



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

Army Guard	Air Guard	Veterans	Administration	Leadership	Youth ChalleNGe	Sitemap
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DMAVA Highlights » 21 April 2006

-- Select a Menu Item --

Contacting us is easy!

Office of the Assistant
Commissioner

Phone: (609) 530-6987
Fax: (609) 530-7109

Veterans' Organizations Contact Information

State Veterans Service Council
Mr. Richard Clark
RJClark21@msn.com

NJ Advisory Committee for Women
Veterans
Mrs. Anna Hoffman
hoffmanannem@aol.com

BG William C. Doyle Cemetery
Advisory Council
Mr. William Rakestraw
warjrnj@msn.com

Veterans Hotlines

Benefits & Entitlements
1-888-8NJ-VETS
(1-888-865-8387)

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

[WWII Memorial on the web](#)

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)

8th Annual Unity Day is scheduled

Please join us on Thursday, June 15 for the 8th Annual Unity Day being held at the Joint Force Headquarters Building Drill Floor. Unity Day is held to enhance cross-cultural awareness and promote harmony among all members of the New Jersey National Guard and recognize the contributions of women and minorities. This combined effort of Army and Air, State and Federal, community members and members of both Team McGuire and the Fort Dix Post contribute to the different ethnic and Special Emphasis groups being represented in the New Jersey National Guard. This year's event will start off with a 3K Fun Run/Walk at 8:30 a.m. Opening ceremonies will take place at 10 a.m. with a performance from the New Jersey Youth Challenge Program Drill Team followed by the Presentation of Awards and additional entertainment throughout the event. Multi-cultural displays and food samplings will take place from 10:30 a.m. to 3 p.m. We encourage ALL members associated with the New Jersey National Guard to attend. For questions, please contact Capt. Lola Washington, State Equal Employment Manager at (609) 562-0856.

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 are 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.

Retirement dinner for Maj. Gen. Chojnacki

A retirement dinner for Major General Eugene Chojnacki, Commander, NJ Air National Guard, will be held on Saturday, May 6 at the McGuire AFB Community Center (Former O'Club). Cocktail Hour begins at 6 p.m. and dinner will be served at 7 p.m. Cost is \$35. Uniform is Mess Dress; Semi-Formal for enlisted personnel. RSVP by April 25 to Mrs. Connie Cisek at (609) 562-0901 or Connie.Cisek@njmccgu.af.mil.

Trenton Veterans Center Memorial Day service

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.
- * 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

Women's Day 8 March 2006

"Whatever women do, they must do twice as well as men to be thought half as good. Luckily, this is not difficult."

- Charlotte Whitton

The Department of Veterans Affairs Readjustment Counseling Service is having a Memorial Day service and grand opening of the new Trenton Veteran Center located at 934 Parkway Ave., Ewing, N.J., on May 24 at 10 a.m. A reception will follow the ceremony. If you would like to attend, please call Darryll Johnson with your RSVP at (609) 882-5744 or e-mail at Darryll.Johnson@med.va.gov.

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.

The wing will be having a spouse-only orientation flight on August 18. 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 unable to get a seat, don't worry. The 108th will have more flights to follow to give everyone a chance to fly.

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

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

Youth Camp - 2006

This year's Youth Camp will begin Sunday July 16, 2006 and will end with closing ceremonies on Saturday July 22, 2006. There are many activities scheduled for the week at the National Guard Training Center in Sea Girt, NJ. The campers will be able to enjoy the beach, arts and crafts, archery, sports and presentations by other organizations. Campers ages 9-12, Helpers ages 13-15, Junior Volunteers ages 16-17 and Volunteers ages 18 and up are all encouraged to attend. The fee for campers is \$100.00 and volunteers are free. For an application, please go to the Family Support website's [Youth Camp webpage](#).

Taking Daughters and Sons to Work day – April 27

Shaping the Future is the 2006 theme for "Take Our Daughters and Sons to Work Day." On Thursday, April 27, 2006, the Department of Military and Veterans Affairs will be participating in this annual observance. This event is designed to expand opportunities for girls and boys and expose them to what adults in their lives do during the workday, show them the value of their education, and give them an opportunity to share how they envision their future.

This year, the N.J. State Museum is hosting Bring Your Children to Work Programs. The children of DMAVA employees will attend the Laser Space Chase (\$3 per person). This presentation teaches about stars, planets, black holes and pulsars and is presented in brilliant 3D laser light. In addition to the Laser Space Chase, participants will also attend a Homeland Security presentation and have lunch at McDonald's. Parents of participating children will be required to attend the Laser Space Chase presentation and incur the cost of lunch.

If you are interested in having your daughter/son participate in these events, contact Dorinda Sapp at (609) 530-6828 no later than Friday, April 21. Participants must be between the ages of eight through 12.

Speak Out - Military Kids Seminar

A weekend seminar, Speak Out Military Kids (SOMK) training, is scheduled for high school aged teens from May 5 (6 p.m.) – May 7 (noon), 2006 at Camp Ockanickon in Medford, Burlington County. Military and nonmilitary youth are welcome to attend. SOMK is a youth speaker's bureau that educates the community on issues facing military youth. During this seminar, participants will:

- Be offered the caliber of leadership training typically available only to Fortune 500 corporate executives
- Engage in interactive field exercises designed to help students gain valuable leadership skills and experience for college, employment, and community service
- Identify, plan and implement a community service project in support of Operation: Military Kids

- Gain confidence in their abilities to create, develop, and act upon their social concerns.

Family Programs on the calendar

April 27, 7-9 p.m. - Youth Hero Packs Ceremony – Lawrenceville Armory
April 29, 10 a.m. - Youth Bike Safety – Teaneck Armory
April 29, 6 p.m. - Box Top Auction (fundraiser) – Woodbury Armory
April 30, 2-5 p.m. - Spaghetti dinner (Jerry MacIntyre benefit) – Toms River Elks

Operation Purple summer camp open to military children

Applications are now being accepted for Operation Purple Summer Camps. The camps provide unique experiences to more than 2,500 military children coping with the deployment or pending deployment of one or both parents. The Operation Purple camp program is the only summer camp program that focuses on helping kids deal with deployment-related issues. Each camp is open to children of any service member of the uniformed services including the National Guard and Reserve. Applications for the camps are available March 15 through May 15, 2006 at <http://www.operationpurple.org/>. Each camp is offered free of charge to all participants. Interested children from military families are encouraged to apply for the camp located nearest their home since travel expenses are not reimbursed. More than 26 weeks of Operation Purple camps are currently offered in 22 states including Maryland, New York, Ohio, Pennsylvania, and Vermont. A list of camp dates, sites and other information is now available at the web site.. Applications are only available online and will be accepted through May 15.

DMAVA Picnic date changed

The DMAVA/JFHQ Picnic has been changed to June 9. It will be preceded by a mandatory Town Hall meeting at 11:30 a.m. Cost is \$5 Contact your local representative. DMAVA: Darleen Laarz, 530-6992, Karen Wallace, 530-6766, Tina Taylor, 530-7170; Fort Dix Marie Durling, 562-5739; or HSCOE, Kevin Hearn, 530-7069.

"The Moving Wall" is scheduled to visit New Jersey

"The Moving Wall" is the half-size replica of the Washington, DC Vietnam Veterans Memorial and has been touring the country for almost twenty years. When John Devitt attended the 1982 dedication in Washington, he felt the positive power of "The Wall." He vowed to share that experience with those who did not have the opportunity to go to Washington.

On June 14-19, 2006, the Medford New Jersey Township Council will sponsor "The Moving Wall" exhibit at Freedom Park, 86 Union Street, Medford, New Jersey. Opening ceremonies are planned for Wednesday evening, June 14. For further information, please contact the Recreation Department at 609-654-2512, or visit www.medfordtownship.com or www.themovingwall.org.

Picatinny Waterpark and Golf Course open to Vets, Guard, families

Picatinny Arsenal Morale, Welfare and Recreation Office is proud to announce new opportunities for Veterans. As part of the Army's "Always a Soldier" program, Picatinny's Frog Falls waterpark and golf course are now open to veterans as well as Active Duty and Retired Military and Reservists. Frog Falls Waterpark offers annual memberships to veterans through our partnership with Rockaway Township Recreation. Active Duty and Retired Military and Reservists can purchase an annual membership or visit the waterpark for a \$3 daily fee. Guest passes (for non-dependents) can be purchased at the gate for \$7 (limit of 4 per visit). Please call (973) 724-7275 for more information. Picatinny Golf Course is also open to Veterans. Please call (973) 724-GOLF for more information.

Retirement Dinner planned for State Command Sergeant Major Richard S. Adkins, Jr.

A Retirement Dinner in honor of State Command Sergeant Major Richard S. Adkins, Jr. will be held on Saturday, June 10, 2006 at the Lawrenceville Armory. The buffet dinner will begin with a Social Hour at 6 p.m. followed by dinner at 7 p.m. Cost of the dinner is \$25. Checks should be made payable to the DMAVA Employee Activity Fund and mailed to Family Programs, ATTN: Marie Durling, Building 3650, Fort Dix, New Jersey 08640. Please RSVP by May 19, 2006 to Marie Durling at 609-562-0739 or SSG David Clark at 609-562-0951.

HOOAH!! To USP&FO on IG results

The United States Property and Fiscal Office, NJARNG, stationed at Fort Dix, was inspected recently by a team from the Office of the Inspector General, First United States Army and received an outstanding rating. This inspection receives visibility on the highest national levels and is the yardstick by which all states are measured in terms of financial and property accountability proficiency.

In the words of the Deputy Inspector General Alan Cotney, "Since October 2005, New Jersey is the first state that did not have a negative finding. As a result, it is determined that the USP&FO meets the First Army IG objective that they can account for Federal Funds and property in a manner consistent with Army standards."

The inspection team repeatedly commented on the efficiency and dedication of the managers of the office. Specifically, the Credit Card program, the contract administration process, the offices for payroll and budget administration, and the Property Management Bureau were all singled out for praise. The inspection validated that the Property and Fiscal Office maintains proper fiscal oversight and property accountability. During the outbriefing, Cotney remarked, "With results like this, I am confident that they will continue to meet Army standards and be good stewards of public tax dollars and property."

The NJNG can all be proud and pleased by the results of this high profile national inspection, which highlighted to the rest of the United States the leading role played by the New Jersey National Guard's Property and Fiscal Office. They are supporting both State and Nation at the same time as they are supporting the men and women of the National Guard in today's Global War on Terror. In the words of the USP&FO, "We Never Let Our Guard Down."

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:

23-25 March 2006	East Brunswick Mall
27-29 April 2006	Moorestown Mall
18-20 May 2006	Ocean County Mall
15-17 June 2006	Quakerbridge Mall

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

Support our Troops Motorcycle Run

The Freedom Riders "Support Our Troops" Motorcycle Run is scheduled for October 14, 2006 (October 15 – Rain date).

Registration: 8:30-9:45 a.m., and the ride will depart at 10 a.m.

Starting Location: Parking Lot between Burger King and Sears Essentials, Marlton, New Jersey, less than a mile from Route 70 & 73 circle (Olga's Diner on circle) heading east on Route 70, on right.

Destination: Travel through the Jersey Pine Barrens approximately 60 miles one way to Sweetwater Casino Restaurant on the Mullica River, Hammonton (mailing address), New Jersey.

Donation: \$15 per rider and \$5 per passenger.

Proceeds benefit the Freedom Alliance Foundation providing:

1. Educational scholarships to the children of American's Military Heroes that have given the Ultimate Sacrifice.
2. For the injured in our hospitals pre-paid long-distance phone cards, gift cards for clothing, food, toiletries, books and magazines.
3. 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

The 2nd annual SGT Nutter 5K Run - 20 May 2006

The second annual Sergeant Nutter 5K Run in memory of SGT Sam Nutter (28 Jan '66 – 2 Jan '05) will be held on May 20, 2006. He was a member of the NJ Army National Guard and served in the U.S. Navy from 1989-1997. He is survived by his wife Michelle Mallozzi-Nutter and three daughters, Summer Ann, Samantha, and Sarah.

Funds raised during this even are donated to a NJ Army National Guard family in need.

This year's recipient will be Ashleigh Ryann Gwin, daughter of 1LT Howard and Michelle Gwin of C-5/117th CAV. 1LT Gwin is currently deployed in support of Operation Iraqi Freedom and his two year old daughter, Ashleigh, has been diagnosed with Krabbe Disease, a rare genetic disorder that affects the central and peripheral nervous systems. She has received chemotherapy, a cord blood transplant, and currently receives intense therapies. She must travel to Duke University in North Carolina for follow-up care and treatment. You can learn more about Ashleigh at www.caringbridge.org/nj/ashleigh.ryann

All ages are welcome and 45 prizes will be presented to winners in various categories. Registration will be held from 7 a.m. to 9:30 a.m.; the Race will start at 10 a.m. Cost is \$12 (postmarked by April 20th), \$15 (postmarked by May 5th), and \$20 (day of the event). Call 877-850-0240 to sign up or get additional details. You can also visit the website at www.nuttterr.com.

Scholarship News!

NJ Vietnam Veterans' Memorial Foundation: Graduating seniors have until April 7, 2006 to submit their applications and essays to qualify for one of two \$2,500 scholarships offered by the New Jersey Vietnam Veterans' Memorial. Scholarships will be awarded to two graduating seniors from NJ who plan to further their education either at a college or university or trade/technical school.

Winners will be notified in early May and will be awarded the scholarship on Monday, May 29, 2006 during the Memorial Day Ceremony held at the NJ Vietnam Veterans Memorial. In addition to the scholarship application and proof of acceptance to a college or trade school, all applicants must submit a 250-300 word essay about his/her visit to the NJ Vietnam Veterans' Memorial.

For a scholarship application form or more information about the New Jersey Vietnam Veterans' Memorial Foundation, please call 732-335-0033 or visit the website at www.njvvmf.org.

EANG-NJ Scholarships: Eligibility – The legal children of New Jersey National Guard members who are also members of the Enlisted Association may submit applications for consideration. Also, any drilling Guardsperson who is a member of this association may submit an application for the CSM Baldassari Scholarship.

USAA Scholarship: Open to any drilling Guardsperson (need not be a member of the EANGNJ). This scholarship is administered by the EANGNJ and funded by USAA. Previous recipients are not eligible for subsequent awards. Applications are available at: <http://www.eang-nj.org/scholarships.html>

National Military Family Association's Joanne Holbrook Patton Military Spouse Scholarships are awarded to spouses of Uniformed Services members (active duty, National Guard and Reserve, retirees, and survivors) to obtain professional certification or to attend post secondary or graduate school. Scholarships are normally in the amount of \$1,000 and the number awarded each year varies depending on funding. Scholarship funds may be used for tuition, fees, book, and school room and board. Application deadline: midnight April 15, 2006. Additional information can be obtained at: http://www.nmfa.org/site/pageserver?pagename=spouse_scholarship.

DCA Scholarship for Military Children: If your mother or father is active duty, reserve/guard, or retired military personnel, or if you are the survivor of a deceased member and you have a military dependent I.D. card, you can apply! You must be planning to attend a college or university on a full-time basis. For details and how to apply, go to: <http://www.militaryscholar.org/apply/apply.shtml>.

National Guard Association of New Jersey (NGANJ) – Upcoming Events

The National Guard Association of New Jersey will be conducting the following events. All members are encouraged to participate and mark these events on your calendars:

Business Meeting – The annual Business Meeting will be conducted on May 13, 2006 at the Lawrenceville Armory. The meeting will begin at 0800 hours (sign-in starting at 0730 hours) and will conclude at approximately 1200 hours. The attire for this meeting is "business casual."

NGANJ President's Golf Tournament – This tournament will be held at Falcon Creek Golf Course at McGuire AFB, NJ on June 5, 2006. This will be a "shotgun" start beginning at 1100 hours. The course limit is 144 players, so early reservations are suggested. A hot buffet dinner will follow at approximately 1700 hours at the McGuire NCO Club, which is located across the street from the course. This tournament benefits the Scholarship Fund. Last year, with your help, we were able to award nine (9) \$1,000 scholarships to deserving students. This year, we hope to meet or exceed that goal.

NGANJ Social – The Association's Social will be conducted on June 24, 2006 at the Ramada Inn in Hightstown, New Jersey. This event will begin at 1800 hours and will conclude at approximately 2300 hours. Cost per person is \$60. This includes a full course dinner with DJ and live entertainment. The attire for this event will be the "dress" uniform for military and formal (suit) for civilians.

National Guard Association of the United States (NGAUS) 128th Conference will be held in Albuquerque, New Mexico from September 15-18, 2006. The New Jersey delegation will be staying at the Marriott Pyramid. Additional information and registration forms will be coming out shortly.

NGANJ 2006 Yearbook – CW5 (Ret) Jack Petrosilli and his Committee (Brig Gen Robert S. Dutko, Sr. and CW4 (Ret) Ken Langer) sent a mailing to all members requesting their support for the Yearbook. Please return your ads and/or booster request to CW5 Petrosilli by April 15, 2006.

National Guard Association of New Jersey Scholarship applications are being accepted now through March 15th. For more information, please contact COL Edward Slavin at Edward.slavin@nj.ngb.army.mil.

Job Fair -

Bergen County – Veteran's Job Fair will be held on Tuesday, 18 April 2006 from 0900 to 1230 hours at VFW Post 4591, 513 Veterans Place Hasbrouck Heights, New Jersey 08604 "[Click here](#)" for directions to this event. The NJ Department of Labor, VFW Post 4591, and the Bergen County Division of Veteran Services are sponsoring the Job Fair, and more than 50 leading employers are registered to participate. Please bring plenty of resumes, a copy of your DD214 (separation/discharge), and dress to impress. If you would like additional information, contact John Bautz at 201-996-8950 ext 28 or by email at john.bautz@dol.state.nj.us.

Support the Enlisted Association of the National Guard of New Jersey

Once again, the Enlisted Association is asking for your support by becoming a member of the Enlisted Association again this year. Your continued support will increase our numbers and give our State a larger voice on all legislative issues that will benefit you and your families. Your Association works for you at the Federal and State level on all important issues. Visit our website www.FANG-NJ.org and click on Benefits for the application and also find out more about what we do. Thank you for your support. You can reach the Membership Chairman, Jerome Zebrowski, with any questions at 609-214-6959 or jcptfalc@aol.com or Co-Chairman, Edward Goetschius, at 609-965-1972 or esgtmaj@comcast.net.

SGT Ryan E. Doltz Memorial Foundation fund raiser - Tricky Tray

A Tricky Tray will be held at 8:00 p.m. on May 5, 2006 at Dover High School, Dover, NJ. Proceeds from the Tricky Tray will be used to fund scholarships for deserving students. Tickets are \$8 and the doors open at 6:30 p.m. For additional information, please call 973-361-2399.

"Marriage Enrichment" is NOT Therapy

PREP is NOT therapy, and is unlike anything to which you have been exposed. No encounter group or sharing of personal concerns, simply thrilling insights into a more

loving, grown filled relationship! PREP begins with teaching effective communication skills, addresses problem resolution strategies that work, and teaches how to discover the hidden issues in every relationship. The program then moves into friendship, forgiveness, fun, and sensuality. If you are interested in attending (soldiers that were deployed are given priority) or need additional information, please call Marie Durling at 609-562-0739.

PREP is scheduled to be held at the Ramada Inn, East Windsor, New Jersey on 24-26 March, 21-23 April, and 9-11 June 2006.

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.

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

25 March, 1:00pm

"Screaming Eagles in Vietnam: The 101st Airborne Division during the War" -- an oral history discussion and slide presentation by NJ Vietnam Veteran Peter Engelhardt.

Peter Engelhardt, of Summit, served in Vietnam from October 1968 through August 1969 with the 101st Airborne Division's 2nd Brigade, which operated out of Landing Zone (LZ) "Sally," near the ancient imperial city of Hue, and Fire Support Base (FSB) "Whip" in the Ashau Valley near the Laotian border in northern South Vietnam. Engelhardt was a college graduate who then attended Army Officer Candidate School at Fort Benning, Georgia. As an officer in Vietnam, he worked primarily behind the scenes dealing with operations planning and coordination, intelligence assessment, and psychological warfare exercises. He holds a deep admiration and respect for the airborne infantry "line" officers and their men, whose primary duty was combat. It is in their honor that he retells the story of his group of "Screaming Eagles," the nickname for members of the U.S. Army's 101st Airborne Division.

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

7 April, 5:00pm

Scholarship Deadline - Scholarships (\$2,500 each) will be awarded to two graduating seniors from NJ who plan to further their education either at a college, university, or technical/trade school. Scholarship details and application forms can be obtained at www.njvvmf.org or by calling (732) 335-0033.

29 April, 1:00pm

"The Trail" - video presentation of an illustrated narrative about "walking point" in a combat patrol in the Vietnam War, by Vietnam Veteran Robin Bartlett.

7 May, 11:00am

NJ Vietnam Veterans Remembrance Day Ceremony

20 May, 1:00pm

For Armed Forces Day - "The Originals" - The Women's Auxiliary Ferry Squadron of WWII - Breaking the Gender Barrier in Military Aviation - a lecture by Honey Fulton Parker, youngest sister of one of the first WAFS, Dorothy Fulton.

29 May, 11:00am

Memorial Day Ceremony.

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.

Family Readiness Council Grants available.

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

Fitness Corner - Ernest Razzano, Certified Fitness Trainer, ISSA

Water Fitness

Water fitness can improve strength, flexibility and cardiovascular health; decrease body fat; facilitate rehabilitation; improve functionality for daily living; and even enhance sports skills. Consider these recommendations for making sure your pool time is spent wisely.

1. Check Out the Facility. Start with the basics. Look for a clean, safe, well-maintained pool. The water temperature should be comfortable: 82 to 84 degrees Fahrenheit (28-29E Celsius); and there should be a lifeguard on duty--your instructor shouldn't have to do it all! Check out the equipment, too. You want to see a variety--for example, buoyancy belts and dumbbells, gloves, noodles and paddles.

2. Look for Professionalism. Ask about the water fitness staff itself. Are instructors professionally trained in fitness, not just swimming or lifeguard skills? The staff should be certified in fitness and have additional training in water fitness.

3. Know Your Limitations. In general, water fitness is so versatile and safe it is the ideal choice for people with a variety of conditions, including pregnancy, orthopedic problems and arthritis. Before joining a class, however, always check with the instructor to make sure it will be appropriate for you.

4. Try a Variety of Classes, and Practice Basic Skills. Remember that all classes are not alike; training in the water is muscle- and function-specific.

5. Know Your Goals. This may be the most important key to having a satisfying water fitness experience. Look for classes that focus on some or all of the following, depending on the results you'd like to achieve:

*Cardiovascular Health and Weight Management. To provide these benefits, a class should focus primarily on working the legs, using the arms (with webbed gloves on the hands) for balance. Interval training is the ideal.

*Muscular Endurance. To improve muscular endurance, a class should work isolated muscle groups along with the muscles that stabilize the joints and body.

*Functional Fitness. If your goal is functional fitness, look for exercises that target the activities of daily living. For example, aquatic step exercise can improve stair climbing, and a program that includes dynamic reaching and leaping can enhance range of motion and flexibility.

*Sports Skills. Do you want to hone your skills on the court or field? Check for sport-specific drills that will improve your ability to run, jump, change directions, etc.

*Physical Therapy. If you need rehabilitation, you should seek a licensed therapist for your water fitness program. Post-rehabilitation can be conducted by a trained water fitness professional who is willing to work closely with your health care providers and can design progressions to help you regain function.

This day in history..

Today is Friday, April 7, 2006. It is the 97th day of the year with 268 days remaining.

1864 - The first camel race in America was held in Sacramento, Calif.

1927 - The first long-distance TV transmission was sent from Washington, DC, to New York City. The audience saw an image of Commerce Secretary Herbert Hoover.

1930 - The first steel columns were set for the Empire State Building.

1933 - Prohibition ended in the United States.

1940 - Booker T. Washington became the first black to be pictured on a U.S. postage stamp.

1948 - The musical "South Pacific" by Rogers and Hammerstein debuted on Broadway.

1953 - IBM unveiled the IBM 701 Electronic Data Processing Machine. It was IBM's first commercially available scientific computer.

1963 - At the age of 23, Jack Nicklaus became the youngest golfer to win the Green Jacket at the Masters Tournament.

1970 - John Wayne won his first and only Oscar for his role in "True Grit." He had been in over 200 films.

1971 - U.S. President Nixon pledged to withdraw 100,000 more men from Vietnam by

December.
1983 - Specialist Story Musgrave and Don Peterson made the first Space Shuttle spacewalk.

Mark your Calendar

- 26 April – Administrative Professional Day
- 5 June - DMVA/JFHQ Picnic, Lawrenceville Armory
- 14 June – Trenton Thunder Military Appreciation Day
- 15 June – Unity Day
- 16-22 July – National Guard Youth Camp (Sea Girt, NJ)

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