DMAVA Highlights

02 December 2016

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COVER PHOTO

New Jersey Air National Guard Tactical Air Control Party Master Sgt. Christopher Donohue from the 227th Air Support Operations Squadron fast ropes from a New Jersey Army National Guard 1-150 Assault Helicopter Battalion Black Hawk helicopter during a joint training exercise with the New Jersey State Police at Island Beach State Park, N.J., Nov. 18, 2016. (U.S. Air National Guard photo by Tech. Sgt. Matt Hecht/Released)

NJ AIR & ARMY GUARD TEAM UP FOR OPERATION "I AM READY"

New Jersey Air National Guard Tactical Air Control Party Airmen from the 227th Air Support Operations Squadron and New Jersey Army National Guard Soldiers from the 1-150 Assault Helicopter Battalion go over plans before a joint training exercise with the New Jersey State Police that will feature a Fast-Rope Insertion Extraction System and Special Purpose Insertion Extraction training, while at the Army Aviation Support Facility, Joint Base McGuire-Dix-Lakehurst, N.J., Nov. 18, 2016. Exercise "I Am Ready" is an aviation centric, joint training exercise between the New Jersey Army and Air National Guard and New Jersey State Police to validate mutual aid agreements and response efforts for homeland security and domestic operations requiring New Jersey National Guard rotary wing support. (Photo by Tech. Sgt. Matt Hecht, NJDMAVA-PA)

New Jersey Army National Guard UH-60 Black Hawk helicopters from the 1-150 Assault Helicopter Battalion depart from the Army Aviation Support Facility, Joint Base McGuire-Dix-Lakehurst, N.J., for a joint training exercise with the New Jersey State Police,. (Photo by Tech. Sgt. Matt Hecht, NJDMAVA-PA)

Maj. Daniel Roske, a Tactical Air Control Party Officer with the 227th Air Support Operations Squadron, New Jersey Air National Guard rides on a Black Hawk during exercise "I Am Ready" at Island Beach State Park, N.J, Nov. 18, 2016. "I Am Ready" is an aviation centric, joint training exercise between the New Jersey Army and Air National Guard and New Jersey State Police to validate mutual aid agreements and response efforts for homeland security and domestic operations requiring New Jersey National Guard rotary wing support. (Photo by Tech. Sgt. Matt Hecht, NJDMAVA-PA)

Tactical Air Control Party Airmen with New Jersey Air National Guard's 227th Air Support Operations Squadron, prepare to be extracted by a UH-60 Black Hawk with the 1-150th Assault Helicopter Battalion, New Jersey Army National Guard, during exercise "I Am Ready" at Island Beach State Park, Seaside Park, N.J. (Photos by Master Sgt. Mark C. Olsen, NJDMAVA-PA)

A Tactical Air Control Party Airman with the 227th Air Support Operations Squadron, New Jersey Air National Guard, is retrieved from a rooftop to a hovering New Jersey Army National Guard UH-60 Black Hawk MEDEVAC helicopter during exercise "I Am Ready" at Island Beach State Park, Seaside Park, N.J. (Photo by Master Sgt. Mark C. Olsen, NJDMAVA-PA)

Tactical Air Control Party Airmen with the 227th Air Support Operations Squadron, New Jersey Air National Guard, signal a hovering New Jersey Army National Guard UH-60 Black Hawk MEDEVAC helicopter that their TACP Airmen has successfully been lowered to the roof of a building during exercise "I Am Ready" at Island Beach State Park. (Photo by Master Sgt. Mark C. Olsen, NJDMAVA-PA)

SEASON O

TURKEYS IN TOMS RIVER

New Jersey National Guard Soldiers and New Jersey Department of Military and Veterans Affairs employees participate in the Governor's Season of Service at the Salvation Army Center at Toms River, N.J., Nov.,21, 2016. More than 100 families received Thanksgiving turkeys and winter coats.

(Photos by Master Sgt. Mark C. Olsen, NJDMAVA-PA)

F SERVICE

BOOKER VISITS MENLO HOME

New Jersey's U.S. Senator Cory Booker stopped by for Heritage Day at the Menlo Park Veterans Memorial Home on November 22. The town square of the Menlo home was filled with displays and music from a variety of cultures. Booker greeted every resident with New Jersey Department of Military and Veterans Affairs senior leaders, Brig. Gen. Michael L. Cunniff, The Adjutant General; Ray Zawacki, deputy commission; and Col. Edward Chrystal, director, veterans health services. (Photos by Kryn P. Westhoven, NJDMAVA-PA)

PROFESSIONALISM & LEADERSHIP

Story and photos by Master Sgt. Mark C. Olsen, 108th Wing Public Affairs

Professionalism and leadership.

"Professionalism is a verb because it requires action," said Air Force Lt. Col. George R. Sanderlin. "Professionalism very simply is the art of leading oneself."

Those two words were central to the message that Sanderlin presented to New Jersey Air National Guard and 87th Air Base Wing Airmen along with Army Reserve Soldiers at the Timmerman Center, Joint Base McGuire-Dix-Lakehurst, N.J., Nov. 9, 2016.

Sanderlin's presentation – Professionalism: Enhancing Human Capital – covered topics ranging from the attributes and dangers of personal bias, effective communication techniques, the phenomenon of entrenched thinking, how power changes relationships for good or bad, developing productive and healthy relationships, both at work and at home; the importance of knowing your people, and showing consideration for leading others. Since it began, more than 50,000 people have attended the course.New Jersey Joint Force Headquarters (Air) sponsored the course.

"We don't have to have some grand scheme to change the world; just make some small changes," said Sanderlin.

Sanderlin is assigned to the Profession of Arms Center of Excellence, which is located at Joint Base San Antonio-Randolph, Texas. The Center focuses on collaborating, coordinating, and developing effective leadership skills and strategies for the Air Force.

"It's about serving Airmen, giving Airmen tools to be better Airmen, to be better leaders, to be better human beings, to be better spouses, to be better friends."

Central to skills and strategies is professionalism, which is incorporated in both the Air Force's Core Values and Profession of Arms. Supporting those two concepts were the themes commitment, loyalty, and trust.

Sanderlin posed the question: "How do we link our values to our mission?"

He explained that professionalism drives people's behavior and is the link that connects the Air Force Core Values to the Air Force mission, which is where commitment, loyalty, and trust are the Core Values' essential components.

"Our identity is defined by the groups we are a part of," said Sanderlin. "Every group has its own kind of standards."Sanderlin stated that if you build a group that is based on commitment, loyalty, and trust, that is a team people will want to join.

"If I know what you value, I have a better chance of leading you."

And that is important; Sanderlin stated that everyone is a leader: "If you have no other responsibility, you are a leader for you."

Unfortunately being a good leader isn't easy and the biggest obstacle to being a good leader comes from an unexpected source."The hardest part about being a leader is how I lead myself," said Sanderlin.

He then demonstrated that using the right communication tools and methods can make individuals be better leaders.

Sanderlin focused on self-reflection as a means to better understand how audience members can become better friends, parents, spouses, co-workers, and leaders.

He used as an example of having dinner with his wife, Linda, after being away on temporary duty.

Sanderlin said the dinner conversation was going great until he reached into his communication tool bag and pulled out the wrong tool.

He told her what to do in a particular situation. In essence, he was acting like a commander and not a partner in marriage.

"I was quite shocked when Linda stared at me and walked away from

the table and didn't say another word," said Sanderlin. "Even though I had the right (communication) tools, I failed to execute the wisdom to use the right tool."

Sanderlin said that he should have asked Linda what she was going to do.This was just one example of how important effective communication is and how it can affect us on the personal level.

That importance of effective communication was demonstrated through a listening exercise.Sanderlin had the audience pair up; one person would talk about something that was important to him or herself; the other person would do their best to ignore what the person was saying.

So across the audience you had people talking enthusiastically and their partner blatantly ignoring them by sticking their fingers in their ears, or the classic, looking at their smartphone.

Next, Sanderlin had them do the opposite; one person would talk and the other would focus on what they were saying and be actively involved in the conversation.You could see the difference, people were interacting, more importantly, they were not distracted.

When Sanderlin asked the participants what they learned, they had realized that listening is an active exercise.

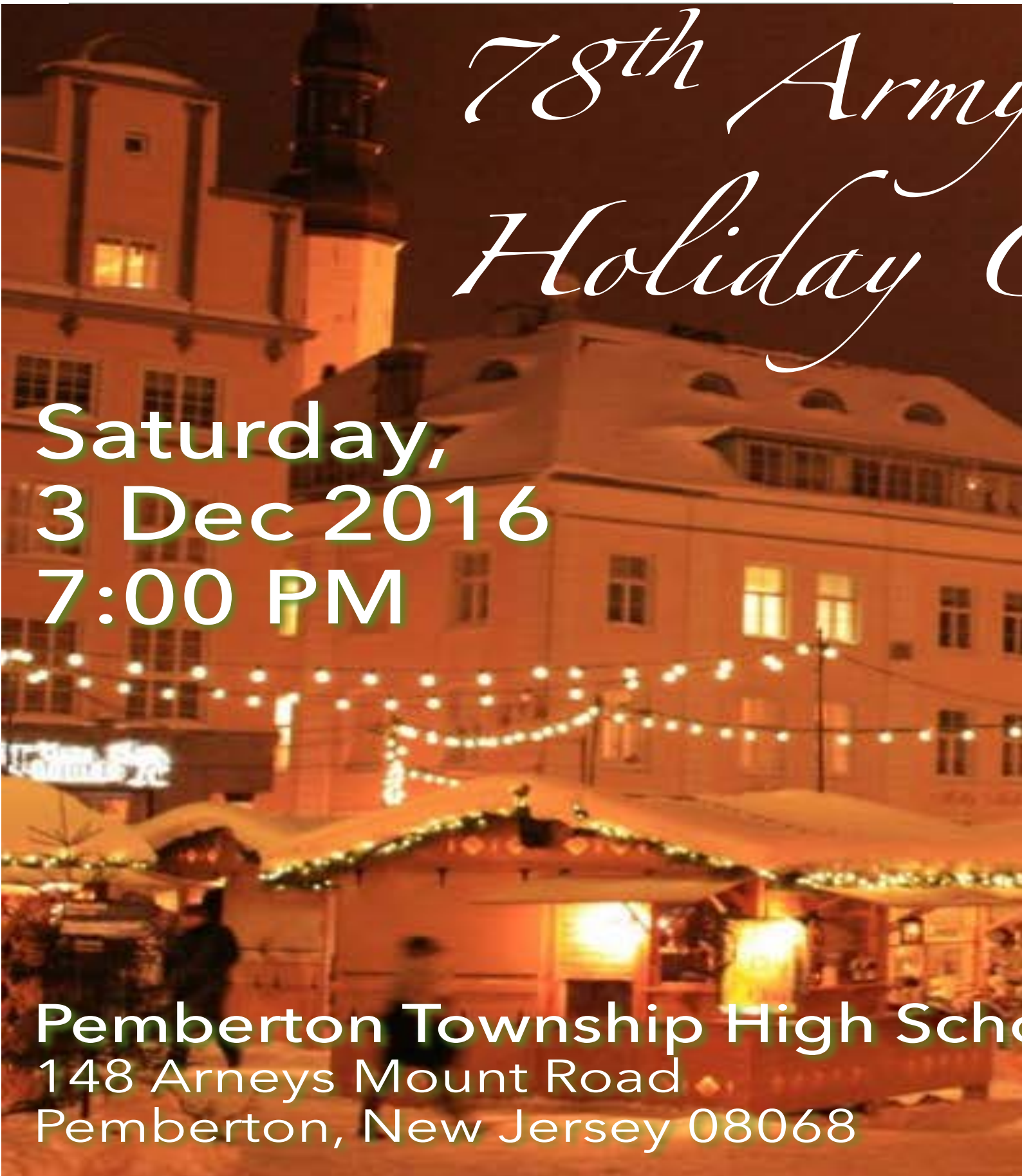
"When you are having a one-on-one conversation with someone, you have to remind yourself before that conversation starts until that conversation is over, you are the second most important person in that conversation."

Which brought the conversation back to leadership."Leadership is simply human-to-human interaction. The better I learn to be at human interaction, the better I am as a leader."

And what do you do as a leader?

"Take that leadership and go make a difference," said Sanderlin. "Go do it. What are you waiting for?"

Lt. Col. George R. Sanderlin, Profession of Arms Center of Excellence, addresses New Jersey Air National Guard and 87th Air Base Wing Airmen along with Army Reserve Soldiers at the Timmerman Center, Joint Base McGuire-Dix-Lakehurst, N.J., Nov. 9, 2016. Sanderlin spoke about Professionalism: Enhancing human capital, which focuses on self-reflection as a means to better understand how military members can become better friends, parents, spouses, co-workers, and leaders. (U.S. Air National Guard photo by Master Sgt. Mark C. Olsen/Released)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TREES FOR TROOPS

New Jersey Christmas tree growers donated 100 trees to New Jersey National Guard Soldiers and Airmen at the annual Christmas Trees for New Jersey Military Families event at the Joint Military and Family Assistance Center, Bordentown, N.J., and at three armories across the state Nov. 30, 2016. New Jersey Secretary of Agriculture Douglas H. Fisher, Brig. Gen. Steven Ferrari, Deputy Adjutant General, New Jersey Department of Military and Veterans Affairs, along with the New Jersey Christmas Tree Growers Association and the New Jersey Agricultural Society's Farmers Against Hunger Program participated in the annual event.

(Photos by Master Sgt. Mark C. Olsen, NJDMAVA-PA)

VETERANS AFFAIRS

STATE LEGION COMMANDER VISTS VHN

American Legion Department of New Jersey commander Roger Gengaro visited Veterans Haven North on November 9 to see how part of his state commanders project will benefit the homeless veterans participating in the transitional housing program. Sean P. Van Lew, Sr., Superintendent, provided a tour of the facility for the senior American Legion leaders. Gengaro hopes to $16,000 to purchase 16 new computers and 30 new chairs for computer labs at Veterans Haven North. The American Legion state commander's project will also fund a new gazebo and lawn furniture for Veterans Haven South. The major portion the yearlong fund raiser will go the non-profit 'Hope for Veterans' program at the VA's Lyons hospital to pay for a licensed professional counselor. Photos by Kryn P. Westhoven, NJDMAVA-PA

US BOWLING CONGRESS DONATES TO MENLO

As part of the United States Bowling Congress (USBC) program "Brightening Veterans Lives" the Monmouth County USBC chapter donated $8100.00 to the Menlo Park Veterans Memorial Home for recreation therapy. Chrissy Lee, Monmouth County USBC President, left, is joined by Joanne Ramsey, Monmouth County USBC Vice-President in presenting the check to Joseph Brandspiegel, CEO.

Photo by Dorothy E. De Los Reyes, CTRS, Menlo Park Veterans Memorial Home

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*

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)

Colonel Edward J. Chrystal Jr., Director
609-530-6967
Donna Myers, Sec
609-530-6766
Virginia Fiess, QA Coordinator
609-530-6979
Fax: 609-530-6970

Menlo Park Veterans Memorial Home
Joseph Brandspiegel, CEO
Jennifer Pajak, Sec
132 Evergreen Road, PO Box 3013
Edison, NJ 08818-3013
732-452-4102 Fax: 732-603-3016

Paramus Veterans Memorial Home
Dianne Tabron-Felder, CEO
Diane Callaghan, Sec
1 Veterans Drive
Paramus, NJ 07652
201-634-8525 Fax: 201-967-8658

Vineland Veterans Memorial Home
Allyson Bailey, Acting CEO
Sharon Frye, Sec
524 North West Boulevard
Vineland, NJ 08360-2895
856-405-4207 Fax: 856-696-6714

Veterans Services (DVS)

Albert J. Bucchi, Director
609-530-6962
Cynthia Barnes, Sec
609-530-6975
Fax: 609-530-7075

Brigadier General William C. Doyle Veterans Memorial Cemetery
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
350 Provinceline Road, Wrightstown, NJ 08562
609-738-2400 Fax: 609-758-0169
Maintenance/Cemeteries/Memorials
Joseph Arroyo & Kenneth Smith Supervisor, 609-738-2408 Fax: 609-758-3490

Vietnam Veterans Memorial
1 Memorial Lane, PO Box 648, Holmdel, NJ 07733
732-335-0033 Fax: 732-335-1107

Korean Memorial
Boardwalk/Brighton Park, Atlantic City, NJ 08401

War World II Memorial
W State Street, Trenton, NJ 08608

Veterans Haven South
Walter Nall, Supt – 609-561-4948
William Lobach, 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

Veterans Haven North
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

State Approving Agency-GI Bill Programs
Charles Rowe, Bureau Chief – 609-530-6842
Marisol Meyer, Education Prog Asst – 609-530-6849
Lynn Yesalonia, State Admin – 609-530-6858
Joan Edwards, State Admin – 609-530-6948
Fax: 609-530-7196

Veterans Benefits Bureau
Patricia A. Richter, Bureau Chief – 609-530-6949
Elizabeth Schofield, Prin Staff Officer – 609-530-6954
Paul Kale, Staff Asst – 609-530-6826
Susan Kobrin, Clerk – 609-530-6952
Michele Johnson, Sec – 609-530-7035
Fax: 609-530-6970

Veterans Service Offices
Joseph Bucco, State Supervisor – 609-530-6830
Christopher Wambach, State Supervisor – 609-530-6863
Joseph E. Nyzio, VSO – 609-530-6857
VA Regional Office/Philadelphia
Charles Piscopo, VSO – (*Mon., Wed., Alternate Fridays*)
5000 Wissahickon Avenue, Philadelphia, PA 19144
(215) 381-3012
856-853-4184/4185/4186

Atlantic City/Cape May
Vacant,VSO
Sherri Morris, Sec
1008 Absecon Boulevard, **Atlantic City** 08401-1999 ~ (*Atlantic City Armory*)
609-441-3060/3061 Fax: 609-441-3899 *(closed alternate Fridays)*

Bergen/Passaic
Joseph Restivo, VSO
Titus Osuagwu, Sec
125 State Street, Suite 109, **Hackensack** 07601-5435
201-996-8050/8051 Fax: 201-996-8009

Burlington
Matthew Still, VSO
Michelina Giuliano, Sec
555 High Street, Suite 6A, **Mt. Holly** 08060
609-518-2273/2274 Fax: 609-518-2275

Camden/Gloucester
Joseph Frost, VSO
Charles Piscopo, VSO (*Tuesdays and Thursdays*)
Diane Rosci, Sec
658 N Evergreen Avenue, **Woodbury** 08096 ~ (*Woodbury Armory*)
856-853-4184/4185/4186 Fax: 856-384-3781 *(closed alternate Fridays)*

Essex/Union
Robert Maulano, VSO
Shelley Darby, Sec
20 Washington Place, Room 431, **Newark** 07102-3174
973-297-3336 Fax: 973-642-0830

Hudson
Esther Chucaralao, VSO
Michael Dorobis, Sec
678 Montgomery Street, 2nd Floor, **Jersey City** 07306 ~ (*Jersey City Armory*)
201-536-3401 Fax: 201-536-3404 *(closed alternate Fridays)*

Mercer
William McDonnell, VSO
Theresa Tomecheck, Sec
151 Eggerts Crossing Road, Room 136, **Lawrenceville** 08648 ~ (*Lawrenceville Armory*)
609-671-6697/6696 Fax: 609-671-6698

Middlesex/Somerset
Joseph Battito, VSO
Vacant, Sec
1060 Hamilton Street, **Somerset** 08873 ~ (*Somerset Armory*)
732-937-6347/6348 Fax: 732-937-6417 *(closed alternate Fridays)*

Monmouth
Peter J. Midgley, VSO
Rita Hyland, Sec
630 Bangs Avenue, Suite 320, **Asbury Park** 07712-6904
732-775-7009/7005 Fax: 732-775-3612

Newark Liaison/VA Regional Office
Richard Mannes, VSO
Brad Christensen, VSO
20 Washington Place, Room 439 **Newark** 07102-3174
973-297-3230 Fax: 973-648-2356

Ocean
Paul McIntyre, VSO
Robin Mitchell, Sec
James J. Howard Outpatient Clinic
970 Route 70, **Brick** 08724-3550
732-840-3033/3034 Fax: 732-840-0399

Salem/Cumberland
Leigh R. Pottle, VSO
Catherine Raniolo, Sec
524 Northwest Boulevard, **Vineland** 08360-2895
856-405-4388/4390/4389 Fax: 856-696-6499

Sussex/Morris
William Robinson, VSO
479 West Clinton Street, **Dover** 07801 ~ (*Dover Armory*)
973-366-0245/8347 Fax: 973-366-0360 *(Mon, Tues, Wed)*
Sussex, 12 Munsonhurst Road, **Franklin, 07416 (Thursday/Alt Fridays)*
973-827-4020 Fax: 973-827-4024 ~ (Franklin Armory)

Warren/Hunterdon
*Sibley Smith, VSO/Ombudsman
Lisa Szymanski, Sec
200 Sanatorium Road, **Glen Gardner**, NJ 08826
908-537-0831/0832 Fax: 908-537/0833
Flemington, 4 Gauntt Place, **Flemington, 08822 (Wednesday) 908-284-6146*

Southern Ocean County Resource Center
Vacant-VSO
179 South Main Street (Route 9)
Manahawkin, NJ 08050
609-978-5895 Fax: 609-978-6446

REVISED 10-26-16

Sheriff Shaun Golden cordially invites you to attend

The Monmouth County Sheriff's Office

PATRIOT'S PRIDE AWARDS AND RECOGNITION CEREMONY

Standing Together to Show Appreciation for
Military Service to our State and Country

Keynote Speaker Lt. Governor Kim Guadagno

December 7th 2016 at 10am
Monmouth County Police Academy
2000 Kozloski Road, Freehold, NJ 07728

Please R.S.V.P. by December 1st 2016 to Frank Brogna
at 732-431-7400 ext. 1806
or via email to fbrogna@mcsonj.org

In Partnership with

New Jersey Committee for the Employer Support of the Guard and Reserve
New Jersey Department of Military and Veterans Affairs
The Monmouth County Police Chiefs Association
The Monmouth County Prosecutor's Office

MILITARY MOJO

Women Veterans Roundtable, Luncheon and Career Fair

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Women Veterans Roundtable & Luncheon Hosted By

PNC

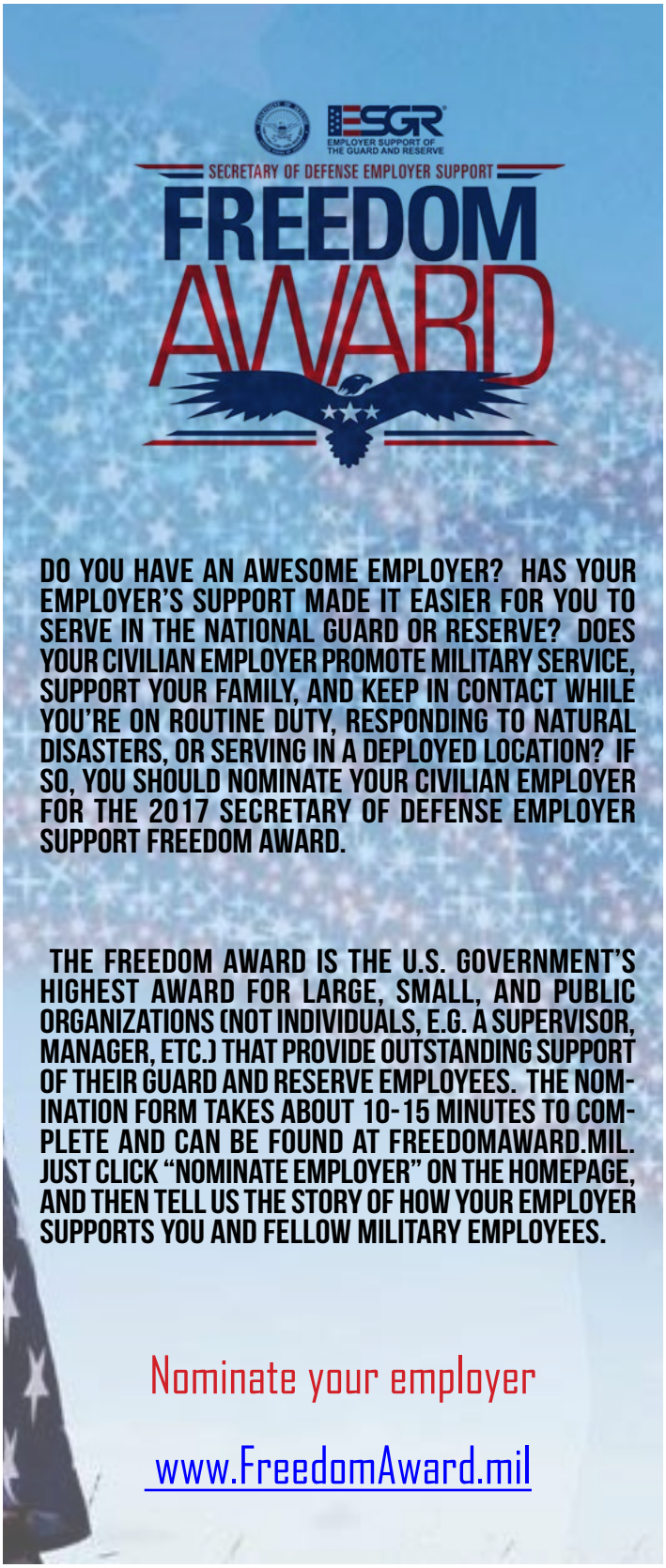
Chris Phillips, USMC
Assistant Vice President
Diversity Recruiting
Military & Disabilities

▶ **DAY 1: Thursday 8 December**
*Career Seminars, Interviews, **Women Veterans Luncheon**, Networking Reception with Employers – Food, Beverage, Bar*

▶ **DAY 2: Friday 9 December**
Career Fair, Interviews, Networking Lunch with Employers

www.militarymojo.org

sally@militarymojo.org kristin@militarymojo.org



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NJ ARNG Suicide Prevention Program	609-562-0832
NJ ARNG Substance Abuse Program	609-562-0279
NJARNG Equal Oppurtunity 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	wwww.jointservicessupport.org

Highlights submissions deadline 4 p.m. Wednesday: nicholas.p.young12.mil@mail.mil

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http://ubhc.rutgers.edu/vet2vet/

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Life doesn't have to be a battlefield

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New Jersey Department of Military and Veterans Affairs

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