

DMAVA Highlights



Oct. 1, 2009 Volume 9 Number 36

Jersey Guard invited to Flyers' 'Captain's Corner'

By Sgt. Wayne Woolley, DMAVA Public Affairs Specialist

You could call New Jersey Army National Guard Sgt. 1st Class Stephen Cosmanic a bit of a hockey fan. In his best year, 2001, he made it to 56 NHL games, including a few in Canada.

Still, he never had an experience quite like he did the other night at the Wachovia Center in Philadelphia for a pre-season game between the Flyers and the Minnesota Wild.

Cosmanic and nearly a dozen other National Guard Soldiers watched the game from the comfort of a luxury box loaded with pizza, soda and snacks.

"This is phenomenal," Cosmanic said from his comfortable perch above the ice. "I'd never be able to do this otherwise."

Over the coming hockey season, plenty more National Guard Soldiers and Airmen will get the opportunity to see the Flyers from the same vantage point thanks to a donation by Mike Richards, the team captain. The 23-year-old fourth-year center bought the luxury box known as "The Captain's Corner" and is donating it for all 41 home games to various charities. Richards directed the Flyers community relations staff to see that on many nights, the luxury box goes to the National Guard and other service members, with a special emphasis on troops that have deployed to Iraq and Afghanistan.

Maj. Tracey Phillips of the 254th Combat Arms Regiment worked with Richards and the Flyers to make the initial arrangements and will be working with the major subordinate commands over the course of the season to fill the box with plenty of National Guard Soldiers and Airmen.

"This is a win, win for everyone," Phillips said. "The Flyers are a class organization that supports the Guard."

National Guard Soldiers and Airmen interested in taking in a game from the Captain's Corner box are asked to place their request through their chain of command.



Stand Down for Homeless

Tech. Sgt. Stacy Terri of the 108th Medical Group interviews one of the more than 160 homeless veterans that attended the ninth annual Stand Down South held at the Cherry Hill armory on Friday, Sept. 25.

The New Jersey Department of Military and Veteran Affairs and the Stand Down of South Jersey Committee, Inc. co-hosted the event to provide homeless veterans with access to healthcare, mental health screening, substance abuse counseling, social services (food stamps and unemployment), legal services, counseling, a hot meal, a haircut and winter clothing.

The next Stand Down will be held on Saturday, Oct. 17 at the John F. Kennedy Recreation Center, 211 West Kinney Street in Newark. Photo by Staff Sgt. Rose Examilotis, 444th MPAD.

Bad assistance can cost you

Effective today, October 1, 2009, there is a new number for employees to call for their Directory Assistance needs.

The new Directory Assistance number is **1-865-982-3782**.

Please do not use the old AT&T directory assistance number of 1-602-293-4907, 411, (Area Code) 555-1212 or any other "toll call" Directory Assistance phone number.

*Do your duty in all things. You could not do more.
You would not wish to do less.*

--Gen. Robert E. Lee



Former Philadelphia Flyers goalie and National Hockey League Hall of Famer Bernie Parent signs New Jersey Army National Guard Spc. Brian Axelrod's jersey at a recent game at the Wachovia Center.

DMAVA Highlights

Remember Vets in need

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

I was in the local dollar store the other night and on an adjacent set of shelves to the Halloween items was....Christmas decorations!! And it was only September.

While I shuddered, because I hadn't yet contemplated preparation for that holiday season, it did get me at least thinking about it.

The next day I shot out an e-mail to the three veterans homes and Vets Haven asking for their annual wish lists. All four facilities have lists of items for their residents or the facility – from clothing, batteries and phone cards to recliners and flat screen televisions. I have lists ready for organizations and individuals to give things to make the residents' lives better.

My next thoughts come around to my office. I will be celebrating my 11th holiday season here at the DMAVA PAO office. We have had a rotating group of characters over the years; only one member of the current group has been here longer than me and he only by about four months.

We have exchanged gifts at the December holiday season as a group, which morphed into exchanging names so each of us only had to buy one gift, until last year. We got closer and closer to the holiday and nothing had been done to orchestrate the exchange of names. So I came up with an idea that was quick, easy, green, benefited others and meant no shopping for anyone. The four guys I worked with rapidly agreed to my suggestion.

I collected the \$20 that was supposed to be the spending limit for our exchanged gifts from each person in the PA office. The money went into an envelope and I drove into Trenton to the Mercer County Food Bank. They welcomed our \$100 donation which we knew could be used at the holidays. It meant none of us had to shop, wrap, or worry about how our gift would be received by a co-worker. And I will admit the warm, fuzzy feeling I got in return for my portion of the donation didn't hurt.

My proposal before you is this: before you hop in your car, drive off with list in hand, shop for hours for that "perfect" gift, come home tired, hungry and frustrated and then have to hope that the recipient really likes your gift – think of the needy around you. Whether it is items for the veterans at the homes or Vets Haven, a local food bank, a shelter, or groups such as Appalachian Outreach (<http://www.appalachianoutreaching.org/index.php>), Salvation Army (http://www.salvationarmyusa.org/usn/www_usn_2.nsf), or Operation Christmas Child (<http://www.samaritanspurse.org/index.php/OCC/index>). For other possibilities look to your personal place of worship, read a newspaper, or check out the Internet. There are hundreds, if not thousands, of organizations that could use your donation.. When you give to an organization you will not get to see smiles when the recipient opens your gift or the relief of the family who now has food for another week, but you will get a warm feeling in your heart.

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DMAVA Green

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

The first day of autumn has come and gone, the weather is cooling down and evenings are getting dark earlier and earlier. We have come to "Autumn, the year's last, loveliest smile," according to William C. Bryant.

But the cooling temperatures will often send us indoors, exposing us to another, new set of problems. According to reports, you can save 3-5 percent on your heating energy costs for every degree below 68 degrees on your thermostat during cold weather.

Add a plant or two to your home or office space. Besides adding a nice touch to the area, live plants can clean the air, reduce noise pollution and even have proven health benefits according to a NASA study.

This study found that common house plants can improve air quality. Houseplants can remove up to 87 percent of air toxins in 24 hours; they recommend 15-18 "good sized" plants in 6-8 inch diameter containers for a 1,800 square-foot house.

According to a University of Agriculture in Norway study, indoor plants can reduce fatigue, coughs, sore throats and other cold-related illnesses by more than 30 percent, partially by increasing humidity levels and decreasing dust.

The top nine air purifying plants are: dragon tree, ivy, ficus, philodendrons, spider plants, peace lilies, ferns, chrysanthemums, and palms. They can remove potentially harmful chemicals including: those in paints, varnishes, dry cleaning fluids, car exhaust fumes and tobacco smoke.

Always remember that some plants can be hazardous to children and pets. They should be kept out of reach or out of your home. Some of these plants include holly, dieffenbachia, rhododendron and mistletoe. For a comprehensive list for children, visit <http://shop.sixwise.com/index.asp?PageAction=Custom&ID=74>; for pets, visit http://www.healthypet.com/library_view.aspx?id=133.

Quotes

Everyone needs a warm personal enemy or two to keep him free from rust in the movable parts of his mind

--Gene Fowler

I chose my friends for their good looks, my acquaintances for their good characters, and my enemies for their intellects. A man cannot be too careful in the choice of his enemies.

--Oscar Wilde

Speak well of your enemies sir, you made them.

--Oren Arnold

New Jersey Department of Military and Veterans Affairs

Maj. Gen. Glenn K. Rieth – The Adjutant General

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

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

Families

Warrior Adventure Quest now at Picatinny Arsenal

Warrior Adventure Quest introduces Soldiers to high-adventure outdoor recreation activities such as Paintball, Geocaching, Ropes Course, SCUBA diving, rock climbing, mountain biking, skiing or white-water rafting, and combines it with Battlemind training.

What's The Objective? Allow Soldiers to experience high-risk activities in a safe, controlled environment.

Unfortunately, many recently deployed U.S. service members have pushed too far as they seek to fill the void left by a supercharged combat environment. At least 186 Soldiers have died in accidents within one year of returning from combat, officials reported, and 168 of them within the first six months of their redeployment. More than half of the accident fatalities were those ranked E-5 or below, with the incidents involving driving at high speeds, alcohol, or both.

As of Jan. 20, the Army had documented the death of 50 Soldiers to accidents between Memorial Day and Labor Day 2008 - a loss of one Soldier every other day throughout the summer.

WAQ activities are a high adventure component, using local resources at each Garrison, using Battlemind training. This program is designed for a team-building activity, Focused at the Platoon-level, to engage all soldiers in RESET.

Visit <http://www.pica.army.mil/outdoor/> for more information.



Next Marriage Enrichment weekend coming in February

From Marie Durling, Family Programs Specialist

The next Marriage Enrichment weekend will be in February 2010. As soon as information is available on location and date, the applications will be available in the Family Support newsletter. There is only space for 25 couples, so keep your eyes open for the notice. Contact Marie at 609-530-6884 or marie.durling@us.army.mil to receive the e-newsletter.

State Family Programs
101 Eggert Crossing Road, Lawrenceville
Toll-free number 1-888-859-0352
Family Assistance – 609-530-6834/6884
State Youth Coordinator – 609-530-6836
Military Family Life consultants – 609-530-6835/6886
Yellow Ribbon Program – 609-530-6846/6853/6859
Fax – 609-530-6871

Military-friendly college fair in Woodbridge Oct. 21

The organizers of a college fair at Woodbridge High School 25 Kelly Street, Woodbridge, on Oct. 21 are inviting all members of the military and their families to attend. More than 75 higher learning institutions will be represented at the fair, which opens to the military at noon. Woodbridge Mayor John E. McCormac has also invited several local corporations to send recruiting representatives.



First Tee program comes to Picatinny Arsenal

From Scott Nordland, Picatinny Arsenal

It is with great pleasure to announce a new FREE program that the Picatinny Arsenal SKIESUnlimited Program will be offering! The First Tee program serves young people by offering them a unique perspective toward learning golf while appreciating the positive personal and social values associated with a lifelong game and physical fitness activity. Life skills programs that incorporate The First Tee Nine Core Values are delivered through a network of community-based chapters and elementary schools. Children ages 7-18 are able to participate in this free program that is being offered by the SKIESUnlimited Program beginning in October. Please visit the Children and Youth School Services Web page <http://www.pica.army.mil/mwr/cys/SKIES/SKIES%20Webpage.htm> for more details!

To register contact Scott Nordland, 973-724-7183 or e-mail scott.nordland@us.army.mil.

Free tutoring, homework assistance to Army families

Tutor.com is available to ALL Army-affiliated families – military, civilian and contractor – regardless of deployment status or component. The Web site is 24/7 real-time, individualized, one-to-one tutoring and homework assistance with a qualified and screened tutor.

Spanish speaking tutors are available from 2 p.m.-1 a.m.

Adult assistance college coursework and resume/job search/citizenship/standardized testing is also available.

If you have questions, contact Nadine Moore at the National Guard Bureau, 703-607-9817 or visit www.myarmyonesource.com/cyss_tutor.

State Employees

Open enrollment for state health plan 2010 begins Oct. 1

It's that time of year again! The State Health Benefits Program (SHBP) Open Enrollment period for all State employees will begin on Oct. 1 and end on Oct. 30, 2009. All changes to coverage made during this open enrollment will be effective on January 2, 2010, for State employees paid through the State Centralized Payroll Unit.

There are new documentation requirements if a member is enrolling a dependent for coverage (spouse, partner, or child). Along with the employer-certified *Health Benefit Applications* and/or *Dental Plan Application* the following documents are required to verify the dependent's relationship to the member and eligibility for coverage.

- Employees who are enrolling a spouse as a dependent in the SHBP for the first time are required to provide a photocopy of the marriage certificate and a copy of the top half of the front page of the employee's most recently filed federal tax return (Form 1040*) that lists the spouse.

- Employees who are enrolling a child as a dependent in the SHBP for the first time are required to provide a photocopy of the child's birth certificate showing the employee's name as a parent.

If the employee's name is not on the birth certificate, the birth certificate and a copy of the top half of the front page of the employee's most recently filed federal tax return (Form 1040*) that lists the child may be submitted.

**Employees may black out all financial information shown on the form but the last 4 digits of any Social Security numbers.*

Note: Additional documentation requirement information can be found on the SHBP Web site at: www.state.nj.us/treasury/pensions/shbp.htm. If you wish to enroll any dependents in the SHBP, and are not sure what documentation is required, please contact Benefits Administrator, Lisa J. Dandrea in Human Resources at 609-530-6888.

The State Health Benefits Commission has approved health, dental, and prescription drug plan rates for the 2010 plan year. The cost for health and prescription remains the same at 1.5 percent of the employee's salary. There will be a slight increase to the dental plan rates for state employees. Rate increases will be effective Jan. 2, 2010. These rates may be found on the SHBP Web site at: http://www.state.nj.us/treasury/pensions/hb_open_enrollment_2009/dental-state-biweekly.pdf.

Is it a cold or the flu? Here's an easy way to tell the difference

From DMAVA Veterans Healthcare Services

So you woke up this morning feeling like a steamroller was running over you all night. You are tired, aching, coughing – do you have a cold or is the flu? And if it's the flu, is it Swine Flu (H1N1)? Here is an easy table to help you tell the difference.

Symptom	Cold	Flu
Fever	Fever is rare with a cold	Fever is usually present; up to 80 percent of cases. Temperature of 100 degrees or higher for 3-4 days is associated with the flu.
Coughing	Hacking, productive cough – with mucus often present	Non-productive cough usually present; dry cough
Aches	Slight body aches and pains can be present	Severe body aches and pains are common
Stuffy Nose	Commonly present; typically resolves spontaneously within a week	Not present with the flu
Chills	Uncommon	60 percent of people with flu get chills
Tiredness	Fairly mild	Moderate to severe
Sneezing	commonly present	Not common
Sudden Symptoms	Tend to develop over several days	Flu has a rapid onset – within 3-6 hours. Hits hard and includes high fever, aches and pains
Headache	Fairly uncommon	Very common; present in 80 percent of cases
Sore Throat	Commonly present	Not commonly present
Chest Discomfort	Mild to moderate	Often severe

If you have two or more of the flu symptoms: self-quarantine and don't infect others.

Swine flu (H1N1) has also been infected with vomiting and diarrhea.

Always cover your mouth and nose with a tissue when you cough and/or sneeze. Or cough or sneeze into the crook of your arm.

Clean your hands often during the day with soap and warm running water. And always after you cough or sneeze.

Use an alcohol-based hand sanitizer gel if you don't have access to soap and water.

Veterans & Military

VA warns Veterans of telephone prescription scam

WASHINGTON (Sept. 17, 2009) - The Department of Veterans Affairs (VA) is warning Veterans not to give credit card numbers over the phone to callers claiming to update VA prescription information.

"America's Veterans have become targets in an inexcusable scam that dishonors their service and misrepresents the Department built for them," said Dr. Gerald Cross, VA's Under Secretary for Health. "VA simply does not call Veterans and ask them to disclose personal financial information over the phone."

Veteran Service Organizations have brought to VA's attention that callers are misrepresenting the VA to gain personal information over the phone. They say VA recently changed procedures for dispensing prescriptions and ask for the Veteran's credit card number.

"VA has not changed its processes for dispensing prescription medicines," Cross said. "Nor has VA changed its long-standing commitment to protect the personal information of this nation's Veterans."

Veterans with questions about VA services should contact the nearest VA medical center or call, toll-free, 1-877-222-8387.



Navy birthday lecture Oct. 3 at NJ Vietnam center

On Oct. 3, at 1 p.m., the New Jersey Vietnam Veterans' Memorial Foundation will host a celebration of the United States Navy's 234th Birthday with a lecture by Navy Lakehurst Historical Society members Carl Jabonski and Ronald Montgomery. The lecture will cover the history of the U.S. Navy, a look at where the U.S. Navy is today and what the future holds. This program will be held at the Vietnam Era Educational Center in Holmdel. Light refreshments will be served.

Carl Jablonski of Beachwood, President of the Navy Lakehurst Historical Society, will speak about the Navy's history along with its present and future missions. Ronald Montgomery of Whiting, serves as vice-president of the historical society as well as Director of the Navy Lakehurst Information Center, Ready Room, and POW-MIA Room. Ronald retired from the U.S. Navy. He will discuss his Navy experience and Lakehurst's new jet launching system that will render today's aircraft catapult systems obsolete.

Lecture attendees are asked to RSVP to 732-335-0033. A donation of \$5 per person is suggested.

NJ Vietnam Memorial hosts author lecture, book signing

On Oct. 10, at 1 p.m., the New Jersey Vietnam Veterans' Memorial Foundation will host an author lecture and book signing presented by retired Col. Leonard Luzky and retired Lt. Col. William Kale, entitled "A Journey to Honor," based on the new book, *A Tribute to New Jersey Veterans*. This program will be held at the Vietnam Era Educational Center in Holmdel. Light refreshments will be served.

The book, *A Tribute to New Jersey Veterans*, was a collaborative effort between the *Star-Ledger* newspaper and the National Guard Militia Museum of New Jersey. It features numerous unpublished photos from the museums' collections, the archives of the N.J. National Guard archives, N.J. National Guard Regimental Associations' archives and *Star-Ledger*, along with photos from personal collections and other sources, including the NJVVMF. It features approximately 300 photographs with text and captions that chronicle the men and women of New Jersey who have protected democracy since the inception of our great country right up to today's conflicts, including a chapter entitled "In Harm's Way" featuring photos from recent deployments. With the photos and illustrations, this book captures the contributions of New Jersey's men and women.

In the lecture, "A Journey to Honor," the authors will speak on the genesis of the book, its development and extensive sources. They will review pictorial highlights from various chapters including the Vietnam section, New Jersey's early military history, how the state has honored our veterans, notable New Jerseyans, and the story of today's men and women from New Jersey who serve in the military. Copies of the book will be available the day of the lecture for \$32.

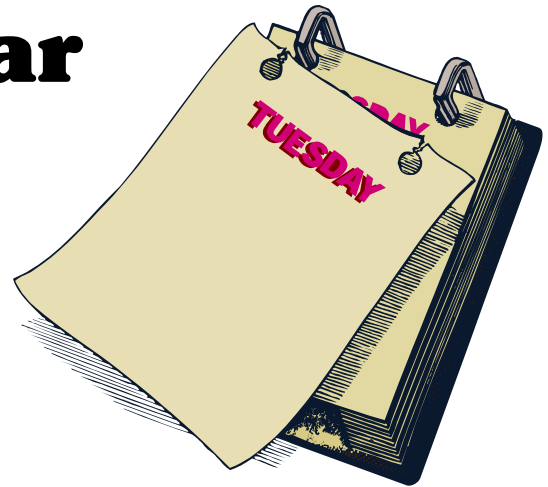
In addition to Col. Luzky and Lt. Col. Kale, *A Tribute to New Jersey Veterans* was also co-authored by retired Chief Master Sgt. Craig A. Czarnecki, retired Brig. Gen. Robert Dutko, Michael Horgan, retired Col. Donald Kale, and Joseph Seliga.

Lecture attendees are asked to RSVP to 732-335-0033. A donation of \$5 per person is suggested. The Vietnam Era Educational Center is located adjacent to the New Jersey Vietnam Veterans' Memorial off the Garden State Parkway at exit 116. The Educational Center is open Tuesday through Saturday, 10 a.m.-4 p.m.

Veterans Organizations contact information

State Veterans Service Council
Richard Clark, RJClark21@msn.com
BG William C. Doyle Cemetery Advisory Council
William Rakestraw, warjrnj@msn.com
Veterans Hotlines
Benefits and Entitlements
1-888-8NJ-VETS (1-888-865-8387)
Mental Health
1-866-VETS-NJ4 (1-866-838-7654)

Calendar



When – Oct 17, 6 p.m..

What – Col . Ronald Cefalone retirement dinner

Where – NJARNG Armory, Lawrenceville,

More info – Call Lucy Brogle, 609-562-0264, [lucy.brogle@](mailto:lucy.brogle@us.army.mil)

[us.army.mil](mailto:lucy.brogle@us.army.mil)

Motorcycle show benefits

veterans memorial in Wantage

Come enjoy the 2nd Annual Wantage Twp Veterans' Memorial Fundraiser Car & Motorcycle Show at Woodbourne Veterans Memorial Park, Sherman Ridge Road, Wantage, on Oct. 10, from 9 a.m.-3 p.m. Rain date is Oct. 11.

Free spectator admission to see multiple classes of cars, motorcycles and trucks. There will be food, hot and cold refreshments available all day – you can even get breakfast there. Also on the slate will be live music, a DJ, huge 50/50 drawing and tricky tray and door prizes.

If you want to show off your car, pre-registration is \$15, \$20 on the day of the show. Visit <http://www.wantagetwp.com/VeteransMemorialWebsite> or http://gmlnj.com/car_show/car_show.htm for more information.

All funds raised will be used for completion of the Veterans memorial to honor all veterans.

Comedy show with a twist coming to Fort Monmouth

Coming to the Expo Theater at Fort Monmouth on Oct. 16 at 3 p.m., is comedian Bernie McGrenahan as part of his Happy Hour comedy tour. He will be performing his live stand-up comedy show with a twist – a powerful and inspirational message.

The performance is free and there will be preferred seating for military families. The show is presented by Army Community Services. For questions, call 732-532-2077 or e-mail Monm-USA-GACS@conus.army.mil.

To see more about McGrenahan, visit www.HappyHourComedy.com.

Walkup Memorial Poker Run slated for Oct. 3

By Kryn Westhoven, DMAVA Public Affairs Specialist

The Green Flag Committee of New Jersey Motorsports Park in Millville is hosting the 6th annual Tom Walkup Jr. Memorial Poker Run on Saturday, Oct. 3. The Ride starts at 9 a.m. at the NJMP Officers Club and will end at the same location where there will be live music and chance to watch SportsCar Vintage Racing Association Grand Prix. The poker run benefits the Patriot Park project and Green Flag Children's charities. The cost is \$20 each rider and \$15 for passengers. Call Jamie at 856-327-7203 to pre-register or for more details.

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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.

Oct. 20, 21, 22** Jersey Gardens Mall

Nov. 9*, 10 Woodbridge Center Mall

*Medal ceremony at 10:30 a.m.

**Medal ceremony at 1 p.m.

Picatinny Haunted House is set to scare one and all

Bring the family to Picatinny Arsenal's "Fear of the Unknown" haunted house on Oct. 23, 24 and 30, from 6:30-9:30 p.m. Ticket cost is \$8 for adults and \$4 for children ages 6-12.

Children 6-12 must be accompanied by an adult; not recommended for children under 6 years old.

Proceeds benefit the Picatinny Youth Program, Military Unit Fund and Civil Air Patrol. There will be graveside dining at the Cemetery Café with hamburgers, hot dogs and chili. Seating is available.

Entrance to the Picatinny Haunted House will be through the Navy Hill gate off Lake Denmark Road in Rockaway Township. Detailed directions can be found at <http://www.pica.army.mil/mwr/cys/cyshomepage.htm>. The entrance gate to Picatinny will be closed to incoming cars at 9 p.m. No backpacks, large purses or cameras.

Deadline

Want to place an event or article in DMAVA Highlights?

Deadline for articles is noon Wednesday.

Send submissions to barbara.harbison@njdmava.state.nj.us.