

# DMAVA Highlights



February 18, 2010 Volume 12 Number 05

## 177th FW sends Airmen off to OIF/OEF



Below - Retired Chief Master Sgt. Jean Perry, left, 177th Family Programs, goes over some last minute details with Master Sgt. Harry Steele, right, prior to his deployment on Feb. 14. On Valentine's Day, approximately 10 Services Flight Airmen of the 177th Fighter Wing deployed to Southwest Asia in support of Operation Enduring Freedom. U.S. Air Force photo by Tech. Sgt. Mark Olsen, 177FW/PA.

Family members say goodbye as more than thirty 177th Security Forces Airmen from the 177th Fighter Wing deployed to Southwest Asia on Feb. 9. U.S. Air Force Photo by Tech. Sgt. Mark Olsen, 177FW/PA.



## Safe driving in winter weather takes extra work

As the cold weather wraps its winter arms around you and the white flakes pile up on the landscape around your home and work, driving becomes more and more hazardous.

Safe driving is paramount on the bad weather days of winter; you want everyone in your car to arrive at your destination safely. The National Safety Council has issued a number of tips to make your winter driving experience uneventful.

A winter prep is important for your vehicle: check the ignition, brakes, wiring, hoses and fan belts; change and adjust spark plugs; check air, fuel and emission filters and PCV valve; check the battery; check the tires for air, sidewall wear and tread depth; and, check the antifreeze level and freeze line.

What's in your trunk? Make sure you have a properly inflated spare tire, lug wrench and the correct jack; shovel; jumper cables; bag of salt or cat litter; tool kit; flares and tow and tire chains.

What's in your "survivor kit"? Keep this kit in your car at all times and restock after every use. Working flashlight and extra batteries; reflective triangle and brightly colored cloth; compass;

first aid kit; windshield washer fluid; ice scraper; snow brush; wooden stick matches in a waterproof container; scissors; string/cord; non-perishable, high-energy foods: unsalted canned nuts, dried fruits, candy. If you are driving long distances a supply of heavy mittens, socks, cap and blankets can come in handy.

What if you become stranded? These tips can help insure your safety and survival. Don't leave your vehicle unless you know exactly where you are, how far it is to help and you are certain you will improve your situation. Tie a brightly colored cloth from hour antenna and light two flares, placing one at a safe distance at each end of the vehicle. If the exhaust pipe is not blocked, run the engine and heater for about 10 minutes every hour – depending on the amount of gas in the tank. Use the

mittens, caps, and blankets to prevent frostbite and hypothermia. Keep at least one window open slightly; a vehicle can become sealed from the heavy snow and ice. Eat a hard candy to keep your mouth moist.

From "Knowledge" magazine, December 2009.



# Learn how to make your home greener

Representatives from Clean Water Fund and EarthShare New Jersey will present a seminar on what you can do to make your home “greener” and more environmentally friendly. Find out what chemicals in your home may be considered toxic and what you can do to eliminate these common hazards. The speakers will suggest more earth “friendly” products and cleaners that surprisingly do not cost more. You can discover how to save on energy consumption and other tips that will help save the environment. After the seminar a question and answer session will be held.

The Seminar will be held on Feb. 24, 10-11:30 a.m. in Conference Room A, DMAVA Central Office. Please contact Paul Serdiuk at 609-530-6878 or [Paul.Serdiuk@NJDMAVA.State.NJ.US](mailto:Paul.Serdiuk@NJDMAVA.State.NJ.US) to reserve a seat.

## DA photo appointments now online

Officers and NCOs can now schedule their DA photo appointment online for the N.J. National Guard photo studio at Joint Force HQ, Fort Dix.

Just visit fill out a work order, DA 3903, online at [www.vios.army.mil](http://www.vios.army.mil), but you must log in with your CAC card. For assistance or more information registering on VIOS, contact Staff Sgt. Jorge L. Vazquez, G6 Network Control Center at 609-562-0333.

The studio accepts appointments for any week day from 8-10 a.m. or anytime during JFHQ drill weekends. For more information on studio hours contact Kryn P. Westhoven at (609) 847-2215.

## Governor’s official photos are ready

The official photos of Gov. Chris Christie are ready for the armories. Please send an e-mail to Tech. Sgt. Barb Harbison at [Barbara.harbison@njdmava.state.nj.us](mailto:Barbara.harbison@njdmava.state.nj.us), with the unit, address and person to whom the picture should be mailed.

## DMAVA Green

By Tech. Sgt. Barb Harbison, DMAVA Public Affairs Specialist

Getting rid of the stuff that can fill our homes is a aim of many folks but then the desire to keep the “stuff” out of the landfills is almost as equally overwhelming! What to do? As we go along, we can practice the habit of reduction: not purchasing as many things to fill up our lives. Next we need to find ways to recycle and reuse the stuff we already have. Here are some suggestions for two household fillers.

Phonebooks – who doesn’t have several versions of those thick books of numbers, addresses and ads that get updated every year? Throwing them in the recycling bin is one way to get rid of them, but here are some additional suggestions:

If you have a weed problem in your garden, shred your phone book and use the pages in the garden. The paper is biodegradable and will eventually break down.

Cover it with fabric or self-stick shelf paper for a booster seat for the youngsters or a door stop.

Tear the pages out – use them to wrap small presents or crunch up and use for packing instead of shipping peanuts.

Old Trophies – do you have some old trophies from high school that collect dust and space? There are firms out there that will recycle your rewards for victory.

Awardex Trophy Recycling Program accepts trophies, medals, plaques and awards and will recycle them for parts or re-engage and donate them. You will need to mail the trophies to them. Visit their Web site for details: <http://greentrophyproject.org/blog/>.

Another mail-in program, Lambs Awards Recycling Program, will donate matching sets to charities in need or break trophies down for parts for other trophy winners. You will need to send an e-mail to [internet@lambawards.com](mailto:internet@lambawards.com) with recycling in the subject line before sending any trophies. They will also accept old plaques, sculptures and medals. Check out their Web site <http://www.lambawards.com/recycle.html> for more information.

A third program, Total Awards and Promotions Trophy Recycling Program will also accept trophies, medals, plaques and awards and recycle them for parts or re-engage them and donate them to non-profits. Their Web site, [http://www.awardsmall.com/Trophy-Recycling\\_ep\\_46.html](http://www.awardsmall.com/Trophy-Recycling_ep_46.html) will give you details.

Keep green!

## Quotes

*You shall have joy, or you shall have power, said God; you shall not have both.*

--Emerson

*We are all serving a life-sentence in the dungeon of self.*

--Cyril Connolly

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### New Jersey Department of Military and Veterans Affairs

Maj. Gen. Glenn K. Rieth – The Adjutant General  
Brig. Gen. James J. Grant – Director, Joint Staff  
Retired Col. Stephen G. Abel – Deputy Commissioner for Veterans Affairs

Maj. Yvonne Mays – Public Affairs Officer  
Tech. Sgt. Barb Harbison – Public Affairs Specialist  
Sgt. Wayne Woolley – Public Affairs Specialist

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

# Families

## Family programs announces upcoming events

*From the desk of Marie Durling, Deputy Director, Family Programs*

We have two Strong Bonds Marriage Enrichment seminars coming up. The first will be at a to-be-determined location in Central Jersey on April 8-11 and the one after that will be somewhere in North Jersey on May 14-16. We will announce the locations as soon as they become available. Seats are available for Soldiers and Airmen and their significant others, but priority goes to personnel returning from deployment and those who have not attended in the past. Contact me at [marie.durling@us.army.mil](mailto:marie.durling@us.army.mil) or 609-530-6884 for registration forms.

We are also working on getting tickets for Great Adventure at the reduced rate of \$21.

## Family time at the bigtop

Take the family to see the elephants, tigers, trapeze artists, clowns and more at The Ringling Bros. and Barnum & Bailey™ Circus, Barnum's Funundrum, at the Prudential Center in Newark March 3-7 and the Izod Center in East Rutherford March 10-14.

You can get group rates at individual purchases. Just contact Jason at 1-866-248-8740, ext. 102, for information or to make your purchases. This is available to all military ID card holders.

## Tricare University opens classes for benefits knowledge

If Tricare has you wondering about your benefits, one way to find out the program is to attend Tricare University. NO, you don't have to sit in a big classroom with a professor droning on and on. Nor is your syllabus or book list part of the university's program.

Tricare University offers free online courses 24/7/365 at [www.tricare.mil/tricareu](http://www.tricare.mil/tricareu). Of the different courses, Tricare Public Course provides the quickest and easiest way to get a general overview and basic knowledge of the Tricare programs. There is no registration for this course and it is accessible to anyone who wants to know more about Tricare.

To take one of the offered courses, go to the Web site and click on "online training" for a list of options.

### State Family Programs

101 Eggert Crossing Road, Lawrenceville  
Toll-free number 1-888-859-0352  
Family Assistance – 609-530-6834/6884  
State Youth Coordinator – 609-530-6836  
Military Family Life consultants – 609-530-6835/6886  
Yellow Ribbon Program – 609-530-6846/6853/6859  
Military OneSource 1-800-342-9647; NJ 609-530-6867  
Fax – 609-530-6871

## Woodbridge blood drive Feb. 20

Soldiersangels.org is sponsoring a blood drive at the Woodbridge armory on Saturday, Feb. 20, 9 a.m.-2 p.m.

For questions or to schedule an appointment, contact Heather at 917-609-8743. Walk-ins are always welcome.

Don't forget:

- All equipment used during the procedure is sterile and disposable.
- Donors must be healthy, 17 years of age and older, and weigh at least 120 pounds.
- Donors must present signature ID.

## Jobs available with Census Bureau

For anyone in the job market, the U.S. Census is looking for people to help with the 2010 Decennial Census. A variety of positions are open. Visit <http://www.census.gov/regions/philadelphia/www/jobs/> for jobs with the Philadelphia Region office, which will cover census workers in Penna., Del., Md., N.J., and the District of Columbia.

## Get help with your utility bills

New Jersey SHARES assists income-eligible households throughout New Jersey to pay their energy bills. The program also administers Verizon New Jersey's Communications Lifeline and Link Up America programs. New Jersey SHARES also provides assistance to United Water customers with their water bills.

For more information or to see if you are eligible for these programs, visit [www.njshares.org/otherPrograms/communications-lifeline.asp](http://www.njshares.org/otherPrograms/communications-lifeline.asp) or call 1-866-657-4273.

## Guard Youth Camp July 11-17

Applications are now available for the 2010 New Jersey National Guard Youth Camp being held at Sea Girt, July 11-17. To download an application, go to: [http://www.state.nj.us/military/familysupport/youth\\_camp.html](http://www.state.nj.us/military/familysupport/youth_camp.html) or contact your nearest Family Assistance Center.

## Check out Blue Star Flag Program

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

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

Tricare – Sgt. 1st Class Louis Tuck, 609-562-0865  
US Family Health Plans – Pam Worley, 732-977-8531  
VA Medical – Michelle Stefanelli, 973-676-1000, ext. 1727

# Sports & More

## Project Stars launched - new program women veterans

A new program was launched in October 2009 for female veterans and service women as they return to New Jersey following deployment to Iraq and Afghanistan called Project Stars.

Located in the Women's Rights Information Center, 108 West Palisade Avenue, Englewood, the program is designed to address the unique needs of women veterans as they return from active duty. The three primary areas of focus will be academic, career services and legal assistance.

Project Stars offers free training and services. Some of the programs available include:

- Office technology computer training programs – earn a Microsoft Office Specialist certification
- Daytime classes at Farleigh Dickinson University, Hackensack campus, technology center or the evening classes at the Women's center
- Meet with college Director of Veterans Services to learn about Yellow Ribbon program and how the program can pay for your college education
- Job advice, interviewing skills and more with the career counselors
- Free, private consultation with an attorney from Women Lawyers in Bergen to receive support counseling and confidential referrals to non-military specialists for advice on marital law, child custody rights or other family issues or personal concerns.

Visit [www.womensrights.org](http://www.womensrights.org) or call 201-568-1166 for more information.

## NJVVMF to hold program on Fort Monmouth's support during Vietnam War

On Feb. 27, at 1 p.m., the New Jersey Vietnam Veterans' Memorial Foundation will host a slide show and discussion entitled *A Glimpse at Fort Monmouth's Support to Vietnam* led by Melissa Ziobro, Command Historian of the U.S. Army CECOM Life Cycle Management Command. This program will be held at the Vietnam Era Educational Center in Holmdel. Teachers attending will receive professional credit.

Melissa Ziobro has worked as a staff historian at Fort Monmouth since March 2004 and has been the Command Historian since July 2009.

Ziobro will speak on the importance of Fort Monmouth as the headquarters of the U.S. Army Electronics Command (ECOM). ECOM was a young organization when President Johnson increased war efforts in South Vietnam. The command was able to provide the signal research, development, and logistics support needed for combat troops. ECOM supplied the U.S. forces with advanced technologies including portable surveillance radar which one commander described as being "worth 500 men." Fort Monmouth has a long history of technological developments ranging from its 1940s radar systems to the Firefinder radars that are used today. With the ever-increasing need for war technologies today, this lecture will provide insight into past and present innovations developed at Fort Monmouth.

Lecture attendees are asked to RSVP to 732-335-0033. A donation of \$5 per person is suggested.

## Collection of toys from 60s and 70s exhibited at New Jersey Vietnam Education Center through end of August

On Tuesday, Feb. 23, the Vietnam Era Educational Center will unveil its new exhibit, *Growing Up in the 1960s-70s: A Flash Back in Time*. The exhibit is a collection of more than 50 toys from the 1960s-70s from The Toy Museum of New York and will be on display through the end of August.

Following the post-World War II economic boom, mass production of dolls and toys exploded in the Vietnam Era. G.I.

Joels were first produced in 1964 and Barbie, introduced on March 5, 1959, has remained youthful even after celebrating her 50th birthday. Other toys from baby boomer's childhood years that will be on display include Star Trek figures, Etch A Sketch, Trolls, Legos, Nerf balls, dollhouse furniture, teddy bears, and more. Snapshots

of children with their toys from the era will also be featured. On June 12, at 1 p.m., in conjunction with the exhibit, the center will host a lecture entitled "History of Dolls and Toys of the 1960s-70s" by collector Steven Stegman.

For more information please call 732.335.0033 or visit the Web site [www.njvvmf.org](http://www.njvvmf.org). Regular admission to the Educational Center applies; adult admission is \$4; student and senior citizen admission is \$2; and children under 10 are admitted free. Regular admission is free for veterans and active-duty military personnel.

The Vietnam Era Educational Center is located adjacent to the New Jersey Vietnam Veterans' Memorial off the Garden State Parkway at exit 116. The Educational Center is open Tuesday through Saturday, 10 a.m.-4 p.m.



# Veterans & Military

## Jersey Guard provides Soldiers, Airmen training for working together

By Tech. Sgt. Mark Olsen, 177FW/PA

After six months of distance learning, 42 New Jersey National Guard Soldiers and Airmen defied the elements to complete the Joint Force Headquarters/Joint Task Force Staff Training Course on Feb. 7.

The training, which is geared toward dealing with natural or manmade disasters, ended up mirroring reality when snows inundated New Jersey making it nearly impossible to hold the class. Defying the elements, 31 Soldiers and 11 Airmen, along with two Airmen from the New York Air National Guard traveled from across the state to Homeland Security Center of Excellence in Lawrenceville to attend the final training segment.

Hosted by National Guard Bureau and North American Air Defense-Northern Command (NORAD-NORTHCOM) personnel, the training combined table-top exercises and traditional classroom instruction to bring together the various elements covered in the distance-learning portion of the class.

The training is geared toward Joint Force Headquarters/Joint Task Force Staff members supporting State, Federal, and Dual status missions.

While the group was small compared to the greater population of New Jersey Army and Air National Guard, with the increase in dual missions, this training will become more important and widespread.

"Everyone will eventually be getting some form of this training," said Col. Kevin C. Hegarty, HSCOE Operations and Training.



Lt. Col. John N. Metzler, standing, Operations and Training, Army Aviation Support Facility, presents his group's findings during Joint Force Headquarters/Joint Task Force Staff Training Course at the Homeland Security Center of Excellence in Lawrenceville on Feb. 7. Photo by Tech. Sgt. Mark Olsen, 177FW/PA.

## Come join the JWV Post 972

An invitation is extended to all military personnel to join the Lt Seth Dvorin Post 972 of the Jewish War Veterans. The veterans meet on the first Wednesday of the month at the Marlboro Jewish Center located at 103 School Road West, Marlboro, N.J. Meeting time is 7:30 p.m.

Second Lt. Seth Dvorin was a native of Monmouth County who made the ultimate sacrifice while proudly defending the American way of life and liberty. Lt Dvorin was killed in Iraq Feb. 3, 2004. The post was renamed in May of 2004 to honor Lt. Dvorin.

Post 972 covers Monmouth and Ocean Counties. Anyone interested in joining this post or a similar post should contact Richard Berg at [r2d2b2@optonline.net](mailto:r2d2b2@optonline.net) or Richard Dvorin at [ltsethdvorinpost972jvw@comcast.net](mailto:ltsethdvorinpost972jvw@comcast.net).

### Veterans Organizations contact information

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

## Warrants, mechanics needed

From the desk of Command Chief Warrant Officer Robert Richardson

The New Jersey Army National Guard has a key opportunity for aspiring Warrant Officers. The Signal Corps has a need for Warrant Officers. If you or anyone you know is interested in becoming a Warrant in this MOS, contact me at: [Robert.j.Richardson@us.army.mil](mailto:Robert.j.Richardson@us.army.mil) In addition, there are openings for full-time employment on the Reset Team for 63 Bravo mechanics. Contact me if you hold the MOS and are interested.



## Pictures for your "wall"

If your armory needs photos for the Chain of Command "wall," contact Tech. Sgt. Barb Harbison at [barbara.harbison@njdmava.state.nj.us](mailto:barbara.harbison@njdmava.state.nj.us) or call 609-530-7088. Tell us which photos you need and we will mail them to you or get them ready for pick-up.

# Calendar

## *Picatinny offers May bus trip to Broadway to see "Chicago"*

**"They say the neon lights are bright on Broadway  
They say there's always magic in the air"**

-The Drifters, 1963

Catch a piece of the magic and see "Chicago" on Broadway, May 23. The Picatinny ITR is offering a bus trip to New York City for \$95 – charter bus transportation and orchestra or first mezzanine seats. The bus departs from Picatinny at 10:15 a.m., gives theater-goers 1 ½ hours of free time and tickets for the 2:30 p.m. show. Expected time of arrival back at Picatinny is 6:30 p.m.

Sign up at the ITR "Take Off" Center, Bldg 34, 7:30 a.m.-3:30 p.m. or call 973-724-4014.



## *102d Regiment reunion being held March 27 in West Orange*

The 102d Regimental Reunion, sponsored by The Essex Troop, has been rescheduled for March 27 at 2 p.m. at the West Orange armory. It is open to current and former members of the 1st or 2nd squadron, 102d Cavalry, 1st, 2nd, 3rd or 5th Tank Battalion or the 5-177th Cavalry.

Food and refreshments will be served compliments of the Essex Troop Association. Attendees are asked to bring along their memorabilia – pictures, dog tags, P38, etc – and meet with old friends to have a great afternoon of camaraderie and stories.

Call The Essex Troop office at 973-736-0952 to RSVP, or e-mail [etroop@verizon.net](mailto:etroop@verizon.net).

## *Guard families holding Band of Brothers Memorial Poker Run*

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

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

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

For more information visit [www.RememberingRyan.org](http://www.RememberingRyan.org).

## *Joseph Galloway special guest at AUSA Spring dinner in April*

The special guest for the spring dinner meeting of the Association of the United States Army Northern New Jersey Chapter 1502 will be Joseph L. Galloway, bestselling co-author of "We are Soldiers Still, A Journey Back to the Battlefields of Vietnam."

The dinner will be held on April 6 at the Royal Albert's Palace Restaurant, Fords. Cocktail hour begins at 5:30 p.m. and dinner begins at 6:30 p.m.

Galloway and Lt. Gen. Harold Moore also co-authored the book "We Were Soldiers Once...And Young," which was made into the movie, "We Were Soldiers," starring Mel Gibson.

The latest book tells the story of Galloway and Moore's return to Vietnam's Ia Drang Valley. Renewing their relationships with 10 American veterans of the conflict, along with their former adversaries, Moore and Galloway explore how the war changed them all.

Galloway was decorated with a Bronze Star Medal with a "V" for valor on May 1, 1998, for rescuing wounded Soldiers under fire in the Ia Drang Valley in November 1995. His is the only Bronze Star Medal for Valor the U.S. Army awarded to a civilian for actions during the Vietnam War.

If interested in attending the dinner, contact retired Col. Richard F. Plechner at 732-549-1535. RSVP by April 2. Cost is \$40 per person.

## *Veterans Outreach Campaign schedule*

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

**March 2\*, 3, 4** Bridgewater Commons Mall

**April 6\*, 7, 8** Paramus Park Mall

\*Medal ceremony at 10:30 a.m.

### *Deadline*

Want to place an event or article in DMAVA Highlights?

Deadline for articles is noon Wednesday.

Send submissions to [barbara.harbison@njdmava.state.nj.us](mailto:barbara.harbison@njdmava.state.nj.us).