



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

[Army Guard](#)
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## DMAVA Highlights Archives

**6 May 2005**
**Volume 4, Number 18**

### 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](mailto: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](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

## DMVA employees honored at NJ State Public Service Recognition Awards Ceremony.

In conjunction with National Public Service Recognition Week, the 2005 State Employee Recognition Awards Ceremony was held on Monday, 2 May 2005, at the Trenton War Memorial.

This Department is extremely proud of Joseph Lech for his selection as the "Best of the Best" for Community Service. Joseph has volunteered countless hours coordinating and planning two major "Salute the Troops" events at the Sovereign Bank Arena for our soldiers and airmen being deployed overseas and their families. He has also organized three Pancake Breakfasts to raise money to assist the families of deployed NJ National Guard personnel. He has had a long time commitment to supporting the Sunshine Foundation for children with serious illnesses by making their dreams come true.

The Department salutes its other "Best of the Best" winner – our hardworking Veterans Service Officers. The Veterans Service Officers in DMVA are reaching out to more than 638,000 veterans residing in the State and ensuring the veterans receive every assistance and service they are entitled to. The Veterans Service Officers in the past year have assisted over 48,000 veterans and as a result of their efforts, they have retrieved more than \$125 million in the form of disability claims, home loans, educational and tuition benefits, health care enrollment, transportation, psychological counseling, long term care, catastrophic and blind service connected entitlements. Our Veterans Service Officers are: Bruce Stanley, Charles Piscopo, David Martin, Donald McNamara, Edna Jones, Guy Wiener, John Valenta, Joseph Battito, Joseph C. Bucco, Joseph Salzano, Moise Abraham, Monica Banca, Robert Del Percio, Robert Guffanti, Robert Maulano, William Burrows, and William McDonnell.

Congratulations to our "Best of the Best" winners and to the following employees honored for their dedication and contributions to State government:

### Longevity Award

Earl Mints – 36 years of State Service, Vineland

### Co-Worker Recognition Award

Claudia Smith, Nursing Supervisor, Vineland

### Community Service Award

Kelli Gigliotti, RN, Challenge Program  
 Joseph Lech, Special Assistant to the Assistant Commissioner

### Co-worker Recognition Award

Carmen Cacabelos, Veterans Home at Paramus  
 William Hutchinson, Installations Division  
 Cindy Leese, Human Resources Division

### Customer Service Excellence

Leigh Pottle, Veterans Memorial Home at Vineland  
 DMVA's Veterans Service Officers

### Exceptional Service Award

Laura Branham, Office of the Assistant Commissioner  
 Elizabeth DiStefano, Office of Government Relations  
 Frederick Joseph Geisert, BG Doyle Veterans Cemetery  
 William Tomlin, LPN, Veterans Memorial Home at Vineland

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

## 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

## Teamwork/Partnership Award

Human Resources Division (Central Office)

Peter Dovalis, Cindy Leese, Linda Mitchell, Loreta Sepulveda, Paul Serdiuk, Patricia Smith, Irene Sokolowski, Catherine Vasil

## New Scholarship Announced – Nicholas A. Caruso Memorial Scholarship.

At the request of COL and Mrs. Frank Caruso, Commander, 50th Brigade, 42d Infantry Division, NJARNG, the Nicholas A. Caruso Memorial Scholarship has been created. Their son lost his life in October of 2004 as a result of a motor vehicle accident. In his memory, his parents have established a \$1,000 annual memorial scholarship to be awarded by both the National Guard Association of New Jersey and the Enlisted Association of the National Guard of New Jersey for the next five years. Each Association's Scholarship Committee will make the selection utilizing existing criteria. The Caruso's will make the announcement and presentation at an appropriate event.

Both Associations send their heartfelt thanks to the Caruso family for their generosity and pledge of support for continuing education of their members and dependents.

## National Guard Association of NJ schedules Annual Business Meeting.

The National Guard Association of New Jersey will conduct its annual Business Meeting on Saturday, 7 May 2005, at the Lawrenceville Armory, Eggert Crossing Road, Lawrenceville, New Jersey. Sign in is at 0730, and the meeting will start at 0800 hrs. Members are urged to contact their unit's Executive Council representatives for more information.

## Captain Kendra Mochel, 108th Medical Group, is honored for her work.

Captain Kendra Mochel of the 108th Medical Group received two awards recently for her excellent work. She received a commendation from the National Guard Association of New Jersey for the Outstanding Company Grade Officer Award. Captain Mochel's second award was the Major General Francis R. Gerard Trophy for her actions during a 130-day deployment in support of Operation Enduring Freedom to Kandahar Airfield, Afghanistan. She was involved in many missions transporting critical patients to and from hospitals and critical care facilities in the region. Capt Mochel was also instrumental in patient care during longer medevac flights of critical care patients to Kuwait and Germany. She also had medical equipment and pharmacy responsibilities between missions. Congratulations, Captain Mochel, for a job well done!

## Monmouth County veterans honored at Medal Ceremony.

On Thursday, April 28, 2005, Brigadier General Maria Falca-Dodson, Deputy Adjutant General, presented 140 Vietnam Service Medals and 54 Distinguished and Meritorious Service Medals to deserving veterans of Monmouth County during ceremonies held at the National Guard Training Center in Sea Girt, New Jersey. Employees of the Division of Veterans Programs assisted with the ceremony.

## NJ National Guard's ChalleNGe Program recognized for its volunteer efforts.

The ChalleNGe Program was recently recognized at the Fort Dix Army Community Service Office luncheon on 27 April 2005. COL (Ret) Kenneth J. Prossick, Program Director, was presented with Certificates of Appreciation from Fort Dix for the outstanding volunteer efforts of the ChalleNGe cadets and staff from April 2004 – March 2005. These hardworking young men and women were recognized for their dedication and commitment to volunteer services performed on Fort Dix in such activities as Family Fun Fest and shoveling out vital locations such as the Red Cross,

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

**Veterans' Assistance** is just a toll-free call away! For information on veterans' benefits and entitlements call:

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

**Mental Health Hotline**  
established on Wednesday, 13  
April 2005

For information on counseling,  
clinical assessment, assistance to  
family members, and Post  
Traumatic Stress Disorder (PTSD)  
call:

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

Wurman Hall, the Post Library and the Post Chapel, as well as many other sites that were snowbound on Fort Dix. Thanks and congratulations go out to all concerned!

## Big changes for Paramus Veterans Home telephone system.

The NJ Veterans Memorial Home at Paramus is leading the way in DMVA with the successful installation and deployment of a new state of the art Voice Over Internet Protocol (VOIP) Telecommunications system. The new telephone system went active this past week and offers significant improvements in service and features to our users.

**Please take special note, as part of the telephone system deployment, effective May 5, 2005, the Paramus Veterans Memorial Home's new main telephone number is: 201-634-8200.**

Please consult the DMVA telephone directory, [dhqfl2/share/teldir](#) for a complete listing of new individual phone numbers at the Paramus 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.

## 50th Personnel Services Battalion conducts Change of Command.

The 50th Personnel Services Battalion conducted a Change of Command ceremony on Sunday, 1 May 2005. LTC Robert Niedt relinquished command to LTC Walter L. Alvarado. COL John DiNapoli, Commander, 57th Troop Command, was the reviewing officer. This time-honored tradition was conducted at the Lawrenceville Armory and was attended MG Glenn K. Rieth, The Adjutant General, distinguished guests, numerous soldiers of the New Jersey Army National Guard, as well as members of LTC Alvarado's and LTC Niedt's families. Meritorious Service Medals were presented to LTC Niedt, SGM Cora Byrd, and SFC Sue Albano in recognition of their outstanding contributions and performance. During her tenure as Commander, LTC Niedt oversaw the deployment of the 150th AG Detachment, 150th Finance Detachment, and the 350th Finance Detachment. One of the highlights of the ceremony was the presence of Mr. Wilson Narvaez, Major of Chunchi, Ecuador (LTC Alvarado's hometown) w2ho had traveled to accompany LTC Alvarado during this festive occasion.

## 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).

## 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, has offered to conduct a summer baseball camp on Saturday and Sunday, 16-17 July 2005. The two-day camp is provide free to children of New Jersey National Guard soldiers or airmen who are, or have been, deployed overseas during the Global War on Terrorism. Boys and girls, ages 7-16, are invited to apply through their respective Family Assistance Centers or by calling 1-888-859-0352. The first day of the camp will kick off at 8:30 a.m. (Children should arrive at 8:00 a.m.) with a short parade to the playing fields adjacent to the Lawrence Township Intermediate School. Parents should park in the school parking lot. The day will include batting, base running, and field position training by Steve Braun and his professional coaching staff. On Saturday, campers will have a hot dog and soda picnic for lunch and the first day of camp will end around 4 p.m. On Sunday, the camp will begin at 9:00 a.m. and end at 11:30 a.m. At 12 noon, on buses donated by the Stires Bus Company, the



## Happy Mother's Day

Sunday, 8 May

"A mother holds her child's hand for a little while, and their hearts forever."

.. Anonymous

To our employees in the field of Education,

Thank you for all of your hard work and best wishes as you celebrate **Teachers Day!**

### New Jersey Facts and Trivia

NJ has the highest population density in the US. An average 1030 people per square mile.

NJ has the highest percent urban population in the U.S. with 90% of people living in an urban area.

NJ is the only state where all of its counties are classified as metropolitan areas.

Cape May is the oldest seashore resort in the US.

Ft. Dix is named for MG John Adams Dix, War of 1812 and Civil War veteran, U.S. Senator, Secretary of the Treasury, Minister to France, and Governor of New York.

campers will travel to Waterfront Park and receive free admission to the Trenton Thunder game (parents are invited to attend the game at their own expense). Campers should bring money for food or snacks at the game on Sunday. Buses will return the campers to the playing fields at the conclusion of the game for pick-up and transport back home. So get ready to have some good old-fashioned fun playing baseball this summer and have the chance to train with the pros. "Batter Up!"

### Teaneck Armory will dedicate its Children's Room, Meeting Room & Food Pantry.

United States Senator Jon S. Corzine and Major General & Mrs. Glenn K. Rieth will be honored guests on 7 May 2005, and will participate in the dedication of the Teaneck Armory's Children's Room, Meeting Room and Food Pantry. The dedication ceremony will begin at 9:30 a.m. and everyone is invited to attend.

### 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.

### Veterans Service Office now open at Ft. Monmouth's Community Based Outreach Clinic (CBOC).

Every Thursday, our Department's Asbury Park Veterans Service Officer, Donald McNamara, will work in a new office located at the Ft. Monmouth Community Based Outreach Clinic. Mr. McNamara will be available to assist veterans and their families in processing claims for veterans' benefits from 8:30 a.m. - 4 p.m. The new office's phone number is 732-532-4465.

### New Jersey Congressmen Frank Lobiondo and Jim Saxton tour the 177th Fighter Wing.

On April 29, 2005, Congressman Frank Lobiondo (NJ-2) and Congressman Jim Saxton (NJ-4) joined MG Glenn K. Rieth, The Adjutant General, Brig Gen Eugene Chojnacki, Commander, NJ Air National Guard, and Col Brian Webster, Commander, 177th Fighter Wing, to tour the 177th Fighter Wing. Their mission was twofold. They received an update on the work and mission of the 177th Fighter Wing's Jersey Devils, and praised them for their service to the Nation. The 177th Fighter Wing is one of several 24-hour alert sites under the Northern Command (NORTHCOM). Their primary mission is to protect U.S. airspace along the Atlantic Coast from New York to Washington. Both Congressmen serve on the House Armed Services Committee and have worked diligently to ensure that the 177th Fighter Wing remains viable and relevant in the critical mission of protecting the Eastern Seaboard.

### 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).

### 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 McCreedy, State Equal Employment Manager at 609-562-0854.

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## Upcoming Job Fairs

Job Fair, Morristown, NJ – The NJ Army National Guard, 3rd 112 FA presents Support the Troops Job Fair on May 12, 2005. The Job Fair is open to the public from 0900-1500 (9a.m.-3 p.m.) and will be held at 430 Western Avenue, Morristown, NJ 07960. Points of contacts are: SSG Calvin Davis at (973) 538-4117 or by email at [Calvin.B.Davis@us.army.mil](mailto:Calvin.B.Davis@us.army.mil) or SSG Johnie Thomas at (973) 631-6280, email at [JT.Thomas@us.army.mil](mailto:JT.Thomas@us.army.mil).

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## Veterans to be honored at upcoming Medal Ceremonies.

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

<b>19 May 05</b>	11:00 am	Korean Service Medal	Edison Elks Lodge
	1:00 pm	Korean Service Medal	375 Old Post Road Edison, NJ 08818
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<b>9 Jun 05</b>	11:00 am	Distinguished & Meritorious Service Medal	Morristown Armory
	1:00 pm	Korean Service Medal	430 Jockey Hallow Road Morristown, NJ 07960
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<b>30 Jun 05</b>	11:00 am	Distinguished & Meritorious Service Medal	Toms River Elks
	1:00 pm	Vietnam Service Medal	600 Washington St Toms River, NJ

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## Support the Troops

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

**Mother's Day cards** are being made available to deployed troops free of charge. Cardstore.com, in conjunction with the Department of Defense's America Supports You campaign, will provide forward-deployed troops in Afghanistan and Iraq the opportunity to send their Mom a Mother's Day card at no cost. Just by logging into the company's website and taking a few simple steps, starting with picking a card, service members in the two countries can send their mother s a traditional paper greeting card from wherever they may be this Mother's Day. Servicemembers choose a card, write a message, and then tell Cardstore.com when the card should be mailed. The company will print a "high-quality greeting card" and send it through the U.S. Postal Service. A special code is needed to access this offer on the company's website. Servicemembers serving abroad can find the code in three ads that will appear in Middle East editions of the Stars & Stripes newspaper beginning April 22. Orders can be placed from April 22 to May 8, Mother's Day. To Guarantee on-time delivery, orders need to be placed no later than May 2nd.

**Packing Day at Somerset Armory** – Sunday, 15 May 2005. If you are preparing a package for shipment to a soldier, mark 15 May on your calendar. There will be a Packing Day at the Somerset Armory. All you have to do is get the things together that you will be sending your soldier and call the Armory at 888-859-0352 to ensure your name is on the reservation list.

**Bowling for the Troops** – Sunday, 22 May 2005 – Colonial Lanes in Lawrenceville. The American Legion Post 414, Sons of the American Legion, and Colonial Lanes will host "Bowling for the Troops" on Sunday, 22 May 2005, from noon until 5 p.m. at Colonial Lanes, 2420 Brunswick Avenue (US Rt. 1), Lawrenceville, NJ. Interested in bowlers will be asked to sign-up sponsors ahead of time to make pledges. All proceeds will benefit the National Guard Family Assistance Program.

**West Orange to honor and support NJ Air National Guard troops** – 30 May 2005. The Township of West Orange is holding a luncheon fundraiser to support the

NJ Air 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 future 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.

**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 [dunkindonuts.com](http://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 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.

**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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## OCS Class 48 will host 1st Annual SGT Nutter Benefit 5K Run.

Officer Candidates from OCS Class 48 are hosting the first annual SGT Nutter Benefit 5K Run on May 14, 2005 at the National Guard Training Center in Sea Girt, NJ.

Proceeds from the run will go to the SGT Sam Nutter’s Children Fund. For more information visit website: [www.nutterrun.org](http://www.nutterrun.org). To make a donation: Checks should be made payable and mailed to: SGT Sam Nutter’s Children Fund, Attention: Anthony Salvani, #121, 4057 Highway 9, Howell, NJ 07731. If you have any questions regarding this even, e-mail [Janeann.Robinson@nj.ngb.army.mil](mailto:Janeann.Robinson@nj.ngb.army.mil).

### 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 by email 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.

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

Open House – Toms River Armory - An Open House is scheduled at the Toms River Armory on Saturday, June 18, 2005, from 11 a.m. to 5 p.m. There will be historical displays from the Revolutionary Wary to Operation Iraqi Freedom. For the children, there will be Hummer rides, camouflage face painting, paintball targets and a balloon grenade toss.

The purpose of the Open House is to inform the public about the Toms River Armory and let them know it is available for rent. Additionally, the open house will provide the NJ National Guard recruiters a change to support The Adjutant General’s policy on “Strength Management.”

<b>29 Apr 05</b>	Auction	Cherry Hill Armory
-	-	-
<b>15 May 05</b>	Sports Card and Comics Show	Bordentown Armory
-	-	-
<b>12 Jun 05</b>	Sports Card and Comics Show	Bordentown Armory
<b>18 Jun 05</b>	Open House	Toms River Armory

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

#### New Food Pyramid

The U.S. Government has released an updated “food pyramid” for the first time since 1992, and it is a welcome improvement from the original.

The most dramatic change is the recommendation of 60 minutes a day of physical activity to prevent weight gain. For sustaining weight loss, the government is encouraging 60 to 90 minutes a day of physical activity!! Compared to the original pyramid, which considered “gardening” and “walking up stairs” to be “exercise,” this is a welcome and important change.

The food recommendations are broken down in to Grains, Vegetables, Fruits, Milk, Meat and Beans.

A calculation is available based on age, sex, and activity level to give you a general starting point for calories. It isn’t as precise as, for example, my performance nutrition recommendations based on BMR calculations, but it is in the ballpark and, again, a good starting point.

Overall, after reviewing the new pyramid, I am impressed. It can be a good STARTING POINT for the beginner client just learning about balancing their diet and exercise needs. You can learn ore about it by visiting [www.mypyramid.gov](http://www.mypyramid.gov).

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

On Saturday, 14 May 2005, at 1:00 p.m., the NJ Vietnam Veterans' Memorial Foundation will host an author lecture by Vietnam Veteran Paul Drew about his book, *Jenny 4*, a novel about a GI's experience in the Vietnam War. Paul Drew, of Spring Lake Heights, NJ, was drafted into the Army at age 19, and from 1966 to 1967 he served as a combat infantry squad leader in Vietnam. *Jenny 4* is the story of a Vietnam War draftee who, amid the horrors, the atrocities, and the obscenity of war, discovers basic human goodness." Lecture attendees are asked to RSVP to 732-335-0033. A donation of \$5 per person is suggested.

**07 May 05**  
11:00 am

NJ Vietnam Veterans Remembrance Day ceremony and celebration of the 10th Anniversary of the NJ Vietnam Veterans' Memorial.

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**14 May 05**  
1:00 pm

*Jenny 4* (A novel about a GI's experience in Vietnam) - Author lecture by Vietnam Veteran Paul Drew.

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**30 May 05**  
11:00 am

Memorial Day Ceremony

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**11 Jun 05**  
1:00 pm

On the River (memoir of an American advisor to South Vietnamese Rangers) - Author lecture by Vietnam Veteran George L. Athas

**18 Jun 05**  
10:00 am to  
4:00 pm

Military Vehicle Display

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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.

## Today in History

Today is Friday the 6th of May 2005. It is the 126th day of the year with 239 days remaining.

0648 BC – Earliest total solar eclipse; chronicled by the Greeks.

1789 – The first U.S. Congress began regular sessions at the Federal Hall in New York City.

1830 – Joseph Smith and five others organized the Mormon Church in Seneca, NY.

1889 – George Eastman places Kodak Camera on sale for the first time.

1896 – The first modern Olympic Games began in Athens, Greece.

1909 – North Pole reached by Americans Robert Peary & Matthew Henson.

1930 – Hostess Twinkies invented by bakery executive James Dewar.

1938 – Teflon invented by Roy J. Plunkett.

1957 – Trolley cars in New York City completed their final runs.

1965 – U.S. President Lyndon B. Johnson authorized the use of ground troops in combat operations in Vietnam.

1980 – Post It Notes are introduced.

1985 – U.S. performs nuclear test at Nevada Test Site.

1998 – The Dow Jones Industrial average closed above 9,000 points for the first time.

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

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