



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

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DMVA Weekly Highlights

21 March 2003

Joint Chief of Staff, COL (Ret) Michael B. Smith

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1. SEND MESSAGES OF SUPPORT TO OUR SERVICEMEN AND WOMEN THROUGH OPERATION DEAR ABBY. Americans are able to send a special message to our men and women in the military defending freedom worldwide through Operation Dear Abby. Since 1967, when Sgt. Billy Thompson wrote Abigail Van Buren asking for a Christmas present for our service members – “just a letter from home,” “Operation Dear Abby” has brought joy to hundreds of thousands of US military personnel deployed away from home and around the world. Concerns about regular mail delivery have prompted the military to suspend the letter writing campaign. Today, however, you can participate in this program and send an e-mail message of support at the website, www.OperationDearAbby.net, sponsored by Dear Abby and the US Department of Defense

2. FLAG RETIREMENT SERVICE PLANNED FOR BRIGADIER GENERAL WILLIAM C. DOYLE VETERANS MEMORIAL CEMETERY. American Flags that are no longer serviceable to be displayed will be accepted at the Brigadier General William C. Doyle Veterans Memorial Cemetery. Flags received by 31 May will be burned at a local crematory and the ashes will be buried at the cemetery on Flag Day, June 14. This will be an on-going program and flags received after 31 May will be retired at the next Flag Day ceremony.

3. PRESIDENT GEORGE W. BUSH ANNOUNCED THE ESTABLISHMENT OF GLOBAL WAR ON TERRORISM MEDALS. On 12 March 2003, President Bush established the Global War on Terrorism Expeditionary Medal and the Global War on Terrorism Service Medal. The Global War on Terrorism Expeditionary Medal shall be awarded to members of the Armed Forces of the United States who serve or have served in military expeditions to combat terrorism, as defined by such regulations, on or after September 11, 2001, and before a terminal date to be prescribed by the Secretary of Defense. The Global War on Terrorism Service Medal shall be awarded to members of the Armed Forces of the United States who serve or have served in military operations to combat terrorism, as defined by such regulations, on or after September 11, 2001, and before a terminal date to be prescribed by the Secretary of Defense. Both of these medals may be awarded posthumously to any person covered by and under regulations prescribed in accordance with the first of second sections of this order. Qualified members may be awarded either the Global War on Terrorism Expeditionary Medal or the Global War on Terrorism Service Medal in lieu of the Armed Forces Expeditionary Medal or the Armed Forces Service Medal, but no one may be awarded more than one of these four medals.

4. NEW JERSEY AIR NATIONAL GUARD ANNOUNCES LIEUTENANT COLONEL RONALD ALFORS HAS BEEN SELECTED AS THE NEW NJANG’S CHIEF OF STAFF and will begin to transition into the position on or about 1 June 2003. Lt Col Alfors transferred from the Air Force to the Air National Guard in 1972. During that time he has served the New Jersey Air National Guard with the 170th Communications Flight, Mission Support Squadron, and Services Flight. He has served as Commander of the 108th Services Flight Commander of the 108th Military Personnel Flight, Support Group Executive Officer/Management Analyst, and, most recently as Comptroller of the 108th Air Refueling Wing. Lt Col Alfors brings a wealth of experience and knowledge to the job. We wish him well in his new endeavor!

5. TRAINING AND TRAINING TECHNOLOGY BATTLE LAB (T3BL) EXPERIENCES TRAINING SURGE. Since the new 62,000 sq. ft. addition at T3BL opened up on January 1, 2003, volumes of soldiers have been training there. The demand is coming from unit commanders who see that the new facilities provide them with the opportunity to conduct individual and collective training in a unique environment. The main attraction has been four Night Fighting Lanes, which were primarily designed to train soldiers to use their Night Vision Goggles, but unit commanders are also using the lanes for common task training during hours of darkness. This week, the four computer classrooms are fully occupied with approximately 65 students. The classes being conducted include Property Book User Enhancement (PBUSE), Integrated Material Automation Program (IMAP), and Distributive Training Technology Program (DTTP) Instructor Operator Training. Mobilized units have also created huge demands on the new facilities at T3BL. Units have been conducting Military Decision Making Process (MDMP) training in the STOW Bays, and the Engagement Skills Training (EST 2000) is being utilized for individual Shoot-Don’t Shoot and unit collective marksmanship training scenarios. GUARDFIST II trainers are teaching soldiers proper call for fire techniques, and the 3-112 FA and Delta Battery are utilizing the Howitzer Crew Trainers for crew drills. Triple the number of soldiers are training at the T3BL and volume increases are expected in the next few months. If you’re going to use the T3BL for training, plan early, openings are filling up fast!

6. THE ADJUTANT GENERAL VISITED THE 1/150TH GENERAL SUPPORT BATTALION (GSAB) IN PANAMA accompanied by COL Carlini, COL Harvey, CSM Adkins, and CSM Barna, 12-15 March 2003. The 1/150th GSAB is providing aviation support for Task Force Chiriqui during Operation New Horizons

'03 in Panama. This five-month mission began on 13 January 2003 and will end in early May 2003. Operation New Horizons '03 is a humanitarian mission. Fifty-nine soldiers from the 1/150th will rotate through Panama during this five-month period, providing medical evacuation and air transport for the Task Force.

7. THE CHALLENGE PROGRAM IS LOOKING FOR A FEW GOOD MEN AND WOMEN TO JOIN THEIR STAFF. If you are a current or retired member of the New Jersey National Guard, there are employment opportunities available with the State of New Jersey's ChalleNGe Program. National Guard experience in drill and ceremony, military leadership, and physical training can be key attributes for a career as a ChalleNGe Youth Worker. The New Jersey Department of Military and Veterans Affairs employs full-time ChalleNGe Youth Workers at a starting salary of \$26,000 to \$29,000 with full state benefits, which include vacation time, sick leave, administrative leave, medical, dental, and vision care. Hourly Youth Worker positions are also available for all shifts. The hourly rate for these positions is \$11.40 (with no benefits). All three shifts are available. If working with teens in a disciplined environment as part of the New Jersey Department of Military and Veterans Affairs appeals to you, please contact the ChalleNGe Youth Program for an employment application at (609) 562-0570.

8. TRICARE POLICY CHANGE ANNOUNCED FOR NATIONAL GUARD AND RESERVISTS ON ACTIVE DUTY FOR MORE THAN 30 DAYS. Defense Department officials announced March 12 policy changes to Tricare Prime and Tricare Prime Remote programs for members of the National Guard and Reserve and their families. Beginning March 10, family members of Guardsmen and Reservists on federal active-duty orders for more than 30 days are eligible to enroll in Tricare Prime and use the access standards and cost shares associated with the program. Previously, sponsors had to be eligible in the Defense Enrollment Eligibility Reporting System and activated for 179 days or more before family members were eligible to enroll in Tricare Prime.

9. NOMINATIONS ARE SOUGHT FOR THE ENLISTED ASSOCIATION OF THE NATIONAL GUARD OF NEW JERSEY'S 2003 AWARD PROGRAM. Nominations are now being accepted for the CSM Wilfred Z. Lea Outstanding First Sergeant Award (Army and Air), the SGM Harry Arbeitman Outstanding NCO Award, the SFC Robert G. Vuinovich Outstanding Soldier Award, and the MSG John E. Bodine Outstanding Airman Award. All nominations must be in writing and include nominee's home address, home telephone number, and spouse's full name. Nominations are due to the Awards Chairman NLT 17 July 2003, at 101 Eggert Crossing Road, Lawrenceville, NJ 08648, Phone: 609-530-6977.

10. NJ VIETNAM VETERANS' MEMORIAL AND VIETNAM ERA EDUCATIONAL CENTER ANNOUNCES UPCOMING CALENDAR OF EVENTS.

29 March 1:00 pm	<i>Devil Doc: A Navy Corpsman in Vietnam</i> A slide show and discussion presented by Albert Naar (USN/USMC, 1965-1969, 3rd Marine Division, 3rd Medical Battalion, Phu Bai and Quang Tri)
26 April 1:00 pm	<i>Thirteen Months, Thirteen Stories, One Tour</i>
7 May 11:00 am	Remembrance Day Ceremony
10 May 1:00 pm	<i>Not at Ease: Photographs of America's Continuing Engagement with the Vietnam War</i>
26 May 11:00 am	Memorial Day Ceremony
14 June 1:00 pm	<i>Unknown Soldier</i>

11. EVER WONDER ABOUT THAT LITTLE YELLOW SHIELD ON YOUR COMPUTER SCREEN? The shield on the bottom of your computer screen is a program called Symantec Antivirus Corporate Edition. The consumer retail version is under the more common name of Norton Antivirus. That little yellow shield is your computer's defense against the numerous viruses that hackers have unleashed on the computer world. Your computer's Antivirus is updated automatically when a new virus protection definition is available. At least once a week, slide your mouse over the shield and double-click. A window will pop up and display the functions and status of your Antivirus protection. On the bottom right side of the expanded window is a date under the title "Virus Definition File." This date is rarely more than seven days old. This will let you know if you have a current virus definition to protect your computer. If it is past the seven days or the text in that box is gray (not black), you should call the Help Desk.

12. DISTINGUISHED SERVICE, VIETNAM SERVICE, AND MERITORIOUS SERVICE MEDAL PRESENTATION CEREMONIES ARE SCHEDULED.

27 Mar -- 1100 hrs Distinguished Service Medal, Meritorious Service Medal
Strawbridge's Court-Echelon Mall
Burnt Mill Road
Voorhees, NJ

10 April --1100 hrs Distinguished Service Medal, Meritorious Service Medal
National Guard Training Center, Building 35
Sea Girt, NJ

13. NEW JERSEY ARMY NATIONAL GUARD (NJARNG) MODERNIZES FOOD SERVICE OPERATIONS. To modernize food service operations within the NJARNG, while at the same time providing quality subsistence for all soldiers, individual Mobile Kitchen Trailers are in the process of being modified to accept the Modern Burner Unit (MBU). This fielding will be accomplished during the week of 18-21 March 2003, with corresponding periods of instruction for selected unit personnel. The MBUs replace the old M2 Burners that have served the NJARNG for the past 40 years. Food service personnel will no longer be required to awake at 0300 to light the burners for the breakfast meal. The new burners ignite with the touch of a switch.

14. ARMORY HAPPENINGS – CHECK TO SEE WHAT'S HAPPENING AT AN ARMORY NEAR YOU.

19-24 Mar	Home & Landscape Show	Westfield Armory
21 Mar	Circus	Cherry Hill Armory
21-23 Mar	Craft Show & Sale Home Design & Landscape Show	Morristown Armory Westfield Armory
22 Mar	Fundraiser & Cultural Event Circus	Lawrenceville Armory Woodstown Armory
23 Mar	Emcee Sports Cards & Comics Show Circus	Bordentown Armory Bridgeton Armory
24 Mar	Circus	Bordentown Armory
25 Mar	Circus	Flemington Armory
28 Mar	Circus	Washington Armory
30 Mar	NASCAR Collectibles Show	Bordentown Armory
2 Apr	Circus	Woodbridge Armory
2-6 Apr	Antique Show & Sale	Morristown Armory
12 Apr	Medieval Festival	Washington Armory
19 Apr	Wrestling	Cherry Hill Armory
23-27 Apr	Ball & Dinner Dance	Morristown Armory
28 Apr -7 May	Carpet & Furniture Show	Morristown Armory

15. TIPS TO KEEP YOUR ANXIETY LEVEL IN CHECK, AS OPERATION IRAQI FREEDOM BEGINS.

A second Gulf War has begun, our retirement accounts are shrinking with the economy, people we know have lost their job, and people we love risk losing their lives in service to their country. Our stress levels are rising. Two of the most common causes of high anxiety are lack of security and lack of safety. Americans are facing a struggling economy that threatens our economic security and now we've been told to watch out for physical threats every day. Increased anxiety levels are normal, and feeling appropriately anxious motivates us to cope. However, we need to remain focused on the things that are OK – family and friends, and never lose hope that better days lie ahead. Here are things we can do to lower our stress levels:

Think about the serious issues of the day, but don't get caught up in a loop of worrying about the same things over and over. Keep things in perspective.

Stay on regular sleep cycles.

Relaxation techniques, yoga, and exercise are all helpful for daily stress and worry. These things help get you out of your head and into your body.

Get comfortable with the notion that it's OK to go on with your daily activities even if you sometimes feel insecure and emotional.

16. THE SNOW COVER IS MELTING AND TEMPERATURES ARE SLOWLY RISING AS SPRING ARRIVES THIS WEEKEND. Not only is today the first day of Spring, but it is also known as the vernal equinox, which means "equal night". Because the sun is positioned above the equator, day and night are about equal in length all over the world. This time of equality between day and night has been, and continues to be, a timekeeper, marking our passage from darkness and cold to warmth and light.

17. WORDS OF WISDOM...

" An optimist is the human personification of Spring."

~ Susan J. Bissonette ~

" How wonderful it is that nobody need wait a single moment before starting to improve the world."

~ Anne Frank ~

" He who wishes to secure the good of others, has already secured his own."

~ Confucius ~

" Nothing in this world is impossible to a willing heart."

~ Abraham Lincoln ~

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Department of Military & Veterans Affairs
P.O. Box 340
Trenton, NJ 08625-0340
Phone: 609-530-4600

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