

DMAVA Highlights

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NJNG helps DEA collect old drugs

By Sgt. Wayne Woolley, DMAVA Public Affairs Specialist

The New Jersey National Guard Counter Drug Task Force was a key player in a recent U.S. Drug Enforcement Agency operation to collect and dispose of more than seven tons of unused, unwanted and expired medication to prevent the drugs from changing hands and being abused.

Operation Take Back New Jersey allowed state residents to rid their homes of drugs they no longer need as a way of ensuring they weren't diverted and abused or sold by young people with access the medicine cabinet.

Over a four-hour span on Sept. 25, people turned in drugs including widely abused narcotics such as Vicodin and Oxycodone to collection points operated by 365 of New Jersey's law enforcement agencies.

Members of the National Guard's Counter Drug Task Force transported the drugs for safekeeping at a DEA office in South Jersey and then on to an incinerator several days later.

"The National Guard was among the agencies that were instrumental in making this operation such a success," said John G. McCabe Jr., the acting Special Agent in Charge of the DEA's New Jersey Division.

Master Sgt. Joseph Prieto and 1st Lt. Alex Ramirez of the Counter Drug Task Force were on hand for McCabe's announcement.

DEA officials say the most important aspect of the drug-collection program is to raise public awareness of the dangers of prescription drug misuse. Officials cited statistics compiled by the University of Michigan's Monitoring the Future, which found a 111 percent increase in emergency room visits associated with the non-medical use of narcotic painkillers between 2004 and 2008.

"The majority of young people who abuse (prescription) drugs get it from a family member, a friend and the home medicine cabinet," he said. "With this program, we are trying to eliminate the home medicine cabinet as a potential source of abuse for our youth."



Flu shot season is here

"The single best way to protect against the flu is to get vaccinated each year." - CDC

The Division of Veterans Healthcare Services will be holding their annual

"Flu Clinic" in late October for employees of the DMAVA, HSCOE, Doyle Cemetery, ChalleNGe, and Veterans Haven. Check your e-mail and DMAVA Highlights for the date.

The 2010-2011 flu vaccine is called a "trivalent" vaccine because it contains three influenza viruses that research indicates will be most common during the upcoming flu season. The vaccine will protect against the 2009 H1N1 virus ("Swine Flu"), the H3N2 virus, and an influenza B virus.

While everyone should get a flu vaccine each flu season, it's especially important that the following groups get vaccinated either because they are at high risk of having serious flu-related complications or because they live with or care for people at high risk for developing flu-related complications:

1. Pregnant women;
2. Children younger than 5, but especially children younger than 2 years old;
3. People 50 years of age and older;
4. People of any age with certain chronic medical conditions such as asthma, diabetes, or immunosuppression;
5. People who live in nursing homes and other long-term care facilities;
6. People who live with or care for those at high risk for complications from flu, including:
 - a) Health care workers
 - b) Household contacts of persons at high risk for complications from the flu
 - c) Household contacts and "out of home caregivers" of children less than 6 months of age (*no vaccine is approved for children younger than 6 months, as these children are too young to be vaccinated for the flu*).

CFC campaign kicks off; looking for federal employee participation

By Jo Anne Miller, CFC Coordinator

The New Jersey National Guard Combined Federal Campaign has officially kicked off its 2010 Campaign which will run until Nov. 30.

The CFC provides every federal employee with an annual opportunity to voluntarily help by donating to local, national and international level human, health and environmental organizations. Contributions may be made via easy payroll deductions or by check.

Over the years, our Department has been most successful in this endeavor because of your personal generosity and concern. We urge every employee to support this worthy cause. Catalogs and payroll deduction forms will be going out to all full time Federal Technicians and AGRs.

The CFC Coordinator for this year's Combined Federal Campaign is Jo Anne Miller, J1-HRO Office. For more information, call 609-562-0851.



During deployments, take advantage of Hearts Apart

Hearts Apart is a group designed for families living apart from their military or civilian sponsor possibly due to an unaccompanied tour, extended temporary duty, deployment, or other mission requirement. Hearts Apart is a fun, relaxing and informative time to meet with others spouses, children, loved ones, and friends in similar situations. Picatinny Arsenal's Hearts Apart support group will meet on the third Wednesday of each month at the Choices Conference Room located in building 34N. Contact Clarence Lacy for more information at 973-724-5219 or e-mail Clarence.lacy@us.army.mil. Refreshments will be served. The next meeting is scheduled for Oct. 20, 9-10 a.m.

DMAVA Green

By Tech. Sgt. Barb Harbison, DMAVA Public Affairs Specialist

My husband will tell you that I read everything; put something with words in front of me and I will read it. While that is not entirely true – military manuals tend to make me just want to fall asleep most of the time – I do read a lot.

So imagine my surprise the other day when I was reading the wrapper from my toilet paper (yep, I read virtually everything) and saw that the maker of this particular brand creates the TP from recycled paper and not trees. So I went online and found other brands of paper products – towels, napkins, tissues, etc. – that are made from Post Consumer Waste.

Post Consumer Waste – or PCW – is the recycled paper that is collected at the end of your driveway each week or that you throw in the blue waste can here at work. And through the wonders of science, the memorandums, newspapers, old bills and other scraps of paper collected by the recycling companies are made into paper products we use in our home and work.

Some things created through recycling do cost more and some cost about the same as items made from unrecycled goods. There have been studies done asking Americans if they would pay more for goods made from recycled goods. One study found that 79 percent of the people surveyed would pay between 25 cents to one dollar more for a book if they knew the paper was from a recycled source.

Would you pay more for your paper products, books, magazines, clothing, furniture or computer if you knew it came from recycled goods? I read on person's reaction to that question – his answer was that if he was buying used goods, the item should cost less, not more.

The TP I bought was on sale and no more expensive than any other brand. And since it was about the same as my previous brand, I will probably continue to purchase it, even if it does cost a little more. The thought that I am saving a bit of my environment in a small way makes me feel good about my greening efforts. What are you doing to be green?

Keep Green!

Quotes

It is easier to perceive error than to find truth, for the former lies on the surface and is easily seen, while the latter lies in the depth, where few are willing to search for it.

--Johann Goethe

How sickness enlarges the dimensions of man's self to himself.

--Charles Lamb

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Families

Picatinny 2010 Army Family Action Plan Conference set

Are you someone that desires to make a difference? Are you ready to be a part of improving the lives of Soldiers, Retirees, DA Civilians and their family members? Then you are a good Army Family Action Plan delegate candidate. The 2010 AFAP Conference is scheduled for Nov. 15, 8 a.m.-4 p.m. The registration form is on the ACS website <http://www.pica.army.mil/mwr/ACS/AFAP.htm>

The AFAP is an Army-wide initiative to identify issues of concern to improve the overall Quality of Life for service members and their families. This process is used to identify the most critical well-being issues facing the Army today and provide suggestions about how things can be improved.

There are three ways you can be a part of the AFAP process at Picatinny Arsenal:

1. Be a delegate!! As a delegate you not only represent your community, you represent the Army. Delegates are placed into work groups to discuss issues that are submitted to the conference.

2. Submit issues!! Everyone can't be a delegate, so the next best thing is to submit your issues. Don't sit in your living rooms or stand around your housing area and complain to your friends and neighbors. Tell AFAP what your concerns are and what you think should be done to address those concerns.

3. Volunteer to work the conference!! The AFAP Conference is run by volunteers who care about the community and want to make life better not only at Picatinny Arsenal, but across the Army. So volunteer to be a part of the Conference staff. BE A PART OF THE PROCESS!

For more information about participating in the 2010 AFAP conference, contact Clarence Lacy, AFAP Program Manager at 973-724-5219.

Personal safety instruction class open to Picatinny community

Picatinny Arsenal Family Advocacy Program is holding the Personal Safety Instruction Class by Kyoshi John Hughes on Oct. 14, 12:15-1:15 p.m. at The Forge. The free class is part of the Domestic Abuse Awareness Campaign for 2010.

To register, contact Fran Agatino, FAPM 973-724-3568 or e-mail frances.agatino@us.army.mil.

Wear comfortable clothing, consistent with the activity and sneakers.

The Picatinny community is invited to register for the class; prior registration is required. Everyone is encouraged to attend – active duty, adult family members, arsenal employees, retirees and contractors.



Holiday mailing dates given for overseas packages, cards

By Karen Jowers, Air Force Times

For those mailing packages to friends and loved ones in the military overseas, Christmas comes early. And Hanukkah comes even earlier.

It depends on how you plan to send it, but if it's traveling the slowest way — parcel post — mail that package by Nov. 12 to get it there by Dec. 25, according to recommended holiday shipping dates provided by the Military Postal Service Agency.

Hanukkah begins Dec. 1 this year, so you'll need to send it 24 days earlier — by Oct. 19 — if it's going parcel post.

Here are the other recommended mail deadlines. Subtract 24 days from each deadline to get it there in time for Hanukkah:

- Space Available Mail (SAM): Nov. 20 to contingency locations (APO/FPO/DPO AE Zip 093); all other overseas military locations by Nov. 26.

- Parcel Airlift Mail (PAL): Dec. 1 to contingency locations; all others by Dec. 3.

- Priority Mail: Dec. 4 to contingency locations; all others by Dec. 10.

- First-class cards and letters: Dec. 4 to contingency locations; all others by Dec. 10

- Express Mail Military Services: Not available to contingency locations; other locations by Dec. 18. Check with your local post office to determine if this service is available to a particular APO/FPO/DPO address.

A night on the Great White Way

Love Broadway, but don't like the cost? Well, if you are a veteran, current member of the military or a family member — here is a treat for you.

A new non-profit, ARTS in the ARMED FORCES (AITAF) is attempting to bridge the gap between the military and theater companies by providing quality troop entertainment.

Free tickets will be given to veterans, current military members and their families to see and evening of monologues and jazz with performances by John Goodman, Eric Bogosian, Lauren Ambrose, Dianne Wiest, Lili Taylor, Jay O. Sanders, Jesse Perez and the John Batiste Jazz Trio.

The performance will be held on November 8 at 8 p.m., at The American Airlines Theatre, 227 West 42nd Street, New York.

To reserve free tickets go to www.aitaf.org, go to the "Contact" page, e-mail your name, rank, unit, and number of guests. There is no guest limit. The evening will be general seating, so first come, first served.

Note that the material performed is of an adult nature. No unattended minors may attend. There are six wheelchair-accessible seats available.

AITAF is run by former Marine and current actor, Adam Driver, and his fellow Juilliard graduate, Joanne Tucker.

Et Cetera

Air Guard travels to Albania



Albanian Air Force Col. Frederik Beltoja, second from right, Farke Air Base commander, discusses the improvements the base is undergoing in front of the recently completed control tower and fire station with, left to right Albanian Armed Forces Command Sgt. Maj. Proletar Panxha, State Command Chief Master Sgt. Michael Francis and Lt. Col. Richard Reitberger, both assigned to Joint Force Headquarters - New Jersey Air Component and 177th Fighter Wing firefighter Master Sgt. Anthony Boccelli, right, on Sept. 21. U.S. Air Force photo by Master Sgt. Mark Olsen, 177FW/PA.

Story and photo by Master Sgt. Mark Olsen, 177FW/PA

Recently Lt. Col. Richard Reitberger, State Command Chief Master Sgt. Michael Francis, both assigned to Joint Force Headquarters – New Jersey Air Component and 177th Fighter Wing firefighter Master Sgt. Anthony Boccelli visited Albania.

“The State Partnership Program is an exchange of ideas among

equals and will continue to be a benefit for both Albania and New Jersey,” said Reitberger.

The mission’s focus was on joint Air Guard – Albanian Armed Forces training, combined officer/NCO training and wildfire prevention – an issue important to arid Albania.

The Air Guard team met with Col. Arqile Kokedhima and Lt. Col. Halil Kucama, commanders of the Training and Doctrine Command and the Non-Commissioned Officer Academy respectively. Providing the Albanian input on overall NCO training was Albanian Armed Forces Command Sgt. Maj. Proletar Panxha.

“The enlisted leaders of the Albanian Armed Forces are dedicated to the safety of their countrymen the same as us who serve our state,” said Francis.

Discussion centered on education, the possibility of New Jersey sending over instructors and combined training for officers and NCOs at the schoolhouse. The Air Guard contingent toured the schoolhouse during which, Reitberger addressed a classroom of newly minted NCOs.

Driving to Tirana International Airport, the team met with Rinas Air Base commander Col. Raqi Qarri whom Boccelli presented a binder of materials that he had prepared based on his experiences preventing and combating wildfires at Warren Grove Range.

The Jersey Guardsmen then drove to Farke Air Base, where they met with base commander Col. Frederik Beltoja.

The next day Reitberger and Boccelli attended meetings at the Interior Ministry while Francis traveled with Panxha to Kucova Air Base to meet base commander Col. Flamur Hoxha who spoke about wildfires and how they could impact the base’s mission.

Despite the visit’s short duration, the team was able to identify numerous potential unit and individual training missions, as well as other needs that the Office of Defense Cooperation and possibly New Jersey might be able to address.

Princeton Officers Society invites new members

From the desk of retired Col. Stan Lapidow

The Princeton Officers Society – an organization of men and women who are former or current commissioned military officers – is looking for members.

Founded in 1993 by the late Squadron Leader, Timothy Craxton, who served in the British Royal Air Force, gatherings of the society include veterans and guests who have served many countries and in all branches of the Armed Forces. Its membership represents service men and women who have served during World War II, Korea, Vietnam, Desert Storm and up to and including current officers of the wars in Iraq and Afghanistan. The Society meets every two months for a dinner “Formation” at the Nassau Club on Mercer Street in Princeton. Members and guests are encouraged to wear their military uniform or black tie with miniature decorations. The opportunity is presented to share military experiences with one another. If you are interested in learning more about the Princeton Officers Society, visit our website at <http://princetonofficerssociety.org> or call 609-896-9370.

Joint Base thrift shops are the answer for crowded closets

Wouldn't it be great to clean out your closets – and get a tax break at the same time? There is. Consider making a donation to the McGuire Thrift Shop at 3446 Broidy Road on Joint Base McGuire-Dix-Lakehurst. Donations of gently-used goods, such as clothes, tools, bicycles, furniture, and sporting goods are welcome. The hours are from 10 a.m. to 2 p.m. Wednesday through Friday and the same hours on the first Saturday of the month. All proceeds are reinvested back into the military community. Volunteers are welcome. The thrift shop also accepts consignments from 10 a.m. till noon. Call 609-754-2368 for more information. And while you're on the Joint Base, check out the Dix Thrift Shop.



The shop has an ever-growing array of clothes, golf equipment, household items, gardening tools as well as clothes. Hours are from 10 a.m. to 2 p.m. Tuesdays and Thursdays; 10 a.m. to 2 p.m. the first and third Saturday of each month; and from 3 p.m. to 7 p.m. the first Wednesday of each month. For more information, call Sylvia at 609-723-2683. Both thrift shops are looking for volunteers.

Veterans & Military

NJARNG to give flu vaccine

From the office of Capt. Ian A. Cairns, Plans Officer, G3/JFHQ

Each year in the United States approximately 36,000, or nearly 1 out of every 10,000 people, die from influenza or its complications. Additionally, approximately 226,000 influenza-associated hospitalizations occur annually.

Vaccination remains the primary method for preventing influenza and its complications. Vaccination is mandatory for all uniformed personnel. The DoD requires the services to achieve a green status no later than Jan. 1, 2011. The 2010-2011 trivalent influenza vaccine (TIV) strains are A/California/07/2009 (H1N1)-like, A/Perth/16/2009 (H3N2)-like, and B/Brisbane/60/2008-like antigens.

The NJARNG will implement the Influenza Vaccine Immunization Program throughout the state, immediately upon receipt of influenza vaccine from the state medical command no later than Dec. 1, in order to protect the individuals at risk from developing influenza or its complications.

Troops to Teachers helps military lead in classroom

The Troops to Teachers program is designed to assist separating or retiring military personnel in pursuing a rewarding second career in public education (elementary, secondary or vocational) while also facilitating employment in public schools. Funded by the [U.S. Department of Education](#) and administered by the [U.S. Department of Defense](#) through DANTES, the long term goal of the program is to help improve American education by providing mature, self-disciplined, experienced and dedicated personnel for the nation's classrooms. New Jersey's Troops to Teachers office has counseled hundreds of interested military personnel, advising them on routes and programs to achieve full teacher certification in New Jersey, and referring them to school districts for employment.

To learn more, consider attending one of the upcoming program briefings at Joint Base McGuire-Dix-Lakehurst. Contact 800-680-0884 or via e-mail at tttnj@doe.state.nj.us for briefing and program information. You can also visit the program on the web at: www.nj.gov/education/tttnj.

Invitation to join extended by JWV Post 972 to all veterans

An invitation is extended to all military personnel to join the Lt Seth Dvorin Post 972 of the Jewish War Veterans. The veterans meet on the first Wednesday of the month at the Marlboro Jewish Center located at 103 School Road West, Marlboro, N.J. Meeting time is 7:30 p.m.

Second Lt. Seth Dvorin was a native of Monmouth County who made the ultimate sacrifice while proudly defending the American way of life and liberty. Lt Dvorin was killed in Iraq Feb. 3, 2004. The post was renamed in May of 2004 to honor Lt. Dvorin.

Post 972 covers Monmouth and Ocean Counties. Anyone interested in joining this post or a similar post should contact Richard Berg at r2d2b2@optonline.net or Richard Dvorin at ltsethdvorinpost972jvw@comcast.net.

Flu shots for veterans available at Philadelphia VAMC

Veterans eligible for VA health care are reminded to receive their annual flu shot – free of charge – at the Philadelphia Veterans Affairs Medical Center or any VA outpatient clinic in the community.

The flu shot is available at the Philadelphia VAMC Free Flu Vaccine Clinic, 9 a.m. - noon and 1 - 3 p.m. Monday through Friday. Veterans will also be offered the flu vaccine at any medical care appointment, including specialty clinics and the four VA community-based outpatient clinics in the Philadelphia area.

Health care providers say the flu vaccine is the most effective way for Veterans to protect themselves and their loved ones from getting sick over the winter months. In addition, Veterans 65 and older have the option of a high-dose vaccine this year, which may offer even more protection for those who receive it.

“For the first time, public health officials are recommending that everyone 6 months and older receive a flu vaccination,” said Darren Linkin, M.D., Philadelphia VAMC hospital epidemiologist. “Universal vaccination will keep everyone healthier and decrease the spread of flu to those who are most vulnerable.”

The Philadelphia VAMC provides health care to 60,000 Veterans in Philadelphia and six surrounding counties in Pennsylvania and New Jersey. In addition to the main campus in West Philadelphia, there are VA outpatient clinics at Ft Dix, Sewell and Camden, N.J., and in Horsham, Pa. (the Victor J. Saracini VA Community-based Outpatient Clinic). More information is available at www.philadelphia.va.gov or on the dedicated flu info line at 215-823-4640.

Retirees - make sure DFAS has your correct address

Your mailing address is one of the most important pieces of information that you have on file at Defense Finance and Accounting Service (DFAS). If you've moved recently or have a new P.O. Box, please notify them to ensure that your Retiree Account Statements, tax forms and other important documents will reach you in a timely manner. If you are a retiree please mail your address change to:

DFAS U.S. Military Retired Pay

P.O. Box 7130

London, KY 40742-7130

Fax DFAS Retired Pay at 1-800-469-6559

If you are an annuitant please mail your address change to:

DFAS U.S. Military Annuitant Pay

P.O. Box 7131

London, KY 40742-7131

Fax DFAS Annuitant Pay at 1-800-982-8459

Or, both retirees and annuitants may call DFAS Retired and Annuitant Pay directly at 1-800-321-1080.

If submitting your request in writing, please include both your old and new mailing address, along with the effective date for the new address. In addition, please include your name, social security number and signature with date on your request.

Calendar

Tough Mudder, Nov. 20 and 21

How tough are you? Tough enough for a Tough Mudder?

A Tough Mudder is the TOUGHEST one day event on the planet. This is not your average mud run or boring spirit-crushing road race. The seven mile obstacle courses are designed by British Special Forces to test all-round toughness, strength, stamina, fitness, camaraderie and mental grit. Forget about your race time, simply completing the event is a badge of honor. Not everyone will finish, but those who do make it to the post-race party will have truly earned the right to call themselves a Tough Mudder.

The race is 12 miles long with 19 military-style obstacles and an estimated completion time of two hours and 30 minutes.

A Tough Mudder will take place on Nov. 20 and 21 (your choice of days), at the Tri-State, Raceway Park, Englishtown, N.J.

The National Guard partners with the military-style race with obstacles. For those Guardsman who think they are tough enough for the event, there will be a \$30 discount for the fee on Sunday only of the event. If interested, e-mail info@toughmudder.com to get the code for the discount.

Register at www.toughmudder.com

The Tough Mudder is also asking for those interested to raise funds for the Wounded Warrior project. For more information contact Tough Mudder or visit <https://www.woundedwarriorproject.org>.

Costume Social, Oct. 16

The National Guard Association of New Jersey will host the New Jersey National Guard Costume Social on Oct. 16, 6-10 p.m. at the Lawrenceville Armory.

The event is limited to 200 people, so RSVP your space to dress in your silliest, scariest or sharpest costume at the social. Cost for the social is \$20 for adults and includes beer, wine, soda, appetizers and dessert.

Make your check payable to NGANJ and send to NGANJ-Costume Social, PO Box 266, Wrightstown, NJ 08652.

Family picnic at Dix, Oct. 16

The Central Jersey Christian Center is hosting a free picnic for military personnel and their families on Oct. 16, noon-3 p.m., at Willow Pond, on the Dix section of Joint Base McGuire-Dix Lakehurst. There will be food, refreshments, music and games.

You are asked to RSVP by e-mail to media@cjconline.org; let them know how many people will be attending. Plan for a great time.

Picatinny Haunted House

Ready to be frightened?

It's time for the Picatinny Haunted House 2010. The spooky place is open Oct. 23, 29 and 30. Cost is \$8 for adults and \$5 for children aged 6 to 12. Children aged 6 to 12 must be accompanied by an adult. Not recommended for kids under 6.

Entrance to the Haunted House is through the Navy Hill Gate off Lake Denmark Road in Rockaway Township. Detailed directions and updated hours can be found at www.pica.army.mil/mwr/cys/cyshomepage.htm.

Graveside dining will be available at the Cemetery Café, with a menu featuring hamburgers, hot dogs and chili.

All proceeds benefit the Picatinny Youth Program, the Military Unit Fund and the Civil Air Patrol.

Joint Base Career Fair set for Oct. 25

Here's a military job fair that's tailor-made to your career aspirations and geographic location.

The Civilianjobs.com Career Expo at Club Dix on Joint Base McGuire-Dix-Lakehurst on Thursday, Oct. 21 from 10 a.m. to 2 p.m. allows for online pre-registration to try to match current military members and veterans with the right job.

To register online, go to www.CivilianJobs.com. Or for more information the old-fashioned way, call 1-678-819-4170.

To gain access to the Joint Base, it is imperative that veterans who are not military ID-card holders submit the following information by noon on Oct. 6 via email to vwashington@civilianjobs.com: last name, first name, middle name, state of residence, state of driver's license, driver's license number, or date of birth for those without a license.

Veterans Outreach Campaign schedule

The DMAVA Veterans Outreach Campaign has kiosk displays at malls throughout the state and other special events to help veterans and their family members discover and apply for the benefits they are eligible to receive.

Nov. 4** Belleville Public Library

Nov. 8*, 9, 10 Ocean County Mall

Nov. 8** Toms River Elks Lodge 1875

*Medal ceremony 10:30 a.m.

**Medal only ceremony, beginning at 1 p.m.



Deadline

Want to place an event or article in DMAVA Highlights?

Deadline for articles is noon Wednesday.

Send submissions to wayne.woolley@us.army.mil.