of training land, which consists of 140 maneuver areas, firing ranges, and bivouac sites. The purpose of the AT Conference is to confirm support, coordinate changes, and resolve conflicts in resource allocations of training facilities. Units performed reconnaissance of their training areas so commanders can thoroughly plan and synchronize training.

Fort Indiantown Gap was first established by the state of Pennsylvania in 1931 as the primary training base for the Pennsylvania National Guard. It is also home of the Pennsylvania Department of Military & Veterans Affairs. The primary mission of Fort Indiantown Gap is military training for the active and reserve components of all the services. Civilian organizations with compatible interests and training needs are also accommodated whenever possible. On average, more than 100,000 individual students and trainees rotate through the installation every year.

Major General Richard “Craig” Cosgrave Chiefs Award winner announced.

The Major General Richard “Craig” Cosgrave Chiefs Award was developed to honor the outstanding Chief Master Sergeants in the New Jersey Air National Guard that demonstrate superior performance, community service, professionalism, and leadership in the highest standards expected of a Chief Master Sergeant. The award was named in honor of Major General Cosgrave, who put complete trust and confidence in his Chief Master Sergeants. The selection is based on four areas: individual initiatives, professionalism, demonstrated abilities of a Chief, and adherence to the Core Values of the United States Air Force.

This year’s winner was Chief Master Sergeant Marvin Nichols of the 108th Air Refueling Wing. Congratulations to Chief Nichols and we thank him for his support of the enlisted men and women of the 108th Air Refueling Wing.

Veterans to be honored at upcoming Medal Ceremonies.

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

24 Feb 11 a.m. 1 p.m.	Distinguished/Meritorious Service Medal Korean Service Medal	Lawrenceville Armory 151 Eggert Crossing Rd. Lawrenceville, NJ
10 Mar 11 a.m. 1 p.m.	Distinguished/Meritorious Service Medals Korean Service Medal	Bordentown Armory 1048 Route 206 Bordentown, NJ 08505
17 Mar 7 p.m.	Distinguished, Meritorious, Korean, and Vietnam Service Medals	American Legion #115 700 Melbourne Avenue Beverly, NJ 08010

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

Thought for the Week:

"In this life we cannot do great things..

We can only do small things with great love."

..Mother Teresa

31 Mar
11 a.m.
1 p.m.

Distinguished/Meritorious Service Medals
Vietnam Service Medal

Cherry Hill Armory
Grove Street & Park Blvd.
Cherry Hill, NJ 08002

Support the Troops

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

Pancake Breakfast – Vineland – 19 Feb 05. The Masonic Lodge at 1065 East Landis Avenue, Vineland, New Jersey will host a Support the Troops Pancake Breakfast on Saturday, 19 February 2005, from 8-11:30 a.m. Tickets are \$5 per person, \$3 for Seniors and Children under 12. All proceeds benefit the HHT/C Troop, 5-117th Cavalry National Guard soldiers and their families. For more information call Dacia Eachus at 856-358-2590 or Colleen Cuning at 856-308-3052.

Pasta Dinner – Lawrenceville – 20 Feb 05. A Pasta Dinner to benefit National Guard families will be held on Sunday, 20 February 2005, at the Lawrenceville Armory from Noon until 7 p.m. Cost: \$8 (Children 12 and under - \$4).

Breakfast Buffet – Port Murray – 27 Feb 05. American Legion Post 164 and the 2-102nd Family Readiness Group will sponsor a Breakfast Buffet on Sunday, 27 February from 8 a.m. to 12 p.m. The event will be held at the American Legion Post on Willow Grove Street, Hackettstown, New Jersey. Cost is \$6 for adults, \$5 for Seniors and Children under 10. Proceeds will assist the families of the 2nd Battalion, 102nd Armor.

JT2DC (T3BL) Soldier's Association Golf Tournament – 25 April 2005. The event will begin with a 9 a.m. Shotgun Start at the Fountain Green Golf Course, Fort Dix. Cost \$80 per person. Proceeds will assist the families of our deployed soldiers. For additional information, contact CSM Tim Maskery at 609-562-0539.

Get Dunkin Donuts coffee for your soldier. Dunkin Donuts will send a case of free coffee to your soldier. Just go to www.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 use 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.

Have you ordered your FREE American Hero wristband? We did and it arrived in just 2 weeks!

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.

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.

American Legion Scholarship - If you have a son, daughter, grandson, or granddaughter that is a senior in high school, they may qualify to receive a scholarship through the American Legion. For applications, please call Mr. Robert Luby at 908-996-6005 or email him at robertlooby@earthlink.net.

Retirees wanted to provide Military Funeral Honors (MFH).

The J5/7 MFH Coordinator is looking for paid volunteers to provide MFH to New Jersey's fallen veterans. You must be retired from the Army or Army National Guard and meet military standards in the Army's Class A. uniform. Owning a Class A uniform is a plus, but not mandatory. If you are interested, please contact Mr. Denson at 609-530-7090 or e-mail him at Raymond.Denson@nj.ngb.army.mil for more information.

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

Date	Event	Location
4-6 Feb	Antique Show	Lawrenceville Armory
20 Feb	Sports Card & Comic Book Show	Bordentown Armory
25-27 Feb	Cat Show	Morristown Armory
27 Feb	NASCAR Collectibles Show	Bordentown Armory

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.

19 Feb	1 p.m.	Rejoice or Cry: Diary of a Recon Marine, Vietnam 1967-1968
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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
14 May	1 p.m.	Jenny 4 Author lecture by Vietnam Veteran Paul Drew

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.

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

How to Stay Motivated

As a personal trainer, I'm often asked how I stay motivated. The good news is that there are multitudes of ways to keep motivated and help motivate others. I'm not going to lie and tell you that it's easy to workout everyday, especially this time of year. Who wants to go out when it's cold, windy, snowing, and raining? I'd rather stay at home with a hot cup of coffee, but I know that I have to do something. Missing one day or even two may be acceptable, but what about the third day? You don't want to get caught up in this "snowball" effect.

Here are the basic points in improving your motivation and making exercise a habit.

First, set goals. Find out what your main, long-term goal is SPECIFICALLY and write it down. Then break this down into small, easier steps. Make sure these challenges are realistic, obtainable, and very specific.

Second, keep a journal. Write down each goal and accomplishment. Track both the highs and lows that you experience on the way.

Third, and probably the strongest motivating factor, is to remember the great feeling you have AFTERWARD! Find the activity that gives you the most enjoyment.

Fourth, reward yourself when a goal is met. Make sure it's proportional to the goal and suitable to the fitness lifestyle.

Fifth, remain disciplined. You're not born with it. Discipline is learned.

Sixth, develop a habit. If you do the things you enjoy, it's easier to do them again. Change your routine so you don't get bored.

Motivation varies from person to person, and I can get a lot more in-depth. There is no rulebook, only ideas. No excuses, stay tight!

Fun Facts –

- Every year in the U.S. \$1.5 million is spent on pet food.
- 70% of people sign their pet's name on greeting cards.
- 39% of pet owners say they have more photos of their pet than of their spouse or significant other.
- Using their swiveling ears like radar dishes, dogs can locate the source of a sound in 6/100ths of a second.
- Adult cats with no health problems are in deep sleep 15% of their lives. They are in light sleep 50% of the time.
- There are more than 100 million dogs and cats in the U.S.

- Cats use their whiskers to determine if a space is too small to squeeze through.

Today in History..

Today is Friday, 18 February 2005. It is the 49th day of the year with 316 days remaining.

1564 – The artist Michelangelo died in Rome.

1841 – The first continuous filibuster in the U.S. Senate began and lasted until March 11th.

1861 – Jefferson Davis was inaugurated as the President of the Confederate States.

1927 – U.S. and Canada begin diplomatic relations.

1930 – Clyde Tombaugh discovered the planet Pluto. The discovery was made as a result of photographs taken in January 1930.

1953 - Premiere of the first 3-D feature film, "Bwana Devil."

1970 – The Chicago Seven defendants were found innocent of conspiring to incite riots at the 1968 Democratic national convention.

1977 – The space shuttle Enterprise went on its maiden "flight" sitting on top of a Boeing 747.

1979 – Snow fell in the Sahara Desert.

2001 – NASCAR driver Dale Earnhardt, Sr., was killed in a crash during the Daytona 500 race.

February is Black History Month -- Black Military Heroes

Astronauts – In August 1983, Guion Bluford became the first African American to go into space, while serving on a mission aboard the Challenger space shuttle. Mae Jemison became the first African American woman to travel in space when she flew on the space shuttle Endeavor in a September 1992 mission.

Black Church – Protestant minister Richard Allen founded the African Methodist Episcopal Church (AME) in Philadelphia in 1816.

Film – In 1919 writer and motion picture director, Oscar Micheaux, made *The Homesteader*, the first full-length film directed by an African American.

Governor – Douglas Wilder became the first African American to be elected governor when Virginia voters chose him to lead their state in 1989.

Major League baseball player – In 1947 Jackie Robinson joined the Brooklyn Dodgers lineup, becoming the first African American to play in the major leagues.

Nobel Peace Prize – In 1950, scholar and diplomat, Ralph J. Bunche became the first African American to win a Nobel Peace Prize. He won for his role as architect of the United Nations.

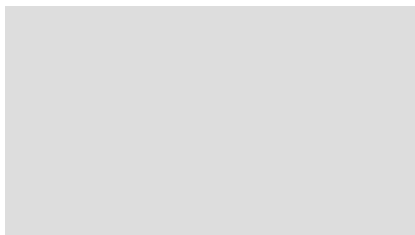
Pulitzer Prize - In 1950 poet and novelist Gwendolyn Brooks became the first African American to win the Pulitzer Prize, which she received for her second book of poetry, *Annie Allen*.

Senator – The son of former slaves, Hiram Revels became the first African American to serve in the United States Senate. He was elected in 1870 to fill the seat left vacant by Jefferson Davis.

Supreme Court Justice – In 1967, civil rights lawyer, Thurgood Marshall became the first African American justice on the Supreme Court of the United States.

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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Updated: June 13, 2018 8:59