

Latest Updates

Issue: 02 April 2009

The State Family Programs Office is available 24/7.

You can go to the following website to get a copy of the current Family Program Office roster.

www.nj.gov/military/familysupport/home.html

In case you can't remember the above address or you are on vacation on a strange computer all you really need to remember is:

www.nj.gov

From there you can search for the Family Programs Office and find the information you need.

The web based newsletter is complete. The information is all on the web and can be found at the above address.

This update document will show 3 things:

- 1) **Items this office wants to highlight even though it may not be new for this issue**
- 2) **The newest items since the last publication date and**
- 3) **The previous weeks update**

All of the information listed in this document will be posted in the other parts of the newsletter found in one of these documents:

- 1) **Family Events** – Here you will find items and activities that are for the family to participate in. The events may or may not be for children.
- 2) **Fundraisers and FRG Events** – Items that you can participate in but not related to an FRG are here. Usually the fundraising activity will help Our Soldiers and Families in some way. Also, you will find FRG events that you can participate in and help the Soldiers and Families of OUR New Jersey National Guard.
- 3) **Deals and Services** – Many companies offer free or reduced priced services. Check out the great deals available to you.
- 4) **Helpful Programs** – Find out about programs designed to help you get through your Soldiers deployment and offers to help you with bill payments, ID cards, and the all important Red Cross procedures in case of personal or family emergency.

The nice thing about web based news is that you can view the webpage any time you wish even while on vacation. For those of you receiving this by mail, you will still receive a copy once a month.

REUNION BRIEFINGS

We know it is early to mention reunion briefs but we wanted to get the dates and locations out now so you can make plans to attend the one most convenient for you. All briefs are the same - they are not unit specific. Attend the one that is most convenient for you. If you have any questions, please call Marie at 609-530-6884

Yellow highlight is for ease of reading only and signifies nothing else.

Soldier & Family Reunion Brief Schedule

<u>Date</u>	<u>Armory</u>	<u>Time</u>
April 4, 2009	Jersey City	9:30 a.m.
April 5, 2009	Vineland	1:00 p.m.
April 16, 2009	Cherry Hill	6:30 p.m.
April 19, 2009	Toms River	1:00 p.m.
April 27, 2009	Woodbridge	6:30 p.m.
May 6, 2009	Somerset	6:30 p.m.
May 11, 2009	Mount Holly	6:30 p.m.
May 16, 2009	Woodbury	9:30 a.m.
May 21, 2009	Teaneck	6:30 p.m.

The Latest Items:

0. Please read the note above about our newsletters

1. **After The War Zone – A Book to Help You Cope With Your Reunion**
2. **Benefit Concert “Rock the Troops”**
3. **Ft Dix MWR Happening**
4. **Military Family Life Consultants (MFLC) Are Available**
5. **Burlington FRG Bowling Fundraiser**
6. **Co A 2-113th IN FRG Easter Egg Hunt**
7. **Family Programs Office News/Updates**

Volunteers

By Penny Bennett

You hold the hand of many
Listen to the words of all
You become more than company
And are there at the slightest call
Bringing joy, laughter, warmth and song
Leaving with what you knew all along
That shared peace with a willing heart
Can be found in all of us
When we each do our part
Volunteers

Weekly Trivia

The prize is knowing that you honestly thought about this and can't wait till next week to see if you're correct.

This week's trivia:

Flat maps typically have a difficult time in showing true relationships because of the difficulties in turning a global orientation into a flat orientation. Different types of maps therefore introduce their own sets of errors depending on the map builders' translation of a round object onto a flat plain. That's why the legend and map scale on maps are important to understanding how the map interprets the map makers intentions. Canada shares a long border with the United States and is our closest ally and trading partner in many respects. Other than the US, what countries land territory is the next closest to Canada?

Last week's trivia:

Native American tribes have traditionally been led by male Chiefs. However, in modern times (say the last 200 years) one tribe eventually had a female Chief. What was her name and what tribe did she lead?

Congratulations to all who sent in their guesses. One of the answers that was sent in was a Chief called Pine Leaf. She was a Chief in the Crow tribe but I can only find references to her as being a member of the Council of Chiefs and recognized as the third most powerful Crow Chief in a group of 160. The answer I was going for was Wilma Mankiller. Wilma Mankiller was the Principal Chief of the Cherokee Nation elected as the Chief in the mid-80's. She was elected to the post as the SOLE leader of the tribe and not as part of a power sharing group. But ultimately Wilma Mankiller is the winner because Marie is killing me with all the work she's giving me and I now call her Marie Mankiller.

Family Programs Office News/Updates

1. Family Readiness Assistant (FRA) - MPSC has hired a new FRA who will be starting in mid May. It is Paul Gunning who is currently the Pomona Wing Coordinator. Welcome Aboard Paul! PS – FRG Leaders.....I will still be checking to see who logs in their volunteer hours..... NJ is now up to 2456 hours Congratulations Volunteers!!!

2. The Welcome Home Parade will be on Tues, 9 June 2009. This parade will start at the War Memorial and end at the Sovereign Bank Arena. More details on this event will be put out as soon as I get detailed and final guidelines.
3. Arriving Home – Our soldiers will be coming home starting the end of May through 8 June. More details will be put out when we have them. What I can tell you is they will be arriving at McGuire (No spouses/family members can go to the airport) at a designated time (which can change due to weather, mechanical issues etc). Soldier's will meet up with their families for a short time before they are back on the bus and go to their barracks to set up for their demobilization process. Our office will keep you informed to the best of our ability/knowledge.
4. Great Adventure Tickets - I will have these tickets on Monday, 6 April. Please call your local FAC to pay for tickets. He/she will pick them up from me ASAP and get them to you. I cannot mail them out.
5. FRG Leaders – Please send me names of hard working volunteers and or organizations that have donated to your FRG so I can start making certificates for them.

Once again, thank you for all you do. I appreciate all our volunteers!! Thank YOU!

Marie Durling

4 apr Burlington FRG Bowling Fundraiser

The Burlington FRG is hosting a fun filled night of bowling Saturday 4 Apr between 7-9:00 pm. Please come out and support our NJNG Soldiers. Even if you've never bowled before, come on out and be with friends and enjoy a great evening of fun. Maybe you can pick up some pointers on how to bowl also. Bottom line? Fun and support for our Soldiers and their families!



Come join us for some FUN !!!!

The Burlington FRG is hosting a fun filled night of bowling !!!!

When: Saturday, April 4th
Where: Burlington Bowl and Recreation
Rt. 130 North, Burlington
Time: 7-9 p.m.
Cost: \$10.00 adult
\$5.00 child

***Reservations are recommended! If you have any questions or would like to make reservations, please call Pam Whitehouse at (856) 796-0122.*



4 apr Co A 2-113th IN FRG Easter Egg Hunt

The FRG is holding an Easter Egg Hunt at the Jersey City Armory on 4 Apr 2009 between 1:30-4:30 pm. Adults are free and each child is \$5. Get your picture taken with the Easter Bunny, dye some eggs, enjoy

refreshments and lot more activities! All benefits will benefit the Welcome Home Party for Co A 2-113 IN out of the Newark Armory.

See you at the: Jersey City Armory
678 Montgomery St/Summit Ave
Jersey City NJ

4 apr Port Murray Easter Pancake Breakfast

The 50thSTB will be hosting an Easter Breakfast - bacon, eggs, sausage, pancakes, home fries, Egg Hunt for the kids, Photos with the Easter Bunny, goodie bags for the kids and free family raffle table on April 4 starting at 10:30 at the Port Murray Armory. We welcome all our families to join us for a fun-filled day. If you have any questions, please contact Carol Sheridan at 973-520-2346 or 973-429-1309 or email at ccsheridan@msn.com or csheridan@eapdlaw.com

No date Military Family Life Consultants (MFLC) Are Available

Are you, the kids, or other family members having a tough time dealing with getting ready for deployment of a loved one? Are you having a tough time dealing with things during the deployment? Are you having a tough time dealing with things after the deployment? MFLC Counselors can help you and your family problem solve with issues resulting from deployment, reunions, reintegration and other times of change including:

- Marriage and Relationship Issues
- Family Issues
- Stress and Anxiety
- Depression
- Grief and Loss
- Anger management
- Parent and child communication

Soldiers and families are entitled to six prepaid, face-to-face counseling sessions. New Jersey has two MFLC on our staff in the State Family Programs Office. Contact them at:

Jeff at: 609-530-6886 or cell: 609-694-7020 or jeffrey.p.hoerger@healthnet.com

Jill at: 609-530-6835 or cell: 732-284-8220 or jill.c.barrett@mhn.com

5 apr Benefit Concert "Rock the Troops"

USO "Rock the Troops" Benefit Concert, P.J. Whelihan's Pub, 1854 Marlton Pike (Rt. 70), Cherry Hill, NJ

Sunday, April 5th, 7pm-9pm

Join the USO and members of the Philadelphia Eagles, Philadelphia Flyers, armed forces and local celebrities for its 1st Annual "Rock the Troops" Benefit Concert featuring **Blackthorn**. Tickets are \$25 in advance, \$30 at the door, and available at the Liberty USO web site, www.libertyuso.org, by calling (215) 365-8010, or at all P.J. Whelihan's Pubs in NJ and PA (www.pjspub.com) or at the Chophouse Restaurant in Gibbsboro, NJ and Kitchen 223 in Westmont, NJ. All proceeds support USO programs for the active duty, reserve and guard armed forces and families in PA and NJ.

16 may Ft Dix MWR Happening

1 April FREE Jazz Concert - Timmermann Center (Tkts. Required) call 609-562-6772

3 April Love & Logic Parenting Class for more information call 609-562-2767

9 April Women's Roller Derby for more information call 609-562-5355

11 April Annual Kiddie Fishing Derby for more information call 609-562-6777

15 April Family Fun Festival for more information call 609-562-2767

15 April Commander's Cup Golf Tournament for more information call 609-562-5443

Scuba Diving Class starts 4 May @ Aquatics for details call 562-2808.

Calling all SERIOUS runners -Fort Dix is hosting its first Armed Forces 10 Mile Run Saturday May 16. Click here for details www.dixmwr.com

Intramural Softball Season is around the corner. Sign up at Griffith Field House today 562-4888.

No date *After The War Zone – A Book to Help You Cope With Your Reunion*

The book *After the War Zone: A Practical Guide for Returning Troops and Their Families* congratulates you for surviving your Soldiers deployment! The very Skills and Mindset you honed and sharpened will now get in the way of you returning to your normal home environment. This book is valuable resource for you, your family, and your community. It "tells it like it is" and how it has been for thousands of soldiers before you returning from the WAR ZONE or from supporting The WAR ZONE.

The authors point out that unlike the Vietnam War, when the draft meant that most Americans were directly affected by the conflict, the modern "all volunteer" military has left participating families feeling a sense of isolation from the rest of society. The book provides a broad array of information that will help returning soldiers, their loved ones, friends, and community to understand the challenges of reintegration to civilian life. It provides education and advice for neighbors, coworkers, employers, and service providers who assist returning vets and their families. Actually, the book is for anyone who wonders what to expect when a service member returns home from a war zone. It shows all of us how to help when the going gets tough (and it will).

Another fact: The top two reasons returning troops seek care at VA Medical Centers are pain from musculoskeletal problems and mental health problems. This book addresses every aspect of reintegration one can imagine, such as anticipation of return, the post-deployment stage (honeymoon period) special issues for reservists and women soldiers, reactions of children, problems with PTSD, communication problems, what it's like to be a loved one left at home, issues for the extended family, the need for social support, separating myth from reality, finances, relationships, and much more.

The Resource Section alone is worth the price of the book, plus there is an excellent index. Kudos to authors Laurie B. Slone, Ph.D. the Associate Director for Research and Education of the VA National Center for PTSD, and to Matthew J. Friedman, MD, PhD, the Executive Director of the VA National Center for PTSD and a Professor of Psychiatry and Pharmacology at Dartmouth Medical School. The book is \$11.66 and can be found at www.amazon.com/After-War-Zone-Practical-Returning/dp/1600940544/ref=cm_cr_pr_pb_t.

LAST WEEKS UPDATES

Marie's Message To Our Volunteers

FRG Leaders - Please send me a list of all your volunteers and or supporters and what they did for your FRG's so I can start doing certificates for you to give out in May/June. I personally appreciate all your assistance during this deployment and for stepping "up to the plate" and going above and beyond. I have enjoyed getting to know majority of our Leaders and Volunteers and it has been a pleasure. Thank you!

****The end of the deployment is a few months away and you have all done a great job! I do hope that all FRG's will continue to be active and supportive of our family members and our soldier's/airmen when they return. FRG's are still needed during non deployment times. Our office is always available to assist you and or

your FRG anytime. I am planning another State FRG Leadership training in April 2010. I hope to see everyone there and have another weekend of informative breakouts and speakers.*****

Top Volunteers/Hours for Fiscal Year 2009 (as of 21 March 2009):

Nancy LaCorte	441
Lorraine Mercier-Robertson	328
Carol Sheridan	275
Linda Pagan	236
Lisa Lepre	225
Crystal Marone	175
Cathy Jefferson	136
Beth Clink-Cahill	133
Tom McKenzie	128
Carol Schuren	124
Shari Madera	116
Juanita Hickman	114

I would like to thank all of you for your valued time and dedication to our families and service members of the NJ Army and Air National Guard. I will update stats at the end of each month.

No date Military Spouse Career Advancement Account Program

With Congressional authorization in Public Law 110-417, the Department of Defense is implementing the Military Spouse Career Advancement Account Program, providing resources and assistance to spouses of active duty services members, Guard and Reserve with a spouse on orders for one year, supporting their pursuit of a successful, long-term, portable career.

This centralized, virtual program, accessed through Military OneSource, will provide counseling and funding, up to \$6,000, to assist with licensure, certification or education opportunities leading to portable employment opportunities.

- A spouse will call the Military OneSource Center (1.800.342.9647) and speak with a Career and Education Consultant.
- The Military One Source Career and Education Consultant will assist the spouse in selecting a career goal and entering a Career Plan into the online system "My Career Advancement Account."
- Upon approval of the spouse's Career Plan for education, training, certification or licensure, Department of Defense will provide direct payment to the Payee (school, institution, or program) through the designated government Portal.
- The spouse will report back to Military OneSource upon completion of the Plan and receipt of employment.

This Department of Defense funded program will be available April 2009. Program specifics are available for your review at www.militaryonesource.com.

The DoD point of contact is Mr. Mike Tevnan, 703.908.1237, mike.tevnan@moscenter.us

8 may Baby & Toddler Expo

McGuire AFB is hosting a baby and toddler expo for new or expectant mothers. Expo will be held on 8 May 2009 between 10:00am and 1:00pm. The address is:

The Club
Bldg 2508
East 3rd St
McGuire AFB 08641

Call 609-754-9680 for more information.

There will be food, fun and raffles PLUS 30 vendors are expected to come to show their wares and pass out free information through representatives and flyers. This is open to all military ID card holders AND DoD civilian employees. If you are planning on having a baby or have a new baby you won't want to miss this great expo!



8 apr Ft Monmouth ACS Presents A Prevent Child Abuse Training Workshop

April 2009 is Child Abuse Prevention Month.

Fort Monmouth is holding a Parent Training Workshop on Positive Discipline and presented by Prevent Child Abuse NJ. This will be held on Wednesday, April 8, 2009, from 11:30AM -1:00PM Army Community Service Building 812, Murphy Drive, Fort Monmouth.

Parents who are enrolled in Child and Youth Services (CYS) programs will receive two(2) parent participation points for attending this seminar.

For further information or to register, call 732-532-2077 or email us at MONM-USAGACS@conus.army.mil A light lunch will be served, pre-registration is required.

For further information on how to prevent child abuse, please contact the ACS Family Advocacy Program Manager at (732) 532-2077.

9 jun Welcome Home Parade

Save the Date --- Tuesday, 9 June 2009 - Welcome Home Parade in Trenton for our returning Heroes. I will send out more detailed information when everything has been confirmed.

15 may EANJNG Scholarship

EANJNG opens scholarship season to members, dependents The Enlisted Association of the National Guard of New Jersey scholarship season is open. The CSM Baldassari Memorial Scholarship is open to all members of

the Association and their dependents. Scholarship forms can be found at the association's web site - <http://www.eang-nj.org>.

The Enlisted Association offers five \$1000 scholarships. All applications must be received no later than May 15, 2009. Previous winners are not eligible to reapply. The Enlisted Association would also like to announce the USAA Scholarship. This is a \$500 scholarship that is open to all members of the New Jersey Army and Air National Guard. Forms also may be found at the Enlisted Association web site.

For more information on either scholarship, contact retired SGM (Ret) Michael Amoroso at 609-562-0754.

13 apr Sesame Street Live "Elmo Makes Music" is coming to New Brunswick

Mark your calendar for a musical event like no other-monsters making music! Elmo, Zoe, Big Bird and all their Sesame Street friends are taking to the stage to share their love of music. Count along with The Count, visit Elmo's World, do the Crumb-A-Rumba with Rosita, and much more!

Event held on April 8-13 at the:

State Theatre
15 Livingston Avenue
New Brunswick NJ 08901.

Opening night: All seats \$12! (excluding Gold Circle & Premium) Other performances: \$14, \$20, \$26 (Premium), & \$30 (Gold Circle) Additional service charges and facility fees may apply.

Special Military discount: Save \$5 on tickets! Use the code: YELLOW to purchase your tickets at the by phone or online or show your military id at the venue box office. Discount is not valid on Opening Night, Gold Circle, Premium or previously purchased tickets. No double discounts.

Great Seats Still Available! Tickets available at the box office, StateTheatreNJ.org, or call 732-246-SHOW (7469). Hurry for best seats, and we'll see you soon!

30 apr NJ Aviation FRG T-Shirt Fundraiser

The NJ Aviation FRGs are selling T-Shirts as a fundraiser. The proceeds from these shirts will support the activities of our FRGs.

All shirts will be delivered to and available for pick-up at one of our FRG locations (South, Central or North) (dates TBD) or will be sent to the unit for our soldiers. We encourage you to ask friends and family to participate in this fundraiser, but please understand that we CANNOT DELIVER T-SHIRTS TO ANYONE DIRECTLY. If you have friends and family members order t-shirts, please have them note your name on the online or paper order form, so you can pick their order up at one of our FRGs.

To order the shirts, go to www.donnavandergrift.com, click on the link that says T-Shirt at the top right. You will need to sign in. Use aviation tshirt for the email/username and blackhawk for the password. Once you are there, you can click on Store to go to the site where you can purchase the shirts online using PayPal (credit or debit card). You could also click on order form which will allow you to print a copy of an order form. You would then mail the form to the FRG, paying by check made out to NJ Aviation FRG. The online store is the most efficient way to order these shirts.

Orders will be taken through April and FRG members will be notified about the pick-up dates through email in May.

Thank you for your support. Donna Vandergrift

No date National Guard Child Care Use Survey

The National Guard Family Program Division is pleased to announce the National Guard: Child Care Use During Deployment Survey. Information collected in this survey will be used to research perceptions and child care needs of military members. This information will assist in the formulation and improvement of policies for programs that benefit military families. Reports will be provided to the National Guard Family Programs Division. Findings may be used in reports and testimony provided to Congress and other Government Agencies. Some findings may be published in professional journals, or presented at conferences, symposia, and scientific meetings. In no case will individual identifiable survey responses be reported. Please assist the National Guard Child Care Program by distributing this survey link to National Guard members and their families.

Survey Link: <http://www.zoomerang.com/Survey/?p=WEB228AQH9A7LQ>.

Target Audience: National Guard families with children who are currently preparing for deployment, in a deployment phase, or recently returned from deployment (up to 2 months after return). Providing information on this survey is voluntary. Most people take 10-15 minutes to complete the survey.

No date Great Adventure Tickets Update

We haven't forgotten about the Great Adventure Tickets! Our POC at Great Adventure is having issues with the printers and therefore our receiving the tickets has been delayed. We have been told to expect the tickets sometime in the first week of April. We will let you know through the newsletter that the tickets have come and the procedures to follow to get them. DO NOT call this office about the tickets.

19 apr Hershey Park National Guard Day Update

There is an issue with the website listed below. After talking with Hershey Park officials the best bet is to click on the link from a word document or from a web page (which can be found at http://www.nj.gov/military/familysupport/family_events.html). Look for the Hershey Park information and click on the link. There are people who are having trouble getting onto the website and sometimes it may take several clicks. Keep trying!

<https://tickets.hersheypa.com/WebStore/shop/ViewItems.aspx?Merchant=ARMY&CategoryGroupExternalID=Army&CategoryExternalID=ARMYTKTS>

Enter Promo Code: 24681

See our webpage (link above) for complete information on the Hershey Park deal.

FRG EVENTS

Here are the ongoing FRG Events that have been previously published. **Expanded information can be found** on our webpage [www.nj.gov/military/familysupport/fundraisers and FRG events.html](http://www.nj.gov/military/familysupport/fundraisers_and_FRG_events.html).

Burlington FRG Bowling Fundraiser

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Port Murray Easter Pancake Breakfast

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Cherry Hill Armory and FRG Events

McGuire Commissary

McGuire commissary is coming to the Cherry Hill Armory 04 Apr 2009 starting at 10:00 am. Come out and shop bulk items without having to drive to McGuire AFB. Military ID is required to participate. The address of the Armory is the corner of Grove St & Park Blvd in Cherry Hill.

HHC 2-113TH (Riverdale) First Annual Homefront 5K Run/Walk

Funds Raised are for the Welcome Home Celebration Sunday, April 26, 2009:

08:00-09:30 a.m. - Registration

09:30 a.m. - 500 meter Kids Race

10:00 a.m. - 5K Run/Walk

50th Chemical Co FRG (Somerset Armory) Flea Market/Yard Sale

Indoor- Outdoor FLEA MARKET/ YARD SALE:

Sat 25Apr 2009 8am-3pm

Rain Date Sat 2 May 2009 8am-3pm

Table space cost is \$25. Contact Linda at 732-432-7998 OR JLPagan@comcast.net for a vendor application.

HHC 2-113 IN T-Shirt Sale for Riverdale FRG

The Wanaque Police Department is selling T-Shirts to help support the New Jersey Army National Guard "Riverdale Family Readiness Group" in their effort to send packages to our soldiers, assist the families and support their causes while their family members are deployed. If you or any member of your organization would like to purchase a shirt you can contact CPT Ted Norton at 973-835-5600

Freehold FRG T-Shirt Sale

We are selling t-shirts, like everyone else. Here is a description:

The regular sizes-Small thru 2XL are infantry blue (\$15)

The kids sizes are a lighter blue but not baby blue and they run children small-large (\$15)

We also have 3XL & 4XL which are white (\$20)