



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

[Army Guard](#)
[Air Guard](#)
[Veterans](#)
[Administration](#)
[Leadership](#)
[Youth ChalleNGe](#)
[Sitemap](#)

DMAVA Highlights Archives

2 December 2005
Volume 4, Number 48

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

Col (Ret) Michael B. Smith

Mrs. Laura A. Branham

Phone: (609) 530-6987

Fax: (609) 530-7109

Email:

branham@njdmava.state.nj.us

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

Time is running out!! Annual Toy Drive is in its final week.

The annual Gifts for Kids Holiday Drive will end next week on December 8th. Gifts are needed for all ages, however, the greatest need each year is for children ages 10-17.

New/unwrapped toys/gifts should be placed in the collection boxes located in many of our facilities. If you have any questions, please call Laura Branham or Terry Dearden at 609-530-6987/6893.



ChalleNGe Program changes its name.

On 23 November 2005, the ChalleNGe Program received approval for a much-needed name change. The official name has been changed from the "New Jersey National Guard ChalleNGe Youth Program" to the "New Jersey Youth ChalleNGe Academy." This change not only standardizes New Jersey in relation to other ChalleNGe states, it also signifies the direction that NJ Youth ChalleNGe is moving towards. Academy is a more accurate representation of NJ Youth ChalleNGe, which is a national, award-winning academic institution. This positive image will enable NJ Youth ChalleNGe to redouble their efforts to save at-risk youth through effective marketing and projection.

For more information about New Jersey Youth ChalleNGe, visit us on the web at: www.ngycp.org/state/nj or call toll-free: 1-800-997-5587. "New Jersey Youth ChalleNGe Academy...reclaiming the youth of New Jersey, one graduate at a time.

Captain Yaakov B. Bindell provides spiritual support to Armed Forces in hurricane-ravaged Louisiana.

Captain Yaakov B. Bindell, a chaplain with the 108th Air Refueling Wing, spent the month of October in Louisiana where he provided spiritual support for the Jewish members of the armed forces during the "High Holy Days" – Rosh Hashanah and Yom Kippur. Upon his arrival at Belle Chase Naval Air Station, New Orleans, Louisiana, Captain Bindell provided religious services and counsel for Jewish troops. "It was a very fulfilling mission," Chaplain Bindell said.

Chaplain Bindell worked with everyone from Air National Guard members to local authorities, to New Jersey State Troopers who were there helping as well. Many troops spoke to Chaplain Bindell of how important they felt their mission was. "(They said that) this was the most fulfilling, giving mission they had ever been involved with. They all had gleaming eyes and felt like heroes," said Chaplain Bindell.

Trenton Elks host their 14th Annual Veterans Day Dinner.

The Trenton Elks hosted their 14th Annual Veterans Day Dinner on Sunday, 21 November 2005, at their Lodge. What makes this year's dinner unique is that The Adjutant General, Major General Glenn K. Rieth, a member of the Trenton Elks, and Brig Gen (Ret) Robert Dutko, State Chair of the New Jersey Committee for Employer Support of the Guard and Reserve and a member of the Trenton Elks, were Co-Chairmen for this year's dinner. COL Ronald Cefalone, USPO-NJ and the Elks' Americanism Chairman, worked closely with General Dutko to present a wonderful afternoon for our veterans. This year the Elks entertained veterans from the Veterans Memorial Home at Vineland and Veterans Haven. The New York District USO presented a dynamic USO show complete with World War II era costumes. Following

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)

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

a delicious roast pork dinner, Thank You plaques were presented to the Veterans for their contributions to our nation and state. The Elks also presented COL (Ret) Stephen G. Abel, Deputy Commissioner for Veterans Affairs, with \$1000 checks for each of the Veterans Memorial Homes.

Toys R Us plans Military Appreciation Weekend.

Toys "R" Us cordially invites you to a Military Appreciation Weekend on Saturday and Sunday, December 3-4, 2005. On Sunday, 4 December 2005, from 6-8 p.m., all Toys R Us stores will close their doors to the public to allow the Military and their families to enjoy a private shopping evening! The families can participate in games, activities, and meet Geoffrey the Giraffe! Contact Al Granda or Tina Matreale (609) 625-3666 for more details. Grandaa@toysrus.com or Tmatreale@comcast.net.

Brigadier General William C. Doyle Veterans Memorial Cemetery joins Audubon Cooperative Sactuary System.

Brigadier General William C. Doyle Veterans Memorial Cemetery has registered in the Audubon Cooperative Sanctuary System (ACSS), an international program administered by Audubon International and designed to help landowners preserve and enhance the environmental quality of their property. The ACSS provides an advisory service to help landowners develop effective conservation and wildlife enhancement programs.

"The Cooperative Sanctuary Program for Business and Corporate Properties gives people an opportunity to do something good for the environment right where they live, work, and recreate," explained Jeremy Taylor, Staff Ecologist for Audubon International. "We welcome Brigadier General William C. Doyle Veterans Memorial Cemetery's commitment to managing the property in an environmentally-sensitive manner."

Joining and participating in the ACSS will involve Brigadier General William C. Doyle Veterans Memorial Cemetery in projects that enhance wildlife habitat and conserve natural resources for the benefit of the local community. These projects include: enhancing the property for native wildlife, placing nesting boxes for cavity-nesting birds, conserving water and energy, and recycling wastes. The ACSS provides a way to become better stewards of the land and natural resources.

NJ Air National Guard's 108th Medical Group dedicates new medical building.

The 108th Medical Group dedicated its new building on October 23, 2005, in a ceremony held at McGuire Air Force Base. The new building was dedicated in memory of Colonel Aldo G. Baldi, a former 108th MDG commander and a former New Jersey State Air Surgeon.

Colonel Baldi's widow, Marilyn, with her family beside her, and Colonel Michael Cunniff, Commander, 108th Air Refueling Wing, pulled the veil down to reveal to the world for the first time the new name of Building 34-66 – The Colonel (Dr.) Aldo G. Baldi Medical Building. Among the family members attending the dedication ceremony were Major Michael Baldi and Captain Alessandro Baldi, who are currently members of the 108th Air Refueling Wing.

Speakers included Major General (Retired) Richard Cosgrave, former commander of the New Jersey Air National Guard, and Brigadier General Maria Falca-Dodson, Deputy Adjutant General for New Jersey.

In her remarks, Brig Gen Falca-Dodson noted that the new medical building is the only Air National Guard medical building designed as a joint building, which was part of Colonel Baldi's vision for the new facility.

Warren Grove Range is recognized for Environmental Excellence.

The Warren Grove Range (WGR) was recognized recently by local news publication, The Sandpaper. In her article, columnist Heather Pharo lauded Warren Grove for their most recent environmental excellence award that was announced in November of this

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

Words of Wisdom

"Courage is the first of human qualities because it is the quality that guarantees all the others."

Winston Churchill

Annual Coat Drive is a great success!!

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

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.

year. Ms. Pharo visited the Range and interviewed Lt Col David Haar, WGR commander, and Capt Richard Defeo, Environmental Manager, both of whom described for her the benefits of having Warren Grove Range as a neighbor in the Tuckerton area. She also interviewed Dr. Walter Bien, Drexel University Ecologist, who further validated the Ecological benefits of this important facility. Specifically, Dr. Bien noted the wetland mapping project, fish surveys, and water quality surveys, all of which have been proven that the military activity has not negatively impacted aquatic life there. Instead, the work that Dr. Bein and his students have done has proven that endangered, threatened, and species that are relatively unknown elsewhere have been found in great numbers and thrive at Warren Grove Range.

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

17 Dec, 6pm
Holiday Lighting Ceremony

21 Jan, 1 p.m.
"The Khe Sanh Veterans Book of Poetry" - Written by veterans of the Battle of Khe Sanh during the 1968 Tet Offensive of the Vietnam War, these are about Khe Sanh, the war, friends, and the aftermath of war. Poetry reading and author lecture by a contributor, Khe Sanh Vietnam Veteran Joe Belardo.

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.

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.

US Army Veterans recognized – Freedom Team Salute.

The U.S. Army initiated the Freedom Team Salute program six months ago to recognize and honor year-round the Army's more than 11 million veterans and those who support Soldiers today. This past Veterans Day, Freedom Team Salute expanded so that U.S. Army veterans may be nominated by anyone wishing to recognize their service. The mission of Freedom Team Salute is to strengthen the Army community by honoring veterans for their service and dedication to the U.S. Army. And by providing Soldiers – Active, Guard, and Reserve – the opportunity to recognize those who support them through a simple nomination process. Nominating someone for a Freedom Team Salute can be done online at <http://www.freedomteamsalute.army.mil>. The commendations are mailed within 4-6 weeks.

Community members wanting to learn more about FTS outreach, provide feedback on the program or to sign up as an FTS Ambassador can log on to <https://secureweb.hqda.pentagon.mil/ftspublic> or e-mail to freedomteamsalute@hqda.army.mil.

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

Date/Time	Event	Location
3 Dec (8:30am-4pm)	Coin Operated Arcade Game Auction	Cherry Hill

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

Laura Branham
Terry Dearden

Coat Drive Chairpersons

Omega-3, 6, and 9 Fatty Acids

Omega-6 fatty acids are one of three types of essential fatty acids (EFAs) that people need to consume to stay healthy. They are considered essential because the body can't produce them on its own; it can only get them through foods.

Key Omega-3 fatty acids include eicosapentaenoic acid (EPA) and docosahexanoic acid (DHA), both found primarily in oily cold-water fish such as tuna, salmon, and mackerel. A third Omega-3, called alpha-linolenic acid (ALA), is found primarily in dark green leafy vegetables, flaxseed oils, and certain vegetable oils. Although ALA has different effects on the body than EPA and DHA do, the body has enzymes that can convert ALA to EPA. All three are important to human health.

The most healthful of the Omega-6s are those that contain linoleic acid. These convert in the body to gamma linoleic acid (GLA) and ultimately to prostaglandins, hormone-like molecules that help regulate inflammation and blood pressure as well as heart, gastrointestinal, and kidney functions. Good dietary sources of Omega-6 fatty acids include cereals, eggs, poultry, most vegetable oils, whole-grain breads, baked goods, and margarine.

Interestingly, nutritionists are now finding that Omega-6s and Omega-3s will only maintain their status as good fats when you get relatively balanced amounts of both. Unfortunately, most Western diets today are heavy on Omega-6s, often at the expense of Omega-3s. This means that, except as an adjunct to certain health conditions, Omega-6 supplements are probably not necessary.

With regard to Omega-9, oleic acid, there are no RDA recommendations for Omega-9. However, since most Americans get 10 times too much Omega-6 and most vegetable oils are mostly Omega-9, there is no point in taking the combo Omega-3, 6, 9 supplements. In addition, there are currently no studies to verify if Omega-9 inhibits the absorption of Omega-3 the way Omega-6 does.

Trenton Titans ice hockey team will salute Veterans at their game against the Long Beach Ice Dogs on December 7, 2005.

Be part of a special evening as the Trenton Titans offer a special night of fun, affordable family entertainment in a Salute to Veterans! Discounted tickets are being offered for lower bowl seats that will let you see every shot, save, and score at great savings. Discount food coupons are also available. Come out and see the New Jersey National Guard Challenge Youth Program present the colors. For more information, call Ed Levin at (609) 599-9500, ext 135.

Today is Friday, December 2, 2005. It is the 336th day of the year with 29 days remaining.

On this day in history...

1804 – Napoleon was crowned emperor of France.

1816 – The first savings bank in the U.S. opens for business – the Philadelphia Savings Fund Society.

1862 – Circus entrepreneur Charles Ringling was born.

1901 – Gillette patented the first disposable razor.

1927 – Ford Motor Company unveils the Model A, successor to the Model T.

1954 – U.S. Senate censures Senator Joseph McCarthy for "conduct that tends to bring the Senate into dishonor and disrepute." The censure was related to McCarthy's controversial investigation of suspected communists in the U.S. government, military, and civilian society.

1961 – Fidel Castro declares he's a Marxist and will lead Cuba to Communism.

1964 – Ringo Starr's tonsils are removed.

1974 – Cowhide, rather than just horsehide, can be used to make baseballs.

1990 – The first parliamentary election was held in newly unified Germany.

Military postal agency offers holiday mailing advice.

"Pack it well" and "mail it early" are two tips a military postal official offered for holiday mail being sent to servicemembers overseas. The Defense Department recommended the following mailing deadlines:

November 12 was the deadline for parcel post items headed overseas to APO and FPO ZIP codes.

Deadlines for other mail classes continue with:

- * November 26 for space-available mail
- * December 3 for parcel-airlift mail
- * December 10 for priority mail
- * December 19 for express mail.

Here are additional mailing tips:

- * Use nylon or reinforced packing tape on packages because other tapes tend to come off
- * Buzzing, ticking, or vibrating items will be "red flagged." Remove batteries from electronics.
- * Fill out customs labels completely.
- * Use proper military address to help move the package through the system.
- * Boxes with hazardous substance or alcohol markings won't make it through the system.
- * Boxes should be strong and well-packed because of the long distances traveled and the high volume of packages moving with them.

Individuals who may not personally know a servicemember overseas, but want to share the holiday spirit should visit the www.americasupportsyou.mil website.

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.

[Contact Us](#) | [Privacy Notice](#) | [Legal Statement](#) | [Accessibility Statement](#)



Department: [Home](#) | [Army](#) | [Air](#) | [Veterans](#) | [Administration](#) | [Leadership](#) | [Youth Challenge](#) | [Sitemap](#) | [Links](#)
Statewide: [NJ Home](#) | [Services A to Z](#) | [Departments/Agencies](#) | [FAQs](#)



Copyright © State of New Jersey, 2018
Department of Military & Veterans Affairs
P.O. Box 340
Trenton, NJ 08625-0340
Phone: 609-530-4600

Updated: June 13, 2018 8:59