



DMAVA Highlights

September 22, 2006

Volume 5, Number 39

*NJ Dept of Military
and Veterans
Affairs*

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The Adjutant General

Brig. Gen. Maria Falca-
Dodson
Deputy Adjutant General

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Deputy Commissioner for
Veterans Affairs

Contacting us is easy!

Public Affairs Office

SSgt. Barbara Harbison
Barbara.harbison@njdmava.state.nj.us

Or

609-530-7088

We're on the Web!
www.state.nj.us/military

News For Your Views

Please turn in all submissions for the Sept. 29 issue of DMAVA Highlights by 4:30 p.m. Sept. 28. Thank you.

National Hispanic Heritage Month, Sept. 15-Oct. 15

In continuing to celebrate major accomplishments and Hispanic contributions to military service during Hispanic Heritage Month, this week we are recognizing Medal of Honor Recipients.

The Medal of Honor is the highest award given to military heroes for their actions that have helped form our nation's rich history. They are honored for their acts of heroism, for their "individual gallantry at the risk of life above and beyond the call of duty."

The Medal of Honor is symbolic of the heroic acts that it is awarded for. Elements of the design represent victory, strength, wisdom and valor. Throughout history, Hispanic-American service members have distinguished themselves with their gallant actions during wartime.

World War I

David B. Barkeley; Pvt., Co. A, 356th Infantry, 89th Division
Citation received for incident near Pouilly, France, Nov. 9, 1918

World War II

Marcario Garcia; Staff Sgt., Co. B, 22nd Infantry, 4th Infantry Division
Citation received for incident near Grosshay, Germany, Nov. 27, 1944

Jose M. Lopez; Sgt., 23rd Infantry, 2d Infantry Division
Citation received for incident near Krinkelt, Belgium, Dec. 17, 1944

Jose F. Valdez; Pvt. 1st Class, Co. B, 7th Infantry, 3d Infantry Division
Citation received for incident near Rosenkrantz, France, Jan. 25, 1945

Manuel Perez, Jr.; Pvt. 1st Class, Co. A, 511th Parachute Infantry, 11th Airborne Division
Citation received for incident at Fort William McKinley, Luzon, Philippine Islands, February 13, 1945

Korean War

Joseph C. Rodriguez; Sgt. (then Pfc.), Co. F, 17th Infantry Regiment, 7th Infantry Division
Citation received for incident near Munye-ri, Korea, May 21, 1951

Rodolfo P. Hernandez; Cpl., Co. G, 187th Airborne Regimental Combat Team
Citation received for incident near Wontong-ni, Korea, May 31, 1951

Benito Martinez; Cpl., Co. A, 27th Infantry Regiment, 25th Infantry Division
Citation received for incident near Satae-ri, Korea, Sept. 6, 1952

Vietnam War

Alfred Rascon; Spc. 4th Class, Reconnaissance Platoon, Headquarters Co., 1st Battalion (Airborne) 503rd Infantry, 173d Airborne Brigade (Separate)



Veterans' Organizations

Contact Information

State Veterans Service Council

Mr. Richard Clark
RJClark21@msn.com

NJ Advisory Committee for Women Veterans

Mrs. Anna Hoffman
AnnaMHoffman@gmail.com

BG William C. Doyle Cemetery Advisory Council

Mr. William Rakestraw
warjrnj@msn.com

Veterans Hotlines



Benefits & Entitlements

1-888-8NJ-VETS
(1-888-865-8367)

Mental Health
1-866-VETS-NJ4U
(1-866-838-7654)

NJ World War II Memorial



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

Citation received for incident in Republic of Vietnam, March 16, 1966

Roy P. Benavidez; Master Sgt., Detachment B-56, 5th Special Forces Group, Republic of Vietnam

Citation received for incident West of Loc Ninh, Republic of Vietnam, May 2, 1968

Louis R. Rocco; Warrant Officer (then Sgt. 1st Class), Advisory Team 162, U.S. Military Assistance Command

Citation received for incident Northeast of Katum, Republic of Vietnam, May 1970

NOTE: For more information on these and other Medal of Honor recipients go to http://www.goarmy.com/hhm/medal_of_honor.jsp.

"Families For Soldiers" Walk Honors Guardsmen

The 50th PSB Family Readiness Group Auxiliary will honor the Soldiers of the 250th Personnel Services Detachment, Headquarters, and Headquarters Company, 50th Personnel Services Battalion currently serving in Operation Enduring Freedom, with a 3.5 mile walk on Saturday, Oct. 21. The walk will take place at the Mercer County Park, 1638 Old Trenton Road, West Windsor, N.J.

Registration for the event begins at 8 a.m. Warm up and walk begin at 9 a.m. Entertainment will be provided by 97.5 FM, The Hawk. Funds raised from the event will be used for holiday gifts for the deployed Soldiers and a homecoming party when they return. For more information or to download a registration form visit www.50thpsb.com/frg.htm.

2nd Annual Fitness slated for Oct. 6 - let's walk DMAVA

It's that time of year again!! The 2nd Annual Fitness Walk and Challenge is scheduled for **Friday, Oct. 6**. The **2nd Annual Fitness Challenge, Walk & Rally will be held on the State House Steps, Trenton at noon**. Join your fellow public employees for the 1 mile walk and get valuable wellness information and tips on lifestyle choices to keep you and your family healthy!

This kicks off a six-week exercise program that challenges each state agency and encourages New Jersey public employees to follow a healthy living program of their own choosing.

If you are interested, please contact Ernie Razzano at 609-530-6767, or e-mail him at Ernest.Razzano@njdmava.state.nj.us. He can forward you the registration form and help you get started in the program.

Let's get moving DMAVA!

2006 Enlisted Assoc. award recipients announced

The Enlisted Association of the National Guard of New Jersey has announced the recipients of the 2006 Enlisted Association awards.

THE CSM WILFORD Z. LEA OUTSTANDING FIRST SERGEANT (AIR)
Master Sgt. Wayne R. Miller, 177th Medical Group

THE CSM WILFORD Z. LEA OUTSTANDING FIRST SERGEANT (ARMY)
1st Sgt. Thomas E. Alexander, 2nd 113th Infantry

THE SGM HARRY ARBEITMAN OUTSTANDING NCO (AIR)
Tech. Sgt. Delroy Wallace, 177th Civil Engineering Sq

THE SGM HARRY ARBEITMAN OUTSTANDING NCO (ARMY)
Staff Sgt. Anthony F. Roberts, COA 2nd -102 Armor Division

THE MSGT JOHN E. BODINE OUTSTANDING AIRMAN AWARD
Staff Sgt. Colleen R. Ryan, 177th Logistics Readiness Sq

SFC ROBERT VUINOVICH JR OUTSTANDING SOLDIER
Spc. Miriana Beshai, HHC 1-150th General Support Aviation Battalion



New Jersey Freedom Loans

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.

Dave Does MREs

Food Network star Dave Lieberman, host of the program "Dave Does," stopped by Fort Dix July 24 to film a Webisode about Meals, Ready to Eat. Staff Sgt. Jennifer Long, a 108th Medical Group technician, helped show Dave all the tricks of the trade, when it comes to eating MREs.

The episode is scheduled to be online Sept. 25.

108th men's open softball team places 2nd

The 108th Air Refueling Wing's Men's Open Softball team placed second in the 41st Annual Softball Tournament held at McGee-Tyson Air Force Base, Tenn., August 16-20.

Senior Master Sgt. Michael M. Balas, a quality assurance specialist at the 108th, coached the men's Open team.

The co-ed team placed 12th in the tournament, and the women's team placed seventh. Sergeant Balas feels the co-ed team's less-than-spectacular ranking may have been the result of exhaustion.

The men's team was made up of 15 men from the 108th ARW, the women's team was made up of seven women from the 108th ARW, and seven women from the 177 Fighter Wing in Atlantic City, N.J., and the co-ed team was made up of 20 people.

Fill Your Date Book

Family Day at the commissary

Monday, **Sept. 25** is Family Day. Go to www.commissaries.com and find out how the Defense Commissary Agency is celebrating this day – with a special contest and other promotions.

Ceremony, plaque dedication in memory of Staff Sgt. Carvill

The Schmidt-Hoeger VFW Post # 3149 of Carlstadt, N.J., will honor the memory and sacrifice of New Jersey Army National Guardsman Staff Sergeant Frank T. Carvill. On Thursday, **Sept. 28** at 11 a.m., during a special ceremony, a plaque will be placed on the Memorial Stone in the Memorial Park of Carlstadt at the corner of Division Ave. and Hackensack St. Everyone is invited to attend the ceremony.

Honorable Mention

Guard gate now has phone line

The Guard Booth Telephone Number is 609-671-6623.

Effective immediately all Directors, Managers, Supervisors and Employees that interface with outside personnel for hosting on-site meetings here at the Lawrenceville Headquarters are directed to notify the security guard when expecting scheduled visitors. If you are expecting a large party for a meeting or event please provide a roster of attendees, with the meeting date time and location to the gate guard prior to the event.

Enlisted Association offers new feature

The Enlisted Association of New Jersey has added to their Web Page a new feature called "On-GUARD Business Registry," designed to list businesses owned by current or former National Guard members, and the goods and services they offer. If you are a current or former member of the New Jersey Army or Air National Guard, this is a great cost-effective opportunity for your business to reach your fellow National Guard members. Just go to the Web site: www.eang-nj.org and fill out your application today.

Civil Air Patrol looking for BDU donations

* Guardmembers, Reservists, or family members with Power of Attorney must submit copies of current mobilization orders with the bank's Freedom Loan application.

Current participants:

- ☺ Commerce Bank
1-888-751-9000
- ☺ Credit Union of NJ
609-538-4061, ext. 401
- ☺ First Morris Bank & Trust
1-888-530-2265
- ☺ Manasquan Savings Bank
732-223-4450
- ☺ North Jersey Federal Credit Union
1-888-78NJFCU
- ☺ Peapack-Gladstone Bank
(908) 719-BANK
- ☺ Pennsville National Bank
856-678-6006
- ☺ PNC
1-866-PNC-4USA
- ☺ Sovereign Bank
1-877-391-6365
- ☺ Sun National Bank
1-800-691-7701

The New Jersey Civil Air Patrol is the official auxiliary of the U.S. Air Force. They perform inland search and rescue missions, aerial reconnaissance for homeland security and disaster relief missions. CAP has an active cadet program and aerospace education program for young people. All of the members are unpaid volunteers and must purchase their own uniforms, although CAP does try to provide uniforms for their cadet members without charge to them.

CAP is looking for donations of BDUs (woodland pattern) in wearable condition for use by their members. They can use pants, shirts, field jackets and caps. They will also accept Air Force Service Dress uniforms for cadet's use.

If you have uniforms to donate, please contact Maj. Rick Ulmer, (732)364-7755 or e-mail: caplawyer123@comcast.net. He will make arrangements for pick-up.

Tax-free in New Jersey!!

Does your shopping list have either a U.S. Flag or New Jersey flag on it? One good piece of news – the sales tax hike does not affect that purchase; in fact purchase of either flag is TAX FREE in New Jersey. Please visit the following web page to check out the particulars: <http://www.state.nj.us/treasury/taxation/index.html?flag.htm>.

Army offers free courses for Soldiers, DA civilians

If you are an Army Soldier or DA civilian, you can access more than 2,600 information technology, business, self-development and 30 foreign language courses for FREE through Army e-Learning. Visit www.us.army.mil and select "my education." In Fiscal Year 2006, almost a quarter million courses were completed. Some of the top 10 courses of the month for July were: Rosetta Stone Spanish and Arabic, Windows XP: Fundamentals, Accounting Fundamentals and Encryption Technologies.

DMAVA Hotline

The Department of Military and Veterans Affairs Emergency Hotline is:

1-866-232-5798

You will hear the following message:

You have reached the New Jersey Department of Military and Veterans Affairs Emergency Information Number. Please listen to the following menu choices and select an appropriate option:

State employees – press 1
Federal employees – press 2
National Guard employees – press 3

Affordable vacation spots around the world

Are you looking for an affordable vacation spot? The Armed Forces Recreation Center has resorts around the world for members of the Armed Forces, their families and other members of the Total Defense Force. Room rates are based on rank, pay grade, duty status, room size and/or room location. Reservations are required, policies vary by location and guests may not stay more than 30 consecutive days or register again within the following 90-day period. But if you are thinking of Hawaii, Germany, South Korea or Orlando as a possible vacation destination, this just may be the ticket! Visit <http://www.armymwr.com/portal/travel/recreationcenters/> for more information.

Doyle cemetery seeks volunteers

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

JT2DC Memorial Walkway offers engraved pavers

The Joint Training and Development Center (JT2DC) recently unveiled the Memorial Walkway to the center. The purpose of the pond and walkway are to serve as a

Contact name
and number for
DMAVA
Highlights

Please submit any
articles and all
and information
to:

PAO Office
DMAVA Highlights
ATTN:
SSgt. Barbara
Harbison

DEADLINE IS
NOON
THURSDAY

Barbara.Harbison@nj.mava.state.nj.us

Or by calling
609-530-7088

reminder that there are Soldiers in harm's way protecting the freedoms that we all cherish and enjoy.

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

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

Enlisted Association of the National Guard of New Jersey

Membership

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

Conference

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

For the Families

Guard Family Action Plan

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

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

Spouses invited to go on orientation flights

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

This is a great opportunity for spouses to see the skills needed to fuel an aircraft more than 20,000 feet in the air. Seats will be on a first-come, first-served basis.

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

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

Family Programs on the calendar

| | |
|---------------------|---|
| Sept. 23, 5 p.m. | Mystery and Silent Auction at Cookstown VFW |
| Sept. 24, 9:30 a.m. | Iron Horse Cavalry – Motorcycle Poker Run; Riverdale Armory start, Morristown |

Quote for the week

Don't flatter yourself that friendship authorizes you to say disagreeable things to your intimates. The nearer you come into relation with a person, the more necessary do tact and courtesy become.

-Oliver Wendell Holmes

| | |
|-----------------------|--|
| | Armory end. |
| Sept. 30, 10 a.m. | Reunion workshop, Lawrenceville Armory |
| Oct. 1, noon- 4 p.m. | Lawrenceville Twp. Community Day, at Village Park, 50 th PSB FRG |
| Oct 7-8 9 a.m.-2 p.m. | Co D 250 th BSB Bake Sale at the Cranberry Festival, Farnsworth Ave, Bordentown |
| Oct. 7, 10 a.m. | Annual pumpkin picking hayride, Johnson's Farm, Medford |
| Oct. 12, 7 p.m. | Teen meeting at Teaneck armory |
| Oct. 14, 7 p.m. | Beef Steak dinner, Saddle Brook VFW |
| Oct. 20, TBA | West Orange FRG get-together, Arthur's, Morris Plains |
| Oct. 20, TBD | Movie Night, Burlington armory |
| Oct. 21, 8 a.m. | 3.2 mile walk, Mercer County Park |

Family Readiness Group Meeting schedule

Bordentown Armory – B Co 250th SBF & Co D 250th BSB – **Oct. 14**, 10 a.m.
 Hammonton Armory – 119th SB Corps – **Oct. 19**, 7 p.m.
 Jersey City Armory – D Co 2-113th –
 Lawrenceville Armory – 50th PSB – **Oct. 19**, 7 p.m.; 50th Fin Bn – **Oct. 14**, 2 p.m.
 Morristown Armory – 3-112th & 5/117th –
 Newark Armory – A, B, E Co's 2-113th Inf – **Oct. 18**, 7 p.m.
 Port Murray Armory – 2-102nd Arm –
 Teaneck Armory – 50th SBM – **Oct. 19**, 7 p.m.
 Toms River Armory – C/3-112th FA –
 Vineland Armory – 5/117th Cav –
 West Orange Armory – B Co 5/117th Cav – **Sept. 23**, 1 p.m.
 Woodbury Armory – Trp C 5.117th Cav –

Recreation and Sports

Anheuser Busch extends complimentary ticket program

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

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

Operation Oasis vacations for military personnel

Operation Oasis Outreach at Sandy Cove, North East, Md., offers a free, 3-day, 2-night time for rest and relaxation for military personnel who were deployed to the Middle East area during OIF/OEF with their spouse and children. Sandy Cove is located at

the headwaters of the Chesapeake Bay. If you are interested, contact Carol Lee Lynch: toll free 1-800-287-4843 or e-mail c.lynch@sandycove.org.

Governor's Surf Fishing Contest

Applications for the 2006 Governor's Surf Fishing Tournament, held each year at Island Beach State Park, are now available. Early registrants save on adult registration fees, are eligible for special prizes offered to pre-registrants and avoid delays - pre-registration ensures timely entry to the park.

The tournament will be held Sunday, **October 1**. Fishing begins at 6:30am. A variety of species are eligible for entry in the tournament, and there are winners in male, female, teen and child categories. Don't miss this exciting family event!

For more information and a link to the application form visit <http://www.njfishandwildlife.com/gaft.htm> on the NJ Div. of Fish and Wildlife website.

Support our Troops Motorcycle Run

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

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

Scholarship News

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

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

Veterans Information

DMVA Veterans Outreach Campaign continues.

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

| | |
|---------------------|------------------------------|
| October 12-14 | Deptford Mall |
| November 9-11 | Menlo Park Mall |
| December 6-8 | Paramus Park Shopping Center |
| January 11-13, 2007 | Brunswick Square Mall |
| February 9-11, 2007 | Moorestown Mall |
| March 1-3, 2007 | Hamilton Mall |

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

Vietnam Era Form, Oct. 20

The Vietnam Era Forum will be held this year on Friday, **Oct. 20**. The theme is "Coming Home: Vietnam Veterans and Their Families Since the War." Keynote Speaker will be Jan C. Scruggs, founder of the national Vietnam Veterans Memorial in Washington, DC.

Click on this link www.njvvmf.org/pdf/06_brochurelynn.pdf for a PDF file-version of our informational brochure for the Forum.

VA Hotline for identity theft concerns

Veterans having questions about recent incidents involving VA computers and personal information may call 1-800-333-4636 or (1-800-FED-INFO).

Ocean County opens PTSD counseling for vets

Ocean County veterans now have a place to get Post Traumatic Stress Disorder counseling. Once a week, counselors from the Trenton Vet Center will offer office hours at the Ocean County Veterans Service Bureau, 1027 Hooper Ave, Building 2, Toms River.

To schedule an appointment, call 732-929-2096.

Ocean County, with the state's largest concentration of veterans, signed an agreement with the Vets Center, an arm of the Veterans Administration recently.

John Dorrity, director of the Ocean County Veterans Bureau said that he has a waiting list of veterans who will participate in the counseling. He added that they will start off with once a week, but will possibly increase sessions if the need arises.

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

Upcoming Events

Oct. 14 / 1 p.m. / "Vietnam: A View You Have Never Seen Before," a slide show with discussion about folk life in modern Vietnam by NJ school teacher Ken Mayberg.

Oct. 20 / 8 a.m. - 3 p.m. / "Coming Home: Vietnam Veterans and Their Families Since the War," the 8th Annual Interdisciplinary Forum on the Vietnam Era, featuring as Keynote Speaker, Jan C. Scruggs, Founder and President of the national Vietnam Veterans Memorial Fund. Pre-registration required.

Lecture attendees are asked to RSVP to (732) 335-0033. A donation of \$5 per person is suggested. The Educational Center is open Tuesday through Saturday, 10 a.m. - 4 p.m. Regular admission is free for veterans and active-duty military personnel. Regular adult admission is \$4; student and senior citizen admission is \$2; and children under 10 are admitted free.

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

Trenton Vets Center open for counseling services

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

The Vet Center services include:

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

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

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

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

Part-time opportunities in Military Funeral Honors Program.

The New Jersey Army National Guard Military Funeral Honors Program has several part-time employment opportunities immediately available across the state for TDGs and Technicians. Earn one day's base pay and one retirement point for a few hours work providing Military Funeral Honors for our Veterans. If you are interested, please contact Sgt. Maj. Edward Goetschius, Military Funeral Honors Coordinator, at 609-530-7090 or by e-mail at Edward.goetschius@nj.ngb.army.mil.

Mark your calendar...



Sept. 22 – Dear Diary Day, Laundry Day, National White Chocolate Day

Sept. 23 – Rosh Hashanah (Jewish new year) this day marks the beginning of the Jewish year 5766. Also Dogs in Politics Day, Checkers Day

Sept. 24 – This is the first day of Ramadan, a month-long fast that all Muslims must keep during the daylight hours. Also is Buy Nothing Day, Bluebird of Happiness Day, Rabbit Day

Sept. 25– Salute the Sun Day, National One-Hit Wonder Day

Sept. 26 – Baklava Day, Good Neighbor Day, Johnny Appleseed Day

Sept. 27 – Crush a Can Day, Dragonfight Day

Sept. 28 – Ask a Stupid Question Day, Drink as Much Beer as Possible Day

A Smile for your weekend

Body Notes:

On average, a woman's heart beats faster than a man's.

Nearly all boys grow at least as tall as their mothers.

Five largest internal organs of the body – liver, brain, lungs, heart & kidneys.

Your forearm (from inside of elbow to inside of wrist) is the same length as your foot.

85% of the population can curl their tongue into a tube.

A human eye can detect 10 billion colors.