



DMAVA Highlights

June 11, 2009

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*NJ Dept of Military
and Veterans
Affairs*

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The Adjutant General*

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Joint Staff Director*

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Or

609-530-7088

News For Your Views

Welcome Home to the 50th IBCT

The New Jersey Army National Guard closes its largest combat deployment since World War II with a parade and celebration in downtown Trenton tomorrow, Friday, June 12. The 2,900 Soldiers of the 50th Infantry Brigade Combat Team served 10 months in Iraq. The Soldiers will march from the New Jersey World War II Memorial to the Sovereign Bank Arena. Gov. Jon Corzine and Maj. Gen. Glenn K. Rieth will make brief remarks at the start of the parade. The Soldiers will be joined on the 1.1-mile parade route by high school marching bands from Ewing, Newark, Paterson and Trenton.

Members of the Soldiers' families will be entertained at the arena during the parade by a group that includes comedian Joe Piscopo; Mary D'Arcy, who had a starring role in the Broadway production of Phantom of the Opera; American Idol finalist Melinda Doolittle; Sarah Dash, a Trenton native and former vocalist with Patti La Belle and The Blue Bells; and R&B artist Chanj.

108th wins Metcalf trophy for mission accomplishment

The 108th Air Refueling Wing of the New Jersey Air National Guard has won a prestigious national award for meeting the highest standards of mission accomplishment in 2008.

Judges of the Curtis N. "Rusty" Metcalf Trophy cited the Wing for flying more than 5,000 mishap-free hours in a year when the McGuire Air Force-based unit deployed more than 200 airmen to 13 countries on four continents, including missions in support of operations in Iraq and Afghanistan.

The award, named for a former deputy chief for plans and operations at the National Guard Bureau in Washington, D.C., also cited the wing for supporting its local community by volunteering at the New Jersey Vineland Veterans Memorial Home and at the "Stand Down" to help homeless veterans.

To be considered for this award, units are evaluated in the areas of exercises and deployments, human resources, accident rate history, accident prevention and significant accomplishments during the award period.

Wing leadership will accept the award during the 131st National Guard Association of the United States (NGAUS) General Conference and Exhibition, in Nashville, Tenn., Sept. 11-13.

During 2008, the 108th ARW deployed more than 200 unit personnel world-wide in support of assignments on four continents and thirteen countries. Currently, the 108th has filled more than 4,400 deployments in support of Operations Iraqi Freedom, Enduring Freedom, Noble Eagle and Jump Start. The wing executed more than 5,000 mishap-free flying hours supporting these missions.

This is the second time the wing has won this trophy. Its previous award was in 2002.

Army Ten Miler opens online race entry lottery for military

From the desk of Master Sgt. Alexandro Estrada

We're on the Web!
www.nj.gov/military



Veterans' Organizations

Contact Information

State Veterans Service
Council

Mr. Richard Clark
RJClark21@msn.com

BG William C. Doyle
Cemetery Advisory
Council

Mr. William Rakestraw
warjrnj@msn.com

Veterans Hotlines



Benefits & Entitlements

1-888-8NJ-VETS
(1-888-865-8387)

Mental Health
1-866-VETS-NJ4
(1-866-838-7654)

An additional 500 Army Ten Miler race entries will be offered to U.S. Armed Forces service members through a special, online lottery that will be posted on the ATM Web site June 15-18. The ATM lottery is open to all branches of the U.S. Armed Forces and winners will be randomly selected on June 19. Check the Web site - <http://www.armytenmiler.com/> - for more information.

Army publishes first National Guard retirement guide

Story courtesy of the Army News Service

WASHINGTON (6/1/09) -- The Army has published a 56-page retirement guide for National Guard Soldiers and their families which covers subjects ranging from retirement point credits to how to apply for retirement pay.

The Army National Guard Information Guide on Non-Regular Retirement was a collaboration between the Army G-1 retirement services division and the National Guard.

"We published this guide as part of our efforts to ensure that National Guard Soldiers and their families receive the Army's full support before and after retirement," said John Radke, chief of Army G-1 retirement services.

"We see the commitment of National Guard Soldiers at home as they respond to disasters like Hurricane Katrina and abroad as they help fight those who seek to destabilize and destroy countries like Iraq and Afghanistan," Radke added. "We respond to their commitment by providing them with this retirement guide as they begin to plan for retirement from our great Army."

The guide is currently being distributed throughout the Guard. It is also available online at: <http://www.armyg1.army.mil/retire>.

63rd Army Band Concert at Alliger Park, June 28

In honor of Independence Day, the Hopewell Valley Veterans Association is hosting a 63rd Army Band concert at Alliger Park on **June 28** from 7:30-9:30 p.m. The concert will include patriotic songs and traditional concert band pieces. A fireworks display will conclude the concert. The celebration is free and open to the public. BYOLC – Bring Your Own Lawn Chair. In case of inclement weather, the Army Band concert will be held at the Hopewell Valley Central High School Performing Arts Center June 28 at 7:30 p.m. A rain date for the fireworks display is July 1 at 8:30 p.m. at the park. Alliger Park is located at 203 Washington Crossing-Pennington Rd. (Rt. 546), adjoining the Hopewell Twp. Municipal Building. For additional information and directions visit, www.HopewellValleyVeterans.org.

Post Office offers boxes, discount rate to FPO/APO addresses

From the desk of retired Command Sgt. Maj. Mike Hughes, Family Assistance Specialist

Now the U.S. Postal Service is making it easier for families to send care packages with a larger flat rate box and a special discount to FPO/ APO addresses. They are 50 percent larger than the current flat rate box and can be sent to any domestic address for \$12.95. A special military version of the box will carry the "America Supports You" logo and can be shipped to any FPO/ APO address for \$10.95. The new Priority Mail Large Flat-Rate Box is "12 x 12" x 5½". For complete guidelines on mail services to military members overseas visit the USPS website at: www.usps.com/supporting-outroops/welcome.htm?from=household &page=troopsupport.

MyArmyBenefits Website - the single source for all Army Benefits

MyArmyBenefits at <http://myarmybenefits.us.army.mil> is the official Army benefits resource for active-duty, Guard and reserve Soldiers, family members and retirees. Active-duty Soldiers with AKO accounts can access personalized reports on the survivor, disability, and retirement benefits through MyArmyBenefits.

NGANJ group life insurance available to members

Are you covered by the NGANJ Group Life Insurance Program? As a member of either

NJ World War II Memorial



For information or to
make a donation, call
609-530-7049



Please submit
any articles
and all
information for
DMAVA
Highlights

to:

PAO Office
DMAVA Highlights
ATTN:
Tech. Sgt. Barbara
Harbison

DEADLINE IS
NOON
WEDNESDAY

Tech. Sgt. Barbara
Harbison
Barbara.harbison@njdmava.state.nj.us

the Officers or the Enlisted Association, you are entitled to enroll in your Association Life Insurance Program. This special program provides from \$5,000 to \$50,000 of Life Insurance for you, "round the clock". Premiums range from as little as \$2 per month and may be payroll-deducted from your drill check. Family coverage is also available at low rates designed for you as a member of the New Jersey Army and Air National Guard. Think of it!! No aviation exclusions...No hazardous duty restrictions...No war clauses...No checks to write. Family coverage includes spouses and all children. Information can be obtained by contacting retired CWO Jack Petrosilli at 609-530-6843, or retired Brig. Gen. Robert S. Dutko Sr. at 609-273-1004. Enrollment forms can be obtained by calling retired Col. Frank L. Carlone, Program Coordinator at 732-249-8335.

Come to Sea Girt for an evening of music, fun

Maj. Gen. Glenn K. Rieth, The Adjutant General-New Jersey, invites everyone to concert with the 63rd Army Band on **July 3** at 7 p.m. at the National Guard Training Center, Sea Girt.

Dress for the evening's festivities is casual and the concert will take place rain or shine.

For those planning on attending, RSVP no later than June 26 by calling Officer Candidate Ana Bolanos at 609-530-6780 or e-mail at ana.bolanos@njdmava.state.nj.us.

2009 Veterans Benefit book available online

The 2009 edition of "Federal Benefits for Veterans, Dependents and Survivors" can be found on the Web at http://www1.va.gov/opa/vadocs/current_benefits.asp. You can either download a pdf version of the booklet or read it online.

Annual flag memorial and POW/MIA ceremony slate for June 12-14

The Delaware Valley Vietnam Veterans' 24th Annual Donald W. Jones Flag Memorial and POW/MIA repatriation ceremony will take place **June 12-14** at the Falls Township Community Park, 9072 Mill Creek Road, Levittown, Pa. This weekend-long event honors all veterans who have served and sacrificed in the service of our country. On Friday, June 12, volunteers will place more than 58,000 flags in the ground, one flag for every American killed or missing in action in the Vietnam and Gulf wars. Starting Saturday at noon, several bands – including Angry Vic, Band Kamp, Groove Train Riders, Jayded, Jekylls Hyde, Legend, Sister Blue and The Destinations, will play a free concert. On Sunday, June 14, a motorcycle rally will leave at noon from the Bristol Township Vietnam Veterans' Memorial and the War Dog Memorial, 2501 Bath Road, Bristol, Pa, ending at the Flag Memorial, where the memorial and repatriation ceremony will take place at 1 p.m. For further information, call Donnie Jones, 267-566-2860 or Jessie Hill, 215-949-2490. To participate in the motorcycle rally, call Adine at 267-250-9249.

Lakewood Blue Claws outing will celebrate Military Appreciation Night

The Lt. Dennis W. Zilinski II Memorial Fund will participate in a baseball/picnic outing celebrating Military Appreciation Night at the Lakewood Blue Claws Stadium on Tuesday, **June 16** at 6:30 p.m.

The memorial fund's mission is to continue to serve and assist returning men and women called to serve our country. Previous donations have been made to The Fisher House; Underwater Warriors; New Jersey National Guard Family Readiness; 2008 Rakkasan WIA Hunt; Lt. Brian Brennan Stands Alone Trust; Spc Kevin McCloskey; Reserve Aid; Freedom Alliance; and Soldiers' Angels.

For Payment/Reservations/Sponsorship Info, or Inquiries Contact: RunwithDennis@yahoo.com Ticket Pickup: Tickets will be at our Lt. Dennis W. Zilinski, II Memorial Fund table located to the left of the Will Call Window.

Cost of the tickets is adults \$25, kids 7-12 \$20, under 7 are free. Tickets include: game, hamburgers, hot dogs, soft drinks and sides.

For a registration form, visit www.Runwithdennis.org and click on the Blue Claws button on the left side of the page.

Wounded Soldier and Family Hotline

1-800-984-
8523

Phone
numbers and
Web sites to
remember

Directory
Assistance:

1-602-293-4907

Verizon Super Pages:
<http://www.superpages.com/>

AT&T:
<http://www.anywho.com/>

SBC Yellow Pages:
<http://www.yellowpages.com/>

Telephone and
contact information
on state employees
can be found at
<http://njdirect.state.nj.us/>

DMAVA
Emergency
Hotline:

1-866-232-5798

Job fair, workshop for OIF/OEF vets, spouses at Fort Dix

Join The Ultimate Warrior technical workshop and career fair for OIF/OEF service members and spouses at the Timmerman Center on Fort Dix, N.J., on **July 29-30**.

The technical workshop will give veterans information on resume writing, Social Security disability benefits, Military One Source, Army Career Alumni Program (ACAP), Tip of the Arrow program, veterans benefits and more.

Tip of the Arrow is an organization that helps service members find jobs when they leave the military. Sponsors are provided who stay with the veteran until they find a job for them. ACAP help the OIF/OEF veterans with resume writing and how to conduct the interview process.

More than 60 employers will be at the career fair including defense contractors, private sector companies, homeland security, Secret Service, Internal Revenue Service, FBI and private sector companies.

All branches of the military are eligible to take part in the two-day event, along with their spouses. To register, call Sgt. 1st Class Loranda Taylor, 609-864-2565 or e-mail loranda.mitriecetaylor@us.army.mil.

Bring a copy of your resume on a CD or as a hard copy; thumb drives cannot be utilized. Children cannot be accommodated during the event due to the demanding activities of the workshop. Uniform for all events will be the ACUs/ABUs; no civilian attire for military personnel.

The event will be 9 a.m.-6 p.m. on July 29 and 9 a.m. to 3 p.m. on July 30.

Click and find out which FAC supports your armory

If you are not sure which Family Assistance Center supports your armory, here is the way to find out. By going to the new and growing New Jersey FAC Web site you will be able to locate the FAC nearest you. It also gives you a place to e-mail your questions and concerns. Just go to <http://www.nj-fac.org>.

NGANJ announces executive council meeting dates for 2009

Here is a list of the National Guard Association of New Jersey Executive Council meetings for 2009.

Date	Host Command	Location
July 7	50th IBCT	McGuire AFB
Sept. 11-13	131st NGAUS General Conf.	Nashville, Tenn.
Oct. 6	177th FW	McGuire AFB

All meetings will be held at the 108th ARW Conference Room, McGuire Air Force Base unless otherwise noted. All Executive Council meetings begin at 7 p.m.; food will be provided at 6:30 p.m. The annual business meeting will begin at 8 a.m. and sign-in starts at 7:30 a.m. If there are any questions, contact Capt. Paul Koester at 609-754-2128.

Essex Troop scholarships open for members, family

Applications for the 2009 Essex Troop Scholarship Program are now available. The scholarships are for qualified Essex Troop members and their family members, 102nd Cavalry and 50th BSTB qualified personnel.

Applications can be found online at the Essex Troop Web site, <http://www.essextroop.org/index.htm>, by requesting at etroop@verizon.net or by calling the Troop office at 1-973-736-0952. Deadline for submitting applications is **June 15, 2009**.

Philadelphia VA center holding Welcome Home event, June 20

The Philadelphia VA Medical Center, 3900 Woodland Avenue, Philadelphia, Pa., is inviting all veterans of Operation Enduring Freedom and Iraqi Freedom and their spouses, families and significant others to attend a Welcome Home event on Saturday,

ESGR office
JFHQ
3650 Saylor's Pond
Road
Fort Dix, NJ
08641
Hank Pierre, 609-
562-0156,
hank.pierre@njdma
va.state.nj.us
Tammy
Cartagena, 609-
562-0157,
tammy.l.cartagena
@us.army.mil
Fax
609-562-0158

June 20.

Activities include: free lunch, entertainment, children's activities, veterans benefits representatives, veterans organizations representatives, health education and resources, door prizes and recreation, employment, safe driving information.

RSVP by June 10 to Lori Maas, OEF/OIF Program Manager at 215-823-5200.

Mental health education program for families of Veterans available

The Veterans Health Administration and the National Alliance on Mental Illness (NAMI) have teamed to provide the NAMI Family-to-Family Education Program for families of veterans. The Family-to-Family Education Program (FFEP) is a free 12-week course for family caregivers of individuals with mental illness and is now offered at VA New Jersey Health Care System locations.

The course includes: Current information about schizophrenia, major depression, bipolar disorder, posttraumatic stress disorder, panic disorder, obsessive-compulsive disorder, borderline personality disorder, and co-occurring brain disorders and addictive disorders; current research and treatments to promote recovery; up-to-date information about medications, side effects, and strategies for medication adherence; gaining empathy for a person with mental illness; learning skills for handling crisis and relapse; coping with care giver worry, stress, and emotional overload; and guidance on locating and advocating for appropriate supports and services for your family.

NAMI is the nation's largest grassroots organization dedicated to improving the lives of individuals and families affected by mental illness. NAMI New Jersey and VA New Jersey Health Care System are accepting family members of veterans for the class starting **June 25** at the Lyons Campus. Classes will be from 6:00 – 8:30 p.m. on Thursday evenings. For information/sign up contact Mike at 734-380-9400 ext. 3618. Visit www.naminj.org or call 732-940-0991 for additional information about NAMI New Jersey.

Sky Blue FC offering free tickets to Heroes, discounts to families

Join the Sky Blue FC on **July 4** at 7 p.m., for their 1st Annual Heroes' Night at Yurcak Field, Piscataway. Sky Blue FC is the women's professional soccer team located in Somerset. They are honoring the members of the Armed Forces, police and fire departments when they take on the Boston Breakers.

Heroes' with identification will receive a free game ticket and access to discounted ticket prices for family and friends. For more information, contact Rich Fetter, 732-271-7700, extension 309 or rfetter@skybluesoccer.com. Check out their Web site, www.skybluefc.com for more information about the team.

EANJNG opens scholarship season to members, dependents

The Enlisted Association of the National Guard of New Jersey scholarship season is open. The CSM Baldassari Memorial Scholarship is open to all members of the Association and their dependents. Scholarship forms can be found at the association's web site – www.eanj-ng.org.

The Enlisted Association offers five \$1000 scholarships. All applications must be received no later than **July 15**. Previous winners are not eligible to reapply. The Enlisted Association would also like to announce the USAA Scholarship. This is a \$500 scholarship that is open to all members of the New Jersey Army and Air National Guard. Forms also may be found at the Enlisted Association web site.

For more information on either scholarship, contact retired Sgt. Maj. Michael Amoroso at 609-562-0754.

Post 9/11 GI Bill briefing on the calendar for July 21

For all of you are eligible for the Post 911 GI Bill and are finding yourselves with questions – here is where to find answers! There will be a Post 911 GI Bill briefing for the McGuire-Dix-Lakehurst community on **July 21** in the Timmerman Center, Fort Dix. Briefings will be held at 8 a.m., 10 a.m. and 2 p.m. All the briefings are for active duty, National Guard, Reserve and family members.

QUOTES

No matter how much cats fight, there always seems to be plenty of kittens.

-Abraham Lincoln

All wars are follies, very expensive and very mischievous ones.

- Benjamin Franklin

There is no wealth but life.

- John Ruskin

Friendships flourish at the fountain of forgiveness.

- William Arthur Ward

One kind word can warm three winter months.

- Japanese proverb

The McGuire Education Office is advising delaying application for the Post 911 GI Bill until after attending one of these briefings.

AUSA golf tournament will be held July 27 at Suneagles golf course

Come to the local AUSA Membership Drive Golf Tournament on **July 27** at Sun Eagles Golf Course, Fort Monmouth. Shotgun start of the tourney is 8 a.m., with the awards luncheon at 1 p.m.

Cost to play in the tournament is \$40 for government/military (AUSA members); \$70 for government/military non-members; \$100 for industry AUSA members; and \$130 for industry non-members.

AUSA is also looking for sponsors - \$2,000 for a tournament sponsor, \$1,500 luncheon sponsor, \$500 golf cart sponsor and \$125 for a hole sponsor.

This is one of the many events the organization runs to support the Fisher House. On May 30, they will donate more than \$150,000 to Fisher House and \$25,000 to Homes for Our Soldiers to help them build a house for Sgt. Mike Minard.

For a registration form or more information, contact Kit Roache at 732-380-9500, extension 202 or kit.roache@gdc4s.com. For AUSA membership information contact Tony Smith, tony.smith@us.army.mil, 732-427-5553.

Sea Girt beach passes now available for DMAVA employees

NGTC Sea Girt beach passes are now available. If you have not already received yours, contact Gail Miller at 609-530-6911, gail.miller@njdmava.state.nj.us to get your passes.

Information to remember:

DMAVA employees can use the employee ID card or NJ military ID for admission to the beach.

Passes can be issued to family members and friends, but each pass is to be issued to only one person.

Each pass will admit all occupants of one car to the beach. The pass is good for the entire season.

On the back of the pass there are two lines to fill in:

First line: You or the person **who will be using** the pass (name/guest) must **print** his/her name on the first line. Guests may also be asked to show a driver's license or other photo ID.

Second line (unit/sponsor): You must **print** your name and DMAVA division or unit.

For more information, see TAG Memorandum 2-09 dated 10 February 2009 at

http://www.nj.gov/military/publications/tag-memo_09/TAGMEMO-2-09.pdf.

Financial counseling available for deployed service members

From the desk of retired Command Sgt. Maj. Mike Hughes, Family Assistance Specialist

The Military Housing Assistance Fund (MHAF) helps military families to become homeowners by providing them with grants to assist them with purchasing a home. The Fund also provides financial counseling to members of the National Guard and Reserves, deployed and serving in combat zones overseas, which are having problems meeting their monthly obligations due to their deployment and activation. Learn more at <http://www.militaryhousingassistancefund.org>. The Fund is a project of the Financial Counselors of America (FCA), a 501(c) 3 nonprofit organization founded in 1991 to help Americans manage their finances and get out of debt. Visit the FCA website at <http://www.financialcounselors.org>.

Scholarships available for DeVry University

The AMVETS are offering scholarships for DeVry University with a \$1,000 per semester tuition award and a \$9,000 total award. This is open to veterans of all branches of

State Family Programs

101 Eggert Crossing Road
Lawrenceville

Toll-free number
888-859-0352
Family Assistance
609-530-6884
Teen Youth Group
609-530-6836
Fax
609-530-6871

Get your VA benefits as a Direct Deposit into your checking or savings account – call
800-333-1795
or visit
www.GoDirect.org

service, Reserve and Guard components. This offer is also extended to immediate family members (spouses, natural and adopted children). This scholarship is applicable for DeVry University and the Keller Graduate School of Management.

Deadline to submit scholarship applications is **Sept. 28** for the Oct. 26 semester. For more information concerning the application or the application process contact AMVETS toll free at 877-726-8387 or devry Scholarships@amvets.org.

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:

June	Wildwood Convention Center-see below
July 28*, 29, 30	Ocean County Mall
August 5	First Energy Park, home of the Lakewood Blue Claws, 6-10 p.m.

Wildwood Convention Center schedule is: (outreach only, no medal ceremonies)

- ❖ American Legion State Convention – June 10-12
- ❖ VFW State Convention – June 17-19

*Medal ceremonies begin at 10:30 a.m. on these dates. The kiosk will be open from 10 a.m. to 8 p.m.

**Medal Ceremony only; begins at 11 a.m.

Pension loan applications to be submitted through MBOS

From the desk of Lisa Dandrea, Human Resources, Personnel Assistant

NOTICE from the Division of Pensions and Benefits:

Effective Nov. 1, 2008, an eligible member who wishes to borrow against their pension account, **MUST** submit the loan request through the Pension Loan Application accessible through a personal account with the Member Benefits Online System (MBOS). Please note the following changes:

- ❖ The *Loan Application* will no longer be available as a printed form or through the Division's Web site.
- ❖ Paper *Loan Applications* that are received by mail as of Nov. 1, 2008, will be returned to members with instructions on submitting the loan request through MBOS.
- ❖ The loan fax number, which has been phased out of use since the introduction of loans through MBOS, will be completely disabled.
- ❖ Limited access to a computer or a member's reluctance to use MBOS **will not** be considered sufficient circumstances to allow manual loan processing.

Employees who are already registered MBOS users currently have access to the online loan application through their MBOS account.

Employees who are new to MBOS can access MBOS after they register with both the *MyNewJersey* Web site *and* MBOS. Registration is free; however, the registration process requires several steps and new users should carefully follow the MBOS registration instructions. Visit <http://www.state.nj.us/treasury/pensions/mbosregister.htm> for a complete list of instructions. If, after following the MBOS Registration Instructions, you still need assistance registering for or using MBOS, please contact the MBOS Help Desk at (609) 777-0534 or send an e-mail with the subject line "MBOS E-mail" to: pensions.nj@treas.state.nj.us

Employees required to register for MBOS

From the desk of Lisa J. Dandrea, Human Resources, Personnel Assistant

MBOS is the Member Benefits Online System. Through MBOS, employees may review their pension contributions, loan status, health benefits information, update their beneficiary information, apply for retirement, as well as many other applications. It

2009
U. S.
Army
Year of
the NCO

<http://www4.army.mil/yearofthenco/home.php>

has been encouraged that all employees register for this helpful tool. However Pensions is now working on MBOS being a requirement in order for employees to make certain updates to their personal information.

Effective immediately, in all cases where an employee is eligible to become a member of the Public Employees' Retirement System (PERS), the employer will be required to submit all enrollment information to Pensions via online. Important to note is that the online PERS Enrollment Application does not include the Designation of Beneficiary page. Instead, once the member is enrolled and issued a pension number, they must register for a MBOS account at: www.state.nj.us/treasury/pensions/mbosregister.htm and complete the online Beneficiary Designation form. Until the member completes his or her Designation of Beneficiary, the member's "Estate" will be the beneficiary of record.

Current employees –note, even if you are already enrolled into PERS, if you wish to make any changes to your beneficiary information, you too will need to be registered for MBOS. Members will not be able to submit the Change in Beneficiary Designation paper form since this will no longer be acceptable through the Division of Pensions and Benefits.

Visit the link above for complete instructions to register for MBOS. If you encounter any problems with registration, you may e-mail Pensions and Benefits with your questions/concerns and they can assist you through the process. You may also obtain a tri-fold brochure with MBOS instructions from your Human Resources Office.

No handbooks available for NJDIRECT

Inquiries about NEW handbooks and directories for NJDIRECT has prompted this reply from Pensions and Benefits:

"Unfortunately, we do not have NJ Direct Handbooks to give to members and will not be receiving a supply. Members may visit the NJ Direct website www.horizonblue.com/shbp. Members without computers are encouraged to use their local library or a relative's computer or call the plan directly".

You may also look up benefit information and visit the Unified Provider Directory on the Pensions and Benefits website under State Health Benefits Program.

Guard history lessons for family at Sea Girt museum

Looking for a local place to take the family for a history lesson? Try the National Guard Museum of New Jersey in Sea Girt.

The museum had a recent face-lift and upgraded its exhibits which tell the story of the New Jersey Army and Air National Guard and the Naval Militia of New Jersey from the Revolutionary war to the current Overseas Contingency Operation.

The four gallery rooms feature diaries, uniforms, vehicles, weapons and even a Civil War submarine built in 1865.

Open from 10 a.m. to 3 p.m., Monday through Friday and the same hours on the first and second weekends of the month, admission to the museum is free of charge, but a donation is requested. Groups who would like to make arrangements for tours should call 732-974-5966.

Military Salute Project releases flag manual

The Military Salute Project has released the "United States Flag Manual," a 45-page comprehensive summary of the history of the American Flag and the regulations and guidelines for its display and use.

Three free online viewing or download options are available...

-- Adobe PDF format for printing on one side of a page

-- Microsoft Word format for printing on one side of a page

-- Microsoft Word format for printing as a book on both sides of mirrored pages

For more information, please visit our web page at

<http://home.att.net/~militarysalute3/>.