

VALOR

VETERAN ★ ALLIANCE

September/October
2024

Board Members

Heather Aanderud

Brad Aune

Carol Cwiak

Steve Giddens

Andrew Hatori

Calie Lindseth

Shelby Moen

Jonathan Ross

Andrea Smith

Jerry South

Jim Stoddard

Blake Sykes

Amy Tichy

James Torkildson

Lonnie Wangen

Thomas Webb

Todd Yackley



NDSU NORTH DAKOTA
STATE UNIVERSITY

Dear Student Veterans,

Whether you are joining NDSU for the first time or returning to campus, WELCOME! I hope your summer was not only productive, but that it included at least some time to relax and enjoy the outdoors.

As you're working out the unique balance of your military, school, and family life, I hope you can find time to participate in campus events and organizations outside of class that will connect and enrich your university experience.

On the topic of connection, I encourage you to introduce yourself to your instructors, and keep them informed if you have special circumstances related to your service as soon in advance as you are able. If you have a question and don't know who to ask, contact your instructor and/or your adviser to get pointed in the right direction.

As a Student Veteran, your unique strengths and experiences will enhance your academic experience as well as the experience of your instructors and your peers. Our campus is enriched by your presence, so thank you for choosing NDSU and for being such an integral part of our community!

Best regards,

Andrea Smith

NDSU College of Business Faculty Member and
VALOR Advisory Board Member

September is National Suicide Prevention Month

Make some time this month to watch this short but important video from the PsychArmor Institute to learn how to identify a veteran who may be at risk of suicide and how to effectively help.

Be ready when someone needs you.

[VA S.A.V.E Course](#)



Connect with [VALOR on Facebook](#)
Website: [VALOR | NDSU](#)



VCO Update
Jim Stoddard

You can visit Jim on campus at the Veterans Educational Training Office in Morrill 112; or by phone at 701-231-9706; or by email at james.stoddard@ndsu.edu.

Welcome to our new class of approximately 85 military-connected students, and welcome back to the almost 380 returning student veterans and military family members that are ready to take on another semester!

Over the summer, Blake and I met with many of our inbound military students and their families at the orientation resource fairs. On Thursday, Sept 5th, some members of VALOR and the Bison Student Veterans club will be welcoming our new veteran students into the community at the Affinity Dinner, a project sponsored by New Student Programs.

You'll hopefully notice some nice changes when you swing by the Veteran Resource Center in Morrill Hall (room 112):

- ◆ The US and military branch flags are now displayed in the hallway to let you know you're in the right place.
- ◆ Inside, we've rearranged the space and furniture to make it a better meeting/study area for our military students.
- ◆ We have a large fridge, purchased by the Bison Student Veterans club, for students who may want to store a lunch in there for later in the day, and we're working on setting up some kind of a coffee bar to serve the Center's visitors.
- ◆ We also have computer stations with CAC (common access card) readers if you need to access any DoD information systems.

The new school year brings an opportunity for our core committee to do a top-to-bottom review of the NDSU Veterans Alliance Organization (VALOR). **For those of you who have committed yourselves as official allies for veteran students, you can look forward to some refreshed engagement from VALOR to support you.** We're always looking for allies who are both knowledgeable about their academic field and are also familiar with theories and best practices for supporting military students. This leads to better student engagements and to finding appropriate work and internship opportunities for our more experienced military graduates.

Please let me know if I can help with any student issues that are related to military connections!



VALOR will host an on-campus Veterans Day celebration on **Friday morning, November 8th**. Look for specific details in the next edition of the VALOR newsletter. We look forward to seeing you!

“The society that separates its scholars from its warriors will have its thinking done by cowards and its fighting done by fools”.
— Thucydides



Todd can be reached by
Ph: (701) 231-9782

email: todd.yackley@ndsu.edu

Website:
www.ndsu.edu/veterans

Welcome back to another semester and another year at NDSU. For those of you new to the program, the Military and Veterans Certification office is located in Morrill Hall Room 112. We are co-located with the VET program. We offer computers with CAC readers and tables if you need a quiet place to study.

Soldiers, the deadline to apply for federal tuition assistance (FTA) for the fall 2024 semester through Army IgnitEd was midnight on August 18th, 1 week prior to the start of classes. If you missed that, there is no way to apply late. This timeline is set by the Army, and NDSU doesn't control it. If you're Minnesota National Guard, you can still request state tuition assistance (STA/STR) up to 90 days after the semester ends, so the timeline for that is more flexible. **North Dakota National Guard is a bit different, and you must sign up for STA by seven days before the start of the semester with a requirement to sign up for FTA as well.** Check with CW3 Bohl at the ND Education Office for the Guard at 701-333-3064.

Some reminders of the "fine print" responsibilities you have when using Department of Veterans Affairs (VA) funding under any chapter of the GI Bill:

- **The VA will only pay for courses that count towards your degree.** Part-term courses count towards your enrollment status only while the course is in session. Remedial courses taken officially online will not be paid for by the VA.
- **Dropping a course or receiving a "U" (Unsatisfactory) grade will create a student debt to the VA.** Any course changes may also create a debt. You are required to notify our office of any changes; this can be done via our website.
- If your chapter of benefits sends payments directly to NDSU, **you will not be charged a late fee.**
- Students using Chapters 30, 1606, or the STEM scholarship will need to contact the VA at the end of each month to **verify your enrollment and to receive your payment.** Verification should be completed by calling 888-442-4551. Chapter 33 (Post-9/11) students will set up text verification through same number.
- Chapter 33 students that drop a course can **expect to have a debt with the VA and with NDSU.** It is in your best interest to not drop any courses; please take an appropriate course load and plan accordingly.

Please make sure to **check your NDSU email account often** for more information about your VA benefits. We will contact you if we have questions about your enrollment. If you have any questions, I can be reached at (701) 231-9782, or by e-mail: todd.yackley@ndsu.edu.

Thanks, and let's have a great semester!

"Nothing in the world is worth having or worth doing unless it means effort, pain, difficulty...I have envied a great many people who led difficult lives and led them well."
Theodore Roosevelt, US President



The Bison Student Veterans, a chapter of Student Veterans of America, are getting set for another semester of fun while also taking care of business with our school work!

Our plan is to have one business meeting and at least one planned social activity each month. Past social activities have included bowling, hitting a golf driving range, and attending hockey games together; sometimes just getting together for a burger and brew. At our business meetings, we plan future activities, fund raising, and share information, which often includes a short guest speaker presentation with useful information about helpful resources.

Our first business meeting of the year will be on Wednesday, September 4th in Morrill Hall room 105 from 5–6 pm. We'll also be polling membership to see what day/time would work best with their new fall schedule. Watch your e-mail and our social media for announcements about the first social gathering!

Come visit our table during the Student Involvement Expo earlier that same day (Sept 4th) from 10 am–2 pm between the Library and Putnam Hall, or connect with us online (links below). You can also check out the many other clubs and activities NDSU has to offer; we guarantee you'll find lots of groups that interest you!

We look forward to another great year of camaraderie and completing our education mission together! Watch for announcements about our fall 2024 activities.

Current Officers:

President: Andrew Hatori

Vice-President: K.K. Swinland

Treasurer: Gideon Blazek

Event Coordinator: Katarina Kraljic

Advisor: Jim Stoddard

Why join Bison Student Veterans?

“This is not some O-6’s ‘fun run!’” Student Veterans of America (SVA) **chapter members statistically earn higher GPAs than their civilian counterparts.**

Connect with BSV via [email](#) or [Facebook](#)

Join us on myNDSU (Student Activities hub): [Bison Student Veterans - myNDSU | North Dakota State University](#)

Veteran Service Organizations Social Media

North Dakota Department of Veterans Affairs:

facebook.com/NDDVA/

Disabled American Veterans (DAV), North Dakota:

facebook.com/davnorthdakota/

American Legion

• Department of North Dakota:

facebook.com/NDAmericanLegion/

• Post 21 (Moorhead, MN):

facebook.com/legionpost21/

• Gilbert C. Grafton Post 2 (Fargo, ND):

facebook.com/americanlegionpost2/

Veterans of Foreign Wars (VFW)

• Post 762 (Fargo, ND):

facebook.com/fargovfwclub/

• Post 7564 (West Fargo, ND):

facebook.com/VFW7564.org/

• Post 1223 (Moorhead/Dilworth, MN)

facebook.com/VFW-Post-1223-106022496155155/

Program Coordinator

Veterans Educational Training Office



Blake can be reached by phone at (701) 231-4230 or by email at blake.sykes@ndsu.edu

It has been my honor to serve as a “Vet Rep” for the past 3 ½ years for the FM area and the greater ND region. It was astonishing to hear so many of my clients (fellow veterans) say something to the effect of “I did not know these benefits were available”, or worse yet, they would say, “Everywhere else I lived in the U.S., I was turned away for benefits.” I personally knew about the County Veteran Service Officer (CVSO), but had no idea how much she could change my life for the better until my Disabled Veteran Outreach Program (DVOP) Case Manager insisted several times that I call her. Since then, I have encouraged my fellow veterans to seek out their CVSO for assistance and to be persistent in advocating for their needs.

There are several programs out there for Veterans. Some private and some public, some managed by non-profits, some by government agencies. Programs range from jobs and training, to three different housing programs, health, assistance with disability claims, peer support, and burial (just a small overview). If a Veteran has an issue, there probably is a program out there somewhere that can help. All a Veteran needs to do is ask, and keep asking until they meet the right person that can direct them to the appropriate agency for that veteran’s situation.

This is why the Veterans Education Training (VET) Office is hosting the **inaugural Service Fair for Military-Affiliated Students**. This event is co-hosted by the Bison Student Veterans, and will run all day (8 am – 5 pm) in the Memorial Union’s **Room of Nations on Thursday, Sept 12th**.

17 veteran service providers and agencies will be on campus to answer questions and help veterans navigate the processes for accessing various benefits. Ask questions about disability claims, VA healthcare eligibility, VFW or American Legion membership, and assistance with civil legal matters, among others. Find out about a special NDSU program that uses horses for therapy, and **meet the mini horses at the Service Fair!** The Military & Veteran Certification Office will be available for coordinating GI Bill benefits, and the Bison Student Veterans can talk about their activities.

This event will have something helpful to you if you are:

- A Military Veteran
- Current Active Military Personnel
- National Guardsman or Reservist
- Reserve Officer Training Corps (ROTC) Cadet
- Spouse or dependent family member of any of the above

Even if you’re not a “veteran” yet, find out what resources are available!

I sincerely hope to see all of you there!

Your Fellow Veteran,
Blake



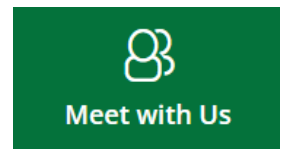
Vet Centers are counseling centers outside of VA facilities that provide a wide range of social and psychological services to eligible veterans, service members (including National Guard and Reserve components), and their families mainly related to [readjustment after combat service](#). **In the Fargo area**, call (701) 237-0942 to arrange a meeting, or drop in at 5622 34th Ave S (just off Veterans Blvd).



Welcome back to school! I hope your summer was relaxing and has allowed you to regroup and refocus your energy.

Now that you're getting back into a college routine (somewhat back to normal), it's time to start thinking about the plans you have for the future. What do you plan to do with your degree? Have you had the opportunity to network with employers in your industry of choice? Is it time to start thinking about getting an internship or Co-Op to get some experience under your belt and maybe put some of that classroom knowledge into practice? As those gears start turning and the questions of how to explore and prepare to reach these goals arise, **let me introduce you to NDSU's job board... Handshake.**

Handshake is very much like Indeed when it comes to the ease of use and visual alignment with your search criteria and viewing job opportunities. Your NDSU Bison log-in credentials have already been imported into the system, so all you need to do is log into the main page using your NDSU (not NDUS) email address, enter your credentials into the CAS login page and start filling out your profile. Handshake also allows you to make your profile viewable to employers, so they can reach out directly to you if they think you're a good fit for an employment opening they have available. All our career fairs and other events are posted in Handshake as well.



It's very easy to research the employers, their positions, find their booth number and location for in-person events. **We are hosting our Fall Career Expo in the FargoDome on Wednesday, September 25th.** This is just one of the many career fairs we put on each year. Check Handshake for dates and locations for the others.

How can we specifically help **veterans**?

- Translating military jargon to terms that will resonate with a civilian employer, and capturing all your often-overlooked special military experience and skills on your resume.
- Searching for opportunities that are compatible with your advanced experience.
- Practice for interviewing with our helpful tips and feedback.
- **How do I dress in the civilian business world?** If you need guidance or don't have professional interview clothes readily available, we have a Career Closet where you can get up to four professional clothing items per academic year.

Drop in our physical studio located in Ceres Hall 306 Monday thru Friday, 10am thru 4pm for assistance. If you would prefer to make an appointment, just reach out via MS Bookings at <https://career-advising.ndsu.edu/career-assistance/>.

**"No campaign plan survives first contact with the enemy."
— General Carl von Clausewitz**

Upcoming Special Events

Connecting with friendly farm animals is a great way for us veterans to relax and reconnect with our gentler side without any pressure or judgement.

Come spend some time with friendly goats (could not be cuter!) and wonderful horses (not scary—they're just like larger dogs!) at a Fargo VA Health Care System-sponsored "Veteran Friday" event at the "That's the Dream" Farm just north of Moorhead, Minnesota!



There is **one more fall session for 2024** on Friday, September 13th, from 09:00 am - 12:00 pm! Pre-registration is required, so call Fargo VA Whole Health: (701) 239-3700, extension 3990 to register and for more information.

By learning and experiencing healthy relational principles and (re-)developing our compassion for animals in a low-threat setting, participants can improve their relationship to self and others.

Campus Resource Fair for Military-Affiliated Students

Thursday, September 12th at the Room of Nations in the Memorial Union, 8:00 am - 5:00 pm

Come ask questions and find out about benefits for which you may be eligible. Representatives from several veteran service groups will be on campus so you can conveniently meet with them here. **Drop in anytime throughout the day** when your schedule permits.

Find out about:

- VA health care eligibility
- Veterans organization membership (VFW, American Legion, etc.)
- The Bison Student Veterans club
- GI Bill benefits
- Disability claim assistance
- Assistance with civil legal matters
- Mental Health support resources
- Job search assistance resources
- Other financial assistance resources
- More!

This event is for:

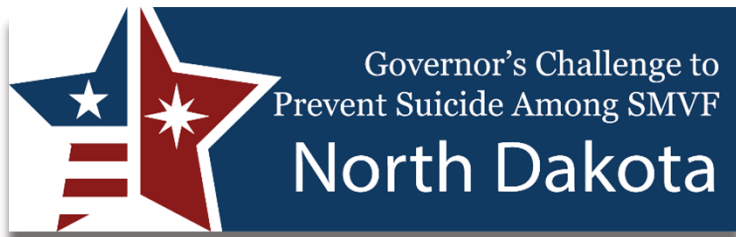
- Any military veteran, NDSU student or not
- Active Duty military members
- All members of the National Guard or Reserves
- Spouses and dependent family members of the above
- Reserve Officer Training Corps cadets (future veterans)
- Anyone needing to know about veteran benefits

Light food and beverages provided throughout the day, and for student attendees, meal cards good for a meal in the Union Dining Center.

"We are not here to curse the darkness, but to light the candle that can guide us through that darkness to a safe and sane future"

— President John F. Kennedy

Resiliency



The Governor’s Challenge is a national initiative to prevent suicide among military service members, veterans, and their families.

Within North Dakota, a core team of several mental health agencies is led by the ND Cares office (www.ndcares.nd.gov).

This Challenge focuses on three priority areas:

- ◆ Identify veterans/family members at risk and screen for suicide risk
⇒ Review available records to look for trends;
- ◆ Promote connectedness and care transitions
⇒ Recruit/train peer support specialists; distribute information toolkits to community providers
- ◆ Promote lethal means safety and safety planning
⇒ Counseling on Access to Lethal Means (CALM) training to providers and the public

For more information or to discuss collaboration opportunities, contact Michelle Gauvin-Panos, ND Cares Executive Director, at (701) 333-2012, or mgauvinpanos@nd.gov.

Upcoming Events

September

National Suicide Prevention Month

Labor Day	Sept 2
V-J Day (Victory over Japan)	Sept 2
Patriot Day/Sept 11th Anniversary	Sept 11
Constitution Day	Sept 17
US Air Force Birthday	Sept 18
POW/MIA Recognition Day	Sept 20
Gold Star Mothers’ Day	Sept 29

October

US Navy Birthday	Oct 13
Day of the Deployed	Oct 26
Navy Day	Oct 27

Recurring Local Events:

Veterans Coffee Hour: Join other veterans for coffee, conversation, and free Sandy’s Donuts. (this is a free event)

- ◆ When: **Second Wednesday of every month** from **10 AM - 12 PM.**
- ◆ Where: at the **Fargo Air Museum** (1609 19th Ave N)

“The art of war is of vital importance to the State. It is a matter of life and death, a road to either safety or ruin. Hence it is a subject of inquiry which can on no account be neglected”.

— Sun Tzu, *The Art of War*