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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?

342-9647) and at no cost to the servicemembers from any deployment location in the world," acting Deputy Undersecretary of Defense for Military Community and Family Policy, Jane Burke, said. "Military OneSource tax consultants are also familiar with the IRS publication 'Armed Forces Tax Guide."

Defense Department personnel noticed the need for a tax filing system that me military members.

## **Black History Month begins next week**

Thoughts on Black History Month from the 108th Air Refueling Wing.

Every military member in the field of Equal Opportunity has to be trained at the Defense Equal Opportunity Management Institute (DEOMI). Prior to leaving the institution, we are given a book called "And don't call me a racist!" This book is a treasury of quotes on the past, present, and future of the color line in America. It was selected and arranged by Ella Mazel. Journalism professor, Bob Rucker, stated that every American should read this book, and at the very least, individually reflect on how racisms exists covertly and overtly in our own actions and words.

In celebration of Black History Month, the following is a range of thoughts from a few individuals across lines of age and ethnicity:

"It's time for us as a country to try to come together in ways that freedom was really meant to be." (Oprah Winfrey, 1998)

"Adults should bite their own tongues before passing on old prejudices." (Hillary Clinton, 1997)

"When people are forced to interact to survive, their prejudices diminish." (Muhammad Ali, 1996)

"Discrimination is not just an ugly stain from this nation's past, it's still the reality of the present." (Andrew Cuomo, 1998)

"Racist behavior has declined, but racist attitudes have not." (Clyde W. Ford, 1994)

"People who are aware of, and ashamed of, their prejudices are well on the road to eliminating them." (Gordon Allport, 1954)

"Regardless of form, prejudice backed by power deprives another person of his or her rights." (Muhammad Ali, 1996).

"It's not easy to be a martyr in the field of race relations." (Jackie Robinson, 1960)

"When morality comes up against profit, it is seldom that profit loses." (Shirley Chisholm, 1970)

## 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.

### 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.

\* 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

## 7 May, 11:00am

NJ Vietnam Veterans Remembrance 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.

# 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 –

#### Here's Help to Quit Smoking

Tobacco use is the single most preventable cause of death and disease in New Jersey. The State's cessation services are part of its Comprehensive Tobacco Control Program, which works to significantly reduce the impact of tobacco use.

New Jersey Quitline (1-866-NJ-STOPS), New Jersey Quitnet (www.nj.quitnet.com), and New Jersey Quitcenters are tobacco cessation services provided by the new Jersey Department of Health and Senior Services to help State residents successfully quit using tobacco.

NJ Quitline is a free counseling and referral service available six days a week in 26 languages. The counselors work with registrants to develop an individualized treatment plan, including ongoing support and follow-up. NJ Quitline has proved successful; 30 percent of registered users reported they were tobacco free after six months, a result well above the national success rate of 10-12 percent for structured cessation programs.

NJ Quitnet is a free online information, counseling, and referral service that offers a variety of resources to help people quit tobacco. NJ Quitnet users have access to peer support groups and trained counselors 24 hours a day, 7 days a week.

NJ Quitcenters are clinics that provide face-to-face counseling services. They offer convenient, effective, professional counseling in a group or individual setting that provides a custom approach to quitting. Services are available on a sliding fee scale based on income. A list of NJ Quitcenter locations is available at www.nj.quitnet.com or by calling 1-866-NJ STOPS

# 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, 27 January 2006. It is the 27th day of the year with 339 days remaining.

1870 – Kappa Alpha Theta, the first women's sorority, was founded at Indiana Asbury University (now DePauw University) in Greencastle.

1926 – John Baird, a Scottish inventor, demonstrated a pictorial transmission machine called television.

1927 – Harlem Globetrotters played their first game.

1943 – First all-American air raid against Germany. Fifty bombers attacked Wilhlemshaven.

1945 – Soviet troops liberated the Nazi concentration camps Auschwitz and Birkenau in Poland.

1951 – U.S. atomic testing began in the Nevada desert as Air Force planes dropped at one-kiloton bomb.

1973 – The Vietnam peace accords were signed in Paris.

1985 – Coca Cola Company announces plans to see its soft drinks in the Soviet Union.

1997 – It was revealed that French national museums were holding nearly 2,000 works of art stolen from Jews by the Nazis during World War II

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.

## **Chinese New Year**

January 29, 2006 – brings us the Year of the Dog. Dogs offer steadfast love, loyalty, friendly companionship, and a forgiving nature. To the Chinese, dogs symbolize justice and equality.

# Thought for the week:

"Without heroes, we are all plain people and don't know how far we can go."

- Bernard Malamu

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