



DMAVA Highlights

September 29, 2006

Volume 5, Number 40

*NJ Dept of Military
and Veterans
Affairs*

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The Adjutant General

Brig. Gen. Maria Falca-
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Contacting us is easy!

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Or

609-530-7088

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

News For Your Views

For the Oct. 6 issue of DMAVA Highlights only, please turn in all submissions for Highlights by noon, Wednesday, Oct. 4 to mark.olsen@njdmava.state.nj.us. . Thank you.

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

As we celebrate the third week of Hispanic Heritage Month we continue to recognize major accomplishments and Hispanic contributions to military service. This week we are recognizing profiles in history.

Throughout the nation's history Hispanic-American Soldiers have established themselves as role models for generations to follow. From the first Hispanic-American Presidential Medal of Freedom recipient to momentous contributions to military tactics, Hispanic Americans have made their mark within the history of this nation with their courage, leadership and honor.

Richard E. Cavazos

In 1982, Hispanic-American Richard E. Cavazos made military history by being appointed the Army's first Hispanic-American four-star general

Hector P. Garcia

Hector P. Garcia was the first Hispanic American to receive the Presidential Medal of Freedom. President Ronald Regan presented the highest award a civilian can receive to Garcia for his service to his people and the United States for the formation of the American G.I. Forum.

Elwood R. Quesada

Elwood R. Quesada helped with the pioneering of military aviation techniques that changed the face of combat. His work contributed to techniques used today such as air-to-air refueling and air-to-ground machine gunnery.

Alfred Rascon

Born in Chihuahua, Mexico, Alfred Rascon has lived a life that succeeded above and beyond what anyone would have thought, and he contributes that success to the Army.

By age 21, then Specialist Rascon was serving in Vietnam when his unit was attacked by North Vietnamese troops. Despite being wounded, Rascon repeatedly ran into the line of fire to tend to the wounded Soldiers. Rascon's heroism that day inspired his battalion to recommend him for the Medal of Honor, a recommendation that was lost in Pentagon paperwork for more than 30 years. Following Vietnam, Rascon returned to school earning a college degree. In 1969, he applied for Officer Candidate School and earned a commission as an Infantry Officer. He later graduated from the Special Forces Qualification course and the Defense Language Institute. Rascon later received orders transferring him to the Military Intelligence Branch. After leaving the Army in 1984, Rascon continued serving his country for several years, by holding various positions within the Justice Department, the Drug Enforcement Agency, and the



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

Immigration and Naturalization Service. He later served as the Director of the Selective Service Administration. Recently, Rascon gave up his high-level government position to return to the Army on Active Duty. He visited both Afghanistan and Iraq, motivating and supporting soldiers in the field. To read more about these and other Hispanic Soldiers, please visit <http://www.goarmy.com/hhm/index.jsp>

"MERCİ BEAUCOUP" Means "Thank You Very Much" in French

Fourteen New Jersey World War II veterans were honored by the French Government in a ceremony at the Princeton Public Library on Sept. 26. The veterans were awarded the prestigious Legion of Honor; the highest award given by France. The medals were presented by the French Ambassador to the United States, Jean-David Levitte, along with the French Consul General, Francois Delattre. The Ambassador called each veteran to the podium, read that veteran's unit of assignment, the day they landed in France, and gave a brief description of their action before reading the official induction in French. Each veteran was then pinned with the Legion of Honor medal. The award itself is a five-pointed enameled star on a wreath of leaves suspended from a scarlet ribbon. It was created in 1802 by Napoleon Bonaparte, and since then has been awarded to less than 500 Americans. Each veteran also received a letter from Governor Corzine. Concluding the ceremony, the Ambassador told the veterans and guests, "You are our heroes; we cherish you and we thank you." Brig. Gen. Frank R. Carlini represented DMAVA at the ceremony.

Stand Down South Jersey is a success

This year, Stand Down of South Jersey Inc., assisted 151 homeless veterans on Sept. 22 at the Cherry Hill Armory. While the homeless veteran is in combat every day, this special committee provides the veteran a time to "stand down" and enter a safe area where someone else is responsible for security.

This committee furnished a range of services including medical, social services, food, clothing distribution and shelter. Other local, county and state agencies including the Salvation Army, Vet Center, Project Hope, South Jersey Vietnam Vets, Elks, South Jersey Aids Coalition, Department of Labor, Veterans of Foreign Wars, county department of health, county legislative services, welfare services, county employment/unemployment offices, and the VA – state, county and Philadelphia, participated in this year's Stand Down.

The New Jersey Army and Air Guard also provided assistance to Stand Down. The 250th Signal Battalion (Army) provided a Mobile Kitchen Trailer (MKT), food preparation services as well as escort services. From the Air Guard, the 177th Medical Group, Atlantic City, provided medical support in conjunction with the Philadelphia and Coatesville Veterans Administration Medical Centers. The 108th Air Refueling Wing provided food preparation, escort services, chaplain assistance and more. All of the units additionally provided support with site preparation, clean-up and security for the veterans.

Members of the veteran's organizations volunteered in every area to include food service, in-processing and the clothing area. The organizations also donated funds.

Administrative personnel from the regional office of the U.S. Department of Veterans Affairs Philadelphia were there to review and credential each participant. At the end of the intake operation, after veteran status was verified, each veteran/participant was issued a photo identification card. The VA also provided medical personnel and supplies, along with emergency support.

The New Jersey Department of Military and Veterans' Affairs provided personnel to coordinate the operation of the project—the establishment and operation of the aid station, including logistical support personnel and security personnel. The department provided Veteran Service Officers to assist in counseling of participants, escorts and psychological/clinical personnel.

Charity Golf Tourney benefits injured N.J. Soldier

On Tuesday, Oct. 17, (rain date is Oct. 19) HMHTTC will hold their Annual Charity Golf Outing at the Harker's Hollow Golf Course, Phillipsburg, N.J. This year the proceeds will go to Spc. Jim Benoit of Wharton, N.J.



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.

Spc. Benoit was critically injured during his tour in Iraq and not expected to live. After 78 operations, his goal of being able to walk again only using one walking aid seems a possibility. He will need daily physical therapy and a therapeutic resistance pool will be very effective in his road to recovery. The goal of the fund raisers is to raise the \$25,000 needed to build the pool for this Soldier.

If you are interested in participating in the tournament, which includes a shotgun start at 1 p.m. after lunch in the club's lounge and is capped off with dinner and door prizes, please call Chris Harrington at 973-770-6900, ext. 210.

Military Appreciation Day at the U.S. Holocaust Memorial Museum

The United States Holocaust Memorial Museum, Washington, D.C., will hold their second annual Military Appreciation Day on Nov. 4 from 10 a.m. to 5:30 p.m. This open house is for service members, retired military and family members.

Among the special activities for the day are: liberators speaking at various times throughout the day and opportunity to meet survivors who volunteer at the museum. Families who do not want to take children under the age of 11 to the permanent exhibit will be able to visit, "Remember the Children: Daniel's Story."

The museum is located at 100 Raoul Wallenberg Place, SW., Washington, D.C. Visit www.ushmm.org for more information.

112th FA Association 2006 reunion

The 112th Field Artillery Association will hold its 2006 Reunion on November 11 and 12. The dinner and awards presentation will be held at the Lawrenceville National Guard Armory on Nov. 11 from 4-9 p.m. Cost is \$45 per person, \$90 per couple. On Sunday, Nov. 12 there will be a memorial service and concert at the armory at 11 a.m. with a free concert by the 63rd Army Band.

Fill Your Date Book

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!

"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.

* 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

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

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

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@njmava.state.nj.us

Or by calling
609-530-7088

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 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

Quote for the week

The first time I read an excellent book, it is to me just as if I had gained a new friend. When I read over a book I have perused before, it resembles the meeting with an old one.

-Oliver Goldsmith

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.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. 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 –

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.lynych@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/gsf.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
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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. 29 – Poisoned Blackberries Day, National Mocha Day

Sept. 30 – National Mud Bowl Day

Oct. 1 – Magic Circles Day

Oct. 2 – Name Your Car Day.

This day is also Yom Kippur (Day of Atonement) which marks the end of the Ten Days of Penitence that began with Rosh Hashanah.

Oct. 3 – Virus Appreciation Day

Oct. 4 – National Golf Day, World Day for Animals

Oct. 5 – National Storytelling Festival, World Teacher's Day

As we flip our calendars to yet another month in 2006, here are some issues that give us cause to think, special foods and different reasons that have come to have October as "their" month for recognition:

Children's Health Month

Dental Hygiene Month

National Aids Awareness Month

National Breast Cancer Awareness Month – www.nbcam.org

National Healthy Lung Month

Sudden Infant Death Syndrome Awareness Month

National Apple Month

National Dessert Month

National Popcorn Month – www.popcorn.org

National Pretzel Month

National Seafood Month

Adopt a Dog Month

Domestic Violence Awareness Month – www.ncadv.org

National Book Month – www.nationalbook.org

National Car Care Month

National Clock Month

National Sarcastics Month
National UNICEF month – www.unicef.org

A Smile for your weekend

Sports Bites:

On average, Americans go bowling 233 times in their lives.

The world's largest indoor stadium is the New Orleans Superdome, seating 97,365 people.

NFL great Vince Lombardi coined the term "Game Plan."

A bowling pin needs to tilt 7.5 degrees in order to fall down.

Babe Ruth kept a cabbage leaf under his cap to keep cool.

A golf ball has 360 dimples.