

DMAVA Highlights



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Deployed Airmen visit orphanage

By Tech. Sgt. Mark Olsen, 177FW/PA

Deployed 177th Services Flight Airmen joined forces with the Manas Area Benefit Outreach Society to visit an orphanage in the village of Niz, Kyrgyz Republic.

"I was asked to go to the orphanage, and I fell in love with the children from the first visit," said 177th Fighter Wing Lodging Specialist Tech. Sgt. Kim King.

The New Jersey Air National Guard Airmen are deployed at the Transit Center at Manas, Kyrgyz Republic in support of Operation Enduring Freedom.

Master Sgts. Dean Burllew, Jill Kovak and Harry Steele, Tech. Sgt. King, and Senior Airmen Vanessa Torres and Tamikia Hart visited the orphanage where the children's ages ranged between six and 12.

"We participated in outdoor activities; played soccer and tag," said Services Sustainment Superintendent Master Sgt. Kovak. "We also brought them shoes which they were in need of."

"I saw that something can be done to make a difference in the children's lives and help build a relationship between America and with the Kyrgyz community," said Food Operations Superintendent Master Sgt. Steele.

The orphanage is one of 10 organizations, which include schools and children's heart and cancer centers; supported by MABOS, a non-profit base community service organization. During the visits, Airmen bring toys, clothes, school supplies and text-



Kyrgyz children at the Niz Orphanage play with an I-Phone. Photo by Master Sgt. Jill Kovak, 177FW/Services.

books. MABOS holds fund raisers to purchase items for the visits, as well as raises money for the children's heart surgeries. So far MABOS has paid for more than 200 heart surgeries.

"The amount of joy and happiness I have received from MABOS volunteering is tremendous, and I will be taking home life-lasting memories," said Kovak.



Leah Weatherby, was awarded the highest award in Girl Scouting, the Gold Award, after her project for the Vineland Memorial Veterans Home. She 300 bags of personal items for the residents of the home plus eight large sensory kits for the resident's use in the activity rooms. Here she is unloading the bags at the home and presenting bag to one of the residents. See the story on page 4. Photo courtesy of Vineland Vets Home.



"Slam Dunk the Junk!"

Come "Slam Dunk the Junk"!!

The City of Trenton is holding their 23rd Annual Clean Communities Litter March on April 20 (rain date is April 21) and they are inviting people to help clear debris and recyclable litter from Trenton neighborhoods. Last year more than 1,400 people from schools, churches, community groups, private businesses, as well as city residents and public employees showed up for the Litter March.

This year, DMAVA and our Army and Air Guard members are invited to create a team – or two or more – to help clean up the environment. A team consists of 5-10 people and each participant will receive a free t-shirt, free lunch and if your group collects the most debris and trash – an AWARD!!

Registration will take place at Trenton City Hall, 319 East State Street, at 8:30 a.m. Transportation will be provided, if needed, to and from the clean-up site if it is beyond walking distance. Gloves and bags will be provided also. Lunch and awards ceremony begins at 12:30 p.m. at the Mill Hill Park, South Broad St. and East Front St.

Let's help our neighbors and show them that green isn't just a color we wear but also a lifestyle.

If you are interested in being part of Slam Dunk the Junk – contact Tech. Sgt. Barb Harbison at 609-530-7088 or Barbara.harbison@njdmava.state.nj.us.

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.



DMAVA Green

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

No doubt about it – “Spring has sprung, the grass has riz” as the old poem states.

It is time for outdoor activities to begin in earnest. Keep the earth in mind as you work around the house in your sunny time off.

Take your car to the car wash! Those high-pressure nozzles use less water than the hose attached to the spigot at home. Most commercial car washes reuse the water and send runoff to treatment centers, not into the lakes and streams.

Washing your car at home averages 80-140 gallons of water; commercial car washes average 45 gallons.

If you do have to wash your car at home, here are a couple ways to cut down the shock to the environment.

Park your car on grass or gravel so the water soaks into the ground. Avoid soaps that say: harmful, danger or poison. Turn off the hose when you aren’t using it.

Start a garden! You can have fresh veggies without driving to the store. Even if you don’t have a large yard, or any yard – you can grow tomatoes or peppers in containers on your deck or herbs in your windows. Just think, picking fresh parsley, thyme or oregano for your supper.

Some communities have space to rent for those who want to garden and don’t have the space or maybe you have a neighbor with a large yard who will lend you a corner if you offer to share some of your bounty.

It’s time for everyone to pull out the grill, clean it up and start cooking your favorite meal outdoors. The debate can be heated (pun intended!) between the gas and charcoal grillers over which is better. Taste aside, according to a recent study by the Environment Impact Assessment Review, “The overwhelming factors are that as a fuel, LPG (liquefied petroleum gas) is dramatically more efficient than charcoal in its production and considerably more efficient in cooking.” The two grilling methods were defined by their overall footprint, with charcoal using 998 kg of CO2, almost three times more than propane, which weighed in at 349 kg. Make sure that your propane tank has a trade-in option.

Keep Green!

Quotes

One’s own self is well hidden from one’s own self; of all mines of treasure, one’s own is the last to be dug up.

--Friedrich Wilhelm Nietzsche

Wondrous is the strength of cheerfulness, and its power of endurance- the cheerful man will do more in the same time, will do it better, will preserve it longer, than the sad or sullen.

--Thomas Carlyle

Photo information

If your armory needs photos for the Chain of Command “wall,” contact Tech. Sgt. Barb Harbison at barbara.harbison@njdmava.state.nj.us or call 609-530-7088. Tell us which photos you need and we will mail them to you or get them ready for pick-up.

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Officers and NCOs can now schedule their DA photo appointment online for the N.J. National Guard photo studio at Joint Force HQ, Fort Dix.

Just visit fill out a work order, DA 3903, online at www.vios.army.mil, but you must log in with your CAC card. For assistance or more information registering on VIOS, contact Staff Sgt. Jorge L. Vazquez, G6 Network Control Center at 609-562-0333.

The studio accepts appointments for any week day from 8-10 a.m. or anytime during JFHQ drill weekends. For more information on studio hours contact Kryn P. Westhoven at (609) 847-2215.

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

Families

Camden County Red Cross offers training for families

The Camden County Red Cross has 15 Babysitter Training Scholarships for children of military families, ages 11-15.

Participants learn to: supervise children and infants, basic child-care skills (diapering and feeding), choose safe, age-appropriate games and toys, handle bedtime and discipline issues, identify safety hazards Care for common injuries and emergencies such as choking, cuts, bee stings, communicate effectively with parents, and find and interview for babysitting jobs.

The Camden County Red Cross has 50 Community First Aid and Safety Scholarships for military family members and returning veterans. Training includes: adult CPR and AED (Automated External Defibrillation), infant and child CPR, and basic first aid.

Scholarships are offered on a first come, first served basis. Call the Camden County Red Cross at 856-365-7100 for dates, times and to register.

When calling, identify yourself as "military". The offer expires May 31, 2010.

Also available are classes on "Coping with Deployments- Psychological First Aid for Military Families Course" and a "Get to know us before you need us" outreach program.

All of these offers are for Camden County residents only.

If you have any questions, contact Rick Paul from the Red Cross at 856-365-7100 ext. 222 or paulrick@usa.redcross.org.

Youth trip to Washington, DC planned for June 4-6

The NJNG Youth Programs will be taking up to 35 teens (ages 13-17) and 10 chaperones on a trip to Washington, DC, on June 4-6.

If you are interested in touring and enjoying the nation's capital, contact Amanda Balas at amanda.balas@us.army.mil or 609-530-6836.

There will be two pick up points in New Jersey before heading to Bolling Air Force Base, where the group will be staying. The agenda is not completely set, but on the possible list is visiting the National Mall area where the historical monuments and museums are located.

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

Sesame Street show at Joint Base MDL April 23-24

Grover! Cookie Monster! Elmo! And more of those fuzzy, loveable muppets from Sesame Street are coming to Joint Base McGuire-Dix-Lakehurst on April 23 and 24.

The Sesame Street/USO Experience for military families will be at building 3211, dock 11 on the McGuire section of the base at 10 a.m. and 1 p.m. on April 23 and at 2 p.m. on April 24.

There is free admission for military families and their children, mini shows and giveaways. For more information, visit <http://www.sesameworkshop.org/initiatives/emotion/tlc>. Call 609-754-3050 for details and to sign up for the show.

Mmmmmm....cookies!

Guard families asked to complete child care survey

National Guard Bureau Joint Services Support is conducting a child care and youth program survey. They are looking for Guard members and their families to participate. You can find a link to the survey at <https://www.jointservicesupport.org/Survey/Take-Survey.aspx?PageNumber=1&SurveyID=278>.

Great Adventure - Hurricane Harbor discount tickets now available in Family Programs

Discounted tickets to Great Adventure and Hurricane Harbor are available at the State Family Programs Office now through April 30. The tickets are good any day from the day the park opens until the close of season. Call Marie Durling at 609-530-6884 if you want to purchase tickets. Cash only.

Great Adventure/Safari - \$21 – (Regular price \$ 64.19)

Hurricane Harbor - \$15 – (Regular price \$36.99)

Meal Voucher - \$10 – (Regular price \$15)

Parking - \$10 – (Regular price \$ 15)



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. **3**

Et Cetera

Vineland Home benefits from Girl Scout Gold award

From the desk of Mary P. Macho, Therapy Aide, Vineland Vets Home

Leah Weatherby, 15, received the Girl Scout Gold Award, the highest award a Girl Scout can earn, when she provided the Vineland Veterans Memorial Home with eight large sensory kits for the activities rooms and 300 individual bags with personal supplies for the residents.

A member of the Hessian Wood Community Troop # 64713, Weatherby is a ninth grader at Woodbury High School. She has been a Girl Scout since she was in second grade.

The Girl Scout website described this Gold Award as “what you really want to be remembered for” in girl scouting. Weatherby contacted the home about special projects for her Gold Award. Lois Ballurio, Volunteer Services Assistant, gave her a few ideas regarding need sensory stimulation items for the residents. She took the ideas, did her research and created the project.

On March 22, Weatherby, with the help her family, mother, father, brothers, and grandfather, arrived at Vineland with individual bags for each of the 300 residents. The bags contained personal care items, snack and stationery.

In addition, she provided eight large sensory kits for the activity rooms. The kits included banking, accounting, mail carrier, child care, and snoezelen kits. The term “Snoezelen” or controlled multisensory stimulation is used for people with disabilities, and involves exposing them to a soothing and stimulating environment. These kits are specially designed to deliver stimuli to various senses, using lighting effects, color, sounds, music, scents, etc. Each kit will provide sensory and cognitive therapy tools for the staff in rehabilitation programs for the residents. With the help of her community in the funding for the kits, Leah’s project is a true success.

Leah and her family personally delivered 60 bags with the help of the Activities staff to the residents on Honor Circle and Justice Court.

Raising funds for a Red Oak tree at DMAVA memorial

Five years ago a memorial was dedicated on the DMAVA campus to honor the four New Jersey Army Guardsmen who gave their lives during two days in June 2004 during their deployment to Iraq. This year plans are underway to plant a red oak tree, the state tree of New Jersey, by the memorial.

If you would like to make a donation to help purchase the tree, please send your checks, made payable to, “Family Readiness Council,” to:

Brig. Gen. (ret.) Frank R. Carlini
PO Box 340
Trenton NJ 08625-0340

Vietnam Vet Foundation opens scholarship applications

Graduating seniors have until April 16, to submit their applications and essays to qualify for two scholarships offered by the New Jersey Vietnam Veterans’ Memorial Foundation. The scholarships, each in the amount of \$2,500, will be awarded to high school seniors from New Jersey who plan to further their education either at a college or university or trade/technical school.

Winners will be notified in early May and awarded the scholarship on May 31, during the Memorial Day ceremony held at the New Jersey Vietnam Veterans’ Memorial.

In addition to the scholarship application and proof of acceptance to a college or trade school, all applicants must submit an essay about his/her visit to the New Jersey Vietnam Veterans’ Memorial, located off the Garden State Parkway at exit 116 in Holmdel.

To assist students in writing their essays, the Foundation offers free, veteran-led guided tours of the Memorial. Through April 10, these tours are held every Saturday at 11 a.m.-1 p.m. These 24-minute tours are also available to the members of the general public who would like to learn more about the memorial.

The deadline for application and essay submission is 5 p.m. on April 16. Applications may be mailed, faxed (732) 335-1107 or delivered to the NJVVM Scholarship Program, 1 Memorial Lane, P.O. Box 648, Holmdel, NJ 07733.

For a scholarship application form or more information about the New Jersey Vietnam Veterans’ Memorial Foundation, visit www.njvvmf.org or call 732-335-0033 ext. 100.

Joint Base MDL celebrates Earth Day three times

Join the Joint Base McGuire-Dix-Lakehurst for Earth Day 2010 celebrations.

On April 15, in building 123 in the Lakehurst area, from 9 a.m.-1 p.m., there will be a tree ceremony, children’s project, clean-up, fun run and walk and picnic. For more information, e-mail Michael.kon@McGuire.af.mil

On April 21, drop by the Recycling Center, Radin Avenue, McGuire area, from 10 a.m. to 2 p.m., for demonstrations, tree planting, picnic and green living information. E-mail Gloria.abarca@McGuire.af.mil for more information.

The Fort Dix area will hold their event on April 24 at Laurel Pond, 10th Avenue, from 9 a.m. to 3 p.m. This event is open to the public and you must pre-register through e-mail to Jennifer.armento@McGuire.af.mil by April 14. Events include canoeing, hiking, tree climbing, puppet show, demonstrations, Planet Pirates, sawmill demo, watershed models, lyme disease prevention, tour a hybrid car, Woodsy Owl and a picnic.

You can recycle old cell phones at all three events to support the Cell Phones for Soldiers program.

Veterans & Military

Fast-running soldiers needed to try out for NJ Guard ATM team

So Soldier, think you're fast?

Why not compete to represent the New Jersey Army National Guard at the Army 10-miler on Oct. 24 in Washington, D.C.?

The tryout will be held on Aug. 3 at the National Guard Training Center at Sea Girt. Show time is 6 a.m. at Building 35. The competition is open to both sexes and all ranks from within the Army Guard.

Soldiers who make the team will be placed on temporary duty for the race and their registration will be paid.

If you can't make the tryout, but want to try to represent the state at the big race, the posted results of a race 10 miles or longer can be used as a qualifier as long as that race is held within two months of the race.

For more information about competing, contact Sgt. 1st Class Melanie Rowton by email at Melanie.rowton@us.army.mil. For general information about the race, visit www.army10miler.com.

Riversharks vs. military All-Stars in Camden April 18

Come to Campbell's Field in Camden on April 18 at 1:05 p.m., to see the Camden Riversharks take on the Heroes of the Diamond – the military All-Star baseball team.

All military, veterans and season ticket holders will receive free admission. Tickets for the public are \$5.

You can meet the teams at the Fox and Hound in the Philadelphia at 6 p.m., prior to the game.

Check out www.riversharks.com or call 1-866-SHARKS-9 for more information.



Dinosaurs ready for Spring Gathering in Bordentown

Calling all Dinosaurs – that's New Jersey Air Guard retirees – the Spring 2010 Gathering at the Town and Country Diner, Bordentown, on May 19 at 1 p.m.

The menu will be salad, main course, coffee/tea and a dessert for \$15 including tip and tax; alcoholic beverages are extra. If you RSVP, you are obligated to pay since the group is charged for the number of lunches ordered. RSVP to Mel Sylvester at 609-298-5970 or NuffSaidMel@aol.com by May 14.

All soon-to-be-retired Air and Army Guard employees and Army and Air Guard retirees are invited to the gathering.

254th Regiment is flipping pancakes for breakfast May 1

The New Jersey Army National Guard's 254th Regiment (Combat Arms) welcomes you and your family to a pancake breakfast on Saturday, May 1 from 8 a.m. to 11 a.m. at the National Guard Training Center.

Suggested donation is \$7 for adults, \$5 for seniors, \$4 for children aged 3 to 11 and kids under 3 eat free. Proceeds benefit the 254th Regimental Association and its families.

Those unable to attend the breakfast but interested in making a donation to the association may make checks payable to the 254th Regimental Association, P.O. Box 277, Sea Girt, NJ 08750.

Veterans Traveling Tribute will visit Florence, June 24-27

The American Veterans Traveling Tribute will be at the Fountain of Life Center in Florence from June 24 to June 27.

The display includes a miniature Vietnam Wall as well as a Walk of Heroes display and a World War II tribute. The display opens at noon on June 24 and remains open through the day on June 27.

For more information, please visit www.flcnj.org.

You're invited to a free concert on April 14!

Come to a free concert, "Salute to America," at Ellis Island on April 14, featuring the West Point Glee Club, the All-Star Band and the Charlie Daniels Band, as well as conclude with a spectacular fireworks display.

Check in at Battery Park at 5:30 p.m.; ferry will depart at 7 p.m. for Ellis Island. You must present military ID for registration and to receive a wristband to admit you and one guest onto the ferry. The ferry will depart Ellis Island to return to Manhattan at 10:15 p.m.

Guests are limited to 750 total, so RSVPs are needed no later than Monday, April 12 to ensure registration. Call 212-695-6160 to reserve your place.

Please note that guests must be over 18 as alcohol will be served, but that dinner will not be provided.

The concert is sponsored by USO Metropolitan New York and the Texas Roadhouse restaurants. The USO has been chosen by Texas Roadhouse as their 2010 National Humanitarian partner. Employees of the restaurant chain have been working to raise funds and provide hands-on assistance for a number of programs that benefit U.S. service members and their families.



Calendar

Free day for National Guard, families at Seaside on June 19

Take your family for a ride! Casino Pier at Seaside will open their water park and rides to all New Jersey National Guard Soldiers and Airmen and their immediate family members. You must show your military ID card to get this special gift. Bring your family down to Casino Pier, 800 Ocean Terrace, Seaside Heights, N.J., on June 19; check in is from 10 a.m.-3 p.m. only. If you bring other family members or friends, they must purchase tickets for the park and rides.



Re-employment seminar begins May 3 in New Providence

The New Providence United Methodist Church is sponsoring a free eight-week re-employment seminar. Held Monday evenings at 7:30 p.m. beginning May 3, 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.gbgn-umc.org/npumcnj/> for more information.

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.

Dash on down to the Nutter Run in Sea Girt, 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 benefit 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.

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.

- April 27** Vineland Veterans Memorial Home Medal ceremony at 1:30 p.m.
- May 7** New Jersey Vietnam Veterans Memorial, Holmdel Medal ceremony at 11 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

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.