



STATE OF NEW JERSEY DEPARTMENT OF MILITARY AND VETERANS AFFAIRS

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NJ Dept of Military and
Veterans Affairs

Maj Gen Glenn K. Rieth
The Adjutant General

Brig Gen Maria Falca-Dodson
Deputy Adjutant General

Col (Ret) Stephen G. Abel
Deputy Commissioner for Veterans
Affairs

Contacting us is easy!

**Office of the Assistant
Commissioner**

Phone: (609) 530-6987

Fax: (609) 530-7109

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

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

New Jersey Family Member Selected Veterans of Foreign Wars National Award Winner.

Kathy Hardy of Cookstown, NJ as been selected to receive the VFW Military Family Member Volunteer Service Award. She will be honored during the Joint Opening Session of the National VFW and Ladies Auxiliary Community Service Conference, Monday, March 6, in Washington, DC.

Mrs. Hardy is recognized for her work with the family support group for the 108th Air Refueling Wing, New Jersey Air National Guard, stationed at McGuire AFB, New Jersey. Her husband, TSgt Rick Hardy is a member of the unit. Kathy is the Family Readiness Group Leader and has logged over 370 volunteer hours for the 108th Air Refueling Wing and more than 500 hours at the USO at McGuire AFB. She has been an integral part of the development of programs and activities by gathering information and providing new volunteers with training. She has been there to welcome home thousands of troops and offer them a hot meal anytime – day or night.

"Kathy is the embodiment of why the VFW created this award," said National Military Assistance Program Director Bud Haney. "We could not have envisioned a better example," continued Haney. The award is designed to recognize a military family member for volunteer service to the military community or the family support program that has produced tangible results and is of a sustained and direct nature. A donation of \$500 will be presented to the winner's home installation's family support center or program.

Support of active duty, National Guard and Reserve forces and their families is a high priority to VFW as it continues to assist all veterans and their families obtain veterans' entitlements and other services. Founded in 1899, VFW and its Auxiliaries have 2.4 million members located in approximately 8,500 Posts worldwide.

Air Force Academy Summer Seminar 2006

If you know a junior in high school who is interested in the Air Force Academy, this is an excellent opportunity. It's a week-long camp held at the Academy which gives potential candidates a chance to experience the academic environment, physical requirements, team-building and leadership skills necessary to succeed as a cadet.

To apply, students must have the following:

- 3.0 GPA or higher
- ACT scores of English/24, Math/25, Reading/24, Science Reasoning/25

or

- PSAT Verbal 58 and Math 56
- PLAN 24 Composite
- SAT Verbal/580 and Math/560
- Demonstrate achievement in athletics, extracurricular and leadership activities.

The dates are 11-16 June 2006 or 18-23 Jun 2006. Registration fee is \$350 and pays for all meals, room, as well as workshop supplies, t-shirts, sweatshirt, sweatpants, cap, water bottle, duffle bag, and more (financial assistance is available). Individuals have to provide their own transportation to and from.

There are 760 slots available and there are normally 2,000 applicants. 80% of attendees are offered appointments to the Academy the following year – so, it's an opportunity for those serious about attending the Academy.

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?

- * 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

Outstanding students (GPA of 3.85 or above with high college board test scores) might be offered an early selection for the program. Otherwise, notification will be made by the end of March. Applications are accepted until 15 March 2006.

Applications are available online at www.academyadmissions.com.

Picatinny Arsenal announces opportunity for Veterans in New Jersey.

Frog Falls is one of the Army's largest waterparks and is located on Picatinny Arsenal. Beginning with the upcoming 2006 season, membership is extended to all service veterans, who are also offered the opportunity to use the Picatinny golf course. For more information, contact Kerry Deckert at 973-724-7275 or visit the MWR website at <http://www.pica.army.mil/mwr/>.

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.

421st Combat Training Squadron (CTS) squeezes past 108th Air Refueling Wing (ARW)

The 108th ARW "Over 30" men's basketball team was defeated by the 421st CTS team after playing a hard-fought tournament game on February 28th.

The 108th ARW, sporting white jerseys, scored at total of 33 points while the 421st CTS in blue jerseys scored a surprising 41 points.

Team players include George "Andy" Pierson (Team Captain); Kevin Smith (Forward); Mike Frazier (Center); Rodney Harris (Guard); Will Lanehart (Power Forward); Chuck Brinser (Small Forward); and Phil Hunt (Power Forward).

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

Thought for the week

"People are just as happy as they
make up their minds to be."

"It was a close game with a lot of fouls," said Harris, who scored three 3-pointers and a total of 14 points during the game. Halfway through the game, things looked good for the 108th ARW as they had a two point lead over the 421st CTS with the score at 25-23. By 8:04 of the second half, however, the 421st CTS came back and tied the game at 26-26.

Not to be outdone, the 108th ARW came back strong and scored a slight lead of 32-31 at 4:31 on the clock. Things turned south at 1:49 when the 421st CTS scored a 3-pointer that pushed them into the lead with the score now 32-25. Two baskets and two free throws later, and the 108th could not come back in time.

Although defeated this time, the 108th ARW still has a chance at winning the Over-30 Basketball League title. The next game is scheduled to take place on 6 March 2006.

VETERANS ONLY Job Fair -

The NJ Department of Labor and Workforce Development is sponsoring a Job Fair at the Cherry Hill Armory on Wednesday, 15 March 2006, from 8 a.m. to 2 p.m. Bring your resumes.

ESGR - Register your Employer

Register your employer: Members of the National Guard and Reserve can now register their employers in a national database, hosted by the Defense Management Data Center (DMDC). Registering your employer will provide Reserve Force planners with valuable input that may help reduce the impact of call-ups on employers, and make it possible for your command or DOD to send information to your employer to promote support of your military service. National Guard/Reserve members can go to the following link, <http://www.esgr.org>, click on "Military Member" and then click on "Register Your Employer."

Career Day – Wednesday, March 15, 2006.

The Mercer County Veterans Task Force is sponsoring a Career Day program on Wednesday, March 15, 2006. The program will be held at the Mercer County Community College, 100 Old Trenton Road, West Windsor Campus Student Center from 9 a.m. to 2 p.m. Job seekers will be able to meet employers from various industries and community agencies, as well as training providers. Bring your resume and dress professionally!

For additional information regarding the Career Fair, contact Kayra Melvin at 609-989-6523 or Yvonne Payton at 609-292-6743.

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 jcptfalc@aol.com or Co-Chairman, Edward Goetschius, at 609-965-1972 or esgtmaj@comcast.net.

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:

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.

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.americasupportsyoudmil>.

"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 the following dates: 17-19 February and 24-26 March 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.

Retirement Party planned for SSG Maria Hutchison.

A Retirement Party is planned for SSG Maria Hutchison and will be held at 1400 hrs. on 12 March 2006 at the Spring Lake Manor, 415 Highway 71, Spring Lake Heights, NJ. Cost is \$25 per person. Contact Nick Perone by March 5th at Nick.Perone@us.army.mil or at (732) 539-5047.

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

All About the Abs

The rectus abdominis muscle controls the tilt of the pelvis and the consequent curvature of the lower spine. By rotating the pelvis posteriorly, the rectus abdominis muscle flattens the lower back, making the erector spinae (lower back) muscle more effective as an extensor of the spine and the hip flexors more effective in raising the legs.

Your muscles contain a combination of endurance-oriented, fast recovering Type I fibers and power-oriented, more slowly recovering Type IIA and Type IIB fibers.

The average muscle in the average person is about 50% Type I and 50% Type II. One of the Type II dominant muscles is the rectus abdominis (one of the many problems with the way most people work their abs).

Type II dominant muscles respond best to high tension (heavy weight) and, necessarily, shorter time under tension (fewer reps). Sets of 20-40 seconds (7-10 reps for most people with most exercises) to or almost to fatigue work best.

From physiology it is known that when a muscle contracts, the entire muscle undergoes contraction. This is true of the abdominal muscles: however, because the rectus abdominis is relatively long when it contracts, one end is stabilized in order to produce movement in the other end. For example, when doing a sit-up or crunch, the pelvic girdle is held in place firmly via contraction of the hip joint muscles so that the shoulders will rise toward the feet. Because of this, you experience shortening mainly of the upper fibers of the rectus abdominis. The lower fibers do not undergo the same amount of shortening. For the most part it remains under isometric contraction and, as a result, you get development mainly of the upper fibers.

To produce shortening of the rectus abdominis in the lower fibers of the abdomen, it is necessary to do exercises such as the reverse sit-up (reverse crunch) or hanging leg rises. In these exercises the pelvic girdle is in motion while the chest and

shoulders are stabilized. The upper fibers of the abdominal muscles remain isometrically tensed.

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 this day in history -

Today is Friday, March 3rd. It is the 62nd day of the year with 303 days remaining.

- 1791 – The U.S. Congress passed a resolution that created the United States Mint.
- 1813 – The Office of the Surgeon General of the U.S. Army is established.
- 1863 – Free city delivery of mail was authorized by the U.S. Postal Service.
- 1863 – First U.S. wartime military conscription bill enacted.
- 1903 – U.S. imposed a \$2 head tax on immigrants.
- 1923 – The first issue of Time magazine was published.
- 1931 – The “Star Spangled Banner,” written by Francis Scott Key, was adopted as the American national anthem. The song was originally a poem known as “Defense of Fort McHenry.”
- 1945 – Superman encountered Batman and Robin for the first time.
- 1973 – Japan disclosed its first defense plan since World War II.
- 1978 – Charles Chaplin’s remains are stolen in Switzerland and recovered 11 weeks later.

Mark your Calendar

- 27 April – Administrative Professional Day
- 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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