



The State of New Jersey
Department of Military and Veterans Affairs
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DMAVA Highlights » 26 May 2006

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Volume 5, Number 22

Contacting us is easy!

Public Affairs Office
 Phone: (609) 530-7088
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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 William 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)

NJ World War II Memorial

For information or to make a donation, call 609-530-7049

[WWII Memorial on the web](#)

New Jersey Freedom Loans

What is a Freedom Loan?

- * Up to \$10,000
- * Annual APR 6%
- * Term: 5 years (no pre-payment penalty)

Memorial Day Message

As we prepare for a long holiday weekend, let us remember the reason for this particular holiday. Memorial Day, originally called Decoration Day, is a day of remembrance for those who have died in our nation's service. Memorial Day was officially proclaimed on May 5, 1868 by General John Logan, national commander of the Grand Army of the Republic, in his [General Order No. 11](#), and was first observed on May 30 1868, when flowers were placed on the graves of Union and Confederate soldiers at Arlington National Cemetery. After World War I the holiday changed from honoring just those who died fighting in the Civil War to honoring Americans who died fighting in any war. It is now celebrated in almost every state on the last Monday in May.

To help re-educate and remind Americans of the true meaning of Memorial Day, the "[National Moment of Remembrance](#)" resolution was passed on December 2000 which asks that at 3 p.m. local time, for all Americans "To voluntarily and informally observe in their own way a Moment of remembrance and respect, pausing from whatever they are doing for a moment of silence or listening to "Taps." To learn more about Memorial Day and its history, visit – www.usmemorialday.org/backgrnd.html.

Please take an extra moment to remember the four New Jersey National Guard Soldiers who are memorialized on the monument in the field next to DMAVA. These men gave their lives in the Global War on Terrorism and are constant reminders of the sacrifices and risks the men and women of the New Jersey National Guard face.

Visit the Arlington National Cemetery Web site – www.arlingtoncemetery.org - to learn more about the cemetery for nation's veterans. You will find that two Presidents, three Chief Justices of the Supreme Court, 16 astronauts and service members from every war and conflict since the Revolutionary War are buried in the cemetery located in Arlington, Va.

For some fascinating information on the Old Guard – the unit of Soldiers who guard the Tomb of the Unknowns at Arlington, visit – www.army.mil/oldguard/specialtyPlatoons/TombFAQ.htm. You will find that a particular e-mail that circulates on the internet about these Soldiers has some incorrect information.

Please take a minute of your day on Monday at 3 p.m. to remember all those who have given of themselves so that people can live in freedom. Here are the words to "Taps."

*Day is done,
 Gone the sun
 From the hills,
 From the lakes,
 From the skies.
 All is well,
 Safely rest,
 God is nigh.*

Memorial Day Events

Doyle Cemetery Memorial Day Ceremony

The Brigadier General William C. Doyle Cemetery will hold its annual Memorial Day Ceremony on Saturday, May 27. The parade of veterans organizations will begin at 10:30 a.m. and the memorial service will start at 11 a.m. the cemetery is located at 350 Provinceline Road, North Hanover Township, N.J.

Trenton Veterans Center Memorial Day service

The Department of Veterans Affairs Readjustment Counseling Service is having a Memorial Day service and grand opening of the new Trenton Veteran Center located at 934 Parkway Ave., Ewing, N.J., on May 24 at 10 a.m. A reception will follow the

* 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

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

Quote of the Week

I wish you health, I wish you well, and happiness galore.

ceremony. If you would like to attend, please call Darryll Johnson with your RSVP at (609) 882-5744 or e-mail at Darryll.Johnson@med.va.gov.

Special program to watch on CNN on Memorial Day weekend

CNN PRESENTS: WOUNDED WARRIORS on Memorial Day weekend, May 27 and 28, at 8 and 11 p.m.

CNN Correspondent Alex Quade follows the medical care our troops receive in Iraq at each "level of care": from the time they are wounded, through "the golden hour" with buddy care and helicopter medevac, to field hospitals, and then aeromedical evacuation to Landstuhl, Germany, where these wounded warriors have more treatment before returning to Walter Reed and other facilities in the U.S. Ms. Quade follows a number of these warriors as they receive stateside treatment and make hard decisions about their futures.

For more than 18-months, Ms. Quade has been documenting the stories of these battlefield heroes. Not only those who have been wounded but those who are providing medical care. She also came across what could become a brand new level of care for all branches of the military: the first "Wounded Warriors Barracks" in America, an experiment conceived by one of the injured Marines Quade has covered from the moment he was wounded near Iskandiriyah, Iraq.

It is unprecedented coverage. An inside look that civilians have not seen. Alex Quade traveled to Iraq on several occasions to embed with units in all branches of the military; not only with combat medical teams, but also field hospitals and air medevac units on the frontlines. She was given permission from the injured, and their families, to share their personal stories. The footage was shot carefully and respectfully.

Quade's initial "Wounded Warriors" stories on CNN garnered an overwhelming response from across all branches of the military, as well as families of servicemen and women. Several U.S. military units are now using copies of it as part of their training for troops about to deploy to Iraq. And now with brand new follow-ups 18-months into the recovery of the wounded... this has become a very special one-hour documentary for the award-winning CNN PRESENTS unit.

Doyle Cemetery receives helping hand from Challenge youth

From May 24-26, Youth Challenge cadets will honor New Jersey's fallen veterans in the Brigadier General William C. Doyle Memorial Cemetery located in Wrightstown. The cadets will demonstrate their respect by prepping more than 30,000 headstones and planting flags on for Memorial Day services. The New Jersey Youth Challenge Academy is pleased to provide this service annually as a way of remembering those who served in the Armed Forces.

Challenge youth to march in Washington on Memorial Day

The New Jersey Youth Challenge Academy of Fort Dix has been invited to march in the National Memorial Day Parade in Washington, D.C. The parade will take place on Memorial Day, May 29, from noon-2 p.m. More than 3,000 parade participants are expected to march down Constitution Avenue to pay tribute to America's veterans and all who have perished in defense of this great nation.

Armed Forces Day

May 20 is a single holiday for citizens to come together and thank our military members for their patriotic service in support of our country.

Other News You Can Use

Battle of the Bands at Toms River Armory

Join Millennium Radio 105.7 the HAWK at the Freedom Rocks! Battle of the Bands Welcome Home Rock Concert on Saturday May 27, 6-9 p.m. at the Toms River National Guard Armory, 1200 Whitesville Road, Toms River. Organized by local high school students and sponsored by the Toms River FRG. There will be a lightshow, fog and giveaways, including: free "TGI Fridays" coupons with every admission, Lakewood BlueClaw Tickets, shirts and more than \$3,000 in Cousin's Paintball Field Passes. There will be food and drinks available, with a virgin drink bar by TGI Fridays (no alcohol on

I wish you luck for you and friends; what could I wish you more?

May your joys be as deep as the oceans, your troubles as light as its foam.

And may you find, sweet peace of mind, wherever you may roam.

Irish Blessing

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premises). Admission is \$5; free to all Soldiers, Sailors and Airmen in uniform. For more information, go to: www.TomsRiverArmory.US. Proceeds will benefit the Toms River Armory Family Readiness Group (FRG).

Pancake Breakfast in Cookstown for 250th BSB FRG

The Family Readiness Group of Delta Company 250th BSB in conjunction with VFW Post 6590 is sponsoring a Pancake Breakfast to raise funds to support the families and their Soldiers currently deployed from Delta Company. The event will be held on Saturday, June 24, 8:30-11 a.m., at the VFW Post 6590, 2290 Veterans Way, Cookstown, NJ. Cost is adults: \$7, children under 12: \$3.50. Points of contact Kim Bowe at 856-455-8656 or Linda Rigby at 609-877-2956.

Essex Troop Association Family Picnic

"The Essex Troop Association" 2/102AR - 102CAV (RSTA) NJARNG will hold its Annual Family Picnic at Sea Girt National Guard Center on Saturday, July 29, at noon. Activities will be centered at the Essex Troop Memorial Grove and N.J. Military Museum building. There is no cost to association members and their guests, or any members of the 2/102 Armor or 102D Cavalry (RSTA). Food and beverages will be supplied by the association. Bring your bathing suits and toys/games for the children. There are changing rooms available and the beach is just a short distance away. Bring the family and friends and enjoy a relaxing day at the shore. This will be an excellent way to meet some of your new fellow Soldiers from the 5/117th Cav and 2/102 AR, who are being transformed into the 102 Cavalry (RSTA) - Reconnaissance, Surveillance, Target Acquisition Squadron NJARNG.

There will be a short business meeting at 11:30 a.m. for all association members. For further information call 973-736-0952 or email at etropo@verizon.net.

JT2DC Memorial Walkway offers engraved pavers

The Joint Training and Development Center (JT2DC) recently unveiled the Memorial Walkway to the center. The purpose of the pond and walkway are to serve as a reminder that there are Soldiers in harm's way protecting the freedoms that we all cherish and enjoy.

The concept of the Memorial Walkway was to have Soldiers create a mark by dedicating inscribed bricks. Soldiers have chosen to honor loved ones, family members, friends, and personnel with whom they served.

Anyone interested in purchasing an engraved paver for \$50, can contact Command Sgt. Major Timothy Maskery at (609) 562-0539.

253rd Transportation Co. offers Community Appreciation Day, June 3

The 253rd Transportation Company invites everyone to join them in a day of fun-filled events at their Community Appreciation Day, Saturday, June 3, 10 a.m.-4 p.m. at the National Guard Armory, 600 Garden State Parkway, Cape May Court House.

There will be exhibits on World War II and Vietnam, Irish Pipe Brigade, Jersey Cape Dance, DARE, and demonstrations by the community emergency response team, a K-9 team, and amateur radio communications. Various pieces of military equipment will be on display and visits by Sgt. Thunder and McGruff the Crime Fighting Dog will be part of the festivities. Come out and enjoy the food, fun and games. For more information, visit www.253rdTransportationCo.com.

ChalleNge sponsors blood drive, June 26

The Youth ChalleNge Academy is sponsoring a blood drive with the American Red Cross on Monday, June 26 at 9 a.m.-3 p.m. at building 5910, W. 16th Street (Doughboy Loop & Newport St.), Fort Dix. Make your appointment today!

For your convenience appointments can be made by signing up online at: <http://www.pleasegiveblood.org/sponsor.html?sponsorcode=2T34>, or call Sean Van Lew, Deputy Director at 609-562-0572.

Not sure if you can donate? Check out Donor Eligibility Guidelines at: www.pleasegiveblood.org/documents/Eligibility_Guidelines3-21-05.pdf.

Thank you. Together, we can save a life.

8th Annual Unity Day

Please join us on Thursday, June 15 for the 8th Annual Unity Day, "Passport to Diversity", being held at the Joint Force Headquarters Building Drill Floor. Unity Day is held to enhance cross-cultural awareness and promote harmony among all members of the New Jersey National 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 3K Fun Run/Walk at 8:30 a.m. Opening ceremonies will take place at 10 a.m. with a performance from the New Jersey Youth Challenge Program Drill Team followed by the Presentation of Awards and additional entertainment throughout the event. Multi-cultural displays and food samplings will take place from 10:30 a.m.-3 p.m. We encourage ALL members associated with the New Jersey National Guard to attend. For questions, please contact Capt. Lola Washington, State Equal Employment Manager at 609-562-0856.

May is Military Appreciation Month!

Military Appreciation Month events that "America Supports You" will be highlighting include:

- Joint Open House, Andrews Air Force Base, Md., May 19-20
- New York City Fleet Week, New York City, May 23-29
- Indianapolis 500, Indianapolis, Ind., May 29

"America Supports You" is a program with more than 200 grassroots organizations and 20 corporate sponsors who support the troops through letter writing, helping the wounded when they return home, assisting military families and many other ways. To learn more about the program, visit - www.americasupportsyou.mil.

Doyle cemetery seeks volunteers

The Cemetery is working toward designation as a Certified Audubon Cooperative Sanctuary. We are enlisting the support of community volunteers for Outreach & Education. Scouting Groups, Veteran Service Organizations, Youth Groups, and other interested individuals are encouraged to contact Iven C. Dumas 1st Sgt, USMC (Ret) Assistant Superintendent, at 609- 758-7250 ext. 17 or by e-mail at Iven.Dumas@njdmava.state.nj.us.

Asian Pacific American Heritage Luau dinner May 20

Come to the Asian Pacific American Heritage Luau dinner and show on May 20, 4:30-9 p.m. at the Enlisted Club, McGuire Air Force Base. There will be performances from Korea, Vietnam, Philippines, Hawaiian Islands, along with a karate demonstration from Japan. Tickets are \$23 for adults, ages 5-10 cost \$11.50 and children under 4 are free. The POC is Fely Shuler, 609-754-8276.

"Marriage Enrichment" announces last seminar for 2006

PREP is NOT therapy, and is unlike anything to which you have been exposed. No encounter group or sharing of personal concerns, simply thrilling insights into a more loving, grown filled relationship! PREP begins with teaching effective communication skills, addresses problem resolution strategies that work, and teaches how to discover the hidden issues in every relationship. The program then moves into friendship, forgiveness, fun, and sensuality. If you are interested in attending (soldiers that were deployed are given priority) or need additional information, please call Marie Durling at 609-562-0739. (We have five openings for our June weekend)

PREP is scheduled to be held at the Ramada Inn, East Windsor, New Jersey on June 9-11, 2006.

Enlisted Association of the National Guard of New Jersey

Membership

Give our state a larger voice by becoming a member of the Enlisted Association. The increased numbers will help us speak on all legislative issues that will benefit you and your families. The association works hard for you at the Federal & State level on all important issues. Visit the web site EANG-NJ.org, click on Become a Member for the application and find out more about what the association does.

Conference

The Enlisted Association invites you to the Annual Conference at the Clarion Hotel and Conference Center in Atlantic City West, October 6-8, 2006, to Honor and Salute our Airmen and Soldiers who supported the War on Terrorism. Saturday during the Military Ball will be our way to say thank you for their dedication and sacrifices that they and their families shared. Friday night will feature a Hawaiian luau with a show and an Army and Air challenge. Our mission is to have fun. Visit our web site EANG-NJ.org, click on EANG-NJ Conference to find out more. Thank you for your support. You can reach the membership chairman Jerome Zebrowski at 609-214-6959 or jcptfalc@aol.com or co-chairman Edward Goetschius at 609-965-1972 or esgtmaj@comcast.net.

DMAVA Picnic

The DMAVA/JFHQ Picnic will be held on June 9. It will be preceded by a Town Hall meeting at 11:30 a.m. The Town Hall Meeting is not mandatory, if personnel opt to not attend, it will be normal and full workday at their normal duty station. Cost is \$5 Contact your local representative. DMAVA: Darleen Laarz, 530-6992, Karen Wallace, 530-6766, Dawn Esposito, 530-7170; Fort Dix Marie Durling, 562-5739; or HSCOE, Kevin Hearn, 530-7069.

For the Families

Guard Action Plan

The Guard Family Action Plan (GFAP) identifies issues of concern to Guard members, spouses, parents, children, retirees and civilian employees. The GFAP determines actions necessary to resolve issues and assigns responsibility for actions to the proper staff agency.

The proper staff agency begins at unit level within the chain of command and can include the Departments of the Army and Air Force and the Congress of the United States. You can submit an issue along with your recommendation for a solution through the GFAP website at www.gfap.org. If you have any questions, you can call Marie Durling in the State Family Programs Office at 609-562-0739.

Spouses invited to go on orientation flights

The 108th Air Refueling Wing would like to extend an invitation to the spouses of New Jersey Army and Air National Guardsmen and women who would like to see an aerial refueling up close.

The wing will be having a spouse-only orientation flight on August 18. This is a great opportunity for spouses to see the skills needed to fuel an aircraft more than 20,000 feet in the air. Seats will be on a first-come, first-served basis. If you are unable to get a seat, don't worry. The 108th will have more flights to follow to give everyone a chance to fly.

If you are interested, please call Staff Sgt. Beth Pritchard at (609) 754-4173 or e-mail at elizabeth.Pritchard@njmccgu.ang.af.mil for the form needed to request a seat.

Guard members who would like an orientation flight or would like to nominate their bosses for a flight can also contact Staff Sgt. Pritchard for information and forms.

Youth Camp 2006

This year's Youth Camp will begin Sunday July 16, 2006 and will end with closing ceremonies on Saturday July 22, 2006. There are many activities scheduled for the week at the National Guard Training Center in Sea Girt, NJ. The campers will be able to enjoy the beach, arts and crafts, archery, sports and presentations by other organizations. Campers ages 9-12, Helpers ages 13-15, Junior Volunteers ages 16-17 and Volunteers ages 18 and up are all encouraged to attend. The fee for campers is \$100 and volunteers are free. For an application, please go to http://www.state.nj.us/military/familysupport/youth_camp.html.

Family Programs on the Calendar

May 20, noon-2 p.m. Youth Hero Packs ceremony – West Orange Armory

Operation Purple Summer Camp open to military children

Applications are now being accepted for Operation Purple Summer Camps. The camps provide unique experiences to more than 2,500 military children coping with the deployment or pending deployment of one or both parents. The Operation Purple camp program is the only summer camp program that focuses on helping kids deal with deployment-related issues. Each camp is open to children of any service member of the uniformed services including the National Guard and Reserve. Applications for the camps are available March 15 through May 15, 2006 at <http://www.operationpurple.org/>

Each camp is offered free of charge to all participants. Interested children from military families are encouraged to apply for the camp located nearest their home since travel expenses are not reimbursed. More than 26 weeks of Operation Purple camps are currently offered in 22 states including Maryland, New York, Ohio, Pennsylvania, and Vermont. A list of camp dates, sites and other information is now available at the web site.. Applications are only available online and will be accepted through May 15.

Recreation and Sports

Trenton Thunder offers reduced tickets to military personnel, vets

The Trenton Thunder baseball team and its community partner, the Trenton Vet Center, has collaborated to sponsor reduced ticket prices for veterans and their families during the 2006 Trenton Thunder baseball season.

A regular \$9 season ticket has been reduced to \$7 for veterans and their family members.

Active Duty, Reserve, and National Guard, separated, and retired veterans are eligible for this program. Interested veterans must have a picture I.D. and provide proof of their veteran status by showing one of the following documents:

- Military I.D. card
 - Federal Department of Veteran Affairs medical I.D. card
 - DD Form 214
-

NGANJ Golf Tournament, June 5

The National Guard Association of New Jersey is holding the 18th Annual President's Golf Tournament at Falcon Creek Golf Course, McGuire Air Force Base, on June 5 with an 11 a.m. shotgun start.

A hot buffet dinner will follow at the McGuire NCO Club at 5 p.m. Proceeds from the tournament benefit the scholarship fund. Last year, the association was able to award nine \$1,000 scholarships to deserving students.

For reservation forms and more information, visit the association's web site: www.NGANJ.com.

Memorial Golf Tournament, Sept. 11

The 3rd Annual Tom Laffey Memorial Golf Tournament will be held Monday, Sept. 11, with a 10 a.m. shotgun start at The Meadows at Middlesex Golf Course, Plainsboro. The tournament is sponsored by The Keeping the Faith Foundation which was created in 2004 by the children of Tom and Virginia Laffey as a way to honor the memory of their parents. The proceeds from the annual golf tournament are donated to a special cause; this year's proceeds will be given to the family of 1st Lt. Howard Gwin, whose daughter Ashleigh has been diagnosed with Krabbe Keukodystrophy. For more information about the tournament, please call Bill Laffey (732) 822-5814, Helene Wahl (732) 922-6539 or Tom Laffey Jr. (732) 846-1775.

Joint Military Appreciation Street Fair, McGuire AFB, June 3

Saturday, June 3 10 a.m. to 7 p.m.
Tuskegee Airmen Ave, McGuire Air Force Base

Open to all with authorized military installation passes, regardless of branch.

Purpose is to celebrate the military - active/retired/reserve, their families, and support personnel to include APF, NAF and DoD Contractors.

Come join in the celebration featuring street vendors, live entertainment, kids zone and more! Four major branch-against-branch events to compete for cash!

HUMMER PULL - 5-person teams pull H1 Hummers for time - \$500 top prize

VOLLEYBALL TOURNEY - 5-person teams compete for a \$250 top prize

BATTLE OF THE BANDS - Play in a band or solo the event for a \$500 top prize

AUTO & BIKE SHOW - Shine 'em up and bring 'em out for a \$100 for each top prize

There is a great YOUTH SOFTBALL PICK-UP GAME for ages 10-12 with trophies going to the top teams.

There are no fees to enter any of the challenges and of course admission is free to all! The only restriction is that at least one participant is military affiliated and can sponsor the rest of their posse!

Complete information is available at www.305services.com or call 609-754-1973 or 609-754-3585.

5k Run and 3k Family Fun Walk on June 10

Join fellow runners and walkers at Fort Monmouth, N.J. on Saturday, June 10 at 8:30 a.m. for a 5k run and 3k Family Fun Walk. Pre-registration fee for the 5k is \$15, register after June 6 and the cost is \$20. The family walk is free. Visit the following web site for entry form and more information - [2006 Fort Monmouth Sports Events](#)

5K run on Flag Day for homeless veterans program

Community Hope, Inc., which has a program for homeless veterans to rebuild their lives is holding their 5th Annual Flag Day (June 14) 5K run in Basking Ridge, N.J. Runners can register at the Somerset Hills YMCA, 140 Mt. Airy Road, Basking Ridge or on-line at www.communityhope-nj.org. All proceeds from the run will be donated to the Hope for Veterans program, the largest transitional housing and rehabilitation program for homeless vets in New Jersey. Non-runners can also support the program if they wish through sponsorships or tributes. If interested in pledging support, contact Julia Bey Ahmet at the Community Hope Development Office, 973-463-9600, ext 303 or at jbahmet@communityhope-nj.org.

Golf Tournament, June 9

Suneagles Golf Course, Fort Monmouth, N.J., on June 9. Shotgun start at 8 a.m. and 1:30 p.m. Four player scramble game format. Cart is included in the cost of the registration, which ranges from \$26-47 per person, depending on status.

Registration must be received by June 7. Please check the web site for entry form and more information - [2006 Fort Monmouth Sports Events](#)

New Jersey State Park passes for 2006

All Active New Jersey National Guard Members are entitled to Division of Parks and Forestry State Park Passes. When parking fees are in effect this pass entitles the NJNG member (and passengers) free parking at all New Jersey State Parks, Forests, Recreation Areas and Historic Sites (Does not pertain to Campground fees) ID Card must be shown with this Pass. See your Orderly Room for your pass.

Poker Run on June 4, profits to veterans

Rolling Thunder® Chapters 2 and 4 are sponsoring a Poker Run on Sunday, June 4. Cost is \$10 per rider, \$5 per passenger, with 100 percent of the profits given to veterans issues.

Registration is at the following four locations, 9-11 a.m.

- Harley Dawn Diner, Route 322, Folsom
- Atkinson Tavern, Route 9, Cape May Courthouse

- Community Center, Route 9, Forked River
- Masters Leathers, Route 47 and Salina Road, Sewell

The run ends at Hedger House, Route 563, Chatsworth. The poker Run will feature live music with the Paul Tozz Band, featuring Miss Margie, vendors, door prizes, bike show and 50/50's. There also will be a run pin to the first 100 to sign in and a free bottle of water at sign-in. Cash food and refreshments will be available.

For more information contact Paul (Atlantic County) 609-214-5864, Tom (Cape May County) 609-226-3050, Ted (Cumberland County) 609-374-4949, Lou (Ocean County) 609-971-3544 or Bob (Gloucester County) 856-589-1717.

Anheuser Busch extends complimentary ticket program

Anheuser Busch has announced its program offering free amusement park tickets to the service members and their families has become so popular it will be extended another year. The "Here's to the Heroes," is open to active duty service members, active members of the National Guard or Reserve, and up to three direct dependents for one complimentary admission per year. Participants can go online to fill out a form for free admission at <http://www.herosalute.com/>.

The amusement parks participating in the program are: Sea World parks in Orlando, Florida; San Diego and San Antonio; Busch Gardens parks in Tampa, Florida, and Williamsburg, Virginia; Sesame Place, a children's play and water park, near Philadelphia; Adventure Island water park in Tampa; and Water Country USA water park in Williamsburg.

The 2nd Annual SGT Nutter 5K Run – May 20, 2006

The second annual Sergeant Nutter 5K Run in memory of SGT Sam Nutter (Jan. 28, 1966 – Jan. 2, 2005) will be held May 20. Funds raised during this even are donated to a N.J. Army National Guard family in need.

All ages are welcome and 45 prizes will be presented to winners in various categories. Registration will be held from 7 a.m. to 9:30 a.m.; the Race will start at 10 a.m. Cost is \$12 (postmarked by April 20), \$15 (postmarked by May 5), and \$20 (day of the event). Call (877) 850-0240 to sign up or get additional details. You can also visit the website at www.nutterrun.com.

Operation Oasis vacations for military personnel

Operation Oasis Outreach at Sandy Cove, North East, Md., offers a free, 3-day, 2-night time for rest and relaxation for military personnel who were deployed to the Middle East area during OIF/OEF with their spouse and children. Sandy Cove is located at the headwaters of the Chesapeake Bay. If you are interested, contact Carol Lee Lynch: toll free 1-800-287-4843 or e-mail c.lynch@sandycove.org.

Picatinny Waterpark and Golf Course open to Vets, Guard, families

Picatinny Arsenal Morale, Welfare and Recreation Office is proud to announce new opportunities for Veterans. As part of the Army's "Always a Soldier" program, Picatinny's Frog Falls Waterpark and Golf Course are now open to veterans as well as Active Duty and Retired Military and Reservists. Frog Falls Waterpark offers annual memberships to veterans through our partnership with Rockaway Township Recreation. Active Duty and Retired Military and Reservists can purchase an annual membership or visit the Waterpark for a \$3 daily fee. Guest passes (for non-dependents) can be purchased at the gate for \$7 (limit of 4 per visit). Please call (973) 724-7275 for more information. Picatinny Golf Course is also open to Veterans. Please call (973) 724-GOLF for more information.

Support our Troops Motorcycle Run

The Freedom Riders "Support Our Troops" Motorcycle Run is scheduled for October 14, 2006 (October 15 – Rain date). Proceeds benefit the Freedom Alliance Foundation providing: Educational scholarships to the children of American's Military Heroes that have given the Ultimate Sacrifice; pre-paid long-distance phone cards, gift cards for clothing, food, toiletries, books and magazines for the injured in our hospital; and funding for family members to travel to see and encourage their loved one.

For registration and information on the run go to: www.citikids.org/freedom.htm

Retirement Dinners

BG Sullivan Retirement Reception

A retirement reception for Brig. Gen. Thomas J. Sullivan will be held on Sunday, June 11 at The Club at McGuire (former Enlisted Club), McGuire Air Force Base, 3-7 p.m. Cost is \$25. Uniform is Dress Blues with four-in-hand for Army personnel, Service Dress for Air Force members and business attire for civilians. RSVP by May 31 to Maj. David Majury, (732) 418-3312, ext 120, or Zandra Ramcharitar, (609) 562-0959.

Retirement Dinner planned for State Command Sergeant Major Richard S. Adkins, Jr.

A Retirement Dinner in honor of State Command Sergeant Major Richard S. Adkins, Jr. will be held on Saturday, June 10, 2006 at the Lawrenceville Armory. The buffet dinner will begin with a Social Hour at 6 p.m. followed by dinner at 7 p.m. Cost of the dinner is \$25. Checks should be made payable to the DMAVA Employee Activity Fund and mailed to Family Programs, ATTN: Marie Durling, Building 3650, Fort Dix, New Jersey 08640. Please RSVP by May 19, 2006 to Marie Durling at 609-562-0739 or SSG David Clark at 609-562-0951.

Scholarship News

ThanksUSA offers at least 1,000 scholarships from \$1,000 to \$5,000 to dependent children and spouses of active duty U.S. military service personnel. Members of the military reserves who have been activated to full-time duty and members of the National Guard who have been federalized and who otherwise meet the requirements are both eligible. Visit www.thanksusa.org/main/index.html for more information. Deadline date is May 30, 2006 for applications.

Scholarships Available for Dependents of Members of U.S. Armed Forces Who Have Lost Their Lives in the Iraq and Afghanistan Conflicts

The New Jersey Community Bankers Education Foundation, Inc. announced the availability of scholarship funds for dependents of members of the U.S. Armed Forces who have lost their lives in the Afghanistan and Iraqi conflicts.

Scholarship funds will be considered for those applicants that have a high school or equivalency diploma and are in pursuit of higher education, including technical or vocational training, and demonstrate a financial need. The Foundation defines dependency as the service member's spouse, children, stepchildren and grandchildren (or step-grandchildren) and any person for whom the soldier provided one-half of the support in the prior calendar year.

Either the dependent or the service member must have a New Jersey connection. To establish this connection, either the applicant's permanent address must be in New Jersey, or the Soldier, Sailor, Marine or Airman's last permanent residence, or military base, must have been in New Jersey.

The application deadline for the fall 2006 semester is May 31. Additional information and applications can be downloaded from the League's website - www.njleague.com. Questions can be addressed to James Meredith at 411 North Avenue East, Cranford, New Jersey 07016 or by e-mail to jmeredith@njleague.com.

EANG-NJ Scholarships: Eligibility - The legal children of New Jersey National Guard members who are also members of the Enlisted Association may submit applications for consideration. Also, any drilling Guardsperson who is a member of this association may submit an application for the CSM Baldassari Scholarship.

USAA Scholarship: Open to any drilling Guardsperson (need not be a member of the EANGNJ). This scholarship is administered by the EANGNJ and funded by USAA. Previous recipients are not eligible for subsequent awards. Applications are available at: <http://www.eang-nj.org/scholarships.html>

DCA Scholarship for Military Children: If your mother or father is active duty, reserve/guard, or retired military personnel, or if you are the survivor of a deceased member and you have a military dependent I.D. card, you can apply! You must be planning to attend a college or university on a full-time basis. For details and how to apply, go to: <http://www.militaryscholar.org/apply/apply.shtml>.

Freedom Alliance scholarships for children of military heroes: The Freedom Alliance Scholarship Fund provides college scholarships to children of military personnel who have been killed or permanently disabled (100 percent VA rating) in the line of duty during the War on Terror. For more information, go to www.freedomalliance.org/scholarship.htm.

Department of Education Grants: The Department of Education has announced two new grants for the 2006-2007 school year. The Academic Competitiveness and National SMART grants will provide high performing college students with up to \$4,000 a year for maintaining a 3.0 or better GPA. An Academic Competitiveness Grant will provide up to \$750 for the first year of undergraduate study and up to \$1,300 for the second year of undergraduate study to full-time students who are eligible for a Federal Pell Grant and who had successfully completed a rigorous high school program, as determined by the state or local education agency and recognized by the Secretary of Education. Second year students must also have maintained a cumulative grade point average (GPA) of at least 3.0. The program will be available for the first time for the 2006-07 school year for first year students who graduated from high school after January 1, 2006 and for second year students who graduated from high school after January 1, 2005. The Academic Competitiveness Grant award is in addition to the student's Pell Grant award. [More information](#)

Grantham University scholarships: Grantham University offers a scholarship program to severely injured service members and their spouses and adult children. Go to www.grantham.edu for more information. They also have scholarship programs for military veterans, service members, and family members.

Widener University CARES Scholarship: Widener University, Chester, Pa., has a full scholarship program for children of Global War on Terrorism service members who were killed in action. Contact the Office of Admissions at 610-499-4126 for more information.

Veterans Information

DMVA Veterans Outreach Campaign continues.

The DMVA Veterans Outreach Campaign continues with kiosk displays at selected malls throughout New Jersey. The schedule is as follows:

July 13-15	Cherry Hill Mall
August 10-12	Quakerbridge Mall
September 14-16	Livingston Mall
October 12-14	Deptford Mall
November 9-11	Menlo Park Mall
January 11-13 2007	Brunswick Square Mall

The kiosk will be open from 10 a.m. to 6 p.m. on the identified dates.

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

On Armed Forces Day, Saturday, May 20, at 1:00 p.m., the New Jersey Vietnam Veterans' Memorial Foundation will host a lecture entitled The Originals: The Women's Auxiliary Ferrying Squadron of World War II – Breaking the Gender Barrier in Military Aviation. Honey Fulton Parker will discuss the story of the first women pilots in the US Military. The event will be held at the Vietnam Era Educational Center in Holmdel.

Honey Fulton Parker, of Coram, Long Island, NY, is a field representative for the Women in Military Service for America Memorial, a memorial and museum located in Washington, DC. The Memorial is dedicated to honoring the many women who have served valiantly in America's armed forces. In her presentation, Ms. Parker will highlight the exploits of one such heroine, her sister, Dorothy Fulton.

Dorothy Fulton began flying at the age of 15. In 1942, at the age of 24, she was one of the first 28 women accepted into the Army Air Force's World War II Air Transport Command as a pilot. These pilots became known as the "Originals" and were assigned to the Command's Ferrying Division and designated the Women's Auxiliary Ferrying Squadron (WAFS). During the course of the war, the women pilots flew military fighters, trainers, and bombers from factories to air bases around the nation, where they handed the planes over to combat crews. Flying in all weather, the WAFS displayed heroism and sacrifice to get the job done. The "Originals" inspired over 1000 women pilots to volunteer for flying service.

Lecture attendees are asked to RSVP to (732) 335-0033.

May 29	11 a.m.	Memorial Day Ceremony.
For more information, please call the NJ Vietnam Veterans Memorial Foundation office at (732) 335-0033 or (800) 648-VETS. The Vietnam Era Educational Center is located adjacent to the NJ Vietnam Veterans' Memorial off the Garden State Parkway at Exit 116.		

Trenton Vets Center open for counseling services

Located at 934 Parkway Ave, 2nd Floor, Ewing, N.J., the Department of Veteran Affairs, Trenton Vet Center, provides free readjustment counseling services to combat zone veterans and their families.

The Vet Center services include:

- Individual readjustment counseling
- Group readjustment counseling
- Screening for Post-Traumatic Stress Disorder
- Counseling for PTSD
- Substance Abuse counseling
- Marital and family counseling
- Sexual Trauma counseling
- Community education and liaison
- Referral for benefits assistance
- Employment Assistance

Heading the Trenton Vet Center Staff is James Gordon, team leader. Other staff at the center to help veterans and their families are Jeanne Morrison, Master Social Worker, Rawle Gaskin, Readjustment Counseling Therapist, Darryll Johnson, Readjustment Counseling Technician and Burnice Rice, Trenton Vet Center Office Manager.

The center is open Monday thru Friday 8 a.m. to 4:30 p.m., with Wednesday and Thursday extended hours by appointment only.

All services provided to veterans and their families are at no cost and clients' rights are protected by HIPPA. For more information call (609) 882-5744.

"The Moving Wall" is scheduled to visit New Jersey

"The Moving Wall" is the half-size replica of the Washington, DC Vietnam Veterans Memorial and has been touring the country for almost twenty years. When John Devitt attended the 1982 dedication in Washington, he felt the positive power of "The Wall." He vowed to share that experience with those who did not have the opportunity to go to Washington.

On June 14-19, 2006, the Medford New Jersey Township Council will sponsor "The Moving Wall" exhibit at Freedom Park, 86 Union Street, Medford, New Jersey. Opening ceremonies are planned for Wednesday evening, June 14. For further information, please contact the Recreation Department at 609-654-2512, or visit www.medfordtownship.com or www.themovingwall.org.

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.

Fitness Corner

Ernest Razzano, Certified Fitness Trainer, ISSA

ernest.razzano@njdmava.state.nj.us
www.trainerforce.com/eraz

Tone Your Tummy For Summer Fun

One of the most common fitness questions this time of year is "How can I tone my stomach for swimsuit season"? Typically, people believe that the guaranteed quick route to obtaining a rock-solid six-pack (which is really an 8-pack) is to do hundreds of sit-ups or abdominal crunches. Wrong!

Let's understand what the abdominals actually do. The rectus abdominis depresses ribs (bringing the sternum and pubic bone closer together) and flexes vertebral column. Sit-ups do not work the abs. There are other muscles involved when doing a sit-up, one of which is the rectus femoris. The largest muscle in the body. It's part of the quadriceps (front of the upper leg). Ever notice why your thighs get tired, especially when your feet are locked under an immovable object? It's the "crunch" movement that works the abdominals and, contrary to popular belief, there is no such thing as upper or lower abs!!!!

Here is how you train them. Your muscles contain a combination of endurance-oriented, fast recovering Type I fibers and power-oriented, more slowly recovering Type IIA and Type IIB fibers.

The average muscle in the average person is about 50% Type I and 50% Type II. Type II dominant muscles include the gastrocnemius (calf), the hamstrings (back of upper leg), the triceps (back of upper arm), and the rectus abdominis (one of the many problems is with the way most people work their abs).

Type II dominant muscles respond best to high tension (heavy weight) and, necessarily, shorter time under tension (fewer reps.) Sets of 20-40 seconds (7-10 reps for most people with most exercises) to or almost to fatigue work best.

It is imperative that you also reduce the fat in your stomach area. If you don't decrease the fat in this area, then you'll never see well-defined abdominal muscles no matter how long and hard you train them. The key to reducing body fat is a comprehensive workout program that consists of cardiovascular, strength, flexibility exercises and a healthy diet.

Mark your calendar

May 29 – Memorial Day
June 9 – DMVA/JFHQs Picnic, Lawrenceville Armory
June 14– Trenton Thunder Military Appreciation Day
June 14 – Flag Day
June 15 – Unity Day
July 4 – Independence Day
July 16-22 – National Guard Youth Camp (Sea Girt, NJ)

Tips for a Safe Summer

Whatever you do this summer, stay safe

-- Each year, the U.S. Military stresses the importance of zero mishaps during the 101 Critical Days of Summer through PowerPoint slides, commander's calls and safety briefings. For the most part, Airmen do their part to put safety at the forefront.

But, what about those safety issues that tend to fall through the cracks, such as salt deficiency, ticks, mixing alcohol and energy drinks, or driving while talking on a cell phone?

Cell phones and driving

You see it every day while driving: that one driver weaving in and out of traffic, tailgating vehicles and rolling through stop signs because he or she was busy talking on a cell phone instead of paying attention to the road. Here are a few tips to avoid being "that guy:"

Never talk on a cell phone while driving on military installations unless you want three points added to your driving record

When available, use a hands-free device

Suspend conversations during bumper-to-bumper traffic and hazardous driving conditions

Position your cell phone within easy reach

Hyponatremia (salt deficiency)

As the weather warms, outdoor sports like football, soccer, running and beach volleyball become favorite pastimes. With each sport comes a risk -- not just a muscular injury or broken bone, but a risk of sodium depletion.

Each time an athlete sweats, he or she is losing water and salt. If the salt is not replenished with a sodium-enriched snack or sports drink, the athlete runs a risk of hyponatremia. Symptoms include nausea, muscle cramps, disorientation, slurred speech, confusion and inappropriate behavior. If the condition is not treated, it could progress to seizures, coma or death.

To prevent hyponatremia, remember to hydrate an hour before working out or engaging in sports, and hydrate frequently while active. Sodium-rich foods include pretzels, saltines and wheat crackers.

Ticks

When camping or hiking in the woods this summer, wear long pants and take along a can of tick-and-insect repellent. Ticks prefer to inhabit long grass, fields, wooded areas, weeds and brush and attach themselves to small pets and people.

Be sure to inspect all family members and pets after returning from a tick-infested area and promptly remove any ticks with a pair of tweezers. Be sure to pull at the base of skin to avoid leaving the head attached to the skin. Wash the skin, apply antibiotic and cover with a bandage to avoid infection.

Be cautious when entering potentially tick-infested areas. Some ticks are known to carry Lyme disease. While most symptoms of Lyme disease mimic the common flu, the most obvious is a circular or oval-shaped red rash in the area of the bite. Bite victims should consult a doctor immediately if they incur any of the above symptoms.

Alcohol, energy drinks

The summer weather can mean long days at the beach and parties into the early morning. Some may think about adding a kick to their alcoholic beverage to keep them from dozing off too early. Energy drinks seem to be a mix of choice for some.

However, mixing alcohol with energy drinks can make for a life-threatening cocktail. Each of the drinks was designed to produce a very different effect. Alcohol is a depressant and impairs judgment, while energy drinks are designed to improve reaction time and performance.

When mixed and consumed, the combination can impair motor coordination, silence inhibitions and make one think the alcohol does not affect him or her.

In fact, medical sources say that when any alcoholic beverage is mixed or chased with caffeine, alcohol is processed quicker, and the effects are intensified. So, consumers should avoid any activities requiring motor coordination, such as driving and operating machinery, until the alcohol has passed through the system.

Where to send your submissions to “Highlights”

If you have submissions for the newsletter, please e-mail them to Staff Sgt. Harbison at barbara.harbison@njdmava.state.nj.us - for those of you who have global accounts, the address you see on the global listing is NOT the DMAVA address, so you will have to type it. You can also contact her at (609) – 530-7088, fax: (609) 530-6963.

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