



The State of New Jersey
Department of Military and Veterans Affairs
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Army Guard

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NJ Dept of Military and Veterans Affairs

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 The Adjutant General

Brig Gen Maria Falca-Dodson
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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

NJ Advisory Committee for Women Veterans

Mrs. Anna Hoffman
hoffmanannem@aol.com

National Guard celebrates its 369th birthday!

The Army National Guard, the oldest component of the Armed Forces and one of our nation's longest-enduring institutions, celebrated its 369th birthday on December 13th. The Guard began on December 13, 1636, when the Massachusetts Bay Colony organized three militia regiments to defend against the growing threat of the Pequot Indians. From the Pequot War in 1637 until the present day, the Guard has participated in every war or conflict this nation has fought.

Today, the Army National Guard continues its historic mission of providing defense for the nation. Following the attacks of 9/11, more than 50,000 members of the Guard were called up to provide security at home and combat terrorism abroad. Tens of thousands are serving in harm's way in Iraq and Afghanistan, as the Guard continues its historic dual mission – providing the states with units trained and equipped to protect life and property, while providing the nation with units trained, equipped, and ready to defend the United States and its interests all over the globe.

Happy Birthday!

Veterans of Foreign Wars held its holiday party at Veterans Memorial Home at Menlo Park.

On Sunday, 11 December 2005, the Veterans of Foreign Wars (VFW) held their annual Holiday Party at the NJ Veterans Memorial Home at Menlo Park. The party boasted over 200 attendees, including William Grieman, VFW State Commander, Dolly Showers, VFW Ladies Auxiliary President, George Lisicki, VFW National Junior Vice Commander, BG Frank R. Carlini, Director, Division of Healthcare Services, residents, family members, and staff. Several area groups helped to make the day special.

Girl Scouts from North Edison and Metuchen began the festivities with holiday songs to everyone's delight. The Rutgers Air Force R.O.T.C. provided the color guard for the program, and the North Brunswick High School Musical Choir, under the direction of Peggy Sica, performed a number of holiday favorites for the crowd. At the conclusion of the first half of the program, everyone was invited to the Town Square Meeting Room for refreshments. Following refreshment, the residents were directed to the Waters Edge Dining Room for Bingo.

Humanitarian Service and Armed Forces Service Medals are authorized.

The Joint Staff has authorized the award of the Humanitarian Service Medal and Armed Forces Service Medal to soldiers, sailors, airmen, Marines, Coast Guard, and Guard and Reserve, who participated in relief operations for Hurricanes Katrina and Rita.

The Humanitarian Service Medal is authorized for those who supported immediate relief operations in Alabama, Louisiana, Mississippi, and Texas – east of 96 degrees west longitude – from August 29 to October 13, 2005.

The Armed Forces Service Medal is authorized for those who provided, or are providing, direct support to relief efforts for 30 consecutive days, or 60 non-consecutive days anywhere in the United States from August 27, 2005 to February 27, 2006.

BG Willam C. Doyle Cemetery
Advisory Council
Mr. William Rakestraw
warjrnj@msn.com

Veterans Hotlines

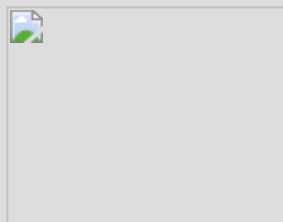
Benefits & Entitlements

1-888-8NJ-VETS
(1-888-865-8387)

Mental Health

1-866-VETS-NJ4
(1-866-838-7654)

NJ World War II Memorial



For Information or to make a donation, call
609-530-7049

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

Service members who are awarded the Humanitarian Service Medal may also qualify for the Armed Forces Service Medal, provided their direct support occurred after the qualifying dates for the Humanitarian Service Medal.

The military has categorized disaster relief operations for Hurricanes Katrina and Rita as one operation. Army commanders in the grade of Colonel and above are authorized to determine award eligibility. Permanent orders are not required to award the medals, but commanders should notify supporting personnel divisions or companies so that soldier personnel qualification records can be updated.

Vineland Veterans Memorial Home fields new VoiP Telephone System.

Vineland Veterans Memorial Home has received a new Voice over Internet Protocol (VoIP) telephone system as part of the new facility construction. This system is now in place and operational.

Please take special note: As part of the telephone system deployment, effective 14 December 2005, the Vineland Veterans Memorial Home's new main telephone number is: 865-405-4200.

Please consult the DMAVA telephone director, at (*Start, Run: \\Dhqf2\TelDir\TelDir.mde*) for a complete listing of new individual phone numbers at the Vineland facility. If necessary, you may contact the main number for general information and specific departmental listings. Any questions concerning the new system or telephone numbers can be addressed to Mrs. Sophie Guzikowski at 609-530-6925.

TRICARE Reserve Select has new rates for FY 2006!

TRICARE Reserve Select has new rates for FY 2006! The Health Affairs Office established the new rates for TRICARE Reserve Select (TRS) premiums 28 October 2005.

Coverage for TRS member-only coverage increased to \$81.00. TRS member and family coverage increased to \$253.00. This represents an 8.5% monthly increase respectively over rates for FY 2005.

For additional information, contact your TRS representative, Josephine C. Grey, Chief of Health Services, at (609) 562-0865 or (609) 847-5318, or Josephine.grey@nj.ngb.army.mil.

New Jersey National Guard is honored at the National Guard Militia Museum of New Jersey.

New Jersey honors the state's Guard at the National Guard Militia Museum of New Jersey. The Museum offers three locations for residents to visit in order to learn about the state's military history – its primary location is on the campus of the National Guard Training Center at Sea Girt.

This organization's mission is preserving the military heritage of New Jersey, and enhancing public understanding of how armed conflicts and military institutions have shaped our state and national experience. The Museum is a non-profit organization dedicated to the collection, preservation, and display of artifacts and related memorabilia that have specific historical significance to the Army and Air National Guard and the Naval Militia of New Jersey. The facility features a collection of uniforms, flags, insignia, historical weapons, and military vehicles. The museum is open Tuesday and Thursday from 10 a.m. to 3 p.m. (and select weekends).

The Trenton Titans hockey team will salute the Military on Saturday, 21 January 2006, at 7:00 p.m.

Bring your friends and family for a great night of fun as the Trenton Titans offer a special night of family entertainment in a Salute to our Military. The Titans will pay tribute to the members of the military by wearing camouflage jerseys that will be auctioned off following their game against the Dayton Bombers. Reduced price tickets are \$10 for adults and \$8.50 for kids 14 and under. You will get a lower bowl seat to

* 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

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

Annual Coat Drive is a great success!!

Special thanks to all of DMVA's employees who donated coats for our annual drive.

see every shot, save, and score. Call Ed Levin at 609-599-9500, ext. 135 for more information.

Discounted Broadway tickets are available to military personnel.

Military personnel can now access discount-priced tickets to Broadway shows without being part of a tourist group. Off Duty Travel and Clear Channel have joined forces to offer priority access to Broadway and off-Broadway shows in New York and other select cities for Morale, Welfare and Recreation (MWR) customers.

MWR patrons, including those affiliated with the Coast Guard, can visit www.offdutytravel.com for information about the program and click on the "Broadway Shows and Broadway Touring Shows" link.

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 SGM Edward Goetschius, Military Funeral Honors Coordinator, at 609-530-7090 or by e-mail at Edward.goetschius@nj.ngb.army.mil.

New Jersey Veterans Journal (Winter 2005 edition) is now available on the world wide web.

The New Jersey Veterans Journal – Winter 2005 edition is now available on the world wide web in a user friendly on-line version at the following web address:
<http://www.nj.gov/military/veterans/journal/winter2005/>

The Veterans Journal is intended to serve New Jersey's veterans, their families, friends, and concerned individuals and groups. The journal provides up-to-date information on veterans' events, news, entitlements and services. Take a look at the new edition today.

Fitness Corner – Ernie Razzano, Certified Fitness Trainer, ernest.razzano@njdmava.state.nj.us

Get a Rock-Hard Butt

I've been getting more new clients lately asking me how to firm up their buttocks. They've dieted, lost fat around the glutes, but feel they are just too "soft." The following exercises are the ones to concentrate on if you are one of these people. Space prohibits me from explaining them in detail so if you don't know how to perform the exercises DON'T DO THEM! Contact me first and I will explain them to you.

With regard to the gluteus maximum, Squats are by far the best out of all the glute exercises you can do. Dumbbell Lunges are the second best exercise for working your butt, quads, inner and outer thighs and hamstrings. Straight Leg Dead-lifts are the third best butt exercise. This exercise will work your hamstrings, butt, and lower back.

Lying or Seated Leg Curls are the next best choice. Back Extensions are another good choice. These are excellent exercises for your lower back, butt and hamstrings. Back extensions are preferred over lower back machines because there are far less compressive forces on the spine.

Let me reiterate, only attempt these exercises if you know how to properly perform them!

On the day in history

Today is Friday, 16 December 2005. It is the 350th day of the year with 15 days remaining.

This year we collected 113 coats along with numerous hats, gloves, and scarves, which will be delivered to local soup kitchens and shelters.

Thank you for your generosity.

Laura Branham
Terry Dearden

Coat Drive Chairpersons

1631 – Mount Vesuvius erupts, destroys 6 villages, and kills 4,000.

1773 - Colonial patriots, who were disguised as Indians, dumped nearly 350 chests of tea into Boston Harbor off of British ships. The act was to protest taxation without representations and the monopoly the government granted to the East India Company. (Boston Tea Party)

1903 – Majestic Theater in New York City becomes the first theater to hire women to work as ushers.

1913 - Charlie Chaplin began his film career at Keystone for \$150 per week.

1915 – Albert Einstein publishes his "General Theory of Relativity."

1953 – First White House press conference (President Eisenhower & 161 reporters).

1972 – The Miami Dolphins became the first NFL team to go unbeaten and untied in a 14-game regular season. They went on to defeat the Washington Redskins in Super Bowl VII.

2001 – Cuba received the first commercial food shipment from the United States in nearly 40 years. The shipment was sent to help Cuba after Hurricane Michelle hit Cuba on November 4, 2001.

Holiday Season Safety –

Decorations – Wear gloves while decorating with spun glass "angel hair." Follow directions when spraying artificial snow. These sprays can irritate your lungs if you inhale them. Use only non-combustible or flame-resistant materials to trim a tree.

Candles – Never use lighted candles near trees, boughs, curtains, drapes, or with any potentially flammable item.

Plants – Small children may think that holiday plants look good enough to eat. However, many plants can cause severe stomach problems. Watch out for mistletoe, holly berries, Jerusalem cherry, and amaryllis. Keep all of these plants out of children's reach.

Stress – The holiday season is one of the most stressful times of the year. You can't avoid it completely, but you can give yourself some relief. Allow enough time to shop rather than hurry through stores and parking lots. Plan to do a reasonable amount of errands. Take time out for yourself.

Alcohol, Parties, and Driving – Being a smart party host or guest should include being sensible about alcoholic drinks. More than half of all traffic fatalities are alcohol related. Use designated drivers, people who do not drink, to drive other guests home after a holiday party.

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

"Do not follow where the path may lead. Go, instead, where there is no path and leave a trail."

- Ralph Waldo Emerson



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