DMAVA Highlights

September 9, 2010 Volume 12 Number 34

Governor Christie to participate in 25th edition of Governor's Military Review and Awards ceremony at Sea Girt

By Kryn P. Westhoven, DMAVA Public Affairs Specialist

This Sunday's Governor's Military Review and Awards ceremony will be the 25th time the Citizen Soldiers and Airmen of New Jersey will be standing at attention on the parade field of the National Guard Training Center in Sea Girt.

The public is invited for the event which starts at 11:50 am. with a parachute demonstration team gliding onto the grounds as 200 members of the Army and Air National Guard are led by the 63rd Army Band in this ancient military tradition

The 50th Infantry Brigade Combat Team will be receiving its combat streamer for the largest deployment of the New Jersey Guard since World War II. More than 2,800 Soldiers from across the state returned from a year-long deployment to Iraq in June 2008. The size of the mobilization caused the Governor's Military Review and Awards ceremony to be put on hold for the past two years.

Governor Chris Christie, the Commander-in-Chief of the New Jersey National Guard, will review the troops with Maj. Gen. Glenn K. Rieth, the Adjutant General. This the Silver Anniversary edition of the ceremony that includes a field artillery battery firing a nineteen gun salute.

The public can see dozens of static displays of military equipment and the New Jersey Militia Museum will be open.



Members of The New Jersey Army National Guard march in review at the last Governor's Military Review and Awards ceremony on Sept. 16, 2007. The storied tradition was put on hiatus for two years because of the Iraq deployment of the state's largest unit, the 50th Infantry Brigade Combat Team. Photo by Tech. Sgt. Mark Olsen.





New Jersey Army National Guard recruiters were out at New Jersey Motorsports Park on Labor Day weekend for the American Motorcycle Association (AMA) Pro Superbike race. The National Guard sponsors the Superbike series and the \$54 Michael Jordan Motorsports entry in the series which makes a stop in Millville. Sgt. 1st Class Mark Minisi, Alpha Company, 150th Assault Helicopter Battalion was the Master of Ceremonies on Sunday, Sept 5 as he waved the green flag from the starters stand. Several Guard members got an opportunity to ride on the back of a race bike as part of the activities during the two-day event. Photo by Lt. Col. Carl A. Palmer

Looking for a few good entrepreneurs

Veterans – are you the entrepreneurial sort? Do you want to start your own business? Here is an opportunity for you.

The nationally ranked Rothman Institute of Entrepreneurship at Farleigh Dickinson University is holding the next "Veterans Launching Ventures" classes starting Sept. 24. A free eight-week program will allow you to assess your business ideas and develop them into an action plan.

The program is open to all veterans. Due to the generous support from Gateway Group One, Novo Nordisk and FDU's Silberman College of Business, the \$1,995 tuition is being waived.

For more information on the course and to register, visit www.fdu.edu/veterans.

Nothing so much enhances a good as to make sacrifices for it.

--George Santayana, philospher poet

Vineland worker needs your assistance

From the Vineland Veterans Memorial Home

One of the food service department employees at Vineland

Veterans Home, Evelyn Acevedo, suffered a house fire recently and lost almost everything. While she is receiving assistance from the Red Cross, she does have three school age children and is in need of food and clothing.

Anyone who would be willing to help should contact Myong Dawson in the Vineland Home Food Service Department at 856-405-4314.



Some of the clothing needs are:

Boy - 34 inch waist pants/XL shirts

Girl (8 years old) - size 12; girl (11 years old) - size 3; girl (14 years old) - size 0-1.



Husband – 40 inch waist pants/2XL shirts.

Evelyn - size II pants/XL shirts Bed linens - queen, full and twin.

Whatever the amount you can contribute, remember every little bit helps. Thank you.

Program open to loan money to women vets to start business

Women veterans who are interested in starting up their own business can find an advocate in the New Jersey Women's Micro-Business Credit Program for Women Veterans.

Meant for women with a low income, the program will provide up to \$5,000 loans at .5 percent interest with up to five years for loan repayment.

Qualifications include: business must be independently owned and operated by a woman or women in the state of New Jersey; applicant must be a woman veteran; must attend the "Start Right!" seminar or five hours business consulting on business plans prior to applying; and must have little or no prior business experience.

Funds may be used for working capital, inventory, supplies, furniture, machinery, equipment and fixtures for a new business.

If interested, contact the New Jersey Association of Women Business Owners Women's Business Center at 973-507-9700or e-mail Penni K Nafus, Director, at pnafus@njawbo.org.

DMAVA Green

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

After reading an article about the chemicals contained in fabric softener, both liquid and sheets, and the side effects of the chemicals - I have it figured out - Monday Blues aren't caused by the start of the work week. It's my laundry habits!

Of the eight chemicals in most softeners, four of them can cause depression, four can cause headaches, four can cause brain and nervous system disorders and the whole list of chemicals can cause other symptoms such as nausea, dizziness, fatigue, drowsiness and more.

So my clean clothes that I washed and dried over the weekend have chemicals that are invading my body and causing me to feel blue on Monday. What am I to do? I have a skin disease that is aggravated by rough fabric - it became research time.

One source suggested going online or to my local natural foods store to purchase a natural laundry detergent with a built-in soybased fabric softener. Extra shopping and it sounds expensive. So I looked around for other options. Here are a few that I found:

Add 1/2 cup of baking soda to the water in your washing machine and let it dissolve prior to adding the clothes. Or, 1/4 cup of 20 Mule Team Borax to the rinse cycle. Or, add a cup of vinegar to the wash water. I have personally put the vinegar in the fabric softener dispenser of my washer and it worked fine.

Some suggestions for dryer use include putting a tennis ball in the dryer, but one source raised questions of gasses coming off the ball or the latex in the ball if you have latex allergies. Another dryer suggestion was a tightly scrunched ball of aluminum foil but snagging delicate clothes and possible increase of aluminum exposure could cause problems.

One easy tip was to not let the clothes dry completely noting that the small amount of remaining moisture keeps the static from clinging. Another, tip was to wash and dry cottons and synthetics separately; synthetics cause most of the static problems.

I will keep these all in mind when I use up my box of dryer sheets – I am not one to throw out money spent.

Keep Clean and Keep Green!

Quotes

It is in times of difficulty that great nations, like great men, display the whole energy of their character and become an object of admiration to posterity.

The jealous are troublesome to otheres, but a torment to themselves.

--William Penn

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New Jersey Department of Military and Veterans Affairs Maj. Gen. Glenn K. Rieth – The Adjutant General

Brig. Gen. James J. Grant – Director, Joint Staff Raymond Zawacki – Deputy Commissioner for Veterans **Affairs**

CW 2 Patrick Daugherty – Public Affairs Officer Tech. Sgt. Barb Harbison – Public Affairs Specialist Sgt. Wayne Woolley – Public Affairs Specialist

Wounded Soldier and Family Hotline I-800-984-8523

Families

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.

Church sponsoring free 8-week re-employment seminar

The New Providence United Methodist Church is sponsoring a free eight-week re-employment seminar. Held Monday evenings at 7:30 p.m. beginning Sept. 13, the seminar will be led by Lloyd Feinstein, founder of Career Marketing Consultants.

The seminar will be helpful to those who are unemployed or who anticipate having to make a job change. Each week will work on a different topic to help those attending prepare for today's unpredictable employment market.

Topics will cover: communicating your value, how to figure where to go in your next career, the resume, mechanics of the job search, and much more.

Feinstein has more than 25 years experience conducting these types of seminars and working as a fulltime career consultant and adviser to everyone from college graduates up to and including senior management executives and entrepreneurs.

Anyone is welcome to attend. The church is located at 1441 Springfield Avenue, New Providence. Visit http://www.gbgm-umc.org/npumcnj/ for more information.

Military and family members health insurance questions should be directed to:

Tricare – Sgt. 1st Class Louis Tuck, 609-562-0865 US Family Health Plans – Pam Worley, 732-977-8531 VA Medical – Michelle Stefanelli, 973-676-1000, ext. 1727

Business Loans Available For female veterans

Women veterans who are interested in starting up their own business can find an advocate in the New Jersey Women's Micro-Business Credit Program for Women Veterans.

Meant for women with a low income, the program will provide up to \$5,000 loans at .5 percent interest with up to five years for loan repayment.

Qualifications include: business must be independently owned and operated by a woman or women in the state of New Jersey; applicant must be a woman veteran; must attend the "Start Right!" seminar or five hours business consulting on business plans prior to applying; and must have little or no prior business experience.

Funds may be used for working capital, inventory, supplies, furniture, machinery, equipment and fixtures for a new business.

If interested, contact the New Jersey Association of Women Business Owners Women's Business Center at 973-507-9700or e-mail Penni K Nafus, Director, at pnafus@niawbo.org.

The First Tee offers free program to military

Since 1997, The First Tee, a not-for-profit organization, has introduced the game of golf and its values to more than 3.5 million participants in 50 states, five international locations and more than 3,500 elementary schools.

In the summer of 2009, The First Tee formed a two-year partnership with the Department of Defense to extend its programs to children of military personnel worldwide. Special focus is given to providing service to children of National Guardsmen and Reservists. The First Tee programs are being underwritten by the DoD and are available at no cost to military personnel and their families.

There are two age appropriate programs available.

Target is an introduction to The First Tee life skills experience in a fun safe environment.

PLAYer is a progression of small group classes focusing on life skills and golf skills and etiquette.

If you are a National Guardsman or Reservist and want to sign up your school-aged child, you first need to locate your nearest chapter. Go to www.thefirsttee.org. Once you find the chapter, download the military coupon at www.thefirsttee.org/military. Now all you have to do is make contact with the chapter, get their class schedule and bring the completed coupon to the facility. Now you can enroll your child at no cost.

The First Tee Military Affiliate Program is in effect through May 1, 2011.

If you have any problems or challenges with the program – contact Dan Brady, the staff specialist for The First Tee's Military Affiliate Program. You can find him at 904-940-4361 or dbrady@thefirsttee.org.

Et Cetera

Tough Mudder event tests overall fitness of runners

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.

Speaker at Dix Sept. 28 to talk about young Americans and \$\$\$

Improve your financial outlook for the future in a special presentation by Peter Bielagus, "Young America's Financial Coach," at Timmermann Center, Dix on Sept. 28, I-3 p.m.

Bielagus learned the hard way about debt – more than \$5,000 in credit card debt within six months of entering college. With determination, by graduation his cards were clean and he was on his way to financial freedom. He has written several books for students and young professionals about money and financial education and now also gives more than 100 presentations a year on the subject.

The session is open to all DoD cardholders. For more information, call 609-754-3844.

Recognition Day for POW/MIA and Gold Star Mothers, Sept. 17

The New Jersey Vietnam Veterans' Memorial Foundation will hold its annual POW/MIA Recognition and Gold Star Mothers Recognition Day ceremony on Sept. 17, at 11 a.m. at the New Jersey Vietnam Veterans' Memorial in Holmdel. The third Friday of September is National POW/MIA Recognition Day. Ceremonies are held throughout the country in honor of America's prisoners of war and missing in action, those returned and those still unaccounted for from our nation's wars. New Jersey Vietnam Veterans' Memorial Foundation president James S. Cusick of Tinton Falls, New Jersey will speak briefly.

Unity Day at JT2DC, Sept. 16

Start planning now for the New Jersey National Guard 12th Annual Unity Day celebration on Sept. 16, from 11:30 a.m. to 3:30 p.m. at the Joint Training and Training Development Center, Fort Dix.

Start the day off with the Fun Walk/Run at 8:30 a.m. Later you can donate blood at the Blood Drive and Bone Marrow registration in the Stow Bay Parking Lot, from 10 a.m.-3 p.m.

Spend the day celebrating our ethnic and cultural diversity though food, music, entertainment and giveaways.

For information, volunteer opportunities or questions, contact the following people:

Event POC is Maj. Barbara Brown-Wilson, 609-562-0856, <u>Barbara.g.brown@us.army.mil</u>; Fun Run/Walk POC is Staff Sgt. Christina Ermi, 609-562-0941, <u>Christina.d.ermi@us.army.mil</u>; or, Blood drive POC is Sgt. Geraldo Rodriguez, 609-562-0880, <u>Geraldo.rodriguez@us.army.mil</u>.

Joint Base 'Mud Run' Scheduled for Saturday

JOINT BASE MCGUIRE-DIX-LAKEHURST, N.J. – Joint Base McGuire-Dix-Lakehurst has been hard at work digging trenches, building mountains and filling mud pits for the 2010 "Beast of the East", the joint base's annual Mud Run scheduled for Sept. 11.

This year the course has been redesigned to create bigger and better obstacles than in past years.

"Last year's participants asked us to make the course more challenging. We have completely redesigned our course to make the participant's experience more rewarding," said Lt Col. Andrew Stark, 2010 Mud Run Director, "You asked for more obstacles and bigger messes; we listened."

Participants can expect to slip and slide through 17 different obstacles spanning 6.2 miles. Runners will low crawl through 60-foot-long mud pits, climb Hamburger Hill, wade through 100 yards of naturally-occurring swamp and jump over 6-foot tall dragon teeth, among other messy challenges.

Wild and crazy costumes have always been a highlight of the JB MDL Mud Runs. Participants are encouraged to wear their wackiest gear throughout the race. An award will be given to the most creative at the closing ceremony. Prizes will also be granted to top military and civilian teams and to male and female participants in various age categories. Entertainment, food and displays will be available for Mud Run spectators.

Registration closes on Sept. 3. Participants will not be able to register the day of the event.

For more information about the JB MDL Mud Run or to register visit http://mcguiremudrun.org.

Veterans & Military

Dinosaurs holding Fall Gathering on Oct. 20

The New Jersey Air Guard Dinosaurs (those are retirees to all you working folk), are holding their Fall 2010 Gathering on Oct. 20, I p.m. at the Town and Country Diner, Bordentown.

The full luncheon menu will have salad, main course, coffee/tea and a dessert for \$20, including tax and tip. Those who RSVP will be obligated to pay even if they do not attend since the group is charged for the number of diners who reserved.

To reserve your space with the Tyrannosaurus Rexes, contact Mel Sylvester at 609-298-5970 or NuffSaidMel@aol.com no later than Oct. 15.

All current ANG/ARNG employees (soon to be retired) and ANG/ARNG retirees are invited.

OIF/OEF veterans offered one year scholarships to computer schooling at Rutgers

Visit http://www.wforce.org/veterans.php for information on a program that offers a one-year scholarship for OIF/OEF veterans on Certification and Software Development from Rutgers University. Participants work part-time for three months after six weeks of training and then 'full-time' for WorkForce Opportunity Services (WOS). Sponsoring companies can also hire prospective graduates.

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.

Career, education fair for military, Sept. 25

The G.I. Go Fund and Felician College are hosting a Military Career and Education Fair on Sept. 25, 10 a.m. to 2 p.m. at Felician College.

This fair includes jobs, colleges and support services. It is free for all veterans, military personnel and spouses. Here is an opportunity to explore career options, learn about education programs and opportunities and gather literature. Professional attire is recommended. Bring plenty of resumes.

The fair will be held at Obal Hall, 262 South Main Street, Lodi NJ. For more information, contact 973-802-1614 or <a href="maintain.name="mai

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 ltsethd-vorinpost972jwv@comcast.net.

Calendar

Warrior run/walk at Rutgers

On September 11, Rutgers Army ROTC will be hosting a 5K run/walk for the Hope For The Warriors foundation.

The race begins at Rutgers Football Stadium on the Busch Campus at 9 a.m. Pre-registration begins at 7 a.m.

The foundation works to ensure the sacrifices of wounded and fallen warriors and their families are never forgotten nor their needs unmet. The foundation offers scholarships and other aid to wounded warriors and the families of the fallen.

All money raised from the race goes to support the foundation and their mission.

For further information and race registration, visit <u>www.hopeforthewarriors.org</u>.

POW/MIA ceremony, Sept. 16

Save the date – The POW/MIA ceremony traditionally held at Lakehurst, will be held on the Dix section of Joint Base McGuire-Dix Lakehurst this year. The event is being hosted by the joint base along with the Navy Lakehurst Historical Society.

The ceremony is scheduled for Sept. 16, I p.m. at the Timmerman Center. Guest speaker for the event is former POW, retired Admiral Ieremiah Denton.

Savino golf tourney, Sept. 24

The 14th Annual LTC Dave Savino Memorial golf tournament will be held on Sept. 24 at the Hanover Golf Course, Wrightstown. The tourney begins at 12:30 p.m. with a shotgun start and will be played in a two person scramble format (best ball).

Cost is \$100 donation per person and includes greens fees, cart, refreshments and door prizes. A buffet lunch will be served after the tournament at the course.

Send your payments to 108th WG/MXQ, ATTN: SMSgt Mike Balas, 3333 Wonnacott Blvd., JBMDL, NJ 08641. Make checks payable to LTC Dave Savino Memorial Fund. If you have any questions, call Balas at 609-894-4692.

The course is located at 133 Larrison Road, Wrightstown, 8 $\frac{1}{2}$ miles west of Great Adventure, just off route 537.

Sportsmen host day at Picatinny

The Picatinny Rod and Gun Association is sponsoring National Hunting and Fishing Day, Sept. 11 at Lynn's Pond at the Picatinny Rod & Gun Lodge, building 337. It is free admission and open to all eligible sportsmen, their families, and authorized guests.

Events scheduled include a youth fishing contest, pellet gun and archery ranges, conservation displays, food and refreshments, water fowl retrieving demonstration, and bird dog pointing demonstration.

As an added feature, the Annual Pig Roast will also be held at 5 p.m. at the Rod and Gun Club. The cost is \$35 a couple, \$20 for a single, \$10 for children 12 and under, and under the age of 6 is free. For more information, contact Mike Tutko, Chairman NHFD at mike.tutko@va.gov. *Funding Support Provided by CWC.

Please RSVP to (chris.kunkel@us.army.mil) in advance so we can ensure adequate supplies.

For rules and more information on either event, visit the Rod and Gun Association web page - http://www.pica.army.mil/out-door/RodGun.htm.

Run for the Fallen, Sept. 25

For the second year, runners will embark on a 140 mile run to honor every New Jersey service member killed in Operations Iraqi Freedom and Enduring Freedom. The "Run for the Fallen" will take place Sept. 25 starting at Cape May Lighthouse and ending at the New Jersey Vietnam Memorial in Holmdel.

The runners will mark every mile of the journey with an American flag and a personal biographical card in honor of every fallen service member. Runners are active duty and reserve Airmen and Soldiers from Joint Base McGuire-Dix-Lakehurst.

The New Jersey "Run for the Fallen" was started in 2009 by Master Sgt. Bubba G.V. Beason who was stationed in the McGuire section of the Joint Base. He is currently deployed to Afghanistan, but has made plans to return to New Jersey for the run.

If you are interested in participating in the run, or for more information on the run, visit www.njrunforthefallen.org.

Soldier Show, Sept. 25

Enjoy a free concert of the 2010 U.S. Army Soldier Show hosted by the Picatinny Arsenal at the Morris Knolls High School auditorium on Sept. 25 at 7 p.m.

All active duty, National Guard and Reservists, along with their families will be given priority and must request tickets by Sept. 3. All other requests will be accepted on a first come, first served basis, including retired military and Picatinny employees. Call 973-724-4014/4186/5515 to reserve your tickets. Tickets can be picked up at Picatinny or will be held at the door on the day of the show.

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.

Sept. 7*, 8, 9	Willowbrook Mall
Oct. 5*, 6, 7	Brunswick Square Mall
Nov. 4**	Belleville Public Library
Nov. 8*, 9, 10	Ocean County Mall



^{**}Medal only ceremony, begining at 1

p.m.

