



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

**25 February 2005**
**Volume 4, Number 8**

### 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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 Deputy Commissioner for Veterans Affairs

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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  
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### NJ Advisory Committee for Women Veterans

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BG William C. Doyle Cemetery  
 Advisory Council

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

### New Jersey Freedom Loans

## Freedom Salute Campaign will honor the 253rd Transportation Company.

The Army National Guard's Freedom Salute Campaign will honor the 253rd Transportation Company on at 9 a.m. on 19 March 2005 at ceremonies to be held at the Wildwood Convention Center, Wildwood, NJ. The Freedom Salute Campaign is designed to recognize Army National Guard soldiers, their families, and others who have supported them as they answered the call to duty in the Global War on Terrorism – both at home and abroad.

## Local community and residents make Pasta Dinner for our troops a huge success!

With final figures still being tabulated, the Pasta Dinner held at the Lawrenceville Armory last Sunday raised almost \$20,000 for the NJ National Guard Family Assistance program. The dinner, a joint project of American Legion Post 414 and the Lawrence Lions, served 1500 hungry diners. Local businesses and restaurants donated everything needed for dinner - rolls, spaghetti sauce, meatballs, salad, and an assortment of desserts. Special thanks to Wegman's, Amici's Restaurant, the Department's Armorer staff at the Lawrenceville facility and all of the volunteers who helped to make this event a huge success!

## Trenton Area Veterans Center will host an Ice Breaker.

The Trenton Area Vets Center will host an Ice Breaker on 16 March from 10 a.m. – 4 p.m. at the Hamilton Area YMCA. A briefing will be provided on veterans' benefits, employment, re-adjustment services, and other relevant topics. All veterans and their families in attendance will receive a 90-day free membership to the YMCA. The Hamilton YMCA is located at 1315 White Horse-Mercerville Road, Hamilton, NJ.

## Veterans honored at recent ceremony.

On Thursday, 24 February 2005, a ceremony was held at the Lawrenceville Armory to present the New Jersey Distinguished Service Medal, the New Jersey Meritorious Medal and the New Jersey Korean Service Medal to deserving state veterans. MG Glenn K. Rieth, The Adjutant General, presented these medals to 75 of our state's veterans. MG Rieth 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 for the morning ceremony and sang the National Anthem to everyone's delight. Ms. Patricia Ann Richter, Chief, Veterans Benefits Bureau, served as Mistress of Ceremony for the afternoon ceremony. Mrs. Kimberly Bruss, Ms. Kimberly Castner, Ms. Karen Hansen, and Ms. Michele Johnson of the Veterans Benefits Bureau assisted with the programs.

## Joint Force Headquarters – Air Component hosted a symposium for retired senior staff.

On 11 February 2005, the Joint Force Headquarters – Air Component hosted a symposium for former New Jersey Air National Guard Command Chief Master Sergeants and Senior Enlisted Advisors. The purpose of the symposium was to

**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

update these retired senior leaders on current programs, deployments, strength issues, and new terminology that included “Battlefield Airmen” and the Fit to Fight Program. The current wing Command Chief Master Sergeants briefed on their units. In attendance were retired Chief Master Sergeants from Headquarters, New Jersey Air National Guard, the 108th Air Refueling Wing, and the 177th Fighter Wing.

**Veterans Service Officers have been selected to receive “Excellence in Customer Service Award.”**

On 21 February 2005, our Veterans Service Officers and staff were honored by being selected by the Governor’s Employee Awards Committee to receive the “Excellence in Customer Service Award” for 2004-2005 for their outstanding performance in meeting the needs of our New Jersey veterans’ community. The award will be presented to the VSOs in May at a ceremony to be held at the War Memorial in Trenton. Congratulations to our VSOs for a job well done and for the special care and respect they have given to our veterans who have given so much to keep American free.

**Joint Force Headquarters (JFHQ) – Army Develops Joint Mission Essential Task List (JMETL).**

The Army Directorates of the JFHQ are developing New Jersey Army National Guard’s JMETL. These Directors must identify the tasks most essential to their assigned or anticipated missions. These essential tasks are referred to as joint mission essential tasks (JMET).

Joint training focuses on tasks performed by more than one Service, under the direction of a joint force commander, and in accordance with joint doctrine. Joint training is fundamental to the effective employment of military forces over a broad range of missions. These missions can be state missions, in support of the Governor, or federal missions in support of major operations like Operations Iraqi Freedom or Enduring Freedom.

JMETs describe a joint force commander’s priority warfighting requirements. JMETs are identified by reviewing plans and Operations Orders for executing a mission. JMETs are identified using the Universal Joint Task List (UJTL) as a common language. The UJTL identifies “what” joint tasks are performed; joint doctrine describes “how” joint tasks are performed; and Plans and Operations Orders specify “who” and “when” joint tasks are performed.

Joint warfighting requirements are a product of the cumulative planning efforts of the JFHQ – Army staff. This planning coordinates information sharing. The JMETL provides flexibility for missions and synchronizes the Services.

**Maj Gen Loren M. Reno toured the 108th Air Refueling Wing.**

Maj Gen Loren M. Reno, Director of Logistics, Headquarters Air Mobility Command, Scott Air Force Base, Illinois, recently toured the 108th Air Refueling Wing as part of his McGuire Air Force Base visit. He received a wing mission brief from Col Michael Cunniff, 108th ARW Commander, and senior leadership, toured maintenance areas and emphasized his interest in two KC-135Es that the 108th owns. These aircraft were grounded in September 2004 as part of an Air Force-wide grounding of more than 30 KC-135s.

**Veterans to be honored at upcoming Medal Ceremonies.**

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

<b>10 Mar</b> 11 a.m. 1 p.m.	Distinguished/Meritorious Service Medals Korean Service Medal	Bordentown Armory 1048 Route 206 Bordentown, NJ 08505
<b>17 Mar</b> 7 p.m.	Distinguished, Meritorious, Korean, and Vietnam Service Medals	American Legion #115 700 Melbourne Avenue Beverly, NJ 08010
<b>31 Mar</b>	Distinguished/Meritorious Service Medals	Cherry Hill Armory

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:

"Not everything that can be counted counts, and not everything that counts can be counted."

- Albert Einstein

11 a.m. Vietnam Service Medal  
1 p.m.

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:

**Operation Gratitude** – 25 Feb 05 – Comedy Show & Fundraiser for the 50th Main Support Battalion will be held at the VFW 6467, 321 So. Washington Avenue, Bergenfield, NJ. Tickets are \$15. The event will star Larry DeFelice (Larger than Life) and Mike Moose (MTV, VH1, Comedy Central). For more information, contact Rich Carucci at 201-342-1661.

**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.

**"Packing Day for a Loved One"** – Sunday, 27 February 2005, from 1 – 5 p.m. at the Somerset Armory, 1060 Hamilton Street, Somerset, NJ 08873. Attendees will be able to pack and send a package to their loved ones overseas. You must provide your own transportation to the Somerset Armory.

**Pancake Breakfast** - Hopewell, NJ – 13 March 05. A "Support the Troops" Pancake Breakfast is being sponsored by the Knights of Columbus #7103 on Sunday, 13 March 2005, from 8 a.m. to 12:30 p.m. The breakfast will be held at the Hopewell American Legion Hall, Van Dyke Road, Hopewell, NJ. Cost is \$7.00 per person (donation to the Family Readiness Group). Advance tickets can be obtained by calling COL Ron Cefalone at 609-562-0211 or Laura Branham at 609-530-6987.

**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](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 used 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 designated 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.

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### **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.

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### **National Guard Association of NJ –Scholarship Announcement.**

The New Jersey Vietnam Veterans' Memorial Foundation Scholarship Contest is available to graduating NJ high school seniors. Two \$2,500 scholarships will be awarded on May 30, 2005 at the Memorial Day ceremony at the NJ Vietnam Veterans' Memorial. To apply, students need to complete an application, submit proof that they are continuing their education at a college/university or trade/technical school, and submit a short essay about his/her visit to the NJ Vietnam Veterans' Memorial. Submissions must be received by 5 p.m. on Friday, April 15, 2005. Application and information can be found at [www.njvvmf.org](http://www.njvvmf.org) or by calling 1-800-648-VETS.

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](http://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](mailto:robertlooby@earthlink.net).

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### **The National Guard's Family Program Online Community has redesigned their website.**

The National Guard's Family Program online community is a place to share information, find resources, and connect with others. Information on family issues, guard benefits, business matters, deployments, and many other topics can be found on the site. New content will be added over the next few months, so check back often – [www.guardfamily.org](http://www.guardfamily.org).

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

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### **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.

<b>19 Mar</b>	1 p.m.	<b>A Redcatcher's Letters from Nam (199th Lt. Inf. Bde)</b> Author lecture by Patricia Farewell Enyedy, sister of a NJ GI, KIA in Vietnam
<b>2 Apr</b>	10 a.m. 4 p.m.	<b>Celebrating the 30th Anniversary of Operation Babylift, Vietnam (1975-2005)</b> \$10 Admission fee
<b>14 May</b>	1 p.m.	<b>Jenny 4</b> 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

#### The Laws of Training (Part 1 of 5)

There are numerous training philosophies in the fitness industry. From books and magazines to videos and the Internet. The information can be overwhelming. Some work best for strength, others for size. Some for cuts, some for speed. Some for sports, some for fitness. Some for hard gainers, some for beginners. Even if you have time to peruse all of them and possess adequate knowledge of training science to make informed choices, uncertainty as to which is best can still paralyze you. Science, then, must guide you. After all there is really only one science. But, all too frequently, science is misinterpreted, which leads to confusion.

There are well-documented training principles that are important in judging the merits of any training system. There are at least seven overlapping principles upon which all systems must rely if optimum effectiveness in training outcomes is to be expected. Most, but not all, of the training systems popular in current muscle magazines adhere only in part to The Seven "Granddaddy" Laws. What determines whether a training system is more or less effective than another lies in how these laws are implemented, how they are used to the best advantage of the trainee, and whether or not they are even considered.

The Laws are: 1. The Principle of Individual Differences, 2. The Overcompensation Principle, 3. The Overload Principle, 4. The SAID Principle, 5. The Use/Disuse Principle, 6. The Specificity Principle, 7. The GAS Principle. I will explain each of these principles over the next few weeks.

#### Today in History..

Today is Friday, 18 February 2005. It is the 56th day of the year with 309 days remaining.

1793 – The department heads of the U.S. government met with U.S. President Washington for the first Cabinet meeting on U.S. record.

1836 – Samuel Colt received a patent for the Colt 45.

1901 – J. P. Morgan incorporated The United States Steel Corporation.

1913 – The 16th amendment to the U.S. constitution was ratified. It authorized a graduated income tax.

1919 – The state of Oregon became the first state to place a tax on gasoline. The tax was 1 cent per gallon.

1933 – The first aircraft carrier, Ranger, was launched.

1948 – Communists seized power in Czechoslovakia.

1986 – Philippino President Ferdinand E. Marcos fled the Philippines after 20 years of rule after a tainted election.

1999 – In Moscow, China's Prime Minister Zhu Rongji and Russia's President Boris Yeltsin discussed trade and other issues.

## Academy Award Trivia –

### Facts about "Oscar" –

Officially named the "Academy Award of Merit"

Weights 8 ½ pounds and is 13 ½ inches tall.

Costs approximately \$400.

During World War II, Oscar was made of plaster to conserve metal.

Most Oscars - (tie) Ben-Hur (1959, Titanic (1997) and The Lord of the Rings: Return of the King (2003) – Each won 11.

Individual with the most Oscar wins – Walt Disney won 26 Oscars.

Most nominated film without winning an Oscar – (tie) The Turning Point (1977) and The Color Purple (1985) were both nominated for 11 Oscars.

The only X-Rated Best Picture: Midnight Cowboy (1969).

The first movie in color to win Best Picture – Gone with the Wind (1939)

The last movie in black and white to win Best Picture – Schindler's List (1993).

Youngest Oscar winner – Tatum O'Neal (age 10) Best Supporting Actress for Paper Moon (1973).

Oldest Oscar winner – Jessica Tandy (age 80) Best Actress for Driving Miss Daisy.

## 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.

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### 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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