



The State of New Jersey  
**Department of Military and Veterans Affairs**  
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## DMAVA Highlights Archives

**03 December 2004**
**Volume 3, Number 48**

### NJ Dept of Military and Veterans Affairs

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 The Adjutant General

Brig Gen Maria Falca-Dodson  
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 Deputy Commissioner for Veterans Affairs

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We're on the Web!

[www.state.nj.us/military](http://www.state.nj.us/military)

### Thought for the Day

"Wise sayings often fall on barren ground, but a kind word is never thrown away."

..Sir Arthur Helps

### Gifts for Kids Drive is now underway.

Toys will be distributed to the children of our deployed servicemen and women.

Please be generous!

### Salute the Troops Ceremony held at the Trenton War Memorial Building.

The NJ National Guard hosted a "Salute the Troops" ceremony on 22 November 2004 at the Trenton War Memorial Building, for the 119th Corps Support Battalion deploying in support of Operation Iraqi Freedom III, and A and C Battery, 3rd Battalion 112th Field Artillery deploying in support of Operation Enduring Freedom. MG Glenn Rieth, The Adjutant General, hosted this great event. Distinguished guests included Acting Governor Richard J. Codey and numerous elected officials. Performances by the USO highlighted the show. The Salute was a resounding success for the soldiers and their families. These soldiers will be deploying over the next few weeks and we wish them all the best.

### American Legion Post #261 makes \$10,000 donation to the NJ Veterans Memorial Home at Menlo Park.

On November 29, 2004, Mr. Joseph Brandspiegel, Chief Executive Officer of the NJ Veterans Memorial Home at Menlo Parks, accepted a donation of \$10,000 from American Legion Post #261 of Piscataway, New Jersey. Part of the donation is intended to go towards the purchase of a Carendo Chair, which is a multi-purpose chair used for resident hygiene, along with purchasing furniture for the main lobby area. The Menlo Park facility is very appreciative towards the American Legion for this wonderful gift, and for their continuous support of our veteran home residents.

### Chief Marvin Nichols wins Maj Gen Cosgrave Chiefs Award.

The Major General Richard "Craig" Cosgrave Chiefs Award was developed to honor those outstanding Chief Master Sergeants in the New Jersey Air National Guard that demonstrate superior performance, community service, professionalism, and leadership in the highest standards expected of a Chief Master Sergeant. The award was named in honor of Major General Cosgrave, who put complete trust and confidence in his Chief Master Sergeants. The selection is based on four areas: individual initiatives, professionalism, demonstrated abilities of a Chief, and adherence to the Core Values of the United States Air Force. This year's winner was Chief Master Sergeant Marvin Nichols of the 108th Air Refueling Wing. Congratulations to Chief Nichols and we thank him for his support of the enlisted men and women of the 108th ARW.

### The NJ Veterans Memorial Home at Paramus successfully completes 2004 Department of Health and Senior Services' survey.

The NJ Veterans Memorial Home at Paramus successfully completed their 2004 Annual Department of Health and Senior Services survey. The survey team commented on every aspect of Quality of Care and Quality of Life. Accolades were given for each department within the facility. The team leader stated the inspection team observed the hard work that resulted in an excellent survey report. They also observed cohesiveness and a shared mission in providing quality care for the veteran home residents. Congratulations to the entire staff of the Paramus facility. Keep up the good work!

## Mr. Ned Julian, resident at NJ Veterans Memorial Home at Menlo Park, makes his film debut.

On Thursday, 18 November 2004, Mr. Ned Julian, a resident at the NJ Veterans Memorial Home at Menlo Park, participated in the filming of a NJ Lottery Commercial on New Jersey Network (ANJN). Mr. Julian wore his Eisenhower jacket that he wore during World War II. When he arrived at the set, he was treated like royalty. He had his own make-up artist and hairdresser, and a personal coach for his one-line acting debut. The commercial will put a personal touch on the lottery's efforts to fund programs for New Jersey's veterans, and will air on NJN in approximately three weeks. Mr. Julian had a wonderful experience and said he felt extremely special.

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## Veteran Service Officer Acknowledgement.

Mr. Joe Battito, Veterans Service Officer in New Brunswick, retrieved a single payment of \$68,5323 for a veteran client. This is an outstanding claim and recoup for one of our most physically disabled veterans in New Jersey. Well Done!

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## Patriots Week is planned in the City of Trenton.

You are cordially invited to attend the re-enactment of the Revolutionary War's Battles of Trenton beginning at the Battle Monument, North Warren & North Broad Streets, on Sunday, 2 January 2005 from 11 a.m. to noon.

The battle re-enactment will be followed by a luncheon reception for active military personnel, veterans, and their families as guests of the Masonic Lodges of NJ from Noon to 2 p.m. at the Masonic Temple, Barrack Street. Guided tours of the magnificent Masonic Temple will take place following the reception.

The re-enactment of the 2nd Battle of Trenton will take place from 3-4 p.m. beginning at the 1st Presbyterian Church, 120 East State Street, and continuing in Mill Hill Park on East Front Street, culminating in a procession back to the Old Barracks. For more information about Patriots' Week activities visit [www.patriotsweek.com](http://www.patriotsweek.com).

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## NJ Army National Guard's 63rd Army Band schedules Holiday Concert.

The NJ Army National Guard's 63rd Army Band will present a Holiday Concert on December 11, 2004 at 7:00 p.m. at the Crockett Middle School, 2631 Kuser Road, Hamilton, NJ 08691. No tickets are required. Mark your calendars now and come out for an entertaining evening.

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## Veterans to be honored at upcoming Medal Ceremonies.

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

### 20 Jan 05 - 11 a.m. & 1 p.m.

Distinguished and Meritorious Service Medal  
Vietnam Service Medal

Salem County Community College

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## USPS offers free shipping materials to military families.

With so many military families scrambling to ship holiday care packages to their loved ones deployed around the world, U.S. Postal Service officials are stepping in to make things a bit easier. They are offering free packing materials. A special kit includes 10 boxes; 10 customs forms with envelopes; 10 "Mil-Pac" shipping envelopes, which are specially printed for military mailing addresses, and a roll of Priority Mail tape. To order the special kit, call (800) 610-8734 and request Care Kit 4. It will be shipped Priority Mail and should arrive within a couple of days.

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## Today in History..

### 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

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

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

As the New Jersey National Guard deploys soldiers and airmen around the globe, the families that are left behind need our support and assistance. Can we count on your help? Please call your local Family Readiness center and volunteer.



To reach any NJ National Guard Family Assistance Center

Call toll free 888-859-0352

Today is Friday, 3 December 2004, the 338th day of the year with 28 days remaining.

1621 – Galileo perfects the telescope.

1775 – 1st official U.S. flag raising (aboard naval vessel Alfred).

1910 – The neon lamp was displayed for the first time at the Paris Motor Show. The lamp was developed by French physicist Georges Claude,

1931 – Alka Seltzer was sold for the first time.

1948 – First U.S. woman Army officer not in medical corps sworn in.

1964 – “Rudolph the Red-Nosed Reindeer” first airs on TV.

1967 – In Cape Town, South Africa, a team of surgeons headed by Dr. Christian Barnard, performed the first human heart transplant on Louis Washkansky. Washkansky only lived 18 days.

1984 – World’s oldest groom, Harry Stevens, 103, weds Thelma Lucas, 83 in Wisconsin.

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### Toy Drive – less than two weeks remaining...

The annual Gifts for Kids Drive began this week and will run through 14 December 2004. This year, all of the toys and gifts collected will be distributed to the children of our deployed servicemen and women through the Family Assistance Centers. While you’re out shopping this coming weekend on the busiest shopping day of the year, “Black Friday,” remember the families whose loved ones are away from home during the holidays. The children range in age from infants to teenagers. Collection boxes will be set up at all of our facilities for your donations.

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### NJ Vietnam Veterans’ Memorial and Vietnam Era Education Center’s upcoming event schedule.

The New Jersey Vietnam Veterans Memorial Foundation, Vietnam Veterans of America Chapter 800 from Bergen County and the Jewish War Veterans, Department of New Jersey will host the annual “Holiday Lighting Ceremony” at the New Jersey Vietnam Veterans’ Memorial in Holmdel, NJ. The ceremony will include the lighting of the Christmas tree and Menorah, and a reading about Kwanza. Local area Girl Scouts will lead the singing of holiday carols. The festivities are open to the public at no charge.

4 Dec, 6 p.m.

Holiday Lighting Ceremony

11 Dec, 1 p.m.

Author Lecture – James Parker Wollner – The Bamboo Shoot: The Story of the 2nd Airboat Platoon

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.

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### Part-time opportunities available 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).

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### DMVA’s Fitness Corner – by Ernie Razzano, Certified Fitness Trainer

## Hypertension Part 1 of 2

Statistics indicate that an estimated 60 million Americans suffer from chronically elevated levels of arterial blood pressure, a medical condition known as hypertension. Among the factors known to contribute to hypertension are age, heredity, ethnic background, gender, obesity, sodium sensitivity, alcohol consumption, use of oral contraceptives and sedentary lifestyle.

Considerable research suggests that the following steps can be effective in both preventing and treating high blood pressure:

- Maintain an appropriate bodyweight. Obese individuals are more than twice as likely to have high blood pressure than others. If body fat is too high, even a small decrease in fat level can significantly lower blood pressure. Limit alcohol intake to no more than two drinks a day.
- Do not smoke. Nicotine has been shown to constrict small blood vessels and raise blood pressure.
- Moderate the amount of salt in the diet. (About half of hypertension sufferers are sodium-sensitive.)
- Consume adequate amounts of calcium, magnesium and potassium. A few studies suggest that these minerals can have a positive impact on blood pressure.

Exercise on a regular basis. Exercise has been found to have several interrelated benefits with regard to blood pressure, including maintenance of a desirable bodyweight, reduction of the risk of heart disease and strengthening the cardiovascular system.

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## Family Programs Event Calendar

Listed below are the events being planned by the Family Readiness Groups throughout the state.

Date	Event	Location	Contact/Phone
4 Dec 0800-1200	Pancake Breakfast	Co E, 50th MSB Lakehurst, NJ (AMVETS)	Michaele Carroll 732-309-4647

## Armory Happenings –

Listed below are some of the events taking place at your local armory.

Date	Event	Location
3-5 Dec	Craft Show and Sale	Morristown Armory
10-12 Dec	Christmas Sale	Dover Armory
28-30 Dec	Youth Wrestling Event	Teaneck Armory
12-18 Jan	Home Design & Landscape Show	Morristown Armory
14-15 Jan	Auction	Cherry Hill Armory
23 Jan	Circus	Jersey City Armory
29-30 Jan	Men's Expo	Morristown Armory
2 Feb	Moscow State Circus	Bordentown Armory
27 Feb	NASCAR Collectibles Show	Bordentown Armory

**Are you holiday shopping this weekend? Don't forget our Toy Drive!**

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