

DMAVA Highlights

July 1, 2010 Volume 12 Number 24



With great weather forecasted for this holiday weekend National Guard recruiters could be very busy at the Guard Fit stand on the boardwalk in Seaside Heights. The colorful stand was recently opened with recruiters showing off their physical fitness skills to entice beach goers and sun bathers to test how many sit ups or pushups their can do to win a Guard Fit prize. Certainly it is more challenging than trying to knock down the milk bottles with a softball. Photo by Kryn P. Westhoven, DMAVA PAO.



It has been a decade since the idea was proposed to putting shovels in the ground for the construction of a multi-purpose room for the Paramus Veterans Memorial Home. On June 28 construction was started. For the ground breaking Maj. Gen. Glenn K. Rieth, The Adjutant General, second from right, was joined by Congressman Scott Garrett, third from right; Doris Neibart-CEO, Paramus VMH; and John Piccirilli-Engineer in Charge of Maintenance, Paramus VMH, far right. On the left side of the sign are Robert McCoobery, Carter Contracting, Roger Stine, Nadaskay-Kopelson, project architects and Raymond Zawacki, Deputy Commissioner for Veterans Affairs. The size of the addition is nearly 8,000 square feet and will be capable to have more than 700 people for entertainment and holiday events at the home. Photo by Kryn P. Westhoven, DMAVA PAO.



New Jersey Army National Guard Pfc. Saif "Sonny" Odah , right, hoists Pvt. Phillip Sardinha over his shoulder during injury evacuation training on June 26 for the Recruit Sustainment Program at Sea Girt. Odah, an Iraqi citizen, worked for American forces in Iraq and overcame long odds to receive a visa to come to the United States. One of Odah's first moves was to enlist. He is due to ship to basic training in September. He wants to be a cavalry scout. Photo by Sgt. Wayne Woolley, DMAVA PAO.

Always vote for principle, though you may vote alone, and you may cherish the sweetest reflection that your vote is never lost.

--John Quincy Adams, 6th president of United States

4th of July celebrations in the area

Joint Base McGuire-Dix-Lakehurst is set to host the annual Fourth of July celebration at the Doughboy parade grounds from 3 to 10 p.m. July 4 on Dix.

The event is FREE and open to the general public.

Entertainment will include: bouncy castles, a stilt walker, a magician, a balloonist, face painters and will include live rock-band performances by The Steve Marshall Band, Government Cheaze and The Benjamins. The highlight of the evening will be a fireworks display scheduled for 9:30 p.m..

Food and beverages will be available for purchase. Options include hamburgers, hot dogs, cheese steaks, kettle corn, funnel cakes, cotton candy, soft drinks and more.

Spectators are encouraged to bring blankets and chairs to the parade grounds. Pets, coolers and glass/plastic bottles will not be allowed onto the installation.

The Wrightstown, Brown Mills and Pemberton gates will open at 2 p.m. for all non-Department of Defense ID cardholders. DOD cardholders attending the event are encouraged to use the McGuire main gate.

This Independence Day celebration is a community outreach event allowing us to thank our surrounding communities and honor the birth of our nation.



Join Fort Hamilton when they celebrate our nation's Independence Day on Sunday, July 4. Monica, B.o.B and Wendy Williams have been confirmed to be at the event.

There will be a free picnic for the military and their families, 3-5 p.m. with music and games will be there to make the day even more enjoyable!

No outside coolers or food permitted on the installation for this event.

The concert begins at 7 p.m. and is open to all service members (active duty/reserves/National Guard) and their families, veterans, retirees, DoD civilians of Bay Ridge and Bensonhurst VA Hospital and first responders (FDNY/NYPD). Non-military/first responder affiliated civilians must be sponsored by someone with proper identification to attend this event.

Check out the Fort Hamilton Facebook page (www.facebook.com/fort.hamilton) and get a chance to be one of 60 Soldiers who will be part of a meet and greet with the artists.

Call 718-630-4772 or 718-630-4935 for more information.

DMAVA Green

By Tech. Sgt. Barb Harbison, NJDMAVA Public Affairs Specialist

We toss many things in the trash or throw them in the garbage disposal, thinking what use can that little thing be? Well, here are a number of ways to keep eggshells out the waste system.

Gardening: crushed eggshells in the holes in the bottom of plant pots; the shells give calcium to the plant roots. Or use for starting plants from seed; when they sprout you can plant the whole thing into the ground. Or soak them in a container of water and use to water your garden, giving you more lush plants. Or place them around your garden on top of the soil to deter slugs, snails and cutworms. It also irritates cat's paws and keep them from using your garden as a litter box.

At the bird feeder: add some crushed shells in a dish nearby. Female birds need extra calcium, particularly those who are nearing time to lay eggs or have recently completed laying.

In the kitchen: crush shells as fine as you can and let them sit in your drain basket. As water runs through the basket, pieces of shell will fall through and get into your drain pipes acting as an abrasive to get rid of hair and grease buildup. Or put crushed shells in a damp tea pot or thermos stained with tea; let sit overnight; add a little water, swish and empty. Or place a washed shell to the coffee grounds in your filter and brew; the calcium removes the bitter taste in the coffee.

Crafting: grind about six clean, dried shells into a fine powder. Mix with a teaspoon of hot water and a teaspoon of flour; roll paste mixture into a stick shape and wrap in a paper towel; let dry for several days, unwrap and you have chalk for the sidewalk or driveway.

Skin care: dissolve one eggshell in small jar of apple cider vinegar – takes about two days – then use the mixture to treat minor skin irritations and itchy skin.

Always rinse your shells before use. Of course you can always add the shells to your compost pile.

Keep Green!

Quotes

He is rich that is satisfied.

--Thomas Fuller, MD

A mistake in judgment isn't fatal, but too much anxiety about judgment is.

--Pauline Kael

No man is so tall that he need never stretch and none is so small that he need never stoop.

--Danish proverb

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New Jersey Department of Military and Veterans Affairs

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Sgt. Wayne Woolley – Public Affairs Specialist

Wounded Soldier and Family
Hotline
1-800-984-8523

Families

DMAVA Highlights

Military Appreciation Day at Six Flags, Aug. 6

Six Flags Great Adventure and Wild Safari is holding their Military Appreciation Day on Aug. 6. The special package of \$32.10 per person includes admission to Six Flags Great Adventure and Wild Safari and a two hour all-you-can-eat buffet in the Old Country Picnic Grove.



To get the special promotion, go to www.sixflags.com/greatadventure and type mlday10 in the Promo Code (upper right hand corner). Call Lisa at 732-928-2000, ext. 2864 if you have any questions.

The buffet is from noon to 2 p.m., with a menu of hamburgers, hot dogs, pasta salad, vegetarian baked beans, ice cream cups and Coca-Cola® products. Theme park hours are 10:30 a.m.-10 p.m. and the Safari is open 9 a.m.-4 p.m.

Workshop to become an outdoors woman opens

Registrations are now being accepted for the NJDEP's Division of Fish and Wildlife "Becoming an Outdoors-Woman" (BOW) Coastal workshop. Slated for September 10 - 12, 2010, the workshop is an opportunity to spend three value-packed days and two nights in beautiful Avalon when the crowds are gone and the weather and water are usually superb.

The low fee of \$395 includes lodging at the oceanfront Golden Inn (<http://www.goldeninn.com/>), seven meals and free instruction and use of equipment needed for the various wildlife and outdoor skill classes. A limited number of \$235 scholarships are available for first-time participants.

Although oriented towards women, this workshop is open to anyone who is at least 18 years of age who would like to learn about wildlife and outdoor skills on the Jersey coast. Snorkeling, fishing, geocaching, shooting, kayaking, archery, falconry, boating, crabbing and bird watching are just a few of the 23 hands-on learning sessions being offered. No prior knowledge or skills are required – just a willingness to learn from experienced and talented instructors.

This workshop has been a life changing experience for many women who discovered the joy of the outdoors and enriched their lives with the skills and confidence they acquired. It can do the same for you or someone you care about.

Don't miss out on this unique value and wonderful opportunity and experience. Register early to secure your spot for this great learning opportunity. Visit <http://www.njfishandwildlife.com/bowhome.htm> today to view and print the workshop brochure and registration form.

Blue Star Mothers reaching out to Gold Star families

By Karen Rokosny, Blue Star Mother

I am a member of Blue Star Mothers - NJ - 4, and Blue to Gold Liaison for that Chapter. If anyone knows of a Gold Star Family who has not been presented with a Gold Star Banner honoring their Fallen Hero, please contact me and, if the family wishes, I will secure and present it to them. I will also work with any Veteran's group on the above mission.

My contact information is: BSM-NJ-4, PO Box 916, Ocean Gate NJ 08740; daytime phone 732-901-7035.

Starlight Dinner at Picatinny's Cannon Gates July 10

Cannon Gates Catering, Picatinny Arsenal is presenting Starlight Dinner at Frog Falls on July 10, 7:30-11 p.m.

The evening will begin with passed hors d'oeuvres at 7:30 p.m. with a bar and music. Following will be three courses of appetizers, entrée and desserts.

Cost is \$24 per person. Call 973-724-2582 for information and reservations. Or check the Web site for more information about Cannon Gate Catering <http://www.pica.army.mil/mwr/catering/CannonGateCatering/main1.htm>.

Sittercity: new military childcare program

Your Sittercity membership is funded by the Department of Defense and is available at no cost to you! Go to www.sittercity.com/DOD to register.

Activate your membership today and find local sitters and military care providers- only takes 2 minutes.

Sittercity is America's largest and most trusted online source for in-home caregivers with over 1 million nationwide caregiver profiles. Sittercity helps you find:

- Babysitters: For after-school, hourly care, school vacations, deployment and PCS, extended work hours, special needs children, and anytime you need a sitter.
- Nannies: For full and part time, infant and young child care
- Certified CDH/FCC care providers
- Care providers who are authorized access to an installation
- Elder care providers, dog walkers, housekeepers and tutors

Your Sittercity membership gives you online access to local caregivers with profiles that include background checks, parent reviews, references, a 4-Step screening process, pictures and more.

Et Cetera



The Menlo Park Veterans Memorial Home held its 7th annual Couples Lunch on June 24. Bob and Janet Miller were one of the 42 couples who filled the town square while Steve Berger provided music at the event. The Miller's will be celebrating their 64th wedding anniversary in two weeks. Photo by Kryn P. Westhoven, DMAVA PAO.

Vietnam Veterans Memorial Foundation hosting film screening, discussion July 17

On July 17, at 1 p.m., the New Jersey Vietnam Veterans' Memorial Foundation will host a film screening and panel discussion about the 1st Cavalry Division in Vietnam. The film, *We Were Heroes: The 1st Cavalry Division in Vietnam* will feature the story of the "First Team" in Vietnam including the famous battles and operations in Plei Me, LZ X-Ray, LZ Albany, Bong Son, Khe Sanh and A Shau Valley. This program will be held at the Vietnam Era Museum and Educational Center in Holmdel. Teachers who attend this program will receive professional development credit hours. Light refreshments will be served.

We Were Heroes: Vietnam is a compilation of DVDs that tells the story of the 1st Cavalry Division (Airmobile) in Vietnam. U.S. Army cameramen filmed the footage right in the thick of battle. Following the screening of the film, Vietnam Veterans who served in the 1st Cavalry Division will speak about their experiences and answer questions. The Vietnam Veteran panelists from New Jersey will include Bill McClung, Little Silver, and John Minor, Manchester.

McClung and Minor were both drafted into the U.S. Army and after basic training and advanced training ended up in the 1st Cavalry in Vietnam. Bill "Doc" McClung served as a combat medic for a reconnaissance platoon in 1969 and John "JJ" Minor served in the 1/7 Cav in Vietnam in 1967 as an infantry soldier.

Lecture attendees are asked to call 732-335-0033 to RSVP. Regular admission applies: free for veterans and active-duty military personnel; adult admission is \$4; student and senior citizen admission is \$2; and children under 10 are admitted free. The museum and educational center is located adjacent to the New Jersey Vietnam Veterans' Memorial, exit 116, Garden State Parkway.

Keep an eye out for heat injuries in the summer weather

Continuing our heat injuries article from last week.

As summer wears on, you may find yourself or someone around you suffering from a hot weather injury. While some injuries can be mild, other can be quite serious. Keep an eye on children, the elderly and your buddy especially during the hot and humid days of summer.

Sunburn –

Symptoms: red, painful, abnormally warm skin after exposure to the sun. Severe sunburn may require medical attention.

What to do: apply cold compresses or immerse sunburned area in cool water; apply moisturizing lotion to area; hydrate; move to shade and stay away from more sun exposure; don't break blisters.

Heat Rash –

Symptoms: red, itchy skin; may look like red cluster of pimples or small blisters.

What to do: apply cold compress or immerse in cool water; keep affected area dry; dusting powder may increase comfort.

Dehydration –

Symptoms: dizziness; weakness; fatigue; rapid pulse

What to do: replace water and salt; have person sip water; do not gulp water.

Heat Exhaustion –

Symptoms: dizziness; fatigue; weakness; headache; nausea; rapid pulse; heavy sweating; paleness; skin may be cool and moist; unsteady walk.

What to do: move to shade; lay flat and elevate feet; spray or pour water on person; slowly drink cool water, about one quart every 30 minutes, maximum two quarts; watch closely and if do not improve within 30-60 minutes, get to medical care.

Heat Cramps –

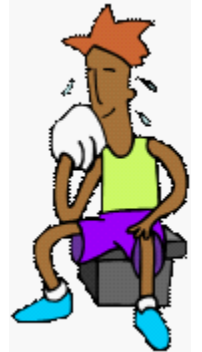
Symptoms: painful skeletal muscle cramps or spasms, mostly in the arms or legs.

What to do: sit quietly in the shade or cool area; drink juice, sports drink or rehydration product; get medical attention if cramps persist.

Heat Stroke –

Symptoms: extremely high body temperature (above 103 degrees F); red, hot, dry skin with no sweating; nausea; vomiting; rapid, strong pulse; throbbing headache; dizziness; altered mental status with agitation, confusion, delirium, disorientation; unconsciousness.

What to do: Get medical attention as soon as possible; meanwhile, cool the person however you can – in a tub of cool water, cool shower, wrap in cool, wet sheet and fan vigorously; keep monitoring airways, breathing and mental status.



Veterans & Military

Fast-running Soldiers needed to try out for NJ Guard ATM team

So Soldier, think you're fast?

Why not compete to represent the New Jersey Army National Guard at the Army 10-miler on Oct. 24 in Washington, D.C.?

The tryout will be held on Aug. 3 at the National Guard Training Center at Sea Girt. Show time is 6 a.m. at Building 35. The competition is open to both sexes and all ranks from within the Army Guard.

Soldiers who make the team will be placed on temporary duty for the race and their registration will be paid.

If you can't make the tryout, but want to try to represent the state at the big race, the posted results of a race 10 miles or longer can be used as a qualifier as long as that race is held within two months of the race.

For more information about competing, contact Sgt. 1st Class Melanie Rowton by email at Melanie.rowton@us.army.mil. For general information about the race, visit www.army10miler.com.

Free admission for NJARNG at the Freedom Fest State Fair

The Freedom Fest State Fair is the largest fair in Central Jersey. It is being held July 6-11 at the Horse Park of New Jersey, 626 Route 524 Allentown-Clarksburg Road, Allentown NJ 08501 and all National Guard Soldiers are being allowed free admittance into the fair throughout the event. ID cards are needed.

The fair thousands of visitors enjoying the rich heritage of New Jersey, its agriculture, business and craft exhibits, great food from area restaurants, national level shows featuring tigers, dog competitions, area horticulture and farm exhibits, horse shows, an antique car show, continuous live entertainment from local acts. Don't forget the expansive midway of rides and games.

Visit www.freedomfeststatefair.com for more information.

Invitation extended by JWV Post 972 to all veterans

An invitation is extended to all military personnel to join the Lt Seth Dvorin Post 972 of the Jewish War Veterans. The veterans meet on the first Wednesday of the month at the Marlboro Jewish Center located at 103 School Road West, Marlboro, N.J. Meeting time is 7:30 p.m.

Second Lt. Seth Dvorin was a native of Monmouth County who made the ultimate sacrifice while proudly defending the American way of life and liberty. Lt Dvorin was killed in Iraq Feb. 3, 2004. The post was renamed in May of 2004 to honor Lt. Dvorin.

Post 972 covers Monmouth and Ocean Counties. Anyone interested in joining this post or a similar post should contact Richard Berg at r2d2b2@optonline.net or Richard Dvorin at ltsethdvorinpost972jwv@comcast.net.

ROK looks to honor living veterans of Korean War

From the President of the Republic of Korea

On the occasion of the 60th Anniversary of the Korean War, the Republic of Korea 60th Anniversary of the Korean War Commemoration Committee has various plans to thank, honor and remember Korean War Veterans and their achievements.

One of the meaningful projects is to send letters of appreciation from the President of the Republic of Korea to as many living Korean War Veterans as possible to express tribute and profound gratitude for their service and sacrifice that laid the foundations of peace and freedom that we enjoy today.

We strongly recommend that Korean War Veteran who wants to receive the letter should fill out and submit an online application form for an appreciation letter from the Republic of Korea President.

A Korean War Veteran not able to submit an online application form can download, print and mail a form to the U.S. Branch of Republic of Korea 60th Anniversary of the Korean War Commemoration Committee.

By Internet: visit <http://eng.koreanwar60.go.kr/apply.asp>. Or type <http://mpva.sendmail.co.kr/apply/Application%form.doc> to get a downloadable application form. Complete and mail to:

U.S. Branch ROK 60th AKW Commemoration Committee
2450 Massachusetts Avenue N.W.
Washington DC 20008

Direct any questions to sweetwe@korea.kr.

Veterans with disabilities can get free hunting, fishing licenses

If you are a honorably discharged veteran with a service-connected disability and a New Jersey resident – you are entitled to free New Jersey hunting and fishing licenses, permits and stamps. Your disability must be declared by the U. S. Department of Veterans Affairs (VA) to be a service-connected disability of any kind for this benefit.

To find out the procedures needed to get certified, necessary documents and any restrictions, visit www.njfishandwildlife.com/dvinfo.htm. Questions can be directed to Sylvia Hall at 908-637-4125 or Sylvia.Hall@dep.state.nj.us.

Volunteers needed to help Wounded Warriors during race

There is a request for volunteers to help wounded Service Members from Walter Reed who are participating in the Achilles Hope and Possibility Run (5 mile) in Central Park on Sunday, June 27, from 7:30 a.m. to noon.

The volunteers are needed to support the Service Members from Walter Reed and assist as needed. Attire for the event is PT gear for military, casual for civilians.

If interested, contact Connie Morinello at 917-821-1867 for details and more information.

Calendar

"Last Hooah" July 16-18

Come join in Fort Monmouth's "LAST HOOAH" July 16-18. You will find Organization Day, sporting events, card tournament, live entertainment and more. Click here for more details - <http://www.monmouth.army.mil/mwr/lasthooah.html> or <http://www.fortmonmouthmwr.com>, or call 732-532-9407.

Water Pong tourney, July 15

Bucky's at Picatinny Arsenal presents its first annual Water Pong Tournament on July 15 at 4:30 p.m. until closing.

Participants should form teams of two before attending the tournament. If you do not have a partner, the organizers will team participants up when they arrive.

Please call Scott or Adam at 973-724-9621 if you have any questions.

DISCOM golf outing, July 8

Golfers, now is the time to sign up for the 17th Annual N.J. Army National Guard DISCOM Alumni Golf outing on July 8 at 8 a.m. It will be held at the Bunker Hill Golf Course, Princeton.

Cost is \$100 per person and includes all your fees, cart, refreshment cart on course, awards, door prizes, burgers and dogs at the turn, luncheon after the 18 holes. Also available are sponsors for holes - \$50 each - and carts - \$25.

To register to play or to become a sponsor, contact retired Master Sgt. Roger M. Colarusso Sr., at 609-732-446-0283. Registration is due no later than July 1.

Skyhawks baseball July 9

Military Appreciation Night at the Sussex Skyhawks Baseball at Skylands Park, Augusta, N.J., is on July 9. Gates open at 5 p.m., with the game starting at 6:05 p.m. The game is followed by fireworks sponsored by the Picatinny Credit Union. Everyone is welcome. Buy your tickets from Picatinny and save. Tickets are \$9 each. Call or stop by the "Take Off" Center in building 34 to reserve your seats. Tickets will be distributed the week prior to the game. To reserve your seats, or if you have any questions, please call Linda or Janet at 973-724-4014.

Somerset Patriots host veterans

Operation Jersey Cares is hosting the 8th Annual Veterans of America Day at TD Bank Ballpark, Bridgewater, on Aug. 29, starting at 4 p.m. There will be a celebration with a parade for the veterans with the guest of honor, Jack Gartenberg.

Gartenberg served in the U.S. Marine Corps from 1944-1946 and is a Iwo Jima survivor.

After the celebration, the Somerset Patriots invite everyone to stay and enjoy the game between the Southern Maryland Blue Claws and the Patriots. Veterans can receive free tickets; cost of tickets for friends and family will be \$5. To order tickets, contact Marc Russinoff, Somerset Patriots, 908-252-0700, ext. 215 or e-mail mrussinoff@somersetpatriots.com.

Park promotion for the day is a camouflage Patriots hat to the first 2,000 fans in attendance.

Sea Girt clambake, concert July 10

The National Guard Association of New Jersey is hosting a Clam Bake on July 10, 2-4 p.m., at the Sea Girt Training Center. It will be followed by a concert by the New Jersey National Guard Army Band at 5 p.m.

Cost is \$20 for adults, \$10 for children 12 and under. The menu will include steamed clams and crabs, hot dogs, hamburgers, barbecue chicken, corn on the cob, salads and refreshments.

To register, send a check made payable to "NGANJ," along with the Guard member's name and unit and number of adults and children attending to:

NGANJ - Clam Bake

PO Box 266

Wrightstown NJ 08652

Volunteers, mud run, July 18

MESP Inc., is producing a trail running race called "Down and Dirty" at the Belmont Plateau in Fairmount Park, Philadelphia, on July 18. The organizers are looking for adult, military-related groups to provide the 100 necessary "volunteers."

The race features military-style obstacles throughout a 5k and 10k course and a mud pit before the finish line.

MESP, Inc., will make a donation to the unit, or affiliated charity, in the amount of \$25 per person in the military group who volunteers. Each volunteer will also receive an event t-shirt.

Volunteers are needed to hand out water on the course, working the packet pickup/check-in tent, directing cards, directing athletes on the course and more.

While MESP is looking for a total of 100 volunteers, they will take smaller groups to make up a total of 100.

Hours needed are 5:30 a.m.-1 p.m.

If your unit is interested, contact Matt Peterson, Director of Operations, MESP, INC., 818-707-8866, ext. 17, cell 818-665-8313, fax 303-927-6852, or e-mail matt@mesp.com. Check out the web site for more information: www.downanddirty mudrun.com.

Veterans Outreach Campaign schedule

The DMAVA Veterans Outreach Campaign has kiosk displays at malls throughout the state and other special events to help veterans and their family members discover and apply for the benefits they are eligible to receive.

July 6 The Music Pier on the Ocean City Boardwalk, 11 a.m.

July 30 First Energy State Park, Lakewood**
Lakewood Blue Claws Veterans Appreciation Night

August 29 TD Bank Ballpark, Bridgewater**
Somerset Patriots Veterans of America Day

**Outreach events only