



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

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DMAVA Highlights Archives

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NJ Dept of Military and Veterans Affairs

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 The Adjutant General

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We're on the Web!

<http://www.nj.gov/military>



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

7th Annual Unity Day

Please join us on Thursday, 9 June 2005, and "Share Your Heritage with Us" at the 7th Annual Unity Day being held at the Joint Force Headquarters Building Drill Floor. This event is held to enhance cross-cultural awareness, and promote harmony among all members of the New Jersey Guard and recognize the contributions of women and minorities. This combined effort of Army and Air, State and Federal, community members and members of both Team McGuire and the Fort Dix Post contribute to the different ethnic and Special Emphasis groups being represented in the New Jersey National Guard. This year's event will start off with a 5K Fun Walk/Run at 0830. Opening ceremonies will take place at 1000 hours with a performance from the New Jersey Youth Challenge Program Drill Team followed by the Presentation of Awards. Multi-cultural displays, food samplings and special performances will take place from 1030 hours to 1500 hours. We encourage ALL members associated with the New Jersey National Guard to attend. For questions, please contact Kathy McCready, State Equal Employment Manager at 609-562-0854.

An Invitation to a Great Weekend

To my Fellow Soldiers and Airmen,

You and your spouse are invited to attend one of the six remaining Marriage Retreat Weekends. These events are open to all NJARNG and NJ Air Guard personnel. Sponsored by the NJARNG Family Programs Office, these weekends are an opportunity to create a stronger bond with your spouse. Please contact CH Kevin A. Williams at

(O) 609-562-0636 (C) (609)-847-1477

BRAC (Base Realignment and Closure) News:

Due to the recent BRAC (Base Realignment and Closure) recommendation list that was recently released by the DOD, the 108th Air Refueling Wing (ARW), which houses 1500 personnel at McGuire Air Force Base, faces elimination.

Mentioned in the BRAC list is the retirement of all KC-135E aircraft that are stationed at the 108th ARW. In addition, no future flying missions have been identified. Since funding follows flying, the 108th will be left vulnerable to a forced retirement. While a small support group is seated to remain as an active, the net effect is the loss of over 1,000 personnel positions from the NJ Air National Guard at McGuire Air Force Base.

With a history that predates World War II, the 108th still actively participates in supporting federal (OIF, OEF) as well as state (domestic security, natural disaster) missions. To date the 108th has flown 9,035 hours and 1,879 sorties in support of the Global War on Terror, excluding other humanitarian and regularly scheduled missions.

Our National Guard personnel, family members, NJ federal and state elected officials, and community members are determined to have the BRAC commission re-evaluate and establish the role of the 108th ARW as an integral component of the U.S. military force.

Mr. William Rakestraw
warjrnj@msn.com

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

Fort Monmouth, NJ Hosts Annual Armed Forces Community Celebration – June 9-12, 2005

2005 Armed Forces Community Celebration! A Tradition of Heroes: Defenders of the Homeland. The Fort Monmouth Armed Forces Community Celebration weekend is open to the public. The celebration will showcase the efforts of the military, state, Monmouth County, and local communities in providing for the security and safety of the nation's citizens. It will be held on the east side of Fort Monmouth near Oceanport Avenue. The celebration will include a carnival; civilian and military displays including armored vehicles, artillery, and helicopters; historical military re-enactors from the American Revolution to the present day; a variety of musical acts; skydiving demonstrations; a classic car show; and many other acts and exhibits. Food and beverages will also be available. One of the exhibits planned will feature a video/phone hookup to New Jersey National Guard soldiers stationed in Iraq. For more information call: 732-532-0963 or 732-532-0953.

New Spouse Resource

The Military Spouse Career Center, a new free online resource, is now available. Spouses can search the job board with over 500,000 openings in the federal government and private sector organizations. Spouses will also find information regarding jobs on military installations, overseas employment opportunities, and information on entering and advancing in popular career fields. Additional resources include career counseling, licensing and certification, childcare and youth program. The military Spouse Career Center can be accessed by [clicking here](#).

America Supports You, Our Military Men & Women

10% off for Military Personnel and Immediate Families

Offer available for all active, reserve and retired military personnel and their immediate families

Must show valid military ID

Discount limited to purchases of up to \$2000

LOWE'S OF HAMILTON –

1000 Marketplace Boulevard, Hamilton, NJ 08691

(609) 581-8740 This ad is valid through 6/5/2005

Borders Books Military Discount 7-13 June

Borders Books is offering to Government, Postal, Civil Service and Military Personnel – 20% off Books, Music, and Café and 15% off DVDs of regularly priced items from Tuesday, 7 June thru Monday 13 June. You must present a downloadable coupon from www.bordersstores.com/savings (reminder - do not download from a government computer). Spread the word.

Enlisted Council holds 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 to take the "good walk spoiled" (Mark Twain) 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 tournament support the Freedom Alliance Scholarship fund. This fund provides educational scholarships to children of American Armed Forces service members who have sacrificed life or limb. The Alliance is a non-profit educational and charitable organization. The Enlisted Council is also looking for hole sponsors at \$35 per sign and beverage cart sponsors at \$40. Whether you picture yourself as a Happy Gilmore, John Daly or Tiger Woods, contact Senior Airman Dee Eggles at 609-754-4141 for more information and entry forms. Happy golfing!

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

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

Summer Safety Tips:

• Boating:

Use life vests; watch where you're going.

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.

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 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.

The New Jersey National Guard Magazine "Guardlife" Vol 31 No2 – now available on the world web.

Guardlife magazine Volume 31 Issue No 2 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/publications/guardlife/volume31no2/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 <http://www.nj.gov/military/publications/> the DMAVA Publications homepage.

Steve Braun Baseball Camp available FREE for children of deployed soldiers and airmen.

Former Major League Baseball player and retired Trenton Thunder coach, Steve Braun, will conduct a summer baseball camp on Saturday and Sunday, 16-17 July 2005. The two-day camp is provide free to children (male or female) of New Jersey National Guard soldiers or airmen who are, or have been, deployed overseas during the Global War on Terrorism.

Parents who wish to volunteer may note that on their child's application or call Marie at 609-562-0739.

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.

7th Annual Unity Day

"Come Share Your Heritage with Us." On Thursday, 9 June 2005, the NJ Department of Military and Veterans Affairs, Joint Force Headquarters will hold it's 7th Annual Unity Day at Building 3650, Fort Dix, NJ. This event is held to enhance cross-cultural awareness and promote harmony among all members of the New Jersey National Guard, and to recognize the contributions of women and minorities. This combined

• Athletic activities:

Stretch to warm up; don't overexert yourself. Drink plenty of water; if you are thirsty, you are already dehydrated.

• Swimming:

Don't swim alone or in unknown waters. If swimming in the ocean, adhere to posted guidance, and instructions of lifeguards.

effort of Army and Air, State and Federal, community members and members of both Team McGuire and the Fort Dix Post contribute to the different ethnic and Special Emphasis groups being represented. If you are interested in participating by putting up a display, please contact Kathey McCready, State Equal Employment Manager at 609-562-0854.

"Freedom Salute" – Soldiers, it's easy to nominate someone!

The Freedom Salute campaign is designed to recognize those who support Soldier's service and veterans who have served the country in the past. Individuals nominated will receive an "Army of One" lapel pin, an official Army decal a letter of appreciation signed by the Army Chief of Staff, and a letter of thanks signed by the Chief of Staff and the Secretary. It's easy to nominate someone. Soldiers should simply visit the website: <http://freedomteamsalute.army.mil> and submit the names of those individuals who are supporting our military.

Ceremony held at Edison Elks Loge in Edison, NJ on Thursday, May 19th:

A medal ceremony was held at the Edison Elks Lodge in Edison, NJ to present the Korean Service Medal. COL James Grant, Commanding Officer, Office of Identity and Information Technology Section, New Jersey State Police, presented approximately 150 medals to Middlesex County Veterans. Patricia Richter, Chief, Veterans Benefits Bureau, served as Mistress of Ceremony. Division of Veterans Programs employees, Ms. Karen Hansen and Ms. Michele Johnson assisted with the program.

Veterans to be honored at upcoming Medal Ceremonies.

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

16 Jun	11am	Distinguished and Meritorious Service Medal	Morristown Armory 430 Jockey Hallow Road Morristown, NJ 07960
	1pm	Korean Service Medal	
30 Jun	11am	Distinguished and Meritorious Service Medal	Toms River Elks 600 Washington Street Toms River, NJ
	1pm	Vietnam Service Medal	
14 Jul	11am	Distinguished Service Medal	Atlantic Cape Community College 5100 Black Horse Pike Mays Landing, NJ
	1pm	Korean Service Medal	
28 Jul	11am	Distinguished Service Medal	West Orange Armory 1299 Pleasant Valley Way West Orange, NJ
	1pm	Korean Service Medal	

Support the Troops

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

- Mealey's Furniture to donate 3 rooms of new furniture to a needy military member on Memorial Day. Do you know someone who is or has served Active Duty in the US military and is now in need? Mealey's would like to thank them for their service by giving them three complete rooms of furniture. Entry forms can be found in any of Mealey's three stores or online at www.mealeysfurniture.com. All nominations will be reviewed and selection will be made on June 30th.

- 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, Camton, 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 designated 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.

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

Open House – 18 June 2005 -Toms River Armory - The Wolfpack is back from Iraq and so is the fun and excitement! Best of all, it's FREE!

An Open House is scheduled at the Toms River Armory on Saturday, June 18, 2005, from 10 a.m. to 5 p.m. The soldiers of Charlie Battery and Detachment 1 Service 3/112th FA are hosting the Open House, and with the assistance of the recruiters, are supporting the TAG's Policy on "Strength Management." There will be historical displays from the Revolutionary War to Operation Iraqi Freedom. For the children, there will be Hummer rides, camouflage face painting, paintball targets, a grenade toss, a child ID Program, and many other fun activities. There will also be prizes and give-aways. Refreshments will be available at low family prices!

The Open House will also provide an opportunity to showcase the facility to the public, and to let the community know that the facility is available for their use.

Date	Event	Location
4 June	National Cancer Survivors Day	West Orange Armory
8 June	Carnival Fundraiser	Teaneck Armory
9 June	Medal Ceremonies for DSM/MSM & KSM	Morristown Armory
12 June	Sports Card and Comics Show	Bordentown Armory
18 June	Dance	Lawrenceville Armory
18 June	Open House	Toms River Armory
21 June	Graduation	Westfield Armory
24 June	Bead Show	Cherry Hill Armory
27 June	Physical Training	Teaneck Armory
28 June	Pick-Up & Drop-Off Point for Camp	Teaneck Armory

Delaware Valley Vietnam Veterans will present Flag Memorial and other events to honor veterans (10-12 June 2005).

The Delaware Valley Vietnam Veterans will present the 20th Annual Donald W. Jones Flag Memorial on 10 June 2005. The Memorial consists of 58,000 American flags, each placed in the ground by someone who cares, for every American soldier killed or missing in action in Vietnam. The flags will create a Memorial in the shape and exact size of the Vietnam Veterans Memorial Wall in Washington, D.C. The event will be held at the Falls Township Community Park, 9070 Mill Creek Road, Levittown, PA (Rain or Shine) and will begin at 9 a.m.

On Saturday, 11 June 2005, there will be a free Freedom, Blues & Rock concert that will begin at 11 a.m. and feature the following bands: Ambush, Ergo, Hellbound Blues Band, Jekyl's Hyde, Last Call, Legend, Mikey Junior, The Seven Band, Sister Blue, and Sweet Medicine. A fireworks display will be held at dusk. The concert and fireworks will be held at the Falls Township Park, Mill Creek Road, Levittown, PA 19054. On Sunday, 12 June 2005, a motorcycle rally will depart Bristol Township Municipal Building, 2501 Bath Road, Levittown, PA at 12:30 p.m. If you are interested in participating, please call Shotgun Willie at 267-784-2282. The Honors Ceremony will begin at 1 p.m.

Fitness Corner – Ernie Razzano, Certified Fitness Trainer

Shut Up and Squat!

Do you want to know what the best overall resistance (weight bearing) exercise is? You guessed it – The Squat! Don't cringe! This exercise utilizes more muscles than any other exercise. Thus, giving you more bang for your buck. But before run out and throw a bunch of weight on your shoulders, learn the proper technique first!!!

Proper technique for squatting includes, but is not limited to, placing the bar approximately 1-3 inches below the anterior deltoid (rear shoulder muscle), which affords more efficient biomechanics by lowering the center of gravity, as long as the bar is not placed exceedingly low on the shoulders. Generally, the feet should be slightly wider than shoulder width. This will increase the availability and usage of the larger and more powerful muscles and enable the lifter to shorten the distance traveled. You should start the descent by leading with the hips rather than with the knees so that the shins are perpendicular to the floor. The heels should be flat on the floor for the entire duration of the lift. Raising the heels up predisposes the knees to injury and shifts the center of gravity forward forcing the lower back to compensate for the displaced load. The lifter should have fully inhaled while starting the descent. The breath should be expelled when the sticking point is reached in the ascent, which is typically around thirty degrees of extension. This technique will increase interstitial leverage and aid in keeping the torso erect y forcing the chest out in front of the bar. Do not lock your knees in the upright position. There is a complex network of movement underlying efficient squat performance so know what you're doing before you engage in this powerful exercise...

New Jersey Vietnam Veterans' Memorial:

The New Jersey Vietnam Veterans' Memorial will be awarding two \$2,000 college scholarships during the ceremony. The scholarship recipients are Joseph J. Gianetti, of Closter, graduating from Northern Valley Regional High School at Demarest and Amy M. Van Daele, of Eastampton, graduating from Rancocas Valley Regional High School. The New Jersey Vietnam Veterans' Memorial will induct three veterans into the "In Memory" Program. "In Memory" honors New Jerseyans who served and died as a result of the war in Vietnam but whose names are not on the Memorial. The three inductees are:

William F. Lamb, US Army, of Matawan, NJ, who died September 7, 1989

Donald E. Sanders, US Army, of Toms River, NJ, who died March 14, 2003

William Toto, Jr., US Army, of Nutley, NJ, who died January 4, 2000

As part of the ceremony, family members will say a few words about their loved one and light a candle in their memory. A book of biographical information, compiled by the family, is also placed in the Educational Center's Resource Room.

Also participating in the program will be local chapters of the Vietnam Veterans of America and Chaplain Joseph Formola of the Vietnam Veterans of America, NJ State Council. There will be a wreath-laying portion of the program. The Vietnam Era Educational Center, adjacent to the Memorial, will be open free of charge.

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

11 June	1pm	On the River (memoir of an American advisor to South Vietnamese Rangers) Author Lecture by Vietnam Veteran George L. Athas
18 June	10am - 4pm	Military Vehicle Display

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 open Tuesday through Saturday, 10 a.m. to 4 p.m. Regular admission is free for veterans and active duty military personnel. Regular adult admission is \$4; student and senior citizen admission is \$2; and children under 10 are admitted free. The Center is located adjacent to the NJ Vietnam Veterans' Memorial off the Garden State Parkway at Exit 116.

Retirement Receptions planned.

Several of our Department's employees will be retiring in the very near future. Listed below is the information on their planned receptions/dinners.

Retiree	Reception Details	Contact Person
Maria Rodriguez	Club Dix 8 June 2005, 1130 hours	McCleary (email) (609) 562-0213
CW3 SGM Michael Amoroso	Charleys Other Brother 20 June 2005, 1700 hours	SFC Denise Creary 609-562-0661

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.

Links

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