

DMAVA Highlights



Sept. 10, 2009 Volume 9 Number 33

National Guard hosts HS football training camp

By Sgt. Wayne Woolley, DMAVA/PA

One of the highest compliments a football coach can get is that his team "moved with military precision."

Steinert High School Head Coach Dan Caruso might hear a lot of that this season.

His players actually went to the National Guard Training Center in Sea Girt for part of their preseason camp. They found themselves nose-to-nose with New Jersey Army National Guard Soldiers who led some of their conditioning drills.

The way the Hamilton Township team got to Sea Girt -- perhaps the most unusual training camp location of any high school in New Jersey -- is the story of the relationships built over the last several years by Sgt. 1st Class Bruce Vega, an Army National Guard recruiter based in Lawrenceville.

It all started more than a year ago with a conversation between Vega and one of the assistant football coaches and became a reality in late August.

The coaches handled the football part of the camp and Vega and his fellow recruiters helped out with conditioning drills, including a long early-morning session on the beach that included a three-mile run and plenty of pushups and flutter kicks in the sand.

"They looked like sugar cookies by the time we were done," Vega said.

Although the focus was football, the players had plenty of exposure to the military.

"I know there are some guys who are thinking more about (joining) after this week," said Nicki Maciolek, 16, senior defensive back and running back.



HE KICKS, HE SCORES! New Jersey Army National Guard Sgt. 1st Class Bruce Vega signals that a kick has gone through the uprights at a recent Steinert High School football practice at the National Guard Training Center in Sea Girt. Vega worked with the coaches to facilitate the training camp. Photo by Sgt. Wayne Woolley, DMAVA/PA.

Guard Bureau Chief: It's time to pause and reflect

By Gen. Craig R. McKinley, Chief, National Guard Bureau

Friday marks the eighth anniversary of terrorist attacks on American soil. We will pause and reflect in honor of those who perished on that fateful day. As we remember the events of September 11th, let's also be mindful of the contributions of our National Guard Citizen Soldiers and Airmen have made since then to the defense of the Nation.

There will be a Patriot's Day ceremony at the National Guard Training Center at Sea Girt on Friday at 10 a.m.

The Army and Air Guard, State Police, Department of Corrections and first responders from Manasquan, Wall Township and Sea Girt will take part.

Overseas, more than 476,000 Guardsmen have mobilized and deployed in support of contingency operations. Here at home, we fly 94 percent of all air defense sorties, provide critical infrastructure support, secure airports and augment border patrol. We've also established National Guard capabilities that never existed before 9/11, such as Joint Operation Centers and National Guard Reaction Forces. As a result of our proven capabilities and expertise, the National Guard Bureau was made a joint activity of the Department of Defense. This reflects the acknowledgement that the Guard is a recognized force -- trained, equipped, accessible and ready.

These efforts are significant investments in our Nation's security and contribute to the prevention of another attack on American soil.

This Patriot Day, let's not only remember the past, but also look forward to a more secure future thanks to the service of the men and women of the National Guard.

Don't write so that you can be understood, write so that you can't be misunderstood.

--William Howard Taft, 27th President of the United States

DMAVA Highlights

Pro motorcycle racers treat Guard members to thrill ride



Spec. Lyons, Jamili, GSA Fleet Manager at JFHQ crouches down to get ready to lean into a turn aboard the National Guard sponsored Michael Jordan Motorsports #54 racing motorcycle.

Sgt. 1st Class Kryn P. Westhoven, DMAVA-PAO

It was the first appearance of the National Guard sponsored Michael Jordan Motorsports #54 racing motorcycle in the Garden State on Labor Day weekend at New Jersey Motorsports Park in Millville. Racing atop the two-wheeled recruiting billboard was Geoff May, who capped off the year with a set of solid results in the last race of the season for the American Motorcycle Association's (AMA) Pro National Guard American Superbike series.

With the national Guard sponsoring the 11-race series and a high-profile team, it seemed the Guard presence was everywhere at the 2.25 mile "Thunderbolt" raceway track of the two-year old motorsports facility in Cumberland county.

Nearly a dozen Soldiers and Airmen got the ride of a lifetime holding on tight as May took his passengers out screaming through turns as he leaned the Suzuki just inches from the ground.

"It was intense, it was the craziest minute and half of my life," said Pvt. Michael Werloch of Cape May. "You just lean so far in the turns you think you are going over, then you slingshot out and you are doing a one hundred plus."

Werloch left for Fort Leonard Wood, Mo. on Tuesday after spending his last weekend as a civilian enjoying the races.

The New Jersey Army Guard provided the color guard both days of the event and on Saturday Brig Gen. Stephen Hines, deputy commander 42nd Infantry Division made the grand entrance in a Blackhawk helicopter to be the Grand Marshal for the races.

DMAVA Green

By Tech. Sgt. Barb Harbison, DMAVA Public Affairs

In high school, many of us read the poem, "The Rime of the Ancient Mariner," by Samuel Taylor Coleridge. While most of it has passed from our brain cells, the line, "Water, water, everywhere, Nor any drop to drink," is one that could probably be recalled easily. Recycling was not part of Coleridge's tale, but water scarcity was – a concern of today's column.

Keep lawn mower blades razor sharp. (Grass cut by duller blades is more frayed and requires more water to stay healthy.)
- On the Fairway, New Lessons in Saving Water, New York Times, by Leslie Kaufman.

For every laundry load washed in cold water (versus hot), you save up to 25 cents – and regular laundry comes out just as clean. Switch three loads a week to save up to \$40 per year.

-Christina Peterson, GHRI home appliances & cleaning products analyst.

Check your toilets for leaks: Put a little food coloring in your toilet tank. If, without flushing, the color begins to appear in the bowl within 30 minutes, you have a leak that should be repaired immediately. Most replacement parts are inexpensive and easy to install.

Use your water meter to check for hidden water leaks: Read the house water meter before and after a two-hour period when no water is being used. If the meter does not read exactly the same, there is a leak.

Inexpensive water-saving low-flow shower heads or restrictors are easy for the homeowner to install. Also, long, hot showers can use five to ten gallons every unneeded minute. Limit your showers to the time it takes to soap up, wash down and rinse off.

Keep Green!

Quotes

Anyone who trades liberty for security deserves neither liberty nor security.

--Benjamin Franklin

If you're alive you've got to flap your arms and legs, you've got to jump around a lot, for life is the very opposite of death, and therefore you must at least think noisy and colorfully, or you're not alive.

--Mel Brooks

The art of living is more like wrestling than dancing.

--Marcus Aurelius

Life is simple, it's just not easy.

--Anonymous

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Tech. Sgt. Barb Harbison – Public Affairs Specialist

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

Families



Career boosts for military spouses offered by DoD

From the desk of retired Command Sgt. Maj. Mike Hughes, Family Assistance Specialist

DoD's expanded Military Spouse Career Advancement Accounts (MyCAA) program will provide up to \$6,000 in Financial Assistance for Military Spouses who are pursuing degree programs, licenses or credentials leading to employment in portable career fields. Financial Assistance pays expenses such as education and training programs, tuition, licensing and credentialing fees for degree programs (associates, bachelors, masters, doctoral and post doctoral), continuing education classes (including those offered through professional associations), Bar, CPA and other similar exams, state certifications for teachers, medical professionals and other licensed professionals.

Who Is Eligible: Spouses of Active Duty members of the Department of Defense and activated members of the National Guard and Reserve Components. The period of eligibility for spouses of Guard and Reserve members is from the date of the Alert or Warning Order for Military Recall or Mobilization, through activation and deployment until 180 days following Demobilization. Spouses of the severely injured, ill, wounded or killed in action are also eligible. Military spouses who are legally separated by state law or court order are ineligible. Spouses who are active duty members or activated Guard or Reserve members themselves are ineligible.

To Receive this Assistance, the Military Spouse only needs to complete a MyCAA Career and Training Plan and then apply for MyCAA Financial Assistance. Eligible spouses can establish a MyCAA Account by visiting the MyCAA website: <https://aiportal.acc.af.mil/mycaa>

Requests are processed in the order they were received so plan accordingly when registering for training. Due to the popularity of the MyCAA program, they are experiencing a temporary backlog of about four weeks.



State Family Programs

101 Eggert Crossing Road, Lawrenceville
Toll-free number 1-888-859-0352

Family Assistance – 609-530-6834/6884

State Youth Coordinator – 609-530-6836

Military Family Life consultants – 609-530-6835/6886

Yellow Ribbon Program – 609-530-6846/6853/6859

Fax – 609-530-6871

Come one, come all to family day at Hershey Park

Hershey Park in Hershey, Pa. is hosting a military appreciation day on Sunday, Sept. 27 that's open to National Guard troops and their families.

Admission is reduced to \$21 per person (children 2 and under are free.) Parking is free.

But advance ticket purchase online is required to receive the discount.

Use ROMO CODE: 29837 and go to this URL to purchase tickets:

<https://tickets.hersheypa.com/WebStore/shop/ViewItems.aspx?Merchant=PAARMY&CategoryGroupExternalID=PAARMY&CategoryExternalID=PAARMYTKTS>

Army Guard multimedia center wants to open up their library

Catching up on your reading can be difficult in these hectic times.

The Army National Guard Multimedia Learning Center wants to help with an audio book lending program that offers hundreds of titles on CD and cassettes. Many of the selections are educational or self-help oriented. Sign up and listen and learn while commuting by auto, train or bus; exercising, or while on travel. Your selections will be shipped at no charge for a two week listening period. The program, at least for now, is only open to members of the Army National Guard. To sign up, visit:

www.arng.3leafgroup.com

Joint base officials gear up for hiring spree

Officials want job seekers to know that as 200 federal civilian positions in various career fields and pay grades will be created as Joint Base McGuire-Dix-Lakehurst reaches full operational capacity Oct. 1.

The jobs will come online as the three facilities continue to streamline and become one entity said 1st Lt. James Davern, 87th Force Support Squadron.

Davern suggested qualified applicants monitor www.usa-jobs.gov and access the most current list of openings by typing "McGuire, NJ" in the location section under the "Search Jobs" location.

Because job opening and closing dates will vary, Davern suggested applicants consider the automatic notification feature on the federal job Website.

In addition to the civilian positions, there are also about 50 openings for dual status Air Reserve Technicians. For available ART positions, visit www.AFRC.af.mil/library/jobs

For more information about civilian employment opportunities at the joint base, call the Civilian Personnel office at (609) 754-5691 or visit www.jointbasemdl.af.mil

State Employees

Tax savings possible with Tax\$Save flexible savings accounts

From the desk of Paul Serdiuk, DMAVA Human Resources

Want to save \$\$\$\$? Stop by a free seminar about the Tax\$Save benefit program sponsored by the New Jersey Division of Pension & Benefits.

Tax\$ave is a Flexible Spending Account (FSA) that allows eligible state employees to set aside before-tax dollars to pay for certain medical, dental, and dependent care expenses, thereby avoiding federal taxes and saving money. There are three FSAs available this year.



- The Premium Option Plan, which allows you to pay your medical/dental state health benefits program contribution with before-tax dollars.

- The Unreimbursed Medical Flexible Spending Account, which allows you to set aside

money to pay for qualified medical/dental expenses not paid by any group plan.

- The Dependent Care Flexible Spending Account, which allows you to set aside money to pay for anticipated expenses related to dependent care that is required to allow you to work.

The seminar will be held on Tuesday September 29, 2009 from 11:00am to 12:00pm in Conference Room A.

No reservation is required, just show up. If you have any additional questions, please contact: Paul Serdiuk @ 609-530-6878.

Extra flu protection for military

American Forces Press Service

WASHINGTON, Sept. 1, 2009 - All military personnel will be vaccinated against the H1N1 flu virus, and the vaccine will be available to all military family members who want it, a Defense Department health affairs official said today.

The H1N1 vaccination program will begin in early October, said Army Lt. Col. (Dr.) Wayne Hachey, director of preventive medicine for Defense Department health affairs. Health-care workers, deploying troops, those serving on ships and submarines, and new accessions are at the top of the list.

The department will use the usual seasonal flu vaccine distribution chain for the H1N1.

The department initially will receive 1 million doses of the H1N1 vaccine, and another 1.7 million doses later in October.

Seasonal flu vaccine already is available, and the Defense Department will begin giving those shots shortly, Hachey said.

Unity Day celebration slated for Sept. 17 at JT2DC

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

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

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

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

Website offers array of support

From the desk of retired Command Sgt. Maj. Mike Hughes, Family Assistance Specialist

Here's a Website sponsored by the National Guard Bureau Joint Services Support and it's a portal designed to give you a "one stop shopping" location where you can get important information on a variety of programs that have been created to support you.

Check it out at: <http://www.jointservicessupport.org>

PAR & PERS available online

From the desk of Anna Marie Boutchia, DMAVA Human Resources

Attention state employees, PAR and PAS 2010 documents are available on DMAVANet under the Human Resources sections. Questions can be directed to Paul Serdiuk at (609)530-6878.

Save money with your employee discount!

Instructions to access updated New Jersey State Employee Discount List

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

Help Burlington welcome home Charlie Company Soldiers

They're rolling out the red carpet in Burlington on Saturday, Sept. 19, for Charlie Company 1-114 Infantry, with a parade for the troops just returned from Iraq.

The festivities begin with a parade that steps off on High Street at 2 p.m. and makes its way to the Riverfront.

For more information, contact the Burlington Family Rediness Group: Sheila Tindall 609-458-1804, sheila.tindall@us.army.mil or Katie Schmid 609-433-0628, fate130@yahoo.com

Veterans & Military

Rolling Thunder ride for POWs set for Sept. 20

The New Jersey Chapter 2 of Rolling Thunder, Inc. will ride in honor of American POWs and MIAs during its "Ride For Freedom XIV" on Sunday, Sept. 20.

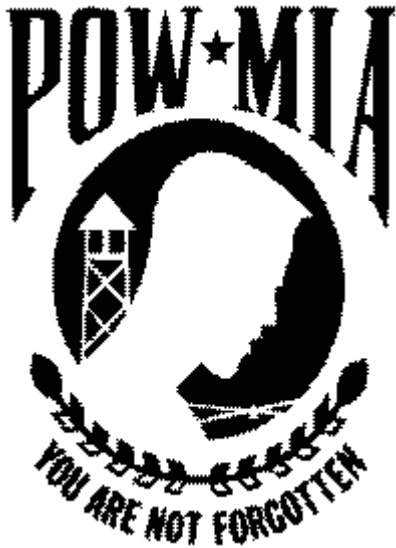
The event begins with registration at 8 a.m. at Warinanco Park in Roselle and ends just after noon at the New Jersey Veterans' Memorial in Holmdel.

Rolling Thunder, Inc. is a non-profit, non-political volunteer group dedicated toward a full accounting of

POWs and MIAs and to help U.S. Veterans from all wars.

The New Jersey Vietnam Veterans' Memorial Foundation oversees the operation of the New Jersey Vietnam Veterans' Memorial and Vietnam Era Educational Center just off the Garden State Parkway at Mile Post 116. The Memorial is open 24 hours a day, seven days a week. The Educational Center is open Tuesday through Saturday, 10 a.m. – 4 p.m. Both are located at exit 116 off the Garden State Parkway.

For more information about the Memorial or Educational Center, call 732-335-0033.



Fort Monmouth hosts career fair more than 50 employers expected

Army Community Service and the Morale Welfare and Recreation center at Fort Monmouth are sponsoring a job fair on Tuesday, Sept. 15. It's open to the public.

The fair runs from 10 a.m. to 3 p.m. and will be held at Gibbs Hall.

More than 50 companies have registered and they represent employers in all sectors of public and private employment, from the Federal Bureau of Investigation to CVS Drug to the consulting firm Booz, Allen & Hamilton. :

Picture ID may be required if you go, bring plenty of copies of your resume. No copier will be available.

Here's an Internet site with more information: <http://www.monmouth.army.mil/C4ISR/services/mwr/jobfair.shtml>

Website gives skinny on Space A flight availability

From the desk of retired Command Sgt. Maj. Mike Hughes, Family Assistance Specialist

The Air Mobility Command recently unveiled its first official, command-level AMC Travel Web site. People planning to use the AMC military travel system can now point their Web browsers to www.amc.af.mil/amctravel/index.asp

The site, which officially went live July 24, offers prospective space-available travelers a wealth of information, including an updated AMC passenger terminal contact list (complete with phone, e-mail and Web links), and more than a dozen travel documents, example letters and brochures.

Space-available flights, also known as "military hops," are a unique benefit to U.S. servicemembers, retirees and their families.

Under the AMC travel program, unused seats on U.S. military and military-contracted aircraft are made available to non-duty passengers on a space-available basis (once space-required or official-duty passengers and cargo have been accommodated).



Pictures for your "wall"

If your armory needs photos for the Chain of Command "wall," contact Tech. Sgt. Barb Harbison at barbara.harbison@njdmava.state.nj.us or call 609-530-7088. Tell us which photos you need and we will mail them to you or get them ready for pick-up.

Veterans Organizations contact information

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

Calendar

When – Sept. 21

What – 114th Inf Regimental Assoc. Golf Tournament

Where – Pitman Golf Course, Sewell

More info – royceray@comcast.net



When – Sept. 26

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

Where – Falcon Crest golf course, McGuire Air Force Base

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

Provost Marshal warns: no copying gov't IDs

A message from the U.S. Army North Provost Marshal

All holders of military/government identification cards should avoid allowing commercial establishments from making photocopies of those cards.

Although commercial establishments are within their rights to examine military/government ID cards to verify identity, making a photocopy of the cards is illegal. There is no way to safeguard against the card being counterfeited or cloned by a commercial establishment if a photocopy is made.

Criminal elements and terrorist organizations place U.S. Government identification as a high value logistical element when planning acts against the US Military.

Recent incidents regarding the photocopying of military identification cards and common access cards (CAC) by commercial establishments to verify military affiliation or provide government rates for service have been reported.

Military/DOD travelers should provide a state drivers' license or other form of photo identification to be photocopied in lieu of a government ID.

Picatinny MWR welcomes you fitness, fun and lots more

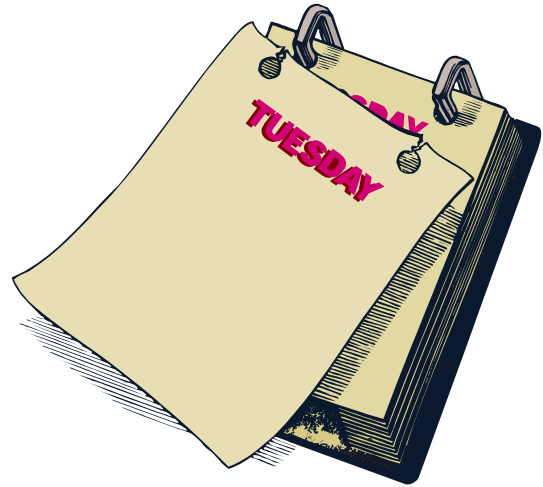
If you live near Picatinny Arsenal, you can take advantage of their full service Family and Morale, Welfare and Recreation. To find out what's happening, visit their Web site - <http://www.pica.army.mil/newmwr/> - and sign up to receive e-mails about what is coming up on the calendar.

Why not try skydiving?

If skydiving is on your "bucket list," here is an opportunity to give it a try. The Coast Guard Sector New York MWR is holding a skydiving trip on Sept. 19, departing from Fort Wadsworth, N.Y.

Cost is \$185 per person or \$160 per PASS/BOSS members. Departure time is around 8 a.m. with an approximate return time of 6 p.m. The trip is for PASS and MWR-eligible patrons with one guest, age 18 and over. Maximum weight for the divers is 225 pounds.

Transportation will be provided. For more information, or to register, contact Chris Hewitt at 718-354-4407. Registration ends Sept. 16.



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.

Sept. 22*, 23, 24 Rockaway Townsquare Mall

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

Nov. 9*, 10 Woodbridge Center Mall

*Medal ceremony at 10:30 a.m.

**Medal ceremony at 1 p.m.

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

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



Deadline

Want to place an event or article in DMAVA Highlights?

Deadline for articles is noon Wednesday.

Send submissions to barbara.harbison@njdmava.state.nj.us.