

DMAVA Highlights

August 20, 2009 Volume 9 Number 30



Yellow Ribbon Greets Jersey Guard in Atlantic City

By Sgt. Wayne Woolley/DMAVA PA

After two months of tough training in Texas followed by 10 hard months in Iraq, the Soldiers of the New Jersey Army National Guard's 50th Infantry Brigade Combat Team got a chance to unwind with their families last weekend in Atlantic City.

It was the first of three Yellow Ribbon re-integration events to help Citizen Soldiers make the transition back to civilian life and learn about how their service in the combat zone has made them eligible for enhanced education, health and other benefits.

Maj. Gen. Glenn K. Rieth, the Adjutant General, urged the Soldiers to take advantage of every benefit.

"You spent a year of your life defending our way of life," Rieth said. "You've earned every entitlement you have coming to you."

The goal of the first event in Atlantic City was to give the Soldiers and their families the ability to learn about their benefits in an informal setting. Many Soldiers with children brought them along.

The event included a career fair featuring more than 80 employers and nearly two dozen institutions of higher learning. The day ended with a banquet for the Soldiers and their families.

Sgt. 1st Class Keith Johnson, 51, of Charlie Company, I-114 Infantry, said he considered the banquet an extension of the welcome home that began with a parade in Trenton in June and has continued with events in towns across the state.

"The parade, the picnics, now this all kind of reminds you that people appreciate what we did," Johnson said. "Everybody has been great to us."



The New Jersey Air National Guard aircraft - A 108th Air Refueling Wing KC-135R "gasses up" an F-16 of the 177th Fighter Wing in the skies over the Atlantic Ocean on Aug. 19 during the Atlantic City Air Show. U.S. Air Force photo by Technical Sgt. James L. Harper Jr., 1st Combat Camera Sq.



END-OF-DEPLOYMENT CLEANING: Spc. Diana Brand (l) and Cpl. Jesse Nieto team up to clean a .50-caliber machine gun that spent most of the past year in Iraq with the 50th Infantry Brigade Combat Team. Brand, of the 250th Brigade Support Battalion, and Nieto, of the 102nd RSTA, are among two dozen brigade Soldiers who are working with about 70 contractors to clean and reset more than 3,000 weapons from the deployment. Photo by Sgt. Wayne Woolley, DMAVA Public Affairs Office.

PGA appreciates the military

Come join the PGA and The Barclays as they honor the military during the first event of the FedEx Cup at Liberty National Golf Course, Jersey City, Aug. 26-30.

Military Appreciation Day is Aug. 26 and 12 members of the New Jersey National Guard and one N.J. Army Guard retiree are on tap to caddy for the pros during the Pro-Am.

The day will be officially proclaimed Military Appreciation Day by Gov. Jon Corzine's office at the Birdies for the Brave Patriots' Outpost. Also on tap is New Jersey Nets' Terrance Williams who will be participating in the Pro vs. GI Joe Guitar Hero competition (see page 2). Buddy Valastro, from the hit TLC reality show, "Cake Boss," will present a cake for the occasion.

While at The Barclays - you can get in free with your military ID card - visit the Outpost. Located near the main entrance, it offers panoramic views of the fourth green. Open 10 a.m.-6 p.m., military guests and their dependents will find complimentary food, beverage, television coverage of the match and a kids area.

Aug. 29 and Aug. 30, military members will be the announcers on the first tee: introducing the players as they step up to make that first swing. Sunday, members of the N.J. Army Guard will provide a color guard while Master Sgt. Lisel White of the 108th Air Refueling Wing, sings the national anthem.

If one morning I walked on top of the water across the Potomac River, the headline that afternoon would read: "President Can't Swim."

--Lyndon B. Johnson, 36th President of the United States

Pinning on the Star!

You're invited to the promotion ceremony of Col. James J. Grant when he assumes the rank of Brigadier General, tomorrow, Aug. 21 at 3 p.m.

The ceremony will be held on the drill floor of the Lawrenceville armory. Dress is business attire for civilians and uniform of the day for military.



Win gifts, play videos with the pros, other military

Win an Xbox 360 console, Guitar Hero and or one of the other giveaways during the Pro vs. GI Joe (www.provsgijoe.org) competition on Wednesday, Aug. 26 at Liberty National Golf Course during Military Appreciation Day. New Jersey Nets player Terrence Williams will be one of the pros participating in Guitar Hero.

Join in the *Guitar Hero Smash Hits* video game competition, pitting professional athletes (NBA and PGA TOUR) against members of the military. We will also be competing against troops via Xbox Live from the USO Center in Qatar.

There are 30 slots to fill. Prior to the Pro vs. GI Joe event with the pros, there will be a troop tournament to determine who will win the chance to play the professional athletes as well as who will win an Xbox 360 console. If you are interested, contact Addie Zinone, addie@provsgijoe.org, cell 818-235-3974. Tournament times are 10:30 a.m. to noon; with the pro event from noon-2 p.m.

The event will be held at the PATRIOTS' OUTPOST located near fourth green adjacent to the players' short game practice area. Liberty National Golf Course is located at 100 Caven Point Road, Jersey City, N.J.



DMAVA Green

By Tech. Sgt. Barb Harbison, DMAVA Public Affairs Specialist

Preparation for this column consists of reading e-newsletters, newspapers and magazines and research on the Web. I try to find topics that interest me and my readers, which will help improve the world around us, one step at a time.

Being green is indeed small things for most people. Remembering to recycle paper at work and home; recycling the bottles, cans and plastic that our local recycling centers permit; and saving energy in bits and pieces – it all adds up.

As I read these different articles, more than once I have come across conflicting advice; what is or is not recyclable, how to save money, how to save gas, how to.... It can be quite confusing. I try to find several sources with the same information or a highly accredited source to back up one side or another.

For instance: I was recently reading several sources on saving gasoline. Many tips were the same: keep your tires inflated to the recommended amount, no 'jackrabbit' starts and stops, keep your engine tuned and remove excessive weight from the trunk. But the articles kept giving different advice as to whether or not truck tailgates should be kept up or down to conserve on fuel. I kept on searching.

On the EdmundsWeb site, I found an article that tested three vehicles and various fuel saving tips, with some interesting results. They got a one percent improvement in gas mileage with the tailgate down. Read about the tests and results at <http://www.edmunds.com/advice/fueleconomy/articles/125158/article.html>.

Keep green!

Quotes

The eye of the master will do more work than both his hands.

--Benjamin Franklin

The history of man for the nine months preceding his birth would, probably, be far more interesting and contain events of greater moment than all the three score and ten years that follow it.

--Smauel Taylor Coleridge

Few things tend more to alienate friendship than a want of punctuality in our engagements.

--William Hazlitt

Make sure to be in with your equals if you're going to fall out with your superiors.

--Yiddish proverb

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New Jersey Department of Military and Veterans Affairs

Maj. Gen. Glenn K. Rieth – The Adjutant General

Col. James J. Grant – Director, Joint Staff

Retired Col. Stephen G. Abel – Deputy Commissioner for Veterans Affairs

Maj. Yvonne Mays – Public Affairs Officer

Tech. Sgt. Barb Harbison – Public Affairs Specialist

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

Families

Jersey military families invited to attend free camp

Attention all New Jersey military families – you're invited to the Operation: Military Kids Family Camp at Rutgers Lindley G. Cook 4-H Camp, Branchville, Sept. 11-13.

The free program is open to all military families who have experienced deployment, and includes activities like archery, fishing, canoeing, photography, arts and crafts, hiking, cooking and creating a family memory books.

"This program was designed to give military families the opportunity to reconnect and bond in an outdoor environment. By spending quality time together, trying new things and learning new skills at camp, families can rebuild bonds that may have weakened during military deployment," said Rachel Lyons, Morris County 4-H Agent and N.J. OMK Project Director.

Space is limited and reservations are accepted on a first-come, first-serve basis. Applications and permission forms are due by Sept. 4; a \$50 deposit is required and will be refunded at the close of the program. Information and registration forms are available online at <http://morris.njaes.rutgers.edu/omk.html>. For more information, contact Marie Waldron, OMK Camp Program Assistant, at 973-285-8300 X 235 or waldron@njaes.rutgers.edu.



Blog dedicated to help military families

American Forces Press Service

WASHINGTON, Aug. 7, 2009 - American Forces Press Service has launched a military blog called "Family Matters" dedicated to helping military families deal with the challenges and situations unique to a military lifestyle. The blog features tips from experts, useful resources and timely responses to comments and questions. Upcoming topics include back-to-school tips, education benefits, dealing with deployments, childcare and more. Read "Family Matters" at <http://afps.dodlive.mil/category/family-matters/>.

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

Fax – 609-530-6871

Expansion in Morris County brings social worker for military families

Family Service of Morris County's Military Family and Veterans Outreach program is happy to announce the addition to its program of Jack McFadden a licensed clinical social worker who is also a veteran with four tours of duty in Vietnam. He is available to see military personnel and their families during predeployment, deployment and post deployment for free counseling. This includes parents, siblings, children and significant others. We can also connect you to community resources. All services are highly confidential. For more information about the Military Services Outreach and Veterans Program, please contact, Jack McFadden, Military Families & Veterans Outreach clinician and case manager at jmcfadden@fsmc.org or call 973-538-5260. You can also contact Tammy Rosenthal, supervisor of the program at trosenthal@fsmc.org or 973-538-5260. We are privileged to work with you who have given so much for your country!

Money for college

The QuestBridge National College Match helps outstanding low-income high school seniors to gain admission and full four-year scholarships to some of the nation's leading colleges. If you are a student who has achieved academic excellence in the face of economic challenges, you can apply at www.questbridge.org.

QuestBridge works with selective colleges that are actively seeking high-achieving students regardless of family income. You may be concerned about tuition costs, but top-ranked colleges offer generous financial aid packages that cover 100 percent of demonstrated financial need, making them very affordable for students from low-income backgrounds.

Last year, more than 1,000 QuestBridge applicants were admitted to our partner colleges with generous financial aid worth over \$100 million. Of the 1,000 applicants, 260 of these students received College Match scholarships covering:

Full cost of tuition (up to \$40,000 per year)

Full cost of room and board (up to \$15,000 per year)

Most QuestBridge partner colleges also include the cost of books and travel in their scholarship packages and automatically renew the scholarship for all four years of college. All College Match scholarships are loan-free.

Family Readiness Council offers grants

The New Jersey National Guard State Family Readiness Council has increased the amounts of family and business grants up to \$5,000 and \$10,000, respectively. Both are known as TIER I grants. TIER II family grants are also available to New Jersey Army and Air National Guard non-deployed service members who were on State Active Duty or State Missions (e.g., hurricanes, floods, border missions) for more than 20 consecutive days. Service members meeting these criteria are eligible to apply for a financial hardship grant up to \$1,500. Applications are available at all New Jersey Army and Air National Guard Family Assistance Centers.

State Employees

Heart attack symptoms and warning signs

From the American Heart Association

If you think you're having a heart attack, call 9-1-1 or your emergency medical system immediately.

Some heart attacks are sudden and intense — the “movie heart attack,” where no one doubts what's happening. But most heart attacks start slowly, with mild pain or discomfort. Often people affected aren't sure what's wrong and wait too long before getting help. Here are signs that can mean a heart attack is happening:

Chest discomfort. Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that

goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.

Discomfort in other areas of the upper body. Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.

Shortness of breath. May occur with or without chest discomfort.

Other signs: These may include breaking out in a cold sweat, nausea or lightheadedness

As with men, women's most common heart attack symptom is chest pain or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting, and back or jaw pain.

Protect yourself against the flu

Suzanne Miro, MPH, from the Department of Health and Senior Services will be at DMAVA central office on Wednesday Sept. 23, 10-11 a.m. in Conference Room A to discuss Seasonal Flu and H1N1 (Swine) Flu. What it is, how it is spread, and how to protect yourself and your family from it.

Deferred compensation program seminar slated for Sept. 18

A representative from Prudential Financial Services will be at DMAVA Central Office on Sept. 18, 9:30 a.m. to 3:30 p.m. to discuss changes in the current Deferred Compensation program for state employees and give one-on-one consultations. Contact Paul Serdiuk at 609-530-6878 to arrange for a consultation time.

Submit nominations for DMAVA employee awards

From the desk to Loreta Sepulveda, Director of Human Relations

We are accepting nominations for the DMAVA Employee Awards. Please submit nominations for the Winter Trimester (January – April) and the Spring Trimester (May – August) for 2009 by close of business Sept. 4. Forward all your nominations to Anna Marie Boutchia, HR Division, using the template that is available on DMAVANet. Please include the agency, division or group name where the nominee works; this information is needed for the certificates. It is requested that all nominations be typed when submitted for ease of processing and selection. Any questions regarding the Awards process can be directed to Loreta Sepulveda, Director of Human Resources. The awards presentation date (Fall 2009) will be announced in the near future.

Save money with your employee discount!

Instructions to access updated New Jersey State Employee Discount List

1. Go to CSC website at <http://www.state.nj.us/csc/>
2. Click on Information on left side of web page
3. Select employee discount
4. Click on State Employee Discounts on left side

The most recent employee discount list will come up.

State employees reminded of direct deposit convenience

From the desk of Lisa Dandrea, Human Resources, Personnel Assistant

This is just a reminder that the convenience of direct deposit is offered to all state employees. It is encouraged that our employees consider taking advantage of direct deposit with all that it has to offer.

Enrolling into direct deposit means having your money directly deposited into your checking or savings account. You're going to be on vacation on pay day? Tired of waiting for Postal Service to deliver your money? Eliminate that with direct deposit. It is a convenient and reliable way to receive your pay and know it is safe in your account, when you need it to be. And the service is free!

To get enrolled you must complete the “Authorization Agreement for Automatic Payroll Deposits” form, and turn it in to your Human Resources Payroll Department. A copy of this form is available on DMAVANet under “Human Resources – Helpful Forms.” Just print, fill out and send to Human Resources. Please allow up to three pay periods (six weeks) for your direct deposit to take effect.

To request a form or more information, contact Lisa Dandrea in Human Resources at 609-530-6888.

Veterans & Military

Unity Day celebration slated for Sept. 17 at JT2DC



Come join in the New Jersey National Guard 11th Annual Unity Day celebration on Sept. 17, 11:30 a.m. to 3:30 p.m. at the Joint Training and Training Development Center, Fort Dix.

Celebrate our ethnic and cultural diversity through music, food sampling, giveaways, homemade dessert contest, scavenger hunt and line dancing.

There will be a Fun Walk/Run at 8:30 a.m. starting at the JT2-DC and a blood drive 10 a.m.-3 p.m. also at the JT2DC.

For more information, contact Capt. Barbara Brown-Wilson, Barbara.g.brown@us.army.mil or 609-562-0856.

Join the Warrant Officers Association



The United States Army Warrant Officer Association, Fort Dix Doughboy Chapter, is looking for members. For membership information, contact Chief Warrant Officer Nancy E. Rowbotham at nancy.rowbotham@us.army.mil.

Military gets in for free at Somerset Patriots game

Operation Jersey Cares will host the seventh annual Veterans of American Day at the TD Bank Ballpark, Bridgewater, on Aug. 30 when the Somerset Patriots play the Camden River Sharks. Tickets for military and veterans are free, family and friends cost \$5 each.

Guest of honor will be Sgt. Maj. Edward F. Neas Sr, who will part of the audience to welcome home the Iraq War veterans. There will be a small medal ceremony and a DMAVA veterans outreach table at the game.

A parade will be held on the ball field at 4 p.m. and the game begins at 5:05 p.m. To purchase the discounted friends and family tickets, contact Marc Russinoff of the Patriots at 908-252-0700, extension 215 or mrussinoff@somersetpatriots.com.

Free job seminar open to all; help in making career moves

The New Providence United Methodist Church is sponsoring a free eight-week re-employment seminar. Held Monday evenings at 7:30 p.m. beginning Sept. 21, the seminar will be led by Lloyd Feinstein, founder of Career Marketing Consultants.

The seminar will be helpful to those who are unemployed or who anticipate having to make a job change. Each week will work on a different topic to help those attending prepare for today's unpredictable employment market.

Topics will cover: communicating your value, how to figure where to go in your next career, the resume, mechanics of the job search, and much more.

Feinstein has more than 25 years experience conducting these types of seminars and working as a fulltime career consultant and adviser to everyone from college graduates up to and including senior management executives and entrepreneurs.

Anyone is welcome to attend. The church is located at 1441 Springfield Avenue, New Providence.

ADA reunion picnic will be held Sept. 4 in Sea Girt

The Air Defense Artillery reunion picnic will be held at The Pavilion, Sea Girt, on Sept. 4, at noon. Cost is \$20 per person.

All prior ADA members and their families are invited.

Contact retired Col. Larry Stroud, 609-239-6911, LSSR@prodigy.net or retired Col. Bill Walsh at 732-928-1704 to RSVP if at all possible – it will be appreciated.

Pictures for your "wall"

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.

Veterans Organizations contact information

State Veterans Service Council
 Richard Clark, RJClark21@msn.com
 BG William C. Doyle Cemetery Advisory Council
 William Rakestraw, warjrnj@msn.com
 Veterans Hotlines
 Benefits and Entitlements
 1-888-8NJ-VETS (1-888-865-8387)
 Mental Health
 1-866-VETS-NJ4 (1-866-838-7654)

Calendar

When – Aug. 22

What – Teaneck FRG/FAC Welcome Home and Back to School picnic

Where – Fountain Springs Country Club, Ringwood

More info – 201-833-0632 or 201-833-8356

When – Aug. 23

What – Poker Run, for scholarship funds

Where – The Pub, Browns Mills

More info – www.rollingthunder-nj2.org

When – Sept. 21

What – 114th Inf Regimental Assoc. Golf Tournament

Where – Pitman Golf Course, Sewell

More info – royceray@comcast.net



When – Sept. 26

What – 22nd annual New Jersey Friends of the Guard and Reserve golf outing

Where – Falcon Crest golf course, McGuire Air Force Base

More info – 609-562-0156 or 609-562-0157



New Jersey Run for the Fallen scheduled for this weekend

New Jersey Run For the Fallen will take place on Aug. 23 at 2 p.m. starting at Thompson County Park and end at the NJ Vietnam Veterans Memorial, Holmdel. The run is a 10K to show support for the New Jersey service members who were casualties of Operations Iraqi and Enduring Freedom.

The miles to be run at this 10K will be pledged towards a statewide total of 140 miles, from Cape May to Holmdel, for all New Jersey fallen service members.

Funds raised by the runners through pledges will be given to the National Gold Star Mother's Monument being erected in Washington DC.

For more information, visit njrunforthefallen@yahoo.com.

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.

Aug. 30****

TD Bank Ballpark,
Home of the Somerset Patriots
Rockaway Townsquare Mall

Sept. 22*, 23, 24

Oct. 20, 21, 22** Jersey Gardens Mall

Nov. 9*, 10 Woodbridge Center Mall



*Medal ceremony at 10:30 a.m.

**Medal ceremony at 1 p.m.

***Outreach program only, 7:05 p.m.

****Outreach program only, 4:05 p.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.