

DMAVA Highlights

May 20, 2010 Volume 12 Number 18



NY Jets come to JT2DC for training

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

Roger Staubach, former Naval Academy quarterback, Vietnam veteran, and NFL Hall-of-Famer said, "Confidence doesn't come out of nowhere. It's a result of something...hours and days and weeks and years of constant work and dedication."

When four buses arrived at the Joint Training and Training Development Center on May 14, 65 players with the New York Jets football team and six of their coaches, piled off. They spent the day discovering what Soldiers do training for war and working together themselves training in teamwork and communication.

As with the military, the football players work on leadership and communication skills. According to Kyle Thorne, these players had just spent a mini-camp working on strength. This year the players had voted on four leaders, who had then drafted their team members onto their personal teams – talk about fantasy football!

As the various camps go on, competitions ensue, with teams getting points for their performance. The winning team will get perks. A barbecue at the end of this camp; special dinner, movie



Above: Staff Sgt. Melinda Cobian assists a NY Jets player with his helmet before he gets into the humvee rollover trainer. Left: It looks like lunch may not have been up to normal Jets standards. Photos by Mark Olsen, DMAVA Public Affairs Specialist.



night, evening off during summer camp could be part of the winnings for the top team.

The visit to JT2DC had the NFL members training in the desert, firing weapons in the Engagement Skills Trainer and VICE trainers and learning how to evacuate a Humvee after a rollover. Because the teams were in competition, a point system was assigned for time and accuracy in the various scenarios.

Linebacker Bart Scott, leader of Team Scott, said he developed a new level of respect for his father who had been a soldier in Vietnam.

"We practice all the time, like the military, to prepare for our jobs," he said. "But this is humbling. The military puts themselves on the line for their jobs."

177th FW recruiters have very successful year



The 177th Fighter Wing Recruiting Office has had, to put it mildly an incredibly successful year. During a recent promotions and awards ceremony Col. Robert C. Bolton, second from left, and Chief Master Sgt. Raynaldo, second from right, pose with 177th Recruiting Team, displaying a selection of their awards; left to right, Staff Sgt. Christina Noriega, Master Sgts. David Diaz and Christina Vidro and Tech. Sgt. Susanne Faucett. Not pictured is Tech. Sgt. Cris Delestre.

Master Sgt. Christina Vidro was presented with the Region V Large State Top Accession, the Bronze Club Award in recognition of 201 enlistments for the year of 2009 and the Bronze Club Level Award for 100 accessions.

Master Sgt. David Diaz was the Recruiting Supervisor of the Year. Tech. Sgt. Susan Faucett won the Production Recruiter of the Year, the Century Club Award for more than 100 Accessions and 1st Quarter Award Winner Recruiter with the Most Accessions.

And finally, the Recruiting Office received the Region V Fiscal Year 10 1st Quarter Award Winner Wing with the Highest Average Accessions; the FY 10 1st Quarter Award Winner Wing with the most Critical Accessions and the Region V FY 09 3rd Quarter Award Winner Wing with the most Critical Accessions.

Congratulations on a job very well done.

DMAVA Highlights

Starters wanted for AT&T National Golf tournament

The 2010 AT&T National golf tournament is looking for two members of the military – must be currently serving in the Guard, reserves or active duty – to work as starters for one day during the tourney.

The individuals can choose to participate on any day June 30 through July 4. The tournament will be held at Aronimink Golf Club, Newtown Square, Pa.

Military uniform is equivalent to Army Class B with short sleeves.

If you are interested, send an e-mail by close of business May 24, with your name, rank, unit, daytime phone number, e-mail address and day you want to be a starter to barbara.harbison@njdmava.state.nj.us.

To find out more about the AT&T National, visit <http://www.attnational.org/home/default.sps>.

State Direct Deposit pay stubs are on the Web

State employees, do you currently have Direct Deposit? Are you tired of the hassle of keeping track of your pay stubs? Just think; the shredding, the filing, the lack of space, the unnecessary mess. You can eliminate all of that (and save a tree or two) with New Jersey's *Pay Stub on the Web!* The State of New Jersey is making payment history available to state employees with electronic funds transfer (EFT), commonly known as direct deposit, with "Pay Stub on the Web." This newest feature is an online application that enables a New Jersey state employee to access his/her pay stubs, beginning with 2005 payment history, via the web. Now when you want to see your pay stub, you simply view it online. You can print it out if you wish, save it to your computer, do neither or both! It's all up to you. Any time you need your pay stub, it is available for you to view, right on the web! And if you try it out and decide it's not for you, you can cancel this feature at any time and go back to receiving your paper pay stub. There's no risk; so why not try it out?

Want to know a little more about how it works and how you can benefit from Pay Stub on the Web? Check out the attachment on DMAVA INTRANET under Human Resources (PayStubOnTheWeb.pdf) which is a simple tutorial that explains how you can use "Pay Stub on the Web" to view, print, and save your current and past pay stubs for your personal records. Remember, this feature is only available to employees with direct deposit. As we mentioned in the past, direct deposit is offered to all state employees and it is encouraged that our employees consider taking advantage of direct deposit with all that it has to offer.

Any questions, please contact Lisa Dandrea in Human Resources at 609-530-6888.

DMAVA Green

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

Good smells, bad smells – how can we use both to our advantage?

Store-bought air fresheners are full of chemicals that claim to create respiratory problems and more. But who wants a stinky house? For a natural approach to an indoor fresh scent, here are a couple hints.

Simmer cinnamon alone or with some cloves on the stovetop; everyone who enters your home will think you have been baking. Open the windows and let the fresh air circulate.

Another item to boil on your stovetop is a pot of water with a few drops of your favorite essential oil.

Soak some cotton balls in vanilla and place them discreetly around the room.

I found this hint online: Get a handful of pine needles that have fallen but that are not rotted. Cover a cookie sheet with foil and spread the needles on the sheet. Lightly spray the needles with water and put the sheet in a **warm** oven. Open the oven door slightly and the scent will fill the room. The writer has been doing with for 20 years and never had a safety issue.

Is your yard driving you bugged from the bugs that are infesting your plants? Place a birdbath near your garden which will have some feathered friends visiting. They will enjoy snacking on the bugs in the area, thereby keeping your pest population down. Just make sure to put fresh water in the birdbath daily.

Many bugs don't like "smelly" flowers. The aromas of marigolds, chrysanthemums, dahlias, or clematis vines have been shown to be natural bug repellents.

Try companion planting to help get rid of insects. You can use various herbs and flowers to repel those pesky insects that are destroying your garden. The aromas from plants such as mints, pot marigold, chives, lavender, sage and rosemary may be what you are looking for. Visit <http://www.companionplanting.net/> to find out more about companion planting. Nor do some bugs like the smelly vegetables. Garlic and onion planted in your garden have been proven to ward off some types of bugs.

Keep Green!

Quotes

No man of honor ever quite lives up to his code, any more than a moral man manages to avoid sin.

--Henry Louis Mencken

A wise man will make more opportunities than he finds.

--Sir Francis Bacon

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New Jersey Department of Military and Veterans Affairs

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Brig. Gen. James J. Grant – Director, Joint Staff

Retired Col. Stephen G. Abel – Deputy Commissioner for Veterans Affairs

Maj. Yvonne Mays – Public Affairs Officer

Tech. Sgt. Barb Harbison – Public Affairs Specialist

Sgt. Wayne Woolley – Public Affairs Specialist

Wounded Soldier and Family
Hotline
1-800-984-8523

Families

Memorial tree dedication slated for June 5



Maj. Gen. Glenn K. Rieth, The Adjutant General of New Jersey, cordially invites you to attend a Global War on Terrorism Memorial Tree Dedication Ceremony honoring our four fallen Soldiers: Staff Sgt. Frank T. Carvill, Staff Sgt. Humberto F. Timoteo, Sgt. Ryan E. Doltz and Spc. Christopher M. Duffy on June 5 at 11 a.m. at the N.J. Department of Military and Veterans Affairs, 101 Eggert Crossing Road, Lawrenceville, NJ. Military dress is ACUs for Army, ABUs for Air and business attire for civilians. This event will take place rain or shine.

Essex Troop scholarship applications available

It is time to apply for the Essex Troop scholarships. Six \$500 scholarships will be given to applicants enrolled or accepted to an approved college or university or school of nursing.

Applicants must be members in good standing of the Essex Troop or their spouse, child or grandchild. Applications are also accepted from active drilling New Jersey Guard members currently assigned to the 102d Cavalry Squadron, to include Company D, 250th Support Battalion; and active drilling members of the 50th Brigade Special Troops Battalion.

To download an application, visit <http://www.essextroop.org/scholarship.htm>. Questions can be addressed to hilw5307@yahoo.com or call 973-736-0952 Wednesday evenings after 7 p.m.

Applications are due to Scholarship Committee no later than May 26.

DoD offers interactive education resource for military families

Department of Defense Education Activity's Educational Partnership proudly presents "Students at the Center," an interactive educational resource for everyone involved in the education of the children of our military service members. It has a lot of information for families, military commands, school officials and more. Check out the Web site at <http://www.militaryk12partners.dodea.edu/studentsAtTheCenter>.

Request from deployed unit in Iraq for Good Neighbor donations

From David Kovak, 447th AEG ESFS

What better way to make a positive impact on the people of Iraq than the Good Neighbor Program. Currently, we have depleted our goods to a minimum, so I ask you to ask your local community or organizations for donations to help keep this project alive. It is up to all of us to contribute to this mission.

Here is a list of what they need most:

- Clothes (of all ages, girl and boy)
- Shoes
- Toys
- Candy (no food items, just candy)
- School supplies
- Hygiene items (deodorant, shampoo, shaving supplies, feminine supplies, etc.)
- Diapers
- Baby wipes



- Any kind of baby items (bottles, toys, formula, etc.)
- Coloring or activity books
- Sports equipment (footballs, basketballs, baseballs, bats, Frisbees, bubbles, water guns, etc.)
- Girls items (make-up, brushes, mirrors, stuff for hair, etc.)

Please send your contributions to:

David Kovak
447th AEG ESFS/Alpha Flight
APO AE 09321

Any help would be greatly appreciated!



Guard Youth Camp July 11-17

Applications are now available for the 2010 New Jersey National Guard Youth Camp being held at Sea Girt, July 11-17. To download an application, go to: http://www.state.nj.us/military/familysupport/youth_camp.html or contact your nearest Family Assistance Center.

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

Et Cetera

Retirement workshops for PERS, TPAF members

The Division of Pensions and Benefits is offering Retirement Workshops to members of the PERS and TPAF who plan to retire between July 1, 2010 and January 1, 2011.

- Workshops are being held at the New Jersey Forensic Science Technology Center in Hamilton Township (Mercer County), N.J.

- Workshop times are at either 9 a.m. or 1 p.m. and are currently scheduled for May 24, 28, and June 4, 7, 11, 15, 18, 21, 25, and 30.

- Members interested in attending must register online using the link on the Division's Web site. Go to: www.state.nj.us/treasury/pensions and click the link for "Retirement Workshops". Seating is limited – additional dates may be added but cannot be guaranteed.

During the workshops, our representatives will take a step-by-step approach to explain topics that include retirement benefits, beneficiary options, group life insurance, the taxability of your pension, and health benefits in retirement.

If attending, members must print an Estimate of Retirement Benefits using the Member Benefits Online System (MBOS) and bring it to the workshop (retirement estimates will not be provided at the workshop). To register for MBOS go to: www.state.nj.us/treasury/pensions/mbosregister.shtml and follow the registration instructions. Estimates obtained from MBOS are the same estimates obtained when visiting the Division's offices and use identical salary and service information.

Due to the recent increase in retirement applications, members must use the online Retirement Application available in MBOS. Submitting the application through MBOS reduces the chance of any delays in receipt of your application and provides for the fastest processing. Please also note that paper retirement applications will not be available and will not be accepted at the workshops.

FDU hosts workshop for vets

Fairleigh Dickinson University will host the first ever Vets4Vets workshop at its campus in Madison on June 25-27.

Vets4Vets is a non-partisan veteran organization dedicated to helping Iraq and Afghanistan-era veterans feel good and heal from any negative aspects of service and war through the use of peer support.

This workshop is free and open to all OEF/OIF veterans in New Jersey. The workshop includes free transportation, food and lodging. To learn more about Vets4Vets, visit at <http://www.vets4-vets.us>

To register, fill out the workshop registration form on the website and email it to Info@Vets4Vets.us, or fax it to 520-325-0772. Registration forms must be received by June 11. Once your form has been received, Vets4Vets will contact you with additional workshop details.

Memorial Day events

On the behalf of Deputy Commissioner for Veterans Affairs, retired Col. Stephen G. Abel, you are invited to attend the Department's annual Memorial Day Observance on May 29 at the Brig. Gen. William C. Doyle Veterans Memorial Cemetery. The Parade of Veterans begins at 10:30 a.m. and the Memorial Ceremony begins at 11 a.m.

The New Jersey Vietnam Veterans' Memorial Foundation will hold its Memorial Day ceremony on May 31 at 11 a.m. at the New Jersey Vietnam Veterans' Memorial in Holmdel. The guest speaker at this year's ceremony will be Maj. Gen. Glenn Rieth. The ceremony will also include the presentation of two scholarships to New Jersey high school seniors and the induction of two Vietnam Veterans into the Memorial's "In Memory" Program.

The New Jersey Vietnam Veterans' Memorial Foundation will award two \$2,500 college scholarships to: Alexander Rentschler of Robbinsville, graduating from Robbinsville High School, and Samuel Tanner of Linwood, graduating from Mainland Regional High School.

During the ceremony, the Foundation will induct two Vietnam Veterans into its "In Memory" Program. "In Memory" honors New Jerseyans who served and died as a result of the war in Vietnam but whose names are not on the Memorial. The inductees' names will be placed on an engraved stone inside the Memorial so that all who visit will know that they are with their honored comrades.

The two "In Memory" inductees are:

- Dennis M. Duffy of Elizabeth, N.J., who served in U.S. Marine Corps in Vietnam from 1967 to 1968. He died on March 5, 2009.
- Michael T. Lyon of Kendall Park, N.J., who served in the U.S. Army in Vietnam from 1967 to 1969. He died on November 17, 2008.

The Marlboro (Township) Memorial Day Parade will take place on Sunday, May 23, starting at 2 p.m. The parade route will start in front of the Marlboro firehouse at the corner of Route 79 and School Road West and proceed along School Road West to the Veterans Memorial at the Marlboro Municipal Complex on 1979 Township Drive.

The annual parade honors military veterans, active and reserve service members and all fallen military service members who have paid the ultimate price for our country's freedoms and way of life.



Veterans & Military

Jersey marathon team hits its stride



The New Jersey Marathon team is pictured from left to right, Lt. Col. Jesse Arnstein (21st CST), Master Sgt. Robert Cuff (JT2DC), Sgt. Anthony Christy (50 BstB), Master Sgt. Gary Davidson, team captain (254th Reg), and Master Sgt. Esly Panduro (JFHQ-NJ).

By Master Sgt. Gary M. Davidson, Operations Sergeant, 254th Regiment

The New Jersey National Guard marathon team posted a strong showing in the field of 8,000 in the National Guard Marathon in Lincoln, Nebraska on Sunday, May 2, 2010.

Lt. Col. Jesse Arnstein of the 21st CST won the male aged 40 to 44 division with a time of 2:54:28. He finished 24th overall and qualified for the All Guard Team as he's done several times before. Sgt. Anthony Christy of the Joint Training and Training Development Center finished in 3:34:55 – a particularly good showing considering he had not run a marathon in four years. And Master Sgt. Robert Cuff knocked 21 minutes off his time from the previous year to finish in 3:38:04. Team New Jersey placed 15th out of 38 states. Master Sgt. Esly Panduro of Joint Forces Headquarters and Master Sgt. Gary Davidson of the 254th Regiment finished 4th and 5th respectively for the team.

The National Guard marathon is the qualifying race for the All-Guard team which competes worldwide each year. The race is a rolling course which consists of a residential loop for the first half and an out and back second half taking the runners into the scenic Holmes Lake Park. The race finished on the 50 yard line inside the University of Nebraska Coliseum.

Monmouth University looking for volunteers for veterans program

Monmouth University is looking for volunteers to help launch its Yellow Ribbon Mentorship Program to help student-veterans as they pursue their degrees at the West Long Branch university.

Paul Gaffney, the university president a retired U.S. Navy vice admiral, said he envisions the mentorship program as an extra benefit to students who are attending the school using the Post-9/11 Veterans Educational Assistance Act of 2008.

Although the tuition assistance provided under the act is substantial, Gaffney wants the university to also be able to respond to all of the needs of their student-veterans. The volunteers could assist university staff with needs such as job networking, fellowship, and family help.

Gaffney believes students who have served in the military would benefit from having mentors who are veterans. If you live in the general vicinity of Monmouth University, and are interested in volunteering or finding out more...please contact program coordinator Jose Siandre at Jose.Siandre@glacialenergy.com.

Midway ceremony at Lakehurst

Joint Base McGuire-Dix-Lakehurst, New Jersey will host the Battle of Midway Commemoration ceremony on June 4, 10 a.m., at the Lakehurst Fitness Center.

The guest speaker will be Capt. Randy Mahr, Program Manager, Aircraft Launch and Recovery Equipment, Naval Air Systems Command. The event is open to the entire joint base.

Ultimate Warrior Career Workshop slated for June 9

Out there looking for a job? Looking to change career fields? Come to The Ultimate Warrior Career Workshops and Job Fair at The Timmerman Center on June 9 and 10 for workshops, services and opportunities to meet with companies who are hiring.

On June 9, from 8 a.m. -5 p.m. there will be technical workshops and services. Workshops include interviewing tips and techniques and meeting with career and job coaches.

On June 10, from 9 a.m.-3 p.m., a job fair with recruiters from defense contractors and private sector employers will be present.

For more information on the event or to register to attend, contact Sgt. Maj. James Clark at 301-674-9427, james.clarksr1@us.army.mil or Sgt. 1st Class Loranda Taylor, 609-864-2559, loranda.mitriece.taylor@us.army.mil.

Uniform for the event will be ACUs. No child care is available on site. Everyone must have a copy of their resume on a CD or hardcopy; thumb drives are not authorized.

N.J. Warrant Officer Association looking for new members

The United States Army Warrant Officer Association, Fort Dix Doughboy Chapter, is looking for members. For membership information, contact Chief Warrant Officer Nancy E. Rowbotham at nancy.rowbotham@us.army.mil.

Calendar

Dash to the Nutter Run, May 22

Get those running shoes ready for the sixth annual SGT Nutter Run on May 22. The 5K run will be held at the National Guard Training Center, Sea Girt. Sign in is 8-9:30 a.m., race start is 10 a.m.

Cost to run is \$10 if enrolled in JROTC, \$15 if postmarked before May 1 and \$20 on the day of the event. Profits from the run go to benefits the lives of National Guard families in need. This year the benefits will go to the Stadelman twins – children of 2nd Lt. John Stadelman, a New Jersey Army Guardsman who passed away on July 9, 2009.

For more information about the prizes, donations to be raffled, applications to participate in the run and more, visit www.Nutter-Run.org.

Guard families holding Band of Brothers Memorial Poker Run

The families of the four New Jersey Army National Guard Soldiers who were killed in Iraq in June 2004 are honoring the memory of their fallen heroes with the Band of Brothers Memorial Poker Run which will be held on June 6, 2010.

The families are asking for their friends' and communities help and support with the event. All donations – monetary or otherwise – will be greatly appreciated and acknowledged on the day of the event. All donations are tax deductible. Individuals or organizations donating \$1,000 or more will have their names listed on the Run T-shirt.

All profits will be divided among the Friends of Frank Carvill Foundation, the SGT Ryan E. Doltz Memorial Foundation and the Duffy and Timoteo families.

For more information visit www.RememberingRyan.org.

Vets group holding 25th annual flag memorial, June 11-13

The Delaware Valley Vietnam Veterans are holding the 25th Annual Donald W. Jones Flag Memorial on June 11-13 at Falls Township Park, 9072 Mill Creek Road, Levittown Pa. The event is in honor of all veterans of all wars and the sacrifices they made.

The memorial, which plants more than 58,000 flags in the ground; one each for every American who was killed or is missing in action in the shape of the Vietnam Veterans Memorial Wall in Washington, D.C.

The flags are planted on June 14, starting at 9 a.m.; volunteers are always needed.

On June 12, there will be a free concert and a Day of Reflection. The bands, such as Angry Vic, Classic Jurassic, Final Warning, Legend and more, start at noon.

A motorcycle rally will begin at noon on June 13, with a memorial service and repatriation ceremony at 1 p.m. If you wish to participate in the motorcycle rally, contact Sue at 215-783-7456.

For more information, contact Donnie Jones at 267-566-2860 or Jesse Hill at 215-949-2490.

DMAVA picnic is on calendar for June 17

It's that time again – time for the DMAVA/JFHQs Picnic! This year it will be held on June 17, next to the HSCOE building on the DMAVA campus at approximately noon. Cost is \$10 now; \$15 at the entrance.

The menu will be sausage, hot dogs, hamburgers, potato and macaroni salads, cole slaw, baked beans, ice cream and beverages. Dress is appropriate summer attire.

There will be a town hall meeting at 11 a.m. prior to the picnic. Attendance at the town hall meeting is mandatory. For those employees who do not choose to attend the picnic, it will be a full and normal workday and they must return to their regular duty station. Buses will be provided for those attending the town hall meeting from the Dix/McGuire areas.

Payment can be made to your department representative:

DMAVA – Darlene Laarz, 609-530-6992; Dawn Baulo, 609-530-6717; Tina Taylor, 609-530-7170; and Karen Hansen 609-530-6868.

Fort Dix – Barbara Alcott, 609-562-0870; and Bonnie Gaskell, 609-562-0925.

HSCOE – Kevin Hearn, 609-530-7069.

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.

May 25*, Deptford Mall
26, 27 *Medal ceremony at 10:30 a.m.

Outreach Events Only

June Wildwood Convention Center
3-4 Elks State Convention
9-11 American Legion State Convention
16-18 Veterans of Foreign Wars State Convention

July 30 First Energy State Park, Lakewood
Lakewood Blue Claws
Veterans Appreciation Night

August 29 TD Bank Ballpark, Bridgewater
Somerset Patriots
Veterans of America Day