Q

	y Lt. Governor Tahesha Way	
Army Guard Air Guard	Veterans Administration L	eadership Youth ChalleNGe Sitema
MAVA Highlights » 24 I	March 2006	Select a Menu Item
Contacting us is easy!	Veterans' Preference now	includes Operation Iraqi Freedom
Office of the Assistant Commissioner Phone: (609) 530-6987 Fax: (609) 530-7109	of "veteran," changing eligibility requ announced last week that the Act inc veteran.	2006 expanded the federal government's definit irements for veterans' preference. It was luded two provisions that broaden the definition
/eterans' Organizations Contact	critical time in U.S. history. As a resi	recognize veterans for their service during a ult more eligible veterans who served on active c entitled to veterans' preference," said Linda rsonnel Management.
Information State Veterans Service Council Mr. Richard Clark <u>RJClark21@msn.com</u> NJ Advisory Committee for Women	beginning September 11, 2001 and e provided they meet other conditions. individuals who may be entitled to Ve	o those who served on active duty during the per ending at the close of Operation Iraqi Freedom, The provision also expands the number of eterans' Preference. Operation Enduring Freedon erans' preference (assuming they meet all other
Veterans Mrs. Anna Hoffman hoffmanannem@aol.com BG Willam C. Doyle Cemetery	Individuals "who are discharged or re	ns' Preference eligibility for federal hiring. eleased from active duty service" provided they erence requirements, are now eligible. The new ated from the Armed Forces."
Advisory Council Mr. William Rakestraw <u>warjrnj@msn.com</u>	consecutive days, any part of which o location, is entitled to veterans' prefe	on active duty for a period of more than 180 occurred during this period of time, regardless of prence if otherwise eligible. This applies not only to federal employees that are qualifying veteran force as well.
Veterans Hotlines		
Benefits & Entitlements 1-888-8NJ-VETS (1-888-865-8387)	Occupational Safety and Health Competency Assessment an Management Program (OSHCAMP) inspection at 108th Air Refueling Wing	
Mental Health 1-866-VETS-NJ4	An Occupational Safety and Health Co team inspected the 108th Air Refueling	ompetency Assessment and Management Programs Wing on February 14-16, 2006.
(1-866-838-7654) NJ World War II Memorial	inspection this year, inspected the en regulations. Typically, an Environme Assessment and Management Progra	onal Guard Bureau to conduct the tri-annual itire wing to make sure everything was within ntal, Safety, Occupational and Health Competend m inspection is conducted tri annually, but the
For information or to make a donation, call 609-530-7049	OSHCAMP instead.	care of in 2005, making this inspection an
WWII Memorial on the web	chief. The OSHCAMP team took note safety programs implemented here.	to learn," said MAJ Kirk Phillips, the OSHCAMP te of the "outstanding" quality of the training and "The forklift training program is outstanding. Yo ty safety awareness program. It's an awesome afety inspector.
New Jersey Freedom Loans The Safety Office's program was specifically noted in the OSHCAMP inspection report. Chief Master Sergeant Denis A. Dzurinko, the chief of ground safety h the inspection was a good experience for the unit. "I thought it went really w		A. Dzurinko, the chief of ground safety here, felt
Up to \$10,000 Annual APR 6% Term: 5 years (no pre-	Dzurinko said. The next EOSHCAMP is expected to ta	ake place sometime in 2009.

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

November 11, 2006

The National Purple Heart Hall of Honor is scheduled to open on 11 November 2006 at the New Windsor Cantonment State Historic Site located in Vails Gate, New York. It would be wonderful to have those citizen soldiers and airmen, who have sacrificed so much, included in this very worthwhile project. Any servicemember who has earned a Purple Heart shall be afforded a place in the Hall. They simply need to send a copy of their DD214 to the address below:

The National Purple Heart Hall of Honor PO Box 207 Vails Gate, NY 12584

Thrift Savings Plan reports e-mail scam

Some Thrift Savings Plan (TSP) participants have received an e-mail purporting to be from the TSP. The e-mail asks for confirmation that the participant has added an e-mail address to their TSP account. The link in this e-mail takes the person to a bogus version of the TSP account access screen where it asks for your Social Security Number and PIN. It then takes you to another screen where it asks for credit card and banking information.

PLEASE BE ADVISED THAT THIS IS NOT AN OFFICIAL THRIFT SAVINGS PLAN COMMUNICATION!

You should never give any personal, credit, or banking information in response to unsolicited e-mails; the TSP would never ask for this information via an e-mail. If you did provide this information, contact your credit card company/bank immediately and seek guidance. In addition, call the TSP and ask to have you account access blocked (1-877-968-3778).

Do not try to access the TSP Website by clicking on links in this or any other e-mail. They are trying to steal your personal information (always access your account by opening a new Browser window and typing http://www.tsp.gov into the Address/URL field.)

The TSP is actively investigating this matter. In the meantime, it has temporarily suspended the Account Transactions portion of Account Access.

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 19 May 2006 to Marie Durling at 609-562-0739 or SSG David Clark at 609-562-0951.

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.

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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 <u>www.nutterrun.com</u>.

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.njvvmforg.

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: <u>http://www.eang-nj.org/scholarships.html</u>

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: <u>http://www.militaryscholar.org/apply/apply.shtml</u>.

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 "<u>Click here"</u> 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.EANG-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 <u>icptfalc@aol.com</u> or Co-Chairman, Edward Goetschius, at 609-965-1972 or <u>esgtmaj@comcast.net</u>.

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 parttime 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 email 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 Gure ender 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

Sweating

Working out at the gym will most likely make you sweat. It's both natural and healthy to sweat under these conditions. In fact, when you're exercising strenuously, you may lose several quarts of fluid in perspiration. A pea-sized bead of sweat can cool nearly 1 liter (about 1 quart) of blood 1 degree Fahrenheit.

For some people who seat excessively (hyperhidrosis), the answer may be simple: an over-the-counter antiperspirant. Antiperspirants block your sweat ducts with aluminum salts (aluminum chloride, aluminum chlorohydrate, and/or aluminum zirconium), thereby reducing the amount of perspiration that reaches your skin. Deodorants eliminate odor, but not perspiration. They turn your skin acidic, which makes it less attractive to bacteria, which ultimately prevents smell. Antiperspirants can cause irritation or even contact dermatitis. In fact, antiperspirants are the cosmetic product most associated with skin irritation. Deodorants, especially herbal or crystal deodorants may be less irritating for most people.

If over-the-counter products aren't strong enough, your doctor may suggest a prescription antiperspirant. For more severe problems with sweating, he or she may recommend other treatments, including:

Iontophoresis. In this procedure, a dermatologist uses a battery-powered device to deliver a low current of electricity to the affected area.

Bolulinum toxin (Botox). This is the same product that helps smooth facial wrinkles by paralyzing certain muscles. Researchers have discovered that Botox injections are also an effective 3way to treat severe hyperhidrosis by blocking the nerves that trigger the sweat glands. In addition, although Botox stops sweating, it doesn't prevent body odor.

Surgery. In rare cases surgery may be an option. If excess sweating occurs just in your armpits, removing the sweat glands might help.

Anticholinergic drugs. If you have generalized sweating, your doctor may prescribe an anticholoinergic drug. Anticholinergics work by blocking the actions of acetylcholine, a chemical messenger in your body that helps to stimulate your sweat glands.

Tax Assistance is available for Service Members & Families

Free Turbo Tax online filing program is provided at no cost by the Department of Defense for active duty, Guard and Reserve (regardless of activation status) and their families. Visit Military Onesource at <u>www.militaryonesource.com</u> for details and additional information.

Also, almost every military installation offers a tax center for military, retired military and family members: the Volunteer Income Tax Assistance (VITA) office. VITA volunteers are trained by the IRS and military legal office and can provide advice or assistance in filing taxes. Returns filed through the tax center are sent electronically, and people will received their refunds within 7-10 days. Each installation determines its tax center's operating hours and whether people need an appointment to come in. Contact the Legal Assistance Office at the facility nearest you.

This day in history..

Today is Friday, 24 March 2006. It is the 83rd day of the year with 282 days remaining.

1883 - First telephone call between Chicago and New York was made.

- 1898 The first automobile was sold.
- 1900 The Carnegie Steel Corporation was formed in New Jersey.
- 1920 The first U.S. Coast Guard air station was established at Morehead City, NC.
- 1947 The U.S. Congress proposed the limitation of the presidency to two terms.

1947 – John D. Rockefeller, Jr. donates site on New York City's East River to the United Nations.

1955 – The first seagoing oil drill rig is placed in service.

1972 - Great Britain imposed direct rule over Northern Ireland.

1989 – The Exxon Valdez spilled 240,000 barrels (11 million gallons) of oil in Alaska's Prince William Sound after it ran aground

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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