

DMAVA HIGHLIGHTS

November 18, 2010 Volume 12 Number 43



DMAVA showcases facilities on Veterans Day

By Sgt. Wayne Woolley, DMAVA Public Affairs Specialist

More than 200 veterans whose service spanned from World War II to Afghanistan crowded into the sun-filled atrium at the New Jersey Veterans Memorial Home – Menlo Park for the observance of Veterans Day.

The event at the 109-acre facility was the culmination of two days of events sponsored by the Department of Military and Veterans Affairs to showcase its facilities and honor the more than 430,000 New Jerseyans who have served in the armed forces.

Lt. Gov. Kim Guadagno told the assembled veterans the nation owed a debt of gratitude to everyone who has worn America's uniform.

"Veterans saved us from tyranny and supported us in our quest for fairness and liberty and democracy," Guadagno said. "Your service to Americans will never be forgotten."

At an event Nov. 10 at the New Jersey Veterans Memorial Home – Paramus, Gov. Chris Christie addressed a room overflowing with veterans and thanked them for their service.

Christie said that while those who have served in the past must be honored on Veterans Day, the sacrifices being made every day by the 2.4 million men and women currently in the armed services should also be recognized.

"Those are the men and women who are rising to the challenges America faces today and will face for a long time to come," Christie said.

FOR VETERANS DAY PHOTOS, SEE PAGE 4

Both Christie and Maj. Gen. Glenn K. Rieth said words of thanks on Veterans Day are appropriate, but the true measure of a state lies in how well its people care for veterans every day.

By that measure, they said, the state of New Jersey is doing its part.

Even in difficult fiscal times, the Department of Military and Veterans Affairs remains fully funded. The Department operates three veterans' homes that maintain a 98 percent occupancy rate; Veterans Haven, a transitional housing facility for homeless veterans in Winslow Township that is expanding this year; and Brig. Gen. William C. Doyle Cemetery, the nation's busiest state-run veterans cemetery. In addition the Department has a statewide network of Veterans Service Officers who help former military members access federal and state veterans benefits. Each of the 15 service officers helps veterans secure between \$3 and \$4 million a year in federal entitlements.

At a ceremony at the Doyle Cemetery on Thursday, Jon Runyan, a former All-Pro offensive lineman for the Philadelphia Eagles who will be sworn into office as the U.S. Representative for the 3rd District in January, said during his years on the gridiron, he was always uncomfortable when an experienced player was called a "veteran."

The word, he said, should be reserved for those who were willing to die serving America.

"I truly believe veterans are the reason we have what we have in this great nation," he said.

Community Covenant signed by key Army and civilian leaders



Displaying signed copies of the Army Community Covenant are, left to right, Maj. Gen. Glenn K. Rieth, The Adjutant General; Robert J. Maguire, Civilian Aide to the Secretary of the Army; John Newman, Senior Advisor to the Assistant Secretary of the Army for Manpower and Reserve Affairs; Jon Runyan, Congressman-elect, Third District; Vicki Baker, Gold Star Mother; Timothy Borsetti, Mayor of Lakehurst; Tom Kelahar, Mayor of Toms River and Violet Elaine Marigliano, U.S. Army One Source, during a ceremony at the National Guard Consolidated Logistics and Training Facility, Joint Base McGuire-Dix-Lakehurst on Nov. 9, 2010. The Community Covenant program is designed to foster and sustain effective state and community partnerships with the Army to improve the quality of life for Soldiers and their Families. *Photo by Master Sgt. Mark Olsen, 177FW/PA.*

DMAVA Highlights

Tribute to Jersey Veterans book on sale for holidays

Just in time for Veterans Day and the holidays – a 25 percent discount off the cover price for “A Tribute to New Jersey Veterans.”

Produced by the National Guard Militia Museum of New Jersey and The Star-Ledger, the 128-page hard-cover book traces the 300-year history of the New Jersey National Guard from its inception to current operations in Iraq and Afghanistan.

The volume makes a fine coffee table book and is a compelling read about the accomplishments of the Soldiers and Airmen who have served in the organization.

Profits from the book benefit the museum.

Signed copies are available at this sale price of \$29.95 at the Sea Girt and Lawrenceville Museums.

Mail orders must be placed by Dec. 15 to ensure delivery by Dec. 25. Please mail check for \$37.45 (\$31.95 plus \$7.50 for shipping and handling) to the National Guard Militia Museum of NJ, ATTN: COL Donald Kale, 151 Eggert Crossing Rd., Lawrenceville, NJ 08648.

If you have any questions, please contact the Museum at 609-530-6802.

CFC runs until Nov. 30

By Jo Anne Miller, CFC Coordinator

The New Jersey National Guard Combined Federal Campaign has officially kicked off its 2010 Campaign which will run until Nov. 30.

The CFC provides every federal employee with an annual opportunity to voluntarily help by donating to local, national and international level human, health and environmental organizations. Contributions may be made via easy payroll deductions or by check.

The CFC Coordinator for this year's Combined Federal Campaign is Jo Anne Miller, J1-HRO Office. For more information, call 609-562-0851.

NJ ECC looking for you!

The New Jersey State Employees Charitable Campaign (ECC) has officially kicked off its 2010/2011 Campaign which will run until Dec. 15.

The ECC provides each state employee with an annual opportunity to voluntarily help others by donating to any of the more than 1,400 participating agencies and organizations listed in the ECC Code Book. Contributions may be made by bi-weekly payroll deductions or by cash, or check.

This year's ECC Coordinator for the State's Employees Charitable Campaign is Paul Serdiuk, of the DMAVA-HRD Office. For more information, call 609-530-6878. You may also access information on line at www.njsecc.org.

ODDS AND ENDS

Holiday stress? Not us

So, the holiday season is here. And while the media often portrays the season as festive, it is a time that can really escalate family tensions.

Here are a few tips to make the holidays hopefully more joyous and a little less stressful.

- Change your expectations, don't expect your holidays to be like the movies.

- Do your best to stick to your regular family routine. Changing your schedule to fit in holiday activities and traveling can be tough on you and your kids, so try to keep things as normal as possible.

- Together, choose activities that you really want to do. You can't do everything, so you might let your children pick their favorite things for your family to do. Do the things that you all will enjoy the most, and then say “no” to extra activities.

- Talk with your family about finances. Even young children can learn how to budget for gifts.

- Plan quiet time or at least downtime from activities. Take a few moments to read a book, take a bubble bath, or sit down and listen to your favorite songs.

- Carving out a few hours to volunteer at a charity might seem impossible, but giving your time and energy may help you find the spirit of the season.

- Don't let unexpected events ruin the holidays for you. Be adaptable and flexible. You can help yourself and your children relax and enjoy the holidays for what they truly are: a time of joy, celebration, and peace with friends and family.

- You can have all the sugar plums and toy drums lined up and still discover that you are affected by the blues during the holiday season. Your employee assistance program is here to help. Perhaps you only need to talk and “process” personal concerns or work issues. Whether your problem is a real stumper or not, the EAP is here for you, both now and during any time of year.

Quotes

“I wish I could stand on a busy corner, hat in hand, and beg people to throw me their wasted hours.”

--Victor Hugo

“A man who dares to waste one hour of life has not discovered the value of life.”

--Charles Darwin

“I wasted time, and now doth time waste me.”

--William Shakespeare

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New Jersey Department of Military and Veterans Affairs

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

Brig. Gen. James J. Grant – Director, Joint Staff

Raymond Zawacki – Deputy Commissioner for Veterans Affairs

CW 2 Patrick Daugherty – Public Affairs Officer

Tech. Sgt. Barb Harbison – Public Affairs Specialist

Sgt. Wayne Woolley – Public Affairs Specialist

FAMILIES

Holiday mailing dates given for overseas packages, cards

By Karen Jowers, Air Force Times

For those mailing packages to friends and loved ones in the military overseas, Christmas comes early. And Hanukkah comes even earlier.

It depends on how you plan to send it, but if it's traveling the slowest way — parcel post — mail that package by Nov. 12 to get it there by Dec. 25, according to recommended holiday shipping dates provided by the Military Postal Service Agency.

Here are the other recommended mail deadlines. Subtract 24 days from each deadline to get it there in time for Hanukkah:

- Space Available Mail (SAM): Nov. 20 to contingency locations (APO/FPO/DPO AE Zip 093); all other overseas military locations by Nov. 26.
- Parcel Airlift Mail (PAL): Dec. 1 to contingency locations; all others by Dec. 3.
- Priority Mail: Dec. 4 to contingency locations; all others by Dec. 10.
- First-class cards and letters: Dec. 4 to contingency locations; all others by Dec. 10.
- Express Mail Military Services: Not available to contingency locations; other locations by Dec. 18. Check with your local post office to determine if this service is available to a particular APO/FPO/DPO address.

East Hanover establishment offers fun for family at a discount

Fall and winter weather is fast approaching. What do you do with the kids when they can't play outdoors, their video games are borrrrring and they simply need to blow off some steam?

The Funplex in East Hanover, N.J. is offering a 10 percent discount on any purchase when you present your military or government ID at the door. The Funplex is located at 182 Route 10 West.

The indoor attractions include: go-karts, bumper cars, junior bumper cars, Lazer Runner, 4D theater and arcade games. For more information on their games and pricing, visit their Web site - www.thefunplex.com.

DoD offers interactive education resource for military families

Department of Defense Education Activity's Educational Partnership proudly presents "Students at the Center," an interactive educational resource for everyone involved in the education of the children of our military service members. It has a lot of information for families, military commands, school officials and more. Check out the Web site at <http://www.militaryk12partners.dodea.edu/studentsAtTheCenter>.

Time is now to begin making winter safety preparations

Now is the time to make winter preparations.

Please review the following preparation tips:

- Keep the following supplies on hand: Lantern/flashlight, batteries, non-perishable food, potable water, a heat source and a cell phone. Have extra blankets on hand, and ensure that each member of the household has a warm coat, gloves or mittens, a hat, and water-resistant boots. When a storm is predicted, remember to stay tuned for storm warnings.

- Have chimneys inspected by a professional. Creosote, a chemical substance that forms when wood burns, builds up in chimneys and can cause a chimney fire.

- Follow manufacturers' recommendations for proper use and maintenance of wood stoves. Burn only wood, and be sure the wood stove is placed on an approved stove board to protect the floor from heat and hot coals.

-- Place space heaters at least three feet away from anything combustible. Never leave space heaters operating when not in the room or when going to bed. Don't leave children or pets unattended with space heaters, and be sure everyone knows that drying wet mittens or other clothing over or on space heaters is a fire hazard.

-- Vehicle safety kits don't have to be large and bulky. Depending on the climate, equipment can be added or omitted as needed. Here are some suggested items: Flash light and extra batteries, jumper cables, tire chains, road flares, a can of fix-a-flat, ice scraper, some basic hand tools, spare fuses, a clean towel or rag, a wool blanket (even if it becomes wet, it still provides warmth), spare gloves or mittens, a can of sterno, matches, candles, an empty soup can to melt snow for water, trail mix and a first aid kit. Extras include a foldable shovel, compass, signal whistle, Meals Ready to Eat, a tow rope, an extra jacket, a wool cap, wool socks and chemical hand warmers.

-- Inspect vehicles now to identify any potential problems. Check the tread depth of tires, test vehicles' coolant for correct mixture for the temperatures expected in the region. Fill the windshield wiper reservoir with a winter-rated fluid and inspect or replace windshield wiper blades. Check heaters and windshield defrosters, and be sure to always clear all windows of snow and ice before driving. Allow extra time when roads are icy or snow covered, and travel at a reduced speed. Expect other drivers to make mistakes and give them additional room. Remember, stopping distance on ice increases from three to 11 times as compared to dry pavement.

-- If stuck in snow, dig out behind and underneath the vehicle to allow the car exhaust to dissipate. Keep windows and lights clear. Start the engine intermittently to keep vehicle occupants warm and prevent the engine from freezing up. Remember to use the lights and horn to signal for help. Don't leave the vehicle unless absolutely certain of where help is and the ability to make it there. Don't rush, be safe and plan ahead.

From one generation to another ...



Staff Sgt. Melissa C. Solomon, the Army Reserve Drill Sergeant of the Year, meets Menlo Memorial Home resident Charles Peins, a U.S. Navy veteran of World War II during an event at the home on Nov. 9. Solomon and Staff Sgt. Timothy E. Sarvis, the active component Drill Sergeant of the Year led about 30 residents in "The Army Colors" cadence for the production of a Fox News video tribute for Veterans Day. *Photo by Sgt. Wayne Woolley, DMAVA Public Affairs Specialist.*

Check out the video at: <http://www.foxnewsinsider.com/2010/11/11/video-to-our-troops-this-veterans-day>

Military career resource hits Web

A new Defense Department website gives military service equal billing with colleges and careers for people ages 16 to 24 who are exploring options for their futures, the program director said yesterday.

DOD's Joint Advertising Market Research and Studies program announced the launch of Myfuture.com, which has information on more than 1,000 military and civilian careers and nearly 7,000 accredited colleges, universities and trade schools.

According to the Department of Defense, the Web site aims not only to inform but to interest youth who may never have considered military service.

The Web site is a central resource for information on college admission requirements, employment trends and military benefits. It provides advice about preparing academically for college, landing a first job interview and preparing for military basic training.

DOD produces the site using data from the departments of Commerce, Education and Labor.

The Web site is being advertised on social media sites such as Facebook, Twitter and YouTube. The YouTube site features two songs written for Myfuture.com and performed by Brooklyn rapper DeStorm Power.



Take time to learn about Army Guard environmental program

From the desk of Joseph K. Dunleavy, NJDMAVA CFMO-EMB

The New Jersey Army National Guard is required to implement an Environmental Management System to establish a consistent, logical and intuitive organizational structure for EMS information that will meet the requirements of Executive Order 13148, the DoD's EMS implementation criteria, and Army EMS implementation guidance and schedule.

EMS is a process that involves Policy, Planning, Implementation & Operation, Checking and Corrective Actions and Management Review.

Awareness of the EMS is the responsibility of all personnel that support the NJARNG both military and civilian.

The Adjutant General has issued an Environmental Policy Statement that lists objectives of the NJARNG EMS and requires commanders and supervisors at all levels; emphasize the importance of compliance with environmental policies and procedures before, during and after training exercises. Environmental programs support readiness and enhance the well being of all the members of the New Jersey Army National Guard and NJDMAVA. Through these objectives, the NJARNG will achieve the goal of being a responsible environmental steward and community neighbor.

The link below is provided for your information. It is important to know that at a minimum everyone is responsible to know the EMS Policy contained in the Awareness Guide. It is suggested that you print out this Pamphlet and be familiar with the contents. Leadership should become familiar with the Senior Leadership Power Point Presentation.

http://www.state.nj.us/military/installations/index.html#environmental_pubs

A country music dream come true



It was a big night for Vineland Memorial Home resident Hank Tapken, left. That's his idol, country music star Toby Keith to his right and Derick Glenn, a therapy aide at the home. As part of a grant from the Second Wind Dreams charity, Tapken got a limo ride to a Keith concert in Atlantic City and backstage passes. Tapken didn't leave empty handed. The 77-year-old Korean War veteran also got an autographed tour jacket and signed photograph from the crooner best known for country tunes with a patriotic bent. *Photo courtesy of Lisa Williams, activities director, Vineland Memorial Home.*

VETERANS DAY 2010

DMAVA Highlights



New Jersey Lt. Gov. Kim Guadagno, right, and Maj. Gen. Glenn K. Rieth, left, The Adjutant General of New Jersey, listen to two Menlo Park Veterans Memorial Home residents following the Veterans Day ceremony held at the Home on Nov. 11. The Lieutenant Governor and the Major General were joined by Raymond L. Zawacki, Deputy Commissioner for Veterans Affairs and Joe Brandspiegel, CEO, Menlo Park Veterans Memorial Home in honoring the services of the nearly 300 veterans who live at the Home. The event, which was held in the Home's Town Square featured Master Sgt. Mira Fountain from Fort Monmouth providing the Veterans Day address.

Photo lower left, Gov. Chris Christie addresses veterans and residents of the Paramus Veterans Memorial home on Nov. 10. *U.S. Air Force photos by Master Sgt. Mark C. Olsen, 177FW/PA.*



The Belleville Public Library was the site for first of three medal ceremonies held during the week leading up to Veterans Day. After receiving the New Jersey Distinguished Service Medal for his service during World War II, Robert F. Eskdale, photo left, is congratulated by Rep. Bill Pascrell (D-8th Dist.) along with Assemblywoman Cleopatra Tucker, District 28 and State Senator M. Teresa Ruiz, District 29 at the Nov. 4 event. Above, Congressman-elect Jon Runyan, 3rd district, left, joins Brig. Gen. James Grant, Director of the Joint Staff, and Deputy Commissioner Ray Zawacki as they place the ashes of 3,103 U.S. flags that were buried during the state Veterans Day ceremony at Brig. Gen. William C. Doyle Veterans Cemetery in Wrightstown. *Photo by Kryn Westhoven, DMAVA Public Affairs Specialist.*



CALENDAR

State employee credit union info visit scheduled for Nov. 29

From the desk of Paul Serdiuk, DMAVA HRD

A representative from the Credit Union of New Jersey will be at the DMAVA Lawrenceville Campus on Nov. 29, from 9 a.m.-2 p.m., in Conference Room F for a presentation. Here are some important points about the Credit Unions of New Jersey.

- CUNJ is the official credit union for state employees
- CUNJ is a not for profit, full-service financial institution
- Offer savings, checking, loans, investment products and services
- Six branch locations in Mercer County, with one located a few miles away in Ewing
- More than 2000 surcharge-free ATMs in the state
- Auto loans starting at 3.74 percent
- Home Equity lines of credit starting at 2.74 percent
- Credit management and debt consolidation planning for all members at no cost
- Full service internet banking and free bill-payer

Former 'Presidents Own' conductor to headline veterans tribute concert

On Friday, November 19 at 8:00 p.m., the Ridgewood Concert Band, led by Conductor and Music Director Christian Wilhjelm, will give a concert at West Side Presbyterian Church in Ridgewood. Titled "A Salute to Our Nation's Veterans," this concert is the RCB's annual tribute to America's armed services veterans. All veterans will be admitted free of charge. The concert will feature great American music and patriotic themes.

Guest conductor will be Colonel Timothy J. Foley, retired Director of the United States Marine Corp Band, "The President's Own."

Selections for the concert include works by Bernstein, Sal-felder, Verdi, Sousa, Moussorgsky, Giroux, Barber, and others. Before the concert, at 7:30 p.m., the Mahwah High School Symphonic Band, under Director Jeffrey Bittner, will play a concert prelude.

Tickets are available on line at www.ridgewoodband.org. Tickets are also available at the door. Veterans are free; adult tickets are \$20, seniors \$15, and students \$7. Children 13 and younger are free with a paying adult. To purchase subscription tickets and tickets to single events, or to receive more information, please visit the Ridgewood Concert Band's website, www.ridgewoodband.org. More information is also available by calling 201-493-9030.

Got a Highlights submission? An article, picture, an announcement or just a tidbit of news?

Please send it to:

wayne.woolley@njdmava.state.nj.us

Vietnam Veterans Memorial tree lighting set for Dec. 4

The New Jersey Vietnam Veterans' Memorial Foundation, Vietnam Veterans of America Chapter 800 from Bergen County and the Jewish War Veterans, Department of New Jersey, will host the annual Holiday Lighting Ceremony at the New Jersey Vietnam Veterans' Memorial in Holmdel, N.J., on Dec. 4, at 6 p.m.

The ceremony will include the lighting of the Christmas tree and Menorah, and readings about Christmas, Hanukkah, and Kwanzaa.

The Brick Memorial High School Caroling Choir will lead the singing of patriotic and holiday songs. The festivities are open to the public at no charge, and hot chocolate and cookies will be offered.

The New Jersey Vietnam Veterans' Memorial and Vietnam Era Museum and Educational Center are located on the grounds of the PNC Bank Arts Center, off the Garden State Parkway at exit 116. The Memorial is open 24 hours, 7 days a week. The Educational Center is open Tuesday through Saturday, 10 a.m.-4 p.m. Regular admission to the Museum and Educational Center is free for veterans and active-duty military personnel. Regular adult admission is \$5; student and senior citizen admission is \$3; and children under 10 are admitted free.

Please call 732-335-0033 ext. 100 for additional information or to RSVP your attendance.



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

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.

Jan. 11*, 12, 13

Moorestown Mall

*Medal ceremony 10:30 a.m.

