



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

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Volume 5, Number 23

Contacting us is easy!

Public Affairs Office

Phone: (609) 530-7088

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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 Willam 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)

ChalleNGe Youth march in D.C. parade on Memorial Day

On May 29, 45 Youth ChalleNGe cadets marched in the National Memorial Day Parade in Washington, D.C. The cadets had the honor of carrying the banner for the "America Supports You" organization, which highlights America's support of U.S. troops. The cadets were thrilled to meet the Grand Marshall of the parade, actor and director Gary Sinise. In addition to Youth ChalleNGe, parade participants included active duty service members representing all of the branches of the military, hundreds of war veterans dating from World War I through the Gulf War, marching bands and patriotic floats.

NJ Air Guard gets new commander

Members of the New Jersey Air National Guard watched on May 7 as the command flag was passed from Maj. Gen Eugene Chojnacki to the newly-promoted Brig. Gen. Lawrence S. Thomas III, in a ceremony at the 177th Fighter Wing. General Thomas will command more than 2,000 Airmen in the 108th Air Refueling Wing, McGuire Air Force Base and the 177th FW, New Jersey Air National Guard Base, Egg Harbor Township, along with the Airmen who work in the Joint Force Headquarters.

President signs new tax legislation for military personnel

On May 29, President Bush signed the Heroes Earned Retirement Opportunities (HERO) Act, which amends the Internal Revenue Code to allow service members to still exclude their military compensation from federal income tax, but also contribute to an Individual Retirement Account (IRA) while serving in a combat zone tax exclusion area.

Military compensation earned by members of the armed forces while serving in combat zone areas is excluded from federal income tax. Enlisted members and warrant officers exclude all such military compensation. Commissioned officers exclude up to the maximum enlisted pay plus imminent danger pay for the months they serve in a combat zone tax exclusion area.

The HERO Act is retroactive to tax year 2004. Therefore, members who did not make an IRA contribution during 2004 or 2005, because they were not eligible due to combat zone tax exclusion, have until May 28, 2009 (three years from the date of enactment) to make a contribution to an IRA for those years.

Memorial Day at the NJ Vietnam Memorial

At 11 a.m. on Memorial Day, May 29, the New Jersey Vietnam Veterans' Memorial Foundation, with assistance from the Department of Military and Veterans Affairs, held its annual Memorial Day ceremony at the New Jersey Vietnam Veterans' Memorial in Holmdel.

Approximately 500 people attended the commemorative event, which was held in the Memorial's courtyard, surrounded by the circular, black granite wall bearing the names of 1,560 New Jerseyans whose lives were lost in the Vietnam War.

Kelly Watts, Executive Director of the New Jersey Vietnam Veterans' Memorial Foundation opened the ceremony, welcoming the guests. Three color-guard units posted the colors. Kristina Stevens, Parsippany, sung the National Anthem. Joseph Formola, Chaplain of the New Jersey State Council of the Vietnam Veterans of America gave the invocation. The guest speaker was U.S. Marine Corps Sgt. Stephen K. Ritter, Farmingdale, a veteran of the war in Iraq.

New Jersey Vietnam Veteran George Dousis, Chair of the Memorial Foundation's Scholarship Committee, assisted Watts with the presentation of two \$2,500 scholarships

* 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?

- * 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

Quote of the Week

I wish you health, I wish you well, and happiness galore.

I wish you luck for you and

to two college-bound New Jersey high school seniors, Owen Hnat-Dembitz of Colts Neck and Lindsay Mannion of Fair Haven.

Watts announced that the New Jersey Vietnam Veterans' Memorial Foundation recently inducted two Vietnam Veterans into the "In Memory" program. "In Memory" honors those veterans who had served tours of duty in Vietnam and returned home, but died later as a result of their tour. Family members were given an opportunity to speak about their loved ones, and then placed candles in memory of their loved ones at the base of the Fallen Soldier statue. The New Jersey Vietnam Veterans so honored were Army veteran Basil L. DeNardi of Lavalette, who died Sept. 18, 2002, and Army veteran John W. Rudd of Lake Hiawatha, who died Feb. 3, 2003. Pavers, engraved with their names, were added to the "In Memory" walk in the Memorial's courtyard, in the shade of the centerpiece Red Oak tree, the state tree of New Jersey.

Following the ceremony, attendees enjoyed an open house at the adjacent Vietnam Era Educational Center, which includes a museum and research library.

Fill Your Date Book

253rd Transportation Co. offers Community Appreciation Day, June 3

The 253rd Transportation Company invites everyone to join them in a day of fun-filled events at their Community Appreciation Day, Saturday, June 3, 10 a.m.-4 p.m. at the National Guard Armory, 600 Garden State Parkway, Cape May Court House.

There will be exhibits on World War II and Vietnam, Irish Pipe Brigade, Jersey Cape Dance, DARE, and demonstrations by the community emergency response team, a K-9 team, and amateur radio communications. Various pieces of military equipment will be on display and visits by Sgt. Thunder and McGruff the Crime Fighting Dog will be part of the festivities. Come out and enjoy the food, fun and games. For more information, visit www.253rdTransportationCo.com.

DMAVA Picnic

The DMAVA/JFHQ Picnic will be held on June 9. It will be preceded by a Town Hall meeting at 11:30 a.m. The Town Hall Meeting is not mandatory, if personnel opt to not attend, it will be normal and full workday at their normal duty station. Cost is \$5 Contact your local representative. DMAVA: Darlene Laarz, 530-6992, Karen Wallace, 530-6766, Dawn Esposito, 530-7170; Fort Dix Marie Durling, 562-5739; or HSCOE, Kevin Hearn, 530-7069.

Flag Memorial, Concert, Motorcycle Rally & Memorial Ceremony

The Delaware Valley Vietnam Veterans will be planting flags to honor all veterans at the Falls Community Park, 9125 Millcreek Road, Levittown Penn., on June 9. Volunteers to help plant flags can come by the park starting at 9 a.m. You can see the Donald W. Jones Veterans' Flag Memorial at the free concert being held all day Saturday, June 10, starting at 11 a.m. Bands performing include Mikey Jr and the Stone cold Blues Band, Sister Blue Band, The Buicks Unplugged, Tuesday's Gone and Ambush, along with others. On June 11, there will be a motorcycle rally and memorial ceremony starting at noon. For more information, call Janice at 215-946-8686 or Ed at 215-945-3475.

8th Annual Unity Day

The event is just around the corner. Time waits for no one.

Please join us on **Thursday, June 15** for the 8th Annual Unity Day, "Passport to Diversity", 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

friends; what could I wish you more?

May your joys be as deep as the oceans, your troubles as light as its foam.

And may you find, sweet peace of mind, wherever you may roam.

Irish Blessing

[DMAVA Highlights Archive Page](#)

sampleings will take place from 10:30 a.m.-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.

"Marriage Enrichment" announces last seminar for 2006

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. (We have five openings for our June weekend)

PREP is scheduled to be held at the Ramada Inn, East Windsor, New Jersey on June 9-11, 2006.

Pancake Breakfast in Cookstown for 250th BSB FRG

The Family Readiness Group of Delta Company 250th BSB in conjunction with VFW Post 6590 is sponsoring a Pancake Breakfast to raise funds to support the families and their Soldiers currently deployed from Delta Company. The event will be held on Saturday, June 24, 8:30-11 a.m., at the VFW Post 6590, 2290 Veterans Way, Cookstown, NJ. Cost is adults: \$7, children under 12: \$3.50. Points of contact Kim Bowe at 856-455-8656 or Linda Rigby at 609-877-2956.

ChalleNGe sponsors blood drive, June 26

The Youth ChalleNGe Academy is sponsoring a blood drive with the American Red Cross on Monday, June 26 at 9 a.m.-3 p.m. at building 5910, W. 16th Street (Doughboy Loop & Newport St.), Fort Dix. Make your appointment today!

For your convenience appointments can be made by signing up online at: <http://www.pleasegiveblood.org/sponsor.html?sponsorcode=2T34>, or call Sean Van Lew, Deputy Director at 609-562-0572.

Not sure if you can donate? Check out Donor Eligibility Guidelines at: www.pleasegiveblood.org/documents/Eligibility_Guidelines3-21-05.pdf.

Thank you. Together, we can save a life.

Concert benefits scholarship fund

The Freedom Concert benefits the Freedom Alliance Scholarship Fund which provides college scholarships to the children of fallen military heroes who sacrificed life and limb defending our freedom. It also honors the America's true heroes and brave defenders of freedom: our Soldiers, Sailors, Airmen, Guardsmen and Marines.

One time a year Sean Hannity invites you to his BIGGEST party of the year. On Friday, July 21, 77WABC is proud to present the 4th Annual Hannity Freedom Concert at Six Flags Great Adventure! It will feature country music legend Hank Williams Jr., and special performances by Sara Evans and Lee Greenwood.

Order your Hannity Freedom Concert tickets by calling 1-800-329-5454 or go to: <http://www.wabcradio.com/Article.asp?id=207819&spid> or <http://www.wabcradio.com/goout.asp?u=http://www.sixflags.com/hannity.asp>. Cost of tickets online is \$54.99 plus tax that includes park admission and the concert. Season passholders may attend the concert with the purchase of a \$26.99 concert upgrade. Concert upgrades are available by calling 732-928-1821 or stop by the VIP Experience Center just outside the Main Gate. Print your tickets at home with Print-N-Go or choose to have them shipped via UPS. Shipping/handling fees apply to shipped orders.

Essex Troop Association Family Picnic

"The Essex Troop Association" 2/102AR - 102CAV (RSTA) NJARNG will hold its Annual Family Picnic at Sea Girt National Guard Center on Saturday, July 29, at noon. Activities will be centered at the Essex Troop Memorial Grove and N.J. Military Museum building.

There is no cost to association members and their guests, or any members of the 2/102 Armor or 102D Cavalry (RSTA). Food and beverages will be supplied by the association. Bring your bathing suits and toys/games for the children. There are changing rooms available and the beach is just a short distance away. Bring the family and friends and enjoy a relaxing day at the shore. This will be an excellent way to meet some of your new fellow Soldiers from the 5/117th Cav and 2/102 AR, who are being transformed into the 102 Cavalry (RSTA) - Reconnaissance, Surveillance, Target Acquisition Squadron NJARNG.

There will be a short business meeting at 11:30 a.m. for all association members. For further information call 973-736-0952 or email at etroop@verizon.net.

Honorable Mention

Doyle cemetery seeks volunteers

The Cemetery is working toward designation as a Certified Audubon Cooperative Sanctuary. We are enlisting the support of community volunteers for Outreach & Education. Scouting Groups, Veteran Service Organizations, Youth Groups, and other interested individuals are encouraged to contact Iven C. Dumas 1st Sgt, USMC (Ret) Assistant Superintendent, at 609- 758-7250 ext. 17 or by e-mail at Iven.Dumas@njdmava.state.nj.us.

JT2DC Memorial Walkway offers engraved pavers

The Joint Training and Development Center (JT2DC) recently unveiled the Memorial Walkway to the center. The purpose of the pond and walkway are to serve as a reminder that there are Soldiers in harm's way protecting the freedoms that we all cherish and enjoy.

The concept of the Memorial Walkway was to have Soldiers create a mark by dedicating inscribed bricks. Soldiers have chosen to honor loved ones, family members, friends, and personnel with whom they served.

Anyone interested in purchasing an engraved paver for \$50, can contact Command Sgt. Major Timothy Maskery at (609) 562-0539.

Enlisted Association of the National Guard of New Jersey

Membership

Give our state a larger voice by becoming a member of the Enlisted Association. The increased numbers will help us speak on all legislative issues that will benefit you and your families. The association works hard for you at the Federal & State level on all important issues. Visit the web site EANG-NJ.org, click on Become a Member for the application and find out more about what the association does.

Conference

The Enlisted Association invites you to the Annual Conference at the Clarion Hotel and Conference Center in Atlantic City West, October 6-8, 2006, to Honor and Salute our Airmen and Soldiers who supported the War on Terrorism. Saturday during the Military Ball will be our way to say thank you for their dedication and sacrifices that they and their families shared. Friday night will feature a Hawaiian luau with a show and an Army and Air challenge. Our mission is to have fun. Visit our web site EANG-NJ.org, click on EANG-NJ Conference to find out more. Thank you for your support. You can reach the membership chairman Jerome Zebrowski at 609-214-6959 or jcptfalc@aol.com or co-chairman Edward Goetschius at 609-965-1972 or esgtmaj@comcast.net.

For the Families

Guard Action Plan

The Guard Family Action Plan (GFAP) identifies issues of concern to Guard members, spouses, parents, children, retirees and civilian employees. The GFAP determines actions necessary to resolve issues and assigns responsibility for actions to the proper staff agency.

The proper staff agency begins at unit level within the chain of command and can include the Departments of the Army and Air Force and the Congress of the United States. You can submit an issue along with your recommendation for a solution through the GFAP website at www.gfap.org. If you have any questions, you can call Marie Durling

in the State Family Programs Office at 609-562-0739.

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@njmccgu.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 and volunteers are free. For an application, please go to http://www.state.nj.us/military/familysupport/youth_camp.html.

Family Programs on the Calendar

July 2, 6 pm - Candlelight Service-Faith Bible Church, Vineland
July 8 - Family Picnic-Mount Holly Armory

Family Readiness Group Meeting schedule

Bordentown Armory - B Co 250th SBF & Co D 250th BSB - June 17, 10 a.m.
Hammononton Armory - 119th SB Corps - June 15, 7 p.m.
Jersey City Armory - D Co 2-113th - June 21, 7 p.m.
Lawrenceville Armory - PSB/OSACOM/JFHQ Det 19 -
Morristown Armory - 3-112th & 5/117th - June 15, 7 p.m.
Newark Armory - A, B, E Co's 2-113th Inf - June 21, 7 p.m.
Port Murray Armory - 2-102nd Arm - July 12., 7 p.m.
Teaneck Armory - 50th SBM - June 15, 7 p.m.
Toms River Armory - C/3-112th FA - June 19, 7 p.m.
Vineland Armory - 5/117th Cav - July 15, noon
West Orange Armory - B Co 5/117th Cav - June 24, 1 p.m.

Recreation and Sports

Joint Military Appreciation Street Fair, McGuire AFB, June 3

Saturday, June 3 10 a.m. to 7 p.m.

Tuskegee Airmen Ave, McGuire Air Force Base

Open to all with authorized military installation passes, regardless of branch.

Purpose is to celebrate the military - active/retired/reserve, their families, and support personnel to include APF, NAF and DoD Contractors.

Come join in the celebration featuring street vendors, live entertainment, kids zone and more! Four major branch-against-branch events to compete for cash!

HUMMER PULL - 5-person teams pull H1 Hummers for time - \$500 top prize

VOLLEYBALL TOURNEY - 5-person teams compete for a \$250 top prize

BATTLE OF THE BANDS - Play in a band or solo the event for a \$500 top prize

AUTO & BIKE SHOW - Shine `em up and bring `em out for a \$100 for each top prize

There is a great YOUTH SOFTBALL PICK-UP GAME for ages 10-12 with trophies going to the top teams.

There are no fees to enter any of the challenges and of course admission is free to all! The only restriction is that at least one participant is military affiliated and can sponsor the rest of their posse!

Complete information is available at www.305services.com or call 609-754-1973 or 609-754-3585.

Trenton Thunder offers reduced tickets to military personnel, vets

The Trenton Thunder baseball team and its community partner, the Trenton Vet Center, has collaborated to sponsor reduced ticket prices for veterans and their families during the 2006 Trenton Thunder baseball season.

A regular \$9 season ticket has been reduced to \$7 for veterans and their family members.

Active Duty, Reserve, and National Guard, separated, and retired veterans are eligible for this program. Interested veterans must have a picture I.D. and provide proof of their veteran status by showing one of the following documents:

- Military I.D. card
- Federal Department of Veteran Affairs medical I.D. card
- DD Form 214

NGANJ Golf Tournament, June 5

The National Guard Association of New Jersey is holding the 18th Annual President's Golf Tournament at Falcon Creek Golf Course, McGuire Air Force Base, on June 5 with an 11 a.m. shotgun start.

A hot buffet dinner will follow at the McGuire NCO Club at 5 p.m. Proceeds from the tournament benefit the scholarship fund. Last year, the association was able to award nine \$1,000 scholarships to deserving students.

For reservation forms and more information, visit the association's web site: www.NGANJ.com.

Memorial Golf Tournament, Sept. 11

The 3rd Annual Tom Laffey Memorial Golf Tournament will be held Monday, Sept. 11, with a 10 a.m. shotgun start at The Meadows at Middlesex Golf Course, Plainsboro. The tournament is sponsored by The Keeping the Faith Foundation which was created in 2004 by the children of Tom and Virginia Laffey as a way to honor the memory of their parents. The proceeds from the annual golf tournament are donated to a special cause; this year's proceeds will be given to the family of 1st Lt. Howard Gwin, whose daughter Ashleigh has been diagnosed with Krabbe Keukodystrophy. For more information about the tournament, please call Bill Laffey (732) 822-5814, Helene Wahl (732) 922-6539 or Tom Laffey Jr. (732) 846-1775.

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Complete information is available at www.305services.com or call 609-754-1973 or 609-754-3585.

5k Run and 3k Family Fun Walk on June 10

Join fellow runners and walkers at Fort Monmouth, N.J. on Saturday, June 10 at 8:30 a.m. for a 5k run and 3k Family Fun Walk. Pre-registration fee for the 5k is \$15, register after June 6 and the cost is \$20. The family walk is free. Visit the following web site for entry form and more information - [2006 Fort Monmouth Sports Events](#)

5K run on Flag Day for homeless veterans program

Community Hope, Inc., which has a program for homeless veterans to rebuild their lives is holding their 5th Annual Flag Day (June 14) 5K run in Basking Ridge, N.J. Runners can register at the Somerset Hills YMCA, 140 Mt. Airy Road, Basking Ridge or on-line at www.communityhope-nj.org. All proceeds from the run will be donated to the Hope for Veterans program, the largest transitional housing and rehabilitation program for homeless vets in New Jersey. Non-runners can also support the program if they wish through sponsorships or tributes. If interested in pledging support, contact Julia Bey Ahmet at the Community Hope Development Office, 973-463-9600, ext 303 or at jbahmet@communityhope-nj.org.

Golf Tournament, June 9

Suneagles Golf Course, Fort Monmouth, N.J., on June 9. Shotgun start at 8 a.m. and 1:30 p.m. Four player scramble game format. Cart is included in the cost of the registration, which ranges from \$26-47 per person, depending on status.

Registration must be received by June 7. Please check the web site for entry form and more information - [2006 Fort Monmouth Sports Events](#)

New Jersey State Park passes for 2006

All Active New Jersey National Guard Members are entitled to Division of Parks and Forestry State Park Passes. When parking fees are in effect this pass entitles the NJNG member (and passengers) free parking at all New Jersey State Parks, Forests, Recreation Areas and Historic Sites (Does not pertain to Campground fees) ID Card must be shown with this Pass. See your Orderly Room for your pass.

Poker Run on June 4, profits to veterans

Rolling Thunder® Chapters 2 and 4 are sponsoring a Poker Run on Sunday, June 4. Cost is \$10 per rider, \$5 per passenger, with 100 percent of the profits given to veterans issues.

Registration is at the following four locations, 9-11 a.m.

Harley Dawn Diner, Route 322, Folsom
Atkinson Tavern, Route 9, Cape May Courthouse
Community Center, Route 9, Forked River
Masters Leathers, Route 47 and Salina Road, Sewell

The run ends at Hedger House, Route 563, Chatsworth. The poker Run will feature live music with the Paul Tozz Band, featuring Miss Margie, vendors, door prizes, bike show and 50/50's. There also will be a run pin to the first 100 to sign in and a free bottle of water at sign-in. Cash food and refreshments will be available.

For more information contact Paul (Atlantic County) 609-214-5864, Tom (Cape May County) 609-226-3050, Ted (Cumberland County) 609-374-4949, Lou (Ocean County) 609-971-3544 or Bob (Gloucester County) 856-589-1717.

Anheuser Busch extends complimentary ticket program

Anheuser Busch has announced its program offering free amusement park tickets to the service members and their families has become so popular it will be extended another year. The "Here's to the Heroes," is open to active duty service members, active members of the National Guard or Reserve, and up to three direct dependents for one complimentary admission per year. Participants can go online to fill out a form for free admission at <http://www.herosalute.com/>.

The amusement parks participating in the program are: Sea World parks in Orlando, Florida; San Diego and San Antonio; Busch Gardens parks in Tampa, Florida, and Williamsburg, Virginia; Sesame Place, a children's play and water park, near Philadelphia; Adventure Island water park in Tampa; and Water Country USA water park in Williamsburg.

The 2nd Annual SGT Nutter 5K Run – May 20, 2006

The second annual Sergeant Nutter 5K Run in memory of SGT Sam Nutter (Jan. 28, 1966 – Jan. 2, 2005) will be held May 20. Funds raised during this even are donated to a N.J. Army National Guard family in need.

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 20), \$15 (postmarked by May 5), 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.nutterrun.com.

Operation Oasis vacations for military personnel

Operation Oasis Outreach at Sandy Cove, North East, Md., offers a free, 3-day, 2-night time for rest and relaxation for military personnel who were deployed to the Middle East area during OIF/OEF with their spouse and children. Sandy Cove is located at the headwaters of the Chesapeake Bay. If you are interested, contact Carol Lee Lynch: toll free 1-800-287-4843 or e-mail c.lynch@sandycove.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.

Support our Troops Motorcycle Run

The Freedom Riders "Support Our Troops" Motorcycle Run is scheduled for October 14, 2006 (October 15 – Rain date). Proceeds benefit the Freedom Alliance Foundation providing: Educational scholarships to the children of American's Military Heroes that have given the Ultimate Sacrifice; pre-paid long-distance phone cards, gift cards for clothing, food, toiletries, books and magazines for the injured in our hospital; and 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

Scholarship News

ThanksUSA offers at least 1,000 scholarships from \$1,000 to \$5,000 to dependent children and spouses of active duty U.S. military service personnel. Members of the military reserves who have been activated to full-time duty and members of the National Guard who have been federalized and who otherwise meet the requirements are both

eligible. Visit www.thanksusa.org/main/index.html for more information. Deadline date is May 30, 2006 for applications.

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>

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>.

Freedom Alliance scholarships for children of military heroes: The Freedom Alliance Scholarship Fund provides college scholarships to children of military personnel who have been killed or permanently disabled (100 percent VA rating) in the line of duty during the War on Terror. For more information, go to www.freedomalliance.org/scholarship.htm.

Department of Education Grants: The Department of Education has announced two new grants for the 2006-2007 school year. The Academic Competitiveness and National SMART grants will provide high performing college students with up to \$4,000 a year for maintaining a 3.0 or better GPA. An Academic Competitiveness Grant will provide up to \$750 for the first year of undergraduate study and up to \$1,300 for the second year of undergraduate study to full-time students who are eligible for a Federal Pell Grant and who had successfully completed a rigorous high school program, as determined by the state or local education agency and recognized by the Secretary of Education. Second year students must also have maintained a cumulative grade point average (GPA) of at least 3.0. The program will be available for the first time for the 2006-07 school year for first year students who graduated from high school after January 1, 2006 and for second year students who graduated from high school after January 1, 2005. The Academic Competitiveness Grant award is in addition to the student's Pell Grant award. http://www.military.com/Education/Content/1,13302,-EN_031506-new-grants,00.html

Grantham University scholarships: Grantham University offers a scholarship program to severely injured service members and their spouses and adult children. Go to www.grantham.edu for more information. They also have scholarship programs for military veterans, service members, and family members.

Widener University CARES Scholarship: Widener University, Chester, Pa., has a full scholarship program for children of Global War on Terrorism service members who were killed in action. Contact the Office of Admissions at 610-499-4126 for more information.

Scholarship News

DMAVA Veterans Outreach Campaign continues.

The DMVA Veterans Outreach Campaign continues with kiosk displays at selected malls throughout New Jersey. The schedule is as follows:

July 13-15	Cherry Hill Mall
August 10-12	Quakerbridge Mall
September 14-16	Livingston Mall
October 12-14	Deptford Mall
November 9-11	Menlo Park Mall
January 11-13	Brunswick Square Mall

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

Veterans Information

DMAVA Veterans Outreach Campaign continues.

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

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

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.

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.

"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.

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

Ernest Razzano, Certified Fitness Trainer, ISSA

ernest.razzano@njdmava.state.nj.us

www.trainerforce.com/eraz

A Call To Swiss Ball Sanity - Part 1 of 2

Go into just about any gym in the United States, and you will more than likely see them; big, beachball-looking objects, usually scattered around the area set aside for stretching and abdominal training. These new invaders into the gym scene have actually been around for many years in therapy settings.

Commonly known as "swiss balls" after their place of origin, few pieces of training equipment have seen the almost overnight widespread popularity that these apparatus have. However, there's an alarming new trend that's also making it's way around gyms everywhere, and that is the over-use of swiss ball exercises. Like most new gimmicks to hit the fitness scene, exercisers everywhere have gone overboard with swiss balls, actually hindering their own training.

The problem as I see it is not the swiss balls, but the information that is being dispensed by the fitness media regarding them. They are looked upon by some as the Holy Grail of training, that one missing piece of the puzzle that will make all the difference in someone's muscle-building and fat-loss endeavors.

Unfortunately, this is not the case. They are simply a tool to be used when the time is right. Yet no one seems to mention when exactly that time is. This has lead to a lot of confusion among exercisers as to how to successfully integrate the ball into their own training.

Next week I will provide some guidelines to go by when using swiss ball exercises.

Mark your calendar

June 9 – DMVA/JFHQs Picnic, Lawrenceville Armory

June 14– Trenton Thunder Military Appreciation Day

June 14 – Flag Day

June 15 – Unity Day

July 4 – Independence Day

July 16-22 – National Guard Youth Camp (Sea Girt, NJ)

Tips for a Safe Summer

Whatever you do this summer, stay safe

-- Each year, the U.S. Military stresses the importance of zero mishaps during the 101 Critical Days of Summer through PowerPoint slides, commander's calls and safety briefings. For the most part, Airmen do their part to put safety at the forefront.

But, what about those safety issues that tend to fall through the cracks, such as salt deficiency, ticks, mixing alcohol and energy drinks, or driving while talking on a cell phone?

Cell phones and driving

You see it every day while driving: that one driver weaving in and out of traffic, tailgating vehicles and rolling through stop signs because he or she was busy talking on a cell phone instead of paying attention to the road. Here are a few tips to avoid being "that guy:"

Never talk on a cell phone while driving on military installations unless you want three points added to your driving record

When available, use a hands-free device

Suspend conversations during bumper-to-bumper traffic and hazardous driving

conditions

Position your cell phone within easy reach

Hyponatremia (salt deficiency)

As the weather warms, outdoor sports like football, soccer, running and beach volleyball become favorite pastimes. With each sport comes a risk -- not just a muscular injury or broken bone, but a risk of sodium depletion.

Each time an athlete sweats, he or she is losing water and salt. If the salt is not replenished with a sodium-enriched snack or sports drink, the athlete runs a risk of hyponatremia. Symptoms include nausea, muscle cramps, disorientation, slurred speech, confusion and inappropriate behavior. If the condition is not treated, it could progress to seizures, coma or death.

To prevent hyponatremia, remember to hydrate an hour before working out or engaging in sports, and hydrate frequently while active. Sodium-rich foods include pretzels, saltines and wheat crackers.

Ticks

When camping or hiking in the woods this summer, wear long pants and take along a can of tick-and-insect repellent. Ticks prefer to inhabit long grass, fields, wooded areas, weeds and brush and attach themselves to small pets and people.

Be sure to inspect all family members and pets after returning from a tick-infested area and promptly remove any ticks with a pair of tweezers. Be sure to pull at the base of skin to avoid leaving the head attached to the skin. Wash the skin, apply antibiotic and cover with a bandage to avoid infection.

Be cautious when entering potentially tick-infested areas. Some ticks are known to carry Lyme disease. While most symptoms of Lyme disease mimic the common flu, the most obvious is a circular or oval-shaped red rash in the area of the bite. Bite victims should consult a doctor immediately if they incur any of the above symptoms.

Alcohol, energy drinks

The summer weather can mean long days at the beach and parties into the early morning. Some may think about adding a kick to their alcoholic beverage to keep them from dozing off too early. Energy drinks seem to be a mix of choice for some.

However, mixing alcohol with energy drinks can make for a life-threatening cocktail. Each of the drinks was designed to produce a very different effect. Alcohol is a depressant and impairs judgment, while energy drinks are designed to improve reaction time and performance.

When mixed and consumed, the combination can impair motor coordination, silence inhibitions and make one think the alcohol does not affect him or her.

In fact, medical sources say that when any alcoholic beverage is mixed or chased with caffeine, alcohol is processed quicker, and the effects are intensified. So, consumers should avoid any activities requiring motor coordination, such as driving and operating machinery, until the alcohol has passed through the system.

Where to send your submissions to "Highlights"

If you have submissions for the newsletter, please e-mail them to Staff Sgt. Harbison at barbara.harbison@njdmava.state.nj.us - for those of you who have global accounts, the address you see on the global listing is NOT the DMAVA address, so you will have to type it. You can also contact her at (609) - 530-7088, fax: (609) 530-6963.

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