



DMAVA HIGHLIGHTS

MAY 20, 2016



Veteran collects 1,000 coats for homeless vets

By Donna Clementoni

For Jason Knocke, loyalty to those who served our country did not end when he took off his Army uniform in 1997.

Currently a junior at Stockton University in Pomona, N.J. and the Sergeant of Arms of the school's Student Veteran Organization, Knocke visited Veterans Haven South, a transitional housing program for homeless veterans, for a class paper that instructed them to report on a community organization.

Veterans Haven is operated by the New Jersey Department of Military and Veteran Affairs and supported by the United States Veterans Administration, the U.S. Department of Housing and Urban Development as well as a wide variety of service organizations, community agencies, veterans groups and private citizens.

Knocke is majoring in social work and intends to obtain his master's degree and specialize in helping other veterans who suffer from post-traumatic stress disorder and anxiety issues.

Upon arrival at the facility, Chief Administrator Walter Nall provided Knocke a briefing and tour of the campus. Knocke asked what the residents needed most and Nall replied, "They always need winter coats."

A few weeks later, Knocke returned with a truckload of coats he had collected from students, university employees, friends and neighbors. With more than 1,000 coats, Nall stated: "My guys were warm this winter."

The mindset of a Soldier stays with a man. The concept of 'no man left behind' and 'retrieving the wounded' is instilled in those who have trained for life and death combat and rely on the loyalty and support of their battle buddies.

After transitioning to civilian life, too many veterans fall through the cracks. Alarming, in New Jersey, alone,



an estimated 7,000-8,000 veterans are homeless. Knocke heard the call to action. His efforts didn't go unnoticed.

At the SVO's annual awards banquet, Knocke was stunned when his name was called to be the 2016 recipient of the April Christine Kauffman Award for Veteran Advocacy. The annual award was initiated after Kauffman, a passionate Atlantic County Veteran advocate and member of the school's Veteran Advisory Board, was murdered four years ago.

April's only daughter, Kim Pack, continues her crusade to have her mother's murder solved. That organizations such as the SVO continue to acknowledge her mother's selfless support brings Kim some comfort.

"It is amazing to recognize people who are doing great thing for our veteran community. Veterans are our real American heroes," said Pack.

Tom O'Donnell, Assistant Dean of

Students and Director of Veteran Affairs at Stockton University was thrilled with the selection of Knocke for the annual award.

"April would be so proud," said O'Donnell. "Jason is a true representative of how our combat veterans come out of battle and continue to serve this great nation."

Knocke spent five years with the Army as a multi-channel transmission systems operator whose specialty communication skills were generally executed from Humvees. The Soldier deployed to Haiti in 1995 for Operation Uphold Democracy.

Knocke is looking optimistically toward the future and has his sights on a career with the Veterans Administration. Understanding his character, Knocke will always take the time to look behind, recognize the signs of someone who has lost their way, and offer a fellow veteran a hand up.

It's what a Soldier does.

Retirement planning and training seminar

A retirement planning/training seminar will be held at Joint Military and Family Assistance Center, 1048 US Highway 206 in Bordentown May 21 from 9 a.m. to noon.

This class is for anyone who is planning on making the military their career (20 years or more) and or for anyone close to retirement age 55 and up.

If you plan on attending or for more info email: Marie.s.durling.civ@mail.mil

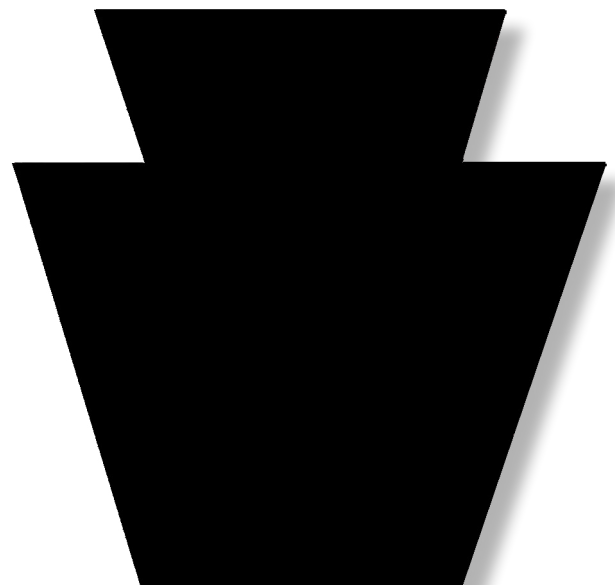
Cover: Filling up

The 1-150th Assault Helicopter Battalion practices with a firefighting helibucket or "Bambi" bucket at Smyrna, Tenn. (Courtesy photo)

Aviators train in Tennessee



The 1-150th Assault Helicopter Battalion practices with a firefighting helibucket or "Bambi" bucket at Smyrna, Tenn. National Guard Black Hawk helicopter crews can play a significant role in forest fire fighting due to their ability to quickly access areas. Army aviators need to maintain their skill in flying with the bucket, their ability to fill it with water and release it onto a specific target with accuracy. A Bambi bucket is a specialized bucket that is suspended on a cable, carried by a helicopter and carries approximately 400 to 2,000 gallons of water. (Courtesy photo)



The ARNG resilience program

From Guard Your Health

Coping with challenges and overcoming adversity can be difficult. But that's where resiliency comes in.

Resilience is the ability to grow—and even thrive—in the face of challenges and adversity. If you are resilient, you will be better equipped to bounce back from negative experiences, and achieve positive outcomes. Resiliency allows you to adapt to future changes as well as learn from your experiences.

By building resiliency skills, you can develop your ability to understand your own thoughts, emotions, and behaviors, as well as the thoughts and behaviors of others. Resiliency helps you:

- Cope with stress

- Overcome setbacks

- Solve problems

- Remain task-focused

- Perform under pressure

- Build confidence

- Decrease helplessness, depression, and anxiety

All of these skills are key components to you being mission-ready.

Developing Resiliency Skills

The Army National Guard (ARNG) Resilience Program educates Soldiers on 14 skills designed to provide emotional, physical, social, spiritual, and family fitness. All Soldiers are required to receive training on 12 of these skills every two years.

Activating Event, Thoughts, Consequences: Identify your thoughts about an activating event and the consequences of those thoughts. Thoughts, not the activating event, ultimately drive consequences.

Avoid Thinking Traps: Identify and correct counterproductive, overly rigid patterns in thinking by using critical questions to help identify the information you missed because of a thinking trap.

Detect Icebergs—Identify and evaluate your icebergs, or core beliefs and core values, that fuel out-of-proportion emotions and reactions.

Problem Solving: Identify your thoughts about why the problem happened, identify other potential factors, test them for accuracy, and then identify solution strategies.

Put it in Perspective (PIIP): Stop catastrophic thinking, reduce anxiety, and improve problem solving by identifying the worst, best, and most likely outcomes of

a situation and then developing a plan for dealing with the most likely outcomes.

Mental Games: Change the focus away from counterproductive thinking to enable greater concentration and focus on the task at hand by using mental games that require your full attention, are hard and fun, and can be done in a few minutes.

Real-time Resilience: Fight back against counterproductive thinking to enable greater concentration and focus on the task at hand with evidence, optimism, and perspective.

Identify Character Strengths in Self and Others: Identify your top character strengths and those of others and identify ways to use your character strengths to increase your effectiveness and strengthen your relationships.

Character Strengths: Challenges and Leadership: Identify the character strengths that you will use and the specific actions that will lead to being a more effective leader and enable members of the team to overcome complex challenges.

Assertive Communication: Communicate clearly and with respect, especially during a conflict or challenge. Use the IDEAL model to communicate in a confident, clear, and controlled manner. The

IDEAL model teaches you to identify the problem, describe the problem objectively, express your concerns, ask the other person for their perspective, and list the outcomes.

Active Constructive Responding and Effective Praise: Respond to others with authentic, active, and constructive interest to build strong relationships. Praise effectively to build mastery and winning streaks.

Hunt the Good Stuff: Notice and analyze what is good to counter the negativity bias and create positive emotion. Record three good things each day and write a reflection next to each positive event.

(Optional) Goal Setting: Identify a personally meaningful goal and develop a concrete plan to achieve it. Understand how personal values help form self-directed motivation. Develop commitment strategies to support goal attainment, and create techniques to monitor goal progress.

(Optional) Energy Management: Use self-regulation skills to effectively control and restore energy in order to thrive under pressure. Understand how mind-body activation levels impact performance. Prioritize controllable factors that influence mind-body activation. Practice deliberate breathing and develop strategies to combat chronic sleep deprivation.



254th runs combat medic course

Sgt. 1st Class Lisa Napier, left, and Staff Sgt. Michael Groskranz, middle, both with the 254th Regiment (Combat Arms) demonstrate resuscitation techniques as part of the health care specialist (combat medic) course at Joint Base McGuire-Dix-Lakehurst, N.J. Nine students from six states graduated the course. The course consisted of three phases, which began March 4 and ended April 29. (Courtesy photo)

Veterans Outreach Campaign

HUDSON COUNTY HEALTH & HUMAN SERVICES RESOURCE FAIR

May 21, 10 a.m. – 2 p.m.
Hudson County Schools of
Technology
525 Montgomery Street
Jersey City, 07302

VETERANS OUTREACH CAMPAIGN & MEDAL CEREMONY

May 24-26, 10 a.m. – 8 p.m. (Daily)
DMAVA medal ceremony May 24 at
11 a.m. at Center Court
Paramus Park Mall
700 Paramus Park
Paramus, NJ 07652

JUNE CONVENTION OUTREACH

ELKS CONVENTION
June 2-3, 8 a.m. – 3 p.m., daily

AMERICAN LEGION STATE CONVENTION

June 8-10, 8 a.m. – 2 p.m., daily

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

SUSSEX COUNTY "BIKE NIGHT FOR VETERANS"

June 23, 5 – 8 p.m.
Chatterbox Restaurant
1 State Route 15
Augusta, NJ 07822

63RD ANNIVERSARY OF THE SIGNING OF THE KOREAN WAR ARMISTICE

July 27, 11 a.m.

New Jersey Korean War Memorial
Brighton Park Amphitheatre and
the Boardwalk
Atlantic City, NJ 08401

"VETTE TO VET NIGHT"

Sept. 9, 5 – 8 p.m.
Chatterbox Restaurant,
1 State Route 15
Augusta, NJ 07822)

VETERANS OUTREACH CAMPAIGN & MEDAL CEREMONY

Sept. 20-21, 10 a.m. – 8 p.m. Daily
DMAVA medal ceremony Sept. 20 at
11 a.m. at Center Court
Bridgewater Commons Mall
400 Commons Way
Bridgewater, NJ, 08807

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 Diane 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
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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 <i>Maintenance/Cemeteries/Memorials</i> Joseph Amoye & 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 Vacant, Asst, Supt – 609-567-3715 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
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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 Vacant, 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 Charles Piscopo, VSO – (Mon., Wed., Alternate Fridays) 5000 Wissahickon Avenue, Philadelphia, PA 19144 856-853-4184/4185/4186
Atlantic City/Cape May Nicholas Petrozzino, VSO Sherri Morris, Sec 1008 Absecon Boulevard, Atlantic City 08401-1999 ~ (Atlantic City Army) 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 Vacant, 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 Army) 856-853-4184/4185/4186 Fax: 856-384-3781 (closed alternate Fridays)	Essex/Union Robert Maulano, VSO Shelley Darby, Sec 20 Washington Place, Room 439, Newark 07102-3174 973-297-3230 Fax: 973-648-2356	Hudson Esther Chucaralao, VSO Michael Dorobis, Sec 678 Montgomery Street, 2nd Floor, Jersey City 07306 ~ (Jersey City Army) 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 Army) 609-671-6697/6696 Fax: 609-671-6696	Middlesex/Somerset Joseph Battito, VSO Vacant, Sec 1060 Hamilton Street, Somerset 08873 ~ (Somerset Army) 732-937-6337/6346 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 Vacant, Sec 20 Washington Place, Room 431 Newark 07102-3174 973-297-3336 Fax: 973-642-0830	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 Army) 973-366-0245/8347 Fax: 973-366-0360 (closed alternate Fridays) *Sussex, 12 Munsonhurst Road, Franklin, 07416 (Thursday/Friday) 973-927-4020 Fax: 973-927-4024 ~ (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



NATIONAL GUARD EDUCATIONAL FOUNDATION

New scholarship for wounded guardsmen

The National Guard Education Foundation is offering scholarship grants to current or former National Guard members wounded in an operational or training mission in support of Operation Enduring Freedom, Operation Iraqi Freedom or Operation New Dawn.

For more information, please visit: <http://www.ngef.org/the-van-hipp-heroes-scholarship-fund/>

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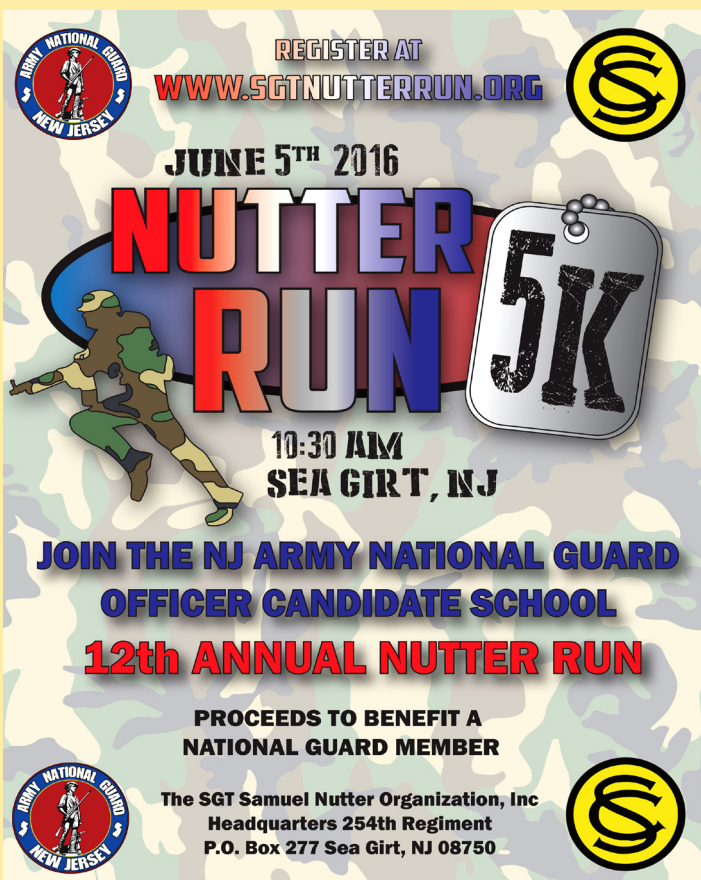


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Master Sgt. Mark C. Olsen – Layout, photographer

Kryn Westhoven – Writer, photographer

Staff Sgt. Wayne Woolley – Writer, photographer

Tech. Sgt. Matt Hecht – Photographer, graphic artist

**Highlights submissions
deadline 4 p.m. Wednesday:**
mark.olsen@dmava.nj.gov