



From the Director

WE APPRECIATE YOUR SERVICE!!

Congratulations to our December 2023 graduates as well as to students on MSU's academic honor rolls. I hope everyone is enjoying time with family and friends during the semester break. The Military Resource Center is looking forward to a new and exciting 2024!

Please keep in mind all of those unable to be with family during the holiday season, as they continue to serve to keep Americans free. As this New Year begins, please stop in the Military Resource Center, Dakota Hall, and let the Resource Center staff know how we can better serve student veterans in 2024.

*Andy Heitkamp
Military Resource Center
Director*

Activities Attended

December

- 1 Junior Achievement Edison
- 1 Artificial Intelligence and the Future of Higher Education
- 4 MAFB and BIT meeting
- 5 New Student agreement meetings
- 5 Fall Graduation Conference Center
- 8 Junior Achievement Edison
- 11 Cookie Drive drop off
- 12 ND Suicide Coalition Hope Café
- 12 Campus Holiday Celebration
- 13 BIT meeting
- 14 DAV Christmas gathering
- 15 Junior Achievement Edison
- 18 Student Affairs meeting
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- 25 Christmas Day
- 28 DCB SCO visit
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Check out the Minot State Veterans Service Center Facebook page and give it a thumbs up to stay current with events.

www.facebook.com/MinotStateVeterans

Be seen. Be heard. Belong.

Monthly Housing Allowance - What is Prorated?

▪ Have you ever been in this scenario?

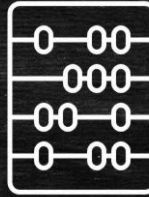


– Tim looks at a deposit in his bank account for his VA GI Bill housing allowance. His letter says he gets \$1,350 per month, but his deposit is only \$675!!! Where is the rest of his money??



REMEMBER!! The Post-9/11 GI Bill can only pay you housing during the time you attend. If your classes start on a day after the 1st (or end before the last day of the month), your rate will be reduced.

▪ Let's break it down



– Tim's housing for full-time is \$1,350. However, last month, he started classes on August 16. He's only been in class for 15 days
– $\$1,350 / 30 \text{ days} = \45 per day
– $\$45 \times 15 \text{ days} = \675

Are you confused about how to calculate your Monthly Housing Allowance (MHA)? Check out this Facebook [POST](#) which helps break it down for you!

2024-2025 Minot State General Scholarship Application open, Feb. 15 deadline

The 2024-2025 Minot State General Scholarship Application is now available [HERE](#). The deadline to apply for MSU scholarships is Feb. 15. Please review the scholarship terms and conditions under the "Apply Now!" red button. Minot State offers a variety of scholarships funded by gifts to the University. Scholarships are based on academic achievements, financial need, and other criteria defined by the donors. The scholarship amounts vary depending on student eligibility and the availability of funds. Some Minot State scholarships available for the 2024-2025 academic year require a separate application form from our general scholarship application. Visit the [Other MSU Scholarship and Awards](#) page to locate applications for these scholarships.

DEADLINE 15 Feb 2024

Minot State University Scholarship time

<https://www.minotstateu.edu/finaid/scholarships/>

Have Questions about Financial Aid?



Financial Aid Office

Administration Building, 2nd Floor

701-858-3375 or 1-800-777-0750

MinotStateU.edu/finaid/

Title IV School Code: 002994



**MINOT
STATE
UNIVERSITY**

HAPPY NEW YEAR 2024

Food Pantry at Minot State University Student Food Pantry List

Protein

Cans of Tuna*
Cans of Chicken*
Canned Stew
Canned Chili
Hash
Pork and Beans
Soups
Spaghetti Sauce*
Kidney Beans
Peanut Butter*

Canned Vegetables

Beans
Carrots
Peas
Tomatoes
Corn
Instant Potatoes
Spaghetti Sauce

Fruits

Canned Fruits
Fruit Cups
Dried Fruits
Jelly
Raisins
Juice Boxes

Starches

Rice*
Pasta*
Macaroni and Cheese*
Crackers
Cans of Ravioli/Spaghetti O's*
Hamburger Helper
Boxed Meals*

Breakfast

Boxes of Cereal*
Instant Oatmeal (individual packets)*
Cereal Bars
Pancake Mix
Syrup
Pop Tarts
Muffin Mix

On the Go/Snacks

Tortilla Chips
Salsa
Pringles
Cookies
Granola Bars*
Microwave Popcorn
Easy Mac*
Microwaveable Non-Frozen Meals*

*Indicates high demand items

If you would like to make a financial donation so that we can replenish the food pantry with necessary items, checks may be made to:

Lutheran Campus Ministry,
memo: Food Pantry





James's Corner

Happy New Year!

Students,

Welcome back from your holiday break. A lot of our more recent additions to Minot State University have been remembering that they need to complete their semester worksheets each term, thank you all and keep it up!

As a reminder, the worksheet gets completed after you have enrolled in your courses.

Please don't forget to let me know if you make adjustments- we try to prevent you all from incurring any debt to the VA by correcting your enrollment information immediately, so any adjustments to your enrollment made after submitting your worksheet just need to be relayed to me

via email james.tucci@minotstatu.edu ,
phone (701)858-4002,
or stop in (Model 208).

Respectfully,

James Tucci - Veterans School Certifying Official

Important Dates

Academic Dates

January

Jan 1 - New Year's Day - University Closed

Jan 8 – classes begin after 4 p.m

Jan 9- classes begin.

Jan 11 – last day to add first 8-week classes

Jan 11 – last day to drop first 8-week classes

Jan 11 - last day to withdraw first 8-week classes and receive 100 percent refund

Jan 15 - University Closed - Martin Luther King Jr. Day

Jan 18 – last day to add 16-week classes

Jan 18 – last day to drop 16-week classes

Jan 18 - last day to withdraw 16-week classes and receive 100 percent refund

Jan 24 – Financial aid disbursement and spring tuition due

US Armed Forces Dates

January

1 – New Year's Day

16 – Martin Luther King Jr. Day

22 – Chinese New Year

OFFICE HOURS

8 A.M. – 4:30 P.M.

Military Resource Center

Minot State University

Dakota Hall

500 University Ave W

Minot, ND 58707

701-858-4003 / 1-800-777-0750

MinotStateU.edu

Seven confidence boosters for Veterans transitioning to a civilian career

- 1. Check in with your friends.**

During your military career, you built a support system of contacts, and some of them may have already transitioned to a civilian career. Get talking! Opening up about your experiences solicits stories from other service members who made the move. Gain confidence knowing that you are not alone and learn strategies and tactics from others. Let friends know you're building a job-search network and help them make valuable connections on your behalf.

- 2. Keep an exercise routine.**

In general, physical activity is great for our health. But in times of transition, it's even more important to care for your physical and mental health. Exercise boosts your mood and gets you out of the house. Consider trying out a new sport or fitness class. Need to join a gym? Check out your local [YMCA](#), which may partner with the area VA facility to offer special services and rates for Veterans. You never know who you might meet on the other end of the weight bench.

- 3. Attend military transition classes.**

The U.S. Department of Defense's [Transition Assistance Program \(TAP\)](#) offers military transition classes at every military installation, online, and other locations such as VA offices. TAP classes begin during your last year of service — after you have an identified separation plan. The program includes group classes particular to each service branch, briefings from VA and other agencies with Veteran programs, and job and transition counselors who can work with transitioning service members individually.

- 4. Find a mentor.**

We all benefit from hearing stories from folks who have paved the way ahead of us. A mentor is a great resource in any job search, and especially for service members transitioning to civilian careers. Find someone who shares your values and have a clear idea of what you want to get out of the relationship. If you don't have an ideal candidate in your network, search online for Veteran mentor matching programs like [Veterati](#).

- 5. Seek out VA services.**

VA has you covered! We know the value of hiring Veterans and have many programs available to transitioning military service members. VA works with DoD to create TAP classes and briefings. [VA for Vets](#) aids transitioning members seeking post-service jobs. And through [VA Careers](#), Veterans can identify themselves in the application process and get support from VA throughout the [hiring process](#).

- 6. Leverage online resources.**

There's a multitude of online resources available to transitioning service members. You can find trainings, job boards, employers who specialize in hiring Veterans, mentoring resources and online chat help. VA Careers' [Transitioning Military Personnel page](#) and [TAP](#) are good places to start.

- 7. Volunteer your time.**

If job offers don't come right away, giving back is a great way to make new connections and establish yourself in the community. Volunteer in a field that's similar to your chosen career path to get experience and build your resume. Many volunteer organizations like [Habitat for Humanity](#), which builds homes for homeless families, have programs for Veterans that serve Veteran families. Your [local VA](#) facility may also have volunteer opportunities.

2023 Marketplace for Kids

<https://marketplaceforkids.org/education-days/region-2-minot/>

Thanks again to Minot DAV Chap 4 for their help presenting US Flag etiquette and folding instructions to area schools attending this year's event on the campus of Minot State University.



The flag folding ceremony is a symbolic passing of the 13 truths, one for each fold of the flag.

The Canton of blue is the portion of the flag denoting honor. It contains the stars representing each state of our Veterans who have served in uniform. The canton field of blue dresses from left to right and only inverted in times of distress. It is also draped as a country mourns those in uniform who have fallen in honorable service.

1st fold – the symbol of life

2nd fold – the symbol of belief in eternal life

3rd fold – in honor and remembrance of the veterans departing our ranks. We pay tribute to veterans who gave a portion of their lives for the defense of their country in the hope of attaining peace throughout the world. Symbolizing their sacrifice has not been in vain, nor has it ever been forgotten.

4th fold – represents our true faith; for as American citizens trusting in God, it is to Him we turn for His divine guidance in times of peace, as well as in times of war.

5th fold – a tribute to our country, for in the words of the immortal Steven Decatur, “Our Country, in dealing with other countries, may she always be right, but right or wrong, she is still our country.”

6th fold – where our hearts lie, because it is with our hearts that we pledge allegiance to the flag of the United States of America, and to the republic for which it stands, on nation under God, indivisible, with liberty and justice for all.

7th fold – to our armed forces, for through these same armed forces, we protect our country and our flag against all enemies, foreign or domestic.

8th fold – a tribute to those who have entered into the valley of the shadow of death, that they may see the light of day.

9th fold – a tribute to womanhood, for through their faith, love, loyalty, and devotion, the characters of the men and women that have made this country great have been molded. This fold is made in honor of our mothers, for whom the flag flies on Mother's Day.

10th fold – a tribute to the fathers, for they, too, have given sons and daughters in defense of our country ever since the first struggle for independence.

The 11th fold – in the eyes of a Hebrew citizen, represents the lower portion of the seal of David and King Solomon and glorifies in their eyes the God of Abraham, the God of Isaac, and the God of Jacob.

The 12th fold – in the eyes of a Christian citizen, represents an emblem of eternity and glorifies in their eyes God the Father, God the Son, and God the Holy Ghost.

The 13th fold – symbolizes the original colonies. We fold from the stripes toward the stars; for the stripes represent the thirteen original colonies that founded our republic, they are now embodied in the fifty sovereign states represented by the star.

FREE LEGAL SERVICE FOR LOW INCOME VETERANS

Low income Veterans in the Fargo VA service area now have access to pro-bono legal services for **will, healthcare directive, and/or power of attorney**. The income limit is 300% above poverty, which is \$3,645/mo for a one-person household.

For additional information please contact Rachel Marsolek, Fargo VA at 701-200-2723.

Link to North Dakota Veteran laws,
<http://www.nd.gov/veterans/laws/>

VA offers rural Veterans options

<https://news.va.gov/126698/va-rural-veterans-options-connect-providers/>

More than 4 million Veterans in the United States live in rural areas. Rural communities face unique healthcare challenges, such as fewer local healthcare options and longer travel times to visit medical centers.

VA is working to expand access to care in rural communities through telehealth and other virtual means. VA telehealth is a convenient care option that allows Veterans to connect with their VA providers from anywhere.

If you or a Veteran you know would benefit from VA virtual care, keep reading to learn about some options to consider.

Talk with your VA provider if you're interested in a Digital Divide Consult.

Clinical resource hubs increase access to care.

<https://news.va.gov/121270/clinical-resources-hubs-increase-care-500000/>

All 18 of VA's Veterans Integrated Service Networks have [Clinical Resource Hubs](#) that offer a combination of in-person care and telehealth services. When local VA facilities have gaps in service capabilities, Clinical Resource Hubs can offer Veterans a full range of VA services.

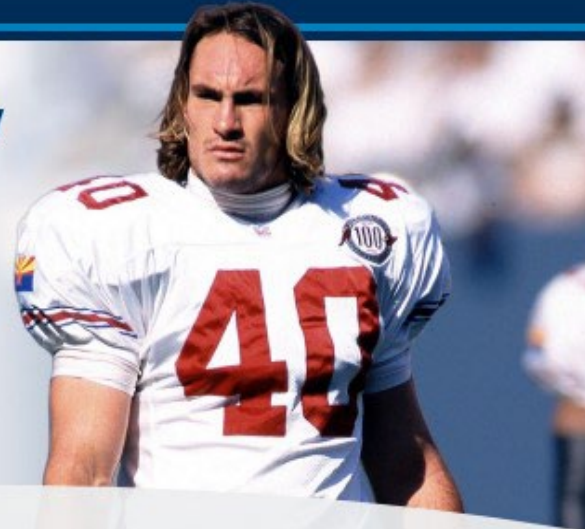
Veteran Scholarships - Pat Tillman Foundation



LEARN MORE AT
apply.ptf.org

CARRYING ON PAT'S LEGACY

The Pat Tillman Foundation unites and empowers a diverse community of remarkable military veterans and spouses as the next generation of public and private sector leaders committed to service beyond self. It is Pat's principles and service that are his true legacy. Pat believed in something bigger than himself—the qualities we look for in our Tillman Scholars are the same qualities that Pat displayed throughout his life.



APPLY TO BE A TILLMAN SCHOLAR

Tillman Scholars are chosen based on merit. Strong applicants demonstrate clear academic goals, extraordinary leadership potential, and a deep desire to create positive change. They believe their best years of service to our country are still ahead of them, and are committed to strengthening communities at home and around the world.

WHO IS ELIGIBLE TO APPLY?

1. Veteran and active-duty military service members
2. Veterans with pre- or post-9/11 service from all branches of the U.S. Military, including the National Guard and Reserve
3. Current spouses of veterans or active-duty service members, including surviving spouses

Service members, veterans or spouses who apply must be a full-time student pursuing a degree at a public or private U.S.-based, accredited institution for the upcoming fall / spring academic year.

- Bachelor's degree
- Graduate or professional degree

*Full-time as determined by your institution and program of study

WHAT IS REQUIRED FOR AN APPLICATION?

- Resume
- Two 400-word essay questions
- Third-party character recommendation
- A 250-word biography
- Completed FAFSA and a financial worksheet that includes current budget of all expenses and incomes for household, to include all military benefits.
- Completed Student Aid Report
- Two photos from military service or with their spouse
- Proof of Military Service: most recent DD 214, Officer Record Brief, Enlistment Record Brief, Basic Individual Record, Personal Data Record, Performance Summary Record, or Report on individual Personnel.
- Permission for PTF to complete a background check

ON WHAT BASIS ARE SCHOLARS SELECTED?



SERVICE
Dedication to service beyond self in and out of uniform.



SCHOLARSHIP
A lifelong learner, passionate about intellectual growth



HUMBLE LEADERSHIP
Selflessly committed to leading by example



IMPACT
Determined to unite others and advance ideas that change the world

FOR MORE ON ELIGIBILITY, BENEFITS AND EXPECTATIONS, VISIT

apply.ptf.org

<https://patillmanfoundation.org/>

Apply to be a Tillman scholar

PAT TILLMAN  FOUNDATION

Our mission is to unite and empower a diverse community of remarkable military veterans and spouses who exemplify service beyond self and lead through action. The program supports Tillman Scholars with academic scholarships, a global community for support, and lifelong leadership development to empower them as they make an impact in the world.

<p>SCHOLARSHIP</p> <p>Tillman Scholars can expect to receive annual funding to assist with academic expenses, including tuition, books, and living expenses. Scholarships are funded annually for a single, post-secondary degree.</p>	<p>GLOBAL COMMUNITY</p> <p>Tillman Scholars join a broad and diverse global community of dedicated, high-performing peers, mentors and industry leaders. We also offer exclusive events like the Pat Tillman Leadership Summit.</p>	<p>LEADERSHIP DEVELOPMENT</p> <p>Through events, conferences, training, mini grants and more, Tillman Scholars receive opportunities to advance their knowledge, skills, and experience in their areas of impact and beyond.</p>
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Tillman Scholars are public and private sector leaders committed to service beyond self.

Learn more about their impact at PatTillmanFoundation.org

2018  TILLMAN SCHOLAR

AIR FORCE
TEXAS A&M UNIVERSITY
B.S., METEOROLOGY

LANCE BELOBRAJIC



After three deployments during Operation Iraqi Freedom, Lance seized the opportunity to serve with Air Force Special Operations as a Special Operations Weather Team technician. During his training, he was immersed into combat operations and atmospheric and environmental sciences. At Texas A&M University, Lance is pursuing degrees in Meteorology and Oceanography while actively serving with outreach programs to provide water purification in remote locations and severe weather reporting in the central United States. He interned with NASA and continues to serve as a Weather Forecaster in the Texas Air National Guard.

2018  TILLMAN SCHOLAR

MILITARY SPOUSE
VANDERBILT UNIVERSITY
ED.D, EDUCATIONAL LEADERSHIP

MAISHA ROUNDS



Passionate about school turnaround, Maisha Rounds aspires to convert corridors of shame into oases of opportunity for marginalized and disenfranchised students in the American Pre-K - 12 sector as a Principal and Superintendent. Ms. Rounds is National Board Certified, holds two degrees in education from Winthrop University and her Ed.M. in School Leadership from Harvard Graduate School of Education. She is pursuing her Ed.D in Educational Leadership at Vanderbilt University. A proud Army wife and mother of four, Maisha Rounds strengthens communities and inspires change.

Application link

<https://pattillmanfoundation.org/wp-content/uploads/2023/09/2023-24-PTF-Application-One-Pager.pdf>

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