



The State of New Jersey  
**Department of Military and Veterans Affairs**  
 Governor Phil Murphy Lt. Governor Sheila Oliver

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## DMAVA Highlights Archives

**27 May 2005**
**Volume 4, Number 21**

### NJ Dept of Military and Veterans Affairs

Maj Gen Glenn K. Rieth  
 The Adjutant General

Brig Gen Maria Falca-Dodson  
 Deputy Adjutant General

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

Contacting us is easy!

Office of the Assistant Commissioner

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We're on the Web!

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



Veterans' Organizations  
 Contact Information

### State Veterans Service Council

Mr. Richard Clark  
[RJClark21@msn.com](mailto:RJClark21@msn.com)

### NJ Advisory Committee for Women Veterans

Mrs. Anna Hoffman  
[hoffmanannem@aol.com](mailto:hoffmanannem@aol.com)

BG Willam C. Doyle Cemetery  
 Advisory Council

### A Message from The Adjutant General:

I wish each of you and your families a Happy and Safe Memorial Day.

As you know, on 28 May, we dedicate our NJNG GWOT Monument to those four soldiers of the NJNG who made the ultimate sacrifice to defend our great Nation.

I would ask each of you to take a moment to remember these four Soldiers, I also strongly encourage each of you to join millions of Americans in honoring the brave men and women in uniform – those who serve today, those who have fallen in battle, and those veterans who proudly served in the past.

Military service has always been one of our country's most noble callings. America has long been the defender of liberty – the country that has stepped forward to defend those who could not defend themselves. This was true from our country's early days at Lexington and Concord, where the earliest citizen soldiers defended their farms and homes, their new country, and the cause of freedom.

This Global War on Terrorism we face has required our NJNG to adapt. As you may know, our levels of Mobilization & Deployment in the NJARNG over the last 24 months, is the greatest since WWII. This new threat has challenged us to prepare in new ways. Yet whatever the mission, whatever the challenge that lies before us, I can assure that our men and women of the NJNG are serving our country with grit and courage. I thank each of you and your families for your service to our country.

Our State country is proud of every member of our NJNG – volunteers all!!

May God bless each of you, may God bless your families, and may God bless our wonderful country.

### America remembers its heroes.

Each Memorial Day, Americans set aside time to remember and pay homage to the sacrifices of our nation's fallen heroes. These brave young Soldiers, Sailors, Airmen and Marines dedicated their last full measure of devotion to service before self in order to preserve our freedom.

From the Civil War to today's military operations in Iraq and Afghanistan, these brothers, fathers, sisters and mothers laid down their lives not only for the future of Americans and their families, but to provide freedom and a better way of life for those around the world.

Above all else - please take the time to reflect and remember. Those that have so bravely gone before us lit the torch. It's our responsibility to cherish our freedom and remember what the flame means as we proudly carry it on.

### An Invitation to a Great Weekend

To my Fellow Soldiers and Airmen,

You and your spouse are invited to attend one of the six remaining Marriage Retreat Weekends. These events are open to all NJARNG and NJ Air Guard personnel. Sponsored by the NJARNG Family Programs Office, these weekends are an

Mr. William Rakestraw  
[warjrnj@msn.com](mailto:warjrnj@msn.com)

opportunity to create a stronger bond with your spouse. Please contact CH Kevin A. Williams at

(O) 609-562-0636 (C) (609)-847-1477

## 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 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

## Global War on Terrorism Memorial Dedication -

The New Jersey National Guard will dedicate the Global War on Terrorism Memorial on Saturday, 28 May 2005, at 2 p.m. The ceremony will honor the fallen heroes of the New Jersey National Guard, and will take place at the NJ Department of Military and Veterans Affairs, 101 Eggert Road, Lawrenceville, NJ 08648. Refreshments will be served following the ceremony! Uniform: Army – Class A, Air Force – Service Dress.

## 112th Field Artillery schedules Memorial Day Services.

On Monday, 30 May 2005, at 1100 hours, the 112th Field Artillery Association will conduct their annual Memorial Day services at the Lawrenceville Armory on Eggert Crossing Road. A 21-round cannon salute will be provided by Battery B 3rd Battalion NJ National Guard. All are invited to attend.

## Franklin Institute Free Admission

The Franklin Institute Science Museum would like to honor the members of our armed forces over Memorial Day weekend with a special invitation. All active duty, active Reservists and active National Guard and their immediate families are welcome to visit the museum FOR FREE just by showing their military ID at the box office! This offer includes not just the Franklin's world-class exhibits, but all the fun-filled special events and activities that the Franklin has to offer:

- IMAX films – either "Mystery of the Nile" or "Aliens of the Deep"!
- Flight simulator!
- Sky bike!
- Fel Planetarium – with shows like "The Sky Tonight," "BIG," and "Infinity Express"!
- Interactive floor shows!

The Franklin Institute gives adults and kids alike a totally interactive, totally fun day of science and exploration –from aviation, to health, to electricity, to astronomy, to mechanics! So make the Franklin Institute your destination this Memorial Day weekend – May 28, 29 and 30. With our usual rates beginning at \$13.75 fro adults and \$11 for children, this may be our best offer ever! It's just our way of saying "Thank You" for all you do. If you would prefer to reserve your tickets in advance, just call 215-448-1254 and mention code MIL05. The Franklin Institute is located at 222 N. 20th St., Philadelphia, PA. Visit our web at [www.fi.edu](http://www.fi.edu) for more details.

## Home Depot Discount, 26-30 May 05

Home Depot is inviting all active duty, reservists, retired military personnel, veterans and their families to receive 10 percent off their purchases in recognition of Memorial Day. The offer is good on purchases up to \$2,000 for a maximum discount of \$200 between May 26-30, 2005, at The Home Depot stores, The Home Depot Floor Stores, the Home Depot Landscape Supply stores and EXPO Design Center locations.

## 177th Fighter Wing participates in the Aviation Career Day

The 177th Fighter Wing participated in the Aviation Career Day as Newark Liberty International Airport 18 and 19 May 2005. This event was sponsored by FEDEX and included static displays, presentations and demonstrations by the Civil Air Patrol, various private pilots, and Continental Airlines and of course the 177th Fighter Wing. Lt Col Yarko Sos piloted the F-16 jet that was on display for the two day event. He was assisted by TSgt Mike Passeri, SSgt John Riccio, TSgt Jim Camillo and SSgt Oscar Favaro all crew chiefs assigned to the 177th Maintenance Group. Lt Col Sos and the crew chiefs had the opportunity to address more than 1800 middle school children

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

Bank of America (Fleet Bank) is undergoing a system-wide change in their loan offerings and will no longer offer the New Jersey Freedom Loan.



### Memorial Day - 30 May 2005

Day is done, gone the sun,  
From the hills, from the lake, from  
the skies  
All is well, safely rest, God is nigh.

Go to sleep, peaceful sleep,  
May the soldier or sailor,  
God keep  
On the land or the deep,  
Safe in sleep

Love, good night, Must thou go,  
When the day, And the night  
Need thee so?  
All is well Speedeth all  
To their rest.

Fades the light: And afar  
Goeth day. And the stars  
Shineth bright

from Newark, Elizabeth, East Orange, Bayonne as well as various other schools from the Newark and surrounding areas. In addition to explaining the capabilities of the F-16 aircraft they had an opportunity to speak to the teens about the air National Guard as a career. The Aviation Career Day is designed to inform young people about the many career opportunities in the field of Aviation.

## Fort Monmouth, NJ Hosts Annual Armed Forces Community Celebration – June 9-12, 2005

2005 Armed Forces Community Celebration! A Tradition of Heroes: Defenders of the Homeland. The Fort Monmouth Armed Forces Community Celebration weekend is open to the public. The celebration will showcase the efforts of the military, state, Monmouth County, and local communities in providing for the security and safety of the nation's citizens. It will be held on the east side of Fort Monmouth near Oceanport Avenue. The celebration will include a carnival; civilian and military displays including armored vehicles, artillery, and helicopters; historical military re-enactors from the American Revolution to the present day; a variety of musical acts; skydiving demonstrations; a classic car show; and many other acts and exhibits. Fodd and beverages will also be available. One of the exhibits planned will feature a video/phone hookup to New Jersey National Guard soldiers stationed in Iraq. For more information call: 732-532-0963 or 732-532-0953.

## New Spouse Resource

The Military Spouse Career Center, a new free online resource, is now available. Spouses can search the job board with over 500,000 openings in the federal government and private sector organizations. Spouses will also find information regarding jobs on military installations, overseas employment opportunities, and information on entering and advancing in popular career fields. Additional resources include career counseling, licensing and certification, childcare and youth program. The military Spouse Career Center can be accessed by [clicking here](#).

## The New Jersey National Guard Magazine "Guardlife" Vol 31 No2 – now available on the world web.

Guardlife magazine Volume 31 Issue No 2 is now available on the world wide web in a user friendly on-line web version at the following web address:

<http://www.nj.gov/military/publications/guardlife/volume31no2/index.html>

The "Hometown Team" magazine Guardlife provides up to date information on the happenings within the New Jersey Army and Air National Guard both at home and abroad. For all the current news on our soldiers and airmen take a look at the new issue today. To view past issues of Guardlife magazine on-line you can visit <http://www.nj.gov/military/publications/> the DMAVA Publications homepage.

## ChalleNGe Family Fun Day

The New Jersey National Guard ChalleNGe Youth Program held its first annual Family Fun Day on 21 May 2005. The event was held as a fundraiser and to provide the cadets and their families an opportunity to enjoy some food and recreation at Willow Pond Park on Fort Dix. There was an all-you-can eat buffet as well as carnival-style games and prizes. With the help and supervision of ChalleNGe Social Studies Teacher, Mr. Paul Wityk, the cadets built and painted the games, in addition to setting up the event and breaking it down afterwards. Thank-you's go out to the following companies for their donations and/or greatly reduced prices: Six Flags, Herr's Potato Chips, Pocono Produce and Wirth Lumber. Thank you also to the staff members who assisted in the event and most importantly to the families who came out making it the enormous success that it was.

## WASHINGTON –

"There are no second acts in American lives," F. Scott Fitzgerald once wrote. Memorial Day Weekend signals the start of summer, traditionally a time of fun and sun. During

Fare thee well: Day has gone  
Night is on.

Thanks and praise, For our days,  
' Neath the sun,  
' Neath the stars,  
' Neath the sky,  
As we go, This we know,  
God is nigh.



**Beach Passes for NGTC** – Sea  
Girt for DMVA employees are now  
available.

Enjoy the sun. Have some fun.

Contact:

Gail Miller – 6911

Or

Jane Davis – 6910

the 101 Critical Days of Summer, we sometimes try to do too much because of the extra sunlight. Here are suggestions on how to keep healthy and safe this summer:

**Alcohol consumption** – Don't drink and operate vehicles – automobiles, boats, jet skis, etc. If you drink, do it moderately and always appoint a designated driver.

**Traveling** – Be sober, vigilant and well-rested. Ensure everyone wears a seatbelt.

**Watercraft** – Know your craft and use personal floatation devices. Use caution when operating boats and jet skis, staying away from other boaters, swimmers and jet skiers.

**Motorcycles and all-terrain vehicles** – Don't operate without proper training and personal protective equipment. Always remain vigilant and drive defensively.

**Outdoor activities** – Before and after athletic activity, take a short moderate-to-brisk walk to improve circulation rather than stretching, which experts say contributes to muscle strain. Know your limits and don't overdo it. Avoid prolonged exposure to the sun, use sunscreens and drink plenty of water.

**Swimming** – Swim with a buddy in known waters and don't drink. We need to apply this same kind of vigilance off duty during the 101 Critical Days of Summer. Most mishaps involve one or more of the following factors: alcohol, fatigue, darkness, bad weather, poor judgment, risk-taking. Let's use common sense, plan ahead and be prepared. An "it-will-never-happen-to-me" attitude is not a guarantee but rather a recipe for disaster. Take care of your family and of your Air Force Reserve family. Be alert and prevent incidents that could cause a lifetime of regrets. Let's all enjoy the months of summer, but let's enjoy our off-duty time responsibly.

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## America Supports You, Our Military Men & Women

10% off for Military Personnel and Immediate Families

Thursday, May 26 – Monday, May 30

Offer available for all active, reserve and retired military personnel and their immediate families

Must show valid military ID

Discount limited to purchases of up to \$2000

LOWE'S OF HAMILTON – 1000 Marketplace Boulevard, Hamilton, NJ 08691

(609) 581-8740 This ad is valid through 6/5/2005

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## Enlisted Council holds golf tourney at Falcon Creek Golf Course in July

The 108th ARW Enlisted Council is holding its second annual Golf Outing on July 21, at the Falcon Creek Golf Course, McGuire Air Force Base. There will be a shotgun start at noon. The cost to take the "good walk spoiled" (Mark Twain) is \$75 per individual or \$280 for a foursome. This includes lunch, beverages, 18 holes of golf and a chance to win prizes. Proceeds from the tournament support the Freedom Alliance Scholarship fund. This fund provides educational scholarships to children of American Armed Forces service members who have sacrificed life or limb. The Alliance is a non-profit educational and charitable organization. The Enlisted Council is also looking for hole sponsors at \$35 per sign and beverage cart sponsors at \$40. Whether you picture yourself as a Happy Gilmore, John Daly or Tiger Woods, contact Senior Airman Dee Eggle at 609-754-4141 for more information and entry forms. Happy golfing!

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## NJ Department of Labor teams up with Teaneck Family Assistance Center.

The New Jersey Department of Labor and Workforce Development is teaming up with the Teaneck Family Assistance Center to provide all soldiers returning from deployment with the necessary information and tools to easily re-integrate into

society. The Re-employment Opportunities briefing given by MSG (Ret) John Bautz will be held at the Teaneck Armory every Wednesday at 10 a.m. and again at 2 p.m.

If you have any questions regarding this briefing, contact MSG (Ret) Bautz at 201-996-8950 or email [john.bautz@dol.state.nj.us](mailto:john.bautz@dol.state.nj.us).

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### **Sandy Cove offers a free stay for our military members & families at Operation Oasis on Chesapeake Bay.**

Operation Oasis is an outreach program developed to offer a time of rest and renewal to military personnel involved in Operation Iraqi Freedom. Located in North East, Maryland, at the headwaters of the Chesapeake Bay, Operation Oasis offers a free 3-day, 2-night time of rest and relaxation. It is a thank you to those who seek to secure and sustain our freedom. Simply contact Carol Lee Lynch at [c.lynch@sandycove.org](mailto:c.lynch@sandycove.org) or by phone at 800-287-4843 for additional information. You can also visit the website [www.sandycove.org](http://www.sandycove.org) for a more detailed description of the facility.

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### **Steve Braun Baseball Camp available FREE for children of deployed soldiers and airmen.**

Former Major League Baseball player and retired Trenton Thunder coach, Steve Braun, will conduct a summer baseball camp on Saturday and Sunday, 16-17 July 2005. The two-day camp is provide free to children (male or female) of New Jersey National Guard soldiers or airmen who are, or have been, deployed overseas during the Global War on Terrorism.

Parents who wish to volunteer may note that on their child's application or call Marie at 609-562-0739.

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### **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](mailto:Raymond.Denson@nj.ngb.army.mil).

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### **7th Annual Unity Day**

"Come Share Your Heritage with Us." On Thursday, 9 June 2005, the NJ Department of Military and Veterans Affairs, Joint Force Headquarters will hold it's 7th Annual Unity Day at Building 3650, Fort Dix, NJ. This event is held to enhance cross-cultural awareness and promote harmony among all members of the New Jersey National Guard, and to recognize the contributions of women and minorities. This combined effort of Army and Air, State and Federal, community members and members of both Team McGuire and the Fort Dix Post contribute to the different ethnic and Special Emphasis groups being represented. If you are interested in participating by putting up a display, please contact Kathey McCready, State Equal Employment Manager at 609-562-0854.

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### **"Freedom Salute" – Soldiers, it's easy to nominate someone!**

The Freedom Salute campaign is designed to recognize those who support Soldier's service and veterans who have served the country in the past. Individuals nominated will receive an "Army of One" lapel pin, an official Army decal a letter of appreciation signed by the Army Chief of Staff, and a letter of thanks signed by the Chief of Staff and the Secretary. It's easy to nominate someone. Soldiers should simply visit the website: <http://freedomteamsalute.army.mil> and submit the names of those individuals who are supporting our military.

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## Ceremony held at Edison Elks Loge in Edison, NJ on Thursday, May 19th:

A medal ceremony was held at the Edison Elks Lodge in Edison, NJ to present the Korean Service Medal. COL James Grant, Commanding Officer, Office of Identity and Information Technology Section, New Jersey State Police, presented approximately 150 medals to Middlesex County Veterans. Patricia Richter, Chief, Veterans Benefits Bureau, served as Mistress of Ceremony. Division of Veterans Programs employees, Ms. Karen Hansen and Ms. Michele Johnson assisted with the program.

## Veterans to be honored at upcoming Medal Ceremonies.

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

|               |      |   |  |
|---------------|------|---|--|
| <b>16 Jun</b> | 11am | Distinguished and Meritorious Service Medal | Morristown Armory<br>430 Jockey Hallow Road<br>Morristown, NJ 07960          |
|               | 1pm  | Korean Service Medal                        |  |
| <b>30 Jun</b> | 11am | Distinguished and Meritorious Service Medal | Toms River Elks<br>600 Washington Street<br>Toms River, NJ                   |
|               | 1pm  | Vietnam Service Medal                       |  |
| <b>14 Jul</b> | 11am | Distinguished Service Medal                 | Atlantic Cape Community College<br>5100 Black Horse Pike<br>Mays Landing, NJ |
|               | 1pm  | Korean Service Medal                        |  |
| <b>28 Jul</b> | 11am | Distinguished Service Medal                 | West Orange Armory<br>1299 Pleasant Valley Way<br>West Orange, NJ            |
|               | 1pm  | Korean Service Medal                        |  |

## Support the Troops

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

**- Invitational Karate Classic** – 28 May 2005 - to benefit Toms River Family Readiness Group. The St. Jude's Judo & Isshinryu Karate Academy is sponsoring an Invitational Karate tournament to benefit the Toms River Family Readiness Group. The event is scheduled for Saturday, 28 May 2005, at the Berkeley Township Elementary School, 10 Emory Avenue, Bayville, NJ 08721. Interested participants need to call Robert Martinez at 732-674-4032 for eligibility and application information. Registration is at 9 a.m. and the eliminations start at 10 a.m. Last year, this event raised over \$1,400 for the Toms River Family Readiness Group and this year's event is expected to match or exceed that amount.

**- West Orange to honor and support NJ National Guard troops** – 30 May 2005. The Township of West Orange is holding a luncheon fundraiser to support the NJ National Guard Family Readiness Council, in conjunction with its annual Memorial Day Ceremony, Monday, May 30, 2005. Since 1999, the municipality's annual event has included the awarding of the New Jersey Distinguished Service Medal to qualifying local combat veterans. To honor this year's twenty recipients, and in support of our troops in the field, a luncheon will follow. Tickets are \$50 per person and may be obtained by sending your check (payable to VFW Post 376) to the Mayor's Office, 66 Main Street, West Orange, NJ 07052. Additional information may be obtained by calling 973-325-4205.

**- Mealey's Furniture** to donate 3 rooms of new furniture to a needy military member on Memorial Day. Do you know someone who is or has served Active Duty in the US military and is now in need? Mealey's would like to thank them for their service by giving them three complete rooms of furniture. Entry forms can be found in any of Mealey's three stores or online at [www.mealeysfurniture.com](http://www.mealeysfurniture.com). All nominations will be reviewed and selection will be made on June 30th.

**- Send coffee!!** – The "Coffee Express" is on track! Time to start percolating and open the spigots all the way! The good news is that over 1500 pounds of coffee have been sent to the troops so far. The bad news is that they have drunk most of it. It's time for a second cup. Join the "Coffee Express" – buy a pound or two of coffee and send it to one of the address shown below or to the soldier of your choice at either

unit. MAJ Mike Lyons, HHC 50th Main Support Battalion, FOB Speicher, APO AE 09393 or LTC John Nunn, HHC 42nd DISCOM, FOB Speicher, APO, AE 09393.

**- Sign up for a chance to send your soldier Dunkin Donuts coffee.** Dunkin Donuts will send a case of free coffee to your soldier if he/she is among the 50 selected in a monthly lottery. Just go to [www.dunkindonuts.com](http://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](http://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 30,000 stamps have been donated to our National Guard soldiers and airmen and Family Readiness Programs. With Memorial Day 2005 approaching, we recall the unique sacrifices made by every generation that has served in uniform for the good of America. We are often asked what can be done to support the soldiers of this generation. 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.

**- American Hero Band** - 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.

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

Open House – 18 June 2005 -Toms River Armory - The Wolfpack is back from Iraq and so is the fun and excitement! Best of all, it's FREE!

An Open House is scheduled at the Toms River Armory on Saturday, June 18, 2005, from 10 a.m. to 5 p.m. The soldiers of Charlie Battery and Detachment 1 Service 3/112th FA are hosting the Open House, and with the assistance of the recruiters, are supporting the TAG's Policy on "Strength Management." There will be historical displays from the Revolutionary War to Operation Iraqi Freedom. For the children, there will be Hummer rides, camouflage face painting, paintball targets, a grenade toss, a child ID Program, and many other fun activities. There will also be prizes and give-aways. Refreshments will be available at low family prices!

The Open House will also provide an opportunity to showcase the facility to the public, and to let the community know that the facility is available for their use.

| <b>Date</b> | <b>Event</b>                       | <b>Location</b>      |
|-------------|------------------------------------|----------------------|
| 4 June      | National Cancer Survivors Day      | West Orange Armory   |
| 8 June      | Carnival Fundraiser                | Teaneck Armory       |
| 9 June      | Medal Ceremonies for DSM/MSM & KSM | Morristown Armory    |
| 12 June     | Sports Card and Comics Show        | Bordentown Armory    |
| 18 June     | Dance                              | Lawrenceville Armory |
| 18 June     | Open House                         | Toms River Armory    |
| 21 June     | Graduation                         | Westfield Armory     |
| 24 June     | Bead Show                          | Cherry Hill Armory   |
| 27 June     | Physical Training                  | Teaneck Armory       |
| 28 June     | Pick-Up & Drop-Off Point for Camp  | Teaneck Armory       |

### **Delaware Valley Vietnam Veterans will present Flag Memorial and other events to honor veterans (10-12 June 2005).**

The Delaware Valley Vietnam Veterans will present the 20th Annual Donald W. Jones Flag Memorial on 10 June 2005. The Memorial consists of 58,000 American flags, each placed in the ground by someone who cares, for every American soldier killed or missing in action in Vietnam. The flags will create a Memorial in the shape and exact size of the Vietnam Veterans Memorial Wall in Washington, D.C. The event will be held at the Falls Township Community Park, 9070 Mill Creek Road, Levittown, PA (Rain or Shine) and will begin at 9 a.m.

On Saturday, 11 June 2005, there will be a free Freedom, Blues & Rock concert that will begin at 11 a.m. and feature the following bands: Ambush, Ergo, Hellbound Blues Band, Jekyl's Hyde, Last Call, Legend, Mikey Junior, The Seven Band, Sister Blue, and Sweet Medicine. A fireworks display will be held at dusk. The concert and fireworks will be held at the Falls Township Park, Mill Creek Road, Levittown, PA 19054. On Sunday, 12 June 2005, a motorcycle rally will depart Bristol Township Municipal Building, 2501 Bath Road, Levittown, PA at 12:30 p.m. If you are interested in participating, please call Shotgun Willie at 267-784-2282. The Honors Ceremony will begin at 1 p.m.

### **Fitness Corner – Ernie Razzano, Certified Fitness Trainer**

#### **Getting Started**

You keep telling yourself that you will start a workout program soon. You'll start right after "this" or as soon as "that" is done. A helpful hint in getting started is to know what to do or how to start. Here are some common guidelines to follow when beginning an exercise program.

Choose an activity you enjoy. Don't do something because you think it's popular. You're more likely to stay with an activity if it's something you enjoy. If having people exercise with you is important then join a class, club or form your own group. When working out with a partner try to choose someone with a similar fitness level. As a beginner, you may work too hard if you exercise with an experienced partner.

When beginning, ease into a program and have fun. Remember, you should not try to make up for all the years you haven't exercised in the first few workouts. Because your body is unaccustomed to exercise, realize that you may be stiff or sore after the first day. This soreness will pass as you continue to work the muscles. If you overdo it the first day, you may be so sore that it turns you off to exercise.

Participate in more than one activity. Anything can become boring or monotonous day after day. Remember to choose activities that can still be done during inclement weather. You want to exercise year round, not just in the spring or summer. A good program incorporates aerobic, strength, and flexibility components. Try for all-around conditioning, not just one aspect.

When possible, exercise at the same time each day. This helps to form a schedule. Once you have a routine it becomes a natural part of your week.

Regardless what you do, please see your doctor to receive medical clearance to participate in exercise, especially if you have any preexisting health concerns. There may be a valid reason why you should limit your participation or not exercise at all.

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### New Jersey Vietnam Veterans' Memorial:

The New Jersey Vietnam Veterans' Memorial will be awarding two \$2,000 college scholarships during the ceremony. The scholarship recipients are Joseph J. Gianetti, of Closter, graduating from Northern Valley Regional High School at Demarest and Amy M. Van Daele, of Eastampton, graduating from Rancocas Valley Regional High School. The New Jersey Vietnam Veterans' Memorial will induct three veterans into the "In Memory" Program. "In Memory" honors New Jerseyans who served and died as a result of the war in Vietnam but whose names are not on the Memorial. The three inductees are:

William F. Lamb, US Army, of Matawan, NJ, who died September 7, 1989

Donald E. Sanders, US Army, of Toms River, NJ, who died March 14, 2003

William Toto, Jr., US Army, of Nutley, NJ, who died January 4, 2000

As part of the ceremony, family members will say a few words about their loved one and light a candle in their memory. A book of biographical information, compiled by the family, is also placed in the Educational Center's Resource Room.

Also participating in the program will be local chapters of the Vietnam Veterans of America and Chaplain Joseph Formola of the Vietnam Veterans of America, NJ State Council. There will be a wreath-laying portion of the program. The Vietnam Era Educational Center, adjacent to the Memorial, will be open free of charge.

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### NJ Vietnam Veterans' Memorial and Vietnam Era Educational Center's upcoming event schedule.

|                |            |   |
|----------------|------------|---|
| <b>30 May</b>  | 11am       | Memorial Day Ceremony   |
| <b>11 June</b> | 1pm        | On the River (memoir of an American advisor to South Vietnamese Rangers)<br>Author Lecture by Vietnam Veteran George L. Athas |
| <b>18 June</b> | 10am - 4pm | Military Vehicle Display  |

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 open Tuesday through Saturday, 10 a.m. to 4 p.m. Regular admission is free for veterans and active duty military personnel. Regular adult admission is \$4; student and senior citizen admission is \$2; and children under 10 are admitted free. The Center is located adjacent to the NJ Vietnam Veterans' Memorial off the Garden State Parkway at Exit 116.

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### Retirement Receptions planned.

Several of our Department's employees will be retiring in the very near future. Listed below is the information on their planned receptions/dinners.

| Retiree                | Reception Details  | Contact Person  |
|------------------------|--|---|
| Ms. Ellen Fruscione    | Lawrenceville Armory<br>31 May 2005, 1600 hours                                  | Angela Como or Liz DiStefano<br>609-530-6780/6893           |
| MSG (Ret) Chuck Arnold | Charley's Other Brother<br>Route 537, Eastampton, NJ<br>2 June 2005, 1130 - 1330 | <a href="#">CW3 Maria Rodriguez</a> (email)<br>609-562-0214 |
| Maria Rodriguez        | Club Dix<br>8 June 2005, 1130 hours  | <a href="#">McCleary</a> (email)<br>(609) 562-0213          |

|                         |  |                                   |
|-------------------------|--|-----------------------------------|
| CW3 SGM Michael Amoroso | Charleys Other Brother<br>20 June 2005, 1700 hours | SFC Denise Creary<br>609-562-0661 |
|-------------------------|--|-----------------------------------|

### Today in History

Today is Friday the 27th of May 2005. It is the 147th day of the year with 218 days remaining.

1431 – Joan of Arc was burned at the stake in Rouen, France, at the age of 19

1536 – English King Henry VIII marries Jane Seymour.

1539 – Hernando de Soto, the Spanish explorer, landed in Florida with 600 soldiers to search for gold.

1783 – The first daily newspaper was published in the U.S., by Benjamin Towner called "The Pennsylvania Evening Post."

1848 – W. G. Young patented the ice cream freezer.

1868 – Memorial Day was observed for the first time in the U.S.

1922 – The Lincoln Memorial was dedicated in Washington, DC.

1971 – Mariner 9, the American deep space probe blasted off on a journey to Mars.

New York Lotto pays \$30 million to one winner (#s are 12-15-30-33-40-48).

2003 – Peter Jennings was sworn in as a U.S. citizen.

### Call today to volunteer at a Family Readiness Center near you.

If you are able to assist the families of our deployed soldiers and airmen, please call our Family Readiness Center at our toll-free number 888-859-0352.

### Thought for the week:

No man was ever so completely skilled in the conduct of life, as not to receive new information from age and experience.

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