



The State of New Jersey
Department of Military and Veterans Affairs
 Governor Phil Murphy Lt. Governor Tahesha Way

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DMAVA Highlights Archives

13 January 2006

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NJ Dept of Military and
 Veterans Affairs

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 The Adjutant General

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Contacting us is easy!

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We're on the Web!
<http://www.nj.gov/military>

Veterans' Organizations Contact
 Information

State Veterans Service Council

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Mrs. Anna Hoffman
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Mr. William Rakestraw
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ChalleNGe Academy honored with USO Award.

On 6 January 2006, the NJ Youth ChalleNGe Academy had the distinction of being presented with the 2006 USO Award for Academic Excellence. The award was presented at a gala event held in the historic Riviera Theater in Charlestown, South Carolina at the conclusion of this year's annual conference. It was truly a high point for all of the ChalleNGe staff attending the annual conference including Academy Director, COL (Ret) Kenneth J. Prossick. The New Jersey Youth ChalleNGe Academy is credited with having the highest academic standards and results based on the following criteria: high GED test scores, greatest grade point increases, best curriculum, best tutoring standards and high quality of educational field trips.

Congratulations NJ Youth ChalleNGe – keep up the good work!

NJ Employer Support of the Guard and Reserve (ESGR) member receives prestigious national award,

Mr. Nick Grand, NJ ESGR Mobilization Coordinator, was presented with the prestigious National James Roche "Spirit of Volunteerism" Award at the ESGR National Leadership Conference in Arlington, Virginia. This award is the highest award given to individual ESGR Committee volunteers for sustained high-quality volunteer service or for exceptional mission accomplishment. The award highlights patriotism, good citizenship, and public responsibility; often achieved at great personal sacrifice and with heroic effort. Mr. Grand has been a member of the NJ ESGR Committee since 1973. Since 9/11/01 he has personally given ESGR MOBE/DEMOBE briefings to well over 85,000 troops, most of whom were processed at Fort Dix.

Mr. Grand also became a recent recipient of The Office of the Secretary of Defense Exceptional Public Service Award. Mr. Grand was presented with this award at Fort Dix, New Jersey for his long service to the military community.

Carol Fowler is the recipient of the NJ Civilian Commendation Medal.

The New Jersey Civilian Commendation Medal was recently awarded to Carol Fowler, Oral Historian and Assistant Curator of the National Guard Militia Museum of New Jersey. Mrs. Fowler was recognized for her outstanding service in recording oral histories of our veterans who have served their country in various capacities during a variety of conflicts. These oral histories are filed in the Library of Congress.

Congratulations on a job well done!

Division of Veterans Programs update.

The Veterans Outreach Kiosk, which was designed to inform and educate veterans and their dependents about the entitlements and benefits available to them for their service to our great state and nation, will be appearing as follows:

Livingston Mall – 16-18 February 2006
 Menlo Park Mall – 26-28 February 2006
 Brunswick Square Mall – 23-25 March 2006

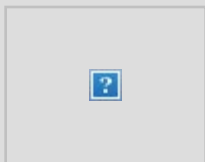
Veterans Hotlines

Benefits & Entitlements

1-888-8NJ-VETS
(1-888-865-8387)

Mental Health

1-866-VETS-NJ4
(1-866-838-7654)



NJ World War II Memorial

For information or to make a donation, call

609-530-7049



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?

All Offices (Federal and State) will be closed on Monday, 16 January, in observance of Martin Luther King, Jr. Holiday.

In 1983, the 98th Congress passed Public Law 98-144 to honor the birthday of Martin Luther King Jr. The holiday was first celebrated as a Federal legal holiday on January 20, 1986 and has been observed on the third Monday of January since that time.

The Martin Luther King, Jr. Holiday celebrates the life and legacy of a man who brought hope and healing to America. It honors one of the country's greatest champions of racial justice and equality, the leader who not only dreamed of a color-blind society, but who led a movement that achieved historic reforms to make it a reality.

The New Jersey National Guard Magazine "Guardlife" now available on the web.

Guardlife magazine Volume 31 Issue No 3 is now available on the world wide web in a user friendly on-line web version at the following web address:

<http://www.nj.gov/military/publications/guardlife/volume31no6/> The "Hometown Team" magazine Guardlife provides up to date information on the happenings within the New Jersey Army and Air National Guard both at home and abroad. For all the current news on our soldiers and airmen take a look at the new issue today.

To view past issues of Guardlife magazine on-line you can visit the DMVA publications homepage: <http://www.nj.gov/military/publications/guardlife>

Nomination season opening for Guard and Reserve employer awards.

Guard and Reserve members may recommend their employers be recognized for supporting their military service when the 2006 Secretary of Defense Employer Support Freedom Awards nomination season opened on 9 January 2006. Nominations will be accepted from 9 January through 28 February 2006.

Last year, 1,492 employers were nominated for the prestigious Employer Support for the Guard and Reserve Award. Fifteen winning employers were honored at a ceremony last October.

To make a recommendation, Guard members must answer 10 questions about support they receive from their employer. Questions target pay policies, benefits, and leave policies, previous ESGR awards, supervisor training, ESGR advocacy, servicemember recognition, family support, deployed member support, hiring preferences and general military support.

Nomination forms can be found on the website at www.esgr.mil.

Retiree brings smiles to children's faces.

A civilian employee with the 108th Air Refueling Wing has taken up the cause of bringing gifts to children who find themselves in unfortunate situations for the holidays. For the last 16 years, Charles Beam, an environmental coordinator at the 108th and retired member of the Air National Guard, has worked with many organizations to help bring toys and gifts to children in need and the organizations that support them.

During his personal time, Mr. Beam has actively helped donate to such programs as the battered women's shelter, a homeless soup kitchen, and the Division of Youth and Family Services. The place Mr. Beam deals with most often, though, is Cooper Medical Hospital in Camden. The hospital is a trauma unit with a children's development center. Working closely with Barbara McCarty, the Child Life Development Director, Mr. Beam has established a relationship with them that brings smiles to the faces of the children who find themselves there for various reasons.

"When we started out, it was just one or two people in my shop helping out the hospital. Since then, it has grown much larger," Beam said.

This past holiday season, Mr. Beam did something he hadn't done before. He sent out a Wing-wide email asking for help with toy donations. To his surprise, 30-40 people

- * Contact participating banks. Call or visit your local branch office to obtain an application.
- * 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

ABCs of Life

- Accept differences.
- Be kind.
- Count your blessings.
- Dream.
- Express thanks.
- Forgive.
- Give freely.
- Harm no one.
- Imagine more.
- Jettison anger.
- Keep confidences.

responded, which helped Mr. Beam supply toys to all of the kids.

With Snoopy from "Peanuts" along for the ride, Mr. Beam and his colleagues visited each location and had Snoopy hand out the toys to the children. At first, they only delivered gifts during the December holiday season, but recently they have been delivering gifts during other holidays, such as Easter.

Mr. Beam's personal mission has also reached out into his faith, where he has helped with many faith-based groups who also offer donations to less-fortunate children during the holidays. One thing he is sure to point out is that the religious aspect is not a driving force in motivating him to help those in need. He feels the desire to help should not come from religious obligation, but from the desire to help people.

"If you are willing to help, you should do it because it is what is in your heart," he said.

America Supports You – Anheuser-Busch Extends Military Tribute

Anheuser-Busch launched "Here's to the Heroes" in February 2005 to acknowledge the service of military men and women and the sacrifices made by their families. More than 900,000 members of U.S. and coalition armed forces took advantage of the program offering free admission to Anheuser-Busch theme parks. The program provides a single day's free admission to any one Sea World or Busch Gardens park, Sesame Place, Adventure Island or Water Country USA for the servicemember and as many as three of his or her direct dependents. Additional information can be found at: <http://www.americasupportsyou.mil>.

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

21 Jan, 1 p.m.

Poetry Reading and Oral History Discussion called "Remembering the Battle of Khe Sanh – in Poetry and Prose"

January 21, 2006 will mark the 38th anniversary of the enemy attack that started the Battle of Khe Sanh – the battle that launched the war's pivotal Tet Offensive of 1968.

To remember and honor the American military effort in that action, a panel of Vietnam Veterans of the Khe Sanh Battle will discuss their personal recollections and reflections.

Please RSVP to (732) 335-0033. A donation of \$5 is suggested.

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.

The Trenton Titans hockey team will salute the Military on Saturday, 21 January 2006, at 7:00 p.m.

Bring your friends and family for a great night of fun as the Trenton Titans offer a special night of family entertainment in a Salute to our Military. The Titans will pay tribute to the members of the military by wearing camouflage jerseys that will be auctioned off following their game against the Dayton Bombers. Reduced price tickets are \$10 for adults and \$8.50 for kids 14 and under. You will get a lower bowl seat to see every shot, save, and score. Call Ed Levin at 609-599-9500, ext. 135 for more information or visit our Department's website at the link shown here for a ticket order form:

http://www.nj.gov/military/admin/titans_orderform.pdf

Family Readiness Council Grants available.

The State Family Readiness Council has established a Grant Program that will provide

Love truly.
Master something.
Nurture hope.
Open your mind.
Pack lightly.
Quell rumors.
Reciprocate.
Seek Wisdom.
Touch hearts.
Understand.
Value truth.
Win graciously.
Xeriscape.
Yearn for peace.
Zealously support a worthy cause.

both Family and Business Grants to deserving New Jersey National Guard families impacted by deployment. Additional information regarding these grants is available at Family Assistance Centers and Family Readiness Groups throughout the state. Those interested should contact Family Assistance at 1-888-859-0352.

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 SGM Edward Goetschius, Military Funeral Honors Coordinator, at 609-530-7090 or by e-mail at Edward.goetschius@nj.ngb.army.mil.

Fitness Corner – Ernie Razzano, Certified Fitness Trainer, ernest.razzano@njdmava.state.nj.us

Donating Blood and Working Out

It’s the time of year where people give a lot of themselves and that includes donating blood. For those of you who are on an exercise routine, you should know the affects that the donation might have on your workouts.

The total volume of blood in the body is dependent upon an individual’s size and state of training. Generally, the average blood volume range is from 5 to 6 L in men and 4 to 5 L in women. The composition of whole blood is 55% plasma (of which 90% is water, 7% plasma proteins, and 3% other) and 45% formed elements (>99% is red blood cells and <1% white blood cells and platelets). Mature red blood cells (erythrocytes) have no nucleus; therefore, they cannot reproduce. They must be replaced with new cells every 4 months. This balance is very important because adequate oxygen delivery to body tissues depend on having a sufficient number of carriers: red blood cells. Decreases in their count or function can hinder oxygen delivery and thus affect performance.

When donating blood, the removal of one unit (nearly 500 ml) represents approximately an 8% to 10% reduction in both total blood volume and in the number of circulating red blood cells. Since blood is 55% plasma, of which 90% is water, donors are advised to drink plenty of fluids to help replace plasma volume to normal within 24 to 48 hours. However, since red blood cells are formed elements, it takes at least six weeks to reconstitute the red blood cells. Resistance training, which is predominantly anaerobic would not be detrimentally affected. However, blood loss greatly compromises the performance of endurance athletes by reducing the number of available red blood cells and thus reducing the oxygen-delivery capacity.

NJ Air National Guard Girls Softball Team plans St. Patty’s Day event.

Join the NJ Air National Guard Girls Softball Team for a St. Patty’s Day Dance and Chinese Auction on 18 March, 6-10 p.m., at the VFW in Cookstown, NJ. Tickets are \$25 and include a buffet, music, door prize, cash bar and auction items. Buy your tickets by March 11 from Master Sgts Bonnie Gaskell, 609-562-0925, Tania Prairie, 609-754-2308, Keith Hyde, 609-754-6870, and Staff Sgt Stephanie Marshall, 609-754-8903.

On the day in history...

- Today is Friday, 13 January 2006. It is the 13th day of the year with 353 days remaining.
- 1794 – U.S. President Washington approved a measure adding two stars and two stripes to the American flag following the admission of Vermont and Kentucky to the union.
- 1854 – Anthony Faas of Philadelphia, PA, patented the accordion.
- 1863 – Thomas Crapper pioneers one-piece pedestal flushing toilet.

1888 – National Geographic Society founded in Washington, DC.

1928 – Ernst F. W. Alexanderson gave the first public demonstration of television.

1942 – Henry Ford patents a method of constructing plastic auto bodies, which allowed for a 30% decrease in car weight.

1957 – Wham-O began producing the first Frisbee (Pluto Platters).

1966 – Robert C. Weaver became the first black Cabinet member when U.S. President Johnson appointed him Secretary of Housing and Urban Development.

1990 – L. Douglas Wilder of Virginia, the nation's first elected black governor, took the oath of office in Richmond.

1999 – Michael Jordan (Chicago Bulls) announced his retirement from the NBA.

Call today to volunteer at a Family Readiness Center near you.

If you are able to assist the families of our deployed soldiers and airmen, please call our Family Readiness Center at our toll-free number 888-859-0352.

Thought for the week...

"The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy."

- Martin Luther King, Jr.

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