

DMAVA Highlights

June 24, 2010 Volume 12 Number 23



Tips to stay safe in the hot weather

Monday was the first day of summer and Mother Nature has shown us this week what the season is all about: heat, humidity, sun, and occasional thunderstorms.

Every year the heat causes illness and death – most of which can be prevented. According to the Centers for Disease Control and Prevention, from 1979 to 2003, excessive heat exposure caused 8,015 deaths in the United States. More people died from extreme heat than from hurricanes, lightning, tornadoes, floods and earthquakes combined in the same time period.

Heat related illness happens when your body is unable to compensate from the heat and humidity and cannot properly cool itself. Usually sweating is your body's cooling mechanism, but when it gets hot and humid, sweat may just not be enough. The sweat may not evaporate as quick as needed, and your body cannot release heat. Your body temperature rises which can damage the brain and other vital organs.

Certain people are at higher risk for heat-related deaths and illnesses. The elderly, the very young, and people with mental illness and chronic diseases are the people at highest risk. But even healthy, younger people who are exercising strenuously or working outdoors in the heat can find themselves in trouble.



What to do? Here are some suggestions from the CDC.

Drink lots of liquids – increase your liquid intake no matter what your activity level. Feeling thirsty is not a reminder to drink. If you are exercising heavily when it is hot, drink 2-4 glasses of cool fluids each hour. Don't drink liquids that contain alcohol or large amounts of sugar.

Replace salt and minerals – when you sweat a lot, you lose salt and minerals from your body. Sports beverages can replace them. Low salt diet? Check with your doctor first.

Wear appropriate clothing and sunscreen – choose lightweight, light colored, loose fitting clothing. When outdoors, use sunscreen of SPF 15 or higher 30 minutes prior to going out. Wear a wide brimmed hat and sunglasses.



Schedule outdoor activities carefully – limit your outdoor activity to morning and evening hours, if possible. Rest often in the shade.

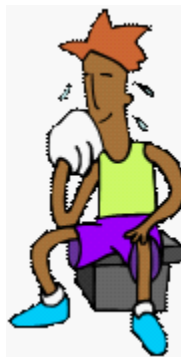
Pace yourself – start slowly and pick up the pace gradually. If exertion in the heat makes your heart pound and leaves you gasping for breath, STOP all activity. Get into a cool area or at least into the shade, and rest, especially if you become lightheaded, confused, weak or faint.

Stay cool indoors – stay in an air-conditioned place if possible. Home not air conditioned? Go to the mall, movies, public library for a few hours to cool off. Electric fans may help but open windows when using them. Take a cool shower or bath. Grill outdoors if you must cook.

Be a buddy – check on elderly neighbors and relatives. Keep an eye on your co-worker.

Do not leave children in cars – Even with windows cracked open, interior temperatures can rise almost 20 degrees Fahrenheit within the first 10 minutes. Never leave infants, children or pets in cars, even if the windows are cracked open. Tip – keep a stuffed animal in the car. When a child is in the back seat, place the animal in the front passenger seat to remind the driver.

Next week: hot weather illnesses.



Pro Patria award given to N.J. company



Staff Sgt. Dale Snyder, center, stands with his employer Russ, right and Marie Duryea owners of R & R Construction, who received the ESGR Pro Patria award on Wednesday night. The New Jersey State Committee for Employer Support of the Guard and Reserve honored the Chester, NJ construction firm as the Small Business award along with Merck and Company receiving the Large Corporation honor and the New Jersey State Police was awarded the Public Sector award. Dale of C Troop, 102nd Cavalry, nominated his employer during his deployment with the 50th Infantry Brigade Combat Team as R & R Construction held a going away picnic and gave him a iPod and laptop computer to take to Iraq.

Pro Patria Award is presented to those employers who demonstrate exceptional support for our national defense by adopting personnel policies that make it easier for employees to participate in the National Guard and Reserve. Currently more than 2,000 Garden State citizens are serving in the uniform as Soldiers, Sailors, Airmen, Marines and Coast Guard men.

Photo by Bryn Westhoven, NJDMAVA Public Affairs Specialist

4th of July Celebrations in the area

Joint Base McGuire-Dix-Lakehurst is set to host the annual Fourth of July celebration at the Doughboy parade grounds from 3 to 10 p.m. July 4 on Dix.

The event is FREE and open to the general public.

Entertainment will include: bouncy castles, a stilt walker, a magician, a balloonist, face painters and will include live rock-band performances by The Steve Marshall Band, Government Cheeze and The Benjamins. The highlight of the evening will be a fireworks display scheduled for 9:30 p.m..

Food and beverages will be available for purchase. Options include hamburgers, hot dogs, cheese steaks, kettle corn, funnel cakes, cotton candy, soft drinks and more.

Spectators are encouraged to bring blankets and chairs to the parade grounds. Pets, coolers and glass/plastic bottles will not be allowed onto the installation.

The Wrightstown, Brown Mills and Pemberton gates will open at 2 p.m. for all non-Department of Defense ID cardholders. DOD cardholders attending the event are encouraged to use the McGuire main gate.

This Independence Day celebration is a community outreach event allowing us to thank our surrounding communities and honor the birth of our nation.



Join Fort Hamilton when they celebrate our nation's Independence Day on Sunday, July 4. Monica, B.o.B and Wendy Williams have been confirmed to be at the event.

There will be a free picnic for the military and their families, 3-5 p.m. with music and games will be there to make the day even more enjoyable!

No outside coolers or food permitted on the installation for this event.

The concert begins at 7 p.m. and is open to all service members (active duty/reserves/National Guard) and their families, veterans, retirees, DoD civilians of Bay Ridge and Bensonhurst VA Hospital and first responders (FDNY/NYPD). Non-military/first responder affiliated civilians must be sponsored by someone with proper identification to attend this event.

Check out the Fort Hamilton Facebook page (www.facebook.com/fort.hamilton) and get a chance to be one of 60 Soldiers who will be part of a meet and greet with the artists.

Call 718-630-4772 or 718-630-4935 for more information.

DMAVA Green

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

"It's summertime and the living is easy."* But the hot weather can bring out the bugs that show us the true meaning of the word: pest.

One of the better-known bugs of the warm weather months is the ant – they come into our homes, visit our picnics, and generally make, well, pests of themselves. While Aesop's Fable of "The Ant and The Grasshopper," gave us the image of the ant being an industrious insect, many of us would much prefer them to be industrious someplace else!

How do you get rid of ants? Bug sprays can be smelly and the poisons are a concern for many of us. Those cute little traps that attract ants and give them poison to take back home to kill the rest of the colony can also attract youngsters in your home and that isn't good. Here are some natural ways to get rid of ants around your home.

Sprinkle baby powder on the ants and the entry points into your home.

Ants follow their scent trails to continually come back to visit. Destroy that trail and they have to find a new place to visit. Mix water and vinegar and spray it where the ants are wandering.

When you find points of entry into your home, place a bay leaf or cloves at that point. Ants don't like the smell of either of those spices and will head another way.

Cayenne pepper at a point of entry is another deterrent.

Now that you have exhausted your spice rack on ant prevention, you can also use Borax and create your own ant traps to get rid of them. Just beware, Borax does have some toxicity, so keep the traps away from children and pets. Visit <http://www.instructionables.com/id/Getting-Rid-of-Ants-or-How-to-Kill-an-Ant-Invasi/> to find out how to make your own traps.

If all else fails, borrow a piece of chalk from the kids and draw a line on the ground; supposedly ants will not cross over the line.

Be Green!

*(Summertime by Sam Cooke)

Quotes

Pray the gods do not envy your happiness!

--Euripides

I tremble for my country when I reflect that God is just.

--Thomas Jefferson

Your success depends mainly upon what you think of yourself and whether you believe in yourself.

--William J.H. Boetcker

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Tech. Sgt. Barb Harbison – Public Affairs Specialist

Sgt. Wayne Woolley – Public Affairs Specialist

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

Families

Job opportunities in the Family Programs Office

The New Jersey National Guard Family Programs has two job opportunities in their office. These are contract positions working for an outside contractor (not a government position). Personnel interested should follow the instructions associated with each position and contact the vendor directly.



SOS Program Coordinator: The incumbent serves as a Survivor Outreach Services (SOS) Program Coordinator within the Army National Guard throughout the States and Territories; this position is designed to

provide dedicated and comprehensive support to Survivors of deceased Soldiers. <http://tbe.taleo.net/NA11/ats/careers/requisition.jsp?org=GOLDBELT&cws=1&rid=153>

Child and Youth Coordinator: This position is designed to provide Child and Youth Programs for children of National Guard Families. The job includes curriculum and program development and working with other agencies for the purpose of delivering the best possible youth program for the New Jersey National Guard. <http://www.mpsrc.com/Public/Application/CareerBuilder.aspx>

School looking for sponsor families for Cadets

The USMA Prep School is looking for families to be a part of an effective and beneficial program – the Cadet Candidate Sponsorship Program.

Interaction with sponsor families throughout the year help motivate and refresh the Cadet Candidates. Participation in this worthwhile program will offer the CCs a “home away from home,” and at the same time families will positively influence the life and decisions of these outstanding young people.

If you are interested in participating in the program send an email to Faiza.Evans@usma.edu by August 1. Applications will be e-mailed to potential participants; the completed application must be returned no later than August 10.

For questions about the sponsorship program or an application contact Sgt. Evans at 732-532-0585.

Take a trip to Broadway to see ‘Billy Elliot’

Sign up now open to see “Billy Elliot” on Broadway on Sept. 22. The bus will depart Picatinny Arsenal at 9:45 a.m. and have free time before the show. The cost is \$135 per person and includes charter bus transportation and Orchestra seats. Don’t miss out on this Elton John musical Tony Award winner!! Call the “Take Off” Center in building 34 at 973-724-4014 and book your seats.

Free community nights at the Franklin Institute for families

The Franklin Institute is introducing Target Community Nights at the Franklin Institute – free educational and fun-filled science nights, from 5-8 p.m., sponsored by Target. Everyone is welcome: join the fun and experience The Franklin Institute’s exhibitions, special programs and themed activities.

Activities include FREE:

Access to all of The Franklin Institute’s hands-on exhibits like Sports Challenge and The Giant Heart; tickets to the Tuttleman IMAX Theater; 3D shows in The Franklin Theater; live science shows; Fels Planetarium shows; and access to the Joel N. Bloom observatory. The monthly schedule varies and not all community nights offer free IMAX tickets, nor are the free IMAX tickets for feature length films.

The dates of the 2010 Target Community Nights are: July 21, Aug. 18, Sept. 15, Oct. 20 and Nov. 17.

You will be asked to register when you arrive; the registration desk opens at 5 p.m.

Sittercity: new military childcare program

Your Sittercity membership is funded by the Department of Defense and is available at no cost to you! Go to www.sittercity.com/DOD to register.

Activate your membership today and find local sitters and military care providers- only takes 2 minutes.

Sittercity is America’s largest and most trusted online source for in-home caregivers with over 1 million nationwide caregiver profiles. Sittercity helps you find:

- Babysitters: For after-school, hourly care, school vacations, deployment and PCS, extended work hours, special needs children, and anytime you need a sitter.
- Nannies: For full and part time, infant and young child care
- Certified CDH/FCC care providers
- Care providers who are authorized access to an installation
- Elder care providers, dog walkers, housekeepers and tutors

Your Sittercity membership gives you online access to local caregivers with profiles that include background checks, parent reviews, references, a 4-Step screening process, pictures and more.

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 or contact your nearest Family Assistance Center. **3**

Et Cetera

Free tickets available for AT&T National Golf in Philly, June 29-July 4

Do you know the difference between a driver, an iron and a putter? Do you cheer for a favorite golfer – Ernie Els, Phil Mickelson, Tiger Woods or newcomer Ryan Moore? Here is your chance to see them in person – during the AT&T National at Aronimink Golf Course, Philadelphia, June 29-July 4.

The AT&T National is offering free tickets to the event for military members and has given us ticket to distribute. There are 66 tickets sitting at the PA office, Lawrenceville.

For those military members attending the event, Lockheed Martin will have a military pavilion located on the 17th tee with snacks and beverages. Access to the climate controlled pavilion is limited to the first 5,000 military patrons each day.

If you have a military ID card (active, family or retiree) and are interested in one of the 66 tickets at the PA office, contact Tech. Sgt. Barb Harbison by e-mail – Barbara.harbison@njdmava.state.nj.us. Please put AT&T tickets in the subject line. Currently, we will limit the tickets to two per person, and they will be given on a first come, first served basis. You must be come to the office to pick them up, there will not be any tickets mailed out.

For more information about the tournament – parking, spectator tips, times and more – visit www.attnational.org.

'Toast to Dennis' will take place June 26 in Rumson

The Lt. Dennis W. Zilinski II Memorial Fund will host its second annual *Toast to Dennis*, on June 26, at the home of Randy and Maureen MacDonald, Rumson NJ.

Funds raised from the event will benefit the Lt. Dennis W. Zilinski II Memorial Fund. Lt. Zilinski was killed in action while deployed in Iraq on Nov. 19, 2005. The fund was created in 2006 to honor his memory and spirit for life. All proceeds raised on behalf of the fund are used to support programs that assist wounded soldiers and their families, and to provide scholarships in Dennis' name to his alma mater, Christian Brothers Academy.

Retired Army Colonel James Costigan, a resident of Freehold, has been tapped to chair the event committee. John Grifo, owner of Grif's Seaside Catering located in Seaside, will prepare an extensive menu with an array of fresh seafood and hors d'oeuvres.

Guests can take part in live and silent auctions. They can also enjoy the entertainment of The Jazz Lobsters, all for a good cause.

Contact Christine Burke Eskwitt 732-688-8079 or cburkeassociates@comcast.net, for reservations or more information. Tickets are \$100 per person. Valet parking will be provided.

For more information visit: www.runwithdennis.org. Donations may be sent to: Lt. Dennis W. Zilinski II Memorial Fund, PO Box 35, Holmdel, NJ, 07733.



Maj. Michael Sheppard, Chief of Safety, presents the Safety Super Hero award for the deployment of the 108th Civil Engineer Squadron to Tech. Sgt. Wilmont Griffin (108 CES/Utilities) and Master Sgt. Louis Conzo (Power Production) for their outstanding work as Unit Safety Representatives. TSgt Griffin's civilian expertise in confined space safety was appreciated by several organizations on Sather Air Base. Courtesy photo.

Congressman Holt looking for veterans for Oral History Project

By Terry Dearden, DMAVA Government Relations

New Jersey Congressman Rush Holt wants to interview veterans for the Library of Congress Veteran Oral History Project. He is looking to contact Veterans of all conflicts to share their story to be videotaped and recorded. Any Veteran interested should contact Matthew Hall in Congressman Rush Holt's office at 609-716-0497.

New Jersey Credit Union rep to visit DMAVA June 29

By Paul Serdiuk

A representative from the New Jersey Credit Union will be at DMAVA Central on June 29, in Conference Room A from 10 a.m.-noon. There will be a brief overview of what the credit union offers and then individual sessions.

If you are interested in attending, contact Paul Serdiuk at 609-530-6878.

What is the difference between a Credit Union and a bank?

CUNJ is an institution that carries all the same products and services as your current one, but we are not-for-profit. We have restricted membership availability, but through the Credit Union of New Jersey's relationship with your corporation, YOU are eligible for membership!

Why should you join a Credit Union over a bank?

In addition to savings and checking accounts, currently The Credit Union of New Jersey has some of the most competitive loan rates that you can find:

- Auto Loans as low as 3.24%
- Home Equity Line of Credit as low as 2.74%
- Personal/Unsecured Loans as low as 9.75%
- Subsidized Student loans as low as 5.6%

Veterans & Military

N.J. Bar offers free legal assistance to military

If you have a legal matter that cannot be handled by our Office of the Staff Judge Advocate (OSJA), you may be eligible for a pro bono (free of charge) military legal assistance program (MLAP) administered by the New Jersey Bar Association (NJSBA), <http://www.njsba.com/>. This program provides legal representation to New Jersey residents who have served overseas as active duty members of reserve components of the armed forces after Sept. 11, 2001. Eligibility for the program is not income based. The program was created to meet the expected demand of military reservists in the current operational tempo and offers assistance in four primary areas:

- Family Law
- Employment Law
- Debtor-Creditor Law
- Medical Evaluation Boards (MEBs)

The program will refer military members who contact the NJSBA to volunteer attorneys qualified to assist them with their specific legal issues. For more information about the MLAP contact the OSJA, visit the NJSBA website, or contact:

D. Todd Sidor, Esq.,
Director of Judicial Administration
New Jersey State Bar Association
One Constitution Square
New Brunswick, NJ 08901
732-249-2815 (fax)
732-937-7544 (phone)

tsidor@njsba.com

Invitation extended by JWV Post 972 to all veterans

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 or Richard Dvorin at ltsethdvorinpost972jvw@comcast.net.

N.J. Warrant Officer Association looking for new members

The United States Army Warrant Officer Association, Fort Dix Doughboy Chapter, is looking for members. For membership information, contact Chief Warrant Officer Nancy E. Rowbotham at nancy.rowbotham@us.army.mil.

ROK looks to honor living veterans of Korean War

From the President of the Republic of Korea

On the occasion of the 60th Anniversary of the Korean War, the Republic of Korea 60th Anniversary of the Korean War Commemoration Committee has various plans to thank, honor and remember Korean War Veterans and their achievements.

One of the meaningful projects is to send letters of appreciation from the President of the Republic of Korea to as many living Korean War Veterans as possible to express tribute and profound gratitude for their service and sacrifice that laid the foundations of peace and freedom that we enjoy today.

We strongly recommend that Korean War Veteran who wants to receive the letter should fill out and submit an online application form for an appreciation letter from the Republic of Korea President.

A Korean War Veteran not able to submit an online application form can download, print and mail a form to the U.S. Branch of Republic of Korea 60th Anniversary of the Korean War Commemoration Committee.

By Internet: visit <http://eng.koreanwar60.go.kr/apply.asp>. Or type <http://mpva.sendmall.co.kr/apply/Applicaiton%form.doc> to get a downloadable application form. Complete and mail to:

U.S. Branch ROK 60th AKW Commemoration Committee
2450 Massachusetts Avenue N.W.
Washington DC 20008

Direct any questions to sweetwe@korea.kr.

Veterans with disabilities can get free hunting, fishing licenses

If you are a honorably discharged veteran with a service-connected disability and a New Jersey resident – you are entitled to free New Jersey hunting and fishing licenses, permits and stamps. Your disability must be declared by the U. S. Department of Veterans Affairs (VA) to be a service-connected disability of any kind for this benefit.

To find out the procedures needed to get certified, necessary documents and any restrictions, visit www.njfishandwildlife.com/dvinfo.htm. Questions can be directed to Sylvia Hall at 908-637-4125 or Sylvia.Hall@dep.state.nj.us.

Volunteers needed to help Wounded Warriors during race

There is a request for volunteers to help wounded Service Members from Walter Reed who are participating in the Achilles Hope and Possibility Run (5 mile) in Central Park on Sunday, June 27, from 7:30 a.m. to noon.

The volunteers are needed to support the Service Members from Walter Reed and assist as needed. Attire for the event is PT gear for military, casual for civilians.

If interested, contact Connie Morinello at 917-821-1867 for details and more information.

Calendar

"Last Hooah" July 16-18

Come join in Fort Monmouth's "LAST HOOAH" July 16-18. You will find Organization Day, sporting events, card tournament, live entertainment and more. Click here for more details - <http://www.monmouth.army.mil/mwr/lasthooah.html> or <http://www.fortmonmouthmwr.com>, or call 732-532-9407.

Water Pong tourney, July 15

Bucky's at Picatinny Arsenal presents its first annual Water Pong Tournament on July 15 at 4:30 p.m. until closing.

Participants should form teams of two before attending the tournament. If you do not have a partner, the organizers will team participants up when they arrive.

Please call Scott or Adam at 973-724-9621 if you have any questions.

Vietnam Wall, Florence, June 24-27

The traveling Vietnam Wall will be at the Fountain of Life Center, 2035 Columbus Rd., Florence Twp., June 24-27. The event is free to the public.

Included in the event will be a Cost of Freedom Memorial, Walk of Heroes display, 9/11 memorials, World War II tribute, guest speakers, and live music. Each day will have special events. For more information, visit www.flcnj.org.

DISCOM golf outing, July 8

Golfers, now is the time to sign up for the 17th Annual N.J. Army National Guard DISCOM Alumni Golf outing on July 8 at 8 a.m. It will be held at the Bunker Hill Golf Course, Princeton.

Cost is \$100 per person and includes all your fees, cart, refreshment cart on course, awards, door prizes, burgers and dogs at the turn, luncheon after the 18 holes. Also available are sponsors for holes - \$50 each - and carts - \$25.

To register to play or to become a sponsor, contact retired Master Sgt. Roger M. Colarusso Sr., at 609-732-446-0283. Registration is due no later than July 1.

Skyhawks baseball July 9

Military Appreciation Night at the Sussex Skyhawks Baseball at Skylands Park, Augusta, N.J., is on July 9. Gates open at 5 p.m., with the game starting at 6:05 p.m. The game is followed by fireworks sponsored by the Picatinny Credit Union. Everyone is welcome. Buy your tickets from Picatinny and save. Tickets are \$9 each. Call or stop by the "Take Off" Center in building 34 to reserve your seats. Tickets will be distributed the week prior to the game. To reserve your seats, or if you have any questions, please call Linda or Janet at 973-724-4014.

Texas Hold'em, Picatinny July 31

As the song says - "You have to know when to hold' em, know when to fold' em" and the Texas Hold'em Tournament is there to see if anyone knows when that is. The tournament will be held July 31 at the Cannon Gate Catering at 11 a.m. Cost is \$40 per person. Call 973-724-2582 for reservations; seating is limited. Prizes will be awarded for the top ten players.

Sea Girt clambake, concert July 10

The National Guard Association of New Jersey is hosting a Clam Bake on July 10, 2-4 p.m., at the Sea Girt Training Center. It will be followed by a concert by the New Jersey National Guard Army Band at 5 p.m.

Cost is \$20 for adults, \$10 for children 12 and under. The menu will include steamed clams and crabs, hot dogs, hamburgers, barbecue chicken, corn on the cob, salads and refreshments.

To register, send a check made payable to "NGANJ," along with the Guard member's name and unit and number of adults and children attending to:

NGANJ - Clam Bake
PO Box 266
Wrightstown NJ 08652

Volunteers, mud run, July 18

MESP Inc., is producing a trail running race called "Down and Dirty" at the Belmont Plateau in Fairmount Park, Philadelphia, on July 18. The organizers are looking for adult, military-related groups to provide the 100 necessary "volunteers."

The race features military-style obstacles throughout a 5k and 10k course and a mud pit before the finish line.

MESP, Inc., will make a donation to the unit, or affiliated charity, in the amount of \$25 per person in the military group who volunteers. Each volunteer will also receive an event t-shirt.

Volunteers are needed to hand out water on the course, working the packet pickup/check-in tent, directing cards, directing athletes on the course and more.

While MESP is looking for a total of 100 volunteers, they will take smaller groups to make up a total of 100.

Hours needed are 5:30 a.m.-1 p.m.

If your unit is interested, contact Matt Peterson, Director of Operations, MESP, INC., 818-707-8866, ext. 17, cell 818-665-8313, fax 303-927-6852, or e-mail matt@mesp.com. Check out the web site for more information: www.downanddirty mudrun.com.

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.

July 6 The Music Pier on the Ocean City Boardwalk, 11 a.m.

July 30 First Energy State Park, Lakewood**
Lakewood Blue Claws Veterans Appreciation Night

August 29 TD Bank Ballpark, Bridgewater**
Somerset Patriots Veterans of America Day

**Outreach events only