

# DMAVA Highlights

15 September 2016



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U.S. Air National Guard Senior Airman Stanley Tarasewicz tests detection gear during Exercise Clean House, an Emergency Management response evaluation, Joint Base McGuire-Dix-Lakehurst, N.J., Sept. 14, 2016. Tarasewicz is an Emergency Management Airmen assigned to the 108th Civil Engineering Squadron. (U.S. Air National Guard photo by Tech. Sgt. Matt Hecht/Released)



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# EXERCISE: CLEAN HOUSE TESTS NJ AIR GUARD

(Background Photo) U.S. Air National Guard Staff Sgt. Seth Schoenfeld, left, and Senior Airman Stanley Tarasewicz walk through a simulated "hot zone" searching for contaminants during Exercise Clean House, an Emergency Management response evaluation, Joint Base McGuire-Dix-Lakehurst, N.J., Sept. 14, 2016. Schoenfeld and Tarasewicz are both Emergency Management Airmen assigned to the 108th Civil Engineering Squadron. (U.S. Air National Guard photo by Tech. Sgt. Matt Hecht/Released)

# A COMIC'S MESSAGE OF HOPE

Story by Sgt. 1st Class Wayne Woolley, DMAVA/PA

Just because a topic is serious, doesn't mean it can't be funny. And in Bernie McGrenahan's hands, it can be very funny.

The Las Vegas-based comic did a 60-minute show for the New Jersey National Guard at Joint Base-McGuire-Dix-Lakehurst on Wednesday that got a lot of laughs – even as it addressed some decidedly unfunny topics, from suicide, to drug and alcohol abuse to inappropriate sexual conduct.

It was part of the "Comedy with a message" training program embraced by the Department of Defense as an alternative to a host of programs that use subject-matter experts and Powerpoint presentations to address issues such as resiliency, sexual harassment as well as drug and alcohol abuse.

Before McGrenahan began, Brig. Gen. Michael L. Cunniff told the Soldiers and Airmen gathered that suicide prevention remains his top priority and that the New Jersey National Guard is committed to using every resource available to help troops with any issue that could lead to them taking their own life. Seven Soldiers and Airmen have taken their lives in the past decade. Cunniff noted that while its

lower than most other states, "It is still seven too many."

A great deal of McGrenahan's material comes from his own life. And in between the jokes, his routine shows how suicide can be connected to drug and alcohol abuse.

The comic talks about his own struggles with alcohol abuse as a young man and the poor choices that resulted, including three driving-while-intoxicated charges and inappropriate behavior with women. He drives home the connection to substance abuse and suicide by talking about how one of his younger brothers took his own life after a downward spiral of drugs and alcohol.

From there, McGrenahan talks about his own road to recovery, which began when he decided that asking for help was a sign of courage, rather than a sign of weakness.

McGrenahan finishes by describing his life now, after 27 years of sobriety. It is, he said, one of purpose.

Among those purposes, hitting the road on behalf of the Department of Defense to remind troops to look out for each other, and themselves,

and to never consider asking for help to be a sign of weakness.

**IF YOU OR ANYONE YOU KNOW IS IN NEED OF ASSISTANCE PLEASE CALL**

Military OneSource	1-800-342-9647
Military OneSource NJ REP	609-433-8008
NJ ARNG SHARP Program	609-562-0854
NJ ARNG Suicide Prevention Program	609-562-0832
NJ ARNG Substance Abuse Program	609-562-0279
NJ ARNG Equal Opportunity Office	609-562-0401
NJ ARNG Psychological Health Program	609-235-5959
108th Wing Airman & Family Readiness Ctr	609-754-4479
108th Wing Director of Psychological Health	609-754-2159
177th Wing Airman & Family Readiness Ctr	609-761-6248
177th Wing Director of Psychological Health	609-761-6871
DOD Sexual Assault Hotline	1-877-995-5247
Employer Support for Guard & Reserve (ESGR)	609-562-5550
Joint Military & Family Assistance Center	1-888-859-0352
National Suicide Prevention Lifeline	1-800-273-TALK
Red Cross	877-272-7337
Vets 4 Warriors	1-855-838-8255
National Resource Directory	www.nrd.gov
Joint Services Support	www.jointservicesupport.org

**NATIONAL GUARD**



Bernie McGrenahan, comedian/inspirational speaker, addresses members of the New Jersey Army National Guard's full time force. about suicide and suicide prevention at Timmerman Theater at Fort Dix, NJ on September 15th, 2016. (U.S. Army National Guard photo by Staff Sgt. Nicholas Young/Released

## VETERANS AFFAIRS



## GRANDPARENTS DAY



GRANDPARENTS DAY WAS CELEBRATED AT THE PARAMUS VETERANS MEMORIAL HOME ON SEPT. 11 WITH RESIDENTS AND FAMILY ENJOYING ICE CREAM AND ENTERTAINMENT BY MARY TAYLOR. PHOTO BY KRYN WESTHOVEN, NJDMAVA-PA

## VETS DONATE TO VETS HOME



MICHAEL WOJCIECHOWSKI, TREASURER, LEFT, AND CARL KAVEJON, PRESIDENT OF THE WOODBRIDGE VFW POST 4410 MEN'S AUXILIARY PRESENT A CHECK FOR \$4,813.70 DOROTHY E. DE LOS REYES, ASSISTANT SUPERVISOR OF RECREATION, MENLO PARK VETERANS MEMORIAL HOME. THE DONATION WILL GO TOWARDS THE BEAUTIFICATION OF DINING ROOMS IN FACILITY. COURTESY PHOTO

# HELPFUL INFORMATION

*New Jersey Department of Military and Veterans Affairs*

PO Box 340  
Trenton, NJ 08625-0340

1-888-8NJ-VETS(8387) or [www.state.nj.us/military](http://www.state.nj.us/military)



**Raymond L. Zawacki, Deputy Commissioner for Veterans Affairs** (609-530-7062)  
Cheryl Henderson, Executive Secretarial Assistant (609-530-7045)  
Chuck Robbins, Assistant to DCVA/Outreach Coordinator (609-530-6855)

Fax: 609-530-7191

**Veterans Healthcare Services (DVHS)**

<p><b>Colonel Edward J. Chrystal Jr., Director</b> 609-530-6967 Donna Myers, Sec 609-530-6766 Virginia Fiess, QA Coordinator 609-530-6979 Fax: 609-530-6970</p>	<p><b>Menlo Park Veterans Memorial Home</b> Joseph Brandspiegel, CEO Jennifer Pajak, Sec 132 Evergreen Road, PO Box 3013 Edison, NJ 08818-3013 732-452-4102 Fax: 732-603-3016</p>	<p><b>Paramus Veterans Memorial Home</b> Diane Tabron-Felder, CEO Diane Callaghan, Sec 1 Veterans Drive Paramus, NJ 07652 201-634-8525 Fax: 201-967-8658</p>	<p><b>Vineland Veterans Memorial Home</b> Allison Bailey, Acting CEO Sharon Frye, Sec 524 North West Boulevard Vineland, NJ 08360-2895 856-405-4207 Fax: 856-696-6714</p>
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**Veterans Services (DVS)**

<p><b>Albert J. Bucchi, Director</b> 609-530-6962 Cynthia Barnes, Sec 609-530-6975 Fax: 609-530-7075</p>	<p><b>Brigadier General William C. Doyle Veterans Memorial Cemetery</b> Iven Dumas, State Supt – 609-738-2424 Genia DiBella, Sec – 609-738-2404 Cyndi Dzurisin, Interment Office Supervisor, – 609-738-2407 Dennis Macomber, Honor Guard, – 609-758-7505 609-738-2400 Fax: 609-758-0169 <i>Maintenance/Cemeteries/Memorials</i> Joseph Arroyo &amp; Kenneth Smith Supervisor, 609-738-2408 Fax: 609-758-3490</p>	<p><b>Vietnam Veterans Memorial</b> 1 Memorial Lane, PO Box 648, Holmdel, NJ 07733 732-335-0033 Fax: 732-335-1107 <b>Korean Memorial</b> Boardwalk/Brighton Park, Atlantic City, NJ 08401 <b>War World II Memorial</b> W State Street, Trenton, NJ 08608</p>	<p><b>Veterans Haven South</b> Walter Nall, Supt – 609-561-4948 Vacant, Asst. Supt – 609-567-3715 Carisa Shufford, Sec 609-561-4990 ext. 120 301 Spring Garden Road, PO Box 80 Winslow, NJ 08095 609-561-0269 Fax: 609-567-5186</p>	<p><b>Veterans Haven North</b> Sean VanLew, Supt – 908-537-1960 Laura Blaine, Sec – 908-537-1963 200 Sanatorium Road, Suite 101 Glen Gardner, NJ 08826 908-537-1999 Fax: 908-537-1990</p>
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<p><b>State Approving Agency-GI Bill Programs</b> Charles Rowe, Bureau Chief – 609-530-6842 Marisol Meyer, Education Prog Asst – 609-530-6849 Lynn Yesalonina, State Admin – 609-530-6858 Joan Edwards, State Admin – 609-530-6948 Fax: 609-530-7196</p>	<p><b>Veterans Benefits Bureau</b> Patricia A. Richter, Bureau Chief – 609-530-6949 Elizabeth Schofield, Prin Staff Officer – 609-530-6954 Paul Kale, Staff Asst – 609-530-6826 Vacant, Sec – 609-530-6868 Michele Johnson, Sec – 609-530-7035 Fax: 609-530-6970</p>	<p><b>Veterans Service Offices</b> Joseph Bucco, State Supervisor – 609-530-6830 Christopher Wambach, State Supervisor – 609-530-6863 Joseph E. Nyzio, VSO – 609-530-6857 <b>VA Regional Office/Philadelphia</b> Charles Piscopo, VSO – (Mon., Wed., Alternate Fridays) 5000 Wissahickon Avenue, Philadelphia, PA 19144 856-853-4184/4185/4186</p>
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<p><b>Atlantic City/Cape May</b> Vacant/VSO Sheri Morris, Sec 1008 Absecon Boulevard, <b>Atlantic City</b> 08401-1999 – (Atlantic City Army) 609-441-3060/3061 Fax: 609-441-3899 (closed alternate Fridays)</p>	<p><b>Bergen/Passaic</b> Joseph Restivo, VSO Titus Osuagwu, Sec 125 State Street, Suite 109, <b>Hackensack</b> 07601-5435 201-996-8050/8051 Fax: 201-996-8009</p>	<p><b>Burlington</b> Matthew Still, VSO Michela Giuliano, Sec 555 High Street, Suite 6A, <b>Mt. Holly</b> 08060 609-518-2273/2274 Fax: 609-518-2275</p>
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<p><b>Camden/Gloucester</b> Joseph Frost, VSO Charles Piscopo, VSO (Tuesdays and Thursdays) Diane Rosci, Sec 658 N Evergreen Avenue, <b>Woodbury</b> 08096 – (Woodbury Army) 856-853-4184/4185/4186 Fax: 856-384-3781 (closed alternate Fridays)</p>	<p><b>Essex/Union</b> Robert Maulano, VSO Shelley Darby, Sec 20 Washington Place, Room 431, <b>Newark</b> 07102-3174 973-297-3336 Fax: 973-648-0830</p>	<p><b>Hudson</b> Esther Chucaralao, VSO Michael Dorobis, Sec 678 Montgomery Street, 2<sup>nd</sup> Floor, <b>Jersey City</b> 07306 – (Jersey City Army) 201-536-3401 Fax: 201-536-3404 (closed alternate Fridays)</p>
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<p><b>Mercer</b> William McDonnell, VSO Theresa Tomcheck, Sec 151 Eggerts Crossing Road, Room 136, <b>Lawrenceville</b> 08648 – (Lawrenceville Army) 609-671-6697/6696 Fax: 609-671-6698</p>	<p><b>Middlesex/Somerset</b> Joseph Battilo, VSO Vacant, Sec 1060 Hamilton Street, <b>Somerset</b> 08873 – (Somerset Army) 732-937-6347/6348 Fax: 732-937-6417 (closed alternate Fridays)</p>	<p><b>Monmouth</b> Peter J. Midgley, VSO Rita Hyland, Sec 630 Bangs Avenue, Suite 320, <b>Asbury Park</b> 07712-6904 732-775-7009/7005 Fax: 732-775-3612</p>
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<p><b>Newark Liaison/VA Regional Office</b> Richard Mannes, VSO Brad Christensen, VSO 20 Washington Place, Room 439 <b>Newark</b> 07102-3174 973-297-3230 Fax: 973-642-2356</p>	<p><b>Ocean</b> Paul McIntyre, VSO Robin Mitchell, Sec James J. Howard Outpatient Clinic 970 Route 70, <b>Brick</b> 08724-3550 732-840-3033/3034 Fax: 732-840-0399</p>	<p><b>Salem/Cumberland</b> Leigh R. Pottle, VSO Catherine Raniolo, Sec 524 Northwest Boulevard, <b>Vineland</b> 08360-2895 856-405-4388/4390/4389 Fax: 856-696-6499</p>
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<p><b>Sussex/Morris</b> William Robinson, VSO 479 West Clinton Street, <b>Dover</b> 07801 – (Dover Army) 973-366-0245/8347 Fax: 973-366-0360 (Mon, Tues, Wed) *Sussex, 12 Munsonhurst Road, <b>Franklin</b> 07416 (Thursday/Alt Fridays) 973-827-4020 Fax: 973-827-4024 – (Franklin Army)</p>	<p><b>Warren/Hunterdon</b> *Sibley Smith, VSO/Ombudsman Lisa Szymanski, Sec 200 Sanatorium Road, <b>Glen Gardner</b>, NJ 08826 908-537-0831/0832 Fax: 908-537/0833 *Flemington, 4 Gauntt Place, <b>Flemington</b>, 08822 (Wednesday) 908-284-6146</p>	<p><b>Southern Ocean County Resource Center</b> Vacant-VSO 179 South Main Street (Route 9) <b>Manahawkin</b>, NJ 08050 609-978-5895 Fax: 609-978-6446</p>
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*New Jersey*  
**Department of Military & Veterans Affairs**  
**“Veterans Outreach Campaign”**

**SEPTEMBER 9, 2015**

**“VETTE TO VET NIGHT”**

**AT THE “CHATTERBOX RESTAURANT” IN AUGUSTA**

**5:00p.m. – 8:00p.m.**

**DMAVA WILL HAVE A VSO PRESENT TO HELP AND ASSIST ANY VETERAN**  
Chatterbox Restaurant, 1 State Route 15, Augusta, NJ 07822 (Sussex County)

**SEPTEMBER 10, 2016**

**MyVA PUBLIC FORUM**

**JOHNSON & JOHNSON CORPORATE CONFERENCE CENTER**

**9:00a.m. – 10:30a.m.**

**DMAVA WILL A VSO PRESENT**  
1 Johnson & Johnson Plaza, New Brunswick, NJ 08901 (Middlesex County)

**SEPTEMBER 13, 2016**

**“BOOTS TO BUSINESS”**

**PROGRAM DESIGNED FOR VETERANS WHO WANT TO START;  
EXPAND OR PURCHASE A SMALL BUSINESS**

**8:00a.m. – 5:00p.m.**

**DMAVA WILL HAVE A VSO PRESENT TO HELP AND ASSIST ANY VETERAN**  
Harvey D. Johnson American Legion Post #295, 232 W. Mill Rd., Northfield, NJ 08225

**SEPTEMBER \*20 & 21, 2016**

**BRIDGEWATER COMMONS MALL**

**VETERANS OUTREACH CAMPAIGN & MEDAL CEREMONY**

**10:00a.m. – 8:00p.m. Daily**

**DMAVA MEDAL CEREMONY ON TUESDAY, SEPTEMBER 20 @ 11:00a.m. (Center Court)**  
**DMAVA WILL HAVE A VSO PRESENT TO HELP AND ASSIST ANY VETERAN**  
400 Commons Way, Bridgewater, NJ, 08807 (Somerset County)

**SEPTEMBER 23, 2016**

**CHERRY HILL STAND DOWN**

**CHERRY HILL NATIONAL GUARD ARMORY**

**8:30a.m. – 1:00p.m.**

**DMAVA WILL HAVE A VSO PRESENT TO HELP AND ASSIST ANY VETERAN**  
2001 Park Blvd., Cherry Hill, NJ 08002 (Camden County)



**NEW JERSEY  
RECOVERY WALK\*RALLY**  
**Saturday, September 17, 2016**  
RAIN OR SHINE  
**MIDDLESEX COUNTY  
FAIRGROUNDS**  
655 Cranbury Road, East Brunswick, NJ  
**\*\*FREE\*\***  
**Walk begins at 10:00**  
 Team and banner registration starts at 9:00 AM  
**Rally to follow at Noon**  
 For information, banner contest and sponsorships:  
[NJRecoveryRally@aol.com](mailto:NJRecoveryRally@aol.com)  
BRING YOUR LAWN CHAIRS and  
**JOIN US IN CELEBRATING THE REALITY OF RECOVERY!!**



Sponsorships and exhibitor/vendor slots available!  
[www.NewJerseyRecoveryAdvocates.org](http://www.NewJerseyRecoveryAdvocates.org)  
 Free parking (including buses).  
 Bring your lawn chairs, blankets and enjoy a day of hope and fun!

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**Post 9-11 Veterans**

Public radio station WHYY in Philadelphia is looking to interview post 9-11 veterans for a series called 'Veterans Coming Home' to talk about their experiences when transitioning back into civilian life.

These stories will be produced as online video then will later air for television and radio.

Participating veterans and their families will receive a free admission to the Adventure Aquarium in Camden, the proposed location of the interviews on Saturday, Sept. 17.

If interested please contact Trenae Nuri by email ([tnuri@whyy.org](mailto:tnuri@whyy.org)) with your contact information and how many tickets are needed.

**THINKING OF STARTING OR GROWING YOUR BUSINESS?**



**THE AMERICAN LEGION, NJSBDC AND THE SMALL BUSINESS ADMINISTRATION PRESENT A FREE ONE DAY PROGRAM WITH A COMPREHENSIVE 8 WEEK ON-LINE COURSE FOR VETERANS WHO WANT TO START, EXPAND OR PURCHASE A SMALL BUSINESS.**

**AMERICAN LEGION POST 295 LOCATED AT 232 MILL RD  
NORTHFIELD, NJ 08225**  
**TUESDAY SEPTEMBER 13TH 2016**  
**FROM 08:30 AM TO 5:00 PM – REFRESHMENTS PROVIDED AT NO COST COURTESY OF AMERICAN LEGION POST 295**

**REGISTRATION REQUIRED BY SEPTEMBER 12, 2016**  
**Registration Link:**  
<http://boots2business.org/rebootapply/>

For Questions Contact:  
 Gene Spillane, SBA Veterans Small Business Outreach Officer  
[Engene.Spillane@SBA.gov](mailto:Engene.Spillane@SBA.gov) / 973-645-2427



**JOBS FOR VETERANS!**



ALL VETERANS CAREER FAIR



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EXPECTED!

**NEW YORK HILTON MIDTOWN**

**Thursday, September 15, 2016**

11:00 am – 3:00 pm

1335 Avenue of the Americas

New York, NY 10019

**A FREE HIRING EVENT**

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to : NJDMAVA, DMAVA Highlights, Public Affairs Office, PO Box 340, Trenton, NJ 08625-0340. Email at: [pao@dmava.nj.gov](mailto:pao@dmava.nj.gov)

**New Jersey Department of Military and Veterans Affairs**

- Brig. Gen. Michael L. Cunniff – The Adjutant General of New Jersey
- Brig. Gen. Steven Ferrari – The Deputy Adjutant General
- Raymond Zawacki – Deputy Commissioner for Veterans Affairs
- Chief Warrant Officer 3 Patrick Daugherty – Public Affairs Officer
- Master Sgt. Mark C. Olsen – Photographer
- Kryn Westhoven – Writer, Photographer
- Sgt. 1st Class Wayne Woolley – Writer, Photographer
- Staff Sgt. Nicholas Young - Layout, Editor
- Tech. Sgt. Matt Hecht – Photographer, Graphic Artist

**Highlights submissions deadline  
4 p.m. Wednesday:  
[nicholas.p.young12.mil@mail.mil](mailto:nicholas.p.young12.mil@mail.mil)**

**NJ★VET2VET** 1-866-838-7654  
(1-866-VETS-NJ4)

**Confidential Peer Support  
For New Jersey Veterans**

1-866-838-7654  
<http://ubhc.rutgers.edu/vet2vet/>  
@NJVet2Vet on Twitter, Pinterest & Facebook

**Life doesn't have to be a battlefield**

