

DMAVA Highlights



April 1, 2010 Volume 12 Number 11

Governor, wife give \$141,851 to Family Readiness Council



Governor Chris Christie, left, presents Linda Rieth, center, Co-Chair, National Guard State Family Readiness Council, with a check for \$141,581, while his wife, Mary Pat, second from left, and Donna Vandergrift, second from right and Terry Dearden, right, applaud. Governor Chris Christie and his wife Mary Pat Christie presented checks at the National Guard Armory in Lawrenceville, N.J., to three charitable organizations from contributions generated through activities of the 2010 Christie-Guadagno Inauguration Committee on March 31, 2010. The three organizations Community Food Bank of New Jersey, Daytop-Village New Jersey and the National Guard State Family Readiness Council, received a combined total of \$448,852 in donations from the Committee. Photo by Mark Olsen, NJDMAVA/PA.

By Sgt. Wayne Woolley, DMAVA Public Affairs Specialist

When Gov. Chris Christie won election in November, he and his wife, Mary Pat Christie, decided to break a longstanding tradition and contribute the money raised for his inauguration to charity instead of to political campaign committees.

“Given the financial challenges everyone in the state is facing, and with the inauguration focusing everyone’s attention, why not highlight some of the organizations that make this a great state, help families and serve as symbols of everything that is great in New Jersey,” Christie said this week during a visit with DMAVA employees and National Guard troops at the Lawrenceville Armory.

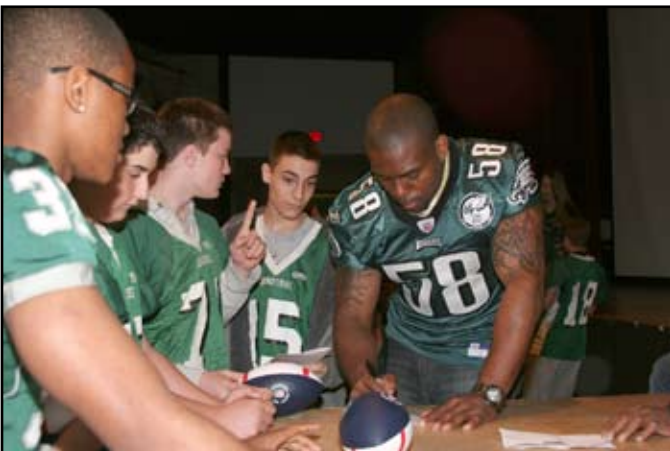
That decision ended up benefitting the New Jersey National Guard and every Soldier and Airman and their family.

The New Jersey State Family Readiness Council was one of three charities selected by the Christies to receive at total of \$448,852 in contributions from the campaign committee. The Council, which helps troops and their families overcome financial hardships brought on by deployments, received \$141,851.

The Council was formed six years ago and has already distributed more than \$1 million in grants to Soldiers and Airmen. Linda Rieth, the wife of Maj. Gen. Glenn K. Rieth, the Adjutant General, serves as the executive director of the Council, which is organized as a 501 (c) (3) nonprofit.

“Given the sacrifices made by our Citizen Soldiers and Airmen, we really have an obligation to put them and their families in the best place possible when they need help,” Christie said.

NFL stars visit local school



Philadelphia Eagles defensive end Trent Cole signs autographs at Hamilton's Steinert High School on Tuesday during a visit arranged by New Jersey Army National Guard Recruiting and Retention. Sgt. 1st Class Bruce Vega has a longstanding relationship with the high school and its football team. New York Jets center Nick Mangold was the other NFL star who came to the motivational rally for Steinert students. Photo by Sgt. Wayne Woolley, DMAVA Public Affairs.

Air Guard leadership conference



Col. Ondra Berry was the keynote speaker at the Leadership Symposium for all NJANG Officers and SNCOs that was hosted by the Commander of the NJANG, Maj. Gen. Maria Falca-Dodson at Timmerman Theatre on March 27. Col. Berry delivered a powerful message that left those in attendance feeling motivated and re-blued. He stated that 14 percent of any organization is fully engaged and 86 percent is just getting by. He issued a challenge that was echoed by Maj. Gen. Glenn K. Rieth, The Adjutant General, who was also in attendance, that all the senior leaders officers and NCOs alike get fully engaged to make our New Jersey Air National Guard a better organization if not for ourselves for the Airmen who will come after us. Photo by Mark Olsen, DMAVA Public Affairs.

Princeton Officers Society invites new members

From the desk of retired Col. Stan Lapidow

The Princeton Officers Society – an organization of men and women who are former or current commissioned military officers – is looking for members.

Founded in 1993 by the late Squadron Leader, Timothy Craxton, who served in the British Royal Air Force, gatherings of the society include veterans and guests who have served many countries and in all branches of the Armed Forces. Its membership represents service men and women who have served during World War II, Korea, Vietnam, Desert Storm and up to and including current officers of the wars in Iraq and Afghanistan. The Society meets every two months for a dinner "Formation" at the Nassau Club on Mercer Street in Princeton. Members and guests are encouraged to wear their military uniform or black tie with miniature decorations. The opportunity is presented to share military experiences with one another. If you are interested in learning more about the Princeton Officers Society, visit our website at <http://princetonofficerssociety.org> or call 609-896-9370.



Photo information

If your armory needs photos for the Chain of Command "wall," contact Tech. Sgt. Barb Harbison at barbara.harbison@njdmava.state.nj.us or call 609-530-7088. Tell us which photos you need and we will mail them to you or get them ready for pick-up.

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Officers and NCOs can now schedule their DA photo appointment online for the N.J. National Guard photo studio at Joint Force HQ, Fort Dix.

Just visit fill out a work order, DA 3903, online at www.vios.army.mil, but you must log in with your CAC card. For assistance or more information registering on VIOS, contact Staff Sgt. Jorge L. Vazquez, G6 Network Control Center at 609-562-0333.

The studio accepts appointments for any week day from 8-10 a.m. or anytime during JFHQ drill weekends. For more information on studio hours contact Kryn P. Westhoven at (609) 847-2215.

DMAVA Green

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

The white flowers are starting to pop out of the dogwood tree in my neighbor's front yard – I know Spring is here! And today is April 1 – the month of showers:

April showers bring forth May flowers. Not that we need much more precipitation coming from the sky. But all that rain is giving us green grass that is starting its yearly growing cycle and I know I will be hearing the sound of lawn mowers any day now.

Before you start up your mower, make grasscycling one of your new vocabulary words. A 1,000 square foot bluegrass lawn generates about 200 pounds of clippings annually; that's a lot of hauling. Instead of putting them at the curb for the trash man, make use of them. Use a mulching mower, which lets the clippings stay on your lawn. These clippings will break down and earthworms and other good microorganisms will become part of your green lawn. About 75 percent of the clippings are water, so you will cut down on the number of times you need to turn on the sprinkler.

For those lawn fanatics who cannot bear to leave clippings on their lawn – start a compost bin and toss your grass into the bin. Add food scraps and other items and you can add them to your garden later in the summer.

Mow long. According to the Rutgers University, New Jersey Agricultural Experiment Station Web site, "The mowing height changes according to the time of the season and grass species. In the spring and fall grass can be cut at 2.5 to 3.5 inches. In the heat of the summer the lawn can be cut at 3.5 inches."

Keep your yard out of the landfill – yard waste makes up 20 percent of stuff sent to the landfill on a yearly basis. For more information on yards and gardening, visit <http://njaes.rutgers.edu/garden/>.

Keep Green!

Quotes

Resolve to be thyself; and know that he who finds himself, loses his misery.

--Matthew Arnold

One's own self is well hidden from one's own self; of all mines of treasure, one's own is the last to be dug up.

--Friedrich Wilhelm Nietzsche

Wondrous is the strength of cheerfulness, and its power of endurance- the cheerful man will do more in the same time, will do it better, will preserve it longer, than the sad or sullen.

--Thomas Carlyle

DMAVA Highlights is published weekly by the Public Affairs Office of the New Jersey Department of Military and Veterans Affairs. The views and opinions expressed herein are not necessarily those of the Department of Defense, the Army, the Air Force, the National Guard, Veterans Affairs or the state of New Jersey. Letters may be sent to: NJDMAVA, DMAVA Highlights, Public Affairs Office, PO Box 340, Trenton NJ 08625-0340. E-mail at pao@njdmava.state.nj.us.

New Jersey Department of Military and Veterans Affairs

- Maj. Gen. Glenn K. Rieth – The Adjutant General
- Brig. Gen. James J. Grant – Director, Joint Staff
- Retired Col. Stephen G. Abel – Deputy Commissioner for Veterans Affairs
- Maj. Yvonne Mays – Public Affairs Officer
- Tech. Sgt. Barb Harbison – Public Affairs Specialist
- Sgt. Wayne Woolley – Public Affairs Specialist

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

Families

Military caregivers have free access to online network

By Elaine Wilson, AFNS

Military families now have free access to an online network of quality caregivers who can assist with everything from babysitting to dog walking.

Sittercity is the nation's largest online source for local babysitters, nannies, elder care providers, dog walkers, housekeepers and tutors, and contains more than a million caregiver profiles, officials said.

The Sittercity Corporate Program, funded by the Defense Department, offers military families -- including active duty, Guard and Reserve -- with a paid membership to the site.

"We believe that access to Sittercity's nationwide network of quality care providers will be highly beneficial to our servicemembers and their families," said Tommy T. Thomas, the deputy undersecretary of Defense for military community and family policy.

The paid membership enables military families entry to a custom-built Defense Department Web site portal where they can match up caregivers to their situation; gain instant access to caregiver profiles that include background checks, references and reviews; and find military-certified care providers as well as caregivers who are military-subsidized and authorized access to a military installation.

The site will help meet the unique needs of military families as they face deployments, long hours at work and assignments to remote locations, Mr. Thomas said.

"Because of the mobile nature of military life, trusted community resources are often difficult to identify and locate," he acknowledged. "These online tools will help service and family members attain the best match between resource and need."

Mr. Thomas said servicemembers and their families can rest assured that they're being provided with top-notch care.

The site "links military family members with somebody that the Department of Defense says, 'We've entrusted you to provide this service to our people,'" Mr. Thomas said.

"If that military member is out on the front line knowing that the family back home has a sense of ease and comfort, life is good for everybody," he added.

While the membership is free, servicemembers will be responsible for the hiring and payment of caregivers, officials said.

Military members and their families can activate their membership by going to <http://www.sittercity.com/dod>.

Sesame Street show at Joint Base MDL April 23-24

Grover! Cookie Monster! Elmo! And more of those fuzzy, loveable muppets from Sesame Street are coming to Joint Base McGuire-Dix-Lakehurst on April 23 and 24.

The Sesame Street/USO Experience for military families will be at building 3211, dock 11 on the McGuire section of the base at 10 a.m. and 1 p.m. on April 23 and at 2 p.m. on April 24.

There is free admission for military families and their children, mini shows and giveaways. For more information, visit <http://www.sesameworkshop.org/initiatives/emotion/tlc>. Call 609-754-3050 for details and to sign up for the show.

Mmmmmm....cookies!

Guard families asked to complete child care survey

National Guard Bureau Joint Services Support is conducting a child care and youth program survey. They are looking for Guard members and their families to participate. You can find a link to the survey at <https://www.jointservicesupport.org/Survey/Take-Survey.aspx?PageNumber=1&SurveyID=278>.

Great Adventure - Hurricane Harbor discount tickets now available in Family Programs

Discounted tickets to Great Adventure and Hurricane Harbor are available at the State Family Programs Office now through April 30. The tickets are good any day from the day the park opens until the close of season. Call Marie Durling at 609-530-6884 if you want to purchase tickets. Cash only.

Great Adventure/Safari - \$21 – (Regular price \$ 64.19)

Hurricane Harbor - \$15 – (Regular price \$36.99)

Meal Voucher - \$10 – (Regular price \$15)

Parking - \$10 – (Regular price \$ 15)



Guard Youth Camp July 11-17

Applications are now available for the 2010 New Jersey National Guard Youth Camp being held at Sea Girt, July 11-17. To download an application, go to: http://www.state.nj.us/military/familysupport/youth_camp.html or contact your nearest Family Assistance Center. **3**

Military and family members health insurance questions should be directed to:

Tricare – Sgt. 1st Class Louis Tuck, 609-562-0865

US Family Health Plans – Pam Worley, 732-977-8531

VA Medical – Michelle Stefanelli, 973-676-1000, ext. 1727

Et Cetera

VA easing the way for Gulf War vets to get disability compensation

WASHINGTON – Secretary of Veterans Affairs Eric K. Shinseki announced the Department of Veterans Affairs (VA) is taking steps to make it easier for Veterans to obtain disability compensation for certain diseases associated with service in the Persian Gulf War or Afghanistan. This will be the beginning of historic change for how VA considers Gulf War Veterans' illnesses.

Following recommendations made by VA's Gulf War Veterans Illnesses Task Force, VA is publishing a proposed regulation in the *Federal Register* that will establish new presumptions of service connection for nine specific infectious diseases associated with military service in Southwest Asia during the Persian Gulf War, or in Afghanistan on or after September 19, 2001.

"We recognize the frustrations that many Gulf War and Afghanistan Veterans and their families experience on a daily basis as they look for answers to health questions, and seek benefits from VA," said Secretary Shinseki.

The proposed rule includes information about the long-term health effects potentially associated with the nine diseases: Brucellosis, *Campylobacter jejuni*, *Coxiella burnetii* (Q fever), malaria, *Mycobacterium tuberculosis*, Nontyphoid Salmonella, Shigella, Visceral leishmaniasis and West Nile virus.

For non-presumptive conditions, a Veteran is required to provide medical evidence that can be used to establish an actual connection between military service in Southwest Asia or in Afghanistan, and a specific disease.

With the proposed rule, a Veteran will only have to show service in Southwest Asia or Afghanistan, and a current diagnosis of one of the nine diseases. Comments on the proposed rule will be accepted over the next 60 days. A final regulation will be published after consideration of all comments received.

The decision was made after reviewing the 2006 report of the National Academy of Sciences (NAS), titled, "Gulf War and Health Volume 5: Infectious Diseases." The 2006 report differed from the four prior reports by looking at the long-term health effects of certain diseases determined to be pertinent to Gulf War Veterans.

The 1998 Persian Gulf War Veterans Act requires the Secre-

tary to review NAS reports that study scientific information and possible associations between illnesses and exposure to toxic agents by Veterans who served in the Persian Gulf War.

Because the Persian Gulf War has not officially been declared ended, Veterans serving in Operation Iraqi Freedom are eligible for VA's new presumptions. Secretary Shinseki decided to include Afghanistan Veterans in these presumptions because NAS found that the nine diseases are prevalent in that country.

Noting that today's proposed regulation reflects a significant determination of a positive association between service in the Persian Gulf War and certain diseases, Secretary Shinseki added, "By setting up scientifically-based presumptive service connection, we give these deserving Veterans a simple way to get the benefits they have earned in service to our country."

Last year, VA received more than one million claims for disability compensation and pension. VA provides compensation and pension benefits to over 3.8 million Veterans and beneficiaries. Presently, the basic monthly rate of compensation ranges from \$123 to \$2,673 to Veterans without any dependents.

Disability compensation is a non-taxable, monthly monetary benefit paid to Veterans who are disabled as a result of an injury or illness that was incurred or aggravated during active military service.

For more information about health problems associated with military service during operations Desert Shield, Desert Storm, Iraqi Freedom and Enduring Freedom and related VA programs go to www.publichealth.va.gov/exposures/gulfwar/ or go to www.va.gov for information about disability compensation.

Joint Base MDL celebrates Earth Day three times

Join the Joint Base McGuire-Dix-Lakehurst for Earth Day 2010 celebrations.

On April 15, in building 123 in the Lakehurst area, from 9 a.m.-1 p.m., there will be a tree ceremony, children's project, clean-up, fun run and walk and picnic. For more information, e-mail Michael.kon@McGuire.af.mil

On April 21, drop by the Recycling Center, Radin Avenue, McGuire area, from 10 a.m. to 2 p.m., for demonstrations, tree planting, picnic and green living information. E-mail Gloria.abarca@McGuire.af.mil for more information.

The Fort Dix area will hold their event on April 24 at Laurel Pond, 10th Avenue, from 9 a.m. to 3 p.m. This event is open to the public and you must pre-register through e-mail to Jennifer.armento@McGuire.af.mil by April 14. Events include canoeing, hiking, tree climbing, puppet show, demonstrations, Planet Pirates, sawmill demo, watershed models, lyme disease prevention, tour a hybrid car, Woodsy Owl and a picnic.

You can recycle old cell phones at all three events to support the Cell Phones for Soldiers program.

Raising funds for a Red Oak tree at DMAVA memorial

Five years ago a memorial was dedicated on the DMAVA campus to honor the four New Jersey Army Guardsmen who gave their lives during two days in June 2004 during their deployment to Iraq. This year plans are underway to plant a red oak tree, the state tree of New Jersey, by the memorial.

If you would like to make a donation to help purchase the tree, please send your checks, made payable to, "Family Readiness Council," to:

Brig. Gen. (ret.) Frank R. Carlini
PO Box 340
Trenton NJ 08625-0340

Veterans & Military

Riversharks vs. military All-Stars in Camden April 18

Come to Campbell's Field in Camden on April 18 at 1:05 p.m., to see the Camden Riversharks take on the Heroes of the Diamond – the military All-Star baseball team.

All military, veterans and season ticket holders will receive free admission. Tickets for the public are \$5.

You can meet the teams at the Fox and Hound in the Philadelphia at 6 p.m., prior to the game.

Check out www.riversharks.com or call 1-866-SHARKS-9 for more information.



Dinosaurs ready for Spring Gathering in Bordentown

Calling all Dinosaurs – that's New Jersey Air Guard retirees – the Spring 2010 Gathering at the Town and Country Diner, Bordentown, on May 19 at 1 p.m.

The menu will be salad, main course, coffee/tea and a dessert for \$15 including tip and tax; alcoholic beverages are extra. If you RSVP, you are obligated to pay since the group is charged for the number of lunches ordered. RSVP to Mel Sylvester at 609-298-5970 or NuffSaidMel@aol.com by May 14.

All soon-to-be-retired Air and Army Guard employees and Army and Air Guard retirees are invited to the gathering.

Get ready to sign up for Army Ten Miler; opens April 1

Registration for the Army Ten Miler which will take place Oct. 24 opened today. Last year more than 1,400 National Guard runners participated in the Army Ten and there is a hope from the National Guard Bureau that more Guard Soldiers and Airmen to put on their running clothes and shoes and take a tour of the city.

There are plans for an Army National Guard booth at the race expo at the DC Guard Armory and plans for the first ever Army Guard pasta dinner on Oct. 23 at the Army Guard Readiness Center in Arlington, Va. A Hooah tent at the Pentagon on race day will be there for the Guard runners.

Remember that registration sold out in six days last year, so if you plan on running; register now. Visit <http://www.armytenmiler.com/Registration/Individuals.cfm> to register.

If you are interested in running on a New Jersey Guard team, contact Master Sgt. Gary Davidson at gary.m.davidson@us.army.mil.

Guard Airman becomes pen pal with NJ high school students, joins class via webcam

From the desk of retired Col. Dennis Dougherty

Beginning in January, Jeff Carovillano's ninth and 10th grade history classes from Manchester Essex High School have been conducting a "pen pal" relationship with Tech. Sgt. Will Griffin, an Airman with the New Jersey Air National Guard currently stationed in Baghdad.

The correspondence began when Sergeant Griffin received one of four care packages sent by Carovillano's students to Soldiers and Airmen in Iraq. The care packages, which included five pounds of coffee, granola bars, candy, batteries, and handi-wipes, were paid for and assembled by Manchester Essex High School students. They were sent as part of the "Coffee Express," a program to provide National Guardsmen on active duty with care packages. The program is run by Carovillano's cousin, a high school history teacher and retired New Jersey National Guardman, Col. Dennis Dougherty. In a heartfelt thank you e-mail sent to our students, Griffin mentioned that his base in Iraq is surrounded by poor Iraqi families and orphanages that cannot afford adequate clothing, footwear, toys, diapers, and wipes for their children and asked if we would be willing to collect those items for the Sergeant to distribute. The students were excited about the opportunity to help out, and immediately began to bring in the items, including nearly \$150 cash to pay for shipping and purchase bulk diapers and wipes. The items are being prepared for shipment to Iraq. To thank the students for their participation, as well as for keeping American service people in their thoughts, Griffin offered to conduct a live webcam interview with them. Principal Jim Lee arranged to purchase the webcam and computer tech Jon Kwiatek set up the system. Forty students ranging from sixth graders to seniors came with prepared questions to ask the Sgt. Griffin.

Questions ranged in interest from what the Sergeant's daily routine in Iraq is like (he is a construction supervisor) to his opinion of allowing gay men and women to serve openly in the military. Afterwards, he thanked the students for their thoughtful and intelligent questions. The students found the webcam interview, informative, and a valuable addition to their class discussions of world and United States history and current events.

Job fair in Parsippany

Check out the job fair being held by the Parsippany Area Chamber of Commerce on April 28, from 10 a.m. to 2 p.m. at Meadow Wood Manor, 461 Route 10 East, Randolph, N.J.

The schedule includes open networking with employers in the main ball room for the entire four hours. There are four sessions in other areas to assist job searchers: One on one resume reviews, 10-10:50 a.m. and noon-12:50 p.m., and Career coaching session, 11-11:55 a.m. and 1-1:55 p.m.

There is no cost for the event. To register to attend or for more information, visit www.employmentoutreach.org.

Calendar

Free day for National Guard, families at Seaside on June 19

Take your family for a ride! Casino Pier at Seaside will open their water park and rides to all New Jersey National Guard Soldiers and Airmen and their immediate family members. You must show your military ID card to get this special gift. Bring your family down to Casino Pier, 800 Ocean Terrace, Seaside Heights, N.J., on June 19; check in is from 10 a.m.-3 p.m. only. If you bring other family members or friends, they must purchase tickets for the park and rides.



Re-employment seminar begins May 3 in New Providence

The New Providence United Methodist Church is sponsoring a free eight-week re-employment seminar. Held Monday evenings at 7:30 p.m. beginning May 3, the seminar will be led by Lloyd Feinstein, founder of Career Marketing Consultants.

The seminar will be helpful to those who are unemployed or who anticipate having to make a job change. Each week will work on a different topic to help those attending prepare for today's unpredictable employment market.

Topics will cover: communicating your value, how to figure where to go in your next career, the resume, mechanics of the job search, and much more.

Feinstein has more than 25 years experience conducting these types of seminars and working as a fulltime career consultant and adviser to everyone from college graduates up to and including senior management executives and entrepreneurs.

Anyone is welcome to attend. The church is located at 1441 Springfield Avenue, New Providence. Visit <http://www.gbgm-umc.org/npumcnj/> for more information.

Guard families holding Band of Brothers Memorial Poker Run

The families of the four New Jersey Army National Guard Soldiers who were killed in Iraq in June 2004 are honoring the memory of their fallen heroes with the Band of Brothers Memorial Poker Run which will be held on June 6, 2010.

The families are asking for their friends' and communities help and support with the event. All donations – monetary or otherwise – will be greatly appreciated and acknowledged on the day of the event. All donations are tax deductible. Individuals or organizations donating \$1,000 or more will have their names listed on the Run T-shirt.

All profits will be divided among the Friends of Frank Carvill Foundation, the SGT Ryan E. Doltz Memorial Foundation and the Duffy and Timoteo families.

For more information visit www.RememberingRyan.org.

Dash on down to the Nutter Run in Sea Girt, May 22

Get those running shoes ready for the sixth annual SGT Nutter Run on May 22. The 5K run will be held at the National Guard Training Center, Sea Girt. Sign in is 8-9:30 a.m., race start is 10 a.m.

Cost to run is \$10 if enrolled in JROTC, \$15 if postmarked before May 1 and \$20 on the day of the event. Profits from the run go to benefits the lives of National Guard families in need. This year the benefits will go to the Stadelman twins – children of 2nd Lt. John Stadelman, a New Jersey Army Guardsman who passed away on July 9, 2009.

For more information about the prizes, donations to be raffled, applications to participate in the run and more, visit www.Nutter-Run.org.

Farleigh Dickinson holding career day for veterans on April 21

Come to Career Day at Farleigh Dickinson University, Teaneck on April 21. The university is hosting a day of career-related workshops to show its gratitude to veterans.

Workshops include: Making your life skills count, life skills put to work, job search strategies, professional networking, interviewing skills and "Why YOU are a Great Hire." The workshops will be presented by representatives from PSE&G, GlaxoSmithKline, Amdur Coaching and Advisory Group, the FBI and Hurwitz Strategic Staffing.

Registration is required and must be done no later than April 16. Call 201-692-2193 to RSVP.

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.

April 6*, 7, 8 Paramus Park Mall

*Medal ceremony at 10:30 a.m.

Deadline

Want to place an event or article in DMAVA Highlights?

Deadline for articles is noon Wednesday.

Send submissions to barbara.harbison@njdmava.state.nj.us.