

# THE RALLY POINT BUGLE

Veteran's Haven North  
New Jersey Department of Military and Veteran Affairs



Volume 2, Issue 2

October – December 2016



**-Closing Out 2016-**






-A Night of Thanks-

-VHN's NJDMAVA Team Award-

-ANNUAL HOLIDAY BANQUET-



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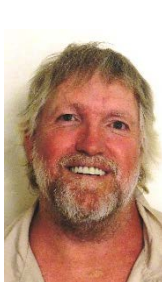
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## WRITING FOR "THE RALLY POINT BUGLE"



Our residents are encouraged to become writers for the *Rally Point Bugle*. It is an excellent opportunity to become involved in facility activities, to commit to attend special events, and to improve computer and writing skills. The *Rally Point Bugle* will also take artwork and photographs!! Stop by the administrative office to sign up.

### "The Rally Point Bugle Staff"



Writer



Writer



Writer



Writer



## Veteran's Haven North

### "The Rally Point"

New Jersey Department of Military and Veterans Affairs  
Glen Gardner, New Jersey  
(908) 537-1999

*The Rally Point Bugle* is published quarterly and distributed electronically by the residents and staff of Veterans Haven North. Contributing residents include, Daniel W., Bob B., Jackie H., and Robin P.

Layout by Laura Blaine and Bebe Seller



## FROM THE DESK OF THE SUPERINTENDENT

Sean P. Van Lew, Sr.



*“What lies behind us, and what lies before us are tiny matters compared to what lies within us”*

– Unknown

As we creep ever closer to spring, a quick glance back at the holidays:

What a tremendous outpouring of love from the groups and individuals that blessed our Veterans with socials, and comradery and gifts during the holiday season! We kicked off the holiday season with our “Night of Thanks” banquet which was very well attended by the many organizations and individuals that have supported us throughout the year. “Voices of Valor” was presented the first annual “My Brother’s Keeper” award for their continued, cathartic role in the reclamation of Veteran’s lives through the creation of music. To date, I believe we have 7 songs created by different groups of veterans from our facility. (Maybe soon, we will have the Veterans Haven North Album...)



Our annual Christmas Party was a rousing success. With prime rib, and chicken and all the fixings’ our Veterans chowed down and spent the night celebrating the holidays with the Deputy Commissioner, Ray Zawacki, who was on hand with us to present bags of gifts to each Veteran. Not to

worry, Laura made sure Santa came for each Veteran on Christmas morning also!





So here we are in 2017. Our successful discharge rate stands at 81.5%. As I write this, we have one veteran who recently left to his own apartment, and received news on another one who will be leaving the second week in February to his own place. A phrase comes to mind as I watch each one of our guys and girls slowly matriculate out of the facility to regain their place in the community: “Your success is only limited by how hard you are willing to work.” Not sure a truer statement has ever been made. So many of our guys and girls have dug themselves extremely deep holes and face the arduous task of having to climb out. Some fail, as the work required to extricate themselves from the hole seems too daunting, and they stop working towards it. They look for an excuse to fail, seize it and ride it until they hit the bottom of the hole again, which is made a little deeper with each failed attempt. Then you have the Veteran that won’t take no for an answer. She understands that her situation is a direct reflection of her actions, and sets upon a course to immediately exfil, regroup and push on towards self-sufficiency. This veteran won’t take no for an answer, does not make excuses and seizes every opportunity to say yes. The achievement of their goals is their reward, and I can tell you, there is no better feeling than to watch one of our brothers and sisters leave here, to their own place in the community, with money in their pocket, a place of their own and a new found purpose and motivation . Humbling...simply humbling.



Our calendar is quickly filling up with events for the year. Working with Veteran’s Haven South we have already posted our dates for the annual trips to Washington D.C, Gettysburg and the Statue of Liberty. We added a new one this year to the Intrepid Museum on the West Side of Manhattan and are excited to experience this with our guys and girls. We also have a tentative date for the 2<sup>nd</sup> Annual “Battle of the Titans” where I am confident my facility will retake the Victor’s cup as it was so maliciously taken away from us by VHS at the last meeting. =)

Any interest in getting on our calendar should be directed to my secretary Laura Blaine at [laura.blaine@dmava.nj.gov](mailto:laura.blaine@dmava.nj.gov).

On a final note: I couldn’t be more proud of my team here at Veteran’s Haven North. If you have ever listened to me for more than 3 minutes, then you have heard me talk about the amazing staff we have assembled up here. This past December our staff was awarded the, NJ Department of Military and Veteran’s Affairs “Team award” for the third trimester! I couldn’t be more proud of a group of deserving people! Way to go Team!

Here’s hoping for warm weather soon and spring blossoms right around the corner. As a Navy friend of mine taught me...

Fair winds and following seas...

*Scott P. Van Lew Sr.*



*Ne Desit Virtus*

	<p>Army vs Navy December 10, 2016</p> <table border="0" style="width: 100%;"> <tr> <td style="width: 33%;"> Army Black Knights (7-5)</td> <td style="width: 33%; font-size: 2em; font-weight: bold;">21-17</td> <td style="width: 33%; text-align: right;">Navy Midshipmen (9-4) </td> </tr> <tr> <td></td> <td style="font-size: 0.8em;">Final</td> <td></td> </tr> </table>	Army Black Knights (7-5)	21-17	Navy Midshipmen (9-4)		Final		
Army Black Knights (7-5)	21-17	Navy Midshipmen (9-4)						
	Final							



## OUR GENEROUS DONORS

The residents and staff acknowledge and appreciate the kindness and generosity of the many donors and donations made to Veterans Haven North for the fourth quarter of 2016.

A-Z Mobile Detailing LLC  
 "Be a Santa to a Veteran"- Home Instead Senior Care  
 Acocella, Terese  
 Allegar, Charles  
 American Legion Auxiliary Department of New Jersey  
 American Legion Auxiliary Post 284  
 American Legion Auxiliary Unit 129  
 American Legion Auxiliary Unit 43  
 American Legion Department of NJ  
 American Legion Incorporated, Martin Wallberg Post 3  
 American Legion Memorial Post #338  
 American Legion Post 113  
 American Legion Post 164  
 American Legion Post 414  
 American Legion, Post #178  
 Anklowitz, Leonard  
 Annandale Reformed Church  
 Archibald, Connie  
 Attn: Karen Biel, President  
 Barry, Marry  
 Bartholomew, Sherry & Robert  
 Bass, Nancy  
 Becker, Stacy  
 Bectan, Denise & Lee  
 Belvidere Area Church Quilters  
 Bergen, Lynda  
 Bernardine-May American Legion Post 457  
 Blair Women's Club  
 BNP  
 Boy Scout Troop 199 Oldwick, Fairmont Presbyterian Church  
 Bridge Consulting Group  
 Buckmiller  
 C.B. Lamb School Teacher  
 Captain Daniel Vliet Chapter, NSDAR

Titusville, NJ  
 Washington, NJ  
 Annandale, NJ  
 Washington, NJ  
 Hamilton, NJ  
 Whitehouse, NJ  
 Toms River, NJ  
 Florham Park, NJ  
 Trenton, NJ  
 Westfield, NJ  
 Leonardo, NJ  
 Frenchtown, NJ  
 Hackettstown, NJ  
 Lawrenceville, NJ  
 Farmingdale, NJ  
 Monroe Twp., NJ  
 Annandale, NJ  
 Washington, NJ

Asbury, NJ  
 Phillipsburg, NJ  
 Branchburg, NJ  
 Glen Gardner, NJ  
 Broadway, NJ  
 Belvidere, NJ  
 White Station, NJ  
 Phillipsburg, NJ  
 Blairstown, NJ

Califon, NJ  
 Washington, NJ  
 West Hartford, CT  
 Wrightstown, NJ  
 Phillipsburg, NJ





## OUR GENEROUS DONORS

The residents and staff acknowledge and appreciate the kindness and generosity of the many donors and donations made to Veterans Haven North for the fourth quarter of 2016.

Celebration of a Lifetime  
 Chapman, Lois  
 Children of the Immaculate Conception  
 Cifranic, Sharon  
 Cipolloni, Ronald  
 Clinton Elks #2434  
 Congregation of Faith Lutheran Church  
 Conroy, Jim  
 Construction Specialties  
 Covance  
 Cudworth, Sharon  
 Custom Alloy  
 DeCleene, Bonnie  
 DelCampo, Patrick  
 Department of New Jersey VFW Auxiliary  
 Detorres, Rosanne  
 Disotell, Ruthann  
 District 19- Hunterdon County VFW Auxiliary  
 Divittorio, Roger  
 Dorris, Colleen  
 Doyle, Anjie  
 Dutton, Donald  
 Dyson, Cornelius  
 Eagle, Pat  
 Eick, Ernest  
 Engstrom, Nancy  
 Exxon Mobile Research & Engineering Co.  
 Featherman, Margaret  
 Fenton, Katelyn  
 George  
 Girl Scout Troop 8002  
 Gold, Judy  
 Guindon, Kay & Robert  
 Gul, Agha  
 Hahn, Forrest

Clinton, NJ  
 Hampton, NJ  
 Annandale, NJ  
 Glen Gardner, NJ  
 Trenton, NJ  
  
 Hillsborough, New Jersey  
 High Bridge, NJ  
 Lebanon, NJ  
 Princeton, NJ  
 Washington, NJ  
 High Bridge, NJ  
 Flemington, NJ  
 Washington, NJ  
 Hawthorne, NJ  
 High Bridge, NJ  
 Asbury, NJ  
  
 Phillipsburg, NJ  
 East Brunswick, NJ  
 Lebanon, NJ  
 Highland Park, NJ  
 Washington, NJ  
 New Hope, PA  
 Lebanon, NJ  
 Hendersonville, NC  
 Annandale, NJ  
 Asbury, NJ  
 Lebanon, NJ  
 Glen Gardner, NJ  
 Hampton, NJ  
 Flemington, NJ  
 Annandale, NJ  
 Glen Gardner, NJ  
 Phillipsburg, NJ





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Halligan, Ed  
 Harmony Presbyterian Church  
 Help for Homeless Veterans  
 Henshaw, Jean  
 Hernandez, Juan  
 Hertman, Nancy  
 High Bridge Elementary School  
 Highlands Presbyterian Church  
 Hope for Veterans  
 Housel, Roberta  
 Huffman, Dave  
 Hunterdon County Knitting and Crocheting Guild  
 Hunterdon Hog, Lebanon NJ Chapter #2853  
 Immaculate Conception Clinton Scouts Caroling  
 Irons, Eleanor  
 Jades, Jack  
 Jordon, Donald  
 Kampo, Betty  
 Kille, Camille  
 Kindt, Carol  
 Knights of Columbus Fourth Degree  
 Knights of Columbus, Council 6245  
 Landaeta, Dorothy  
 Lane, Dana  
 Leo Club North Warren Regional High School  
 Mackow, Adam & Bernadette  
 Mansfield Township Fire Co. #1, Lady's Auxiliary  
 Martin, Nancy  
 May, Judy & Ron  
 McCarthy, Keith  
 Merchant, John  
 Merrill, Ginger  
 Milkowski, Sandra  
 Morra, Lisa  
 Morristown Chapter, DAR

Glen Gardner, NJ  
 Phillipsburg, NJ  
 Flemington, NJ  
 Phillipsburg, NJ  
 Glen Gardner, NJ  
 Bloomsbury, NJ  
 High Bridge, NJ  
 Long Valley, NJ  
 Parsippany, NJ  
 Bloomsbury, NJ  
 Phillipsburg, NJ  
 Frenchtown, NJ  
 South Plainfield, NJ  
 Clinton, NJ  
 Hampton, NJ  
 Flemington, NJ  
 Flemington, NJ  
 Iselin, NJ  
 Easton, PA  
 Flemington, NJ  
 Hackettstown, NJ  
 Annandale, NJ  
 Belvidere, NJ  
 Milford, NJ  
 North Warren, NJ  
 Milford, NJ  
 Fort Murray, NJ  
 Long Valley, NJ  
 Belvidere, NJ  
 Dove, NJ  
 Flemington, NJ  
 Kirkland, WA  
 Glen Gardner, NJ  
 Annandale, NJ  
 Somerset, NJ





## OUR GENEROUS DONORS

The residents and staff acknowledge and appreciate the kindness and generosity of the many donors and donations made to Veterans Haven North for the fourth quarter of 2016.

Natalie, Lisa  
 New Jersey Building Material Dealers Association Inc.  
 Nielsen, James Jr.  
 Normandy Real Estate Partners  
 North Hunterdon-Voorhees Regional High School  
 Obser, Herb  
 Operation ChillOut  
 Operation Jersey Cares  
 Operation S.T.A.T.  
 Our Lady of Victories Church  
 Page, Naomi  
 Pellicane, Dave  
 Phillipsburg Area Veterans  
 Plymouth Rock Management Company of NJ  
 Polish American Club of Whippany  
 Ponte, Diane  
 Post 7857 VFW USA, Inc. Frenchtown-Milford  
 Prayer Shawl Ministries  
 Presbyterian Church in Harmony  
 Renaissance at Monroe Veterans  
 RFIS UMCA Aftercare  
 Riley, Deborah  
 Rivera  
 Roell, Lori  
 Rolling Thunder Chapter III NJ  
 Rosenstein, Judith  
 Rozansky, Edward & Ruth  
 Russo, Mr. & Mrs.  
 Ryan, Gloria  
 Schlesinger, Sue  
 Silvestri, Sandi  
 Somerset County Sheriff's Officers Assoc.  
 Somerset County Sheriff's Superior Officers  
 Sons of the American Legion, Squadron 3

Middletown, NJ  
 Rensselaer, NY  
 Newfoundland, NJ  
 Pennington, NJ  
 Annandale, NJ  
 Great Meadows, NJ  
 Long Valley, NJ  
 Clinton, NJ  
 Frenchtown, NJ  
 Lebanon, NJ  
 Glen Gardner, NJ  
 Phillipsburg, NJ  
 Lincroft, NJ  
 Whippany, NJ  
 Annandale, NJ  
 Milford, NJ  
 Sayreville, NJ  
 Phillipsburg, NJ  
 Monroe Township, NJ  
 Ringoes, NJ  
 Stewartsville, NJ  
 Whitehouse Station, NJ  
 Lebanon, NJ  
 Broadway, NJ  
 Flemington, NJ  
 Stockton, NJ  
 East Windsor, NJ  
 Scotch Plains, NJ  
 Califon, NJ  
 Westfield, NJ







## OUR GENEROUS DONORS

The residents and staff acknowledge and appreciate the kindness and generosity of the many donors and donations made to Veterans Haven North for the fourth quarter of 2016.

South African Christian Ministries  
 Spruce Run Lutheran Church, Women of S.R.L.C  
 St. Catherine of Sienna  
 St. Luke's Episcopal Church  
 Start Fitness of Phillipsburg  
 Stewart, Kent  
 Stirling Elks  
 Stone Family  
 Tante Krinkle Christmas Cottage  
 Taylor Street Elementary School  
 The Estate of Richard Brennan  
 The Grateful Ones  
 The High Bridge Women's Group  
 The Luster Family  
 The Veteran's of Foreign Wars Post 3022  
 Thomas, Elmer  
 Trade Zone Auto Sale Inc.  
 Troop 81237, Troop 80014, Troop 81121  
 Turner, Robert  
 Valenta, Heather  
 Valley View Chapel  
 Van Eck, Annamarie  
 Veterans Council of Monroe  
 VFW Auxiliary 5119  
 VFW Auxiliary 7856  
 VFW Auxiliary 7857  
 VFW Auxiliary 7921  
 VFW Post 493 & Auxiliary  
 VFW Post 7857- Frenchtown-Milford  
 VFW Post 7921, District 19  
 VFW Post 9721  
 Wagoner, Daniel  
 Wanous, Randy & Debbie  
 Warren County American Legion  
 Washington Women's Club

Annandale, NJ  
 Glen Gardner, NJ  
 Pittstown, NJ  
 Phillipsburg, NJ  
 Phillipsburg, NJ  
 Whippany, NJ  
 Stirling, NJ  
 Stockton, NJ  
 Washington, NJ  
 Flemington, NJ  
 Hunterdon County  
 High Bridge, NJ  
 Ringoes, NJ  
 Lawrenceville, NJ  
 Warren, NJ  
 Hackettstown, NJ  
 Flemington, NJ  
 East Stroudsburg, PA  
 High Bridge, NJ  
 Long Valley, NJ  
 Rockaway, NJ  
 Monroe Township, NJ  
 Nutley, NJ  
 Milford, NJ  
 Lambertville, NJ  
 Lambertville, NJ  
 Glen Gardner, NJ  
 Hackettstown, NJ  
 Belvidere, NJ  
 Washington, NJ





## OUR GENEROUS DONORS

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Westgate, Barbara  
 Wharton American Legion Post 91  
 Wharton, Mine Hill and Dover, Girl Scout Service Unit  
 YMCA Martial Arts-Karate Program  
 YMCA Stingrays Swim Team  
 Zack, Barbara  
 Zamora, Carleen  
 Zimmerman, L.E.  
 Zion Lutheran Church  
 Brookfield Condominium Association  
 Woodworth, Claire  
 DeStafano, Mary  
 Home Instead Senior Care

Pittstown, NJ  
 Wharton, NJ  
 Mine Hill, NJ  
 Flemington, NJ  
 Flemington, NJ  
 Easton, PA  
 Hampton, NJ  
 Lebanon, NJ  
 Long Valley, NJ  
 Belvidere, NJ  
 Belvidere, NJ  
 Belvidere, NJ  
 Washington, NJ





## Activity at VHN



### Hunterdon HOG Annual Charity Ride Benefit

On October 1, 2016, Hunterdon Hog held its annual charity ride benefit for Veteran's Haven North. Before heading to their benefit, they stopped at Veteran's Haven North for a meet and greet. You could hear the motorcycles roaring up the hill!

Later on in the day, Veteran's Haven North was invited to attend the benefit at their chapter in Lebanon, NJ. Residents who partook in the activity enjoyed the food, entertainment, great company, and motorcycles. **THANK YOU HUNTERDON HOG for such a great day!!**

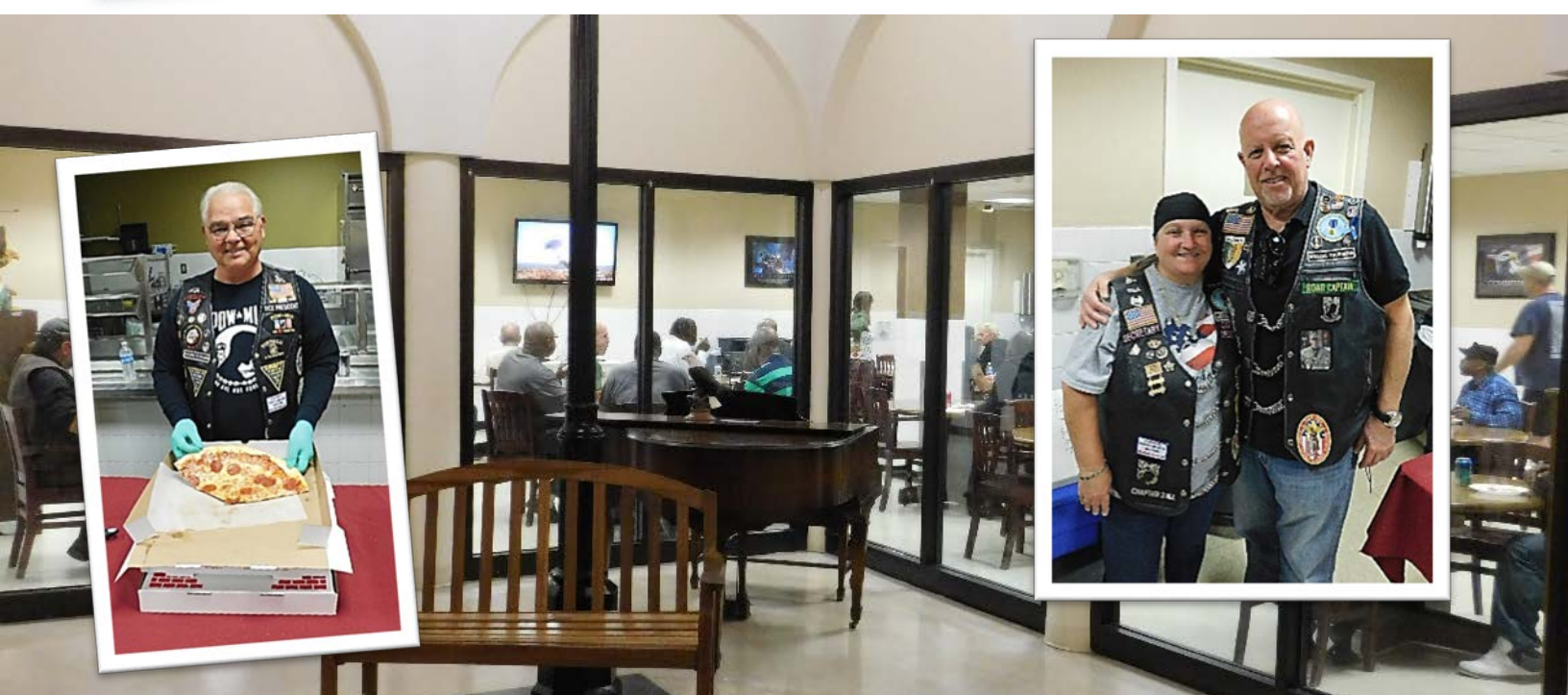




## **-THUNDER IN-**

**Rolling Thunder Chapter III** came to Veteran's Haven North on October 11, 2016 to provide a social and some comfort food for our Veterans. An abundance of pizza pies came through VHN's doors along with great company. Each veteran who attended had a great time.

**THANK YOU FOR SUCH A GREAT EVENT!!**



# **-SHOUT OUTS-**

**October 20, 2016-** Veteran's Council of Monroe came to Veteran's Haven North to do a meet and greet along with gifts to the veterans. Thank you for spending some time with us!!



**November 9, 2016-** Site visit to Veteran's Haven North from The incoming American Legion's State Commander and Staff along with the incoming Department American Legion Auxiliary President and staff.





**GONE FISHING, AGAIN!!!**



## **HEALING SPIRIT FISHING TRIP - By Daniel W.**

It was the 29<sup>th</sup> of October when five residents joined the volunteers of Project Healing Waters on a fishing trip to Hampton road River creek. VHN provided the transportation for the residents, to and from the event. It started with a presentation about how everything would work. The Leader went into the water and showed everyone three or four ways to cast with your rod and what particular lure to use on any given day. It depends on the location as to whether they will use flies, blank ants, or other lures he has in the box. All of his lures are handmade. After that, we all separated and went to different spots of the creek. We tried fly fishing. Two of us caught fish. I caught a fish that was 10 inches long. We had to release them because the trip was to “catch and release.” We tried different spots on the creek to see how we could do by ourselves without help. We were wearing “waders” so we were able to go out into the water to select our spots.

The whole event took about three hours. The hardest thing was to stand in one spot, be patient and quiet. You had to cast, let it drift, and bring it back and cast it up stream. I saw fish upstream from where I was standing, but they were not biting my bait.

In the middle of the event, we stopped for a lunch of cold cut sandwiches and donuts provided by the volunteers. We all had a good time and we learned a few new things about fishing, on this trip with Project Healing Waters. The purpose of these trips is to relax the mind and body, and it works. You are only thinking about catching the elusive fish.

Thank you volunteers of Project Healing Waters for spending this time with the Veterans of VHN. We are looking forward to the next class and outing.

# VETERANS DAY

## THE ANNUAL WILLIAM I NIXON TRIBUTE TO VETERANS

By Daniel W.

**November 13, 2016** Transportation was provided to VHN residents so that they could attend the **18<sup>th</sup> Annual William L. Nixon Tribute** in Phillipsburg, NJ in honor of Veterans Day - November 11. The US Department of Veteran Affairs honored the event as a regional Veterans Day Celebration.



The program began with Bagpiper- Mark Noyes playing *Amazing Grace*. U.S. Navy veteran and organizer of the Veterans Day ceremony, William Nixon gave the welcoming address. U.S. Navy Veteran, George Sumack gave the invocation. U.S. Marine Veteran, Edward Mazzeo gave the main address.

The Phillipsburg High School *Pieces of Eight Barbershop Ensemble* entertained the group with patriotic songs. Vietnam Veterans received a Vietnam Veteran lapel pin. Gulf War Veterans were honored on the 25<sup>th</sup> Anniversary of the war. There was also a 75<sup>th</sup> Anniversary honor to Pearl Harbor.

The VHN residents, who attended, were deeply moved by the ceremony that honored the lost souls of Warren County especially when U.S. Navy Veteran (Ret), David Hoffman played taps. As the VHN veterans prepared to return to "The Hill," a sense of pride permeated the transportation van.

### QUOTES FOR VETERAN'S DAY

*"Duty, Honor, Country. Those three hallowed words reverently dictate what you ought to be, what you can be, what you will be." -Douglas MacArthur*

*"While only one day of the year is dedicated solely to honoring our veterans, Americans must never forget the sacrifices that many of our fellow countrymen have made to defend our country and protect our freedoms." -Randy Neugebauer*

**THANK YOU FOR YOUR SERVICE.**



## CHRISTMAS COMES EARLY TO VHN

November 13, 2016- **HOLIDAY EXPRESS** came to Veteran's Haven North to kick start the Holiday Season. This group came in with about 50+ volunteers and transformed VHN's gymnasium for a spectacular dinner and show in about 15 minutes. They provided a catered sit down meal along with an interactive professional musical showcase to the veterans. The generosity from this groups did not stop here. This group also ensured that each veteran received a personal gift bags and fulfilled items of Veteran's Haven North wish list.

**THANK YOU HOLIDAY EXPRESS** for making this night  
remembrable





3rd Annual



# -A Night of Thanks-

## HONORING THE GENEROUS VHN DONORS AND VOUNTEERS “My Brother’s Keeper Award” Initiated

On November 18, 2016 Veteran’s Haven North residents held their 3rd annual “A Night of Thanks” banquet to honor the many donors who have helped VHN Veterans in so many ways. This was a great opportunity for VHN Veterans to give back to the community which cares so much for them. Residing Veterans worked as hosts, parking assistants, and speakers along with the pre-party setup and take down of the room. Words of gratitude were given by Raymond Zawachi, DMAVA Deputy Commissioner, Sean P. VanLew Sr., VHN Superintendent, and residing Veterans followed by awarding guests with Certificates of Appreciation by VHN Veterans.

This year, Veteran’s Haven North presented its first annual “My Brother’s Keeper” Award. This will be an annual award given to a group or individual for their conspicuous dedication, commitment and support to Veteran’s Haven North. **This year’s winner is Music for All Seasons, Voices of Valor Program.**

*Since 2013, Voices of Valor has provided Veteran’s Haven North with 7- eight week programs that gave veterans an outlet for their military and personal experiences which promoted healing through music. During this time, each group completed the process of songwriting where they wrote, composed, recorded,*





# -A Night of Thanks-

and released an original song under the direction of the *Voices of Valor* facilitators.

**Thank you Voices of Valor and all our donors for your continued support!**





## VOICES OF VALOR CD RELEASE PARTY

November 23, 2016- Voices of Valor had their CD Release Party at Veteran's Haven North. During this party, participants of Voices of Valor along with their peers listened to their single that they wrote together for the first time. The name of this group was *The Returned* and the name of their new song was "*Resurrected*". This was an eight week journey for the members where they worked as a group to finish their goal of writing a song together as they listened and supported each other through the process of

sharing past and present experiences. Each participant received a professional copy of their song along with certificates of completion of the program. Copies of this CD are available by contacting the VHN administrative office.





## NORTH HUNTERDON-VOORHEESE HIGH SCHOOL MARCHING BAND

**December 2, 2016-** North Hunterdon-Voorhees Regional High School Marching Band under the direction of Mr. Vincent Angeline came to Veteran’s Haven North to spread some holiday cheer with a performance. They performed a variety of familiar tunes to the enjoyment of VHN

Veterans in the VHN’s gymnasium. The band presented an autographed photo to the staff of the VHN kitchen to thank them for their support during the marching band season.

**THANK YOU for such a great performance!!**





## NJ DEPARTMENT OF VFW AUXILIARY

December 3, 2016- NJ Department of VFW Auxiliary provided a Christmas Luncheon for Veteran's Haven North. They brought Holiday cheer complete with an appearance with Santa. Members new to Veteran's Haven North from this organization were given a tour through the facility by staff.





**December 4, 2016- ROLLING THUNDER CHAPTER III** provided their annual Christmas Party to the Veterans of Veteran's Haven North. Veterans were treated to a catered Italian meal with entertainment and great company!

**THANK YOU Rolling Thunder Chapter III!!**



In 1987 Rolling Thunder made its first ride to the [Vietnam War Memorial](#).<sup>[4]</sup>

Ray Manzo, a former [United States Marine Corps](#) corporal,<sup>[5]</sup> [U.S. Army](#) Sergeant Major John Holland (Ret.), Marine First Sergeant Walt Sides (Ret.) and Sergeant Ted Sampley (Ret.) are the **four men that are credited with starting Rolling Thunder**.<sup>[6]</sup>

In 1987, Manzo visited the Vietnam Veterans Memorial in [Washington, D.C.](#), talked with fellow veterans, and **first learned that American servicemen had been abandoned in Southeast Asia at the end of the Vietnam War**.<sup>[citation needed]</sup> **This was counter to his Marine Corps training to leave no man behind**, and he became consumed with the idea that he must do something to bring attention to this issue. Manzo **attended a POW/MIA vigil sponsored by the Vietnam Veterans Motorcycle Club when the idea came to him to host a motorcycle rally in the nation's capital to show the country and the world that U.S. prisoners of war and missing in action (POW/MIA) still mattered** to their fellow servicemen and the country for which they sacrificed their freedom. (citation needed- <https://en.wikipedia.org/wiki/Main>)

## Need a Lift?

You must sign up for VHN transportation! Signup sheets along with transportation times can be found at the front office.

Destinations:

- Lyons
- High Bridge Train Station
- AA, NA, & GA
- Post Office
- Library
- Walmart



Community Announcement: If you need transportation within Hunterdon County that VHN does not provide, make arrangements with the LINK. Call 1-800-842-0531 at least 24 hours in advance. Veteran's Haven North will pay for your fare. Must show VHN ID to driver.



**December 9, 2016- VFW POST 7921 PROVIDED THEIR ANNUAL CONCERT TO VETERAN'S HAVEN NORTH.** Performance was by the Lambertville Brass Band a British style brass ensemble from the Delaware Valley, who travels throughout New Jersey bringing holiday cheer to many different communities and groups. The Lambertville Brass Band is no stranger to VHN. Thank you VFW Post 7921 for your continued support throughout the year and during the Holiday Season. Along with the performance, the VFW provided desserts and gift cards for each Veteran.



## Need A Haircut?

The Barber comes to Veteran's Haven North once a month! If you need a haircut, go to the front office and signup at no cost to you 😊





# THE AMERICAN LEGION

**December 10, 2016- BERNARDINE MAY AMERICAN LEGION 457 AUXILIARY** held their Annual Christmas Party for the Veterans of Veteran's Haven North. Members of this organization worked together to ensure that each Veteran who resided at Veteran's Haven North received a personalized gift! During this event, residents and members of the Auxiliary socialized and enjoyed desserts and snacks.

**THANK YOU Bernardine May American Legion 457 Auxiliary for another great year!**







**December 14, 2016- THE NEW JERSEY DEPARTMENT OF LABOR AND THE NEW JERSEY DEPARTMENT OF ENVIRONMENTAL PROTECTION** came to Veteran's Haven North to conduct a Resume Building and Interviewing Skills Workshop for the Veterans of Veteran's Haven North. Veterans brought their resumes so that it can be reviewed and build on by DEP and/or DOL professional. After the resume segment, the group moved to interviewing skills and role play. Opening remarks were made by DEP Commissioner Bob Martin and DOL Deputy Commissioner Catherine Starghill. In attendance were:

Department of Labor:

1. Acting Commissioner Aaron Fichtner
2. Assistant Commissioner Patricia (Patty) Moran
3. Amanda Pisano, Press Director
4. Mark Ortega, Disabled Veterans' Outreach Program (DVOP) Specialist
5. Louis Scibelli, DVOP



Department of Environmental Protection:

1. Commissioner Bob Martin
2. Bob Considine, Press Director
3. Bob Bostock, Director of Strategic Communications
4. David Glass, Deputy Commissioner
5. Robin Liebeskind, Director of Human Resources
6. Laura Scatena, Environmental Specialist
7. Patrick Gangora, Accountant (DEP Veteran who leads the internal DEP Veterans Advisory Group)





## “BE A SANTA TO A VETERAN”

“Be A Santa to a Veteran” is a program sponsored **BY HOME INSTEAD SENIOR CARE**. They collected Christmas Gifts for each resident of Veteran’s Haven North by organizing a massive community collection. December 14, 2016 was their delivery date and social. A parade of cars filled with presents parked in front of Veteran’s Haven North. Misses Clause came out of one of the cars and directed all her helpers to unload. Present after present came through VHN doors along with trays of desserts and beverages. They even brought special guests, Raymond P. Martinez, Chairman and Chief Administrator with the NJ Department of Motor Vehicle Commission (MVC) and Mairin Bellack, Director of Communications (MVC). Together, they aided Santa with gift giving and words of inspiration for the upcoming year.



**THANK YOU HOME INSTEAD SENIOR CARE for bringing the Holiday Cheer!**





**December 15, 2016-** Veteran's Haven North was honored to be chosen as the recipient of the **TEAM AWARD FOR THE 3<sup>RD</sup> TRIMESTER 2016 AT THE NJDMAVA/ JFHQ TOWN HALL MEETING.** This award was presented to VHN representatives by Brig. Gen. Michael L. Cunniff, The Adjutant General. Each Veteran's Haven North employee received a personalized certificate for their hard work and dedication.



On December 19, 2016, The **IMMACULATE CONCEPTION CLINTON SCOUTS** came to Veteran's Haven North to carol. This group set the holiday mood for a group of very appreciative VHN residents. All were singing with the Scouts!



# SHOUT OUT



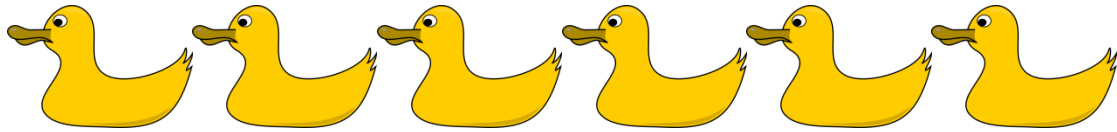
**December 23, 2016-** The Stone Family came back to Veteran's Haven North for their annual Christmas Party for our Veterans. They brought in an enthusiastic group who provided desserts, games, and caroled with our Veterans.



***GEM VAC VETS SOCIAL HOUR***  
**LAST TUESDAY OF EACH MONTH**  
**Beginning at 1000 HRS.**

**Last Tuesday of the month**  
**1000 hours**





## **KEEP YOUR DUCKS IN ORDER**

By Terese Acocella, Case Manager

Preparation, preparation, preparation! That is a very important practice as you apply for housing assistance, employment, supplementary income, medical assistance, or education. By keeping your documents organized and understanding which are needed for different applications, you will be able to move through the processes with efficiency. This means that all of your ducks must be in order.

### **THE FIRST STEPS:**

- Be familiar with the contents and purpose of the application
- Check to see if you qualify
- Follow all instructions
- Make certain the information you gathered is the *most up-to-date*.

### **ORGANIZATION:**

- Know what documents you will need and have them ready.
  - Many applications will tell you what you will need. i.e. Social Security Card, Birth Certificate, DD214, Photo I.D, proof of income.
- Keep all of your important documents organized either with a folder, binder, or envelope.
- If you don't have the documents you need, seek assistance from your case manager
- Be certain that the contents of your documents are true and accurate.
- If you must give a copy to an agency, always keep the original for yourself.
  - Never give away the only copy that you have.
  - If originals are needed, ask the agency if they will accept a notarized copy of the original. If no, ask when you will receive the originals back.
  - Know what copies you are giving out by keeping a record of it.

# WATCH YOUR HEALTH

## FLU SYMPTOMS & COMPLICATIONS

(From the CDC website)

Influenza (flu) is a contagious respiratory illness caused by [influenza viruses](#). It can cause mild to severe illness. Serious outcomes of flu infection can result in hospitalization or death. Some people, such as older people, young children, and people with [certain health conditions](#), are at high risk for serious flu complications. It is suggested that the best way to prevent the flu is by getting vaccinated each year. The [upcoming season's flu vaccine](#) will protect against the influenza viruses that research indicates will be most common during the season. This includes an influenza A (H1N1) virus, an influenza A (H3N2) virus, and one or two influenza B viruses, depending on the flu vaccine.







### Influenza Symptoms

Influenza (also known as the flu) is a contagious respiratory illness caused by flu viruses. It can cause mild to severe illness, and at times can lead to death. The flu is different from a cold. The flu usually comes on suddenly. People who have the flu often feel some or all of these symptoms:

- Fever\* or feeling feverish/chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (tiredness)
- Some people may have vomiting and diarrhea, though this is more common in children than adults are.



### WHAT TO DO IF YOU GET THE FLU...

	Get lots of rest and drink lots of fluids (water; juice).
	Use disposable tissue and discard in trash containers.
	Seek health care if you have an elevated temperature
	Wash your hands frequently to avoid re-infecting yourself and others.



# Veteran's Haven North DRESSED FOR THE HOLIDAYS









## VETERAN'S HAVEN NORTH ANNUAL HOLIDAY BANQUET

On December 22, 2016 Veteran's Haven North held its 5<sup>th</sup> Annual Holiday Banquet for residing Veterans. The banquet was held in the gymnasium with festive holiday decorations and a wonderful feast that was prepared by Veteran's Haven North kitchen staff.

Thank you to all our faithful donors who made this event possible! From the Christmas tree to the Holiday Cards and the individual gifts to the food, your support gives us the opportunity to go above and beyond for our Veterans!

As you walked into the room, you could not help but gasp at the presents that were layed around the Christmas tree. The presents stretched from one end to the other end of the gymnasium! Smiles filled this room by residents and staff from the festive music, the candle lit room, aromas of a fine meal, and great company.

Words of encouragement and reflection came from NJDMAVA Deputy Commissioner DCVA- Mr. Raymond Zawacki and VHN Superintendent- Mr. Sean P. VanLew Sr.; who presented each resident personally with the help of VHN staff and volunteers, their holiday gifts.







# Resident Life on the Hill

## NOW YOU SEE ME...NOW YOU DON'T SEE ME

By Robin P

I thought you and I would take a look at who we are becoming. *Now you see me* -- your initial outside appearance that can be seen when you first came to Veteran's Haven North. Evolving and changing that narrative in a more positive way – the *now you don't see me* - part will be explained later.

You started out by knowing something is wrong, sometimes very wrong, and that you needed to seek out a place of refuge to start over again – kind of a human reset button. Through the Veterans Administration you begin repairing your mind/body/spirit. At Veteran's Haven North time, peace of mind and structure can begin to take shape.

This combination creates the necessary foundation that you will need to achieve your potential goal. However, you must ensure that you create a *vision* larger than your problems or else you will lose *sight* of lifting yourself up by your own bootstraps.

It is important to understand that VHN is not a handout, handicap, homeless center or helpless place. It is a place for YOU to recover and regroup. It is the base that motivates you to move up, onward and future forward!

So, how do I *see you*? As I have come to know and live among you it becomes apparent that the majority

are block-building your VHN *vision*: transitional housing, rental housing, OJT training, CWT, and VA healthcare, VSO, social work appointments. Don't forget to share your knowledge and experiences with your fellow residents so that they may become aware of how to build their own *vision*. I want to champion you and say, "Bravo!"

Do you see it? No? Well it may seem odd, but a personality shift change has started happening in you. You're beginning to get a better handle on yourself. Let's see, you're looking healthier, more fit, eating better. The gym has done wonders for you! The VA's mental and physical healthcare services have put you more on point to rediscovering the improved you. VHN's services, VSO, classes and outings have given you a more focused outlook and renewed perspective.

Here is the "*now you don't see me*" part.

What I don't see is the old, broken, confused and lost you. I don't see a person making excuses and blaming others - not taking responsibility for their actions. I don't see you not committed to your recovery, and especially I don't see you failing on purpose. Thank YOU...I knew you could do it!!

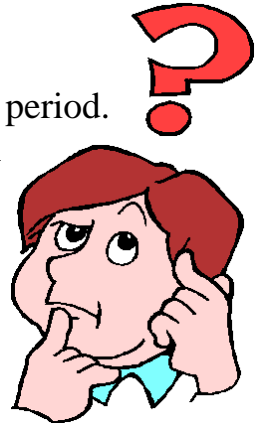
Now I see the "*can do*" you. Now I don't see the "*you that fails.*"



## "SELF TALK, HELPFUL OR HARMFUL"

By Robert B

We talk to ourselves on average of 50 to 60 thousand times in any given 24 hour period. This self-talk is basically responsible for the feelings we experience during each and every day, and the actions that we take. However, this self-talk takes place below the conscious level of awareness; so how do we change it? Listen to the words you say to yourself at the level of awareness. Know it will take one to three weeks to change your inner dialogue. It will not happen overnight.



Inside each and every one of us there resides a miniature version (speaking metaphorically) of ourselves and he or she is listening to everything we say or think. It is our subconscious mind. Our subconscious mind is extremely powerful and listens, and then acts on what we say to ourselves, or what we feel. You see, although the *power to act* is there, the ability to decide if the information is valid or not is *not there*.

The subconscious although powerful, does what it is told. It is the part that drives your car, digests your food plus a multitude of other functions. If you feed it great and positive information, you will experience positive changes in your life, it works.

## Thought of the Day

A Friend is;  
Someone who is there for you,  
Someone who cares for you,  
Someone who does not compete with you,  
An extension of yourself  
Without which you're not complete,  
Thank you for being My Friend.

By Daniel W.





## SPORTS AT VETERAN'S HAVEN NORTH



**THE SPORTS EDITORS AND COMPETITORS WISH ALL RESIDENTS AND READERS  
A VERY SAFE AND HAPPY HOLIDAY SEASON.**

### COMING UP NEXT

#### Badminton

Who will win this tournament?



2015 Champions →



Sean & Holly

**PLEASE CHECK THE BULLETIN BOARD  
FOR UPDATED ACTIVITIES, EVENTS, & GROUPS**



# CALENDAR OF EVENTS



<b>DATE</b>	<b>TIME</b>	<b>EVENT</b>
Every Wednesday	1900-2000 hrs.	Kula for Karma
February 28, 2017	1000 hrs.	Gem Vac Vets will be coming to Veteran's Haven North for their monthly social with residents.
March 16, 2017	1900 hrs.-2030 hrs.	Voices of Valor is coming to Veteran's Haven North to provide a small group of veterans the opportunity to express themselves through lyric writing. Once original song is complete, the group will go to a recording studio to record their single. This is week 1 of an 8 week process.
March 23, 2017	1900 hrs.-2030 hrs.	Voices of Valor- Week 2 of 8
March 18, 2017	1000 hrs.-1400 hrs.	United Way of Hunterdon County VITA Program will be coming to Veteran's Haven North to provide free income tax preparation assistance to residents in need. Signup & get your forms!
March 29, 2017		Zufall Dental Van is coming to Veteran's Haven North to provide pro bono dental services to residents of Veteran's Haven North.
March 30, 2017	1900 hrs.-2030 hrs.	Voices of Valor- Week 3 of 8
April 6, 2017	1900 hrs. -2030 hrs.	Voices of Valor- Week 4 of 8
April 11, 2017	1830 hrs.	Rolling Thunder Chapter III will be coming to Veteran's Haven North to provide a pizza party and social for our veterans. This is a tentative date.
April 13, 2017	1900 hrs.-2030 hrs.	Voices of Valor- Week 5 of 8
April 20, 2017	1900 hrs.-2030 hrs.	Voices of Valor- Week 6 of 8
April 27, 2017	1900 hrs.-2030 hrs.	Voices of Valor- Week 7 of 8
May 4, 2017	TBA	Voices of Valor- Week 8 of 8. Recording Studio!
May 11, 2017	1900 hrs.-2030 hrs.	Voices of Valor CD Release Party
May 21, 2017	1300 hrs.-1700 hrs.	Sons of The American Legion Detachment of New Jersey BBQ & Karaoke at VHN
May 31, 2017	0430 hrs.	Annual Washington D.C. field trip. This trip will incorporate the veterans of Veteran's Haven South and Veteran's Haven North.
June 13, 2017	1830 hrs.	Rolling Thunder Chapter III will be coming to Veteran's Haven North to provide a pizza party and social for our veterans. This is a tentative date.
June 14, 2017	TBA	<u>Tentative Date</u> for Annual "Battle of the Titans" Softball game. This trip will incorporate the veterans of Veteran's Haven South and Veteran's Haven North.

**PLEASE CHECK THE BULLETIN BOARD  
FOR UPDATED ACTIVITIES, EVENTS, & GROUPS**



# CALENDAR OF EVENTS



DATE	TIME	EVENT
July 19, 2017	0730 hrs.	Annual Trip to Statue of Liberty. This trip will incorporate the veterans of Veteran's Haven South and Veteran's Haven North.
August 8, 2017	1830 hrs.	Rolling Thunder Chapter III will be coming to Veteran's Haven North to provide a pizza party and social for our veterans. This is a tentative date.
August 16, 2017	TBA	<u>Tentative Date</u> - Field trip to the Intrepid Sea, Air, & Space Museum in NYC for the veterans of Veteran's Haven North and South.
September 20, 2017	0600 hrs.	Annual Trip to Gettysburg, PA. This trip will incorporate the veterans of Veteran's Haven South and Veteran's Haven North.
October 10, 2017	1830 hrs.	Rolling Thunder Chapter III will be coming to Veteran's Haven North to provide a pizza party and social for our veterans. This is a tentative date.
October 11, 2017	TBA	<u>Tentative Date</u> - First Annual Volleyball Competition between Veteran's Haven North and Veteran's Haven South.
November 9, 2017	1730 hrs.	Holiday Express
November 16, 2017	TBA	<u>Tentative Date</u> for A Day of Thanks- A banquet held in honor of those who have donated to the facility. This event is a resident run event.
December 10, 2017	1300 hrs.	Bernardine May American Legion Auxiliary Christmas Party. This date has been reserved for them.
December 20, 2017	1630 hrs.	<u>Tentative date</u> for Veteran's Haven North Annual Resident's Holiday Banquet. This event is a closed banquet for the residents of Veteran's Haven North to bring some Holiday cheer.

## Sign Up for Voices of Valor!

Voices of Valor with Music for All Seasons are coming back to Veteran's Haven North! Residents who are interested in participating, please sign up at the front office! This is an 8 continuous week project that brings a small group of veterans together to write, compose, and record an original song! Groups are once a week.

**Previous musical experience is not required.**

BEGINS: Thursday- March 16, 2017

7:00 pm – 8:30 pm

ENDS: Thursday- May 4, 2017

CD Release Party: Thursday- May 11, 2017



**VOICES of VALOR**



**VOICES of VALOR**