

NJDMAVA HIGHLIGHTS

FEBRUARY 11, 2016



Leadership by showing the way

Story and photo by Staff Sgt. Wayne Woolley, New Jersey National Guard Public Affairs



When 1st Sgt. Dharam Manka found out his unit leadership had nominated him to compete for the CSM (Command Sergeant Major) Wilfred Z. Lea Outstanding First Sergeant Award, he was honored, but afraid the spotlight was shining in the wrong place.

“The way I try to lead, it’s not about me, it’s about the Soldier,” Manka said recently. “I’m not about awards.”

The spotlight found Manka anyway, and he took home the award from the Enlisted Association of the National Guard of New Jersey for 2015.

Manka, the 1st Sergeant of the 50th Financial Management Support Unit detachment in Flemington said he tries to instill in his Soldiers the importance of attention to detail. In finance, details matter and can mean the difference between Soldiers being

I just do everything I can and make sure my people know I will never ask them to do something I haven’t done myself.

paid on time or properly reimbursed. Not surprising, considering that Manka began his military career in a different detail-oriented job, as an active duty Marine working as an aviation mechanic.

Manka, 36, joined the National Guard after serving on active duty with the Marine Corps. In addition to his duties with the 50th FMSU, Manka works full-time in the personnel section at Joint Force Headquarters. With bachelors and masters’ degrees from Rutgers in business, Manka is a logical fit for personnel.

He earned both degrees while in the Guard through the tuition-waiver program. He strongly encourages other Soldiers to use their National Guard education benefits.

“There’s no reason someone shouldn’t be able to get a degree during an enlistment,” Manka said. “Everyone should be taking advantage of this.”

While Manka says he wasn’t looking for the recognition, he was glad to accept the honor because it reflects well on his unit, and his Soldiers.

“I just do everything I can and make sure my people know I will never ask them to do something I haven’t done myself,” he said. “People will follow you if you show you’re technically and tactically proficient.”

Cover: Snowfall

Snow falls on KC-135R Stratotankers with the 108th Wing, New Jersey Air National Guard, at Joint Base McGuire-Dix-Lakehurst, N.J., Feb. 5, 2016. Less than two weeks after Winter Storm Jonas dumped more than 18 inches of snow on the base, another snowstorm blanketed the flight line and aircraft. (U.S. Air National Guard photo by Master Sgt. Carl Clegg/Released)

BLACK HISTORY MONTH

Mary McLeod Bethune
Council House, Washington, DC

Jamestown Settlement
Jamestown, VA

National Mall
Washington, DC

Jean Baptiste Pointe Du Sable's
Settlement, Chicago, IL

U.S. Supreme Court
Washington, DC

Kingsley Plantation
Fort George Island
Jacksonville, FL

Mother Bethel
African Methodist
Episcopal Church
Philadelphia, PA

Fort Mose Settlement
St. Augustine, FL

Little Rock
Central High School
Little Rock, AR

Tanners Alley
Harrisburg, PA

Edmund Pettus Bridge
Selma, AL

Frederick Douglass Home
Washington, DC

Freedom Riders
Bus Museum
Montgomery, AL

Mulberry Row at Monticello
Charlottesville, VA

Tuskegee Airfield
Tuskegee, AL

Seneca Village
Central Park, NY

HALLOWED GROUNDS: Sites of African American Memories



SCAN AND VIEW MOMENTS IN HISTORY



Designed by James Ladner for the Defense Equal Opportunity Management Institute

Paramus recognized as environmental steward

By Mark C. Olsen, New Jersey Department of Military and Veterans Affairs Public Affairs

On Jan. 5, 2016, the New Jersey Veterans Memorial Home at Paramus was recognized as being an example of environmental stewardship and sustainability.

Last year, on Nov. 4, the Home, which is one of the New Jersey Department of Military and Veterans Affairs three long-term care nursing homes, underwent an inspection by the New Jersey Department of Environmental Compliance and Enforcement.

The inspection was part of the Department's Environmental Stewardship Program.

In a letter to the Home, Assistant Commissioner of Compliance and Enforcement Ray Bukowski stated that "the Department is formally recognizing the voluntary and proactive measures you have taken in an effort to improve the environment."

The inspection report cited the Home for going beyond



those minimum regulatory requirements and was specifically recognized for having implemented green building design projects. Green building design refers to employing environmentally responsible and resource-efficient processes, materials or equipment throughout a building or facility's life-cycle.

The Paramus facility's green building approach ranged from upgrading to energy-efficient high efficiency water heaters to replacing halide light bulbs to with LED light fixtures.

The Home's success underscores DMAVA's continuing commitment to be a leader among state agencies in creating a healthier planet.

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What's Your Sleep Style?

Monophasic
(single phase)

PRO REM sleep typically kicks in between 3 to 7 a.m. and can last 10 minutes or up to one hour.

CON Circadian rhythms drop around 2 p.m., causing a drop in energy in the afternoon.

The most common sleep style is to sleep for a single period of 7-9 hours, during which most people experience 4 to 6 sleep cycles. This is known as a monophasic cycle.

PRO-TIP

Be mindful of the 90-minute sleep cycle when setting your alarm at night. Going to bed at 11 p.m.? Consider setting your alarm for 6:30 a.m. (versus 6 or 7 a.m.) to get up at the end of a full 90-minute sleep cycle.

★ ★ ★

Polyphasic
(multiple phase)

PRO Taking midday naps stabilizes blood sugar, increases metabolism, and enhances learning ability.

CON Disruptions of circadian rhythms—shift work, jet lag, not having a consistent sleep schedule—can result in sleepiness during the day and reduce performance, alertness, and mood. It is important to have quality of sleep, not just quantity of sleep.

Some people, like shift workers, may prefer to split their sleeping sessions with a shorter sleep pattern (usually 5-6 hours) at night and naps (around 20-90 minutes each) during the day, known as a polyphasic cycle.

PRO-TIP

Power nap. A 5- to 20-minute nap in the afternoon can help you re-energize by getting light sleep (stages 1-2). Make sure to set your alarm, though. The further along you are in a sleep cycle (stage 3 and beyond), the harder it is to overcome grogginess when waking up.

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Veterans outreach campaign

<p>Veterans Outreach Campaign Feb. 17 – 18 10 a.m. – 8 p.m., daily Monmouth Mall 180 Route 35 South Eatontown, N.J. 07724</p> <p>“Housing Our Heroes” Veterans Housing Forum IV March 30 1 p.m. – 3:30 p.m. All Wars Memorial Building 1510 Adriatic Avenue Atlantic City, N.J. 08401</p> <p>Veterans Outreach Campaign & Medal</p>	<p>Ceremony March *30 - 31 10 a.m. – 8 p.m., daily NJDMAVA medal ceremony on March 30 at 11 a.m., at Center Court Deptford Mall 1750 Deptford Center Road Deptford, N.J. 08096</p> <p>NJ Vietnam Veterans Remembrance Day May 7 11 a.m. New Jersey Vietnam Veterans Memorial PNC Bank Arts Center Garden State Parkway Exit 116</p>	<p>Holmdel, N.J. 07777</p> <p>Veterans Information and Outreach Fair May 7 9 a.m. – 1 p.m. Fair Lawn Health & Human Services Department 8-01 Fair Lawn Ave. Fair Lawn, N.J. 07410</p> <p>“Spirit of the Jerseys” May 14 11 a.m. – 5 p.m. State History Fair Monmouth Battlefield State Park 16 Business Route #33, Manalapan, N.J. 07726</p>	<p>June convention outreach Elks Convention June 2-3 8 a.m. – 3 p.m., daily</p> <p>American Legion State Convention June 8-10 8 a.m. – 2 p.m., daily</p> <p>Veterans of Foreign Wars State Convention June 15-17 8 a.m. – 3 p.m., daily Wildwood Convention Center 4501 Boardwalk Wildwood, N.J. 08260</p>
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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)

<p>Brigadier General Steven Ferrari, Director 609-530-6967 Donna Myers, Sec 609-530-6766 Virginia Fless, QA Coordinator 609-530-6979 Fax: 609-530-6970</p>	<p>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</p>	<p>Paramus Veterans Memorial Home Dianne Tabron-Felder, CEO Diane Callaghan, Sec 1 Veterans Drive Paramus, NJ 07652 201-634-8525 Fax: 201-967-8658</p>	<p>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</p>
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Veterans Services (DVS)

<p>Albert J. Bucchi, Director 609-530-6962 Cynthia Barnes, Sec 609-530-6975 Fax: 609-530-7075</p>	<p>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, 609-738-2406 Fax: 609-758-3490</p>	<p>Vietnam Veterans Services 1 Memorial Lane, PO Box 648, Holmdel, NJ 07733 732-335-0033 Fax: 732-335-1107</p> <p>Korean Memorial Boardwalk/Brighton Park, Atlantic City, NJ 08401</p> <p>War World II Memorial W State Street, Trenton, NJ 08608</p>	<p>Veterans Haven South Walter Nall, Supt – 609-561-4948 Vacant, Asst, Supt – 609-567-3715 301 Spring Garden Road, PO Box 80 Winslow, NJ 08095 609-561-0269 Fax: 609-567-5186</p>	<p>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</p>
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<p>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</p>	<p>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 Vacant, Sec – 609-530-6868 Michele Johnson, Sec – 609-530-7035 Fax: 609-530-6970</p>	<p>Veterans Service Offices Joseph Bucco, State Supervisor – 609-530-6830 Christopher Wambach, State Supervisor – 609-530-6863 Joseph E. Nyzio, VSO – 609-530-6857</p> <p>VA Regional Office/Philadelphia Charles Piscopo, VSO – (Mon, Wed, Alternate Fridays) 5000 Wissahickon Avenue, Philadelphia, PA 19144 856-853-4184/4185/4186</p>
<p>Atlantic City/Cape May Nicholas Petrozzino, 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)</p>	<p>Bergen/Passaic Joseph Restivo, VSO Titus Osuagwu, Sec 125 State Street, Suite 109, Hackensack 07601-5435 201-996-8050/8051 Fax: 201-996-8009</p>	<p>Burlington Matthew Still, VSO Vacant, Sec 555 High Street, Suite 6A, Mt. Holly 08060 609-518-2273/2274 Fax: 609-518-2275</p>
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<p>Sussex/Morris William Robinson, VSO 479 West Clinton Street, Dover 07801 ~ (Dover Armory) 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 Armory)</p>	<p>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</p>	<p>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</p>

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Class Dates and Times:

Feb. 27	9 a.m. - 4 p.m.
March 1	6 p.m. - 9 p.m.
March 3	6 p.m. - 9 p.m.
March 5	9 a.m. - 4 p.m.
March 8	6 p.m. - 9 p.m.
March 10	6 p.m. - 9 p.m.
March 15	6 p.m. - 9 p.m.
March 16	6 p.m. - 9 p.m.

For More Information Contact:

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