

# Latest Updates

Issue: 28 May 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](http://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](http://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.

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## The Latest Items:

**0. Please read the note above about our newsletters**

**1. Partners With Heroes Program**

**2. Website For Free Banners**

**3. "Learn to Tell Your Story" Workshop At Fort Monmouth**

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**Thank You!**

*Author Unknown*

**May not have told you lately,  
But hope you know it's true,  
That every day we're grateful for  
A volunteer like you!**

**Your caring words, your caring deeds,  
They mean so very much,  
For all you give to others  
We can never say "Thank-You" enough!**

## 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:**

**I think I messed up last weeks trivia but no one caught it or at least let Marie know about it. This weeks trivia comes straight from the headlines (just like Law and Order). There's lots of buzz about the first Hispanic female judge nominated for the Supreme Court, Sonia Sotomayor. This is a 3 part trivia. The court has been around since 1789! Who was the first Chief Justice of the United States Supreme Court? Who has been a Chief Justice who was also the US President (or is that a President who was also a Chief**

Justice)? Finally, we are all used to referring to the 9 Justices of the Supreme Court. It hasn't always been so. What is the lowest and largest number of justices the court has had since its inception?

**Last week's trivia:**

Take a look at a package of Nestle chocolate chips. There is a recipe for Toll House cookies. What are Toll House cookies and how did they get their name?

Ah, the famous Toll House Cookies - a nice name for chocolate chip cookies. Kenneth and Ruth Wakefield bought a house in Whitman Massachusetts in 1930 that was a former place to pay tolls in the 1700's (even back then you couldn't get away from tolls). The Wakefields called their place The Toll House and Ruth made a type of butter cookie and one day decided to add semi-sweet chocolate to the batter expecting it to melt and blend into the cookie. Instead, the chocolate held its shape and only melted into a gooey mass which quickly become a favorite of the Inn. Marie frequently makes cookies for the office and boy are they goooood. Everyone in the office just loves Marie's cookies but I notice that when I reach for a cookie Marie slaps my hand and makes me pay a quarter toll to enjoy one of her cookies while the rest of the office enjoys her cookies for free! I can't even sneak a cookie without her noticing. Wonder if she'll accept Ez-pass from me?

**12 jun Phone Tree Reminder for FAC's, FRG's, and Family Members**

The time is fast approach for the Soldiers to come home! Notifications of meetings, plane arrivals/changes, events, etc. will be coming at you often times with short notice and maybe even in the middle of the night. PLEASE, PLEASE, PLEASE run your phone trees, update the numbers, maybe add a Cell Phone so phone calls can get through 24 hours a day. This is not the time to miss a rendezvous because a person couldn't be contacted. Missing an FRG event is one thing – missing a meeting with your Soldier is different. Please test the phone trees now to make sure they are working!!

**12 jun Welcome Home Parade Information**

The Welcome Home Parade will take place on 12 Jun 2009. You need to sign up for tickets to get into the Sovereign Bank Arena. Only immediate family can go inside the Sovereign Bank Arena, however all other family members and friends who can't get inside can stand along the parade route to cheer our New Jersey Soldiers as they march by! Do this by visiting [www.nj-fac.org/welcomehome](http://www.nj-fac.org/welcomehome). After you sign up, your information will be verified and you will be contacted if there are any issues.

**30 jun Youth Camp Update (Need Senior Counselors)**

I fat fingered the wrong ages in the newsletter last week. The correct ages for the campers is 9-12 years not 8-12 years. Sorry for the mistake and any confusion it may have caused. We are still accepting applications for Youth Camp! The following slots are open for applications:

	<u>Girls</u>	<u>Boys</u>
<b>Campers 9-12 year olds (Max 125)</b>		
Applications Received	<b>19</b>	<b>30</b>
Slots Remaining	<b>43</b>	<b>32</b>
<b>Campers 13-14 year olds (Max 24)</b>		
Applications Received	<b>18</b>	<b>14</b>
Slots Remaining	<b>0</b>	<b>0</b>

<b>Junior Counselors (Need about 24)</b>		
Applications Received	<b>13</b>	<b>10</b>
Slots Remaining	<b>0</b>	<b>2</b>
<b>Senior Counselors (Need about 24)</b>		
Applications Received	<b>4</b>	<b>3</b>
Slots Remaining	<b>8</b>	<b>9</b>

1) 9-12 year old Campers: We still have plenty of slots open for Campers.

2) 13-14 year old Campers: We try hard to keep the girl/boy ratio close to even. We are still taking applications for girl and boy 13-14 years old, but currently we have exceeded the maximum number of girls we can take. We date the applications we receive. If there are drop outs of any girl 13-14 year old Campers than we will work down the list of waiting girl applications until we find one to fill the hole. You will know by early to mid June whether your 13-14 year old Camper is at camp or on the waiting list.

3.) Jr Counselors: We try hard to keep the girl/boy ratio close to even. We are still taking applications for girl and boy Jr Counselors, but currently we have exceeded the maximum number of girls we can take. We date the applications we receive. If there are drop outs of any girl Jr Counselors than we will work down the list of waiting Jr Counselors until we find one to fill the hole. You will know by early to mid June whether your Jr Counselor is at camp or on the waiting list.

4.) Sr Counselors: We are still looking for Sr Counselors. If you are interested or know someone who might be interested, please download an application from our website and fill it out. Remember, the FBI fingerprint check is a NGB requirement, not this office requirement!!

5.) Volunteers: We are still taking Volunteer applications. We are looking especially for female Safety/Security volunteers so we can have a female staff member 24 hours a day. We are also looking for people to volunteer as Sports people (no experience necessary).

Applications can be found at our website [www.nj.gov/military/familysupport/home.html](http://www.nj.gov/military/familysupport/home.html).

### 22 aug **Partners With Heroes Program**

In appreciation for all you do to safeguard the liberties we all enjoy, Camp Speers-Eljabar YMCA is proud to establish Partners with Heroes for military children and teens entering grades 3 - 11. Through this program, we are connecting children of military parents to the opportunities offered through our summer camp program. 2009 Camp programs begin on Sunday, June 28th and run through Saturday, August 22nd with one and two week sessions. The special Partners with Heroes fees are \$ 506.25 for one week or \$ 975 for a two week session of our traditional camp program. This represents a 25% reduction on our regular fees.

Learn more about our summer camp programs by visiting our website [www.campspeersymca.org](http://www.campspeersymca.org), calling us toll free at 1-877-SPEERSY or emailing us at [campers@campspeersymca.org](mailto:campers@campspeersymca.org).

Schedule a visit to see our 1,100 acre paradise just over the Delaware River from north west NJ, only 1 ½ hours from NYC and central NJ. Mention that you are an active military parent and participating in the Partners with Heroes program.

## 31 aug Website For Free Banners

All you have to pay is shipping which ranges from \$15.00-\$45.00 depending on how soon you want it. They also allow you to get additional banners for a discount at less than \$20.00 each depending on the size. They are completely customizable, made of vinyl and typically cost over \$100.00 a piece. They are running a promotion and it just so happens to coincide with our soldiers returning home...Lucky us!! I got 10 for our soldiers return! Pass it on! More information can be found at [www.buildasign.com/troops](http://www.buildasign.com/troops).

## 2 jun "Learn to Tell Your Story" Workshop At Fort Monmouth

The Army Community Service Employment Readiness Program is offering the "Learn to Tell Your Story" workshop to be held on Tuesday, June 2 from 9:00 until 11:00 AM. Bill Saloukas, owner of Broad Waverly Staffing, will be with us again to help participants prepare for interviews. His lively style and pointed suggestions have already helped several people get their story ready to present in a powerful manner to managers in a position to hire. Only 10 seats are available!

There is no fee, but registration is required! To register send email with name, status, and telephone number to [MONM-USAGACS@conus.army.mil](mailto:MONM-USAGACS@conus.army.mil) or call Army Community Service at 732-532-2077

## LAST WEEKS UPDATES

## 4 jul NJ Women's Soccer Team Sky Blue FC Military Night

The Sky Blue women's soccer team is offering a somewhat Military Night (there will be Police and Firefighters invited) on Saturday July 4, 2009 at 7:00 pm during their game against the Boston Breakers. They are inviting all members of Police, Fire and Military to the game. All members of the military will receive free admission to the game with a military ID. Family members will be admitted for a reduced price of \$15 (\$19 is the regular price) a ticket and kids 12 and under are \$12.

We are looking forward to this event and we think its a great night to honor men and women who serve our country as well as give them the chance to see Women's Professional Soccer. Our home games are played at Yurcak Field in Piscataway, NJ on the campus of Rutgers University.

Come out and see a great game of soccer. More information can be found by contacting Rich Fetter at 732-271-7700 ext 309 or emailing him at [rfetter@skybluesoccer.com](mailto:rfetter@skybluesoccer.com). Visit [www.skybluesoccer.com](http://www.skybluesoccer.com).

**1<sup>st</sup> Annual Heroes' Night**  
**Sky Blue FC**  
July 4<sup>th</sup> 2009 at 7pm  
Yurcak Field, Piscataway, NJ

Come Join Sky Blue FC take on the Boston Breakers on Independence Day as we honor members of our Armed Forces, Police, and Fire Departments



Heroes' with identification receive a free game ticket and access to discounted ticket prices for family and friends

**CONTACT INFORMATION**

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_  
Phone \_\_\_\_\_  
E-mail address \_\_\_\_\_

	GA Adult Ticket Special Price: \$15	GA Youth Ticket Price: \$12	Complimentary Ticket	Processing and Handling \$5	Total Price
# of tickets					

\_\_\_\_\_ Mastercard \_\_\_\_\_ Visa \_\_\_\_\_ AMEX \_\_\_\_\_ Discover \_\_\_\_\_ Check \_\_\_\_\_  
Credit Card Number \_\_\_\_\_ Exp. Date \_\_\_\_\_  
Security Code \_\_\_\_\_ Name on Card \_\_\_\_\_

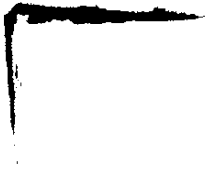
Please email all checks payable to Sky Blue FC  
For more information & questions, please contact Rich Fetter, Account Executive,  
[rfetter@skybluesoccer.com](mailto:rfetter@skybluesoccer.com) • (732) 271-7700 x309 • [www.skybluesoccer.com](http://www.skybluesoccer.com)

## 15 aug **New Jersey Prevention Network (NJPN) Military Family Nights**

The New Jersey Prevention Network will be holding a Military Family Night. This program will help families learn how to cope with the unique stresses of being a member of the uniformed services and deployments whether in the past or upcoming. Learn how to keep your families health and strong before minor problems turn into mountains. NJPN is looking to start this up sometime in the September timeframe. The locations are yet to be determined and will be based on the interest of holding these meetings as indicated on the registration form.

This program is open to children also between the ages of 6 and 14 to help them cope with family issues.

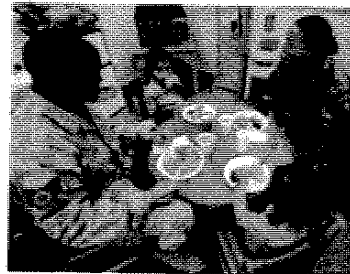
Please see the flyer below to learn more about this valuable program and the next page for the registration form.



### **FOR THE TOUGHEST JOB YOU'LL EVER HAVE... BEING A PARENT!**

This program provides skill-building sessions and fun family activities that will help:

- Parents/Caregivers
  - Encourage good behavior
  - Protect against substance abuse
- Youth
  - Deal with stress
  - Handle Peer Pressure
- Family
  - Build family communication
  - Understand family values



#### **MILITARY FAMILY NIGHTS PROGRAM**

- For Military families Only (all branches welcome):
- For Families with at least one child:
  - o 6 - 11 years old: Fourteen session program;
  - o 10 - 14 years old: Seven session program.

#### **PROGRAM DETAILS**

- Based on the nationally researched program, Strengthening Families;
- Program Free of Charge
- Family Dinner provided at each session
- Gifts/Incentives for participating
- Babysitting services available for younger siblings

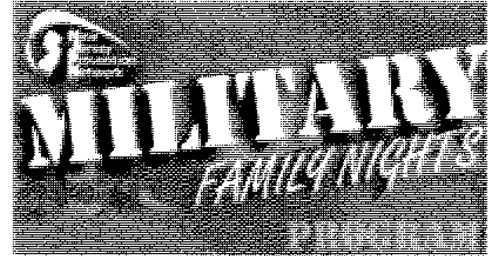
If you're a military family with a child between 6 - 14 years of age, this is the program for you. For more information about the program and to find out when the next program starts in your area, please contact NJPN:

New Jersey Prevention Network (NJPN)  
150 Airport Road, Suite 1400  
Lakewood, New Jersey 08701  
P: 732.367.0611  
W: [www.njpn.org](http://www.njpn.org)



The registration form below will be used to indicate interest in this program at each Armory. With enough interest in a particular Armory a program will be set up at the Armory and a schedule of events published.

# REGISTRATION FORM



## PLEASE CHECK ONE:

- My family would like to participate in the Family Night Program
- My family is not interested at this time, but would like to be notified about the Family Night Program in the future.

## PARENT/CAREGIVER INFO:

Military Branch (All Branches Welcome to Participate): \_\_\_\_\_

Name(s): \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Email Address: \_\_\_\_\_

Language(s) spoken by parent/caregiver(s):  English  Spanish  Other: \_\_\_\_\_

## PARTICIPATING CHILD/CHILDREN:

Name	Age
1.	
2.	
3.	
4.	
5.	

## PLEASE SELECT YOUR PREFERENCE FOR PROGRAM LOCATION:

- Teaneck Armory  Toms River Armory  Pomona NJNG FAC  Lawrenceville Armory
- Jersey City Armory  Woodbury Armory  Morristown Armory  Somerset Armory

FAX COMPLETED REGISTRATION FORM TO: 732.367.9985

## No date **Military Spouse Career Advancement Accounts (MyCAA)**

**Name of Program:** Military Spouse Career Advancement Accounts (MyCAA)

*NOTE: This is NOT the same as the Department of Labor's initial pilot CAA Program which is currently only available in California, North Carolina and Georgia.*

*Spouses who are currently participating in DoL's CAA program may also participate in DoD's new worldwide MyCAA Program.*

**Program Sponsor:** Office of the Deputy Under Secretary of Defense for Military Community & Family Policy (DUSD/MC&FP)

**Program Description:** The Department of Defense's expanded Military Spouse Career Advancement Accounts (MyCAA) program is now offering up to \$6,000 to military spouses who are interested in pursuing degree programs, licenses or credentials leading to careers in high growth, high demand portable career fields.

**What Does MyCAA Pay For?** MyCAA financial assistance pays for expenses such as post-secondary education and training, tuition, licensing, and credentialing fees. This includes degree programs (e.g. associates, bachelors, masters, doctoral and post doctoral), continuing education classes (including those offered through professional associations at conferences), Bar, CPA and other similar exams, state certifications for teachers, medical professionals and similar licensed professionals, and services required to become employed in portable career fields (e.g. finger printing, security checks, drug tests, etc.). MyCAA does not pay for computers, school application fees, graduation fees, student activity cards, child care, parking, transportation, medical services or testing fees. NOTE: If the cost of a course includes books, supplies or other necessary equipment, MyCAA will cover that cost. Schools use MyCAA's AI Portal to bill DoD electronically.

**Who Is Eligible?** Spouses of active duty members and activated members of the National Guard and Reserve Components.

The period of eligibility for spouses of Guard and Reserve members is from the date of the Alert or Warning Order for Military Recall or Mobilization, through activation and deployment until 180 days following De-Mobilization.

Military spouses who are military members themselves are not eligible. Military members have education benefits provided through the Military Voluntary Education Tuition Assistance (TA) Program.

**How Does A Spouse Get Started?** Eligible spouses who are ready to explore portable careers options and develop a career goal and plan should establish a MyCAA Account by visiting the MyCAA website ~ <https://aiportal.acc.af.mil/mycaa>. This is an easy, self-help process. Once spouse profile information is provided, DoD will verify MyCAA eligibility through DEERS. The spouse will be notified of his/her eligibility status through the MyCAA messaging system.

**Who Can Help Spouses Move Through the MyCAA Program?** Spouses are encouraged to work with their School Academic Advisor or call a Military OneSource Career/Education Consultant at 1-800-342-9647 if they need help in:

- Establishing a MyCAA Account and signing the MyCAA Statement of Understanding (SOU)
- Choosing a portable career and establishing a career goal
- Developing a career plan (selecting courses, exams, other needed services)
- Looking up school(s) of choice in the MyCAA AI Portal

- Requesting that a new school be added if the school of choice is not already listed
- Requesting up to \$6,000 of financial assistance to pay for courses of study or related licensing and credentialing services provided by other agencies (e.g. Bar or CPA exams, state certification exams for teachers and nurses, fingerprinting, drug testing, security checks, etc.)

For spouses who experience technical difficulties using the MyCAA website or have forgotten their password, please contact [MyCAA@InvernessTechnologies.com](mailto:MyCAA@InvernessTechnologies.com).

**Who Can Help Schools Become A MyCAA Partner?** For schools that need MyCAA program information or want to participate in the MyCAA AI Portal electronic billing process, please request assistance from [MyCAASchools@MOSCenter.us](mailto:MyCAASchools@MOSCenter.us).

**Is MyCAA Training Available for Program Participants?** YES. Webinars are periodically scheduled to assist individuals in learning how to participate in the MyCAA program. Schedule information will be posted on the MyCAA AI Portal website (<https://aiportal.acc.af.mil/mycaa>) when it is available.

## 15 may **Somerset County Human Services Veterans Job Fair & Information Day**



**Monday, June 15, 2009**

**10:00 AM - 1:00 PM**

**Somerset County Human Services Building**  
First-Floor Conference Room • 27 Warren St., Somerville

**Somerset County Veterans Services**

**U.S. Veterans Administration • New Jersey Department of Labor  
Raritan Valley Community College • Somerset County Vo-Tech Schools  
Somerset County Business Partnership • Local Employers & More**

**FREE Information & Assistance for Veterans & Their Families**

**QUESTIONS?**

**Call the Somerset County Office of Veterans Services at 908-704-6329**



**Sponsored by the Somerset County Board of Chosen Freeholders**  
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**FRG EVENTS**

Here are brief descriptions of 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).

### **30 may Co C 2-113<sup>th</sup> IN FRG Tricky Tray**

The FRG will be holding a Tricky Tray for the Troops on Saturday 30 May 2009. Doors will open at 6:00 pm and the drawings will begin at 7:30 pm. Come out and support our fellow Soldiers and their families. Event will be at the Woodbridge Armory. For more information, contact:

Susan Lang at 908-246-7433 or [susan.a.lang@gmail.com](mailto:susan.a.lang@gmail.com) or

Tanya Calenicoff at 551-655-1957 or [tc197@hotmail.com](mailto:tc197@hotmail.com).

### **6 jun Vendor Fundraising Fair sponsored by the 50thSTB Port Murray**

Port Murray Armory is holding a Vendor Fair on 6 Jun 2009 between 1:00 PM and 4:00 PM. Admission is \$5.00 and a sample of vendors includes: Tupperware; Premier Designs Fashion Jewelry; Just Like Accessories-designer handbags, clothing & sunglasses, Northern Lights-Candles & Accessories; Entertaining At Home; Vantel Pearls, Maat Jewelers, paying you top dollar for your gold & silver jewelry, broken pieces, any condition at all; Slumber Parties; Lia Sophia-Jewelry; Mary Kay and MORE.

Please contact Carol Sheridan at 973-429-1308 or [ccsheridan@msn.com](mailto:ccsheridan@msn.com) for further information, All vendors are welcome as long as we do not duplicate companies. Vendors please contact Carol as well.

### **no date Co C 1-114<sup>th</sup> FRG T-Shirt Sale**

Burlington FRG Charlie Co 1-114th is selling t-shirts as a fundraiser. Our shirts are grey with the crest and the jersey devil on them. We have adult shirts for \$15 and children's for \$10. Could you please include this in your newsletter? If anyone is interested in purchasing a T-Shirt, they can contact [sheila.tindall@us.army.mil](mailto:sheila.tindall@us.army.mil).

### **no date Patriotic Seed Packets**

Show your patriotism through flowers. Just in time for planting to have them ready for July 4<sup>th</sup>, these seeds are a great way to show your pride in your country. These patriotic packets are standard seed packet size, 4 1/2" x 3 1/4", and filled with easy-grow seed of Red, White and Blue Wildflowers (Red poppy, Blue cornflower, and White Baby's breath). See picture for one idea on how to plant these pretty flowers. For more information contact Moire Reilly at 973-479-6881 or [mer77@optonline.net](mailto:mer77@optonline.net). Packets are \$1.00 each.



### **no date 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

**no date 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)

**No date FRG “Special Events” Insurance Information**

Many times, FRG hold events where there is a requirement to provide insurance for the event. After consulting with the JAG, if you are required to have insurance, TFG has worked well for some FRG's in the past. You are free to choose any insurance company you desire and this is not an endorsement for this company but other FRG's have had great service with TFG and knowing where and how to get insurance can be daunting.

Frank McGee (866-641-6138)

TFG Insurance Services, Inc.

101 West Elm Street - Suite 500

Conshohocken, PA 19428