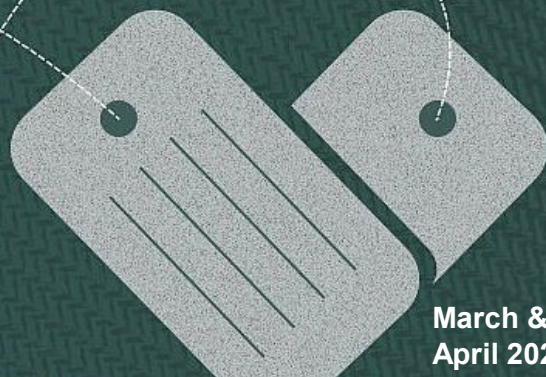


VALOR

VETERAN ★ ALLIANCE



March &
April 2023

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Colleagues and friends,

There has been quite a bit going on at NDSU, these have been challenging times. When you add in the weather and the accumulating snow, maintaining positivity can be challenging. Recently, I have caught myself being full of complaints and not enough gratitude.

Enough of that piss poor attitude I have been stewing in. This month, I am drawing inspiration from all the women I know who have served or are currently serving in the military. They committed to enduring much greater uncertainty and challenges than I have ever known. In their strength and commitment to ideals bigger than themselves, they remind me of how little I have to complain about.



As we celebrate Women's History Month this March, I urge you to learn more about women's contributions to our country and world, specifically women who have served, or continue to serve, in the military. There are many of these women (veterans, National Guard members, and reservists) on our campus and in our community. They are the embodiment of the service history we revere.

Women stand on the shoulders of other women. The contributions of those that go before us accrue to our benefit and our contributions accrue to the benefit of those who follow us. As such, women's history is both a testament to individual women's contributions and an expansion of possibilities for all women. It is powerful, and intimidating. It forces one to reflect on their own contribution to the future.

I will be reflecting on that as we mosey toward what must be an eventual spring. As always, thank you for all you do for student veterans, you are expanding possibilities.

Carol Cwiak, J.D., Ph.D.
VALOR Faculty Liaison



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Lonnie Wangen
Thomas Webb
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Do you want to know more about women's roles in America's Wars? Check out the American Battlefield Trust's [site](#) for a series of fascinating profiles that chronicle women's wartime contributions.

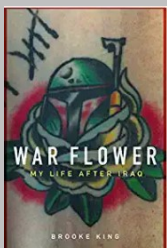
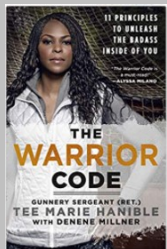
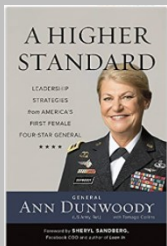




VCO Update
Jim Stoddard

You can visit Jim on campus at the Veterans Educational Training Office in Ceres 329; or by phone at 701-231-9706; or by email at james.stoddard@ndsu.edu.

Weekend Reading:
Books by Women Veterans



An update on our progress in setting up a combined veteran resource center in Morrill Hall 112: the current occupants of that office are waiting for some work to be completed in the space they're moving to, which will hopefully be completed around April. Once they're able to move, the School Certifying Official office, the VET office, and the veterans' computer lab/study area can move to that space.

Did you know that the Fargo Public Library offers notary services to the public free of charge? Military folks often need to have documents notarized because they can't always be physically present in the location where a legal transaction must take place. Notarization is the process for a trained, impartial official to authenticate the identity, mental competence, and free willingness of a person signing a document for a legal transaction. Call the Main Library (701) 241-1492 to check notary availability or to make an appointment, and check [here](#) for more details.



Advisors, please also help ensure that student veterans working on STEM degrees know that they can apply for a 9-month/\$30,000 extension to their GI Bill benefits called the Edith Nourse Rogers STEM Scholarship. Because certain technical degrees can take longer to complete, this extension is available, but there are procedures and restrictions in place. Generally, students would apply when they're within 6 months of exhausting current benefit eligibility, and must be in a verified STEM program. For full information, see the VA website [here](#), or talk to NDSU's Office of Military and Veteran Certification.

30k

Our School Certifying Official (Todd Yackley) and I just attended this year's Symposium on Military-Connected Students (SMCS). This event presents great information and research related to best practices for supporting veteran and military-affiliated college students. Topics covered were relevant to many areas within the Student Affairs field that support military students.

For example, I'll soon share more details on one exciting new resource I learned about: a free open online course developed by Columbia University to help student veterans succeed in the academic environment. This course, called "University Studies for Student Veterans" is presented as a series of short videos and teaches students skills and strategies to support their success in the college classroom, and opens up the "hidden curriculum" of higher ed, especially for first-generation college students coming from the military. In the meantime, check it out for yourself [here](#). I think this is something we could suggest to our student veterans.



The other side of this course is aimed at familiarizing faculty and campus staff with basic and advanced elements of military and veteran culture, and special considerations that should be taken regarding veteran admissions, finances, supporting their health and well-being, and their academic and student life. This course, called "Supporting Veteran Success in Higher Education", is also available for free from Columbia University, and learners can select video modules that correspond to their level of knowledge and their role in assisting military students (see it [here](#)).

I'll also be posting as many of the symposium's shareable materials as I can here, where last year's materials are as well: https://www.ndsu.edu/vet/ally_training_and_information/.

My office has started following up on the progress reports coming to us from faculty after the 6-week point of the semester on military students in their classes that may be at risk of failing their course. This is similar to feedback requested on student athletes and other populations with special challenges. Thank you to all the faculty that have taken time to share their concerns so we can try to find and assist any students that are struggling! We do review and assess every report, and then reach out to those students who might be able to benefit from some of our suggestions.

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

THE SPOTLIGHT

Name: Mandy Hofland

Major/Minor: Doctoral Degree in Counselor Education and Supervision

Originally from: Fargo, ND

Current city: Fargo, ND

Career plans after college: After College I would like to find a teaching position with a Counseling Education program and open a small private practice helping those struggling with their substance use and/or mental health.

Military Service/Awards: I currently serve as a Senior Master Sergeant in the Air National Guard in Fargo, ND. I have been a member of the unit for over 17 years. I have served three deployments with my most recent to Southwest Asia (July 2021 to January 2022). I also serve as a certified as a Sexual Assault Prevention & Response Victim Advocate (SAPR-VA).

NDSU activities/engagement: I am currently a Graduate Research Assistant in the Department of Education. I am actively involved on campus as I enjoy helping connect students to resources regarding their mental health and/or substance use.



Mandy Hofland



Mandy Hofland with family at her recent promotion ceremony to SMSgt

College scholarships, awards, etc.: I was recently awarded the Sanford Health Military and Veteran Scholarship as well as the North Dakota Counseling Association Graduate Scholarship award. I am an adjunct professor with Grand Canyon University Online in their Psychology of Counseling program.

An interesting tidbit about the veteran: My friends and family would jokingly tell you that I am a "student for life" since I have been in some form of school since I graduated high school in 2006. I am very passionate about counseling and helping those struggling with mental health and substance use. If you are struggling, please reach out! There are so many great resources on campus and in the FM area!

Favorite experience/memories/etc. at NDSU: My favorite thing about NDSU is the community. In my current program, my professors and cohort are all very supportive and encouraging. My family and I are huge Bison Football fans and love supporting NDSU athletics.

Fire Watch

Brennan Lemar and Devon Patton, BSV

Greetings NDSU veterans, faculty, staff, and allies; we hope that your fall is going well. Going forward our meetings will continue be on the first Thursday of the month at 1730, and the social hour will take place on the third Thursday at the same time. The March social hour is the exception and it will be held on March 9th because the third Thursday of the month is during spring break. We will have a Vocational Rehab Counselor speaking at our March meeting, and a representative from the Brady Oberg Legacy Foundation speaking at our April meeting. If you or someone you know may be interested in speaking at one of our meetings, we encourage you to contact us.

We were able to send our NDSU's first group of student veterans to the National Student Veterans of America conference in January. The participants that attended brought back contact information from other universities that have resources we need here at NDSU, as well as the knowledge of how to get started. Student Veterans of America is also hosting online career fairs which will be forwarded out to the veterans of NDSU who are looking for short term, long term, or change of employment. Be on the lookout for new initiatives and information packed emails from the BSV officers.

We have welcomed a number of new members to BSV this semester, it is great to see continued interest from NDSU's student veteran population. Those that are interested in holding an officer position for the 2023-2024 academic year, should submit their information to us. We can then add your name to the ballot for our annual election in April. We look forward to aiding all military students throughout the semester as we all move one step closer to graduation.



WOMEN VETERANS IN FOCUS

WOMEN VETERANS IN FOCUS

MORE THAN 2 MILLION WOMEN VETERANS LIVE IN THE U.S. TODAY

WOMEN ARE THE FASTEST GROWING GROUP IN THE VETERAN POPULATION

2000	4%
2040	18%

WOMEN VETERANS SERVED ACROSS ALL MILITARY BRANCHES AND DIVISIONS

ARMY	464,069	916,948
AIR FORCE	409,586	
NAVY	124,169	
MARINES	157,385	
RESERVE	28,900	
NON-DEFENSE		

3 OF 4 WOMEN VETERANS WHO USED VA HEALTH SERVICES IN FY19 HAD AN URBAN RESIDENCE BUT THE NUMBER OF RURAL WOMEN IS INCREASING

WOMEN VETERANS ARE RACIALLY AND ETHNICALLY DIVERSE
43% OF THE WOMEN WHO USED VA HEALTH SERVICES IN FY20 BELONGED TO A RACIAL OR ETHNIC MINORITY GROUP.

AFRICAN AMERICAN	~43%
AMERICAN INDIAN/ ALASKA NATIVE	~10%
ASIAN	~10%
HISPANIC	~10%
MULTIRACE	~10%
NATIVE HAWAIIAN/ PACIFIC ISLANDER	~7%

VA RESOURCES FOR WOMEN

WOMEN VETERANS CALL CENTER 855-VA-WOMEN

VETERANS CRISIS HOTLINE 988, THEN PRESS 1

CAREGIVER SUPPORT LINE 855-260-3274

VA BENEFITS HOTLINE 800-827-1000

Women Veterans Health Care
womenshealth.va.gov | #WomenVets
DATA AS OF 10/30/2020 | UPDATED 12/2022

VA U.S. Department of Veterans Affairs

Veterans Crisis Line
1-800-273-8255 PRESS 1

she wore these.

It's **our job** to give **her** the best care anywhere.

WOMEN VETERANS HEALTH CARE Department of Veterans Affairs

Learn more about sexual harassment in the U.S. Army from this [Rand study](#).

Career Corner

Jerry South, Assistant Director, Career Coaching, NDSU Career and Advising Center



Congratulations, you have done all the things necessary to land a full-time job after you graduate.

You came to the Career and Advising Center and has your resume worked on, practiced a few interviews, completed an internship or two over the years and now received a job offer.

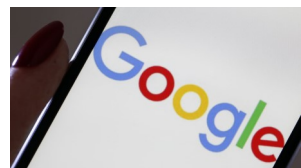


- Do you take the offer 'as is' or do you negotiate?
- How do you know what is negotiable?
- Is the salary fair for the industry and accurately reflect your skills?
- Will you be making enough to live off of at this new location if you have to move?

These are very common questions that students have at this stage of their job search. So how do you go about finding answers? First, I would recommend bringing your job offer with the compensation package to the Career and Advising Center and one of the Career Coaches can walk you through any questions you might have about the offer. We can help explain the various benefits and help you formulate what types of questions to ask the employer regarding specific areas that may be unique to that company. Quite often there is more in the offer that is negotiable than just the salary. Some of those items might be vacation day earning rate, or banking days upon the start of employment, insurance options, stock options or 401K matching, or even increased salary based upon demonstrated exceptional performance after 6 months or a year.



There is also some research you can do on your own. You can go to sites such as [Salary.com](https://www.salary.com) to determine if the salary offer is on par with local industry for that same position. Some things to consider to help determine if the salary is fair or not are the location of employment, your education level, your work experience, and how well you match the position. Another site you can go to is [bestplaces.net](https://www.bestplaces.net) which is a cost of living calculator. Sites like this are able to let you compare cost differences from location to location in a variety of living categories such as food, housing, utilities, etc. For example: Minneapolis MN overall is 17% more expensive to live in than Fargo, ND. A deeper dive in this comparison will show that food is only 1.7% higher, healthcare is 20% higher, and transportation is 40% higher.



Of course, there are other things you can do and sites you can visit to help you determine the value of a job or an offer, such as conducting a Google search on the company and the past salary history for the position you are offered. Sometimes this gives you a nice ballpark figure if asked by the employer what you would like to earn prior to the offer such as in an interview. This doesn't happen often, but when it does, it can really throw you off unless you have done some of the research beforehand.

In closing, I will repeat an earlier statement; come to the Career and Advising Center and let us help you go through the offer. At a minimum you can respond with a few questions to clarify anything, and identify areas to hopefully get you the very best out of the offer...we are here to help you succeed in any way we can.

As a military brat, if I could take all the places I've ever lived and join them together like the pieces in a puzzle...



that would be home.

We know that our members of the military are supported by families that often bear some of the impacts of service. Military kids may have to spend significant periods away from their serving parent and may move a number of times during their childhood. On April 30th, be sure to say thank you to the military brats you know for their role in supporting their serving parent or parents. Military service is a family affair.

#servicematters



valor.veteran.alliance.organization/

Page 5



Todd Yackley

Greetings from the Military & Veteran Certification Office. I know many of you have been trying to reach me and I've done the best I could this last month. I had a couple conferences I've been out of town for but I think I am caught up with reaching out to all that have tried contacting me. Thanks for your patience as we continue to get everyone certified.

The VA has developed a new VA database that we will use to certify and load students. They shut our old system down last Friday and the new one comes up this coming Monday. We hope it will streamline our processing of certs.

On another note, I just submitted everyone's name for early registration. This occurs each semester although only a handful of Veterans and dependents use this option. This allows all military affiliated students the ability to register with the seniors. While you're given a start date, you have the whole rest of the semester to register at any time. Please look at your schedules and get registered early. The longer you wait the less likely your classes will be available.

I hope you all have a great rest of your semester, the snow is almost gone and summer is just around the corner!



During Women's History Month, VALOR would like to specifically recognize and honor women's military service. We know these brave women's contributions have been essential to the well-being of our nation. Too often, their service experience has been negatively impacted by organizational culture issues. The mission of the [Center for Women Veterans' \(CWV\)](#) "is to monitor and coordinate VA's administration of health care, benefits, services, and programs for women Veterans" by advocating for "cultural transformation" and awareness of the "responsibility to treat women Veterans with dignity and respect." The CWV (staffed by women Veterans) seeks to "provide an environment free from harassment" and supports the VA's White Ribbon program, "a national call to action to eliminate sexual harassment, sexual assault, and domestic violence."

Thank you to all the women who have served in the U.S. military and to those who continue to serve for your stalwart dedication. We know that all things have not always been equal or equitable. We hope that the enhanced focus on culture and accountability will result in changes that empower more women to serve.

Image credit: U.S. Air Force graphic/Corey Parrish

COMING UP

Local Events

On the **second Wednesday of every month** from **10 AM-12 PM** you can visit the **Fargo Air Museum** located at 1609 19th Ave N in Fargo) for **Veterans' Coffee Hour**. Complimentary coffee and donuts are available.



On the **third Monday of every month** from **1-4 PM**, there is a **free walk-in legal clinic** to help low-income veterans with civil legal matters at the **Fargo VA's Community Resource and Referral Center (CRCC)**. Note: this service is not at the VA hospital; the CRCC is on 1st Ave N in downtown Fargo, next to the Federal Courthouse.

On **Tuesday nights, 6:15 -9:15 PM** through **April 4th** (with the exception of March 14th), **free individual income tax preparation assistance** is available from volunteers from NDSU's College of Business at the **NDSU Library**, Computer Clusters 14A, B, and C (basement). Find more information [here](#).



Connect Locally via Facebook

NDDVA

facebook.com/NDDVA/

DAV North Dakota

facebook.com/davnorthdakota/

American Legion Post 2

facebook.com/americanlegionpost2/

American Legion Post 21

facebook.com/legionpost21/

North Dakota American Legion

facebook.com/NDAmericanLegion/

Dilworth VFW Post 1223

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

Fargo VFW Post 762

facebook.com/fargovfwclub/

West Fargo VFW Post 7564

facebook.com/VFW7564.org/

North Dakota Veterans Educational Training

facebook.com/VeteransEducationalTraining/

Bison Student Veterans

facebook.com/BisonVeterans

VALOR

facebook.com/valor.veteran.alliance.organization/

March

Women's History Month	Month of March
Navy Reserve Birthday	March 3
Hug a GI Day	March 4
Seabee Birthday	March 5
K9 Veterans Day	March 13
American Legion Birthday	March 15
Rosie The Riveter Day	March 21
Medal of Honor Day	March 25
Vietnam War Veterans Day	March 29

April

Month of the Military Child	Month of April
Military Saves Month	Month of April
Gold Star Spouses Day	April 5
Air Force Reserve Birthday	April 14
Army Reserve Birthday	April 23
National Military Brats Day	April 30

May

Month of the Military Caregiver	Month of May
National Military Appreciation Month	Month of May
Silver Star Service Banner Day	May 1
Military Spouse Appreciation Day	May 6
VE Day	May 8
Children of Fallen Patriots Day	May 13
Armed Forces Day	May 20
Memorial Day	May 29

DEPARTMENT OF THE AIR FORCE

VIRTUAL WOMEN'S AIR & SPACE POWER SYMPOSIUM 2023
MARCH 8-10

OPEN TO ALL TOTAL FORCE AIRMEN AND GUARDIANS, MILITARY AND CIVILIANS, MEN AND WOMEN!

Who: You! Open to All Total Force, Airmen and Guardians, Military and Civilian's, Men and Women!
What: 2023 DAF Women's Air & Space Power Symposium
When: March 8-10, 2023
Why: Hear from Chief of Staff of the Air Force Gen C.Q. Brown, Jr, CMSAF JoAnne Bass and more! Over 12 Panels featuring our Airmen and Guardians!
Where: LIVE Streamed to you from Facebook. No registration required!
How: SAF/DI in collaboration with DAF Barrier Analysis Working Groups and volunteers!

<https://www.facebook.com/WomenAirAndSpacePowerSymposium>

SCAN ME!
Visit our website at <https://www.af.mil/Diversity/>



Thank you for your service.