



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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We're on the Web!

www.state.nj.us/military

Thought for the Day

"Do not follow where the path may lead.

Go, instead, where there is no path and leave a trail."

..Ralph Waldo Emerson

Interesting Fact..

In George Washington's days, there were no cameras. One's image was either sculpted or painted. Some paintings of George Washington showed him standing behind a desk with one arm

Battery B, 3rd Battalion 112th Field Artillery is currently stationed at Camp Cuervo, Iraq.

Battery B, 3rd Battalion, 112th Field Artillery is currently stationed at Camp Cuervo, Iraq. Its Active Duty unit designation is C Company 89th Military Police (MP) Brigade, Task Force 759 MP Battalion. The unit is proud to announce that one of its soldiers, SPC Michael Scuzzese won the 89th MP Brigade Soldier of the Year award at Camp Victory Iraq. Just to highlight how many soldiers he was initially up against, the Brigade is actually a Task Force made of nine Battalions, each battalion is also a task force of roughly nine MP Corp Support Companies. The Brigade is nearly the size of a division in sheer numbers. Also, CPL Ian Brundage competed for the NCO of the year. Both SPC Scuzzese and CPL Brundage won 89th MP Soldier and NCO of the 3rd Quarter.

Some other interesting information about B 3/112 FA. The unit was awarded the following impact awards for achievement during combat: 4 Bronze Stars, 8 Army Commendation Medals (ARCOM) with V device, 8 ARCOMS and a total of 31 Purple Hearts. As told by MG Cincilli, Cmdr, 1st Cavalry Division and COL Phillips, Cmdr, 89th MP BDE, they have set the standard MP Companies. The unit also had one article written about them in the November MP Journal.

The NJ National Guard is proud of the unit's accomplishments and looks forward to their return sometime in 2005.

Salvation Army provides NJ National Guard Security Mission with a Thanksgiving Dinner.

Thanksgiving was celebrated by our soldiers assigned to the NJ National Guard Nuclear Power Plant Security Mission. Thanks to the Salvation Army and the coordinating efforts of SGT Raynaldo Correa, the airmen and soldiers assigned to securing our Oyster Creek and Salem nuclear power plants were able to enjoy a hot, full-course Thanksgiving Dinner. The Salvation Army provided hot turkey, mashed potatoes, cranberry sauce, pumpkin pie and more. SGT Correa and other staff members carefully transported and set up the dinner at the power plants. Our NJ National Guard security team members ate in shifts to allow everyone to enjoy the great dinner while the security mission continued. A big THANKS to the continued support of the Salvation Army.

Congressman Frank LoBiondo and Assemblyman Nicholas Asselta visited the Veterans Memorial Home at Vineland.

On 3 December 2004, Congressman Frank LoBiondo, Assemblyman Nicholas Asselta, and The Adjutant General, along with representatives from DMVA, visited the NJ Veterans Memorial Home at Vineland for a briefing and walk through of the new replacement facility. It is currently projected that the facility should be able to receive a temporary Certificate of Occupancy in June 2005, which means residents would begin relocating in the summer of 2005. All were highly impressed with the construction progress and praised the design and architectural structure as a whole. Everyone is looking forward to occupying this state-of-the-art facility, which will enhance the quality of life for our veteran home residents.

behind his back, while others showed both legs and both arms. Prices charged by painters were not based on how many people were to be painted, but by how many limbs were to be painted. Arms and legs are "limbs," therefore, painting them would cost the buyer more.

Hence the expression, "Okay, but it will cost you an arm and a leg."

(Fun Fact courtesy of CPT Mike Ciarrocca)

Gifts for Kids Drive is now underway.

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

Please be generous!

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

Important Cell Phone National Do Not Call Registry.

In a few weeks, a national directory of cell phone numbers will be published. This opens the door to solicitors calling our cell phones and using up our minutes. The Federal Trade Commission has set up a Do Not Call List (block). You must call FROM the number (cell phone) you wish to register. The number is 1-888-382-1222 and the process takes about 1 minute to register or you can go to the web address: <http://www.donotcall.gov>. It will work for both mobile or home phone numbers.

The National Do Not Call Registry gives you a choice about whether to receive telemarketing calls at home or on your cell. Most telemarketers should not call your number once it has been on the registry for three months. If they do, you can file a complaint at the Do Not Call website. Registration for your home or mobile phone is free and your registration will be effective for five years. FIASD-ISB strongly advises all DMAVA employees who are assigned work cell phones to call and register their work cell phone number for the Do Not Call List as soon as possible. It is also recommended that you register your personal cell and home phones if you wish to cut down on your telemarketing calls and save your monthly cellular minutes.

If you would like further information about the National Do Not Call Registry, please visit the web link below: <https://www.donotcall.gov/FAQ/FAQConsumersNew.aspx>.

NJ Air National Guard's 177th Fighter Wing sponsored Blood Drive.

On 5 December, members of the 177th Fighter Wing donated blood to benefit the American Red Cross of Atlantic City. Red Cross personnel utilized the Medical Group's classroom to set up their equipment and beds to accommodate a 40-unit drive.

"The reason for the late in the year blood drive was because the American Red Cross is in desperate need of blood for the winter, especially during the holiday season," stated Master Sgt. Jackie Jackson, Medical Group Health Systems Specialist, who hopes to make this a quarterly event. She has organized another blood drive, which is scheduled to take place on February 13, 2005. More than 35 unit members gave the gift of life this holiday season by donating a pint of blood. "I try to give every time I'm eligible," said Senior Master Sgt. Atanya Lindholm, 177th Maintenance Operation Flight Production Superintendent. "It isn't every day you can do something to save someone's life. Your donation might just save the life of someone you know."

For more information on donating blood or organizing a drive, log onto <http://www.pleasegiveblood.org>.

President Bush Signs Legislation strengthening Veterans Health Care.

Last week, President Bush signed the Veterans Health Programs Improvement Act of 2004 that will expand access to VA health care services and improve delivery of medical services and long-term care to veterans. The new legislation, sponsored by Congressman Chris Smith (NJ-4), Chairman of the House Committee on Veterans' Affairs, authorizes the establishment of new VA research and education centers specifically focused upon developing new treatments for veterans with multi-trauma injuries suffered in combat. Spending is also increased from \$75 million to \$99 million for the Grant and Per Diem program that assists homeless veterans. The new law creates a pilot program to use innovative online technologies and outside personnel recruitment agencies to assist in recruiting and retaining highly skilled nurses at VA facilities.

NJ Army National Guard's 63rd Army Band will present a Holiday Concert on 11 December 2004.

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.

Operation Teddy Bear

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.



The Melvin Cottrell Center for Senior Citizens and the Disabled, formerly known as the Jackson Senior Citizen Community Center, donated over 20 boxes of teddy bears, dolls, and toys to the 108th Family Readiness Center. The seniors clothed the bears and dolls with hand-knit sweaters and lots of love. The toys will be shared with the 305th FRC and our Army Guard brothers and sisters to be distributed to the families of those who are deployed this holiday season.

The City of Garfield will donate a fire engine to Tirana, Albania.

The City of Garfield, New Jersey, passed a resolution this week officially donating a fully operational fire engine to the city of Tirana, Albania. Contact was made by the Garfield City Fire Department and the New Jersey Bureau of Fire Department Services through the New Jersey National Guard State Partnership Program. The New Jersey fire fighters became aware of the desperate need of fire fighting equipment after meeting their Albanian counterparts during an event hosted by the NJ National Guard in June. During this event, Albanian fire officials toured several county fire academies throughout the state in order to learn the U.S. approach to fire training and to gather knowledge on the design and implementation of their own National Fire Training Center, currently under construction.

While the donated fire truck represents older technology that no longer meets the current standards in the United States, the capabilities that it possesses is superior to most fire equipment currently found in Albania and will make a great impact on fire fighting operations there. This donation not only demonstrates the great generosity of the citizens of the Garden State, and those of Garfield, New Jersey in particular, but also the community spirit found among all of our state's firemen and their willingness to reach out and help people across the globe.

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

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.

Statement of Chairman Chris Smith on the resignation of Veterans' Affairs Secretary Anthony Principi.

Congressman Chris Smith, Chairman of the House Committee on Veterans' Affairs, made the following statement on the resignation of Veterans Affairs Secretary Anthony Principi:

"Secretary Anthony Principi has been a highly effective and successful leader of the Department of Veterans Affairs. Over the past four years, Secretary Principi forged a true partnership between the Administration, Congress, and Veterans across the country. He leaves behind him a legacy of improvement and reform that has set VA on a course to serve veterans more effectively and more compassionately in the future. A war hero, successful businessman, and devoted public servant, Anthony Principi represents the best of what makes our country great; his whole life embodies the word 'patriot.' America's 25 million veterans and their families are better off today thanks to the vision, leadership, and hard work of Anthony Principi. Secretary Principi will be missed but he will not be forgotten."

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

Pearl Harbor Facts -

1. The attack began on Sunday, 7 December 1941 at 7:55 a.m.
2. 183 Japanese planes were launched in the attack at Pearl Harbor on the Island of Hawaii.
3. Five out of the eight battleships at Pearl Harbor were sunk or destroyed – USS Arizona, USS Oklahoma, USS Pennsylvania, USS Utah, USS West Virginia
4. The USS Nevada was the only battleship to get under way during the attack.
5. The Japanese fleet was under the command of Sadatoshi Tomoika.
6. Admiral Kimmel was the U.S. Commander of the American fleet at Pearl Harbor.
7. The Japanese used the weather forecast code "east west clouds" to signal the attack.
8. Many of the 2,400 U.S. military personnel who died are buried in a cemetery known as Punchbowl.
9. President Franklin Roosevelt signed a declaration of war against Japan on December 8, 1941.

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.patriotswweek.com.

Today in History...

Today is Friday, 10 December 2004, the 345th day of the year with 21 days remaining.

1896 – Alfred Bernhard Nobel died in San Remo, Italy. He was a Swedish chemist who invented dynamite. In his will he stipulated that income from his \$9 million estate be used for annual prizes for people judged to have made valuable humanitarian deeds.

1906 - U.S. President Theodore Roosevelt became the first American to be awarded the Nobel Peace Prize.

1931 – Jane Addams became a co-recipient of the Nobel Peace Prize. She was the first American woman to do so.

1950 – Dr. Ralph J. Bunche was presented the Nobel Peace Prize. He was the first African-American to receive the award. Dr. Bunche was awarded the prize for his efforts in mediation between Israel and neighboring Arab states.

1964 – In Oslo, Norway, Dr. Martin Luther King, Jr. received the Nobel Peace Prize, becoming the youngest person to receive this award,

1984 – South African Bishop Desmond Tutu received the Nobel Peace Prize.

1994 – Yasser Arafat, Shimon Peres, and Yitzhak Rabin received the Nobel Peace Prize. They pledged to pursue their mission of healing the Middle East.

Toy Drive – only one week is 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.

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

On Saturday, 11 December 2004, at 1:00 p.m., the NJ Vietnam Veterans' Memorial Foundation will host an author/lecture/slide presentation by Vietnam Veteran James Parker Wollner about his book, *The Bamboo Shoot: The Story of the 2nd Airboat Platoon*. James P. Wollner was trained in airboats by a Special Forces unit and served as an Airboat Pilot in Vietnam 1967-68. Wollner was awarded the Purple Heart Medal as well as the Army Commendation Medal with "V" device and oak leaf cluster for valor.

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.

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.

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

Hypertension Part 2 of 2

Among the key factors that should be considered when designing An exercise program if you are a hypertensive individual are the following:

Non-weight bearing or low-impact aerobic activities (e.g., walking, stair climbing, cycling, swimming, etc.) should be emphasized.

Exercise intensity should be kept at the low end of the intensity range (i.e., 50% to 75% of Max Heart Rate). It should be noted that high intensity (greater than 80% of MHR) aerobic exercise does not produce beneficial effects on blood pressure.

Exercise duration should last about 20-30 minutes per session and progress to 30—60 minutes as adaptation occurs.

Hypertensive individuals should be encouraged to exercise at least four times per week – although exercising on a daily basis is preferable.

A prolonged warm-up period (more than five minutes) is advised to ensure that the cardiovascular system is prepared for the upcoming physical activity. An adequate warm-up reduces the chances of experiencing a sharp and sudden rise in blood pressure.

An extended cool-down period (more than five minutes) is recommended so that a gradual transition can be made from the conditioning activity back to the resting state. Cooling down helps to prevent dizziness, light-headedness and fainting (all frequently associated with an abrupt cessation of exercise, especially in hypertensive individuals taking vasodilating agents).

On a side note: Now that the Physical Fitness Program has been approved, anyone needing ANY assistance or advice should feel free to seek me out. It's imperative that safety be your primary concern. Results come in a close second.

Armory Happenings –

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

Date	Event	Location
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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