



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

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**NJ Dept of Military and
Veterans Affairs**

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The Adjutant General

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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 Mechanic, 63Y

The track vehicle mechanic performs unit maintenance on track vehicles in other than self-propelled field artillery, armored, mechanized infantry, and armored cavalry units. Troubleshoots and performs unit maintenance on internal combustion engines and accessories, power trains, and chassis components of track vehicles. Performs repairs and preventive maintenance checks and service. Tunes engines and

Congratulations to New Jersey's ChalleNGe Youth Program graduates!

Congratulations to New Jersey's ChalleNGe Youth Program Class #22 on their graduation after an intensive 22-week educational, quasi-military program. These 16-18 year olds, who ceased to attend high school, volunteered to receive an education in a structured environment.

Class #22 will graduate 66 cadets tomorrow, 20 August 2005, during ceremonies at the War Memorial Building in Trenton, NJ. To date, 1699 youth from New Jersey have graduated from the ChalleNGe program. Class #22 had a 2.1 grade gain in mathematics, and an 85% GED/High School Diploma pass rate.

The cadets exceeded the National Guard Bureau's (NGB) standard for community service hours. The NGB standard is 40 hours – New Jersey averaged 96 hours per cadet. ChalleNGe cadets in Class #22 assisted in reforestation efforts at Cape May Point State Park, helping save the state of New Jersey thousands of dollars, as well as helping to protect New Jersey's endangered plants and animals. Through the Adopt-A-Highway program, ChalleNGe cadets from Class #21 and #22 policed an average of 500 miles of New Jersey's roads and highways throughout the year. They helped remove over 100,000 pounds of litter and debris, thus helping to clean and beautify the state of New Jersey. Collectively, the average ChalleNGe class returns over \$75,000 to the community by way of community service. ChalleNGe graduates are currently serving around the world in the war on terrorism in all branches of the armed services.

Everyone is welcome to join us as we salute our graduates by attending the graduation ceremony tomorrow at 10 a.m. at the War Memorial Building.

Congratulations and Good Luck, Cadets!

DMVA welcomes new faces to The Adjutant General's "Front Office" team.

Two new faces joined the Front Office Staff this week. With the impending retirement of Renee McGuire just around the corner, Ms. Christine Sweeney joined our Department as The Adjutant General's Secretary. Chris previously worked for the New Jersey Schools Construction Corporation. Elizabeth DiStefano (formerly with DMVA's Office of Government Relations) began her new assignment as Secretary to the Deputy Adjutant General. Congratulations and good luck on your new assignments, and welcome to the DMVA Family!

Division of Veterans Programs announces July's performance report.

During the month of July, the Department's Veterans Service Officers throughout the state counseled 2,365 of New Jersey's veterans. They filed 246 claims on their behalf and received 285 award letters, which resulted in monetary awards totaling \$4.1 million.

The 108th Air Refueling Wing (ARW) is the 2005 recipient of the Major General John J. Pesch Flight Safety Trophy.

replaces repair parts and components as outlined in the appropriate maintenance allocation charts. Tests and operates vehicles and equipment as required and observes for evidence of abnormal operation.

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
 (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)

Congratulations to the men and women of the 108th Air Refueling Wing. The 108th ARW was recently announced as the 2005 recipient of the Major General John J. Pesch Flight Safety Trophy, which is presented annually to the two Air National Guard wings with the highest standards of flying safety. All types of aircraft are eligible for this award. The 108th's selection for the prestigious award reflects great credit upon themselves, the state of New Jersey, and the Air National Guard.

Members of the 177th Civil Engineering (CE) Squadron return from Europe.

More than 40 members of the 177thCE Squadron returned from the Royal Air Force Base Mildenhall, Suffolk, England after two weeks of annual training. The 40 man team was comprised of a cross section of the entire Civil Engineering career field ranging from heavy equipment operators, firefighters, HVAC (Heating, Ventilation, and Air Conditioning), explosive ordnance disposal (EOD), structures, power production, readiness and electricians. 177th personnel were immediately integrated with the host unit personnel providing invaluable support and expertise in the areas of readiness, EOD, HVAC, fire support and the Civil Engineering Self-Help Store. The firefighters served as backfill for the base firefighters who are serving in Iraq.

The New Jersey War World II Memorial needs your help

WWII was by all account the greatest victory for the United States – along the front lines and the home front. Every individual alive during this period of history was involved and had a stake in the outcome. It was a war the United States and our Allies could not afford to lose. Now, America is slowly saying goodbye to its greatest generation of citizens. The State of New Jersey is taking the initiative to honor and remember them by establishing a Memorial in Trenton, across from the Statehouse in Veterans Park.

Fittingly, the theme for New Jersey's WWII Memorial is "Victory". The memorial hopes to honor and pay tribute to the many sacrifices made during WWII and celebrate the greatest victory our country has ever known. It is our goal to dedicate the memorial in the spring/summer 2006. Time is short – we need your help now in order to ensure that we can meet this ambitious goal. We urge you to support the New Jersey World War II Memorial through your generous contribution. We cannot afford to let new generations forget the legacy that has been left to them from what has been called "the Greatest Generation". To make a tax-deductible contribute, download a donation form from our website at www.state.nj.us/military/veterans/wwii_memorial/.

Veterans to be honored at ceremony on 29 September 2005.

Salem and Cumberland County veterans will be honored in ceremonies to be held at the Salem County Community College, 460 Hollywood Avenue, Carneys Point, NJ. Veterans will be presented with the New Jersey Distinguished Service Medal at an 11 a.m. ceremony, and Korean Service Medals will be presented at a ceremony scheduled for 1 p.m.

104th Engineer Association announces plans for a benefit golf outing.

The 104th Engineer Association is proud to announce its 1st Annual Golf Outing to benefit the "SGT Frank T. Carvill Scholarship Program." The outing will be held on Monday, 19 September 2005, 0830 hours Shotgun Start at Overpeck County Golf Course in Teaneck, New Jersey. The \$125 per golfer registration includes all fees, awards, door prizes, and luncheon following the completion of play. Tee Sponsors and donations are being sought too. For additional information and reservations (NLT 9 September) contact CW2 (Ret) Frank DeBari at 201-336-7250 or fdebari@co.bergen.nj.us or MSG (Ret) John Bautz at john.bautz@us.army.mil.

Enlisted Association of the National Guard announces Enlisted Conference

* 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 routine 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

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

The Enlisted Association of the NJ National Guard is proud to announce the Enlisted Conference at the Clarion Hotel & Conference Center in Atlantic City West. The Conference will be held 7 thru 9 October 2005. During the Conference we honor our Outstanding Soldiers and Airmen. There are various plans available. Friday night is the Halloween Masquerade Ball with Tex-Mex Buffet and Saturday is the Formal Evening Ball with dinner and dancing. For additional information contact SGM (Ret) Jerome Zebrowski @ 609-214-6959 or e-mail jcptfalc@aol.com or SGM Edward Goetschius @ 609-965-1972 or e-mail esgtmaj@comcast.net, or www.EANG-NJ.org to get application, plans and other activities offered. Thank you for your support!

NJ Friends of the Guard and Reserve Announce Golf Outing

The NJ Friends of the Guard and Reserve is proud to present the 2005 State Chairman's Annual Golf Outing. The golf outing will be held on Thursday, 22 September 2005 at the Falcon Creek Golf Course at McGuire AFB. The \$85 per golfer registration fee includes greens fees, cart registration, food and beverages on the course, door prizes and dinner at the McGuire AFB Officer's Club. Hole and cart sponsors are being sought too. All proceeds to benefit the activities of the NJ Employer Support of the Guard and Reserve. For additional information please contact Hank Pierre at 609-530-6879.

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

20 Aug - 1 p.m.

The Nature of the Beast (a memoir of a combat Marine). Author lecture by Vietnam Veteran Chuck Ketterman.

10 Sep - 1 p.m.

Between the Lines: Photographs from the National Vietnam Veterans Memorial. Author lecture and slide presentation by Vietnam Veteran Thomas F. Morrissey.

16 Sep - 11 a.m.

National POW/MIA Recognition Day and Gold Star Mothers Recognition Day ceremony.

18 Sep - 11 a.m.

Rolling Thunder – NJ, Motorcycle Run for POW/MIA Awareness.

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.

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.

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.

Sovereign Bank
1-877-391-6365

Sun National Bank
1-800-691-7701

Something to smile about...

"I've been on a constant diet for the last two decades. I've lost a total of 789 pounds. By all accounts, I should be hanging from a charm bracelet."

- Erma Bombeck,

1927 - 1996

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@njmcgu.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:

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.

State Park Passes - All Active New Jersey National Guard members are entitled to Division of Parks and Forestry State Park passes. When parking fees are in effect this pass entitles the NJNG member (and passengers) free parking at all New Jersey State Parks, Forests, Recreation Areas and Historic Sites. This pass does not pertain to campground fees. ID cards must be shown along with this pass for access. Active NJ National Guard members and families of deployed soldiers can obtain their state park passes through the State Family Programs office by calling 609-562-0739 or at any NJ National Guard Family Assistance Center, 888-859-0352. Questions and inquiries concerning the NJ State Park Pass program should be addressed to CW4 Ralph Cwieka, State Family Program Coordinator at 609-562-0668 or e-mail: Ralph.cwieka@nj.ngb.army.mil

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.

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.

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, Canton, 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.

21 August - Sports Card & Memorabilia Show
Bordentown 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 Market place
Teaneck Armory

Fitness Corner – Ernie Razzano, Certified Fitness Trainer

Green Tea

I'm sure you're heard a little about the benefits of green tea. Well, here's the reason why it's so good for you. The benefit of green tea lies in the fact it is rich in catechin polyphenols, particularly epigallocatechin gallate (EGCG). EGCG is a powerful antioxidant which inhibits the growth of cancer cells and more importantly kills cancer cells without harming healthy tissue. Green, oolong, and black teas all come from the leaves of the Camellia Sinensis plant. What sets green tea apart is the way it's processed. Green tea leaves are steamed, which prevents the EGCG compound from being oxidized. By contrast, black and oolong tea leaves are made from fermented

leaves, which results in the EGCG being converted into other compounds that are not nearly as effective in preventing and fighting carious diseases.

To date, the only negative side effect reported from drinking green tea is insomnia due to the fact that it contains caffeine. There are approximately thirty to sixty mg. Of caffeine in six to eight ounces of tea, which is actually lower than that of coffee (over one hundred mg. In eight ounces.

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

Today is 19th of August, the 231st day of the year with 134 days remaining.

On this day in history...

1848 – The discovery of gold in California was reported by the New York Herald.

1856 – Gail Borden obtained a patent for processing condensed milk.

1909 – The first car race to be run on brick occurred at the Indianapolis Motor Speedway.

1934 – Adolf Hitler was approved for sole executive power in Germany as Fuehrer.

1940 – The new Civil Aeronautics Administration awarded honorary license #1 to Orville Wright.

1960 – Two dogs and three mice were launched in Sputnik 5.

1993 – “Cheers” ended an 11 year run on NBC-TV.

2004 – Google Inc. stock began selling on the Nasdaq Stock Market. The initial price was set at \$85 and ended the day at \$100.34 with more than 22 million shares traded.

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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