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DMVA Highlights

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15 July 2005

Volume 4, Number 28

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!

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We're on the Web!

<http://www.nj.gov/military>

The NJ National Guard Needs You!

Here is our featured
Job of the Week

Track Vehicle Repairer
63H

The track vehicle repairer
supervises and performs direct
support and general support
maintenance on track vehicles;
supervises maintenance on

The 1st Battalion, 150th Aviation (General Support) gets the work done in Iraq!

The 1-150th GSAB was the first 42nd Divisional unit to deploy into Iraq for Operation Iraqi Freedom 3 and the first NJ Army National Guard Combat Arms Battalion to deploy to war since World War 2. They have successfully accomplished every mission assigned to them. They have flown over 500 missions, logged over 6,200 flight hours and conducted 7 combat logistical patrols (tactical convoys). Since their arrival, they have successfully conducted over 12 air assaults, 6 air insertions, 4 raids, and 3 reconnaissance and surveillance missions that resulted in the capture and detainment of hundreds of insurgents, the discovery of numerous weapon caches, and the collection of much invaluable information. Additionally, they have transported over 7,000 soldiers, VIPs (Secretary Donald Rumsfeld, MG Glenn Rieth), entertainers (Jessica Simpson, Charlie Daniels), and other dignitaries. LTC Mark Preston would like to thank you for all you have done for the soldiers and their families. The dedicated aviators, crewchiefs and soldiers of the Battalion are performing their jobs exceptionally well and always above standard under extremely harsh conditions. Your continued support and kind words are very appreciated.

Congratulations to the 21st Civil Support Team

On 30 June 2005 the 21st Civil Support Team (CST) under went an external evaluation for certification. The 1st U.S. Army Weapons of Mass Destruction (WMD) Evaluation team conducted a simulated WMD incident at the Salem Port, in Salem, NJ. The 21st CST was alerted at 0300 and deployed from their facility to the Port of Salem to perform the mission, which was to identify the potential biological, chemical, nuclear, or high explosive hazards. The team completed the mission around 2200 on 30 June and was rated trained in all 15 of the required evaluated areas. The team consists of 22 full time soldiers and airman. The 21st CST has been training for 18 months on both individual and collective skills, including over 800 hours of special training. Again, congratulations to LTC Gagnon and the 21st CST for a job well done!

Recruiter takes Chief's Challenge

Master Sergeant Joseph Ramirez from the 108th ARW was selected as a winner of the National Guard Bureau's Chief's Challenge June 20th. Master Sgt. Ramirez, the recruiting supervisor, recruited 20 people to win the award which recruiters all across the country participated in. To qualify for the award, a recruiter needed to recruit 18 people between 1 FEB 05 and 15 JUNE 05. From across the country, 63 recruiters won the challenge and attended a weekend event, which included an awards breakfast, tour of the country's capital, and a visit to Ft. McNair where Lt. Gen Blum, the chief of the National Guard Bureau addressed the attendees and their families at a Barbecue. Congratulations and keep up the GREAT work!

New Jersey's State Veteran Service Officers had a great month!

Our VSO's have seen and counseled 4,542 veterans, 424 Claims and Appeals filed and \$6,653,338 retrieved for our veterans! Way to go team, keep up the great work supporting our veterans!

wheeled vehicles, material handling equipment, and chemical quartermaster equipment (less office machines); and supervises related activities including fuel and electrical system repair and maintenance. Performs repair of gas turbine power plants/packs, diesel power plants/packs, compression ignition engine fuel systems, compression ignition engine fuel systems, vehicle air cooling systems, vehicle liquid cooling systems, track hull electrical systems, automatic transmission assemblies, transfer assemblies, hydraulic brake systems, mechanical hydraulic steering systems, track vehicle hydraulic assemblies, fire extinguisher/suppression systems. Repair track vehicle using battlefield damage assessment and repair.

If you're interested in an exciting job opportunity, contact your Recruiting Office at 1-800-792-8396



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

BG Willam C. Doyle Cemetery

Advisory Council
Mr. William Rakestraw
warjrnj@msn.com

Veterans Hotlines

Benefits & Entitlements
1-888-8NJ-VETS

177th Participates in Atlantic City Surf All-Star Game

The 177th Fighter Wing Honor Guard opened the All-Star Baseball game at the Atlantic City Surf Baseball Stadium on the evening of 13 July 2005. Immediately following the posting of the colors and the National Anthem, Colonel Brian Webster, Commander of the 177th Fighter Wing, threw out the opening pitch to kick off the ball game and the nights festivities. Several unit members were among the more than 5000 spectators viewing the game.

The New Jersey National Guard Magazine "Guardlife" Vol 31 No3 – now available on the world wide web.

Check out Guardlife on the web, it is now available in a user-friendly on-line version. www.nj.gov/military/publications/guardlife/volume31no3/index.html The "Hometown Team" magazine Guardlife provides up to date information on the happenings within the New Jersey Army and Air National Guard both at home and abroad. For all the current news on our soldiers and airmen take a look at the new issue today. To view past issues of Guardlife magazine on-line you can visit www.nj.gov/military/publications/ the DMAVA Publications homepage.

New Childcare Program Available

A new DoD program called Military Child Care in Your Neighborhood provides financial support and assistance in locating quality childcare for eligible military families who do not have access to the DoD's on-base child care options due to long waiting lists or geographic location, available funding and family circumstances. For more information on both childcare programs, go to www.naccrra.org/Military_Programs/ or call the Child Care Aware hotline at 1-800-424-2246.

The New Jersey Veterans Journal Summer 2005 Edition – now available on the world wide web

The New Jersey Veterans Journal Summer 2005 Edition is now available on the world wide web in a user friendly on-line web version at the following web address: <http://www.nj.gov/military/veterans/journal/summer2005index.html> The "NJ Veterans Journal" newsletter provides up to date information on New Jersey Veterans events, benefits and facilities throughout the state. For all the current news on issues affecting our NJ Veterans take a look at the new issue today. To view past issues of the Veterans Journal newsletter on-line you can visit <http://www.nj.gov/military/publications/> the DMAVA Publications homepage.

Servicemembers' Group Life Insurance coverage increases

The maximum level of Servicemembers' Group Life Insurance coverage will be increased from \$250,000 to \$400,000 on September 1, 2005. Anyone in service on September 1, 2005 will have their coverage increased to \$400,000, even if they previously declined or elected lesser coverage. If they still desire no coverage or less than the maximum, they will have to go to their Personnel Office and re-elect no coverage or less than the maximum. For more details see your Personnel Office.

Shades of Green Offers Summer Specials

The Shades of Green at Walt Disney World Resort has announced 2005 end of summer specials available from 7 AUG through 30 SEPT. Members of the military community, including retired members, are eligible for package deals. Resort officials say that Shades of Green guests have exclusive access to discounted theme park tickets, reduced rates at Disney's PGA professional golf courses, extra Magic Hours at the parks, and much more. For more information, visit the Shades of Green website at www.shadesofgreen.org/funandsun.htm.

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

(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 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

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.

Tricare Reserve Select

TRS is here! This new health plan, launched on April 26, 2005, provides eligible Reserve Component soldiers, and their families continued care through TRICARE. Soldiers called to active duty for more than 30 consecutive days in support of a contingency operation AFTER September 11, 2001 are eligible for this benefit. They must have served continuously on active duty for 90 days or more. This benefit includes coverage that is similar to the coverage available through TRICARE Standard and Extra for active duty family members. Contact SFC Josephine Grey, Chief of Health Services at 609-562-0865 or e-mail @ Josephine.grey@nj.ngb.army.mil for more information on this program.

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 at c.lynch@sandycove.org or by phone at 800-287-4843 for additional information. You can also visit the website www.sandycove.org for a more detailed description of the facility.

American Legion Riders Motorcycle Chapter Forming in River Edge, NJ

American Legion Post 226 is sponsoring an American Legion Riders chapter. You don't have to be a direct member of Post 226, but you do have to be a member of the American Legion, Auxiliary or SAL and ride a motorcycle that's at least 750cc or higher. If you or someone you know is interested in joining, there is a form on the Post 226 website, www.alpost226.org or you can call Jim Morton, the Post 226 American Legion Riders Director, Adjutant and webmaster at 201-439-0053.

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.

Veterans to be honored at upcoming Medal Ceremonies.

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

27 July	11 a.m.	Korean War Veterans Ceremony Rain or Shine	Korean War Memorial Atlantic City, NJ
28 July	11 a.m.	Vietnam Service Medal	West Orange Armory 1299 Pleasant Valley Way West Orange, NJ

National Guard Family Day at Six Flags Great Adventure

Saturday, 24 September 2005, join the New Jersey National Guard for a day full of family, fun and excitement! Tickets to the NJ National Guard Family Day are \$17 each and they will go fast. Purchase your tickets today at your nearest Family Assistance center: Morristown, Teaneck, Lawrenceville, Woodbury, Toms River, Jersey City, Somerset or Pomona. Call for more information at 888-859-0352.

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

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Thought for the day...

Victory is Sweet, but heroism & sacrifice beyond the call of duty are memorable. The human spirit is our most lasting strength. That fact is good to remember, particularly in the dark moments before ultimate victory..

- unknown

AAFES Ready for Birthday Celebration!

Beginning on Saturday, 23 July, PX/BX facilities everywhere will honor the Army & Air Force Exchange Service's (AAFES) 110th anniversary with a wide variety of sales, promotions and sweepstakes. Prizes during the three-day celebration will range from candy bars to a 2005 Chevy Cobalt. Local events will vary from location to location. Every day of the celebration will bring a new host of events and attractions for troops and their loved ones.

Enlisted Association of the National Guard announces Golf Tournament

The Enlisted Association of the NJ National Guard is proud to announce a Golf Tournament to benefit the Annual Scholarship Program. The tournament will be held on Monday, 15 August 2005, at Miry Run Golf Club in Robbinsville, NJ. The \$80 per golfer registration fee includes all fees and a cart, beverage cart on the course, awards, door prizes, food at the turn and luncheon following the completion of play. Hole and cart sponsors are being sought, too. For additional information contact CMSGT (Ret) Lee Cisek at 562-0223 or SGM (Ret) Mike Amoroso at 562-0754.

CNN Attractions Free to Service Members

Turner Broadcasting Systems, Inc. is offering free admission for all active and retired U.S. military personnel who visit the CNN-themed attractions at CNN Center in Atlanta and Manhattan's Time Warner Center. Inside CNN Atlanta and inside CNN New York will open the gate to active and retired military members and reservists who present a valid I.D. They can visit the attractions at no cost, while their spouse, children, siblings or parents may enter at a discounted rate of \$7 at Inside CNN Atlanta and \$12 at Inside CNN New York. To receive the discount, family members must be accompanied by the military member. Groups depart several times each hour at both attractions. For hours and reservations at Inside CNN New York, visitors can call 1-866-4CNNNYC or visit www.cnn.com/insidecnn. For reservations for Inside CNN Atlanta, visitors can call 1-877-4CNNTOUR or visit www.cnn.com/StudioTour.

Ride with the 108 Air Refueling Wing!

The 108 ARW will serve as a rolling billboard advertising the 108 ARW NJANG to over 8,000 cyclists, volunteers and bystanders during a two-day ride from Cherry Hill to Ocean City, NJ and back on 24-25 September. They will be covering 175 miles through the flat terrain of NJ Blueberry fields and pine barrens. This ride is fully supported with catered rest stops, bike support and SAG transportation. Veterans News Anchor, Larry Kane will host the Awards Ceremony Saturday night. Cyclists will collect a minimum of \$250 in donations to participate. If you join the team between 6/25/05 - 8/26/05 the registration fee is \$45. For more information go to www.ms150biketour.org/. Road Warriors interested in joining the team contact Maj Dave LaTOUR @ 609-284-7743 or via e-mail @ david.latour@njmcmgu.af.mil by 31 July 05.

Support the Troops

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

Free Military Care Package Kit of Priority Mail. The United States Postal Service is offering free packaging materials to spouses and families of military members who are deployed overseas. To take advantage of this service call: 1-800-610-8734 and press 1 (for English), then 3 for an operator and request CAREKIT04. USPS will send you free boxes, packing materials, tape and mailing labels. These products are to be used to mail care packages to service members.

Enlisted Council to hold golf tourney at Falcon Creek Golf Course in July. The 108th ARW Enlisted Council is holding its second annual Golf Outing on July 21, at the Falcon Creek Golf Course, McGuire Air Force Base. There will be a shotgun start at noon. The cost is \$75 per individual or \$280 for a foursome. This includes lunch, beverages, 18 holes of golf and a chance to win prizes. Proceeds from the tournament support the Freedom Alliance Scholarship fund. Contact Airman Dee Eggles at 609-754-4141 for more information and entry forms. Happy Golfing!

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 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, 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 30,000 stamps have been donated to our National Guard soldiers and airmen and Family Readiness Programs. With Memorial Day 2005 approaching, we recall the unique sacrifices made by every generation that has served in uniform for the good of America. We are often asked what can be done to support the soldiers of this generation. 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.

American Airlines: Special fare for military personnel and their dependants (you will need your military ID card and a copy of your soldier's orders to fly). Just call 800-433-7300 and ask for the military fare offer for your desired destination. You can also go to www.aa.com, but you cannot book a flight online.

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

Date	Event	Location
23 July	Flea Market J&C Marketplace	Teaneck Armory
30 July	Recruiting Open House 10 a.m. to 4 p.m.	Cherry Hill Armory
4 - 7 August	Family Readiness Group is hosting a carnival	Teaneck Armory

	4th & 5th – 6 p.m. to 11 p.m. 6th & 7th 12 p.m. to 11 p.m.	
8 August	Sports Card & Memorabilia Show	Bordentown Armory
17 August	Tool Show, Homier Dist. Co.	Toms River Armory
25 – 28 August	Tool Show, Homier Dist. Co.	Trenton Armory
26 August	Moscow State Circus	West Orange Armory
27 August	Flea Market, J&C Marketplace	Teaneck Armory

Fitness Corner – Ernie Razzano, Certified Fitness Trainer

Remember Your Sunglasses!

Anyone heading outdoors for time in the sun should remember to shield their eyes as well as their skin from the sun's rays. While the memory of a lobster-like burn may remind you to slather on sunscreen, you may be unaware of the damage ultraviolet (UV) light can inflict on the eyes.

According to the American Academy of Ophthalmology (AAO), there is growing evidence that UV exposure over time can lead to a number of eye disorders and even vision loss. A number of studies have suggested that repeated sun exposure can contribute to age related macular degeneration, in which the area of the retina responsible for central vision deteriorates, often leading to severe vision loss. UV exposure may also promote cataracts, a clouding of the eye's lens common among older adults. In addition, the cornea – the transparent membrane over the pupil – can get sunburn. Similar to a skin burn, these cornea injuries subside after a few days, but not before causing some pain. UV exposure may also cause non-cancerous growths on the eye's surface called pterygia.

The AAO points to several things to look for in a pair of shades, beyond fashion. First, the label should state that the glasses block 99 or 100 percent of UV light – and not merely that they "block UV light." Ideally, sunglasses should wrap around to the temples so that sunlight can't enter from the sides. The group also stresses the importance of wearing sunglasses even on a hazy day, and in addition to any contact lenses that have UV protection.

Tell me what you would like to see in Fitness Corner. Write me at ernest.razzano@njdmava.state.nj.us.

Summer Car Care

It's summertime, and the livin' may be easy – but for your car the heat can mean a lot of added strain. Keep these topics in mind when preparing for summer driving:

Overheating – A common cause for summer breakdowns is overheating. Your cooling system should be completely flushed and refilled as recommended in your owner's manual. The level, condition, and concentration of the coolant should be checked periodically. A 50/50 mix of anti freeze and water is usually recommended.

Tire Care – Tire care is especially critical in warm weather because long trips, heavy loads, high speeds and higher temperatures all put additional stress on your tires.

- * Check your tires regularly to be sure there are no visible signs of wear or damage.
- * Be sure your tires are properly inflated. Check your tires often with a gauge.
- * At the recommended inflation pressure, tires will last longer and be less likely to fail, and the car will use less fuel. Serious injury can result from tire failure because of under inflation or overloading.
- * Never overload your vehicle. Your car & tires are designed to operate

safely only up to their load limits, which are shown in your owner's manual.

* Make sure there is enough tread on your tires to operate safely, and make sure your tires are wearing normally. All grooves should be visible and deep enough to at least touch the top of Lincoln's head on a penny inserted head first in the tread.

* If some spots on your tires seem to be wearing faster than others, see a professional. You could have misaligned wheel, worn shock absorbers, or other potential problems. Make sure your tires are aligned and balanced properly.

* Don't speed! Obey posted speed limits. Lower speeds also mean better gas mileage.

Air Quality – Summer sunshine, heat and car exhaust create a toxic cocktail – ozone pollution. Ozone can cause respiratory problems and even permanent lung damage. Here are some easy tips you can take to cut down on pollution when you drive:

* Drive less, especially during peak traffic periods or hot days.

* Avoid revving or idling engine over 30 seconds.

* Fill gas tank over cooler evening hours to cut down on evaporation.

Summer is the time to relax and enjoy yourself, hopefully these hints will make your season more enjoyable and stress free!

Beach Passes for DMVA employees available now.

The temperatures are rising and the sandy beach at the National Guard Training Center at Sea Girt is calling. You will need to sign your name and work location on the second line on the back of the pass. Have guests sign the first line and be ready to show photo identification if requested. One pass will admit one car. You can also use your DMAVA or military pass to get on the beach. Call Gail Miller at 609-530-6911 for your Beach Pass.

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**.

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