

From the Director



Greetings,

The Military Resource Center continues to serve our military educational benefited students. Please continue to provide suggestions about how we can improve our current practices. We appreciate the feedback, as it allows us to better serve your needs as you work to accomplish your academic goals!

I hope students are looking forward to Spring Break March 10-14. Before your time off, I invite you to look through our newsletter. You will find information about upcoming tax reporting, the MSU Food Pantry, other area events, and information from our school certifying official James Tucci.

Andy Heitkamp
Veteran Services Director

Unless you try to do something beyond what you have already mastered, you will never grow. Ralph Waldo Emerson.

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

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REMEMBER

YOUR
EDUCATIONAL
BENEFITS
HOTLINE
1-888-442-4551

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Brady Oberg Foundation events
MSU Food Pantry
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DAV Bob Fix Scholarship awarded
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Independence Inc Peer Support
File Taxes Free

Activities Attended

February

- 5 Safe Communities meeting
- 5 DAV Scholarship presentation
- 5 Behavior Intervention Team meeting
- 10 Elison Veteran Lunch
- 10 Student Affairs meeting
- 11 ND Suicide Coalition Hope Café webinar
- 11 Somerset Veteran Lunch
- 11 NDUS AI Literacy Tools and Techniques workshop
- 13 Minot Area Chamber Military Affairs
- 14 Valentines Day
- 14 Staff Senate Death by Chocolate event
- 14 SMVF Workshop
- Enhancing Economic Stability for Service Members, Veterans and their families
- 17 Presidents Day
- 19 VA VolEd ICP training workshop
- 19 Behavior Intervention Team meeting
- 20 DAV Coffee meeting
- 20 University Cabinet meeting
- 20 Inter Agency meeting
- 21 1 Day Grad expo
- 22 Campus Resource Fair and visit day
- 24 VA Chap 36 training workshop
- 24 Student Affairs meeting
- 27 Wellington Breakfast
- 27 Campus International Student panel session



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

Saturday 29, March 2025

WELCOME HOME VIETNAM VETERANS CELEBRATION!

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



The poster features a yellow background with large, faint stars. At the top, the text "Salute To" is in a cursive font, followed by "VIETNAM VETERANS CELEBRATION" in bold red capital letters. Below this is a circular emblem with "THE PARADE" at the top and "THAT NEVER HAPPENED" at the bottom. In the center of the circle is a large red "50" with "years" in a cursive font to its right. A red banner at the bottom contains the date "MARCH 29TH" in large white letters, with "City Auditorium" to its right. Below the date, it says "Doors Open 10am ★ Meal at Noon". A decorative border of yellow and red squares separates the banner from the bottom section. The bottom section has a green background and lists sponsors and a guest speaker.

Salute To
**VIETNAM VETERANS
CELEBRATION**

THE PARADE

50 *years*

THAT NEVER HAPPENED

MARCH 29TH City Auditorium
Doors Open 10am ★ Meal at Noon

Sponsored By:
DAV Chapter 4
VFW Post 753
Dakota Agronomy
Kenmare Vets Club

★ **All Veterans Welcome** ★
★ **Guest Speaker** ★
Vice Admiral, Michael Miller - USN. Retired

Brain Injury Awareness Month – March 2025

https://dod.defense.gov/News/Special-Reports/0316_tbi/

The purpose of Brain Injury Awareness Month, in March, is to improve traumatic brain injury, or TBI, awareness and to educate and provide resources about brain injuries to service members, veterans, family members, and health care professionals.

TBI - Useful Information



MORE THAN
339,462
SERVICE MEMBERS
have sustained a
TBI since 2000.



The DoD offers clinical recommendations, toolkits and mobile applications to assist health care providers.

The Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury Outreach Center provides support and information to anyone dealing with a military-related psychological health or TBI issue.

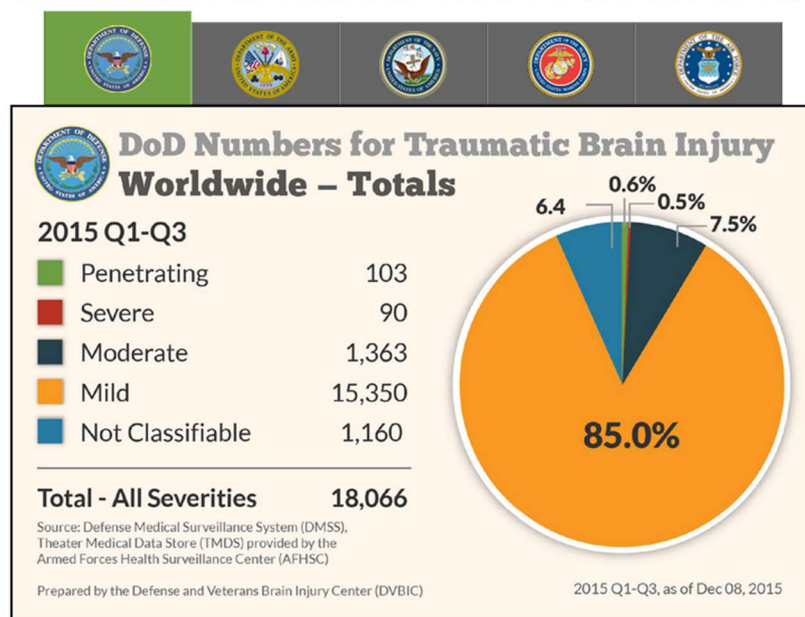
**24/7
SUPPORT**



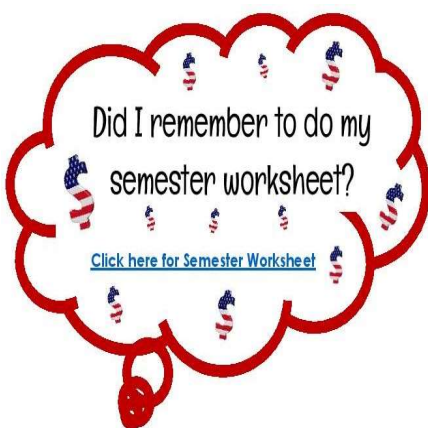
The Defense and Veterans Brain Injury Center offers online education on TBI in a series of continuing webinars.

Source: Defense and Veterans Brain Injury Center

TBI - Worldwide Totals January-September 2015 (Quarters 1-3 2015)



James's Corner



Students,

I wanted to explain why you are asked to submit your semester worksheet as soon as you are done enrolling in your courses. This term there have been a large percentage (34%) of students that have completed their worksheets after the 100% refund date set by MSU. When this happens, it means you will be held financially liable for taking courses that I cannot certify. The VA requires Minot State University to audit every enrollment and to ensure the classes you are taking are required for your degree, so when a class or two that aren't required are identified, you are able to drop/ swap them out for another course without penalty if you get the semester worksheet submitted on time! When we receive late submissions, it often results into problems where the student becomes liable financially for taking classes they aren't required to take per VA regulations, and they won't pay for them. These rules/suggestions are in place for your benefit, in an attempt to AVOID any surprise debts you may not of been aware of that you were creating with the VA!

Happy St. Patrick's Day!

James Tucci
Veterans School Certifying Official

For questions regarding your financial aid (federal grants/loans) at Minot State University call Minot State Financial Aid (701)858-3375

<https://www.minotstateu.edu/finaid/>
Title IV School Code: 002994

Important Dates

Academic

March

- 5-6 1st 8 Week finals
- 7 Summer and Fall semester graduation application due to Registrar's office
- 10-14 Spring Break
- 11 Classes begin for 2nd 8 weeks
- 14 Last day to add second 8-week classes
- 20 Last day to withdraw second 8-week classes and receive 100% refund
- 25-27 Fall registration begins

March is...

Traumatic Brain Injury Awareness Month
Women's History Month
National Reading Month

US Armed Forces Dates

March

- 3 Navy Reserves birthday
- 4 National Hug a G.I. Day
- 5 Seabee birthday
- 13 K9 Veterans Day
- 15 American Legion birthday
- 17 St. Patrick's Day
- 21 Rosie the Riveter Day
- 25 National Medal of Honor Day
- 29 Welcome Home Vietnam Veterans Day

Be seen. Be heard. Belong.

The road to hope can start with a single
call, chat, or text.



SARAH KEMP TABBUT, LCSW
COMMUNITY ENGAGEMENT AND
PARTNERSHIPS COORDINATOR
FARGO VA SUICIDE PREVENTION PROGRAM
SARAH.KEMPTABBUT@VA.GOV

How VA education benefit payments affect your taxes

<https://www.va.gov/resources/how-va-education-benefit-payments-affect-your-taxes/>

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

No. Payments from all GI Bill® programs are tax-free. This is true for you, your dependents, and your survivors.

Tax-free education benefits include:

- Tuition, Training fees, Test fees for licenses and certifications
Money to pay for a tutor, Work study, Books
Housing

Please don't include education benefit payments as income when you file your taxes.

"Payments you receive for education, training, or subsistence under any law administered by the Department of Veterans Affairs (VA) are tax-free.

GI Bill®

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



<https://www.militaryonesource.mil/financial-legal/tax-resource-center/miltax-military-tax-services/>

AARP FREE TAX HELP in Minot, ND

If you are interested in free AARP Local Minot area income tax preparation, call 701-409-0212 for details.

MINOT: Call 701-409-0212 to schedule an appointment.

- Location is: American Legion Post 26, 1949 N Broadway
Monday, Tuesday, Friday, and Saturday 10 a.m. - 3 p.m.

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



Minot DAV Chapter 4 presents check to Bob Fix Memorial Scholarship Recipient



Medora Musical 2025 - VETERAN APPRECIATION July 13

<https://medora.com/medoramusical/>



HAPPY Saint Patrick's Day!!!

Patrick's Day—observed every **March 17**—is packed with parades, good luck charms, and all things green. The event started as a religious holiday, but over time it has celebrated Irish culture.



Help for Veterans in Suicide Crisis

COMPACT Act (Section 201)

Veterans in suicide crisis may be eligible to receive emergency health care services at any VA or non-VA facility at no cost.

How it works

1. Eligible Veterans experiencing an acute suicidal crisis – whether enrolled in VA or not – can go to a VA or non-VA emergency room.
2. Veterans in suicide crisis should call 911 or go to the nearest emergency room for expedited care. No enrollment in VA health care is required.
3. Notify the VA within 72-hours of receiving emergent suicidal care to start the claim for payment and care coordination.
 - Veterans, loved ones, or community providers can make the call to start the claim.

Only one notification is needed:

Online portal:

www.emergencycarereporting.communitycare.va.gov

Phone:

1(844) 724-7842

Who is eligible

COMPACT Act (Section 201) expands eligibility for coverage for suicidal care for Veterans who may not otherwise be eligible for or may not already be enrolled with VA health care.

Contact VA Eligibility and Enrollment to see if you qualify: 1(877) 222-8387.

Questions or need help

Fargo VA Health Care System:

VHAFARCompactActCareCoordination_437@va.gov

VA



U.S. Department
of Veterans Affairs



**Veterans
Crisis Line**
DIAL 988 then **PRESS 1**



10 surprising facts about Women's History Month (March 2025).



- International Women's Day was first recognized in Europe. ...
- International Women's Day's date was chosen because of the Russian revolution. ...
- Women's History Month started as a local week. ...
- It took years for Women's History Month to be federally recognized.
- The U.S. president designates Women's History Month every year
- There is an annual theme for Women's History Month
- Women's History Month is celebrated differently in Canada
- International Women's Day is an official holiday in some countries
- International Women's Day is celebrated with certain colors
- Actions this year will focus on abortion rights



Veterans – Let's GO fishin!!!

On the Water 2025 dates

<https://www.facebook.com/p/On-the-Water-Inc-100067785296574/>

On the Water Events and Opportunities

On the Water, Inc. is a 501(c) 3 North Dakota non-profit organization. OTW provides outdoor recreational opportunities to U.S. military veterans who served in overseas conflicts or have service-connected disabilities.

OTW events and opportunities are provided at no cost and include:

- Five, one-day fishing events held at Indian Hills Resort on Lake Sakakawea (30 miles west of Garrison)

2024 Summer Fishing Events

- June 14 (Fri.)
- June 15 (Sat.)
- July 20 (Sat.)
- *Dedicated Ladies' Event*
- August 9 (Fri.)
- August 10 (Sat.)

* Limited to 28 veterans per event. Weather dependent.



VETERANS CABIN

- Use of OTW dedicated Veterans Cabin (two-bedroom, bathroom, shower, kitchen, air conditioning, internet, cable TV, grill, golf cart, picnic tables, deck, parking, sleeps six comfortably).



ACCESS RAMP WITH LIFT

www.otwnd.org

On the Water, Inc.

Honoring Our Wounded Warriors
"On the Water"

"Let's go Fishing!"

All events take place at Indian Hills Resort on Lake Sakakawea (30 miles west of Garrison – www.fishindianhills.com).

Participants should arrive by 7 a.m. the morning of the event and have a current ND fishing license.

Boats, boat captains are provided by OTW volunteers. Boats are off the water by 3 p.m. or earlier.

Sack lunch, pop and water, and catered BBQ rib dinner are provided by OTW.

For more information about OTW:

- Email Chuck at onthewaternd@gmail.com
- Visit our website at www.otwnd.org
- Find us on Facebook at On the Water Inc

SUMMER 2024



INDIAN HILLS RESORT



<https://bradyoberglegacyfoundation.org/events/>

We provide combat veterans with outdoor, recreational retreats that allow them to have fun while unburdening their hearts and minds as only they can do, together.

Upcoming events and retreats

April 5, 2025 - McCollum's Hunting Preserve (Bejou, MN) – 9 a.m.

June 17-19, 2025 - Sportsman's Lodge, Lake of the Woods

June 20, 2025, Brady Oberg Legacy Annual Golf Tournament - Forest Hills Golf Course – 9 a.m.



PLANNING FOR THE FUTURE

ASSISTED LIVING AND NURSING HOME CARE OPTIONS

Join the Fargo VA Social Workers to learn more about the types of Senior Housing available, how to identify when more assistance is needed and how to prepare for these changes.

Other topics included:

- Resources for Aging in Place
- State Veterans Homes and eligibility
- Different Levels of Care
- VA programs
- Finding the appropriate facility
- Documents to have on hand

ALL ATTENDEES MUST REGISTER

To register call or email Vickie Ness
701-239-3700 ext 3561
vickie.ness@va.gov

LOCATED AT FARGO VA

FEBURARY 19, 2025

TIME: 1:30-3:30

1D-42

(PRIMARY CARE CHECK IN)

MARCH 19, 2025

TIME: 1:30-3:30

1D-42

(PRIMARY CARE CHECK IN)

APRIL 23, 2025

TIME: 1:30-3:30

1D-42

(PRIMARY CARE CHECK IN)

ALL ATTENDEES MUST REGISTER

To register call or email Vickie Ness
701-239-3700 ext 3561
vickie.ness@va.gov



Health & Human Services

ND Healthcare Professional Loan Repayment Program Through March 31:
Health professionals can apply for student loan repayment programs
The N.D. Department of Health and Human Services is accepting applications now through March 31 for three support for service programs:

North Dakota Healthcare Professional Loan Repayment Program

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

ND Federal Loan Repayment Program

<https://www.hhs.nd.gov/health/primary-care-office/north-dakota-health-service-corps/federal-loan-repayment>

Dental Loan Repayment Program

<https://www.hhs.nd.gov/health/primary-care-office/north-dakota-health-service-corps/dental-loan-repayment-information>

Health care students graduating this year, new health care graduates, and established health professionals with student loan debt are encouraged to apply. For more information, see the attached [NEWS RELEASE](#).

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

Health care students graduating this year, new health care graduates and established health care professionals with questions can contact the state's [HHS Primary Care Office](#) at (701) 328-8674, 711 (TTY), or doh-pco@nd.gov.

Individuals can find additional health care workforce recruitment and retention resources online at loveyoutostay.nd.gov.

This workforce-focused webpage includes information about partnering state agencies and organizations that can connect health professionals to promising career opportunities in North Dakota.

A poster for a 'Jenga and Chill' event. The background is light blue with white snowflake patterns. At the top, the words 'PEER SUPPORT GROUP' are in a bold, black, sans-serif font. Below this, the word 'JENGA' is written in large, 3D wooden block letters. Underneath 'JENGA' is the word 'and' in a cursive script, followed by the word 'CHILL' in large, blue, block letters with white icicles hanging from the bottom. In the center, there is a stack of wooden Jenga blocks. Below the stack, there is a pile of more wooden blocks. At the bottom right, there is a small logo for 'INDEPENDENCE INC.' with a flag-like design.

PEER SUPPORT GROUP

JENGA

and

CHILL

Join us for a fun and interactive twist on Jenga. Each block has a question or challenge - pull one and share your thoughts while enjoying hot cocoa and cozy winter vibes.

 **Date: February 26th**

 **Time: 3:00 PM**

 **Location: Independence Inc.**
315 3rd Ave SW

INDEPENDENCE
INC.

A poster for a 'Peer Support Group' event. The background is a circular image of pink cherry blossoms. At the top, there is a logo for 'INDEPENDENCE INC.' with a flag-like design. Below this, the words 'PEER SUPPORT' are in large, bold, teal letters, and 'GROUP' is in smaller, bold, teal letters below it. In the center, there is a list of dates: 'EVERY OTHER WEDNESDAY AT 3PM' followed by a list of dates from February to May 2025. At the bottom, there is the address: 'INDEPENDENCE, INC. OFFICE 315 3RD AVE SW MINOT, ND 58701' in teal letters.

INDEPENDENCE
INC.

PEER SUPPORT
GROUP

EVERY OTHER WEDNESDAY AT 3PM

02. 12. 2025
02. 26. 2025
03. 12. 2025
03. 26. 2025
04. 09. 2025
04. 23. 2025
05. 07. 2025
05. 21. 2025

INDEPENDENCE, INC. OFFICE
315 3RD AVE SW MINOT, ND 58701

File your taxes for free

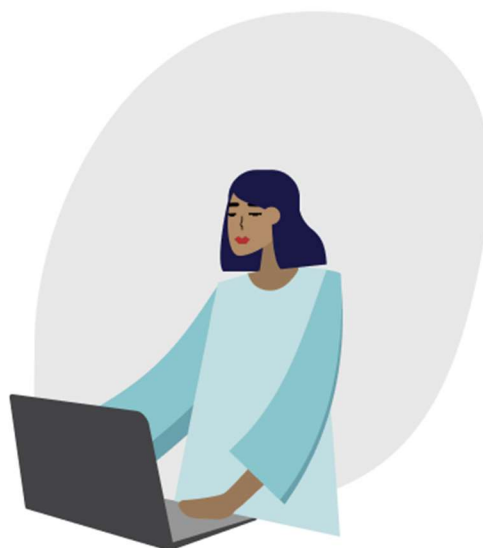
Direct File is now open.

Taxpayers in 25 states can file their federal taxes directly with the IRS.

Direct File is:

- ✓ Free
- ✓ Accurate
- ✓ Easy to use
- ✓ Secure

Find out if Direct File is the right option for your 2024 taxes.



CHECK YOUR ELIGIBILITY [State](#) | [Direct File](#) | [Internal Revenue Service](#)