

VALOR

VETERAN ★ ALLIANCE

November 2020

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Colleagues and friends,

VALOR has been honored to work with campus partners to hold a Veterans Day ceremony each year on NDSU's campus. Due to the pandemic, we will not be having a ceremony this year. Instead, VALOR worked with NDSU's Publication Services (thank you, Justin) to create a short video for veterans and an accompanying video message from President Dean Bresciani. Both of these videos will be available on November 10th on our NDSU page and on our social media outlets.



Of note, the video for veterans features NDSU student veterans and veterans who serve on VALOR's Advisory Board. You will likely recognize some of them. Please see page 7 of the newsletter for the names and service information of those in the video. I am grateful that this incredible group of individuals came together so quickly to help with this effort.



Board Members

Brad Aune
 Carol Cwiak
 Chris Hanson
 Calie Lindseth
 Corey Malko
 Shelby Moen
 Jill Motschenbacher
 Craig Schwinden
 Andrea Smith
 Jerry South
 Jim Stoddard
 Amy Tichy
 Chase Tozer
 Nicole Veselka
 Lonnie Wangen
 Thomas Webb
 John Woolsey

As we approach Veterans Day, I ask you to reflect upon the contribution veterans have made to our country and the costs of those contributions. Through their courage and dedication to service we are able to enjoy the freedoms and ideals we hold dear as citizens of the United States. Arthur Ashe once said, "True heroism is remarkably sober, very undramatic. It is not the urge to surpass all others at whatever cost, but the urge to serve others at whatever cost." May we remember that service every single day, but particularly on Veterans Day. Freedom isn't free—veterans have carried the responsibilities and burdens for the rest of us and for that they deserve our respect and gratitude. Thank you veterans.

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

National Veterans Small Business Week

Nov 2 – 6, 2020 | sba.gov/nvsbw





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.

On Veterans' Day...

While we were here at home

They traveled land and sea

To make sure we stayed safe

To protect and keep us free.

Words are not enough

To give them what they're due

On Veterans' Day, please thank them

For their service, to me and you.

~ Joanna Fuchs

Thanks to all who participated in the recording of the NDSU Veterans Day video message! We hope this will be a good substitute for the in-person ceremony we aren't able to have this year. The video will be shared on the VALOR site and social media.

Due to several regional and national events, there's been a recent surge in absences due to military duty for our National Guard students, and we expect this to continue through the spring. Although not a new problem, it has highlighted some confusion among instructors and students about what documents should be provided to validate "excused" absences. Even when proper military documents are provided, it's difficult for most people to interpret them for the needed information.

To try to minimize the confusion and frustrating back-and-forth between student and instructor, and streamline the process on both ends, VALOR would like to attempt to standardize the documentation that a Guard/Reserve student is asked to provide to instructors to validate their periods of absence due to military service. Then we'll do some outreach to both students and faculty to attempt to smooth out this process. Our goal is to have this out prior to the start of the spring semester. This is one more way VALOR is trying to make the academic environment more military friendly!

That being said, it also reveals that NDSU has been missing an opportunity to highlight that we have students directly involved in some incredibly important operations (disaster recovery operations, supporting COVID-19 response logistics, maintaining civil order, etc.). VALOR will work with University Relations to highlight more of these activities.

The next webinar in the US Department of Veterans Affairs' "VITAL" program series is scheduled for Wednesday, November 18th at 1 PM CST. November's presentation will be on Moral Injury, the concept of treating veterans for guilt or regret for having performed (or failing to intervene to prevent) actions that conflict with their values or religious beliefs. This kind of invisible wound can be even harder to live with than physical injuries, and the VA is recognizing the importance of religious chaplains, in addition to traditional mental health providers, to treating this condition.

We'll also plan to do a follow-up NDSU Zoom discussion immediately following the webinar. Links to both sessions will be sent by e-mail shortly (or contact me for details). This will be the last webinar of the fall semester, with the next one planned for February 2021.

On November 12th, to coincide with Veterans Day, NDSU's Inclusion Committee will be hosting another session in its "Including U" panel discussion series; this one is related to veteran students. The session will run from noon to 1 PM, and will most likely be a virtual meeting; we'll relay the link when we get it. These sessions are open to all of the NDSU community, with the intent to "spark dialogue about challenges, ideas, concerns, and hopes regarding the development of inclusive practices at NDSU".

In November, my office will continue to follow up on mid-term academic concerns raised by instructors about their military-affiliated students. At one month into the semester there were about 120 student veterans (more than 25%!) marked "at risk of failing" one or more courses. We are working to direct them to resources that could help their situations.

As expected, the Military-Connected Student Symposium, scheduled for February 25-27, 2021, will be virtual. This means more of you may be able to participate in the event. The symposium is sponsored by the National Association of Student Personnel Administrators (NASPA). Details about the symposium can be found here: <https://www.naspa.org/events/naspa-virtual-symposium-on-military-connected-students>. NDSU is an institutional member, so NDSU employees can join NASPA with an "Affiliate" membership, allowing you to register for the conference at the reduced NASPA member rate.



Veteran's Voice

Craig Schwinden

VALOR Student Veteran Representative

Greetings Student Veterans!

We are approaching a very important month for our country. As you know, in November we celebrate Veterans Day. I encourage you to commit yourself to celebrating this important holiday as best as you can under the current circumstances. I would also ask that you spread the word of the importance of this holiday. No one knows better than us. Please follow VALOR's Facebook and LinkedIn pages for more information on how you can observe this cherished day.

I also want to talk about taking care of each other. These past few weeks I have been participating in some Whole Health training at the VA hospital here in Fargo. The whole

health concept is about influencing your overall physical, emotional, and mental health. It is a worthwhile program. Here the link: https://www.fargo.va.gov/services/Whole_Health.asp.

The reason I bring this up is during one of my online sessions, I met a young man (and I mean a college-aged man) who was really having some issues. It was enlightening to hear his story and to hear him share his struggles with me and our moderator. I, and the rest of us here at VALOR, have talked about this many times, but here I was witnessing it for the first time. I can't express enough what an experience that was and how the feeling of why we do this important work for veterans swept over me as this young man was speaking. Thankfully, he received help from someone near to him. Let us all learn a lesson from my experience. Please check on each other and yourselves. There are so many people and groups just waiting to help. You're not alone.

Next, I encourage you to take the time to read about the Bison Student Veterans (BSV) care package project completed this past

spring (see page 5). If you would like to assist in another project like this (it's not difficult) than get involved with this group. Also, check out our new feature in VALOR's newsletter, "The Drop Zone" featuring updates from BSV (see page 6). Here you will be able to keep up with their activities. Thanks, Chase and "LOAD CLEAR" (LM)!

Lastly, our student veteran of the month spent his naval career aboard a submarine...he's a brave guy because that's not my cup of tea, for sure! Please read his profile and acquaint yourself with Jay Franke, VALOR's November Student Veteran of the Month. He has an interesting submarine tidbit to share and we are so happy to have him here on campus and involved with the BSV. Another great addition to the team.

As always, please feel free to e-mail me with comments on the article or ideas for future columns or articles at: craig.schwinden@ndsu.edu.



A Brief History of Veterans Day

Veterans Day, formerly known as Armistice Day, was originally set as a U.S. legal holiday to honor the end of World War I, which officially took place on November 11, 1918. In legislation that was passed in 1938, November 11 was "dedicated to the cause of world peace and to be hereafter celebrated and known as 'Armistice Day.'" As such, this new legal holiday honored World War I veterans.

In 1954, after having been through both World War II and the Korean War, the 83rd U.S. Congress -- at the urging of the veterans service organizations -- amended the Act of 1938 by striking out the word "Armistice" and inserting the word "Veterans." With the approval of this legislation on June 1, 1954, Nov. 11 became a day to honor American veterans of all wars.

In 1968, the Uniforms Holiday Bill ensured three-day weekends for federal employees by celebrating four national holidays on Mondays: Washington's Birthday, Memorial Day, Veterans Day, and Columbus Day. Under this bill, Veterans Day was moved to the fourth Monday of October. Many states did not agree with this decision and continued to celebrate the holiday on its original date. The first Veterans Day under the new law was observed with much confusion on Oct. 25, 1971.

Finally on September 20, 1975, President Gerald R. Ford signed a law which returned the annual observance of Veterans Day to its original date of Nov. 11, beginning in 1978. Since then, the Veterans Day holiday has been observed on Nov. 11 (excerpted from military.com - <https://www.military.com/veterans-day/history-of-veterans-day.html>).



Jay Franke

Name: Jay Franke

Major/Minor: Social Science Education
History and Geography

Originally from: Jamestown, ND

Current city: Fargo, ND

Career plans after college: Become a high school history teacher and a football or wrestling coach.

Military Service: US Navy (2011-2015, Honorable Discharge), I was a cook on the USS ALBANY SSN 753 Los-Angeles class submarine. Did one deployment up in Northern Europe and beyond and a second deployment with the USNS SPEARHEAD as a joint mission with the US Marines, Royal British Marines and Spanish Marine Infantry to help train and establish relations with West Coast African countries military.

Military Awards: Navy and Marine Core Achievement Medal; Navy Good Conduct Medal; and Admiral's Letter.

NDSU activities/engagement: North Dakota Farmers Union Collegiate Club; and Bison Student Veterans.

Community activities/engagement: Working at the Shack on Broadway.

College scholarships, awards, etc.: Dean's List 5 semesters in a row since Spring 2018; Osher Re-Entry Scholarship; John Monzingo Writing Award; and Shoemsmith Wiseman Scholarship.

An interesting tidbit : Longest time I ever spent underwater on the submarine was 85 days straight.

Favorite experience/memories/etc. at NDSU: Being afraid that I would not be able to keep up with the younger college students since I have been out of high school for 7 years when I started college, but finding out that I was not behind but actually ahead and excelling better than I was in high school.

**CALL TO ACTION:
ATTITUDE OF GRATITUDE**

As we approach the holidays this year, we are reminded that this may be a very different experience than we have had in past years. In a year that has been filled with many challenges and fears, as well as illness and loss, we yearn for the normalcy and traditions the holiday season delivers. Yet, the pandemic continues to force us to make tough choices about where we go, what we do, and who we spend time with.

It is ironic that the responsive behaviors needed to survive a pandemic are designed to keep us apart; yet, for our hearts and souls to survive we need connection. In these final months of 2020, may we all find ways to be grateful for the things we have and may we also find ways in which we can share our gratitude with others. Gratitude goes a long way in clarifying what's important - let's keep our focus there and support others to do the same.

*"The struggle ends when the gratitude begins."
~Neale Donald Walsh*

The VA has developed a helpful [FAQ page](#) focused on coronavirus symptoms, concerns, treatment, resources, and impacts on regularly offered services. Check it out!



Bison Student Veterans Provide Care On and Off Campus

By Chase Tozer

The word “deployment” is very familiar within the military community. Whether it is a short-assignment or an operation lasting upwards of a year, support from home is the foundation of success. Friends, families, and communities pull together to send our troops supplies, treats, and reminders of home. In late 2019 and early 2020, the Bison Student Veterans (BSV) spearheaded a care package initiative to support a local unit while deployed to the Middle East. Donations poured in from local elementary schools, community organizations, and members of the local area. On campus, NDSU’s Student Government provided shipping funds and the NDSU Meat Laboratory graciously donated hundreds of dollars’ worth of premium jerky.

“Being deployed overseas, it is easy to feel disconnected from home,” says Senior Airman Logan English, a C130 loadmaster and a recipient of a care package. “Receiving a care package from Bison Student Veterans was a wonderful reminder that you are still in their thoughts.”



BSV recognizing NDSU Meat Laboratory



BSV recognizing NDSU Student Government

The organization collected enough to send 3 packages for the first half and 6 packages for the second half. “After many years in the Middle East, it’s nice to know that people still support the troops,” says Lt. Col. Dan Brower, C-130 pilot and Aircraft Commander. The BSV wanted to recognize the help of the community and organizations on campus that donated money and resources to help support the care package initiative. The unit that received the packages flew flags aboard U.S. Air Force C-130 aircraft during combat missions. These flags, along with accompanying certificates, were presented to NDSU Student Government and NDSU Meat Laboratory for their contributions

to the efforts. BSV encourages you to visit these organizations to admire these flags. If you or your organization would like to help with future care package drives or other events, please get in touch with the Bison Student Veterans at bisonsva.ndsu@gmail.com.

CONNECT

Social connections are important to our wellbeing. In times of uncertainty and stress, it is even more important to maintain our connections with others. The pandemic has affected our sense of normalcy and our sense of self. Remember, we are all in this together, and we are here to help each other. Reach out – for your wellbeing and the wellbeing of others.

Campus and Community Resources

[NDSU Student Health Service](https://www.ndsu.edu/studenthealthservice/) (<https://www.ndsu.edu/studenthealthservice/>)
[NDSU Counseling Center](https://www.ndsu.edu/counseling/) (<https://www.ndsu.edu/counseling/>)
[NDSU Student Emergency Fund](https://www.ndsu.edu/onestop/finaid/assistanceprograms/student_emergency_fund/)
(https://www.ndsu.edu/onestop/finaid/assistanceprograms/student_emergency_fund/)
[NDSU and Community Resource Assistance](https://www.ndsu.edu/deanofstudents/assistance/) (e.g., food, housing, childcare, transportation, etc.)
(<https://www.ndsu.edu/deanofstudents/assistance/>)
[Fargo Cass Public Health](https://fargond.gov/city-government/departments/fargo-cass-public-health) (<https://fargond.gov/city-government/departments/fargo-cass-public-health>)
[Clay County Public Health](https://claycountymn.gov/462/Public-Health) (<https://claycountymn.gov/462/Public-Health>)
[Community Action Partnership of North Dakota](https://www.capnd.org/resources-in-nd/coronavirusvoid-19.html) (<https://www.capnd.org/resources-in-nd/coronavirusvoid-19.html>)
[Lakes and Prairies Community Action Partnership](http://caplp.org/) (<http://caplp.org/>)
[Fargo-Moorhead Resources](https://www.fargomoorhead.org/coronavirus-resources/) (<https://www.fargomoorhead.org/coronavirus-resources/>)




Reach Out

For assistance call the VA Crisis Line or talk to Jim Stoddard at (701) 231-9706 or Carol Cwiak (VALOR) 231-5847.

In Isolation or Quarantine?

(<https://www.projectrenew.nd.gov/mental-health-resources>)

It can be stressful to be separated from others if you have, or were exposed to, COVID-19. Each person enduring or completing a period of home isolation or quarantine may feel differently about it. Call 701-223-1510 to speak with a trained counselor who will be there to listen, support, and offer referrals.  Monday-Friday, 8 AM - 5 PM.


NDSU Community Counseling Services

(https://www.ndsu.edu/ceduc/community_counseling_services/)



NDSU’s Counselor Education program houses a counseling clinic where advanced graduate students provide mental health services under the supervision of trained faculty/doctoral students. This program provides telehealth counseling and schedules appointments between 10 AM and 7 PM, Monday-Thursday (following NDSU’s calendar for holidays/closure). Services are free to all NDSU students and community members pay on a sliding fee scale. For more information or if you’re interested in services, please call the clinic manager at 701-231-9750.

Connect With Friends

- Meet in-person where you can safely physically distance, but still share some laughs and a pizza. 
- Host a Zoom study group or social gathering.
- Do a video call or connect on social media with an old friend you have not connected with for awhile.
- Create an ongoing dialogue in a message group.
- Send a text, message, video, or email to let someone know you are thinking of them.
- Mail a card or letter to say hi.
- Pick up the phone and have a conversation. ☺

Get Help With Classes

The best course of action when you are struggling with class material is to talk to the course instructor. For additional assistance see:
[NDSU Student Support Services](https://www.ndsu.edu/triosss/)
(<https://www.ndsu.edu/triosss/>)
[Ace Tutoring](https://www.ndsu.edu/ace/)
(<https://www.ndsu.edu/ace/>)
[Center for Writers](https://www.ndsu.edu/cfwriters/)
(<https://www.ndsu.edu/cfwriters/>)
[IT Help Desk](https://www.ndsu.edu/it/help/)
(<https://www.ndsu.edu/it/help/>)

The Drop Zone: Delivering BSV news “on-time, on-target”

Chase Tozer, BSV Vice President

As we are entering the second-half of the Fall 2020 semester, we are continuing to run at full-speed, having had two incredibly busy months of fundraising, awareness, and promotion across the campus. Now that BSV is established, our new goals for the current semester were to expand our outreach and re-focus our attention on the members. This started with implementing a “virtual hangout” in place of a second meeting. We wanted an informal way to enjoy the company of our peers and talk about life!



Chase Tozer

Around campus, we are starting to interact more with the community. Last year, a care package drive was started for deployed service members, with BSV filling nine full boxes. In return, the deployed unit flew American flags on USAF C-130s to reciprocate their appreciation. NDSU Student Government received one for covering the shipping costs and NDSU Meat Laboratory received one for donating \$225 worth of premium jerky. BSV is in the process of collaborating with the Public Relations Student Society of America (PRSSA) on a public relations campaign. They were impressed by our establishment and excited to help! In conjunction with Student Veterans of America (SVA), the leaders of BSV participated in regional chapter summits, learning the ins-and-outs of leading a successful chapter. These regional summits are important support for SVA’s National Convention every year, which BSV plans to attend due to organization budget approval in earlier October.

The future is bright for all involved. With ideas of hosting other organizations in the tri-college area for guest speakers, Veteran’s Day events, and challenge coins/patches for promotion, the Bison Student Veterans are increasing the strength of the student-veteran voice on campus. If you have questions regarding the organization, how to get involved, or the resources provided to student-veterans, email us at bisonveterans.ndsu@outlook.com or visit our ‘Bison Student Veterans’ Facebook page.

A message about Student Veteran Support Partnership (SVSP):

As you know, we are in unprecedented times. College is stressful, especially for non-traditional students, even when we aren’t in the middle of a pandemic. The uncertainty of the pandemic increases anxiety and stress that can affect our wellbeing, productivity, and success.

Maintaining connection with others is essential to our ability to deal with the many challenges the pandemic presents. VALOR is committed to helping you build and maintain connections at NDSU and in the community within the veteran network. The Student Veteran Support Partnership (SVSP) initiative is designed to connect student veterans with other veterans, military-connected staff and faculty, and community organizations for the purpose of guidance, support, mentoring, and friendship.

If you would like to participate in the SVSP initiative (to be a connection, seek a connection, or both), please complete the confidential SVSP initiative (find the form here: https://ndstate.co1.qualtrics.com/jfe/form/SV_bi0NMPvW4VuHgdD). The SVSP will create pairings on a rolling basis as requests come in. If you have an urgent need to connect with a veteran or VALOR resources - call Jim Stoddard at 701-231-9706 or Carol Cwiak at 701-231-5847 or 701-261-8025.

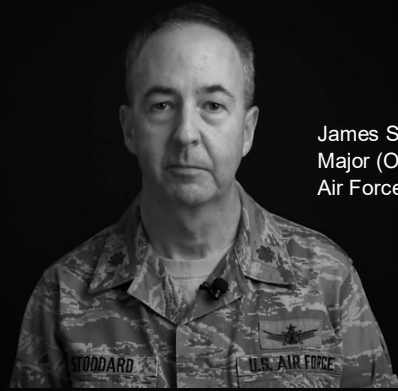
Let’s help get each other through this - connect today.



<http://www.nd.gov/veterans/>



Special thanks to these veterans...



James Stoddard
Major (O-4) (retired)
Air Force 1991 – 2015



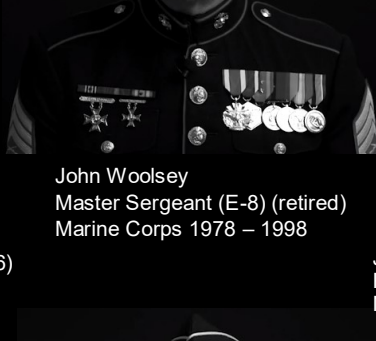
John Woolsey
Master Sergeant (E-8) (retired)
Marine Corps 1978 – 1998



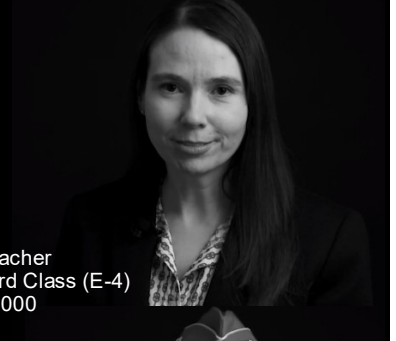
Chase Tozer
Staff Sergeant (E-5)
MN Air National Guard 2015 – present



Corey Malko
Technical Sergeant (E-6)
Air Force 2003 - 2015
ND Air National Guard



Jill Motschenbacher
Petty Officer 3rd Class (E-4)
Navy 1996 – 2000



Nicole Veselka
Specialist (E-4)
Army 2000 – 2004



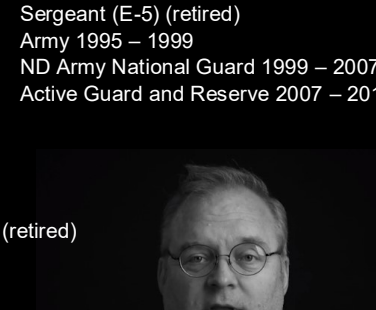
Christopher Hanson
Sergeant (E-5) (retired)
Army 1995 – 1999
ND Army National Guard 1999 – 2007
Active Guard and Reserve 2007 – 2015



Thomas Webb
Sergeant (E-5)
Marine Corps 2001 – 2006



Jerry South
Master Sergeant (E-7) (retired)
Air Force 1989 – 2012



Shelby Moen
Specialist (E-4)
ND Army National Guard 2010 – 2016



Karlee Kaylor
Sergeant (E-5)
Marine Corps 2015 – 2020



Craig Schwinden
Master Sergeant (E-7) (retired)
Air Force 1984 – 1995
Air Force Reserve 2000 – 2017



Brad Aune
First Sergeant (E-8) (retired)
Marine Corps / Army 1985 – 2007



NOVEMBER

November 1	National Veterans & Military Family Month Warrior Care Month National Family Caregivers Month
November 5	National Veterans Small Business Week
November 10	Marine Corps Birthday
November 11	Veterans Day

DECEMBER

December 1	Civil Air Patrol Birthday
December 7	Pearl Harbor Remembrance Day
December 13	U.S. National Guard Day
December 14	National Wreaths Across America

“Duty, Honor, Country. Those three hallowed words reverently dictate what you ought to be, what you can be, what you will be.” ~Douglas MacArthur

Veterans Day 2020

- ⇒ [Veterans Coffee Hour Fargo, North Dakota](#)
- ⇒ [Minnesota Virtual Veterans Day](#)
- ⇒ [Virtual Veterans Day Ceremony at National Veterans Memorial](#)
- ⇒ [National Observance Arlington National Cemetery](#)
- ⇒ [Veterans Day at the National Korean War Veterans Memorial](#)
- ⇒ [Vietnam Veterans Memorial Fund Virtual Veterans Day Ceremony](#)
- ⇒ [Veterans Day Discounts](#)

As the pandemic endures, staying connected to others is important to our mental and physical health. We strongly encourage you to continue your interaction through safe mechanisms until we can safely gather again. Call, email, text, or video chat with a friend today.

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/NDSUBSV/

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