



The State of New Jersey
Department of Military and Veterans Affairs
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DMVA Highlights

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NJ Dept of Military and Veterans Affairs

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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!

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

The NJ National Guard Needs You!

Here is our featured Job of the Week

Light-Wheel Vehicle Mechanic
63B

The light-wheel mechanic supervises & performs unit maintenance & recovery operations on gasoline & diesel fueled light-wheeled vehicles

The Best Don't Rest

The 50th Main Support Battalion continues to be a true Combat Multiplier to the 42d Infantry Division providing exceptional Combat Service Support. The operational tempo continues to rise placing increased demands upon the soldiers and leadership. Over the past 120 days, the battalion has executed over 266 Combat Logistics Patrols, logging close to 700,000 miles; produced 5.5 million gallons of water; delivered almost 2 million gallons of fuel; processed over 160,000 requests and Material Release Orders; received 4,162 maintenance work orders, completing 3,870; and treated close to 11,000 patients. Needless to say the battalion is fully engaged and significantly contributing to the Division's efforts of eliminating the insurgency while training the Iraqi Army and overall creating a stable Iraq.

The New Jersey National Guard Magazine "Guardlife" Vol 31 No3 – now available on the world wide web.

Check out Guardlife on the web, it is now available in a user-friendly on-line version. www.nj.gov/military/publications/guardlife/volume31no3/index.html The "Hometown Team" magazine Guardlife provides up to date information on the happenings within the New Jersey Army and Air National Guard both at home and abroad. For all the current news on our soldiers and airmen take a look at the new issue today. To view past issues of Guardlife magazine on-line you can visit www.nj.gov/military/publications/ the DMAVA Publications homepage.

New Childcare Program Available

A new DoD program called Military Child Care in Your Neighborhood provides financial support and assistance in locating quality childcare for eligible military families who do not have access to the DoD's on-base child care options due to long waiting lists or geographic location, available funding and family circumstances. For more information on both childcare programs, go to www.naccrra.org/Military_Programs/ or call the Child Care Aware hotline at 1-800-424-2246.

177th Fighter Wing gets adopted!

On 22 June 2005, Allen Rhodes, Commander VFW Post 220 in Mays Landing presented the 177th Fighter Wing with a Certificate of Adoption to formally recognize that Post 220 has adopted the 177th Fighter Wing in accordance with the Adopt-A-Unit program of the Veterans of Foreign Wars of the United States. Under this program Post 220 will offer assistance and support to the men and women of the 177th Fighter Wing and their families as they serve the state and the nation.

National Guard State Partnership for Peace Program

The National Guard State Partnership for Peace Program (SPP) links US states with evolving international affairs mission for the National Guard using the unique civil-military nature of the Guard to interact with both active and reserve forces of foreign countries. The value of the SPP is its ability to focus the attention of a small part of the Dept. of Defense – a State National Guard – with a single country or region in support of US Government policies. New Jersey's Partner Country is The Republic of

(prime movers designated as five ton or less & their associated trailers), & associated items; supervises unit maintenance & recovery operations on track & heavy wheeled vehicles, & on material handling equipment. Maintains power assisted brake systems, wheel vehicle mechanical (manual) steering systems, wheel vehicles hydraulic (power) steering systems, & wheel vehicle crane/hoist/winch assemblies.

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?

Albania. Albania is located on the Balkan Peninsula in southeastern Europe between Greece and the Republic of Yugoslavian and is about the size of Maryland.

The New Jersey Veterans Journal Summer 2005 Edition – now available on the world wide web

The New Jersey Veterans Journal Summer 2005 Edition is now available on the world wide web in a user friendly on-line web version at the following web address: <http://www.nj.gov/military/veterans/journal/summer2005index.html> The "NJ Veterans Journal" newsletter provides up to date information on New Jersey Veterans events, benefits and facilities throughout the state. For all the current news on issues affecting our NJ Veterans take a look at the new issue today. To view past issues of the Veterans Journal newsletter on-line you can visit <http://www.nj.gov/military/publications/> the DMAVA Publications homepage.

Servicemembers' Group Life Insurance coverage increases

The maximum level of Servicemembers' Group Life Insurance coverage will be increased from \$250,000 to \$400,000 on September 1, 2005. Anyone in service on September 1, 2005 will have their coverage increased to \$400,000, even if they previously declined or elected lesser coverage. If they still desire no coverage or less than the maximum, they will have to go to their Personnel Office and re-elect no coverage or less than the maximum. For more details see your Personnel Office.

Enlisted Association of the National Guard announces Golf Tournament

The Enlisted Association of the NJ National Guard is proud to announce a Golf Tournament to benefit the Annual Scholarship Program. The tournament will be held on Monday, 15 August 2005, at Miry Run Golf Club in Robbinsville, NJ. The \$80 per golfer registration fee includes all fees and a cart, beverage cart on the course, awards, door prizes, food at the turn and luncheon following the completion of play. Hole and cart sponsors are being sought, too. For additional information contact CMSGT (Ret) Lee Cisek at 562-0223 or SGM (Ret) Mike Amoroso at 562-0754.

NJ Department of Labor teams up with Teaneck Family Assistance Center.

The New Jersey Department of Labor and Workforce Development is teaming up with the Teaneck Family Assistance Center to provide all soldiers returning from deployment with the necessary information and tools to easily re-integrate into society. The Re-employment Opportunities briefing given by MSG (Ret) John Bautz will be held at the Teaneck Armory every Wednesday at 10 a.m. and again at 2 p.m. If you have any questions regarding this briefing, contact MSG (Ret) Bautz at 201-996-8950 or email john.bautz@dol.state.nj.us.

Tricare Reserve Select

TRS is here! This new health plan, launched on April 26, 2005, provides eligible Reserve Component soldiers, and their families continued care through TRICARE. Soldiers called to active duty for more than 30 consecutive days in support of a contingency operation AFTER September 11, 2001 are eligible for this benefit. They must have served continuously on active duty for 90 days or more. This benefit includes coverage that is similar to the coverage available through TRICARE Standard and Extra for active duty family members. Contact SFC Josephine Grey, Chief of Health Services at 609-562-0865 or e-mail @ Josephine.grey@nj.ngb.army.mil for more information on this program.

Sandy Cove offers a free stay for our military members & families at Operation Oasis on Chesapeake Bay.

Operation Oasis is an outreach program developed to offer a time of rest and renewal to military personnel involved in Operation Iraqi Freedom. Located in North East, Maryland, at the headwaters of the Chesapeake Bay, Operation Oasis offers a free 3-day, 2-night time of rest and relaxation. It is a thank you to those who seek to secure

* 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

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

and sustain our freedom. Simply contact Carol Lee Lynch at c.lynch@sandycove.org or by phone at 800-287-4843 for additional information. You can also visit the website www.sandycove.org for a more detailed description of the facility.

American Legion Riders Motorcycle Chapter Forming in River Edge, NJ

American Legion Post 226 is sponsoring an American Legion Riders chapter. You don't have to be a direct member of Post 226, but you do have to be a member of the American Legion, Auxiliary or SAL and ride a motorcycle that's at least 750cc or higher. If you or someone you know is interested in joining, there is a form on the Post 226 website, www.alpost226.org or you can call Jim Morton, the Post 226 American Legion Riders Director, Adjutant and webmaster at 201-439-0053.

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 SFC Raymond Denson, Military Funeral Honors Coordinator, at 609-530-7090 or by e-mail at Raymond.Denson@nj.ngb.army.mil.

Veterans to be honored at upcoming Medal Ceremonies.

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

14 July	11 a.m. 1 p.m.	Distinguished Service Medal Korean Service Medal	Atlantic Cape Community College 5100 Black Horse Pike Mays Landing, NJ
27 July	11 a.m.	Korean War Veterans Ceremony Rain or Shine	Korean War Memorial Atlantic City, NJ
28 July	11 a.m. 1 a.m.	Distinguished Service Medal Korean Service Medal	West Orange Armory 1299 Pleasant Valley Way West Orange, NJ

Ride with the 108 Air Refueling Wing!

The 108 ARW will serve as a rolling billboard advertising the 108 ARW NJANG to over 8,000 cyclists, volunteers and bystanders during a two-day ride from Cherry Hill to Ocean City, NJ and back on 24-25 September. They will be covering 175 miles through the flat terrain of NJ Blueberry fields and pine barrens. This ride is fully supported with catered rest stops, bike support and SAG transportation. Veterans News Anchor, Larry Kane will host the Awards Ceremony Saturday night. Cyclists will collect a minimum of \$250 in donations to participate. If you join the team between 6/25/05 – 8/26/05 the registration fee is \$45. For more information go to www.ms150biketour.org/. Road Warriors interested in joining the team contact Maj Dave LaTOUR @ 609-284-7743 or via e-mail @ david.latour@njmcmgu.af.mil by 31 July 05.

Support the Troops

Here are some of the activities and fundraisers planned in support of our deployed troops and their families:

Free Military Care Package Kit of Priority Mail. The United States Postal Service is offering free packaging materials to spouses and families of military members who are deployed overseas. To take advantage of this service call: 1-800-610-8734 and press 1 (for English), then 3 for an operator and request CAREKIT04. USPS will send you free boxes, packing materials, tape and mailing labels. These products are to be used to mail care packages to service members.

Enlisted Council to hold golf tourney at Falcon Creek Golf Course in July. The 108th ARW Enlisted Council is holding its second annual Golf Outing on July 21, at the Falcon Creek Golf Course, McGuire Air Force Base. There will be a shotgun start at noon. The cost is \$75 per individual or \$280 for a foursome. This includes lunch, beverages, 18 holes of golf and a chance to win prizes. Proceeds from the

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

Bank of America (Fleet Bank) is undergoing a system-wide change in their loan offerings and will no longer offer the New Jersey Freedom Loan.



Beach Passes for NGTC – Sea Girt for DMVA employees are now available.

Enjoy the sun. Have some fun.

Contact:

Gail Miller – 6911

Or

Jane Davis – 6910

O beautiful for spacious skies, for
amber waves of grain

For purple mountains majesties
above the fruitful plain

America! America! God shed your
grace on thee,

And crown thy good with
brotherhood

From sea to shining sea

Thought for the day..

tournament support the Freedom Alliance Scholarship fund. Contact Airman Dee Eggles at 609-754-4141 for more information and entry forms. Happy Golfing!

Send coffee!! – The “Coffee Express” is on track! Time to start percolating and open the spigots all the way! The good news is that over 1500 pounds of coffee have been sent to the troops so far. The bad news is that they have drunk most of it. It’s time for a second cup. Join the “Coffee Express” – buy a pound or two of coffee and send it to one of the address shown below or to the soldier of your choice at either unit. MAJ Mike Lyons, HHC 50th Main Support Battalion, FOB Speicher, APO AE 09393 or LTC John Nunn, HHC 42nd DISCOM, FOB Speicher, APO, AE 09393.

Sign up for a chance to send your soldier Dunkin Donuts coffee. Dunkin Donuts will send a case of free coffee to your soldier if he/she is among the 50 selected in a monthly lottery. Just go to www.dunkindonuts.com, click on “About Us,” click on “Contact Us,” click on “Instore Visits,” fill out the form, in the comments section put the soldier’s rank, name and APO address, and say that you would like to send your soldier coffee. Then click “Submit.” You can mail a request to Dunkin Brands, 130 Royall Street, Canton, MA 02021, Attention Customer Care or request the coffee by phone at 781-737-3000 (Customer Relations).

Operation Uplink. Visit <http://www.operationuplink.org/request.cfm> to request free phone cards for active duty military personnel deployed away from home. At this site you can fill out a request for a phone card to be sent to yourself or a loved one. One card per request per servicemember will be honored during a 60-day period.

Gifts from the Homefront. The “Gifts from the Homefront” program was begun last year by the Army and Air Force and enables people from all walks of life to rally around America’s troops by purchasing gift certificates designed to lift the morale of deployed troops around the world. The certificates, which can be purchased by any individual or civic organization, allow service members to purchase items of necessity and convenience at PX and BX facilities around the world. “Gifts from the Homefront” certificates can be addressed to “any service member” or individual service members. Because the gift certificates can be used for merchandise already stocked at contingency locations, “Gifts from the Homefront” are a safe alternative to traditional care packages that can strain the military mail system and present force protection issues. Those wishing to send a “Gift from the Homefront” can simply log on to the AAFES website, www.aafes.com, or call 877-770-4438 toll-free to buy gift certificates in \$10 or \$20 denominations. From there, the “Gift from the Homefront” may be sent to an individual service member designed by the purchaser or distributed to “any service member” through the USO, American Red Cross, Air Force Aid Society, or Fisher House.

Operation Mail Call. Operation Mail call is a program initiated by New Jersey Assemblymen Jack Conners and Herb Conaway that enables citizens to donate postage stamps for use by our troops and their families. Over 30,000 stamps have been donated to our National Guard soldiers and airmen and Family Readiness Programs. With Memorial Day 2005 approaching, we recall the unique sacrifices made by every generation that has served in uniform for the good of America. We are often asked what can be done to support the soldiers of this generation. If you would like to participate, please mail or drop off your postage stamps to the 7th Legislative District Office, Delran Professional Center, 8008 Route 130 North, Suite 125, Delran, NJ 08075.

American Hero Band - The American Hero Band is a free wristband worn by Americans to demonstrate their support of the “Defenders of Freedom” who are Army National Guard soldiers deployed across the globe. Engraved on the metallic wristband are the words IN HONOR OF AN AMERICAN HERO SERVING IN THE ARMY NATIONAL GUARD. These words are flanked left by the Army National Guard logo and right by the American flag. There is also an inscription of the National Guard website, <http://www.virtualarmory.com> and a unique serial number engraved inside this commemorative wristband. If you are interested in getting The American Hero Band, go to <http://www.virtualarmory.com> and click on the American Hero Band banner.

American Airlines: Special fare for military personnel and their dependants (you will need your military ID card and a copy of your soldier’s orders to fly). Just call 800-433-7300 and ask for the military fare offer for your desired destination. You can also go to www.aa.com, but you cannot book a flight online.

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

None of us who have always been free can understand the terrible fascinating power of the hope of freedom to those who are not free

- Pearl S. Buck

Date	Event	Location
10 July	Sports card & Memorabilia Show 9 a.m. to 4 p.m.	Bordentown Armory
30 July	Open House 10:00am - 4:00pm	Cherry Hill Armory
4-7 August	Family Readiness Group is hosting a carnival 4th & 5th 6 p.m. to 11p.m. 6th & 7th 12p.m. to 11p.m.	Teaneck Armory

Fitness Corner – Ernie Razzano, Certified Fitness Trainer

Ephedrine

The drug ephedrine, which is the main constituent of the herb ma huang, is a major ingredient in many weight loss nutritional supplements on the market today. Ephedrine speeds up the metabolism by stimulating the release of adrenaline in the body. Adrenaline stimulates the release of glucose from the liver and free fatty acids from the body's fat stores. Unfortunately, adrenaline can also have very negative effects on the body.

Several studies have shown that ephedrine, when combined with caffeine, can aid in overall weight loss in obese people due to adrenal effects. What does this conclusion mean for those who are not currently considered obese? The answer is not known. It is likely that an ephedrine/caffeine combination (all research has shown that ephedrine must be taken with caffeine to have any weight loss effect) will result in overall weight loss, but more research is needed to determine if lean body mass is spared with its use.

More research is not needed to verify that ephedrine use has **horrible, often deadly side effects**. The FDA has received over 1,400 reports of adverse side effects associated with ephedrine use. Medical problems have ranged from high blood pressure, irregular heart rate, insomnia, nervousness, tremors and headaches, to seizures, heart attacks, strokes and death. December 30, 2003, the FDA issued a consumer alert on the safety of dietary supplements containing ephedra. The FDA highly recommends that products containing ephedrine be avoided because of possible side effects and questionable results.

Tell me what you would like to see in Fitness Corner. Write me at ernest.razzano@njdmava.state.nj.us.

1.5 Seconds – That's all it takes

Roughly the amount of time it takes to turn the key and start the engine of a car. So why not take a few extra seconds and buckle up? People who take the extra couple of seconds to secure their seat belts can reduce their risk of injury or death, not only for themselves but for others too. If you are not restrained in a vehicle, regardless of whether you're in the front or back, you become a projectile. An unrestrained back seat passenger involved in a car crash at 30 miles per hour will fly into the front seats with force that's 30 to 60 times the person's body weight, according to the Lancashire Partnership for Road Safety. In fact, a study at the University at Buffalo, N.Y., refers to back-seat passengers as "back seat bullets" that can slam into the driver, increasing not only the passenger's, but also the driver's risk of death. So, the point is – Buckle up people!!

Beach Passes for DMVA employees available now.

The temperatures are rising and the sandy beach at the National Guard Training Center at Sea Girt is calling. You will need to sign your name and work location on the second line on the back of the pass. Have guests sign the first line and be ready to show photo identification if requested. One pass will admit one car. You can also use your DMVA or military pass to get on the beach. Call Gail Miller at 609-530-6911 for your Beach Pass.

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**.

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