



# DMAVA Highlights

July 28, 2006

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NJ Dept of Military  
and Veterans  
Affairs

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Or

609-530-7088

We're on the Web!  
[www.state.nj.us/military](http://www.state.nj.us/military)

***Any items for the August 4 issue, should be submitted to Mark Olsen ([Mark.olsen@njdmava.state.nj.us](mailto:Mark.olsen@njdmava.state.nj.us)). Thank you.***

## ***News For your Views***

### **Civil Air Patrol looking for BDU donations**

The New Jersey Civil Air Patrol is the official auxiliary of the U.S. Air Force. They perform inland search and rescue missions, aerial reconnaissance for homeland security and disaster relief missions. CAP has an active cadet program and aerospace education program for young people. All of the members are unpaid volunteers and must purchase their own uniforms, although CAP does try to provide uniforms for their cadet members without charge to them.

CAP is looking for donations of BDUs (woodland pattern) in wearable condition for use by their members. They can use pants, shirts, field jackets and caps. They will also accept Air Force Service Dress uniforms for cadet's use.

If you have uniforms to donate, please contact Maj. Rick Ulmer, (732)364-7755 or e-mail: [caplawyer123@comcast.net](mailto:caplawyer123@comcast.net). He will make arrangements for pick-up.

### **TRICARE Select opens healthcare to all Guard members**

TRICARE Select, a health insurance program, is now offered to all Guard members and Reservists. All Guard members will qualify for TRS in one of 3 tiers

Tier 1 : -is same as current TRS, to be paid for after TAMP benefit is exhausted  
-Guard member is in post-deployment status, must remain in select reserve status

- Guard member has 90 days after start of TAMP to execute benefit
- check must be sent 30 days or greater before end of TAMP
- Guard member pays 28 percent of the cost of insurance

Tier 2: -for Guard members who are unemployed, self employed, don't qualify for any other insurance

- must qualify for this tier with documents
- must maintain select reserve status
- annual renewal
- Guard member pays 50 percent of cost of insurance

Tier 3: -for any Guard member who does not qualify for tier 1 or 2  
-must maintain select reserve status  
-annual renewal

- Guard member pays 85 percent of cost of insurance

Open season **THIS YEAR ONLY** is from 1 August 2006 through 25 November 2006

-postmark by 25 Sep 06 will allow Guard member to begin coverage in two ways:

1. Starting 1 October and through 2007 (this year only)
2. Starting 1 Jan through 2007

-annual open season postmark by 25 Nov



## Veterans' Organizations

### Contact Information

State Veterans Service Council

Mr. Richard Clark  
[RJClark21@msn.com](mailto:RJClark21@msn.com)

NJ Advisory Committee for Women Veterans  
Mrs. Anna Hoffman  
[AnnaMHoffman@gmail.com](mailto:AnnaMHoffman@gmail.com)

BG William C. Doyle Cemetery Advisory Council

Mr. William Rakestraw  
[warjrnj@msn.com](mailto:warjrnj@msn.com)

### Veterans Hotlines



#### Benefits & Entitlements

1-888-8NJ-VETS  
(1-888-865-8367)

Mental Health  
1-866-VETS-NJ4U  
(1-866-838-7654)

#### NJ World War II Memorial



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

- new reservist has 60 days after accession
- qualifying life event: 60 days after event

NOTE: If your request for reconsideration is granted and you are permitted to purchase TRS outside the established deadlines, you will owe monthly premiums retroactive to the effective start date of coverage (unless determined otherwise), which may amount to a large sum.

Points of contact for TRICARE Select are Sgt. 1st Class Josephine Grey, Health Systems Specialist 609-562-0865 or Karen Hock, RN Case Manager 609-562-0876

### Ocean County opens PTSD counseling for vets

Veterans in Ocean County now have a place to get counseling for Post Traumatic Stress Disorder. Once a week, counselors from the Trenton Vet Center will offer office hours at the Ocean County Veterans Service Bureau, 1027 Hooper Ave, Building 2, Toms River.

To schedule an appointment, call 732-929-2096.

Ocean County, with the state's largest concentration of veterans, signed an agreement with the Vets Center, an arm of the Veterans Administration recently.

John Dorrity, director of the Ocean County Veterans Bureau said that he has a waiting list of veterans who will participate in the counseling. He added that they will start off with once a week, but will possibly increase sessions if the need arises.

### Babe Ruth World Series has Armed Forces Night

The 2006 Babe Ruth 13-Year-Old World Series will be held in Hamilton, N.J., August 17-25. Opening night, **Aug. 17** will be Armed Forces night and all members of the Armed Forces will receive free admission. For more information visit [www.hamiltonworldseries.org](http://www.hamiltonworldseries.org).

### 108th ARW Jr. Enlisted Club Golf Outing

Come to the Falcon Creek Golf Course, McGuire Air Force Base on Friday, **August 11**, for the 3rd Annual 108th Air Refueling Wing Golf Outing. Shotgun start is at 8 a.m. Proceeds from the tournament go to the Freedom Alliance Scholarship Fund which provides scholarships for children of members of the Armed forces that have sacrificed life or limb. Cost of the outing is \$80 per golfer and the price includes pastries, coffee, lunch, 18 holes of golf and a chance to win prizes. If interested, please call 609-754-4031.

### LT. Col. Dave Savino Memorial Golf Tournament

The 10th Annual Lt. Col. Dave Savino Memorial Golf Tournament will be held at the Fountain Green Golf Course, Fort Dix on Monday, **Sept. 18**. Format will be two person scramble (best ball). Donation to play is \$85 per person which includes greens fees, cart, refreshments and door prizes. A buffet lunch will be held after the tournament. For more information, call 609-754-2048.

## Fill Your Date Book

### "Good Morning America" looking for OIF/OEF vets for concerts

"Good Morning America" is opening up to 50 spaces in their concert series to OIF/OEF veterans every Friday morning through Aug. 25. If you are interested in attending one of these concerts, please contact Kryn Westhoven, 609-530-6950 as soon as possible.

The events are 7-9 a.m., with arrival time of 6 a.m. at the concert location – Bryant Park at 42<sup>nd</sup> and 6<sup>th</sup> Avenue, which is located directly behind the New York Public Library. Uniform is ACUs/DCUs with berets.

Soldiers and guests will be in the VIP section near the stage – there is no seating; standing room only. Those who attend must provide their own transportation; parking



### 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.

is several blocks away from the park.

Entertainers on the calendar are:

- Aug. 11-** Carrie Underwood
- Aug. 18-** Christina Aguilera
- Aug. 25-** Lionel Richie

### **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](mailto:etroop@verizon.net).

### ***Honorable Mention***

#### **Tax-free in New Jersey!!**

Does your shopping list have either a U.S. Flag or New Jersey flag on it? One good piece of news – the sales tax hike does not affect that purchase; in fact purchase of either flag is TAX FREE in New Jersey. Please visit the following web page to check out the particulars: <http://www.state.nj.us/treasury/taxation/index.html?flag.htm>.

#### **Extreme heat pointers**

As the summer progresses, the heat will get to each of us sooner or later. Please stop by the Center for Disease Control web site for more information on what to do during extreme heat, symptoms of heat stroke, exhaustion and cramps and other great pointers. Here is the link: [http://www.bt.cdc.gov/disasters/extremeheat/heat\\_guide.asp](http://www.bt.cdc.gov/disasters/extremeheat/heat_guide.asp).

#### **Helping one of our own**

One of our fellow employees, Ms. Sandra Langley, suffered a terrible loss last weekend. A tragic fire resulted in the loss, not only of her home, but most importantly, her daughter and two grandchildren.

Ms. Langley, who is a Nurses Aide at the Veterans Memorial Home at Vineland, can use our help as she begins to rebuild her life.

A collection box has been placed in our lobby for your donations of clothing and household items for Sandra. Monetary donations are being collected by Ms. Cindy Leese in our Human Resource Division. Checks should be made payable to: Sandra Langley Fire Relief Fund.

Because of the generosity of the DMAVA employees, along with the Veterans of Foreign Wars Post 3020 and Leonard Saxton Memorial VFW Post 6590, more than \$4,000 has been collected to this point.

Thank you for your generosity.

#### **Army offers free courses for Soldiers, DA civilians**

If you are an Army Soldier or DA civilian, you can access more than 2,600 information technology, business, self-development and 30 foreign language courses for FREE through Army e-Learning. Visit [www.us.army.mil](http://www.us.army.mil) and select "my education." In Fiscal Year 2006, almost a quarter million courses were completed. Some of the top 10 courses of the month for July were: Rosetta Stone Spanish and Arabic, Windows XP: Fundamentals, Accounting Fundamentals and Encryption Technologies.

\* 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

## **DMAVA Hotline**

The Department of Military and Veterans Affairs Emergency Hotline is:

**1-866-232-5798**

You will hear the following message:

You have reached the New Jersey Department of Military and Veterans Affairs Emergency Information Number. Please listen to the following menu choices and select an appropriate option:

State employees – press 1  
Federal employees – press 2  
National Guard employees – press 3

## **Political activities of Federal employees**

General policy. As a matter of long-standing policy, DoD personnel acting in their official capacities may not engage in activities that associate DoD with any partisan political campaign or election, candidate, cause or issue.

Public commentary by military personnel. All military personnel, including National Guard and Reserve forces, acting in their official capacities may not engage in public commentary, including speeches and written submissions offered for publication, concerning political campaigns or elections absent prior clearance.

## **Affordable vacation spots around the world**

Are you looking for an affordable vacation spot? The Armed Forces Recreation Center has resorts around the world for members of the Armed Forces, their families and other members of the Total Defense Force. Room rates are based on rank, pay grade, duty status, room size and/or room location. Reservations are required, policies vary by location and guests may not stay more than 30 consecutive days or register again within the following 90-day period. But if you are thinking of Hawaii, Germany, South Korea or Orlando as a possible vacation destination, this just may be the ticket! Visit <http://www.armymwr.com/portal/travel/recreationcenters/> for more information.

## **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](mailto: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](http://EANG-NJ.org), click on *Become a Member* for the application and find out more about what the association does.

### **Conference**

Contact name  
and number for  
DMVA  
Highlights

Please submit any  
articles and all  
and information  
to:

PAO Office  
DMAVA Highlights  
ATTN:  
SSgt. Barbara  
Harbison

DEADLINE IS  
NOON  
THURSDAY

[Barbara.Harbison@njmava.state.nj.us](mailto:Barbara.Harbison@njmava.state.nj.us)

Or by calling  
609-530-7088

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](http://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](mailto:jcptfalc@aol.com) or co-chairman Edward Goetschius at 609-965-1972 or [esgtmaj@comcast.net](mailto:esgtmaj@comcast.net).

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## ***For the Families***

### **Grants available for assistance and recreation**

Happy Summer! Now is the time that many families and kids enjoy vacations and day trips, camps, picnics, and family visits. Unfortunately, because of increased deployments and the financial and emotional stress associated with them, many military families might find these activities difficult to arrange. This is why The Women's Opportunity Center at the YMCA of Burlington County in Mt. Laurel, N.J., is pleased to remind military members that grant funds are available not only for financial emergencies and crisis situations, but also to provide recreational and stress relieving activities such as camps and classes.

This grant, provided by the Department of Community Affairs is available to spouses of deployed military personnel in all branches of service in the state who are income eligible. Applicants can expect to fill out very minimal paperwork (one page) and receive their approval and funds within a week of completed application.

Director of the Center, Cathi Rendfrey, said the YMCA and the Women's Opportunity Center are proud and honored to be able to come to the aid of the military at such a critical time.

For more information and an application, contact Fawn Mutschler at 856-234-6200, ext. 235 or e-mail: [fawnm@ymca-bc.org](mailto:fawnm@ymca-bc.org).

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### **Marriage Enrichment Seminar**

Due to the success of the Marriage Enrichment Seminars, also known as Prevention and Relationship Enhancement Program (PREP), we have requested and have been approved for additional funding. Another seminar has been scheduled for **Sept. 22-24**. This will be the last seminar for FY06. If you have never attended the seminar, call Marie Durling at 609-562-0739 for more information and or to register. This seminar is open to all NJNG Soldiers. Soldiers that have been deployed will be given priority.

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### **Guard Family 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](http://www.gfap.org). If you have any questions, you can call Marie Durling in the State Family Programs Office at 609-562-0739.

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### **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

Quote for the week

*In extreme youth, in our most humiliating sorrow, we think we are alone. When we are older we find that others have suffered too.*

*-Suzanne Moarny*

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.ang.af.mil](mailto:elizabeth.Pritchard@njmccgu.ang.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.

### Family Programs on the calendar

Aug. 1, 8 a.m.-7 p.m.	Teaneck & Jersey City FAC outing to Dorney Park, Allentown, PA
Aug. 5, noon	D/250th BSB & 5/117 CAV FRG Luau at Sea Girt Beach
Aug. 5, 11 a.m.	Battalion Picnic, Washington Armory
Aug. 9, 7:30 a.m.-5 p.m.	Intrepid Museum (New York City) trip for youth members
Aug. 13, 10 a.m.-5 p.m.	Riverdale FRG Classic Car Show and Fair
Aug. 20, 9 a.m.- 3 p.m.	108th ARW Family Day, Doughboy Field, Fort Dix
Aug. 20, 10 a.m.	50th PSB FRG Beach Party, Sea Girt Beach
Aug. 26, 1 p.m.	End of Summer Barbeque, Kenvil VFW Post
Aug. 26	Mystery Auction and dinner at Cookstown VFW
Aug. 30, 6-10 p.m.	Teaneck Children's Day, Teaneck Armory, Front Lawn

### Family Readiness Group Meeting schedule

Bordentown Armory – B Co 250th SBF & Co D 250th BSB – **Aug. 19**, 10 a.m.  
Hammononton Armory – 119th SB Corps – **Aug. 17**, 7 p.m.  
Jersey City Armory – D Co 2-113th – **Sept. 20**, 7 p.m.  
Lawrenceville Armory – 50<sup>th</sup> PSB – **Aug. 24**, 7 p.m.; 50<sup>th</sup> Fin Bn – **Aug. 6**, 2 p.m.  
Morristown Armory – 3-112th & 5/117th –  
Newark Armory – A, B, E Co's 2-113th Inf – **Aug. 16**, 7 p.m.  
Port Murray Armory – 2-102nd Arm –  
Teaneck Armory – 50th SBM – **Aug. 17**, 7 p.m.  
Toms River Armory – C/3-112<sup>th</sup> FA –  
Vineland Armory – 5/117<sup>th</sup> Cav –  
West Orange Armory – B Co 5/117th Cav – **Aug. 26**, 1 p.m.  
Woodbury Armory – Trp C 5.117th Cav – **Aug. 12**, noon

## Recreation and Sports

### ESGR Golf Outing on August 9

The N.J. Friends of the Guard and Reserve is proud to present the 2006 State Chairman's Annual Golf Outing. The golf outing will be held on Wednesday, **August 9**, at the Cream Ridge Golf Club in Cream Ridge, N.J. The \$95 per golfer registration fee includes greens fees, cart, registration, food and beverages on the course, door prizes and a luncheon at the Green's Café at the golf club. Corporate, hole and cart sponsors are also being sought. All proceeds benefit the activities of the N.J. Committee for Employer Support of the Guard and Reserve. For additional information please contact Hank Pierre at 609-530-6879.

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### **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

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### **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.

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### **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.

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### **Free WWE tickets to military personnel**

Are you a service member and a fan of World Wrestling Entertainment? WWE is offering all U.S. military personnel from the Army, Navy, Marines, Air Force, Reserves and National Guard a complimentary ticket to a live WWE event in their local area, provided they come dressed in uniform with a military ID.

Tickets are available the day of the event. Military personnel can log onto the World Wrestling Entertainment Web site to view a schedule of live events in their area. Check out [www.wwe.com](http://www.wwe.com) for more information.

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### **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.lynych@sandycove.org](mailto:c.lynych@sandycove.org).

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### **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.

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### **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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### **Governor's Surf Fishing Contest**

Applications for the 2006 Governor's Surf Fishing Tournament, held each year at Island Beach State Park, are now available. Early registrants save on adult registration fees, are eligible for special prizes offered to pre-registrants and avoid delays - pre-registration ensures timely entry to the park.

The tournament will be held Sunday, **October 1st**. Fishing begins at 6:30am. A variety of species are eligible for entry in the tournament, and there are winners in male, female, teen and child categories. Don't miss this exciting family event!

For more information and a link to the application form visit <http://www.njfishandwildlife.com/gsoft.htm> on the NJ Div. of Fish and Wildlife website.

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### **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](http://www.citikids.org/freedom.htm)

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## **Scholarship News**

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. Deadline for submission is **July 31, 2006** for the 2006-2007 school year. For more information, go to [www.freedomalliance.org/scholarship.htm](http://www.freedomalliance.org/scholarship.htm).

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](http://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.

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## **Veterans Information**

### **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:

August 10-12	Quakerbridge Mall
September 14-16	Livingston Mall
October 12-14	Deptford Mall
November 9-11	Menlo Park Mall
January 11-13, 2007	Brunswick Square Mall



February 9-11, 2007	Moorestown Mall
March 1-3, 2007	Hamilton Mall

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.

Charles H. Johnson, Vietnam veteran and poet, will have a reading of his latest book of poetry at the Vietnam Era Educational Center on **August 12**. Johnson of Hillsborough, N.J., is a graduate of the ROTC program at Rutgers University and a retired captain in the US Army Reserve. From 1970 to 1971, he was a first lieutenant and an infantry platoon leader for the 1st Cavalry Division in South Vietnam. He is the author of "Tunnel Vision" and numerous poems about Vietnam. Three of his poems are engraved on the Plainsboro Veterans Memorial sculpture in Plainsboro, NJ. Johnson conducts poetry workshops for high school students and teachers throughout New Jersey, and serves as a night editor and poetry reviewer for the Home News Tribune in East Brunswick, N.J.

Johnson's book, *Sam's Place*, consists of free verse concerning the poet's service as an infantry platoon leader in Vietnam and haiku about his dreams of America while he served overseas. Other poetry in the collection relates the poet's reaction to the World Trade Center and Pentagon terrorist attacks of Sept. 11, 2001, and how he deals with the ever-present reality of war and its consequences.

### Upcoming Events

Aug. 12 / 1 p.m. / *Sam's Place*, a book of poetry about the Vietnam War experience -- readings and lecture by the poet, N.J. Vietnam Veteran Charles H. Johnson.

Sept. 9 / 1 p.m. / *36 Years and a Wake-Up*, a Vietnam veteran's memoir -- lecture by the author, Vietnam Veteran Carey Spearman.

Sept. 15 / 11 a.m. / National POW/MIA Recognition Day and Gold Star Mothers Day ceremony.

Sept. 17 / 12:30 p.m. / Arrival of the Rolling Thunder-NJ motorcycle run for POW/MIA awareness, leaving Warinaco Park, Elizabeth at 11 a.m.

Oct. 14 / 1 p.m. / "Vietnam: A View You Have Never Seen Before," a slide show with discussion about folk life in modern Vietnam by NJ school teacher Ken Mayberg.

Lecture attendees are asked to RSVP to (732) 335-0033. A donation of \$5 per person is suggested. The Educational Center is open Tuesday through Saturday, 10 a.m. - 4 p.m. Regular admission is free for veterans and active-duty military personnel. Regular adult admission is \$4; student and senior citizen admission is \$2; and children under 10 are admitted free.

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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.

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## Vets' federal hiring preference changes for Guard, Reserve

Beginning June 9, National Guard and reserve members released from active duty will get the same veterans' hiring preference for federal jobs as those who are separated or retired from regular active-duty assignments.

Under the new rules, which Congress approved last year as part of the 2006 Defense Authorization Act, the definition of a veteran expands for the purposes of getting extra credit when seeking a federal job. Previously, veterans' preference applied only to people "separated" from active duty under honorable conditions.

Under the new policy, hiring preference would extend to any person discharged or released from active duty if they had more than 180 consecutive days of duty since Sept. 11, 2001, served in a war or in a campaign for which a campaign badge or expeditionary medal was authorized. Also, the person who is discharged or released

must have received an honorable or general discharge.

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### **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.

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### **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](mailto:Edward.goetschius@nj.ngb.army.mil).

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### **Mark your calendar....**



- July 28 – Singing Telegram Day
- July 29 – Cheese Sacrifice Purchase Day,
- July 30 – National Cheesecake Day
- Aug. 1 – Friendship Day
- Aug. 2 – National Ice Cream Sandwich Day
- Aug. 3 – National Watermelon Day

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### **Handy tips and hints -**

Look what you can do with **Alka Seltzer**..... Clean a toilet. Drop in two Alka Seltzer tablets, wait twenty minutes, brush and flush. The citric acid and effervescent action clean vitreous China.

Clean a vase. To remove a stain from the bottom of a glass vase or cruet, fill with water and drop in two Alka Seltzer tablets.

Polish jewelry. Drop two Alka Seltzer tablets into a glass of water and immerse the jewelry for two minutes.

Clean a thermos bottle. Fill the bottle with water, drop in four Alka Seltzer tablets, and let soak for an hour (or longer, if necessary).

Unclog a drain. Clear the sink drain by dropping three Alka Seltzer tablets down the drain followed by a cup of Heinz White Vinegar. Wait a few minutes, and then run the hot water.

(Makes you wonder about ingesting Alka Seltzer, doesn't it?)

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## *A Smile for your weekend*

### Four unusual ways to tell the future:

Scarpomancy: Predict someone's future by studying his old shoes.

Tiromancy: Study the shape, holes, mold and other features on a piece of cheese.

Scatomancy: Predict the future by studying poop.

Pynchonmancy: Throw darts at a paperback copy of "Gravity's Rainbow," by Thomas Pynchon, then read the sentence on the deepest page penetrated by the dart.

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### 101 Critical Days: Some dangers come in small packages

-- Dangers around your house don't always flash warning signs. Some of the biggest dangers come in creepy, crawly and camouflaged packages.

Brown recluse spiders, while not quite as dangerous as the infamous black widow, can threaten life or limb if its bites are left untreated. Brown recluses live in areas that are normally undisturbed, such as dark spaces, wood piles and dark areas in attics and sheds.

The brown recluse's bite is non-healing and kills tissue around the bitten area. The actual bite causes little pain, if any. Hours later, victims start to develop symptoms that get progressively worse. Within a few days, the bite area enlarges and kills tissue in a wide area around it.

The good news is that brown recluse spiders are not aggressive, said Dr. Bob Sargent, natural resources manager at Robins Air Force Base, Ga.

"When daylight comes ... they may take refuge in a pile of clothes on the floor. When someone goes to put the clothes on and their skin comes in contact with the spider, they get bitten," Dr. Sargent said. "They don't actively seek out people to bite."

Recluse spiders are not the only dangerous creepy crawlers, prairie rattlesnakes are also out this time of year.

Prairie rattlesnakes are non-aggressive and poisonous. Ranging in length from 3 to 5 feet, they have brownish or greenish-brown scales. The snakes inhabit fields, pine habitats and sandy areas, and they are active at night on or near paved roads. They prey mostly on prairie dogs and other small rodents.

A venomous snake's bite is extremely painful and swells rapidly. Symptoms of a snake bite may include skin discoloration, weakness, sweating, faintness, nausea and tingling or numbness in the tongue, mouth or scalp. Bite victims should be taken to the hospital as soon as possible.


The Air Force Center for Environmental Excellence at Brooks City-Base, Texas, recommends against applying tourniquets or snakebite kits. Instead, anyone applying first aid to a snake bite should immobilize the bitten area and keep it at or below heart level to slow the spread of poison throughout the body.

Situational awareness is the first and most important element to prevent being bitten, said Master Sgt. Michael Elliot, a survival, evasion, resistance and escape specialist for the 27th Fighter Wing at Cannon AFB, N.M.

"You need to know what's out there that can hurt somebody, regardless of the environment," Sergeant Elliot recommended.

Be alert for snakes or other wildlife when you spend time hiking, gardening or doing other outdoor activities in habitats a prairie rattler or brown recluse might call home. Look carefully before you reach into dark areas, brush or other piles of material that haven't been moved for a while.

Parents should make sure their children are aware of their surroundings. Children are a concern because they are smaller and therefore more vulnerable to the effects of



poison -- a bite that sickens an adult might kill a child.

Finally, don't panic. The prairie rattler and brown recluse bite not because they are naturally vicious, but because they are afraid. By staying calm and giving them space, you can avoid a trip to the hospital.

For more information about these or other potentially hazardous creepy crawlers, contact your base civil engineer environmental experts.