



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

Army Guard

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## DMAVA Highlights Archives

**17 December 2004**
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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](http://www.state.nj.us/military)

### Thought for the Day

"There's nothing sadder in this world than to awake on Christmas morning and not be a child."

..Erma Bombeck

### Gifts for Kids Drive is now underway.

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

### Joint Force Headquarters (JFHQ)-NJ conducted reconstitution and reintegration activities.

Operations Enduring Freedom (OEF) and Iraqi Freedom (OIF) resulted in the mobilization and deployment of Reserve Component units and deployment of Active Component units in support of Central Command (CENTCOM). With the successful conclusion of the Airbase Security Mission for OEF, the 5-117th Cavalry will demobilize at Fort Drum, New York, and then return to home station (NJ) to conduct reconstitution and reintegration operations prior to release from active duty.

The Adjutant General's intent is to seamlessly reconstitute units and reintegrate all New Jersey Army National Guard soldiers and equipment back into the NJARNG. The transition of soldiers back from federal active service and the well being of their families is the Number One operational priority.

Joint Force Headquarters (JFHQ) – NJ conducted reconstitution and reintegration activities on 11-13 December 2004 at JFHQ-NJ, Building 3650, Fort Dix, NJ for the 5-117th Cavalry. The exercise returned 103 soldiers of the Cavalry to their command and families. Job well done soldiers – welcome home!

### Veterans awarded Distinguished & Meritorious Service Medals.

Mr. William Devereaux, Director of Veterans Programs, served as Guest Speaker at the 60th Anniversary of the Survivors of the Battle of the Bulge commemoration luncheon held in Wildwood on 8 December 2004. Mr. Devereaux presented nine Distinguished and Meritorious Service Medals to members of the organization.

### Toy & Gifts for Kids Drive is a tremendous success.

This year's annual Toys and Gifts for Kids Drive was a tremendous success. We collected 270 new gifts and toys. Thank you to all of our employees and friends who donated items to this year's drive. All of the gifts that were collected will be distributed to the families of our deployed soldiers and airmen. Special thanks to Ms. Roe Fisher and the Executive Women's Golf Association of Central New Jersey for their donation of gifts and toys for our children. The generosity exhibited by everyone is overwhelming. Thank you and God Bless you, one and all!

### 177th Explosive Ordnance Disposal Unit (EOD) Diffuses Explosive Situation.

In the late afternoon on Saturday, 11 December 2004, the Middletown Police Department requested EOD support from the 177th Fighter Wing. The two-man team from the EOD Shop responded to a situation at a private residence in Cape May. Upon their arrival, Technical Sergeant Edward Nickel and Staff Sergeant Milton Lecompte Jr. found that the individual had various types of unexploded ordnance in the garage that included two Civil War cannon balls, one of which was live, and a Civil War 10 lb. Parrot projectile. The EOD team removed all of the ordnance and transported it to the 177th Fighter Wing where it will be properly disposed of. The mission was accomplished without injury to personnel and property.

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 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

**Division of Veterans Programs – Veterans Service Office “Outreach”**

Mr. William McDonnell, Veterans Service Officer based in the Department's Thorofare, NJ office, conducted onsite briefings for two units of the 253rd Transportation Company in Cape May and Absecon on December 3rd. He briefed the troops on benefits and application procedures as part of an “Outreach” initiative of the Division of Veterans Programs to inform returning troops from Iraq and Afghanistan on federal and state benefits for veterans.

**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

**National Guard Association of New Jersey – 2005 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. Scholarships are available to dependents (including grandchildren) of NJ National Guard members, both active and retired (with 20-year certification), spouses, and NJNG members themselves who are currently enrolled in or planning to pursue their first undergraduate degree program. All current college applicants must be pursuing at least 12 credit hours (full-time) each semester. All Official (raised seal) transcripts and SAT scores must be verified and signed by school officials. Additionally, a letter from the applicant is required to complete the application process. Please see the application for subject matter of the required letter. Applications will not be accepted from previous awardees of a National Guard Association of New Jersey Scholarship. Applications 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.

**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.patriotsweek.com](http://www.patriotsweek.com).

**Today in History..**

Today is Friday, 17 December 2004, the 352nd day of the year with 15 days remaining.

1777 – France recognized American independence.

1791 – A traffic regulation in New York City established the first street to go “One Way.”

1843 – “A Christmas Carol” by Charles Dickens was published.

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. 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

1903 – The first successful gasoline-powered airplane flight took place near Kitty Hawk, North Carolina. Orville and Wilbur Wright made the flight.

1957 – The United States successfully test-fired the Atlas intercontinental ballistic missile for the first time.

1969 – The U.S. Air Force closed its Project "Blue Book" by concluding that there was no evidence of extraterrestrial spaceships behind thousands of UFO sightings.

1975 – Lynette Fromme was sentenced to life in prison for her attempt on the life of U.S. President Ford.

1986 – Davina Thompson became the world's first recipient of a heart, lungs, and liver transplant.

2002 – McDonald's Corporation warned that they would report their first quarterly loss in its 47-year history.

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

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

Upcoming events..

### **22 Jan - 1 p.m.**

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

### **19 Mar - 1 p.m.**

A Redcatcher's Letters from Nam\* Author lecture by Patricia Farawell Enyed.

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.

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

General Principles of Injury Prevention

Factors leading to sports injuries can basically be categorized in two areas: Intrinsic and Extrinsic factors.

### **Intrinsic Factors** (mental and physical preparedness)

Activity should be consistent with age, somatype, and capabilities.

Pre-participation screening is critical, especially if over 35, smoker, obese, etc.

Skills should be adequate for activity (i.e., lifting properly).

Muscle tightness can lead to injury.

A rational approach to competition must be employed (you can injure not only yourself, but others also).

### **Extrinsic Factors** (factors which impinge externally on performance)

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.

Other personnel: Trainers and coaches must beware of over stimulating the athlete into a performance, which is beyond his or her capabilities.

Training program design: Adequate fitness is critical (fatigue leads to injuries). Make sure you warm-up and cool-down!

Environment: Investigate equipment, flooring and venue in general. Thermal injuries: Hydrate, wear appropriate clothing, and acclimatize prior to activity or competition.

Clothing, footwear, etc: Proper fit and function.

Other equipment: mouth-guards, helmets, padding, belts, wraps

Fluids, nutrition and supplements: Dehydration can cause injury through performance impairment.

Fitness after injury: Rehab should address muscle wasting and joint stiffness

## Armory Happenings –

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

Date	Event	Location
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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