



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

DMAVA Highlights Archives

16 September 2005
Volume 4, Number 37

NJ Dept of Military and Veterans Affairs

Maj Gen Glenn K. Rieth
 The Adjutant General

Brig Gen Maria Falca-Dodson
 Deputy Adjutant General

Col (Ret) Stephen G. Abel
 Deputy Commissioner for Veterans Affairs

Contacting us is easy!

Office of the Assistant Commissioner

Col (Ret) Michael B. Smith

Mrs. Laura A. Branham

Phone: (609) 530-6987

Fax: (609) 530-7109

Email:
branham@njdmava.state.nj.us

We're on the Web!
<http://www.nj.gov/military>

The NJ National Guard Needs You!

Here is our featured
 Job of the Week

Self-Propelled Field Artillery Turret Mechanic (45D)

The self-propelled field artillery turret mechanic performs unit maintenance of carriage-mounted armament, associated fire control, and related systems on all self-propelled field artillery weapon systems. Diagnoses malfunctions of troubleshoots and performs other unit maintenance on carriage-mounted armament, associated fire control, and related systems and components on all

President declares a National Day of Prayer and Remembrance for the Victims of Hurricane Katrina. (A Proclamation by the President of the United States)

"Hurricane Katrina was one of the worst natural disasters in our Nation's history and has caused unimaginable devastation and heartbreak throughout the Gulf Coast region. A vast coastline of towns and communities has been decimated. Many lives have been lost, and hundreds of thousands of our fellow Americans are suffering great hardship. To honor the memory of those who have lost their lives, to provide comfort and strength to the families of the victims, and to help ease the burden of the survivors, I call upon all Americans to pray to Almighty God and to perform acts of service. I hereby proclaim Friday, September 16, 2005 as a National Day of Prayer and Remembrance for the Victims of Hurricane Katrina."

Department of Veterans Affairs (VA) awards Grant to Brigadier General William C. Doyle Veterans Memorial Cemetery.

On September 9, 2005, the Department of Veterans Affairs (VA) has awarded a grant of \$98,564 to the state of New Jersey for improvements to the Brigadier General William C. Doyle Veterans Memorial Cemetery in Wrightstown, the most active state veterans cemetery in the nation.

"By partnering with state veterans cemeteries, VA is able to honor our commitment to the men and women who have served in uniform," said the Honorable R. James Nicholson, Secretary of Veterans Affairs. "This partnership provides a final resting place for New Jersey's veterans that meets the high standards of a national shrine."

Coupled with an equal appropriation from the State, the funds will be used to remediate a drainage problem in Section L of the cemetery. Historically, following periods of heavy rain and snow, surface water ponds in this area. The project will involve the installation of a grid of French drains, re-grading and landscaping, with an anticipated completion date in November 2005.

The cemetery provided 2,669 burials last fiscal year. It is the only veterans cemetery in New Jersey with available space for casketed burials.

New Jersey Committee for Employer Support of the Guard & Reserve to hold Annual Conference and Award Luncheon.

Brigadier General (Ret) Robert S. Dutko, Sr., State Chair, NJ Committee for Employer Support of the Guard and Reserve (ESGR) announced that the New Jersey ESGR Annual Conference and Awards Luncheon would be held at the McGuire Air Force Base Officers Club on October 18, 2005. The goals for this conference will be to welcome new members, bring members up to date on committee activities and personnel changes, discuss matters of importance, and recognize deserving individuals and organizations during the Awards Luncheon. There will be an update/refresher of USERRA, the federal law that protects service members' jobs while they are deployed, as well as applicable state laws. There will also be presentations by senior commanders of the NJ National Guard and Reserve forces.

Jewish War Veterans make donation for NJ National Guard's Family Assistance Program.

self-propelled field artillery
weapon systems.

If you're interested in an exciting
job opportunity,

contact your Recruiting Office at

1-800-792-8396



Veterans' Organizations Contact Information

State Veterans Service Council

Mr. Richard Clark
RJClark21@msn.com

NJ Advisory Committee for Women Veterans

Mrs. Anna Hoffman
hoffmanannem@aol.com

BG Willam C. Doyle Cemetery
Advisory Council

Mr. William Rakestraw
warjrnj@msn.com

Veterans Hotlines

Benefits & Entitlements

1-888-8NJ-VETS
(1-888-865-8387)

Mental Health

1-866-VETS-NJ4
(1-866-838-7654)

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)

The Jewish War Veterans continue to support the Family Assistance Program. On Tuesday, 13 September 2005, the Clearbrook Post 395 of the Jewish War Veterans presented Mrs. Linda Rieth with a check for \$1,000. Presenting the check were: Ben Roth, Past State Commander; Al Sosner, Current Post Commander; Abe Barbash, Post Quartermaster; and Seymour Kurtz, Past Post Commander. The families of our New Jersey National Guard appreciate the unbelievable support they continue to receive during the War on Terrorism.

Standdown 2005 to be held in South and North Jersey.

Homeless veterans and their families are invited to attend the annual one-day Standdown that will be held at Essex County College on 17 September 2005 and at the Cherry Hill Armory on Friday, 23 September 2005, from 8 a.m. to 2 p.m. Federal, state, public, and private support agencies will offer a broad array of FREE services and assistance such as: VA benefit counseling, welfare, Social Security, food stamps, legal services, addiction services, housing, medical, dental, employment/unemployment, haircuts, and clothing provisions. Pre-registration and transportation arrangements are encouraged. Call (800) 464-8387 for additional information.

104th Engineer Association plans benefit golf outing.

The 104th Engineer Association will hold its first annual golf outing to benefit the "SGT Frank T. Carvill Scholarship Program." The event will be held on Monday, 19 September 2005 at the Overpeck County Golf Course in Teaneck, NJ. Contact www.EANG-NJ.org to obtain additional information.

Philadelphia Eagles - National Guard Appreciation Day

The Philadelphia Eagles announced that on Saturday, October 15, 2005, they would hold "National Guard Appreciation Day" under the tent at the Cherry Hill Armory from 9:00 a.m. to 4:30 p.m.

Attendees will meet Eagles' players, Jon Runyan, Hank Fraley, Artis Hicks, and Shawn Andrews. Also attending the event will be NFL Films President, Mr. Steve Sabol. Military ID will be required for admission.

Family Reunion briefings and workshops are scheduled.

The 42nd Infantry Division will be coming home from IRAQ in the near future. Briefings and workshops are scheduled to assist family members and friends to prepare for the reunion with their Soldier. Topics to be covered will include understanding the changes that have occurred both in yourself and in your returning soldier, adjusting and enhancing lines of communications, asking the right questions, and listening to his or her answer. Dates and locations of the briefings are:

Thursday, September 22nd, Thursday, September 29th
7:00 p.m. Teaneck Armory

For further information or to RSVP, call Sarah Loureiro at 201-833-0632.

2005 Army Football Special Ticket Offer – Salute to Everyday Heroes.

Come out to Michie Stadium at West Point, New York, as Army Football Salutes Everyday Heroes on Friday, September 23, 2005 at 8 p.m. and watch the Black Knights take on the Iowa State Cyclones under the lights. Tickets will be \$5 for all of the following Everyday Heroes: Military Personnel, Police, Fire & EMT Workers, Scout Masters, Cub, Boy & Girl Scouts, and Teachers. Retired and Active members are all eligible for the Everyday Heroes special ticket pricing. Tickets must be purchased by calling: 1-877-ARMY TIX (877-276-9849).

Enlisted Association of the National Guard announces Enlisted Conference.

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

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

The Enlisted Association of the NJ National Guard is proud to announce the Enlisted Conference at the Clarion Hotel & Conference Center in Atlantic City West. The Conference will be held 7 thru 9 October 2005. During the Conference we honor our Outstanding Soldiers and Airmen. There are various plans available. Friday night is the Halloween Masquerade Ball with Tex-Mex Buffet, and Saturday is the Formal Evening Ball with dinner and dancing. For additional information, contact SGM (Ret) Jerome Zebrowski at 609-214-6959 or e-mail jcptfalc@aol.com or SGM Edward Goetschius at 609-965-1972 or e-mail esgtmaj@comcast.net or www.EANG-NJ.org to get an application, plans and other activities offered. Thank you for your support!

Veterans to be honored at ceremony on 29 September 2005.

Salem and Cumberland County veterans will be honored in ceremonies to be held at the Salem County Community College, 460 Hollywood Avenue, Carneys Point, NJ. Veterans will be presented with the New Jersey Distinguished Service Medal at an 11 a.m. ceremony.

Salvation Army – Operation Red Shield.

Operation Red Shield is a fully funded program run by the Salvation Army to meet the emergency needs of our deployed service personnel and their dependents. If anyone needs assistance or additional information on Operation Red Shield, please call 888-302-6100 or 888-247-0100. Full program details can also be viewed at www.salvationarmynewjersey.org.

NJ Vietnam Veterans' Memorial and Vietnam Era Educational Center's upcoming event schedule.**10 Sep 1 p.m.**

Between the Lines: Photographs from the National Vietnam Veterans Memorial. Author lecture and slide presentation by Vietnam Veteran Thomas F. Morrissey.

16 Sep 11 a.m.

National POW/MIA Recognition Day and Gold Star Mothers Recognition Day ceremony.

18 Sep 11 a.m.

Rolling Thunder – NJ, Motorcycle Run for POW/MIA Awareness.

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.

Job Fair to be held at Fort Monmouth.

A Job Fair will be held on September 20, 2005 from 10 a.m. to 3 p.m. at Gibbs Hall, Fort Monmouth. Army Community Service – Employment Readiness Program is sponsoring the Job Fair that will have the participation of over 60 businesses. Parking is limited and the public is encouraged to car pool or take public transportation. Photo ID will be required. No large bags, backpacks, briefcases, etc. will be permitted inside the gate. Lunch will be available for purchase inside Gibbs Hall. Bring adequate copies of your resume as no copy facilities will be available. If you require additional information, you may contact jill.mcdonald@mail1.monmouth.army.mil.

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 SGM Edward Goetschius, Military Funeral Honors Coordinator, at 609-530-7090 or by e-mail at Edward.goetschius@nj.ngb.army.mil.

Sun National Bank
1-800-691-7701

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

Date/Time	Event	Location
17 Sep 10 a.m.-7 p.m.	Irish Festival Ancient Order of Hibernians	Sea Girt
17 Sep (10am-6pm) 18 Sep (11am-6pm)	Antique Show	Morristown
18 Sep (7:30am-4pm)	Sport Card & Memorabilia Show	Bordentown
21 Sep (5pm-9pm)	Free Rabies Vaccination Township of Lawrence	Lawrenceville
22-24 Sep (10am-8pm) 25 Sep (10am-6pm)	Tool Show	Woodbridge
22-24 Sep (10am-8pm) 25 Sep (10am-6pm)	Tool Show	Freehold
24 Sep (6am-6pm)	Flea Market	Teaneck
24 Sep (10am-10pm)	Medieval Festival	Westfield
30 Sep (10am-5pm) 1 Oct (10am-8pm)	Quilt Show	Westfield

Fitness Corner –

Ernie Razzano, Certified Fitness Trainer, ernest.razzano@njdmava.state.nj.us

Coffee and Antioxidants

Coffee usually gets bad press, but in a recent study it is the number one source of antioxidants in the U.S. diet. We get over one gram of antioxidant compounds called flavonoids in our average daily consumption of coffee, which is about 8 ounces. Tea is far behind at roughly 300 milligrams of antioxidants in our average daily consumption. Flavonoids are pretty high in tea, but we just don't drink a lot of tea in America. The study determined the antioxidant content of more than 100 different foods and beverages, and also analyzed data from the U.S. Department of Agriculture on how much Americans consume of each item.

As mentioned, coffee came out on top on the combined basis of both antioxidants per service size and frequency of consumption, followed by bananas, dry beans, and corn. By virtue of how much Americans consume, coffee far outranked many popular sources of antioxidants such as tea, milk, wine, chocolate, and cranberries. Dates actually have the most antioxidants of all items analyzed based solely on serving size, but not many people eat dates.

For those concerned about caffeine, good news – both caffeinated and decaffeinated coffee provide similar antioxidant levels. I want to emphasize here that coffee is not necessarily the best source of antioxidants. Fruits and vegetables are better for you from an overall nutritional point of view due to their higher content of vitamins, minerals, and fiber.

Today is Friday, September 16th. It is the 260th day of the year with 105 days remaining.

On this day in history...

1630 – The Massachusetts village of Shawmut changed its name to Boston.

1782 – The Great Seal of the United States was impressed on documents to negotiate a prisoner of war agreement with the British. It was the first official use of the impression.

1908 – General Motors was founded by William Durant. The company was formed by merging the Buick and Olds car companies.

1919 –The American Legion was incorporated by an act of the U.S. Congress.

1940 – U.S. President Roosevelt signed into law the Selective Training and Service Act, which set up the first peacetime military draft in the United States.

1974 – U.S. President Ford announced a conditional amnesty program for draft-evaders and deserters during the Vietnam War.

1976 – The Episcopal Church formally approved women to be ordained as priests and bishops.

1983 – Arnold Schwarzenegger becomes a U.S. citizen.

1987 – The Montreal Protocol was signed by 24 countries in an effort to save the Earth's ozone layer by reducing emissions of harmful chemicals by the year 2000.

1990 – 101 year old Sam Ackerman weds 95 year old Eva in New Rochelle, New York.

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

If you are able to assist the families of our deployed soldiers and airmen, please call our Family Readiness Center at our toll-free number 888-859-0352.

First Day of Fall to arrive next week.

In the language of science, an equinox is either of two points on the celestial sphere where the ecliptic and the celestial equator intersect. For the rest of us, it's one of two times a year when the sun crosses the equator and the day and night are of equal length (12 hours).

At the autumnal equinox (Thursday, September 22, 2005, 6:23 p.m. EDT), the sun appears to cross the celestial equator, from north to south; this marks the beginning of autumn in the Northern Hemisphere.

Thought for the day...

"Autumn is a second spring when every leaf is a flower."

- Albert Camus

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 Department of Military & Veterans Affairs
 P.O. Box 340
 Trenton, NJ 08625-0340
 Phone: 609-530-4600

Updated: June 13, 2018 8:59