



The State of New Jersey
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4 March 2005
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NJ Dept of Military and Veterans Affairs

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We're on the Web!

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

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New Jersey Freedom Loans

108th Air Refueling Wing hosts Boy Scout Troop 74.

Boy Scout Troop 74 of Montgomery Township, NJ was the recent guest of the 108th Air Refueling Wing. Colonel Michael Cunniff, 108th Commander, who is a resident of Montgomery and an Eagle Scout himself, conducted the tour of McGuire Air Force Base. The scouts, who are working toward earning the Aviation Merit Badge, were impressed during their visit to a 108th KC-135E aircraft, where Chief Master Sergeant Mike Phelan was available to answer the boys' questions. The scouts toured the control tower, where they observed planes fly combat approaches, touch-and-go landings, and perform missile-avoidance climb-outs. Their last stop was the RADAR control center. Here, the scouts saw how the controllers safely direct dozens of aircraft flying through the busy airspace between Washington, DC and New York City. The scouts visited the Air Force Base and the Air Victory Museum at the South Jersey Regional Airport as part of their February campout to the Pine Barrens of South Jersey.

Anheuser-Busch Company announces new Here's to the Heroes campaign.

Anheuser-Busch announced that it would open the gates to its Sea World, Busch Gardens, and Sesame Place theme parks for free to the military as a way of saying thanks to servicemembers and their families. "In our own small way, we're giving something back to the brave men and women and their families who make sacrifices every day for our country," said August A. Busch IV, President, Anheuser-Busch Company. Here's to the Heroes offers a free single-day admission to any active duty, reserve, ready reserve, or National Guard service member and as many as three "direct dependents." He or she need only to register, either online at www.herosalute.com or in the entrance plaza of participating parks, and show a Department of Defense photo ID. The offer will run through December 31, 2005.

Local chefs to honor the military.

South Jersey's personal chefs are offering a home-cooked salute to military personnel who recently have been stationed around the world. Members of the South Jersey chapter of the U.S. Personal Chefs Association are inviting military men and women from South Jersey, including Burlington, Mercer, and Ocean Counties, or the Philadelphia area to submit their names for drawings for a meal, cooked in their home, for them and their family.

The 11 personal chefs who make up the South Jersey chapter will draw names randomly. Members of the personal chefs association come into people's homes to prepare meals for their customers when a temporary or long-term need arises. Names of military personnel, along with their address and phone number, should be sent to Richard Sost, Chapter President, South Jersey USPCA, 341 Deer Lake Court, Manahawkin, NJ 08050, or e-mail the information (uspcasjchefs@comcast.net).

Job Fair is scheduled for Fort Monmouth

A Job Fair will be held on Tuesday, 29 March 2005, from 10 a.m. – 3 p.m. at Gibbs Hall, Fort Monmouth. The Job Fair is being sponsored by the Army Community Service – Employment Readiness Program, and more than 60 companies are registered to participate. Picture ID will be required. No large bags, backpacks,

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

briefcases, etc. will be permitted. If you would like additional information, you may contact jill.mcdonald@mail1.monmouth.army.mil.

Veterans to be honored at upcoming Medal Ceremonies.

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

10 Mar 11 a.m. 1 p.m.	Distinguished/Meritorious Service Medals Korean Service Medal	Bordentown Armory 1048 Route 206 Bordentown, NJ 08505
17 Mar 7 p.m.	Distinguished, Meritorious, Korean, and Vietnam Service Medals	American Legion #115 700 Melbourne Avenue Beverly, NJ 08010
31 Mar 11 a.m. 1 p.m.	Distinguished/Meritorious Service Medals Vietnam Service Medal	Cherry Hill Armory Grove Street & Park Blvd. Cherry Hill, NJ 08002

Support the Troops

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

Pancake Breakfast - Hopewell, NJ – 13 March 05. A "Support the Troops" Pancake Breakfast is being sponsored by the Knights of Columbus #7103 on Sunday, 13 March 2005, from 8 a.m. to 12:30 p.m. The breakfast will be held at the Hopewell American Legion Hall, Van Dyke Road, Hopewell, NJ. Cost is \$7.00 per person (donation to the Family Readiness Group). Advance tickets can be obtained by calling COL Ron Cefalone at 609-562-0211 or Laura Branham at 609-530-6987.

JT2DC (T3BL) Soldier's Association Golf Tournament – 25 April 2005. The event will begin with a 9 a.m. Shotgun Start at the Fountain Green Golf Course, Fort Dix. Cost \$80 per person. Proceeds will assist the families of our deployed soldiers. For additional information, contact CSM Tim Maskery at 609-562-0539.

Get Dunkin Donuts coffee for your soldier. Dunkin Donuts will send a case of free coffee to your soldier. 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 use 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 designed 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 Connors and Herb Conaway that enables citizens to donate postage stamps for use by our troops and their families. Over 23,000 stamps have been donated to our National Guard soldiers and airmen and Family Readiness

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

Thought for the day:

"Because I am a woman, I must make unusual efforts to succeed.

If I fail, no one will say, 'She doesn't have what it takes. They will say, Women don't have what it takes.'"

- Clare Booth Luce

Programs. 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.

Have you ordered your FREE American Hero wristband? We did and it arrived in just 2 weeks!

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.

National Guard Association of NJ –Scholarship Announcement.

The New Jersey Vietnam Veterans' Memorial Foundation Scholarship Contest is available to graduating NJ high school seniors. Two \$2,500 scholarships will be awarded on May 30, 2005 at the Memorial Day ceremony at the NJ Vietnam Veterans' Memorial. To apply, students need to complete an application, submit proof that they are continuing their education at a college/university or trade/technical school, and submit a short essay about his/her visit to the NJ Vietnam Veterans' Memorial. Submissions must be received by 5 p.m. on Friday, April 15, 2005. Application and information can be found at www.njvvmf.org or by calling 1-800-648-VETS.

The National Guard Association of NJ is pleased to announce the continuation of the Scholarship Program for 2005. Completed applications will be accepted, beginning February 1, 2005 and must be postmarked, not later than, March 15, 2005. Applications and additional information are available online at: www.nganj.org and at your armory. Send completed applications to: National Guard Association of New Jersey, Scholarship Committee—COL Edward Slavin, 101 Eggert Crossing Road, Lawrenceville, NJ 08648.

American Legion Scholarship - If you have a son, daughter, grandson, or granddaughter that is a senior in high school, they may qualify to receive a scholarship through the American Legion. For applications, please call Mr. Robert Luby at 908-996-6005 or email him at robertlooby@earthlink.net.

The National Guard's Family Program Online Community has redesigned their website.

The National Guard's Family Program online community is a place to share information, find resources, and connect with others. Information on family issues, guard benefits, business matters, deployments, and many other topics can be found on the site. New content will be added over the next few months, so check back often - www.guardfamily.org.

Retirees wanted to provide Military Funeral Honors (MFH).

The J5/7 MFH Coordinator is looking for paid volunteers to provide MFH to New Jersey's fallen veterans. You must be retired from the Army or Army National Guard and meet military standards in the Army's Class A. uniform. Owning a Class A uniform is a plus, but not mandatory. If you are interested, please contact Mr. Denson at 609-530-7090 or e-mail him at Raymond.Denson@nj.ngb.army.mil for more information.

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

Date	Event	Location
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3-7 Mar	Antique Show & Sale	Morristown Armory
5 Mar	Bow Making Class (Teaneck Family Assistance Center)	Teaneck Armory
10-14 Mar	Craft Show & Sale	Morristown Armory
27 Feb	NASCAR Collectibles Show	Bordentown Armory
11-12 Mar	Auction	Cherry Hill Armory
16-20 Mar	Tool Show & Sale	Mount Holly Armory
20 Mar	Sports Card & Comics Show	Bordentown Armory
23 Mar	Circus	Jersey City Armory
30 Mar - 4 Apr	Home Design & Landscape Show	Westfield Armory
17 Apr	Sports Card & Comics Show	Bordentown Armory

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

On Saturday, 22 January, at 1 p.m., the NJ Vietnam Veterans’ Memorial Foundation will host a slide show and book discussion by Vietnam Veteran Thomas F. Morrissey, author and photographic illustrator of *Between the Lines: Photographs from the National Vietnam Veterans Memorial*. This book is a collection of photographs designed to not only capture the faces of those who visit “The Wall,” but the emotion, solitude, and ultimate spirit of healing that take place there. Throughout the book, Morrissey incorporates excerpts of messages that have been left at the Wall. Lecture attendees are asked to RSVP to 732-335-0033. A donation of \$5 per person is suggested.

19 Mar	1 p.m.	A Redcatcher’s Letters from Nam (199th Lt. Inf. Bde) Author lecture by Patricia Farewell Enyedy, sister of a NJ GI, KIA in Vietnam
2 Apr	10 a.m. 4 p.m.	Celebrating the 30th Anniversary of Operation Babylift, Vietnam (1975-2005) \$10 Admission fee
14 May	1 p.m.	Jenny 4 Author lecture by Vietnam Veteran Paul Drew

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.

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

The Laws of Training (Part 2 of 4)

1. Principle of Individual Differences

This principle is an acknowledgment that we all have different genetic blueprints and probably one of the most important to remember. Some athletes respond faster than do others. Some have the capacity to reach elite status and some do not. If we have everyone perform the same exercise program, not everyone will receive the same benefits at the same rate or to the same extent. This is an important principle to teach to people wishing to start an exercise program or to youngsters just coming into sports. There are two reasons: 1) so they can set realistic goals, and 2) so they don’t get frustrated when they do not see miraculous changes in their bodies or performance.

2. Overcompensation Principle

Calluses build up on your hands as an adaptive response to friction. Muscle fibers grow in size and strength in response to training. Lacerated tissue develops scar tissue. All involve Mother Nature's law of overcompensation for a stress response. In other words, it's nothing more than a survival mechanism built into the genetic code of the species.

3. Overload Principle

Related to the Overcompensation principle, this is the principle that states that in order to gain in strength, muscle size, or endurance from any training, you must exercise against a resistance greater than that "normally" encountered. If you use the same amount of resistance for the same number of repetitions every workout, there will be no continued improvement beyond the point to which your body has already adapted.

Today in History..

Today is Friday, 4 March 2005. It is the 63rd day of the year with 302 days remaining.

1634 – Samuel Cole opened the first tavern in Boston, Massachusetts.

1789 – The first Congress of the United States met in New York and declared the U.S. Constitution was in effect.

1826 – The first railroad in the U.S. was chartered. It was the Granite Railway in Quincy, Massachusetts.

1908 – The New York Board of Education banned the act of whipping students in school.

1917 – Jeannette Rankin of Montana took her seat as the first woman elected to the House of Representatives.

1975 – Queen Elizabeth knighted Charlie Chaplin.

1998 – The U.S. Supreme Court said that federal law banned on the job sexual harassment even when both parties are the same sex.

March is Women's History Month

This year's Women's History Month theme is "Women Change America." It honors and recognizes American women for their work in transforming culture and politics as leaders, writers, scientists, educators, politician, artists, and historians. "Women Change America" also celebrates the many ways in which the spirit and courage of American women have added to the vitality and diversity of American life.

Famous Firsts by American Women

1849 – Elizabeth Blackwell receives her M.D. degree from the Medical Institution of Geneva, New York, becoming the first woman in the U.S. with a medical degree.

1866 – Lucy Hobbs becomes the first woman to graduate from dental school, the Ohio College of Dental Surgery.

1872 – Victoria Claflin Woodhull becomes the first woman presidential candidate in the United States when she is nominated by the National Radical Reformers.

1901 – On October 24, 1901, Annie Edson Taylor, a schoolteacher from Michigan, becomes the first person to go over Niagara Falls in a barrel.

1934 – Lettie Pate Whitehead becomes the first American woman to serve as a director of a major corporation, The Coca-Cola Company.

1946 – Mother Maria Frances Cabrini is canonized by Pope Pius XII becoming the first American citizen to become a saint.

1972 – Juanita Kreps becomes the first woman director of the New York Stock Exchange.

1981 –President Reagan appoints Sandra Day O’Connor to the Supreme Court, making her its first woman justice.

1997 – Madeleine Albright is sworn in as U.S. Secretary of State. She is the first woman to hold that position.

1999 – Lt Col Eileen Collins is the first woman astronaut to command a space shuttle mission.

1999 – Nancy Ruth Mace is the first female cadet to graduate from the Citadel, the formerly all-male military school in South Carolina.

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

To reach any NJ National Guard Family Assistance Center - Call toll free 888-859-0352.



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