

# VALOR

VETERAN ★ ALLIANCE

September &  
October 2023

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Colleagues and friends,

I trust you are in the process of settling into the fall semester, welcome back. I hope you enjoyed the summer months and had time to relax.

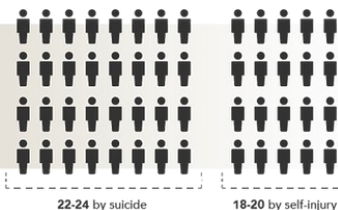
September is National Suicide Prevention Month. As many of you know, veteran suicide remains an unabated epidemic. A report released by America's Warrior Partnership (AWP) in 2022 concluded that the veteran suicide rate is 37% higher than the Department of Veteran Affairs (VA) reported - equaling 40-44 veterans suicides a day. The disparity in the numbers comes from the classifications of the deaths. "According to AWP's findings, 22-24 veterans ages 18-64 commit suicide each day and 18-20 veterans in the same age group die per day by self-injury" (<https://www.missionrollcall.org/post/state-of-veteran-suicide>). 80% of the self-injury deaths are drug overdoses.

Even more startling are the studies showing that veterans who served in the Global War on Terror (GWOT) - initiated after 9/11 - are committing suicide at a higher rate than veterans of previous conflicts and wars. "Among GWOT veterans between 18-35 years old, the rate is 2.5 times that of all civilians and double that of civilians the same age" (<https://www.missionrollcall.org/post/state-of-veteran-suicide>).

### EVERY DAY

40-44 veterans take their own life.

Source: America's Warrior Partnership



It is estimated "that 30,177 active duty service members and veterans of the GWOT have died by suicide, compared to 7,057 service members killed in combat or other war operations. These high suicide rates are attributed to multiple factors, some inherent to fighting in a war and others unique to the circumstances of the GWOT" (<https://www.missionrollcall.org/post/state-of-veteran-suicide>).

Among GWOT veterans between 18-35 years old, the suicide rate is **2.5x** that of all civilians and **double** that of civilians the same age.

Source: America's Warrior Partnership

I urge you to reach out to family, friends, students, and colleagues who are veterans to maintain connection and open lines of communication, today and every day. The physical, mental, and emotional burdens veterans carry based on their service is something that stays with them all their lives. These burdens are challenging to carry.

If you have any student veteran matters that you need assistance with, do not hesitate to reach out to me or Jim Stoddard. As always, thank you for your commitment to VALOR and our student veterans at NDSU.

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



## Board Members

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VALOR will host a Veterans Day ceremony at the Memorial Union on November 9<sup>th</sup>. Watch for specific details as the date approaches. We look forward to seeing you



### 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.

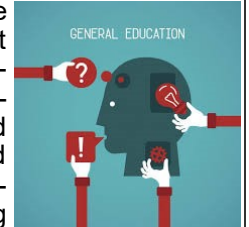


NDSU's [Bison Strides](#) offers a horsemanship program at no cost to veterans and active-duty military personnel that focuses on relationship building with a horse, primarily the development of mutual respect, clear expectations, and trust. This engagement also provides an opportunity for self-reflection, emotional awareness and stress tolerance.



The big news is that NDSU's combined Veteran Resource Center (VRC) is set up in Morrill Hall room 112! Now there is one convenient location to find both the GI Bill Certifying Official's office (which assists with benefit certification) and the Veterans Educational Training office (which offers academic and other retention-focused support.). The VRC currently includes four distraction-reducing ergonomic study lounge chairs for student use in-between classes, and it will be the home base for the Bison Student Veterans student organization. Currently, the VRC is only open during NDSU business hours (8 AM - 5 PM, M - F). It is still a work in progress, but we invite you to come check it out when you get a chance.

In case you haven't heard, NDSU recently approved a new policy to count your general education requirement for Global Perspectives as "met" if you have been stationed overseas or deployed to a foreign territory for at least 90 days. For tours of at least 180 days, your Cultural Diversity requirement will also be counted as "met". The full policy is posted in the University Catalog [here](#) (see items #13 & 14). If this applies to you, and you're taking (or planning to take) a course just to meet those gen ed requirements, you can avoid that by submitting an "Appeal for Exception to General Education Requirements" form (available [here](#)), along with something that documents the experience (PCS/deployment orders, a medal citation, a paid travel voucher, etc.).



For any military student in need of readjustment services due to their military service, be aware that the Fargo Vet Center has relocated and is fully operational again. Vet Centers provide a range of counseling and readjustment services dealing with depression, substance abuse, military sexual trauma, screening for medical issues such as Traumatic Brain Injury, and assistance with employment. Vet Centers do fall under the US Department of Veterans Affairs, but treatment records are not shared outside the Vet Center in order to encourage veterans to seek the assistance they need without fear of any adverse repercussions.



Traditionally, eligibility has been limited to combat veterans, victims of Military Sexual Trauma, National Guardsmen who responded to a declared Natural Disaster or Civil Disorder. But a recent change allows that anyone that is using GI Bill benefits is eligible for readjustment services through a Vet Center during the time they're using those benefits. Another eligibility change is that family members of a veteran or servicemember who died by suicide or as an active duty casualty can now receive bereavement counseling. Fargo's Vet Center is located at 5622 34th Ave S. (access to 34th Ave S is from the northbound lane of Veterans Blvd). Call for more information: (701) 237-5734.

I hope you all had a great summer and will have a fulfilling and rewarding fall! Let me know if I can help with any student issues, especially those related to military connections.



### **Important Pact Act Deadline Approaching—September 30, 2023**

The PACT Act is a new law that dramatically expands VA health care and benefits for Veterans exposed to burn pits, Agent Orange, and other toxic substances.

From the VA re: the [Pact Act](#): "Are you a Veteran who deployed to a combat zone but never enrolled in VA health care? If you left active duty between September 11, 2001, and October 1, 2013, you should apply today. But act fast—the deadline is **September 30, 2023**."

[Apply for VA health care now](#)

[Not you? Don't worry. You may still be able to enroll directly in VA care. Learn more here](#)

[Apply anytime for PACT Act benefits](#)

**The Salty Times**

Beatrice Newman (Jaszczak) and Andrew Hatori, BSV

Hello everyone! We are looking forward to the start of the new academic year! We have a group of motivated officers and members that are looking forward to coming back together as a group to tackle some new goals and continue to create a better environment for military-related students on campus.

**Announcements/Happenings:**

- ⇒ Students with overseas time can use that time for general credits (3 credits) - Global Perspective  
Deployment to a foreign country for a minimum period of 90 days (about 3 months)
- (3 credits) - Cultural Diversity  
Deployment to a foreign country for a minimum period of 180 days (about 6 months)
- Use [this form](#) which can also be found on the OneStop forms page (Registration and Record, Appeals and Exceptions).
- As always, Wellness credits are still not required if you have participated in basic training.
- ⇒ **August 18<sup>th</sup>** - BSV booth at Welcome Week
- ⇒ **August 30<sup>th</sup>**- Involvement Expo
- ⇒ **August 31<sup>st</sup>**- "Welcome Back" meeting in Morill Hall, room 111



**P -Papa  
About To Sail**

**Regular BSV meetings will begin on September 7<sup>th</sup> (Morill Hall 111 @ 5 PM) with our social hour following on September 21<sup>st</sup> (TBD @ 5 PM).**  
*Connect with BSV via [email](#) or [Facebook](#).*

**Goals:**



- ⇒ Rededication of the Memorial Union, Veterans Day
- ⇒ New membership, more involvement on campus and within the community
- ⇒ Gathering resources for our students



***“Some people live an entire lifetime and wonder if they have ever made a difference in the world. A veteran doesn’t have that problem.” ~Ronald Reagan***

**Connect Locally via Facebook**

- NDDVA**  
[facebook.com/NDDVA/](https://facebook.com/NDDVA/)
- DAV North Dakota**  
[facebook.com/davnorthdakota/](https://facebook.com/davnorthdakota/)
- American Legion Post 2**  
[facebook.com/americanlegionpost2/](https://facebook.com/americanlegionpost2/)
- American Legion Post 21**  
[facebook.com/legionpost21/](https://facebook.com/legionpost21/)
- North Dakota American Legion**  
[facebook.com/NDAmericanLegion/](https://facebook.com/NDAmericanLegion/)
- Dilworth VFW Post 1223**  
[facebook.com/VFW-Post-1223-106022496155155/](https://facebook.com/VFW-Post-1223-106022496155155/)



- Fargo VFW Post 762**  
[facebook.com/fargovfwclub/](https://facebook.com/fargovfwclub/)
- West Fargo VFW Post 7564**  
[facebook.com/VFW7564.org/](https://facebook.com/VFW7564.org/)





Welcome back to school! I hope you had a relaxing summer.

Now that you are getting back into a college routine it is 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; 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 recommend you take a look at Handshake.



Handshake is very much like Indeed when it comes to the ease of use, visual alignment with your search criteria, and viewing job opportunities. Your NDSU blackboard 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 on Handshake. A quick and very important tip: skip

down toward the bottom and find the Manage Documents button. Use this feature to upload your resume directly into the system. On the right side of that page after it is uploaded is a button that asks if you want to build your profile using your resume. Click that button and Handshake will read your resume content and automatically develop your profile, you just need to confirm all the imported information is correct...it only takes about 5 minutes! Handshake also allows you to make your profile viewable to employer, so they can reach out directly to you if they think you are a good fit for an opening they have available.

All our career fairs and other events are posted in Handshake as well. It is very easy to research the employers, their positions, find their booth number and location at the Fall Career Expo in the Fargo Dome (September 20<sup>th</sup>). We are also hosting two fairs down in Barry Hall; *Meet the Firms* on September 12<sup>th</sup> and the *Marketing and Sales Fair* on October 4<sup>th</sup>.

As always, if you need help translating your military experience on your resume, searching for opportunities, or practice interviewing, we are here for you. And if you don't have professional interview clothes readily available, we have a Career Closet where you can find an outfit and keep it, free of charge. You can also make an appointment in our zoom studio, or visit our physical studio Monday thru Friday, 9 AM - 4 PM for assistance. If you would prefer an appointment, just reach out via Navigate.

The Career and Advising Center have a number of upcoming employer events that you may be interested in, check them out [here](#).



Keep up with what is going on in the country and the world by checking out well-respected military and veteran specific websites and publications. [The Military Times](#) and [The War Horse](#) are both examples of sites that feature a robust collection of news stories and resources specifically about, and for, members of the military and veterans.

*"A hero is someone who understands the responsibility that comes with his (or her) freedom." ~Bob Dylan*



Todd Yackley

Welcome back to another semester and another year at NDSU.

The Military and Veterans Certification office has moved to Morrill Hall Room 112 . We are now combined with the VET program. We offer computers with CaC Readers and study pods if you need a quiet place to study.

As you should know, Army ignited changed last semester to 2.0 and required each student to create their own Tuition Assistance Request (TAR). The deadline to apply was midnight on the 14<sup>th</sup> of August. If you didn't get it in, there is no way to apply late. The Army gave a hard deadline and I sent out multiple emails and texts telling everyone the deadline and requirements.



You can still request STR if you are a MN Guard member up to 90 days after the semester ends. ND 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 Chief Bohl at the ND Education Office for the Guard at 701-333-3064.



The submission for VA funding requires you to adhere to VA regulations. You have agreed to the following:

1. The VA will only pay for courses that count towards your degree. The VA will count part-term courses towards your enrollment status only while the course is in session. Remedial courses taken online will not be paid by the VA.
2. Dropping a course or receiving a "U" 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 the website.

3. If your chapter of benefits sends payments directly to NDSU, you will not be charged a late fee.

4. Beginning August 1, 2021, 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 students will set up Text verification through same number.

5. 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.

As always if you have any questions, I can be reached at 701-231-9782 or by email at [todd.yackley@ndsu.edu](mailto:todd.yackley@ndsu.edu).

**24/7, confidential crisis support**  
for Veterans and their loved ones

You don't have to be enrolled in VA benefits or health care to connect.

Dial 988 then Press 1

Chat online

Text 838255

## COMING UP

**September**

National Suicide Prevention Month	Month of Sept.
National Service Dog Month	Month of Sept.
V-J Day	September 2
Patriot Day	September 11
National POW/MIA Recognition Day	September 15
Air Force Birthday	September 18
Air National Guard Birthday	September 18
Gold Star Mother's and Family's Day	September 24
VFW Day	September 29

**October**

U.S. Navy Birthday	October 13
Day of the Deployed	October 27

**November**

National Family Caregivers Month	Month of Nov.
Warrior Care Month	
National Veterans & Mil. Family Month	
National Veterans Small Bus. Week	November 1-5
Marine Corps Birthday	November 10
Veterans Day	November 11
Armistice/Remembrance Day	November 11

**December**

Civil Air Patrol Birthday	December 1
Pearl Harbor Remembrance Day	December 7
U.S. National Guard Day	December 13
National Wreaths Across America	December 18

**Local Events**

On **Saturday, September 2 at 8 PM**, Post 21 of The American Legion (303 30th St N, Moorhead, MN) will host the **12th Annual Veterans Warrior Ride**. For more information on this event, call (218) 233-1297 or see their Facebook page [here](#).

The Fargo VA Health Care System will hold several **free flu shot clinics in September and October 2023** for Veterans **enrolled** in VA healthcare. For questions about eligibility, call **1-800-410-9723**, extension **3428**.

Veterans should bring their Veteran ID card and appropriate clothing such as a short-sleeve shirt to receive a flu vaccine. Veterans experiencing symptoms of COVID-19 should present for their flu vaccine when it has been at least 5 days since the onset of symptoms. COVID-19 symptoms need to be improved, and at least 24 hours without fever greater than 100.0 F. If you have questions regarding COVID-19 and the flu vaccine, please contact your healthcare provider.

**Veterans Coffee Hour** (a free event) is held regularly at the **Fargo Air Museum** (located at 1609 19th Ave N.) on the **second Wednesday of every month from 10 AM - 12 PM**. Join your fellow veterans for coffee, conversation, and free Sandy's Donuts.

**Grant Available for ND Veterans with PTSD**

North Dakota Veterans suffering from [Post Traumatic Stress Disorder \(PTSD\)](#) may now apply for a grant which may provide them with a specially trained Service Dog. These service dogs are trained right here in North Dakota to assist Veterans who suffer from PTSD. The dogs provide the special needs of the veteran they are to serve whether it is calming anxiety attacks, providing comfort and assurance in public settings or waking a veteran from a nightmare. PTSD service dogs have proven to greatly assist Veterans in returning to a more normal life and reintegrating back into their community. Service Dogs for America has several of these highly trained service dogs ready to be placed with a veteran in need.

To meet the minimum qualifications for a PTSD service dog the Veteran must be a North Dakota resident, have a diagnosis of PTSD, be engaged in counseling or therapy and have a doctor's recommendation for a PTSD Service Dog. All qualified Veterans are urged to apply. The grant is made possible by the 63rd ND Legislative Assembly and private donors.

To learn more or to submit an application, visit [Service Dogs for America](#), download the [Preliminary Application](#), or contact their offices.



## FREE COURSEWORK

**COOL**  
APPROVED TECH CERTIFICATION COURSES

**Free**  
through credentialing assistance

**No**  
previous experience required

**100%**  
online, instructor-led

**Intro**  
to tech course

**4-8**  
week course

SKILLSTORM

NDSU has partnered with SkillStorm to provide online instructor-led courses that lead to recognized industry certifications for some of the most in-demand technologies today like AWS, Salesforce, Pega, CompTIA, and Appian. The courses offered through this partnership will create pathways to high-earning careers in the technology industry and help accelerate your tech career in areas like AI and robotics, cloud computing, cybersecurity, and coding.

Army and Air Force service members are eligible for credentialing assistance through Credentialing Opportunities Online (COOL) benefits. This means active Army and Air Force service members can take SkillStorm's AWS and CompTIA certification training courses for free.

Transition Military & Veterans!

VA VET-TIC PREFERRED PROVIDER

SKILLSTORM

This is Your Path To A High Paying Career in TECH!

Requires Zero Experience, It's REMOTE & FREE!

The expanded Upskill Together Match Scholarship program seeks to create new pathways for military spouses and dependents to learn the skills they need to succeed in today's world of work with flexibility of location and without financial strain. For each current service member or veteran who enrolls in training and completes their certification exam, Upskill Together's scholarship program will provide a match, dollar-to-dollar, scholarship allowing a spouse or dependent to take a certification course for free.

NOW ACCEPTING APPLICATIONS

**UPSKILL TOGETHER SCHOLARSHIPS**

FOR MILITARY SPOUSES & DEPENDENTS

APPLY NOW!

UPSKILL TOGETHER

### Approved for COOL & Match Scholarships

Cloud:  
AWS Cloud Practitioner  
AWS Solutions Architect Associate

IT & Cybersecurity:  
CompTIA A+  
CompTIA Network +  
CompTIA Security+

### Approved ONLY for Match Scholarships

CRM:  
Salesforce Administrator  
Salesforce Developer

Low-Code, Robotics & Automation:  
Appian Associate Developer  
Pega Systems Architect  
Pega Business Architect  
Pega Robotics System Architect  
Pega Senior System Architect

For more information about these free programs contact Denetre Stetz at [denetre.stetz@ndsu.edu](mailto:denetre.stetz@ndsu.edu).

## SCHOLARSHIPS, BENEFITS, AND RESOURCES

- The Gilman-McCain scholarship provides \$5,000 to undergraduate dependents of active or activated military personnel to study or intern abroad. Learn more about this scholarship and other Gilman scholarship opportunities at [gilmanscholarships.org](http://gilmanscholarships.org).
- SVA also provides a robust complement of scholarships - check them out [here](#).
- If you are interested in student discounts for veterans and military members, check out this [site](#). They even have a free newsletter you can subscribe to with more discounts.
- NDSU has emergency loans for students who experience unexpected expenses. Learn more [here](#).
- North Dakota Veteran Affairs has an extensive listing of benefits and services available - check it out [here](#).
- The VA has many outreach events scheduled each week on a wide variety of topics relevant to veterans that you can access for free - see them [here](#).
- [Warrior Rising](#) supplies free support to veterans and their immediate family members interested in starting their own business.

