

DMAVA Highlights

Nov. 5, 2009 Volume 11 Number 39



Public assembly and columbarium Focal point of Veterans Day

The \$2.6 million public assembly area and above ground niche columbarium will be officially unveiled at the Brigadier General William C. Doyle Memorial Cemetery at 11 a.m. on Thursday, Nov. 11. The state's Veterans community is welcome. The columbarium will contain nearly 3,200 above ground niches for interment of cremated remains. The project was funded by the federal Veterans Administration's Grants for Cemeteries Program. Photo by Tech Sgt. Mark Olsen.

College and career night set for National Guard and families

Looking to start school? Career Guidance? A Job?

The New Jersey Army National Guard Education Center is hosting a College and Career Night at Joint Force Headquarters, Building 3650 at Fort Dix, in Conference Room A, on Tuesday, November 17, 2009, at 6 p.m. A short Education Benefits Briefing will be conducted along with 10 minute presentations from each organization.

Representatives for each organization will also be available for one-on-one questions and answer sessions.

This is a great opportunity to learn about the Post 9/11 GI Bill, how to transfer GI Bill Benefits to dependents, get set up for college courses, and for information about civilian employment.

Representatives from Thomas Edison State College, Pierce College, Roger Williams University, Fairleigh Dickinson University, and Tip of the Arrow Foundation will be available to answer questions about college, careers, and jobs. All Army and Air Guard members -- and spouses -- are welcome.

For more information please contact Captain Ben Stoner, Education Benefits Manager at 609-562-0975/0711 or email at benjamin.stoner@us.army.mil.

Veterans Day events, Specials, honors

By Tech. Sgt. Barb Harbison, DMAVA Public Affairs

For those of you who are currently serving in the military, are retired or a veteran – our country says its thanks to you on Nov. 11 on Veterans Day.

Several national businesses also say thank you in the way of discounts and freebies. Here are a few.

If you are hungry and like to eat out, you can visit three different restaurants on three different days. Each restaurant has different rules as to proof of service, times, reservations, menus and participating locations. Check the Web site for details.

Nov. 8 – McCormick & Schmick's Veterans Appreciation Event offers a complimentary entrée from a special menu to "a person who served in the active military, naval, or air service, and who was discharged or released under conditions other than dishonorable." <http://www.mccormickandschmicks.com/featured-promotion/Veterans-Appreciation-Day.aspx>

Nov. 11 – Applebee's is offering a free meal to all veterans and active duty military personnel. www.applebees.com/vetsday

Uno Chicago Grill is also offering a free entree or individual pizza on Veterans Day to all veterans and members of the military. Just come in uniform or bring a military or veterans' ID.

Nov. 16 – Golden Corral's free dinner meal, 5-9 p.m., is open to anyone who served in the U.S. military – veterans, retirees, active duty military members, and members of the National Guard or Reserves. <http://www.goldencorral.com/military/>

Please note that all three restaurants are offering the free meal to the military member only, not accompanying friends and family.

You might want to take the time to go online to see if your favorite restaurant or store has a special offer for Veterans Day. While checking out a restaurant for this weekend when I go home to visit my grandchildren, I found that Shady Maple, an excellent smorgasbord in East Earl, Pa. (Lancaster County), is offering 25 percent off to all veterans and military personnel on Veterans Day. <http://www.shady-maple.com/pdf/Veterans%20Day%202009.pdf>

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*If you are not too large for the place you occupy,
you are too small for it.*

--James A. Garfield, 20th president of United States

DMAVA Highlights

More Veterans Day specials

From the desk of Christina Coles, office administrator

The New Jersey United Christian Academy, Cream Ridge, is hosting a community wide Veteran's Day event on November 10 at 1 p.m. We invite everyone to attend. As well as all military branches being honored we have two special guests. Merchant Marine Merl Smith who was aboard the SS Meredith Victory (known as the Ship of Miracles) is one of only three Marines living that will tell his story of rescuing Korean civilians during the Korean War of 1950. We have one of the Korean survivors from that ship, Mr. Won, who will tell his view of the event. They do not know that each other will be there! This will be the first time they have ever spoken in public. There will also be three World War II Veterans who will receive special recognition.

On Veterans Day, Nov. 11, Sam's Club® locations nationwide will be giving away 25,000 Hugo® canes free of charge to U.S. military Veterans in need of mobility assistance.

Limited quantities per club, available only while supplies last. Sam's Club® Membership is not required. Proof of military service may be required.

From Rick Davis, USCG Sector NY MWR

The New Jersey Nets Military Appreciation Day is Nov. 11. All services are invited. You buy and print out your own tickets, just click: <http://letsγονets.com/tickets/groupsales/Military09-10.html>. Ticket prices are \$5 and \$10.

A great way to spend your Veterans' Day - a great holiday, a great basketball game and a great price for your tickets - can it get any better?

Natalie Menendez, a psychology graduate student at Monmouth University studying posttraumatic stress, is organizing a charity bowl-a-thon in Strathmore Lanes, Matawan, on Nov. 15 from 2-5 p.m. in recognition of Veterans Day.

The event will support the organization, The Wounded Warrior Project. Wounded Warrior Project offers a range of programs and events designed for soldier's needs beyond their hospital stay. Tickets are \$20 and includes shoes, unlimited bowling and refreshments. Come out and support the cause.

Commemorate Veterans Day with the Hopewell Valley Veterans Association's (HVVA) Veterans Day ceremony on Nov. 7, from 11 a.m.-12:30 p.m. at Alliger Park. The event will include remarks by keynote speaker Brig. Gen. James J. Grant, Chief of the Joint Staff, NJDMAVA. The ceremony will also include remarks by local veterans and military displays. This free event is rain or shine. Refreshments will follow the ceremony. Alliger Park is located at 203 Washington Crossing- Pennington Road (Rt. 546), adjacent to the Hopewell Township Public Works Building. For additional information and directions visit, www.HopewellValleyVeterans.org.

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DMAVA Green

By Tech. Sgt. Barb Harbison, DMAVA Public Affairs

The cooler weather is here and it is time to turn on the heat. Here are a few tips to save money and keep warm.

Install (and properly program) a programmable thermostat. The average household spends \$2,200 annually on energy bills, and about half of that is for heating and cooling.

A programmable thermostat costs \$50 to \$80, is easy to install, and can save about \$180 a year.

Replace your furnace or heat pump filter regularly and make sure your unit is clean and maintained.

Is your water heater in an unfinished basement or other unheated section of your home? Wrap it in an insulation blanket that you can purchase at a hardware or other home care store to save heat loss.

You can shave 2 percent off your heating (or cooling) bill for each degree you lower (or raise) the thermostat for at least eight hours a day while you're away from home or asleep, says Amanda Korane of the American Council for an Energy-Efficient Economy.

Turn off the thermostat or close the vent in an unused room – guest room, for instance – and save.

Put rugs on bare floors.

Close the fireplace damper when not in use.

Drink warm drinks, wear extra layers of clothes.

Keep garage doors closed.

Oatmeal instead of cold cereal.

Leave blinds down on south-and west-facing windows on hot summer days to keep your space cool. This prevents the sun from warming your home and making your cooling system work harder. In winter, leave blinds up to allow the sun to help heat your home.

And when you snuggle down in bed, have flannel sheets on your bed!

Keep Green.

Quotes

Men can starve from lack of self-realization as much as they can from a lack of bread.

--Richard Wright

There is just one life for each of us: our own.

--Euripides

I'll walk where my own nature would be leading; it vexes me to chose anohter guide.

--Emily Bronte

It is necessary to the happiness of man that he be mentally faithful to himself.

--Thomas Paine

New Jersey Department of Military and Veterans Affairs

Maj. Gen. Glenn K. Rieth – The Adjutant General

Brig. Gen. James J. Grant – Director, Joint Staff

Retired Col. Stephen G. Abel – Deputy Commissioner for Veterans Affairs

Maj. Yvonne Mays – Public Affairs Officer

Tech. Sgt. Barb Harbison – Public Affairs Specialist

Sgt. Wayne Woolley – Public Affairs Specialist

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

Families

Dates set for Strong Bonds, Marriage Enrichment weekends

For those Soldiers who recently returned from deployment – how about a great weekend to “reconnect” with your spouse? Why not try Strong Bonds AKA Marriage Enrichment? The critiques are 99 percent positive over all on the effect the weekend has had with insight to marriages. This is NOT a counseling weekend.

Upcoming weekends will be Feb. 12-14, April 9-11 and May 14-16.

This is for couples who have not had the opportunity to attend in the past. If you are interested, contact Marie Durling at marie.durling@us.army.mil, or 609-530-6884 for an application form.

Registration Forms will be checked to see if you did attend previously. If you attended over two years ago, you may fill one out for the waiting list. With the return of the IBCT, we want to make sure the soldiers who have not attended have the opportunity to do so.

Soldiers are required to attend the entire weekend and ALL sessions in order to receive a SUTA certificate. Dress code is casual for the entire weekend. We do not provide child care. This is a couples' weekend.

More information will be mailed to you approximately 30 days before your event weekend with details.



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

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

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

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

State Family Programs

101 Eggert Crossing Road, Lawrenceville

Toll-free number 1-888-859-0352

Family Assistance – 609-530-6834/6884

State Youth Coordinator – 609-530-6836

Military Family Life consultants – 609-530-6835/6886

Yellow Ribbon Program – 609-530-6846/6853/6859

Military OneSource 1-800-342-9647; NJ 609-530-6867

Fax – 609-530-6871

November: The month of The military family

By American Forces Press Service

President Barack Obama pledged his support of military members and their families and said Americans have a “solemn obligation” to preserve their well-being in his proclamation declaring November as Military Family Month.

The proclamation reads in part:

“No one pays a higher price for our freedom than members of our Nation’s military and their families. As sons and daughters, husbands and wives, and mothers and fathers are deployed, military families endure with exceptional resilience and courage. They provide our troops with invaluable encouragement and love, and serve our Nation in their own right. During Military Family Month, we honor the families of our Armed Forces and thank them for their dedication to our country.

“Though only a small percentage of our Nation’s population, our troops bear the great responsibility of protecting our people. They, along with their families, serve us every day with courage and dignity. Ensuring that military families receive the respect they deserve and the support they have earned is a top priority for my Administration.

“The strength of our Nation is measured not just by our success on the battlefield, but also by our ability to support those families who have made so many sacrifices for us. Time and again, military families have shown their heart in the face of adversity. We have a solemn obligation to ensure that while our men and women in uniform discharge their duties, we do all we can to promote and preserve the well-being of their families. We must also support the families of our wounded warriors and our fallen heroes who have paid the ultimate price for the freedoms we enjoy.

Teaneck FRG shows calendar

From the desk of Janis M. Shaw, Family Assistance Center

Come join the Teaneck Family Readiness Group for Movie Day on Saturday, Nov. 7, to see “Where the Wild Things Are” at the AMC Theater at the Garden State Plaza Mall, Paramus. Participants must be there at 9:15 a.m. Call the Teaneck FAC at 201-833-8356/0632 to register.

The upcoming Teaneck FRG/FAC meetings are Nov. 12 and Dec. 17 at 7 p.m.

Teaneck FRG Mardi Gras/Tricky Tray and BeefSteak will be held Nov 20 at the Teaneck armory. Tickets are \$4; time is 7-11 p.m.

Check out Blue Star Flag Program

Grantham University’s Blue Star Flag program has been providing Blue Star Flags to Service members and their families since 2006. Grantham University is also offering scholarships and grants to Servicemembers and veterans. For further information about the Blue Star Flag program, please go to: <http://www.mybluestar-flag.com>.

State Employees

Employees charitable campaign runs through December 2009

By Paul Serdiuk, DMAVA Campaign Chairperson

The New Jersey State Employees Charitable Campaign (ECC) has officially kicked off its 2009/2010 Campaign which will run through December 2009. Maj. Gen. Glenn K. Rieth's letter expressed his commitment to this very worthwhile activity.

The ECC provides each of us with an annual opportunity to voluntarily help others and ourselves by donating to any of the 1,500 participating agencies and organizations listed in the ECC Code Book. Contributions may be made by payroll deductions each year or by cash, or check.

Over the years, our Department has been most successful in this endeavor because of your personal generosity and concern. **We urge every employee to support this worthy cause.**

To reduce the cost of printing extra code books we have been asked to share books. If you did not receive one, go to www.njsecc.org. This year the organizations are listed alphabetically by county.

Please remember, your contribution today means a lot to the people in need tomorrow.

Thank you. For more information, contact Paul Serdiuk at 609-530-6878.

DMAVA, SBA holding info fair in Woodbury, Nov. 13

There will be a New Jersey Department of Military and Veterans Affairs and Small Business Administration (SBA) Information Fair at the Woodbury Armory on Nov. 13, 9:30 a.m.-noon.

The invited presenters include: NJ DMAVA – GI Bill, education programs, VA claims; SBA – loan programs, start-up information, support services; NJ Army National Guard Family Programs; U.S. Dept. of Labor – employment, Civil Service preference and USERRA; N.J. Dept. of Labor and Workforce Development – employment, unemployment and veteran services; VA – vocational rehabilitation, GI Bill and certificates of eligibility; and Rutgers Small Business Development Center – free business counseling for start-up and existing businesses.

Representatives from the following colleges and universities will also be there with military and veterans information: Rowan, Rutgers, Burlington County, Camden County and Gloucester County.

A separate SBA seminar is available for those who are interested.



New retirement applications, procedures

The Division of Pensions and Benefits is implementing significant changes to retirement application procedures for members of the Public Employees' Retirement System (PERS), Teachers' Pension and Annuity Fund (TPAF), Police and Firemen's Retirement System (PFRS), and State Police Retirement System (SPRS).

There will be a new section listing "Terms and Conditions of Retirement" that employees will now need to review and sign off on, in order for their application to be accepted. If a member is applying through MBOS, there will be a check box the employee must check off, stating they have read, understood and agree to the terms and conditions.

Also, for retirements other than Deferred Retirement* the Division of Pensions and Benefits will no longer accept an application more than one year prior to the retirement date. For more information on these changes, a copy of the certified letter from Pensions and Benefits is available as a file attachment with an announcement on the DMAVANet site under Human Resources. If you wish to obtain a copy of the *New Application for Retirement Allowance* form, please visit the DMAVANet site under *Human Resources > Benefit Forms, and Helpful Forms*, as well as on the Pensions and Benefits Web site.

Technician pre-retirement seminar scheduled for Nov. 17-18

A federal technician pre-retirement seminar will be held at the Joint Training and Training Development Center on Nov. 17-18. The classes will be held from 8 a.m.-4 p.m. each day.

The seminar will cover federal benefits including TSP, health and life insurance, financial planning, Social Security benefits, estate planning and legal issues, and long term care insurance.

If you are interested in attending, contact Lorraine Jamison at 609-562-0874 or Lorraine.jamison@us.army.mil.

Essex Troop holding holiday party on Dec. 12

Mark your calendar for the 2009 Essex Troop and Iron Horsemen Associations' Christmas party on Dec. 12 at Zeris Restaurant, Route 46 (East), Mountain Lakes.

Cocktail hour – with wine, beer and cheese; cash bar for drinks – begins at 6:30 p.m. Dinner buffet with wine, beer and soda included begins at 7:30 p.m. Cost is \$35 per person.



Veterans & Military

Post Office releases overseas mailing deadlines

Military Mail Addressed To	Express Mail® Military Service (EMMS) 1/	First-Class Mail® Letters and Cards	Priority Mail®	Parcel Airlift Mail (PAL) 2/	Space Available Mail (SAM) 3/	Parcel Post®
APO/FPO AE ZIPs 090-092	Dec-18	Dec-11	Dec-11	Dec-4	Nov-28	Nov-13
APO/FPO AE ZIP 093	N/A	Dec-4	Dec-4	Dec-1	Nov-21	Nov-13
APO/FPO AE ZIPs 094-098	Dec-18	Dec-11	Dec-11	Dec-4	Nov-28	Nov-13
APO/FPO AA ZIP 340	Dec-18	Dec-11	Dec-11	Dec-4	Nov-28	Nov-13
APO/FPO AP ZIPs 962-966	Dec-18	Dec-11	Dec-11	Dec-4	Nov-28	Nov-13

1/ EMMS: Express Mail Military Service is available to selected military post offices. Check with your local Post Office to determine if this service is available to your APO/FPO of address.

2/ PAL: PAL is a service that provides air transportation for parcels on a space-available basis. It is available for Parcel Post items not exceeding 30 pounds in weight or 60 inches in length and girth combined. The applicable PAL fee must be paid in addition to the regular surface rate of postage for each addressed piece sent by PAL service.

3/ SAM: SAM parcels are paid at the Parcel Post postage rate with maximum weight and size limits of 15 pounds and 60 inches in length and girth combined. SAM parcels are first transported domestically by surface and then to overseas destinations by air on a space-available basis.

For online ordering of the Large Priority Mail APO/FPO Flat Rate boxes featuring the "America Supports You" logo and APO/FPO addressing block, [Click here](#). More information about mailing letters and packages to military destinations is available online at [Supporting Our Troops](#). <http://www.usps.com/supportingourtroops/>.

Veteran to speak about his Vietnam pilot experience

On Saturday, Nov. 7, at 1p.m., the New Jersey Vietnam Veterans' Memorial Foundation will host a lecture by Vietnam veteran Brian Settles, about his book, *No Reason for Dying: A Reluctant Combat Pilot's Confession of Hypocrisy, Infidelity, and War*. Settles' book tells the story of his experiences as an Air Force F4 pilot in Vietnam and the life experiences that drove his desire to excel. This program will be held at the Vietnam Era Educational Center in Holmdel. Light refreshments will be served.

Settles, a retired airline pilot and teacher, graduated from Ball State University and was commissioned as a Lieutenant in the U.S. Air Force in August 1966. He was assigned to Vietnam in August 1968 as a co-pilot in the F4 Phantom jet fighter bomber as part of the 390th Tactical Fighter Squadron, stationed in Danang. Settles completed 199 combat missions. Upon returning to the United States, he completed his military obligation as a refueling tanker pilot.

Lecture attendees are asked to RSVP to 732-335-0033. A donation of \$5 per person is suggested. The Vietnam Era Educational Center is located adjacent to the New Jersey Vietnam Veterans' Memorial off the Garden State Parkway at exit 116.

Join the New Jersey WOA

The United States Army Warrant Officer Association, Fort Dix Doughboy Chapter, is looking for members. For membership information, contact Chief Warrant Officer Nancy E. Rowbotham at nancy.rowbotham@us.army.mil.



Jersey Guard families organize to create Band of Brothers Memorial Poker Run in 2010

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

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

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

For more information visit www.RememberingRyan.org.

Veterans Organizations contact information

State Veterans Service Council
 Richard Clark, RJClark21@msn.com
 BG William C. Doyle Cemetery Advisory Council
 William Rakestraw, warjrnj@msn.com
 Veterans Hotlines
 Benefits and Entitlements
 1-888-8NJ-VETS (1-888-865-8387)
 Mental Health
 1-866-VETS-NJ4 (1-866-838-7654)

Calendar

When – Nov. 7, 11 a.m..

What – Texas Hold'em Tournament

Where – Cannon Gate, Picatinny Arsenal,

More info – \$30 per person, call 973-724-2582 for reservations.

Prizes will be awarded for the top ten players.

Register for Guard/Reserve retirement seminar Dec. 5

Mark your calendars for a free seminar on Reserve and Guard retirement benefits. It will be held on Dec. 5 at the Timmerman Center, building 5441, 8th Ave., Fort Dix, from 8 a.m. to 4 p.m. It is for all Guard, reserve, retirees and spouses.

If you are unsure of what benefits are available to you while you are waiting to receive your retirement check – if you are a “gray area” retiree – this is the seminar for you.

Presenters at the seminar will include military service centers, Veterans Affairs, Department of Labor, and various military transition organizations that will cover topics from a Guard/Reserve perspective.

If you are interested in attending, contact Chief Everett Currie at 757-444-7295, ext. 2005 or e-mail Everett.currie@navy.mil.

MTA running train for USMC

Toys for Tots Dec. 12-13

On Dec. 12-13, the Military Transport Association (MTA) will run a special train in Northern New Jersey to collect donated toys for the U.S. Marine Corps Reserve Toys for Tots Foundation. Along the route, the train will stop at ten locations where members of the public can drop off toys, board the train to see Santa Claus, experience a variety of working railroad equipment, and meet members of the Marine Corps and MTA.

Four railroads are loaning engines, rolling stock, and use of their tracks to Operation Toy Train. They are the Morristown & Erie, New York, Susquehanna & Western, Norfolk Southern, and New Jersey Transit. In addition to the Marines Corps Reserve and Military Transport Association volunteers from the Volunteer Railroaders Association will help run the event.

Members of the public are encouraged to drop off new, unwrapped toys at various collection points along the route in the first two weeks of December. At each stop, one or more businesses or organizations has a large collection box. The web site, <http://www.njoperationtoytrain.com>, lists all the toy drop-off locations and the schedule for the train.

On Dec. 12, the train will stop in Flanders, Ledgewood, Dover, and Rockaway. On Dec. 13, the train will stop in Maywood, Hawthorne, Wortendyke (Midland Park), Wyckoff, Franklin Lakes, Pompton Lakes, and Butler.

The mission of the U.S. Marine Corps Reserve Toys for Tots Program is to collect new, unwrapped toys during October, November, and December each year and distribute those toys as Christmas gifts to needy children in the community where the campaign is conducted. The Toys-for-tots website is: www.njtoysfortots.org.

Veterans Outreach Campaign schedule

The DMAVA Veterans Outreach Campaign has kiosk displays at malls throughout the state and other special events to help veterans and their family members discover and apply for the benefits they are eligible to receive.

Nov. 9*, 10 Woodbridge Center Mall

January 5*, 6, 7 Cherry Hill Mall

February 2*, 3, 4 Monmouth Mall

*Medal ceremony at 10:30 a.m.

Counter-terrorism seminar being held at NJIT Nov. 14

The New Jersey U.S. Marine Corps Reserve Association and New Jersey Institute of Technology present a one day counter-terrorism symposium on Nov. 14, 8:30 a.m.-4 p.m. at the NJIT Campus Center. The subject for this seminar is Prevention Technology: A Proactive Approach to Counter-Terrorism.

Participants will find this symposium will have an emphasis on cell phone and digital forensics, IEDs and interoperability of communication, along with a panel of experts from a variety of state and federal departments. The guest of honor will be an embedded reporter currently overseas.

This is the latest in a series of seminars hosted by the UMSC Reserves and others which focus on different pro-active aspects of terrorist prevention.

To register contact retired Col. Walter F. Conner, 609-306-4860, wconner9@comcast.net.

'Run with Dennis' Nov. 8

The fourth annual Lt. Dennis W. Zilinski II Memorial 3.5-mile run and 2.0 mile walk is slated for Sunday, Nov. 8, (rain or shine) at the PNC Bank Arts Center in Holmdel. Race registration begins at 7:45 a.m., followed by an opening ceremony at 8:50 a.m., and the start of the race slated for 10 a.m.

All proceeds benefit the Lt. Dennis W. Zilinski II Memorial Fund. For more information including sponsorship opportunities and race registration please visit: www.runwithdennis.org.

Deadline

Want to place an event or article in DMAVA Highlights?

Deadline for articles is noon Wednesday.

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