

# Military Resource Center

## Volume 11 – Issue 2, February 2025





From the Director

#### **WE APPRECIATE YOUR SERVICE!!**

My, how time flies. It is hard to believe we are already in the second month of the new year. The Military Resource Center continues to serve our military educational benefited students in-person or virtually as requested.

We are always looking for ways to improve how we serve our student veterans and appreciate any suggestions. Please let us know how we can better serve you in 2025.

Andy Heitkamp Veteran Services Director



Feb.14

Be seen. Be heard. Belong.

## IN THIS ISSUE

MSU Scholarship Deadline License test reimbursement Enrollment verification James's Corner Important Dates **New ID Cards Activities Attended** GI Bill and taxes Veteran Resources MSU Food Pantry Student Loan Repayment Writing Center info Compensation rates update Marketplace for kids Career counseling Federal Hiring info Veterans preference info Combat Tested Gaming **USAF Junior ROTC Instructors** Welcome Home celebration Drop in tutoring VA Veteran Panelists search Energy Hawk Researcher app Hyperbaric Healing for Veterans

OFFICE HOURS Model Hall 208 8 A.M. – 4:30 P.M.

Military Resource Center Minot State University 500 University Ave W Minot, ND 58707 701-858-4003 / 1-800-777-0750

MinotStateU.edu

## The 2025-2026 Minot State General Scholarship

Please review the <u>scholarship</u> terms and conditions by clicking on, Undergraduate scholarship terms and conditions, found under the red "Apply Now!" 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. 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 <u>page</u> to locate scholarship applications. For more information, contact the Minot State Financial Aid Office at 701-858-3375.



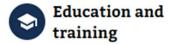
change without notice and subject to the availability of funds. \*Late applications will be considered as funds are available.

# GI Bill® covers more than just tuition/Licensing & certification tests and prep courses!

(<u>https://www.va.gov/education/about-gi-bill-benefits/how-to-use-benefits/licensing-and-certification-tests/</u>)

The GI Bill® covers more than just tuition. You can use part of your entitlement to cover the costs of certain tests and preparatory courses (also called "prep courses").

Find out how to get paid back for licensing and certification tests and prep courses.

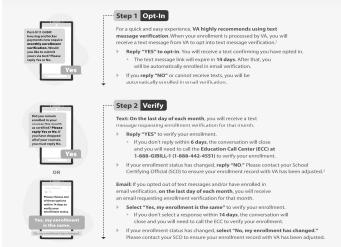


"GI Bill® is a registered trademark of the U.S. Department of Veterans Affairs (VA).

FAQs on your housing & book payments

(HousingandBookPaymentFAQs.pdf)





https://benefits.va.gov/gibill/isaksonroe/verification of enrollment.asp





How to video <a href="https://www.youtube.com/watch?v=MKq-reD01ZA">https://www.youtube.com/watch?v=MKq-reD01ZA</a>





is time to go over some of the s I keep seeing this term.

Enrollment questions I keep seeing are "why haven't I been paid yet?" and "why isn't my student account paid off yet?" Stipends that are paid to the student are paid after the month is completed, so if you began your term in the beginning of January, your first stipend payment won't be paid until the end of January/beginning of February.

Also, the VA does not start disbursing tuition and fees payments until after the last day to drop a course with a 100% refund which is on the 23 of Jan.. If you are a Ch. 33 (Post 9/11), I submit your information to the business office so that they flag your account and know that your balance will eventually be paid.

As always, please contact the Military Resource Center office if you have any questions.

Respectfully,

James Tucci Veterans School Certifying Official

#### Academic

## February

- 14 Valentine's Day
- 14 Last day to drop 1st 8 wk class
- 15 General scholarship application deadline
- 19 Presidents Day University Closed
- 20 Spring Assessment Day
- 28-291st 8 wk finals

### February is...

Black History Month

#### **US Armed Forces Dates**

- 23 Iwo Jima Flag Raising (1945)
- 28 Persian Gulf Cease-Fire Day

## February

- 1 National Freedom Day
- 2 Groundhog Day Army Nurse Corp Established (1901)
- 3 Four Chaplains Day
- 3 USO Birthday
- Marine Corps Women's Reserve (1943)
- 14 Valentine's Day
- 19 Coast Guard Reserve Birthday
- 19 Presidents Day



Defense Department Expands ID Card Renewals by Mail to US-Based Retirees, Dependents <a href="https://www.military.com/daily-news/2024/01/16/defense-department-expands-id-card-renewals-mail-us-based-retirees-dependents.html">https://www.military.com/daily-news/2024/01/16/defense-department-expands-id-card-renewals-mail-us-based-retirees-dependents.html</a>

Military retirees and their dependents based in the U.S. may renew their military ID cards online and receive them by mail, relieving them of a trip to the on-base ID card office.

New cards also now work at TSA Airport Checkpoints.

The DOD recommends that military retirees and military family members who have identification cards with indefinite expiration dates get the new next generation of the USID card when convenient within the next three years. The older, paper-based, green hued ID cards will be phased out and replaced with the next-generation IDs, which are more durable and have enhanced security features, by December 31, 2025.

The new IDs and the active duty's Common Access Cards now work at Transportation Security Administration security checkpoints at all U.S. airports. A software upgrade resolved a two-year issue with reading the new DOD ID cards.

For updated information on the card visit <u>CAC.Mil</u>

To locate and make an appointment at a RAPIDS location near you go to: IDCO.DMDC.OSD.MIL

#### **Activities Attended**

#### January

- 2 DAV meeting
- 3 Military Appreciation Basketball vs Winona State
- 7 Marketplace for kids
- 8 ND Suicide Coalition meeting
- 8 Minot State Hockey vs U Mary
- 9 Invisible Wounds of Service workshop
- 11 Military Appreciation Hockey vs Iowa State
- 13 Student Affairs meeting
- 15 DAV meeting
- 16 Military Once Source meeting
- 20 Martin Luther King Day observed
- 22 BIT Meeting
- 23 Lesmann retirement
- 23 Student Affairs meeting
- 23 Invisible Wounds of Service workshop
- 27 Student Affairs meeting
- 30 Wellington Veteran breakfast
- 29 Student Affairs meeting



Check out the Minot State Veterans Service
Center Facebook page and give it a 🖒 to stay
current with events.

www.facebook.com/MinotStateVeterans



Do I have to pay taxes on my VA education benefit payments?

No.

Payments from all GI Bill® programs are tax-free.

This is true for you, your dependents, and your survivors.

How VA education benefit payments affect your taxes <a href="https://www.va.gov/resources/how-va-education-benefit-payments-affect-your-taxes/#:~:text=Do%20I%20have%20to%20pay,your%20dependents%2C%20and%20your%20survivors.">https://www.va.gov/resources/how-va-education-benefit-payments-affect-your-taxes/#:~:text=Do%20I%20have%20to%20pay,your%20dependents%2C%20and%20your%20survivors.</a>

## **VA Resources**

Find local Veteran Resources <a href="https://www.veteranscrisisline.net/find-resources/local-resources/">https://www.veteranscrisisline.net/find-resources/</a>



Use this tool to find VA locations (including community care providers, emergency care, pharmacies, and more).



National Resource Directory (https://nrd.gov/)

The National Resource Directory (NRD) connects wounded warriors, service members, Veterans, their families, and caregivers to national, state, and local services and resources.



Substance Abuse and Mental Health Services Administration Behavioral Health Treatment Services (https://findtreatment.gov/)

This tool, which is confidential and anonymous, allows people to search by ZIP code for local treatment facilities that focus on substance use/addiction and/or mental health issues.

## **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

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

#### 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\*

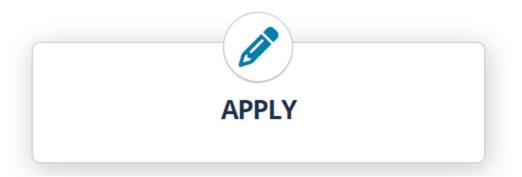


<sup>\*</sup>Indicates high demand items





Health professionals can apply now for student loan repayment programs. Programs support access to care for underserved and rural areas of North Dakota.



(<u>https://www.hhs.nd.gov/health/primary-care-office/north-dakota-health-service-corps/healthcare-professional-loan-repayment</u>)

- □ **Dental Loan Repayment Program**
- □ Veterinarian Loan Repayment Program
- □ Federal State Loan Repayment (SLRP)
- □ National Health Service Corps (HRSA)
- □ Nurse Corps Loan Repayment Program

#### MSU Writing Center Spring 2025 semester term update!

The Minot State Writing Center is offering both in-person and online (asynchronous and synchronous) tutoring. Please check the tutor's availability when you make an appointment. To make an appointment, students MUST <u>log in</u> or register for an account. If students choose etutoring (asynchronous), remember to attach your paper using the links at the bottom of the appointment form. The tutor will comment on your paper and email it back to you. If students choose online tutoring (synchronous), you will need to be on your computer, logged into WC Online, and at the appointment time and day. Students and the tutor will communicate live via audio, video, and text. The Writing Center is now offering 15-minute mini-sessions. Need help with a grammar issue? Have a question about citation format? Book a mini-session. For paper drafts, please schedule at least 30 minutes. For questions, contact Patti Kurtz, Writing Center director, by <u>EMAIL</u> or by phone at 701-858-3073

-- Patti Kurtz, associate professor, English / director, MSU Writing Center



# Current disability compensation rates (https://www.va.gov/disability/compensation-rates/



Review current VA disability compensation rates and learn what factors may affect your monthly payments.

The 2025 Veterans' disability compensation rates are in! Starting Jan. 1, 2025, all compensation benefit rates have increased by 2.5% to match adjustments made to Social Security benefits.
This increase impacts

disability benefits, clothing allowance, dependency and indemnity compensation (DIC), as well as other VA assistance programs.

2025 Marketplace for Kids

(https://marketplaceforkids.org/education-days/region-2-minot/)

Thanks again to Minot DAV Chapter 4 for their help presenting U.S. flag etiquette and folding instructions to six groups 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 is only inverted in times of distress. It is also draped as a country mourns those in uniform who have fallen in honorable service.

First fold: The symbol of life.

Second fold: The symbol of belief in eternal life.

Third fold: In honor and remembrance of the veterans departing our ranks. We pay tribute to veterans who gave a portion of their life for the defense of their country, in the hope of attaining peace throughout the world. Symbolizing their sacrifice has not been in vain, nor NEVER forgotten.

Fourth 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.

Fifth 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."

Sixth 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. Seventh fold: To our armed forces; for through these same armed forces we protect our country and our flag against all enemies, foreign or domestic.

Eighth fold: Tribute to those who have entered into the valley of the shadow of death, that they may see the light of day.

Ninth fold: Tribute to womanhood; for through their faith, love, loyalty, and devotion, the characters of the men and women who 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: Tribute to the fathers, for they too have given sons and daughters in the defense of our country, ever since the first struggle for independence.

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.

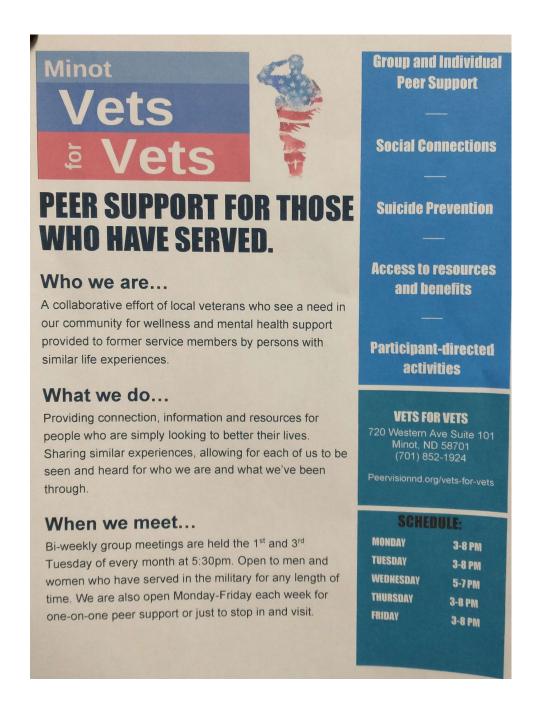
12th fold: In the eyes of a Christian citizen, represents and emblem of eternity, and glorifies in their eyes God the Father, God the Son, and God the Holy Ghost.

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.

# Educational and career counseling (VA Chapter 36)

(https://www.va.gov/careers-employment/education-and-career-counseling/)

Personalized Career Planning and Guidance (PCPG), or VA Chapter 36, offers free educational and career guidance, planning, and resources to Veterans and their dependents who are eligible for a VA education benefit. Find out how to apply for this program if you're leaving active service soon or have been discharged within the past year.



Demystifying Veterans' preference in federal hiring

Veterans' preferences can offer Veterans an advantage when applying for federal jobs, including open positions at the VA. This system recognizes the unique skills and experiences gained during military service, which can make a difference in helping Veterans transition into civilian employment.



### **VA** application support

For Veterans who want to make use of Veterans' preferences or special hiring authorities, it is essential to understand how to apply. At VA, the <u>Veteran and Military Spouse Talent Engagement Program</u> (VMSTEP) can offer valuable assistance and support to help Veterans understand and use their preference in a number of ways.

- VMSTEP supports Veterans in determining their eligibility for preference and assists with gathering the necessary documentation, preparing Veterans to apply with all requested materials.
- VMSTEP goes beyond eligibility by helping Veterans align their skills with VA job openings. Through workshops and coaching, Veterans can develop strong, targeted resumes and improve their interview skills, which can enhance their chances of standing out during the hiring process.
- After hiring, employees can access numerous resources that promote career growth, mentorship, and networking. This helps Veterans stay connected to their mission of service while navigating opportunities for career advancement within the VA.

VA for Vets: Your Gateway To VA Careers

**VMSTFP** 

(https://www.vaforvets.va.gov)

**COMBAT TESTED GAMING LEAGUES** 

The VFW, America's largest organization of combat veterans, has teamed up with Crew Social Club to offer our nation's veterans a seamless and innovative way to connect – Combat Tested Gaming leagues!



# How it works

- Pick Your game
   We offer Rocket League and Valorant in multiple skill levels. Choose the game and skill level that is right for you!
- 2) Register Once you decide on your game and skill level, click on the link to join the team. Your spot isn't confirmed on the team until you complete registration.
- 3) Keep an eye out for an email
  You may be wondering what happens if your team doesn't fill. That can happen, but that
  doesn't mean you don't get to play! If your team does not fill within one week of the
  league, we will reach out to try to move you to another team.
- 4) Get Ready to play! Once the team you joined is full, we will email all players on the team to connect you and ask for a team captain. Once a captain is set, we pass the team over to them! They will be your point of contact for the season.

# Become an Air Force Junior ROTC instructor



https://news.va.gov/137675/become-an-air-force-junior-rotc-instructor/?utm\_source=middle&utm\_medium=email&utm\_campaign=VetResources&ut\_m\_id=15JAN2025

The Air Force is seeking highly motivated Air Force retirees and Veterans with at least 10 years of service in the ranks of captain through colonel and technical sergeant through chief master sergeant (associate's degree required) who have a passion for instilling core values and desire to pay their Air Force experience forward to high school students.

This distinctive opportunity, which was exclusive to retired members, is now open to Veterans and traditional Guard and Reserve Airmen. Veterans who have separated or retired less than five years ago can apply. Veterans who have been separated for more than five years could potentially be considered if they meet all other requirements.



#### More info and application

https://www.airuniversity.af.edu/Holm-Center/AFJROTC/Display/Article/3155947/prospective-instructors/

#### Saturday, 29 March 2025

## **WELCOME HOME VIETNAM VETERANS CELEBRATION!**

Minot City Auditorium - Minot North Dakota - 430 3rd Ave SW - Minot, ND 58701



#### FAQs on your VA housing & book payments HousingandBookPaymentFAQs.pdf

#### **Spring 2025 Drop-In Peer Tutoring Schedule**

Tutoring is conducted in-person in the Academic Support Center, lower level of the library. SUBJECT NOT LISTED - HAVE CLASS DURING LISTED TIMES?

Submit the Tutor Request form at www.MinotStateU.edu/tutoring and we will try to accommodate your needs. Call 701-858-3360 (8 AM - 4:30 PM) if you need assistance

demic Support Center 701-858-3360 8 a.m. - 4:30 p.m.

| Call 701-030-3300 (0 74) - 4.301 M/ II you need assistance. |  |                                    |   |                         | be seen be near at be empowered.  |
|---|--|------------------------------------|---|-------------------------|---|
| Subject   | Monday   | Tuesday                            | Wednesday   | Thursday                | Friday  |
| ACCT 200 / 201 - Jacob                                      | 10:00 AM - 11:00 AM  |                                    | 11:00 AM - 12:00 PM                                 |                         |   |
| BIOL 115 / 150 / 220<br>221 / KIN 431 - Conner              |  | 10:00 - 11:00 AM<br>1:00 - 2:00 PM |   |                         |   |
| CHEM 122 - Faith  | 10:00 - 11:00 AM   |                                    |   |                         | 12:00 - 1:00 PM   |
| CHEM 341 - Addyson<br>Peer Review Session                   | 12:00 - 1:00 PM  | 12:00 - 1:00 PM<br>Office Hour     |   | 10:00 - 11:00 AM        |   |
| CSD - Sydney  | TO BE ANNOUNCED  |                                    |   |                         |   |
| ECON 201 / 202 and<br>FINANCE - Stephen                     |  |                                    | 12:00 - 1:00 PM                                     |                         |   |
| MATH - ASC 93 and<br>MATH 103                               | 2:00 - 4:00 PM - Andrew  | 12:00 - 2:00 PM - Lucas            | 9:00 - 10:00 AM - Andrew<br>3:00 - 4:00 PM - Andrew | 12:00 - 2:00 PM - Lucas | 9:00 - 10:00 AM - Andrew<br>11:00 AM - 2:00 PM - Lucas<br>2:00 - 3:00 PM - Andrew |
| MATH 210  | 2:00 - 4:00 PM - Andrew  |                                    | 9:00 - 10:00 AM - Andrew<br>3:00 - 4:00 PM - Andrew |                         | 9:00 - 10:00 AM - Andrew<br>2:00 - 3:00 PM - Andrew                               |
| MATH 107 AND 165  |  | 12:00 - 2:00 PM - Lucas            |   | 12:00 - 2:00 PM - Lucas | 11:00 AM - 2:00 PM - Lucas  |
| PSY 111 / 241 - Alex  | 9:00 - 10:00 AM  |                                    |   | 9:30 - 10:30 PM         |   |
| SPAN 101 / 102 - Sierra                                     |  |                                    | 3:00 - 4:00 PM                                      |                         |   |
| STUDY STRATEGIES  | Available Upon Request - Submit the Tutor Request Form found at MinotStateU edu/tutoring Time Management, Test Prep, Taking Notes, Memorization, Using Your Book, etc. |                                    |   |                         |   |

Times and subjects offered may change during the semester - check the schedule often!

You may request subjects not listed on the schedule, alternative times, or virtual tutoring by filling out the Tutoring Request Form at www.MinotStateU.edu/tutoring.

We will try to accommodate your request. Additional online tutoring is available with NetTutor through your Blackboard account.

Tutoring is not available on days that MSU does not hold classes. Updated 1/21/25

#### **DROP IN TUTORING SPRING 2025**

https://www.minotstateu.edu/asc/peer\_tutoring.shtml

**Located in the Academic Support Center Lower Level of Gordon B. Olson Library** 



Peer tutoring is funded by student fees - there is no extra charge for services! No appointments needed - stop in during scheduled hours for assistance with a subject that is listed on the schedule.

**Tammy Wolf, Tutoring Coordinator Academic Support Center Library Lower Level** 701-858-3360 tammy.wolf@ndus.eduA looking for panelists

# VA looking for panelists 15 Feb 2025 application deadline



# JOIN US!

The VA needs Veteran panelists to consult on harm reduction research, care, and services to help Veterans

#### What you'll do



Provide feedback on research, care, and services related to reducing harm associated with drug use among Veterans



Support sharing of effective harm reduction program results



Build relationships with other Veterans and VA members



Attend three 2-hour monthly online meetings with fellow Veterans

Potential to extend participationCompensation: \$50/hour

## Who should apply

Veterans with:

- Life experiences with drug use
- Interest in expanding access to overdose prevention and harm reduction, including:
  - Opioid education
  - Naloxone treatment
  - Syringe services programs

## Your voice is important

Veterans of all service eras, gender identities, ethnicities, and backgrounds are encouraged to apply



# Interested in applying?

Contact us by Feb. 15, 2025

- Email: malloree.argust@va.gov
- © Call or text: (612) 221-1029

Want to learn more?



Scan or click the QR code

### **PAID SUMMER INTERNSHIP Energy Hawk Researcher** 31 March Application deadline

# **ENERGY HAWK RESEARCHER**

The Energy Hawks paid internship is a premier research opportunity for students to better understand North Dakota's existing energy landscape and focus that insight on future energy challenges and opportunities.

Established in 2018, the EERC Energy Hawks Program serves a multidisciplinary group of graduate and undergraduate students focused on enhancing North Dakota's energy industry through a broad range of concepts. Research, interviews, and extensive travel in North Dakota expose these students to the opportunities and challenges of the energy industry, leading them to develop initiatives for further research and consideration.







PAST PARTICIPATING SCHOOLS

#### **ENERGY HAWKS 2025**

This paid 10-week summer internship at the EERC is for students from all academic areas.

Interns will:

#### • Learn

about energy systems and challenges in North Dakota.

#### Interact

with energy experts for North Dakota's allof-the-above energy strategy.

#### Experience

the real-world environment at energy sites in western North Dakota.

#### Research

topics critical to North Dakota energy.

#### Continue

energy conversations during the following school year.







NDSU NORTH DAKOTA





# Veterans PTSD, Concussion, TBI and more treatment Healing with Hyperbarics of North Dakota

# FREE TREATMENT

for Veterans\*

# January 23, 2025

Using hyperbaric oxygen treatment (HBOT) – oxygen under pressure – to heal PTSD, concussions, TBI, and more!

- 701.532.2426
  Call to schedule; appt required
- 4487 Calico Dr. S, Suite B Fargo, ND 58104



I'm able to participate in life, and I owe it all to Hyperbarics... it's hard not to get choked up about how it has completely changed my life and given me a second chance to life.

- I.O.





Learn more about our treatments for Veterans

HEALING
WITH HYPERBARICS
of North Dakota

\*FREE treatment applies to all Veterans, not just North Dakota residents.