

NJDMAVA HIGHLIGHTS

JULY 10, 2015

"Move On"

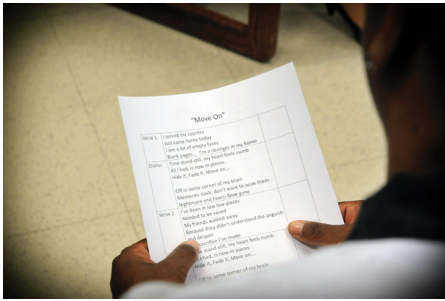
	served my country Just came home today I see a lot of empty faces Blank pages... I'm a stranger in my home Time stand still, my heart feels numb All I had, is now in pieces Hide it, Fade it, Move on....	
Case 2	Off in some corner of my brain Memories slash, don't want to seize them Nightmare and Fears- Now gone I've Been in low low places Needed to be saved My friends walked away Because they didn't understand the anguish and despair sacrifice I've made Time stand still, my heart feels numb All I had, is now in pieces Hide it, Fade it, Move on....	
	Off in some corner of my brain	



Voices of Valor

Story and photos by Staff Sgt. Nicholas P. Young, NJDMAVA Public Affairs

I walked into Veteran's Haven North on a Wednesday spring night, camera equipment in hand to document what was described to me as music therapy.



A resident of Veteran's Haven North in Glen Gardner, N.J., looks over the lyrics to the song "Moving On", which was created by himself and fellow veterans during an eight week session of Voices of Valor.

The session had already started when I opened the door to the café and the sounds of smooth jazz filled the room. The only other audible sounds were the click of my camera and a young woman softly instructing the participants to relax and breathe deeply. As I looked around the room I saw the weathered faces

of veterans whom had fallen on hard times. The paths that led these former service members to Veterans Haven North vary from person to person, but tonight they all converged on one common ground, their love of music.

They are all participating in a session of the Voices of Valor program, which is a part of a larger organization called Music for All Seasons started by Rena Fruchter and her husband Brian Dallow in 1991. According to Dallow, Voices of Valor's primary goal is, "To reach as many veterans as we possibly can and to try to address some of the relatively serious issues that many of these veterans are returning with, the invisible wounds of war." The Voices of Valor program conducts eight weekly sessions, facilitated by professional musicians, in which the veterans share their stories and experiences to reach the end goal of creating a song that expresses the collective emotion of the group.

The group from this session, "Soldiers of Fortune" focused their song on getting beyond their past issues, and chose the very fitting title of "Moving On." Melissa Guttman, the lyricist facilitator for this session said, "Every session is different, it's the song they need at that session...the themes are often related in terms of moving forward in their life, but they all have different angles based on what part of the story they choose to tell and what they're personally going through at the moment."

The hardest part about the process is getting the veterans to



Veteran's Haven North resident, Geraldine Grob sings the song "Moving On" at Kaleidoscope Sound Recording Studio, Union City, N.J.

open up and share. The producer of this session, Benny Harrison said it is "important to earn their trust, and they'll come with us on the ride." I watched as the group threw out ideas, brainstormed and sang what they'd come up with. Being that I was amongst fellow veterans that also shared my passion for music, I couldn't help but to chime in and join them in the writing process.

The facilitators found out about my own musical accomplishments as a lyricist and asked me to create a verse to fill in a breakdown section of the song. Over the course of my documentation I got to know the veterans in the group, and drew my inspiration from them in order to add to their story.

During the seventh session, we all went to the recording studio, and it was truly magical. From the time they started warming up to the wrap up, those weathered faces lit up with youthful exuberance. I thought about the few weeks prior and the initial idea that I was documenting music therapy, but this was so much more. It was downright amazing to watch the power of music work through these beleaguered souls.

The final listen was like a hot cup of coffee, and the smiles in the room were the cream and sugar. Even though it was after midnight, I could feel the energy level raise and overall sense of accomplishment in the air.



William Melton, a resident of Veteran's Haven North plays his guitar as fellow veteran participants sing during an eight week session of Voices of Valor.



Veteran's Haven North residents pose for a group photo after recording their song "Moving On" at Kaleidoscope Sound Recording Studio, Union City, N.J. From left to right; Rena Fruchter, Co-Founder of Music For All Seasons; Daniel Wagoner, Frank Ignico, William Melton, Anthony Clark, Anthony Jones, Laura Blaine, administration - Veterans Haven North; Gary Fuller, Melissa Guttman, Musician Facilitator- Voices of Valor; Brian F. Dallow, Founder of Music For All Seasons; Benny Harrison, Musician Facilitator-Voices of Valor, Geraldine Grob and Staff Sgt. Nicholas Young.

AROUND THE STATE

Task Force report released

New Jersey Lt. Gov. Kim Guadagno, poses with various veterans organizations members after her formal announcement of the state's Military Growth and Development Task Force report at American Legion Post 232, Barnegat, N.J., July 8, 2015. New Jersey Gov. Chris Christie appointed the Task Force to increase public awareness of military bases, installations and armories throughout the State to ensure long-term growth and viability of the military bases and to promote statewide jobs and corporate growth. The Task Force report outlines a plan to preserve New Jersey military bases and New Jersey's economic future. (U.S. Army National Guard photo by Chief Warrant Officer 3 Patrick Daugherty/Released)



Happy Birthday Warrant Officer Corps

Brig. Gen. Michael Cunniff, The Adjutant General of New Jersey, second from right, Command Chief Master Sgt. Vincent Morton, left, State Command Chief Master Sergeant, Command Sgt. Maj. Earnest Williams, Chief Warrant Officer 5 Guy Remig, State Command Chief Warrant Officer, Chief Warrant Officer 5 Thomas Comyack and Warrant Officer Chris Walaszek, right, join the New Jersey Army National

Guard Warrant Officer cohort and cut a cake to celebrate the 97th anniversary of the Corps at Joint Base McGuire-Dix-Lakehurst, N.J., July 10, 2015. The cake cutting ceremony also includes the warrant officer tradition of including the oldest – Comyack – and youngest – Walaszek – warrant officers in the organization. (U.S. Army National Guard photo by Chief Warrant Officer 3 Patrick Daugherty/Released)

Heart of a Hero Scholarships available

Trenton, NJ - Continuing to foster the Christie Administration's ongoing commitment to military members, veterans and their families, First Lady Mary Pat Christie announced on June 18, New Jersey Heroes' fourth annual Heart of a Hero Scholarship.

Mrs. Christie established the program as another resource to help New Jersey's military men and women make their higher education and career goals a reality. This year, New Jersey Heroes is funding ten \$5,000 scholarships to be awarded in time for the 2015-16 school year.

"New Jersey Heroes is again honored to have this opportunity to repay our military heroes in this small way for their service and sacrifice on behalf of our country," said Mrs. Christie. "Over the past three years, the Heart of a Hero Scholarship has helped 30 of our military service members advance their professional lives- from law enforcement and nursing to business management and environmental science. We're pleased to be able to play a part in the career preparation of these most deserving New Jerseyans."

For 2014 Heart of Hero recipient Katie Grogan an Air Force and NJ National Guard Reservist from Jackson, it was an honor to have received the 2014 Heart of a Hero scholarship. "The monetary amount helped cover the cost of my uniforms, books and part of the tuition for my nursing program," Grogan said. "I am so grateful to everyone involved in the committee that honors Veterans through this amazing scholarship."

For Navy Petty Officer 2nd Joseph Mack Mota, from Lacey Township, the Heart of a Hero scholarship helped him reach his educational goals. "With the support of the NJ Heart of a Hero Scholarship, I earned my Master's Degree in December and was able to secure employment working with student-veterans like me

who aspire to receive a college education," Mota said. "I want to thank Mary Pat Christie and the entire NJ Heroes Foundation staff for their dedication to all our New Jersey military veterans currently or formerly serving."

Applicants for the Heart of a Hero Scholarship must meet several program criteria: 1) be a United States citizen and New Jersey resident; 2) be a high school graduate or have a high school equivalency diploma (GED); 3) served in the military and submit documentation of military service; if discharged from the military, must show proof of honorable discharge; 4) enroll as a student at an accredited college/university or a vocational training school in pursuit of a degree for the 2015-16 school year; 5) demonstrate a commitment to volunteerism and community contribution, in the spirit of New Jersey Heroes.

Service members interested in applying for the Heart of a Hero Scholarship must fully complete the application form either online at the New Jersey Heroes website: <http://newjerseyheroes.org/index/2015-heart-of-a-hero-scholarship-application-form/> by no later than 5:00 p.m. Friday, July 31, 2015 or submit an application via US Mail postmarked no later than July 31, 2015 and mailed to NJ Heroes, P.O. Box 95, Mendham, NJ 07945-0095. Application deadline is July 31, 2015.

Recipients will be notified in late August.

New Jersey Heroes is an initiative of First Lady Mary Pat Christie that showcases the positive and unique ways people and organizations are impacting New Jersey and their communities. To nominate a hero, go to <http://newjerseyheroes.org/index/nominate-a-hero/> and follow the application instructions to submit the person you believe is a true New Jersey Hero.



63rd Band leads the way

The 63rd Army Band, New Jersey Army National Guard, participated in the Moorestown July 4th parade. This performance in Burlington County was the eighth and final appearance of the Sea Girt based band during their annual summer concert series. (NJD-MAVA photo by Kryn Westhoven/Released)



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)
Laura Branham, Executive Secretarial Assistant (609-530-7045)
Chuck Robbins, Assistant to DCVA/Outreach Coordinator (609-530-6855)

Fax: 609-530-7191

Veterans Healthcare Services (DVHS)

Brigadier General Steven Ferrari, 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 Bons Reissek, CEO Sharon Davis, Sec 524 North West Boulevard Vineland, NJ 08360-2895 856-405-4207 Fax: 856-696-6714
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Veterans Services (DVS)

Albert J. Bucchi, Director 609-530-6962 Cheryl A. Henderson, 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 Nail, Supt – 609-561-4948 Vacant, Asst, Supt – 609-567-3715 301 Spring Garden Road, PO Box 80 Winslow, NJ 08095 609-561-0269 Fax: 609-567-5166	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
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State Approving Agency-GI Bill Programs 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	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 Cynthia Barnes, Sec – 609-530-6868 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 Vacant, VSO – 215-381-3033 5000 Wissahickon Avenue, Philadelphia, PA 19144
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Atlantic City/Cape May Edmond Famiglietti, VSO Vacant, Sec 1008 Absecon Boulevard, Atlantic City 08401-1999 ~ (Atlantic City Army) 609-441-3060/3061 Fax: 609-441-3899 (closed alternate Fridays)	Bergen/Passaic Richard Mannes, VSO Titus Osuagwu, Sec 125 State Street, Suite 109 Hackensack 07601-5435 201-996-8050/8051 Fax: 201-996-8009	Burlington Charles Piscopo, VSO Bernadette Whitman, Sec 555 High Street, Suite 6A, Mt. Holly 08060 609-518-2273/2274 Fax: 609-518-2275
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Camden/Gloucester Joseph Frost, VSO Diane Rosci, Sec 658 N Evergreen Avenue, Woodbury 08096 ~ (Woodbury Army) 856-853-1844/1854/186 Fax: 856-384-3781 (closed alternate Fridays)	Essex/Union Robert Maulano, VSO Vacant, Sec 20 Washington Place, Newark 07102-3174 973-297-3230 Fax: 973-648-2356	Hudson Vacant, VSO (Robert Maulano-Tuesday/Thursday) Michael Dorobis, Sec 678 Montgomery Street, 2nd Floor, Jersey City 07306 ~ (Jersey City Army) 201-536-3401 Fax: 201-536-3404 (closed alternate Fridays)
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Mercer William McDonnell, VSO Theresa Tomecheck, Sec 151 Eggerts Crossing Road, Room 136, Lawrenceville 08648 ~ (Lawrenceville Army) 609-671-6697/6696 Fax: 609-671-6698	Middlesex/Somerset Joseph Battilo, VSO Vacant, Sec 1060 Hamilton Street, Somerset 08873 ~ (Somerset Army) 732-937-6347/6348 Fax: 732-937-6417 (closed alternate Fridays)	Monmouth Robert Brown, VSO Rita Hyland, Sec 630 Bangs Avenue, Suite 320, Asbury Park 07712-6904 732-775-7009/7005 Fax: 732-775-3612
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Newark Liaison/VA Regional Office Lorena Huggins, VSO Helen Banks, Sec 20 Washington Place, Room 431 Newark 07102-3174 973-297-3336 Fax: 973-642-0830	Ocean Nicholas Petrozzino, VSO Iris Perez, 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 Vacant, VSO Catherine Raniolo, Sec 524 Northwest Boulevard, Vineland 08360-2895 856-405-4388/4390/4389 Fax: 856-696-6499
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Sussex/Morris William Robinson, VSO 479 West Clinton Street, Dover 07801 ~ (Dover Army) 973-366-0245/8347 Fax: 973-366-0360 (closed alternate Fridays) *Sussex, 12 Munsonhurst Road, Franklin, 07416 (Thursday/Friday) 973-827-4020 Fax: 973-827-4024 ~ (Franklin Army)	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 Nicholas Petrozzino, VSO (Thursday only) 179 South Main Street (Route 9) Manahawkin, NJ 08050 609-978-5895 Fax: 609-978-6446
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When:
JULY 18TH
rain or shine

Registration:
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1100 US 22, LEBANON, NJ

Kick Stands Up:
11:00 AM:
SCENIC RIDE THRU HUNTERDON COUNTY

**Arrival: 12:30 PM @ VETERANS HAVEN NORTH,
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 Live Band & BBQ!
Donation: \$30.00 PER BIKE

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Special Show for Military & Guests
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Borgata Hotel Casino & Spa
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Atlantic City, NJ 08401

For tickets, contact Michelle.M.williams2.mil@mail.mil or,
Sarah.a.Nothdurft.mil@mail.mil at Family Programs by COB July 17, 2015
Tickets can be picked up at the Borgata Events Center
Must show Military ID

Veterans Outreach Campaign

Aug. 11 & 12
DMAVA Veterans Outreach Campaign
10 a.m. – 8 p.m.
Bridgewater Commons Mall
400 Commons Way,
Bridgewater, NJ
08807

Sept. 8 & 9
DMAVA Veterans Outreach Campaign
10 a.m. – 8 p.m.
Brunswick Square Mall
755 Highway 18,
East Brunswick, NJ
08816

Cover photo

A veteran and resident of Veteran's Haven North in Glen Gardner, N.J., looks over the lyrics to the song "Moving On", which was created during an eight week session of Voices of Valor. Voices of Valor is a music-based therapy program designed to help in the physical, mental and spiritual healing process of veterans so they can cope with their past traumas by expressing themselves through song. (U.S. Army National Guard photo by Staff Sgt. Nicholas Young/Released)

E-mail your Highlights submissions to:
mark.olsen@dmava.nj.gov
by close of business
Wednesday



REGISTER NOW!
NGAUS 2015
137th General Conference
Gaylord Opryland Resort
Nashville, TN
September 10-13, 2015

ENERGY CONSERVATION TIP OF THE WEEK Turned off appliances still use power

Sources of low-wattage energy usage, such as small appliances and gadgets, use energy even when turned off and can account for as much as 20 – 30 percent of energy consumption. Remember to unplug your household gadgets while not in use!

Vampire Energy, also known as Phantom Energy, is the energy wasted by leaving appliances (such as a cell phone chargers, DVD players, toaster ovens, etc.) plugged in while not in use.

If you would like more information about NJDMAVA's energy and water conservation efforts, contact Christopher Moore, Energy Manager at christopher.moore@dmava.nj.gov



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NEW JERSEY DEPARTMENT OF MILITARY AND VETERANS AFFAIRS

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Brig. Gen. James J. Grant – Director, Joint Staff
Raymond Zawacki – Deputy Commissioner for Veterans Affairs
Chief Warrant Officer 3 Patrick Daugherty – Public Affairs Officer
Master Sgt. Mark C. Olsen – Layout, photographer
Staff Sgt. Wayne Woolley – Writer, photographer
Tech. Sgt. Matt Hecht – Photographer, graphic artist



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