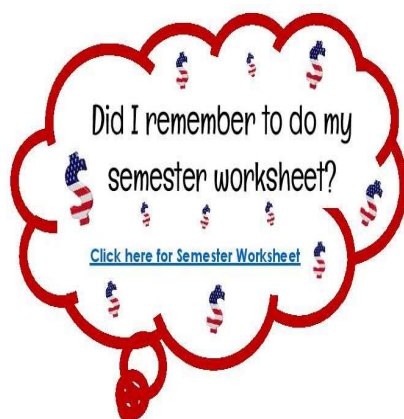
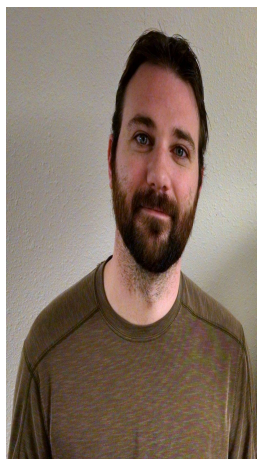


Tucci's Corner



Students,

Back to the grind if you are a summer student, vacation time if you return in the fall. To both groups- please make sure you are completing your semester worksheet, which needs to be completed every term you wish to use your benefit, and after you have enrolled in your classes for that term. Without completing that worksheet, I will not be notified that you are enrolled or wish to utilize your military benefit. It's not an issue if you forget how to get to it, just give our office a call or email us for a link, and we will gladly provide you with the link or guide you to it, if preferred. Enjoy the nice weather while we have it. We will see you around campus!

Respectfully,

James Tucci
Veterans School Certifying Official

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From the Director

Summer is here!

And so, another summer begins! The Military Resource Center was established to serve our military educational benefited students, and we appreciate it when you provide suggestions that may lead to the improvement of current practices. Your past suggestions have resulted in improvements in policies and guidelines, allowing us to better serve your needs as you work to accomplish your academic goals!

*Andy Heitkamp
Military Resource Center Director*



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

Activities Attended

May

- 1 Minot Area Military Affairs Committee Meeting
- 3 NDPERS retirement presentation
- 4 Student Affairs Meeting
- 6-7 National Association for Behavioral Intervention and Threat Assessment (NABITA) Training Bismarck
- 7 DAV meeting
- 9 Student agreement meeting
- 13 Behavior Intervention Team (BIT) meeting
- 14 Employee Retirement and Recognition program
- 15 A Step graduation
- 15 Minot Interagency meeting
- 16 Commencement
- 19 Student Affairs meeting
- 20 Institutional Compliance Program (ICP) meeting
- 21 Institutional Compliance Program (ICP) workshop
- 21 State Approving Agency (SAA) quarterly meeting
- 22 Student Affairs meeting
- 22 ND Military Academic Affairs committee meeting
- 26 Office closed MEMORIAL DAY
- 27-28 National Association for Behavioral Intervention and Threat Assessment (NABITA) Training Bismarck

OFFICE HOURS

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

Be seen. Be heard. Belong.



Flag Week 2025, 8-14 June

National Flag Week starts on June 9 every year. It is a day for all Americans to celebrate and honor the flag, its designers, and its makers. The flag represents all 50 states of the country that together form the United States of America and its citizens. It is a week for citizens to pause and recognize the greatness of their nation and its people. The American flag has a proud and glorious history, and many brave soldiers have died defending it. Some also observe this week as a way to honor veterans and servicemen.

Flag Day 2025, 14 June

Since 1916, when President Woodrow Wilson issued a presidential proclamation establishing a national Flag Day on June 14, Americans have commemorated the adoption of the Stars and Stripes in many ways—displaying the flag in the front of their homes, participating in parades, and engaging in other patriotic observances.

Flag etiquette

Folding a flag is one of the most important traditions we have in this great country. Believe it or not, **the American flag** has undergone numerous design changes (27, in fact!) since its inception, and the one we salute today was only officially adopted in 1960. But whether it was the 1st or the 27th, our flag is flown as a symbol of unity, freedom, and pride on holidays like **Memorial Day**, **Flag Day**, or the **4th of July**.

There are so many reasons you might be handling Old Glory—displaying it on federal holidays, storing it away, or attending a funeral—and a fair amount of **flag etiquette** goes along with that responsibility. **Memorial Day flag etiquette** dictates, for instance, that the **flag flies at half-staff** from sunrise until noon, then is raised briskly to the top of the staff until sunset.

But maybe you never thought about how to fold an American flag until now. Properly folding the flag pays homage to the sacrifices made by those who have fought for our country's values and principles. Congress established the official U.S. flag code in 1942, which provides guidelines for care. The code does *not*, however, explain an official folding method. Over time, a tradition emerged: **The proper way to fold the American flag is in a triangle shape.**

Folding the US flag

(<https://www.va.gov/opa/publications/celebrate/flagfold.pdf>)

Important Dates

Academic

June

Summer bookstore charging through June 5

May 27 Standard eight-week classes begin

June 4 Summer tuition due and financial aid disbursement

US Armed Forces Dates

June

| | |
|------|--------------------------------|
| 6 | D-Day |
| 12 | Women's Veterans Day |
| 8-14 | Flag Week |
| 14 | U.S. Army Birthday |
| 14 | Flag Day |
| 15 | Father's Day |
| 19 | Juneteenth |
| 23 | Coast Guard Auxiliary Birthday |
| 27 | PTSD Awareness Day |

June is...

PTSD Awareness Month

Pay off your school debt quickly with the VA's EDRP

Education Debt Reduction Program



[Education Debt Reduction Program \(EDRP\) - Benefits.com - We Make Government Benefit Program Information Easier to Understand](#)

1. The Education Debt Reduction Program (EDRP) is a VA benefit program designed to provide financial assistance to eligible employees to reduce their education debt, such as the cost of tuition, fees, and books.
2. Applicants must be newly appointed or have recently converted to a qualifying position within the VA healthcare system, and the EDRP must be listed in the announcement for the position.
3. The EDRP offers loan repayment benefits of up to \$200,000 during a 5-year period, with payments made directly to the loan holder in the employee's behalf, enabling qualified VA healthcare professionals to focus on providing quality care to veterans.

Congratulations graduates, and all the best moving forward!



2025 graduates

Left to right: Kalie Paulus, Angela Paulus, Seth Labodda, Gregory Davis, and Firas Aldarawcheh Jr.

Past Military Resource Center grads

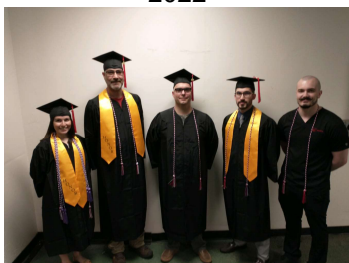
2024



2023



2022



2021



2020

COVID-19 pandemic

2019



2018



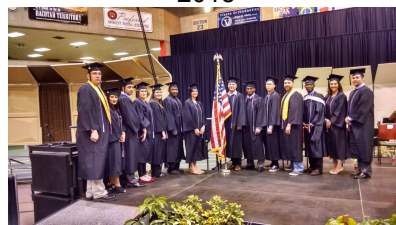
2017



2016



2015



SUPPORTING A LOVED ONE DEALING WITH MENTAL AND/OR SUBSTANCE USE DISORDERS

STARTING THE CONVERSATION

When a family member is drinking too much, using drugs, or struggling with a mental disorder, your support can be key to getting them the treatment they need. Starting the conversation is the first step to getting help.

How You Can Help

- 1 IDENTIFY AN APPROPRIATE TIME AND PLACE.** Consider a private setting with limited distractions, such as at home or on a walk.
- 2 EXPRESS CONCERNS AND BE DIRECT.** Ask how they are feeling and describe the reasons for your concern.
- 3 ACKNOWLEDGE THEIR FEELINGS AND LISTEN.** Listen openly, actively, and without judgement.
- 4 OFFER TO HELP.** Provide reassurance that mental and/or substance use disorders are treatable. Help them locate and connect to treatment services.
- 5 BE PATIENT.** Recognize that helping your loved one doesn't happen overnight. Continue reaching out with offers to listen and help.

What to Say

"I've been worried about you. Can we talk?
If not, who are you comfortable talking to?"

"I see you're going through something.
How can I best support you?"

"I care about you and am here to listen. Do
you want to talk about what's been going on?"

"I've noticed you haven't seemed like
yourself lately. How can I help?"

For more resources, visit
www.SAMHSA.gov/families.

If you or someone you know needs help,
call **1-800-662-HELP (4357)** for free and
confidential information and treatment referral.

SAMHSA's mission is to reduce the impact of substance abuse and mental illness on America's communities. 1-877-SAMHSA-7 (1-877-726-4727) • 1-800-487-4889 (TDD) • www.samhsa.gov

SAMHSA
Substance Abuse and Mental Health
Services Administration

Six apps to help manage stress

https://news.va.gov/131262/six-apps-to-help-manage-stress/?utm_source=middle&utm_medium=email&utm_campaign=VetResources&utm_id=29MAY2024



- 1 & 2) [PTSD Coach](#) and [PTSD Family Coach](#)
- 3) [Mindfulness Coach](#)
- 4) [Annie for Veterans](#)
- 5) [VetChange](#)
- 6) [MOVE! Coach](#)

June 6 Minot Park District Military Appreciation



 **MINOT AREA
CHAMBER EDC**

MILITARY APPRECIATION IN THE PARKS

6 JUNE 2025 • MINOT PARK DISTRICT

Active duty and retired military personnel are invited to join us in the parks for a picture-perfect day filled with sunshine, laughter, and fun!

SPONSORED BY:


**Verendrye
Electric
Cooperative**
Your Touchstone Energy® Partner

 **OAK PARK**
11:00AM – 2:00PM • FREE FOOD WITH MILITARY I.D.
SERVED BY THE MINOT AREA CHAMBER EDC MILITARY AFFAIRS
COMMITTEE. OUTDOOR GAMES, BOUNCE HOUSES, & MORE!

 **ROOSEVELT PARK ZOO**
9:00AM – 8:00PM • FREE ADMISSION WITH MILITARY I.D.
FREE ZOO ADMISSION WITH MILITARY I.D. ON
WEDNESDAYS THROUGHOUT JUNE

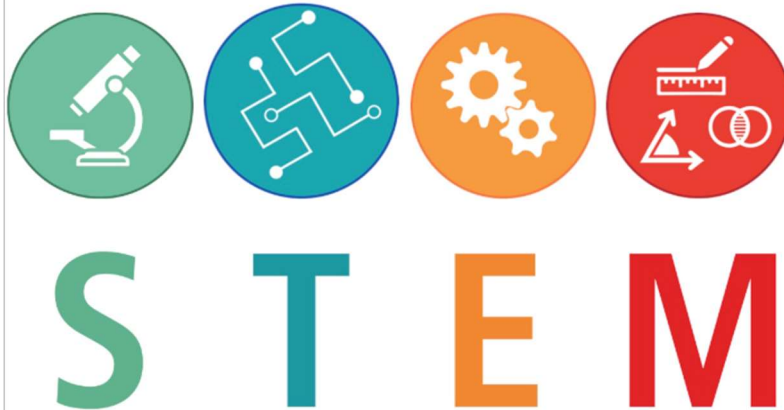
 **MAYSA ARENA**
12:00PM – 2:00PM • FREE SKATING WITH MILITARY I.D.

 MINOTCHAMBEREDC.COM  701-852-6000  MINOT@MINOTCHAMBEREDC.COM

Don't forget, active duty and retired military personnel are invited to Military Appreciation Day in the Parks on June 6!



Edith Nourse Rogers STEM Scholarship



STEM students may be eligible to extend their benefits

<https://www.va.gov/education/other-va-education-benefits/stem-scholarship/>

The Edith Nourse Rogers Science Technology Engineering Math (STEM) Scholarship allows eligible Veterans using the Post-9/11 GI Bill or dependents using the Fry Scholarship to get added benefits. This scholarship provides up to 9 months (or \$30,000) of benefits for training in high-demand fields. Find out if you're eligible and how to apply.

About the Edith Nourse Rogers STEM Scholarship. This scholarship is for Veterans using the Post-9/11 GI Bill and Fry Scholars and allows them additional benefits of up to nine months or \$30,000. They must:

- Be enrolled in a qualifying STEM program,
- Have completed a certain amount of time on their degree,
- Have six months or less of their benefits left (if they apply too soon, they'll be denied).





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From Anywhere**

Get virtual health and well-being resources from your phone or computer



24/7 Virtual Health and Well-Being Support



*12 visits per year

**It's for Students.
FOR FREE.**



@timelycare
@timely_care



Student Health Clinic
& Counseling Services

Visit timelycare.com/minotstateu to learn more.

©TimelyCare 2025

Minot State University faculty and staff!

Minot State University is now partnered with [TimelyCare](https://timelycare.com) to deliver a new virtual health and well-being platform for students. The service provides 24/7 access to virtual care at no cost! Remind your students to take advantage of the TimelyCare services when they feel stressed, overwhelmed, anxious, worried, etc.

In addition to services for students, TimelyCare offers Faculty Support - a service for faculty and staff that is designed to equip you with information to help students who may be struggling. It's available 24/7/365 for free, so you can get the guidance on how to support a student in need of care. Access Faculty Support by calling 833-4-TIMELY, ext. 2.

How can students access TimelyCare?

Students can go to timelycare.com/minotstateu or directly download the TimelyCare app from the app store to register with their university email address. Students can then start visits from any web-enabled device – smartphone, tablet, laptop, or desktop – anywhere in the United States.

Who can use TimelyCare?

Any enrolled student.

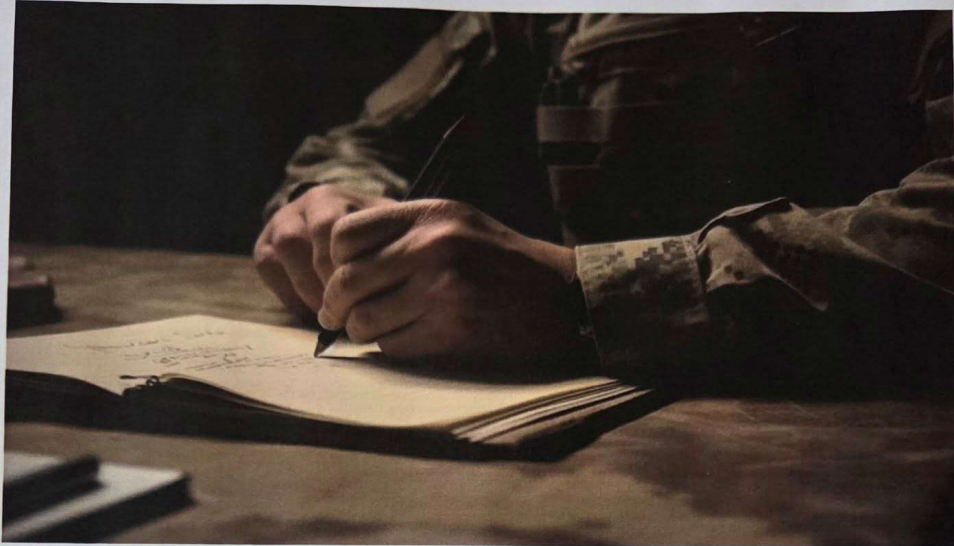
What services are available?

- **TalkNow:** 24/7, on-demand emotional support.
- **Scheduled Counseling:** Select the day, time, and mental health provider of your choice. (12 visits per year)
- **Health Coaching:** Support for developing healthy behaviors.
- **Self-Care Content:** 24/7 access to self-care tools and resources, such as meditation and yoga sessions, helpful videos, and short articles from experts.
- **Peer Community:** An anonymous and judgment-free space where you can connect with, react to, and support other students going through similar situations.
- **Basic Needs Support:** Get connected to free or reduced-cost community resources.

How much does a visit cost?

TimelyCare services are available at no cost to students.

Vets for Vets WARRIOR'S PEN
Last Friday of the month, 5:30 p.m.
720 Western Ave. Suite 101, Minot, ND
To sign up, call (701) 852-1924 or
email minotvetsforvets@gmail.com



THE WARRIOR'S PEN

Creative Writing Workshop

A creative writing workshop designed for active-duty,
veterans & their families. Taught by veterans

Last Friday of every month
5:30pm
720 Western Ave. Suite 101, Minot, ND (701) 852-1924
Call or email to sign up! minotvetsforvets@gmail.com

Native American Veterans Stand Down

4 Bears Casino & Lodge
202 Frontage Road
New Town, ND

The flyer features logos for the National Resource Center on Native American Aging (NRCNAA), the Standing Rock Reservation, and the Department of Veterans Affairs. The main title is "NORTH DAKOTA NATIVE AMERICAN VETERANS STAND DOWN" in large, bold, black letters. Below it, the dates "June 11th - 12th" and location "4 Bears Casino & Lodge" are highlighted in red. The flyer is divided into sections: "Mission Statement" (providing access to benefits), "Event" (bringing resources together), "Stand Down" (a military term for a relaxed status), "Who Should Attend?" (listing various groups), "Registration Signup" (with QR codes), and "Interested in having an Informational Booth?". It also includes contact information for Robert, Dean, and Heather, and a registration deadline of Monday, June 2.

Open to all Veterans, spouses, caregivers, and survivors

NORTH DAKOTA NATIVE AMERICAN VETERANS STAND DOWN

June 11th - 12th | 4 Bears Casino & Lodge

Mission Statement
Providing streamlined access to benefits, education, programs, and support services for Native American Veterans and their families.

Event
This event is dedicated to bringing as many programs and resources together in one location with the idea to connect Native Veterans with the supports they may need.

Stand Down
Stand Down is a military term used to describe a relaxed status or withdrawal from a state of alert or readiness. Stand Down is designed as an intervention to bring a wide range of essential services to Veterans, while raising their morale and awakening their motivation.

Why Attend?

- Provides Veterans with a direct connection to Veterans Affairs (VA) and other service providers accessible to them.
- Educates Veterans about VA's disability claims process and opportunities.
- Connects Native American Veterans to increase camaraderie, support, and networks.
- Engages Tribal Leaders in the ongoing efforts to improve the state of affairs for Native American Veterans in North Dakota.
- Facilitates a positive experience meant to produce tangible assistance as well as provide encouragement and motivation going forward.

Who Should Attend?

- Native American Veterans from all Tribes in North Dakota
- Tribal Leaders
- Tribal Veterans Services Officers
- Government Entities that serve Native American Veterans
- Non-Governmental Organizations serving Native American Veterans
- Family/Caretakers of Native American Veterans

Registration Signup

REGISTER TODAY! (General Attendee)

Interested in having an Informational Booth? Register Below:

To book your room, please call 4 Bears Casino and Lodge at: 1-800-294-5454
Please ensure your hotel room is booked prior to June 2nd.

Registration Deadline: Monday, June 2

**202 Frontage Rd
New Town, North Dakota,
58763**

For more information, contact:
Robert at 701.421.0562 or rhunter@mhanation.com
Dean at 760.889.9481 or dean@nativeecosolutions.com
Heather at 701.350.0173 or heather.skadsem@und.edu

June 11:
8 a.m.– 5 p.m. Central

June 12:
8 a.m.– 12 p.m. Central

Information and Resources
Information will be available
about:

VA healthcare/benefits
VA home loans
Disability claims
Employment assistance
Social services
Education assistance
Housing/shelter
And more!

How to Register

Registration is required before June 2.

https://und.qualtrics.com/jfe/form/SV_0qYrafXftAxz1dk

Stand Down is a military term used to describe a relaxed status or withdrawal from a state of alert or readiness. Stand Down is designed as an intervention to bring a wide range of essential services to Veterans, while raising their morale and awakening their motivation