



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

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## DMAVA Highlights Archives

**4 February 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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### State Veterans Service Council

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### NJ Advisory Committee for Women Veterans

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 Advisory Council

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### New Jersey Freedom Loans

## "Welcome Home the Troops" – Saturday, 5 February 2005.

Major General Glenn K. Rieth, The Adjutant General, cordially invites all of our employees and their families to attend a "Welcome Home the Troops" ceremony at McGuire AFB for the over 300 soldiers of the 1/114th Infantry Battalion, New Jersey Army National Guard, who deployed to the Sinai in support of the Multi-National Force Observers (MFO) mission. The ceremony will be held on Saturday, 5 February 2005, at 3 p.m. in the 108th Air Refueling Wing's hangar at McGuire Air Force Base.

## NJ Air National Guard announces Enlisted Award winners.

Chief Master Sergeant Paul M. Gunning, State Command Chief Master Sergeant, recently announced New Jersey's nominations for the USAF 12 Outstanding Airman, Honor Guard Program Manager, and Outstanding First Sergeant of the Year Award Programs. Based on selection criteria such as leadership and job performance in primary duties, significant self-improvement, and base and community involvement, the following individuals were selected after a stringent board process:

177th Fighter Wing, SrA Brian Tunis – Airman category

177th Fighter Wing, TSgt Andrew Matejek – NCO category

177th Fighter Wing, MSgt John Overstreet – SNCO category

108th Air Refueling Wing, MSgt Donald Newlin – Honor Guard Program Manager

108th Air Refueling Wing – MSgt Severn Jackson – First Sergeant category.

Congratulations to these truly deserving Airmen!

## ChalleNGe Cadets help Fort Dix.

In the true spirit of community service, ChalleNGe cadets assisted Fort Dix snow removal efforts after the massive snowstorm we experienced on 22-23 January 2005. The cadets worked tirelessly on Sunday from 2 p.m. through 9 p.m. removing snow from key areas such as: the Red Cross, library, post chapel, and the post flag pole, just to name a few. On Monday morning the cadets were out in force again. Thanks go out to all of the cadets who helped keep the post clear and safe.

## 177th Fighter Wing participates in Job Shadow program.

On February 2, 2005, the 177th Fighter Wing hosted a group of students from the Atlantic County Institute of Technology in Mays Landing, New Jersey. The students were participating in a Job Shadowing program that part of the curriculum at the Institute. The 12 students who selected the Armed Forces as a future career were matched up with a member of the 177th Fighter Wing from various organizations on the base. Chief Master Sergeant Robert McCarty from the 177th Maintenance Group coordinated the day's events. The students were introduced to the Civil Engineering Squadron, Communications, Medical Group, Maintenance Group and Security Forces. The day culminated with a briefing from Master Sergeant Rebecca Lee from the 177th Recruiting Office. The efforts of the unit members who participated in this event, as well as similar events that take place throughout the year, are the primary reason the

**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

177th Fighter Wing has been able to maintain unit strength above 96% for the past several years.

**"Support the Troops" Pancake Breakfast to be held this Saturday in Teaneck.**

A Pancake Breakfast will be held on Sunday, February 6th, from 9 a.m. through 1 p.m. to benefit the Teaneck Family Assistance Center. VFW #1492, American Legion #128, and the Teaneck Public Schools are sponsoring the breakfast, which will be held at Thomas Jefferson Middle School, 655 Teaneck Road, Teaneck, NJ 07666 (Opposite Holy Name Hospital). For tickets and information, please call SFC Hiller, SGT Loureiro, or SPC Durango at 201-833-8356.

**Overseas Deployment Training**

Overseas Deployment Training (ODT) provides Reserve Component (RC) units an opportunity to conduct unit-based, collective mission essential task list (METL) training while incorporating mobilization, deployment, reception, and redeployment activities. ODT improves RC readiness to execute their role as part of the Joint Force through participation in Joint exercise and training in a Joint context.

From 15 January to 5 February 2005, the Headquarters, 50th Personnel Service Battalion (PSB) 250th Adjutant General (AG) Detachment, and cooks from the Headquarters and Headquarters Detachment, Joint Force Headquarters were in Rhein Main Air Base, Germany on an ODT mission. These soldiers are working along side their Active Duty counterparts from the 64th Replacement Detachment. The Operations Officer at that headquarters reports that "they are doing great...they are extremely helpful and very professional."

The 50th PSB and the 250th AG Det will receive an External Evaluation for their training. External Evaluations focus on measuring the training proficiency and demonstrated ability of soldiers, leaders, and unit to perform METL tasks to Army standards. The results of the evaluations provide the basis for the commander's assessment of the unit's training readiness. Kudos to these soldiers for a job well done!

**Veterans to be honored at upcoming Medal Ceremonies.**

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

<b>10 Feb</b> 11 a.m. 1 p.m.	Distinguished/Meritorious Service Medal Korean Service Medal	Hackettstown Armory 901 Willow Grove Street Hackettstown, NJ
<b>24 Feb</b> 11 a.m. 1 p.m.	Distinguished/Meritorious Service Medal Korean Service Medal	Lawrenceville Armory 151 Eggert Crossing Rd. Lawrenceville, NJ

**Guard Family Team Building (GFTB)**

A new online program is now available to anyone who is interested in learning more about the National Guard. Guard Family Team Building, also known as GFTB, is designed for everyone: service members, spouses, parents, children, retirees, civilian employees, and interested community members. It helps the Guard "family" by teaching all aspects of life associated with the military, specifically the National Guard. The program modules cover a wide variety of topics most often requested by families and National Guard leadership. GFTB has been specifically developed to educate and empower those within the National Guard community. The courses are free and the knowledge received will give you a much better understanding of the National Guard. Register to take the online courses at <http://www.gftb.org/>

**Local Rotary Sends Gift Certificates to the 119th Corps Support Battalion.**

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

## Super Bowl XXXIX

**PATRIOTS vs. EAGLES**

Sunday, 6 February 2005  
Alltel Stadium, Jacksonville FL

"Some people think football is a matter of life and death. I can assure them it is much more serious than that."

..Bill Shankly.

The Ocean City, Upper Township Rotary International Club recently sent 100 \$10 gift certificates to the soldiers of the 119th Corps Support Battalion (CSB). Brig Gen (Ret) Jeffrey L. Pierson read the article about "Gifts from the Home Front" in DMVA Highlights just before the holidays and set out with his local Rotary Club to raise money through the sale of candles and weekly donations at meetings.

Battalion Commander, LTC Sharon Tootell, sent him an e-mail indicating, "The gift certificates were a great idea and all of the troops were happy to receive them. Many of the soldiers have come to me and informed me that they have already used them. Those gift certificates were greatly appreciated."

General Pierson indicated that the club members were very supportive of this project. In addition to several members being former military, one member has a son in the Navy, who recently provided aid to the people of Indonesia following the Tsunami, and another member has a daughter serving in the Air Force on a C-130 Special Forces Gun Ship with at least one tour in Iraq. General Pierson stated, "We all hope our deployed military forces return from their assignments safe and sound, but more specifically, the soldiers and airmen from New Jersey."

### 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](http://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.

### National Guard Association of NJ –Scholarship Announcement.

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](http://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.

### The Department of Homeland Security and Homeowner Groups release Emergency Guide for Homeowners.

Department of Homeland Security (DHS) Secretary Tom Ridge joined Homeownership Alliance President Rick Davis and Habitat for Humanity International Vice President Tom Jones, on 26 January to release the new Emergency Preparedness Guide for homeowners.

The guide, unveiled during an event at Habitat for Humanity International's "Congress Building America" home in Washington, D.C., is the result of a collaborative effort between DHS and the Homeownership Alliance.

"The Emergency Preparedness Guide gives homeowners practical measures they can take now to prepare themselves, their families, and their homes for any possible emergencies," said Ridge. We are pleased to join the Homeownership Alliance and Habitat for Humanity in this important effort."

Homeowners can obtain a copy of the Emergency Preparedness Guide online by [clicking here](#) (PDF).

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

### The Fit Tend to Fidget

Researchers have found that overweight people have a tendency to sit, while lean ones have trouble holding still and spend two hours or more a day on their feet, pacing around and fidgeting. The difference translates into about 350 calories a day. This is enough to produce a weight loss of 30 to 40 pounds in one year without trips to the gym! If only heavy people could act more restless like thin ones.

The difference in activity levels may be biological. It is the predisposition to be inactive that leads to obesity and not the other way around. Increases in obesity in recent decades could be traced more to declines in daily exercise than to increases in eating. We spend more time in cars, behind desks, and in front of computers and televisions. In an environment that allows people to be sedentary, those with a biological predisposition to sit still will, and in contrast, the restless ones will still find ways to burn off calories, even if it means walking around their desks.

## 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.

<b>19 Feb</b>	1 p.m.	<b>Rejoice or Cry: Diary of a Recon Marine, Vietnam 1967-1968</b> Author lecture by Vietnam Veteran John R. Rhodes
<b>19 Mar</b>	1 p.m.	<b>A Redcatcher's Letters from Nam (199th Lt. Inf. Bde)</b> Author lecture by Patricia Farewell Enyedy, sister of a NJ GI, KIA in Vietnam
<b>2 Apr</b>	10 a.m. 4 p.m.	<b>Celebrating the 30th Anniversary of Operation Babylift, Vietnam (1975-2005)</b> \$10 Admission fee
<b>16 Apr</b>	1 p.m.	<b>A Sense of Duty: My Father, My American Journey</b> Author lecture by former Vietnamese refugee and USMC Gulf War Veteran Quang X. Pham

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.

## Today in History...

Today is Friday, 4 February 2005. It is the 35th day of the year with 330 days remaining.

1789 – 1st Electoral College chooses Washington & Adams as President & Vice President.

1824 – J. W. Goodrich introduces rubber galoshes to the public.

1847 – 1st U.S. telegraph company established in Maryland.

1895 – 1st rolling lift bridge opens in Chicago.

1932 – The first Winter Olympics were held in the United States at Lake Placid.

1936 – 1st radioactive substance produced synthetically (radium E).

1941 – The United Service Organization (USO) was created.

1957 – Smith-Corona Manufacturing Inc., of New York, began selling portable electric typewriters. The first machine weighed 19 pounds.

1964 – The Administrator of General Services announced that the 24th Amendment to the U.S. Constitution had been ratified. The amendment banned the poll tax.

1974 – Patricia (Patty) Hearst was kidnapped in Berkeley, California, by the Symbionese Liberation Army.

2003 – Yugoslavia was formally dissolved by lawmakers. The country was replaced with a loose union of its remaining two republics, Serbia and Montenegro.

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### **Punxsutawney Phil sees his shadow.**

Punxsutawney Phil made his annual Groundhog's Day appearance this past Wednesday at Gobbler's Knob in Pennsylvania, and saw his shadow. Legend has it that this signals six more weeks of winter weather.

Punxsutawney Phil has been forecasting the weather for quite a long time. The earliest American reference to Groundhog's Day can be found at the Pennsylvania Dutch Folklore Center at Franklin and Marshall College:

February 4, 1841 – from Morgantown, Berks County (Pennsylvania) storekeeper James Morris' diary..."Last Tuesday, the 2nd, was Candlemas Day, the day on which, according to the Germans, the Groundhog peeps out of his winter quarters and if he sees his shadow he pops back for another six weeks' nap, but if the day be cloudy, he remains out, as the weather is to be moderate."

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### **Super Bowl Trivia –**

- Only one player has ever won the Super Bowl Most Valuable Player award three times – San Francisco 49ers quarterback Joe Montana. Super Joe won the MVP in Super Bowls 16, 19, and 24.

- The Dallas Cowboys hold the record for most appearances in the Super Bowl with eight. They won five of those games and lost three.

- Oakland Raiders receiver Jerry Rice holds the record for most touchdowns in the Super Bowl. Rice played in three Super Bowls with the San Francisco 49ers and scored seven touchdowns.

- Quarterbacks usually get a lot of attention when their team wins. So it's no surprise that quarterbacks have won most of the Super Bowl MVP awards. In fact, a quarterback has been named MVP in more than half of all the Super Bowls that have been played.

- Defensive lineman, Mike Lodish, holds the record for most Super Bowl appearances with six. He played in four Super Bowls for the Buffalo Bills and then two more with the Denver Broncos.

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### **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](mailto:Raymond.Denson@nj.ngb.army.mil).

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

Date	Event	Location
4-6 Feb	Antique Show	Lawrenceville Armory
20 Feb	Sports Card & Comic Book Show	Bordentown Armory
25-27 Feb	Cat Show	Morristown Armory
27 Feb	NASCAR Collectibles Show	Bordentown Armory

**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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