



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

Army Guard	Air Guard	Veterans	Administration	Leadership	Youth Challenge	Sitemap
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DMAVA Highlights Archives

10 September 2004 **Volume 3, Number 36**

NJ Dept of Military and Veterans Affairs

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The Adjutant General

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We're on the Web!
www.state.nj.us/military

Thought for the day..

Patriot Day

September 11th



We remember and honor

Those loved and lost.

What it means to be an American...

To believe in the promise of a better tomorrow,
And stand united in our efforts to

August was a busy month for the Division of Veterans Programs.

While some of us enjoyed the last days of summer at the beach or mountains, members of the Department's Division of Veterans Programs were extremely busy during the month of August.

- Our network of Veteran Service Officers met with 3,788 veterans throughout the state, and was able to secure 338 award letters that total \$5,344,000, which will be paid to our state's disabled veterans and their dependents.
- A total of over 400 Vietnam Service, Distinguished Service, and Korean Service Medals were presented at ceremonies around the state.

Support the Troops Benefit Golf Outing - 18 October 2004

The Oceanair Mens Club and the Toms River Lions Club are holding a golf outing to benefit and support the families of the DISCOM and Artillery units of Toms River and Ocean County whose finances have been affected by the deployment of National Guard members who have been called to duty in Iraq and Afghanistan. The golf outing will be held on Monday, 18 October 2004, at the Oceanair Golf and Country Club. Cost of the day is \$125. For more information call: 609-693-1941.

Veteran and Spouse Entitlement Outreach Event -

A special invitation is extended to all veterans and their spouses. On 28 October 2004, the New Jersey Department of Military & Veterans Affairs and the Department of Labor will sponsor a one-day, one-stop information and assistance event for our veterans and spouses. This event will provide information on securing benefits and entitlements for veterans and their eligible family members. There will be representatives from veterans organizations, Veteran Service Offices, State Approving Agency, Family Assistance Support, Civil Service for Preference and Pensions, Employer Support of the Guard and Reserve, GI loan office, and Recruiting and Retention. This event will be held at the National Guard Armory, 151 Eggert Crossing Road, Lawrenceville, NJ, from 10 a.m. to 3 p.m. and will include lunch. Please RSVP to (877) 872-5627 not later than close of business on Friday, October 22, 2004. We look forward to seeing you there. Don't forget to bring your DD-214.

Department of Labor offers veterans assistance through website.

give a peaceful nation to our children.

To honor each other's differences and cherish the richness of our history,
Even as it continues to unfold from sea to shining sea.

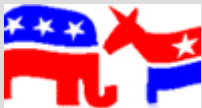
To love deeply, and never take for granted
the privilege of calling ourselves American.

..Unknown

Register and Vote!

"Half of the American people never read a newspaper. Half never voted President. One hopes it is the same half."

.. Gore Vidal



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

The Department of Labor's e-VETS Resource Advisor, located at www.dol.gov/elaws/evets.htm provides information to veterans on a broad range of topics, such as job search tools and tips, employment openings, career assessment, education, training, benefits, and special services available to veterans. The e-VETS Resource Advisor is divided into two sections: General Services and Personal Profile. Based on a veteran's interests and the information provided, e-VETS Resource Advisor will provide website links of specific interest to you.

Veterans to be honored at upcoming Medal Ceremonies.

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

30 Sep - 11 a.m. & 1 p.m.

Distinguished, Meritorious & Korean Service Medals

Westfield Armory
Union, NJ

Support the Troops Pancake Breakfast is scheduled.

A Support the Troops Pancake Breakfast will be held on Saturday, 16 October 2004, from 7 a.m. – 12 p.m. at the Westfield Armory, 500 Rahway Avenue, Westfield, NJ. The breakfast is sponsored by the Lions Clubs of NJ District 16E, 1127th Cavalry Association, Caring Hearts from Home of Westfield, Atlas Pythagoras Lodge #10 F & A Masons, American Legion Post #3, and the Knights of Columbus, Msgr. H. J. Watterson Council 1711. Proceeds of this even will support the soldiers and families of NJ National Guard's Family Readiness Council and the Family Assistance Center at Westfield. Cost is \$6.00 per person.

National POW/MIA Recognition Day – 14 September

National POW/MIA Recognition Day will be observed on 14 September 2004. This commemoration is set aside to honor the commitment and the sacrifices made by this nation's Prisoners of War and those who are still Missing in Action, as well as their families. By custom, it is often observed in Pentagon ceremonies on the third Friday in September; however, it has been moved in the past to avoid conflicts with religious observances. This year it will be observed on Tuesday, September 14, 2004, out of respect for Rosh Hashanah.

SAFETY NOTES –

Upcoming cool, fall weekends will provide many the opportunity to take to the road on a motorcycle. Here are a few motorcycle safety statistics to keep in mind.

- Two-thirds of accidents involving motorcycles and other vehicle are caused by the driver of the other vehicle violating the motorcycle's right-of-way.
- Failure of motorists to detect and recognize motorcycles in traffic is the predominant cause of motorcycle accidents; motorcycles are hard to see.

To do their part in preventing motorcycle accidents, motorists should:

* 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

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

- Look out for motorcyclists (you can often hear them before you see them).
- Respect a motorcycle as a full-sized vehicle with equal rights to the road.
- Allow plenty of space when following a motorcycle.

Fun Facts – (courtesy of LTC John Scannell)

- Most boat owners name their boats. The most popular boat name is Obsession.
- If you were spelling out numbers, how far would you have to go until you found the letter "A"? The answer is "one thousand."
- What do bulletproof vests, fire escapes, windshield wipers, and laser printers all have in common? A woman invented them all.
- What is the only food that doesn't spoil? Honey.
- On which day are more collect calls made than any other day of the year? Fathers Day.

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

On Saturday, 18 September, at 1 p.m. the NJ Vietnam Veterans' Memorial Foundation will host an author lecture and book signing by Vietnam-Era Veteran George J. Veith about his new book, co-written with Garnett "Bill" Bell, *Leave No Man Behind: Bill Bell and the Search for American POW/MIAs from the Vietnam War.*

The Vietnam War's POW/MIA issue has haunted America since the early stages of the war. Shrouded in controversy, a subject of great emotion amid charges of governmental conspiracy and Communist deceit, the possibility of American servicemen being held in secret captivity after the war's end has influenced U.S. policy toward Southeast Asia for three decades. Bill Bell, the first chief of the U.S. POW/MIA office in postwar Vietnam and the government's top POW/MIA field investigator, provides an insider's account of that effort.

George Veith, a former Army captain and tank company commander, served for almost seven years (1979-1986) in different command positions in US combat units in Germany and the United States. An acknowledged expert on the POW issue, he has addressed both the National League of Families and National Alliance of Families conventions on the subject o POW/MIAs, has presented papers at the last three symposiums of the Center for the Study of the Vietnam Conflict at Texas Tech University, and is frequently asked to speak before POW/MIA activist groups.

Lecture attendees are asked to RSVP to 732-335-0033. A donation of \$5 per person is suggested.

17 Sep	11 a.m.	National POW Recognition Day/Gold Star Mothers Day
18 Sep	1 p.m.	"Leave No Man Behind" (re: POW/MIAs) by George J. Veith
11 Nov	11 a.m.	Veterans Day Program

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, September 10th. It is the 254th day of the year, with 113 days remaining.

- 1846 - Elias Howe received a patent for his sewing machine.
 - 1897 - British police arrest George Smith for drunken driving. It was the first DUI.
 - 1913 - The Lincoln Highway opened. It was the first paved coast-to-coast highway in the U.S.
 - 1939 - Canada declared war on Germany.
 - 1940 - In Britain, a German bomb hit Buckingham Palace.
 - 1942 - U.S. President Franklin Roosevelt mandated gasoline rationing as part of the U.S. wartime effort.
 - 1953 - Swanson began selling its first "TV dinner."
 - 1955 - Bert Parks began a 25-year career as host of the "Miss America Pageant" on NBC.
 - 1990 - Iraq's Saddam Hussein offered free oil to developing nations in an attempt to win their support during the Gulf War Crisis.
 - 1998 - U.S. President Clinton met with members of his Cabinet to apologize, ask forgiveness, and promise to improve as a person in the wake of the scandal involving Monica Lewinsky.
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DMVA's Fitness Corner - Low Back Pain (Part 2 of a 5 part series) by Ernie Razzano, Certified Fitness Trainer

Step 2: Improve Segmental Alignment and Mobility.

The two most important common mechanical problems that cause back pain are misalignment and fixation. A misalignment can occur as a result of an injury, such as slipping or falling. If one vertebra moves out of its normal position, even just a little, it can create pain.

When two or more vertebrae get stuck together and stiffen up, or fixate, this interferes with the normal biomechanics of the spine. The two main causes of fixation of vertebral joints are trauma or remaining in a static position for prolonged periods of time.

Traumatic Fixation: Take, for example, jamming a finger while catching a baseball. The same principal applies to the spine. Micro (small) tears of the ligaments that hold the spine together eventually heal, but they heal with scar tissue that is not as flexible, and the next time you're lifting something heavy, guess which area gives way!

Static Fixation: This is stiffness created by being in one position for prolonged periods of time. When you bend over to pick a piece of paper after eight years

of sitting, you blow your back out and can't figure out why!

Chiropractic adjustments or manipulation are the best method mobilizing the spine, reducing the fixations, and creating normalized alignment. But the fixations or stiffness will recur within hours if you go back to 3-6 hours of straight sitting. You must maintain the mobility on your own after your treatment.

Start each morning by gently pulling one knee toward your chest and relax your back muscles as you pull. Hold for 3-5 seconds, pull the opposite knee toward the chest and hold it for 3-5 seconds. Then, clasp your hands at the top of both shins and gently pull your knees toward your chest. Hold for 3-5 seconds. Repeat this stretch five to ten times before you get up in the morning. The effectiveness of this exercise is dependent on how much you can relax your back while you're stretching.

Stretching when lying on your back or on your hands and knees, when done carefully, is great! Our backs need a break from gravity! So, take quick breaks, lie down for 2-3 minutes a few times a day—especially at night, instead of sitting on a couch. Think about how much time you spend sitting, compressing your back all day. Sitting increases the pressure in the lower back up to eleven times the normal pressure. Give your back a rest from the constant compression several times during the day.

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. 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

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