



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

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NJ Dept of Military and
 Veterans Affairs

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 The Adjutant General

Brig Gen Maria Falca-Dodson
 Deputy Adjutant General

Col (Ret) Stephen G. Abel
 Deputy Commissioner for Veterans
 Affairs

Contacting us is easy!

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 Commissioner**

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We're on the Web!

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

Veterans' Organizations Contact
 Information

State Veterans Service Council

Mr. Richard Clark
RJClark21@msn.com

**NJ Advisory Committee for
 Women Veterans**

Mrs. Anna Hoffman
hoffmanannem@aol.com

BG Willam C. Doyle Cemetery
 Advisory Council

Mr. William Rakestraw
warjrnj@msn.com

Veterans Hotlines

Challenge Cadets visit with Donald Trump.

On January 25, 2006, four cadets from the New Jersey Youth ChalleNGe Academy mingled with Donald Trump at Apprentice 2 winner, Kelly Perdew's book launch event at the Trump World Tower in New York. The cadets, Monique Pacheco, Thomas McDougald, Megan Criscione, and Anthony Pinapfel, attended the launch as guests of Mr. Perdew, a National Guard Youth ChalleNGe Academy national spokesperson since March of 2004. Perdew highlighted the program in his new book, Take Command: 10 Leadership Principles I Learned in the Military and Put to Work for Donald Trump and included his volunteer work with the NG Youth ChalleNGe Academy in the book's "Selfless Service" chapter. In addition to meeting "The Donald" and George Ross, also of The Apprentice, two of the cadets joined Perdew on the FOX News Channel's Fox & Friends earlier that morning for a five-minute segment about the program.

Department of Defense plans African American History Month observance.

The Association for the Study of African American Life and History, founded by Dr. Carter G. Woodson in 1926, annually develops a national observance theme for African American History Month. The theme for 2006 is "A Tribute to Black Fraternal, Social & Civic Organizations."

In concert with emphasizing quality education and in support of Presidential Executive Order 13256 "...to advance the development of the Nation's full potential and to advance equal opportunity in higher education...", the Department of Defense (DoD) observance of African American History Month will be held, in conjunction with outreach activities, at Huston-Tillotson University, in Austin Texas, February 24-25, 2006. The DoD theme for 2006 African American History Month observance and outreach events is, "Reaching Out to Youth: A Strategy for Excellence." DoD organizations and agencies are encouraged to conduct similar observances and activities in February 2006 observing National African American History Month.

2006 National Guard Association of the U.S. (NGAUS) Individual Award Nominees Sought.

Do you work with someone with a record of outstanding military service? Has your elected representative been a strong Guard supporter? Do you know a Guardsman who has performed a life-saving act? If so, that Guardsman is a potential candidate for NGAUS recognition. The association is seeking nominations for the 2006 NGAUS Individual Awards Program. Nominees should have demonstrated acts of heroism or have contributed significantly to Guard effectiveness. There are 10 separate individual awards.

The Award program basics are available on the NGAUS website:

www.ngaus.org/index.asp?bid+97. Nominations must be submitted by May 15 and many must have an Adjutant General endorsement. The only exception is submissions directly from the state associations. Recipients will be announced in late July. Awards will be presented during business sessions of the 128th NGAUS Conference September 16-18, in New Mexico.

Honey Fulton Parker, National Speaker, Author and Field Representative, for the Women in Military Service Memorial in Washington, D.C. to speak.

Benefits & Entitlements

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

Mental Health

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

NJ World War II Memorial

For information or to make a donation, call

609-530-7049

New Jersey Freedom Loans

What is a Freedom Loan?

* Up to \$10,000

* Annual APR 6%

* Term: 5 years (no pre-payment penalty)

* Unsecured Loan (no collateral required)

Who is eligible to apply?

NJ residents who are:

* Members of the National Guard or Reserve

* Mobilized for one year or longer to fight in the Global War on Terrorism (GWOT) – excluding routine training.

Or

* 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:

The Center for World War II Studies and Conflict Resolution at Brookdale Community College has announced the subject of their Spring 2006 World War II Stores Series will be the "Originals." The "Originals" were the first 28 women pilots accepted into the Army Air Force World War II Air Transport Command. Assigned to the Ferrying Division, these women flew military fighters, trainers, and bombers around the nation during the war from factories to air bases and handed them over to combat crews. Flying in all weather, the WAFS displayed heroism and sacrifice to get the job done. The "Originals" inspired over 1000 women pilots to volunteer for flying service, 38 of whom lost their lives in crashes. Hear their amazing story told by Honey Fulton Parker, sister of one of the first WAFS, Dorothy Fulton, now honored in the Women in Military Service Memorial, Washington, D.C.

Ms. Parker will speak at the Brookdale Community College, 765 Newman Springs Road, Lincroft, NJ, on Tuesday, February 28, at 7:30 p.m. in the Warner Student Life Center. Cost is \$10 for adults, \$5 for students.

Joanne Holbrook Patton Military Spouse Scholarship - Apply Now!

The National Military Family Association (NMFA) is now accepting applications for NMFA's Joanne Holbrook Patton Military Spouse Scholarships. Any uniformed service spouse – National Guard, Reserve, active component, retired or survivor – studying toward professional certification or attending post-secondary or graduate school is encouraged to apply.

Scholarships, normally in the amount of \$1,000, may be used for tuition, fees, books and school room and board. The number of scholarships awarded each year varies.

Applications are available at the association's website www.nmfa.org. Applications will only be accepted online and must be submitted by midnight April 15, 2006. The National Military Family Association is the only national nonprofit organization that focuses solely on the families of the seven uniformed services.

TRICARE Dental Plan (TDP) has new rates for FY 2006.

Effective 6 February 2006 through 31 January 2007, the monthly single member enrollment premium for most eligible soldiers is \$10.51. The family rate is as low as \$26.27 per month. Eligible members include Active Duty family members, National Guard, Reserve service members, and their family members.

TDP coverage currently includes preventive, diagnostic, restorative, and maintenance services. TRICARE has added NEW benefits to the dental program such as dental implants, related prosthetics, and extended restorative services.

Soldiers may enroll either on the phone at 1-888-622-2256 or online at: www.TRICAREdentalprogram.com. For additional information contact TRICARE Dental direct at 1-800-866-8499, 24 hours a day. You may also contact your Health Systems Specialist, Josephine Grey at (609) 562-0865 or SSG Joseph Melvin (609) 562-0876.

America Supports You – Anheuser-Busch Extends Military Tribute

Anheuser-Busch launched "Here's to the Heroes" in February 2005 to acknowledge the service of military men and women and the sacrifices made by their families. More than 900,000 members of U.S. and coalition armed forces took advantage of the program offering free admission to Anheuser-Busch theme parks. The program provides a single day's free admission to any one Sea World or Busch Gardens park, Sesame Place, Adventure Island or Water Country USA for the servicemember and as many as three of his or her direct dependents. Additional information can be found at: <http://www.americasupportsyoud.com>.

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

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

Groundhog's Day Report

In the event you missed the news out of Punxsutawney, PA, yesterday, The world's best-known groundhog, "Punxsutawney Phil," came out of his burrow to the delight of the large crowds gathered at Gobbler's Knob and saw his shadow.

This means we are in store for six more weeks of winter.

The groundhog tradition stems from the Christian holiday of Candlemas, and the belief that if a hibernating animal sees its shadow, winter will last another six weeks. If there is no shadow, spring will come early.

Words of Wisdom on Super Bowl Weekend.

"The game of life is a lot like football. You have to tackle your problems, Block your fears, and Score your points when you get the opportunity."

- Lewis Grizzard, 1946-1994

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.

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

11 February, 1:00pm

"An African American in the Vietnam War: A Black History Month Presentation" - an oral-history discussion by NJ Vietnam Veteran Calvin Gross

25 March, 1:00pm

"Screaming Eagles in Vietnam: The 101st Airborne Division during the War" -- an oral history discussion and slide presentation by NJ Vietnam Veteran Peter Engelhardt.

7 April, 5:00pm

Scholarship Deadline - Scholarships (\$2,500 each) will be awarded to two graduating seniors from NJ who plan to further their education either at a college, university, or technical/trade school. Scholarship details and application forms can be obtained at www.njvvmf.org or by calling (732) 335-0033.

29 April, 1:00pm

"The Trail" - video presentation of an illustrated narrative about "walking point" in a combat patrol in the Vietnam War, by Vietnam Veteran Robin Bartlett.

7 May, 11:00am

NJ Vietnam Veterans Remembrance Day Ceremony

20 May, 1:00pm

For Armed Forces Day - "The Originals" - The Women's Auxiliary Ferry Squadron of WWII - Breaking the Gure ender Barrier in Military Aviation - a lecture by Honey Fulton Parker, youngest sister of one of the first WAFS, Dorothy Fulton.

29 May, 11:00am

Memorial Day Ceremony.

For more information, please call the NJ Vietnam Veterans Memorial Foundation office at (732) 335-0033. or (800) 648-VETS.

The Vietnam Era Educational Center is located adjacent to the NJ Vietnam Veterans' Memorial off the Garden State Parkway at Exit 116.

Family Readiness Council Grants available.

The State Family Readiness Council has established a Grant Program that will provide both Family and Business Grants to deserving New Jersey National Guard families impacted by deployment. Additional information regarding these grants is available at Family Assistance Centers and Family Readiness Groups throughout the state. Those interested should contact Family Assistance at 1-888-859-0352.

Fitness Corner - Ernest Razzano, Certified Fitness Trainer, ISSA

Free Weights vs. Machines

There has been an ongoing debate regarding free weights vs. machines for strength training. While each can help you build strength, there are definite pros and cons for each. The following can help you determine what form of strength equipment is best for your needs.

Machines

The most important component in any strength-training program is safety. If you are new to strength training or if you are working out alone, variable resistance machines are the best bet. While machines can be a viable option for serious weight training, they are best for novice, senior, and recreational athletes.

For rehabilitating injured athletes, variable resistance machines are preferred. They provide a more controlled motion and specifically isolate certain muscle groups.

Machines also allow you to track progress and provide objective feedback while increasing the protective participation of the healthy limb or muscle group.

Free Weights

Research has shown us that free weights promote quicker strength gains and they require more balance and coordination than do the weight machines. Free weights recruit more muscle groups than variable resistance machines, which tend to only isolate specific muscles.

Free weights are also more versatile than machines because they allow for more variations in range of motion. Free weights require balance, and they tend to promote more activity of the joint stabilizer muscles. Finally, they are considerably less expensive than most of the machines on the market. You can perform a complete strength training routine with a few dumbbells and a little imagination.

However, free weights require the help of a spotter, and result in more injuries than machines. Careful instruction and training is necessary to master the art of free weight lifting.

An ideal training program may incorporate both free weights and machines on alternating training days. In order to get the most from both muscle strength gains and joint stability, you can focus on free weights for some exercises and machines for others. The bottom line is that you should use the strength training equipment that suits your training needs, is safe, and is convenient. However, if you are comfortable using free weights, you may see greater strength gains here than with machines.

NJ Air National Guard Girls Softball Team plans St. Patty's Day event.

Join the NJ Air National Guard Girls Softball Team for a St. Patty's Day Dance and Chinese Auction on 18 March, 6-10 p.m., at the VFW in Cookstown, NJ. Tickets are \$25 and include a buffet, music, door prize, cash bar and auction items. Buy your tickets by March 11 from Master Sgts Bonnie Gaskell, 609-562-0925, Tania Prairie, 609-754-2308, Keith Hyde, 609-754-6870, and Staff Sgt Stephanie Marshall, 609-754-8903.

Super Bowl Fun Facts - Super Bowl XL

The Super Bowl is one of the biggest events of the year, resulting in more parties than even New Year's Eve.

New Orleans has hosted the Super Bowl the most at 9 times. Miami has hosted 8 times.

Detroit is the only northern city to host the game twice (first time was Super Bowl XVI in 1982 at the Pontiac Superdome).

Nine of the ten most watched TV programs of all-time are Super Bowls.

Super Bowl XL will be broadcast live in more than 230 countries.

Worldwide television audience is expected to be more than 800 million.

People eat more food on Super Bowl Sunday than any day of the year, other than Thanksgiving.

Fans at the game will use 80,000 pounds of ice. That's more than 360 baby elephants weigh.

Dallas and San Francisco have won the most Super Bowls at 5 times. Pittsburgh has won 4 times.

Minnesota, Buffalo, and Denver have lost the most Super Bowls at 4 times. Buffalo lost four in a row.

Super Bowl XL player shares: Winning Team - \$73,000; Losing Team - \$38,000.

Vince Lombardi Trophy was designed by Tiffany & Company and is valued in excess of \$25,000. The trophy is 20.75 inches tall and weighs 107.3 ounces.

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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Updated: June 13, 2018 8:49