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## DMAVA Highlights Archives

**10 February 2005**
**Volume 4, Number 6**

### NJ Dept of Military and Veterans Affairs

Maj Gen Glenn K. Rieth  
 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!

Office of the Assistant Commissioner

COL (Ret) Michael B. Smith

Mrs. Laura A. Branham

Phone: (609) 530-6987

Fax: (609) 530-7109

Email:

[branham@njdmava.state.nj.us](mailto:branham@njdmava.state.nj.us)

We're on the Web!

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

Veterans' Organizations  
 Contact Information

### State Veterans Service Council

Mr. Richard Clark

[RJClark21@msn.com](mailto:RJClark21@msn.com)

### NJ Advisory Committee for Women Veterans

Mrs. Anna Hoffman

[hoffmanannem@aol.com](mailto:hoffmanannem@aol.com)

BG Willam C. Doyle Cemetery  
 Advisory Council

Mr. William Rakestraw

[warjrnj@msn.com](mailto:warjrnj@msn.com)

[New Jersey Freedom Loans](#)

## Welcome Home Parade is scheduled for tomorrow, Friday, 11 February, for Battery B, 3rd Battalion, 112th Field Artillery.

DMVA employees, family and friends, are invited to join MG Glenn K. Rieth and honored guests as returning members of Battery B, 3rd Battalion, 112th Field Artillery return with a Welcome Home Parade in Lawrenceville on Friday, 11 February 2005, at 1:30 p.m. The parade will begin at American Legion Post 414 on Berwyn Place and proceed down Eggert Crossing Road to the Lawrenceville Armory. Battery B returned from 12 months of combat duty in Iraq.

## Welcome Home – NJ Army National Guard's 1/114th Infantry!

Acting Governor Richard J. Codey and U.S. Senator Jon S. Corzine joined MG Glenn K. Rieth, senior National Guard staff, family and friends in welcoming home 325 members of the 1st Battalion 114th Infantry on Saturday, 5 February 2005, at the 108th Air Refueling Wing hangar, McGuire Air Force Base. The soldiers completed a prolonged deployment to the Sinai Peninsula as part of the Multinational Force and Observers on a peacekeeping mission in the stretch of land between Israel and Egypt. Local veterans and service organizations joined to greet our returning soldiers and honor the outstanding achievements of the unit. The NJ National Guard is extremely proud of all the soldiers from the 1/114th Infantry Battalion; their performance and dedication to duty is in keeping with the highest traditions of military service. Welcome Home!

## Albania's Minister of Defense visits DMVA.

On Friday, 4 February 2005, the Adjutant General, MG Glenn K. Rieth, Deputy Adjutant General, Brig Gen Maria Falca-Dodson, and senior New Jersey National Guard leadership greeted Defense Minister Pandeli Majko and other members of the Albanian delegation visiting DMVA through the State Partnership Program (SPP).

The Albanian contingent included Major General Kostaq Karoli, Albanian Land Forces Commander; Colonel Viktor Isaku, Albanian Defense Attaché, Major Bardhyl Kollcaku, Head of Foreign Relations within the Ministry of Defense (MOD), Major Artur Sheko, Chief of Protocol within the MOD; and Mr. Nebil Ruci, personal assistant to the Minister. The Albanian Minister of Defense was in Washington, DC earlier in the week to attend a prayer breakfast with President George W. Bush and meet with U.S. Secretary of Defense Donald Rumsfeld.

Defense Minister Majko made the special trip to New Jersey in order to personally thank MG Rieth and the NJ National Guard for the assistance and support given to Albania through the State Partnership Program.

Following a tour, briefing and luncheon at the Homeland Security Center of Excellence, the delegation left via helicopter to Army Aviation Support Facility (AASF) #1 for their trip back to Washington, DC.

## NJ Nets basketball team hosts 50th Main Support Battalion (MSB) children.

**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

First Morris Bank & Trust  
1-888-530-2265

Fleet  
1-800-841-4000

Manasquan Savings Bank  
732-223-4450

Once again, the New Jersey Nets captured the hearts of our children. On January 31st, twenty-five children from the 50th MSB had the opportunity to participate in a celebrity signing with Vince Carter at the NBA Store in New York City. The children and their escorts (parents and the Teaneck Family Assistance Center staff) met at the Teaneck Armory and boarded a bus chartered by the Nets. The children were met upon their arrival and shown to their place of honor in the front rows. Marcus McDaniel, son of SSG McDaniel, and Sierra Kelly, daughter of SSG Kelley, both from Charlie Company, asked Vince Carter questions during the live interview session. Thank you to the New Jersey Nets for hosting the 50th Main Support Battalion's children.

**Veterans to be honored at upcoming Medal Ceremonies.**

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

<b>10 Feb</b> 11 a.m. 1 p.m.	Distinguished/Meritorious Service Medal Korean Service Medal	Hackettstown Armory 901 Willow Grove Street Hackettstown, NJ
<b>24 Feb</b> 11 a.m. 1 p.m.	Distinguished/Meritorious Service Medal Korean Service Medal	Lawrenceville Armory 151 Eggert Crossing Rd. Lawrenceville, NJ

**177th Fighter Wing receives state-of-the-art snow removal equipment.**

MG Glenn K. Rieth and Brig Gen Eugene Chojnacki visited the 177th Fighter Wing Civil Engineering Squadron and the Explosive Ordinance Disposal Unit on Thursday, 10 February 2005. The purpose of their visit was to review and familiarize themselves with the recent \$300,000 acquisition of state-of-the-art snow removal equipment in the Civil Engineering equipment fleet. This equipment will allow the Civil Engineers to more effectively and efficiently clear roadways and, more importantly, runway entry points that are critical to the 177th Fighter Wings flying mission. In addition, our senior leaders visited the Explosive Ordinance Disposal (EOD) section where they received an overview of both the EOD wartime and peacetime mission. Finally, they were given a glimpse of the Joint Family Support office that is currently being renovated by the 177th Civil Engineers.

**Support the Troops**

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

**Pancake Breakfast** – Vineland – 19 Feb 05. The Masonic Lodge at 1065 East Landis Avenue, Vineland, New Jersey will host a Support the Troops Pancake Breakfast on Saturday, 19 February 2005, from 8-11:30 a.m. Tickets are \$5 per person, \$3 for Seniors and Children under 12. All proceeds benefit the HHT/C Troop, 5-117th Cavalry National Guard soldiers and their families. For more information call Dacia Eachus at 856-358-2590 or Colleen Cuning at 856-308-3052.

**Pasta Dinner** – Lawrenceville – 20 Feb 05. A Pasta Dinner to benefit National Guard families will be held on Sunday, 20 February 2005, at the Lawrenceville Armory from Noon until 7 p.m. Cost: \$8 (Children 12 and under - \$4).

**Breakfast Buffet** – Port Murray – 27 Feb 05. American Legion Post 164 and the 2-102nd Family Readiness Group will sponsor a Breakfast Buffet on Sunday, 27 February from 8 a.m. to 12 p.m. The event will be held at the American Legion Post on Willow Grove Street, Hackettstown, New Jersey. Cost is \$6 for adults, \$5 for Seniors and Children under 10. Proceeds will assist the families of the 2nd Battalion, 102nd Armor.

**JT2DC (T3BL) Soldier's Association Golf Tournament** – 25 April 2005. The event will begin with a 9 a.m. Shotgun Start at the Fountain Green Golf Course, Fort Dix. Cost \$80 per person. Proceeds will assist the families of our deployed soldiers. For additional information, contact CSM Tim Maskery at 609-562-0539.

Get Dunkin Donuts coffee for your soldier. Dunkin Donuts will send a case of free coffee to your soldier. Just go to [www.dunkindonuts.com](http://www.dunkindonuts.com), click on "About Us," click on

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

"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 use 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](http://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 23,000 stamps have been donated to our National Guard soldiers and airmen and Family Readiness Programs. 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.

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### **National Guard Association of NJ –Scholarship Announcement.**

The National Guard Association of NJ is pleased to announce the continuation of the Scholarship Program for 2005. Completed applications will be accepted, beginning February 1, 2005 and must be postmarked, not later than, March 15, 2005. Applications and additional information are available online at: [www.nganj.org](http://www.nganj.org) and at your armory. Send completed applications to: National Guard Association of New Jersey, Scholarship Committee—COL Edward Slavin, 101 Eggert Crossing Road, Lawrenceville, NJ 08648.

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### **Retirees wanted to provide Military Funeral Honors (MFH).**

The J5/7 MFH Coordinator is looking for paid volunteers to provide MFH to New Jersey's fallen veterans. You must be retired from the Army or Army National Guard and meet military standards in the Army's Class A. uniform. Owning a Class A uniform is a plus, but not mandatory. If you are interested, please contact Mr. Denson at 609-530-7090 or e-mail him at [Raymond.Denson@nj.ngb.army.mil](mailto:Raymond.Denson@nj.ngb.army.mil) for more information.

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### **Air Force Association selects Vehicle Operators as the 2005 Team of the Year.**

The Air Force Association has selected Vehicle Operators as the 2005 Team of the Year. Brig Gen Ron Ladnier stated, "I am proud to announce that the Vehicle Operations Air Force specialty Code (AFSC) 2T1X1 is the Air Force Association's 2005 Team of the Year. These professionals have continually served in superior fashion while facing tremendous challenges from home-station and deployed. They certainly deserve the recognition. My Congratulations to all Vehicle Operators in your Command."

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

### Physical Fitness Keeps Older Minds Sharp

Staying physically fit is not only good for your body, but it also seems to help keep your mind in good shape. There was a study done in the VA Medical Center in San Francisco, and researchers found that adults who were most fit at the start of a six-year study maintained their mental sharpness over time and did better in tests of their mental function conducted years later than did their less physically fit peers.

Older adults with higher levels of cardio-respiratory fitness experience a slower rate of cognitive decline over time. Cardio-respiratory fitness describes the heart and lungs' efficiency in processing oxygen. People who are not very fit have difficulty processing oxygen when they exercise. That is why they get "winded" or have difficulty breathing.

Adults who were the most fit at the start of the study exhibited the least amount of mental decline. Their least physically fit peers, in contrast, scored lower.

There may be more than one explanation for these results. Cardio-respiratory fitness may reduce a person's risk of cardiovascular disease, high blood pressure, diabetes, and other conditions known to be associated with poor mental function in older adults. Or, cardio-respiratory fitness may be directly associated with blood flow in the brain, reductions in which have been linked to lower mental function in both Alzheimer's disease patients and normal older adults.

Although more study is needed, older adults who are already active should keep exercising and those who are inactive should consider beginning an exercise program, ideally in consultation with a physician.

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### Fun Facts –

Wayne Gretsky had it written into his final NHL player contract with the NY Rangers that he would receive two tickets to every event at New York City's Madison Square Garden for the rest of his life.

All current denominations of U.S. currency are 6.14 inches wide and 2.61 inches in height.

The leaning Tower of Pisa has eight stories.

A horse focuses its eye by changing the angle of its head, not by changing the shape of the lens of the eye as humans do.

A mole can dig a tunnel 300 feet long in one night.

Cats have no ability to taste sweet things.

A hippopotamus can run faster than a man.

The bottle-nosed whale can dive to a depth of 3,000 feet in two minutes.

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### Today in History..

Today is Thursday, 10 February 2005. It is the 41st day of the year with 324 days remaining.

1763 – The Treaty of Paris ended the French and Indian War. In the treaty, France ceded Canada to England.

1863 – The fire extinguisher was patented by Alanson Crane

1870 – The YWCA was founded in New York City.

1920 – Major League baseball representatives outlawed pitches that involve tampering with the ball.

1933 - The Postal Telegraph Company of New York City introduced the singing telegram.

1935 – The Pennsylvania Railroad began passenger service with its electric locomotive.

1942 – The Normandie, the former French liner, capsized in New York harbor. The day before the ship had caught fire while it was being fitted for the U.S. Navy.

1962 – The Soviet Union exchanged captured American U2 pilot, Francis Gary Powers, for the Soviet spy Rudolph Ivanovich Abel, who was being held by the U.S.

1990 – South African President F. W. DeKlerk announced that black activist Nelson Mandela would be released after 27 years in captivity.

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## February is Black History Month -- Black Military Heroes

American Revolution: Paul Cuffe – helped supply the American colonies during the Revolution, smuggling goods past British patrol ships. He went on to build a large whaling and shipping business.

Civil War and late 19th Century: Buffalo Soldiers – served in Western settlements and forts, often fighting against Native Americans. Twenty-three Buffalo soldiers earned the Medal of Honor for their bravery in combat.

World War I: James Reese Europe – served as a lieutenant in the segregated 369th Infantry Regiment (the Harlem Hellfighters) during World War I and became the first black officer to lead troops into combat during the war.

World War II: Benjamin O. Davis, Jr. – Led the 99th Pursuit Squadron and the 332nd Fighter Group (both part of the Tuskegee Airmen) during World War II and became the first black general of the United States Air Force.

Vietnam and the Persian Gulf War: Colin Powell – twice wounded in combat during the Vietnam War, served as chairman of the Joint Chiefs of Staff during the Persian Gulf War, and was appointed Secretary of State by President George W. Bush.

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

On Saturday, 22 January, at 1 p.m., the NJ Vietnam Veterans' Memorial Foundation will host a slide show and book discussion by Vietnam Veteran Thomas F. Morrissey, author and photographic illustrator of *Between the Lines: Photographs from the National Vietnam Veterans Memorial*. This book is a collection of photographs designed to not only capture the faces of those who visit "The Wall," but the emotion, solitude, and ultimate spirit of healing that take place there. Throughout the book, Morrissey incorporates excerpts of messages that have been left at the Wall. Lecture attendees are asked to RSVP to 732-335-0033. A donation of \$5 per person is suggested.

<b>19 Feb</b>	1 p.m.	<b>Rejoice or Cry: Diary of a Recon Marine, Vietnam 1967-1968</b> Author lecture by Vietnam Veteran John R. Rhodes
<b>19 Mar</b>	1 p.m.	<b>A Redcatcher's Letters from Nam (199th Lt. Inf. Bde)</b> Author lecture by Patricia Farewell Enyedy, sister of a NJ GI, KIA in Vietnam
<b>2 Apr</b>	10 a.m. 4 p.m.	<b>Celebrating the 30th Anniversary of Operation Babylift, Vietnam (1975-2005)</b> \$10 Admission fee
<b>16 Apr</b>	1 p.m.	<b>A Sense of Duty: My Father, My American Journey</b> Author lecture by former Vietnamese refugee and USMC Gulf War Veteran Quang X. Pham

For more information about any of these events, please call the NJ Vietnam Veterans Memorial Foundation office at (732) 335-0033.

The Vietnam Era Educational Center is located adjacent to the NJ Vietnam Veterans' Memorial off the Garden State Parkway at Exit 116.

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

Date	Event	Location
4-6 Feb	Antique Show	Lawrenceville Armory
20 Feb	Sports Card & Comic Book Show	Bordentown Armory
25-27 Feb	Cat Show	Morristown Armory
27 Feb	NASCAR Collectibles Show	Bordentown Armory

**Call today and volunteer to help at a Family Readiness Center near you.**

To reach any NJ National Guard Family Assistance Center - Call toll free 888-859-0352.



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Department of Military & Veterans Affairs  
P.O. Box 340  
Trenton, NJ 08625-0340  
Phone: 609-530-4600

Updated: June 13, 2018 8:59