

# VETERANS ADVOCATE

**May 2016**

## **FREE to a veteran in need!!**

The pride mobility TSS450 portable power chair. Two motor, in-line front wheel drive, 9" drive wheels provide ease of mobility.

- Easy to disassemble
- Perfect for indoor and outdoor use
- Top speed: 4.0mph
- Turning radius: 25.5"
- Heaviest Piece: 47.6lbs
- Battery charge distance: 8.9 miles
- Weight capacity: 300lbs
- Weight of chair: 129lbs total

**Call Olmsted County Veterans Service Office if interested, M-F 8am-5pm, (507) 328-6355**



**GRAHAM  
ARENA #2**

1570 FAIRGROUNDS  
AVENUE SE

**ROCHESTER**



**WELCOME  
CEREMONY**

12:00 PM

**CLOTHING  
DISTRIBUTION**

PLEASE PROVIDE YOUR  
DD214 OR VA ID  
CARD FOR FASTER  
REGISTRATION

CONTACT MACV FOR MORE  
**INFORMATION**  
507.345.8258

**ALL VETERANS WELCOME**



**STAND  
DOWN  
FOR VETERANS**



**TUESDAY  
MAY 24, 2016**

**9:00 AM UNTIL 2:00 PM**  
FREE LUNCH PROVIDED BY DAV #28

**STANDDOWN COURT &  
LEGAL CLINIC**  
9:00 AM UNTIL 2:00 PM

**FREE SERVICES AVAILABLE**  
MEALS • VA BENEFITS (CLAIMS & SERVICES)  
CLOTHING • HOUSING • LEGAL ASSISTANCE  
HAIRCUTS • PUBLIC BENEFITS • STATE DMV  
EMPLOYMENT ASSISTANCE • CHAPLAINCY

MINNESOTA STATE VETERANS CEMETERY  
PRESTON

## MINNESOTA STATE VETERANS CEMETERY - PRESTON DEDICATION CEREMONY

The Minnesota Department of Veterans Affairs cordially invites you to attend a Dedication Event at the Minnesota State Veterans Cemetery in Preston, Minnesota. The dedication program will take place at the Flag Assembly Area.

SUNDAY, MAY 29, 2016  
PRE-EVENT CONCERT: 1:30 P.M.  
CEREMONY: 2 P.M.



MINNESOTA STATE VETERANS CEMETERY – PRESTON

715 Highway 52  
Preston, MN 55965  
(507) 765-7320  
[MinnesotaVeteran.org/Cem](http://MinnesotaVeteran.org/Cem)



Olmsted County Veteran's Services



*Minnesota Assistance Council for Veterans, in partnership with the law firm of Stinson Leonard Street, invites you to participate in a:*

# FREE DROP-IN LEGAL CLINIC FOR VETERANS

**HOUSING, EMPLOYMENT, BENEFITS, EXPUNGEMENT, WILLS, DEBT COLLECTION, FAMILY LAW INCLUDING CHILD SUPPORT**

Tuesday, May 10, 2016 | 9am - 2pm | VA Medical Center  
Flag Atrium Balcony Room 2S 114 (ask information desk for directions)  
1 Veterans Drive | Minneapolis, MN | FREE Parking at the VA Medical Center

**Attorneys, MACV staff, County Veterans Service Officers, and child support officers will be available throughout the day to assist veterans with questions, legal forms, and counsel.**

**For more information contact: Vetlaw Program – MACV | 651-200-4750**

Disclaimer: VA assumes no responsibility for the attorneys providing services at this clinic.  
This referral does not constitute a recommendation or endorsement by VA.



**Olmsted County Veteran's Services**

# STARTING OR GROWING A VETERAN-OWNED BUSINESS

Sign up for Boots to Business Reboot, an entrepreneurship training program for veterans and their spouses.

## OWNING A VETERAN-OWNED SMALL BUSINESS

Veterans have the character, discipline and skills needed to succeed as small business owners and entrepreneurs. Wondering what it takes and how you can prepare? Enroll in Boots to Business Reboot.

## ABOUT BOOTS TO BUSINESS REBOOT

Boots to Business Reboot is a two step training program that provides participants an overview of business ownership as a career vocation, an outline and knowledge on the components of a business plan, a practical exercise in opportunity recognition, and an introduction to available public and private sector resources.

Step one is the Introduction to Entrepreneurship course eligible to Veterans of all eras, Servicemembers (including members of the National Guard and Reserves) and their spouses. This course is instructed by SBA and its partners who are skilled business advisors.

Step two is an eight-week online Foundations of Entrepreneurship course instructed by a consortium of professors and practitioners led by the Institute for Veterans and Military Families at Syracuse University.

Notes: i. A participant must complete the Introduction to Entrepreneurship course to be eligible for the Foundations of Entrepreneurship course. ii. Cosponsorship Authorization #15-2110-117. SBA's participation in this cosponsored activity is not an endorsement of the views, opinions, products or services of any cosponsor or other person or entity. All SBA programs and services are extended to the public on a nondiscriminatory basis. iii. Reasonable arrangements for persons with disabilities will be made if requested at least two weeks in advance. Contact: 202-205-6773 or Tsvautila@sba.gov.

## Two Day Class

**Friday, May 13<sup>th</sup> & May 20<sup>th</sup>**

**Time: 9:00am to 5:00pm**

**Place: Metropolitan State**

**University, Library Room 302**

**Address: 700 East 7<sup>th</sup> Street St.**

**Paul, MN 55106**

**Register at:**

<http://boots2business.org/reboot/>

**For More Information**

**Call: 612-370-2356**

**Email: [Thomas.oshorne@sba.gov](mailto:Thomas.oshorne@sba.gov)**

BROUGHT TO YOU LOCALLY BY:

**The U.S. Small Business Administration  
Minnesota District Office in cooperation  
with:**

**Metropolitan State University**

**MN SCORE Chapters**

**MN Small Business Development Centers**

**Women Venture**

The Boots to Business Reboot program is provided through the coordinated efforts of the SBA and the following valued partners:



LEARN MORE AT  
[WWW.SBA.GOV/BOOTSTOBUSINESS](http://WWW.SBA.GOV/BOOTSTOBUSINESS)

AND FOLLOW US AT  
[WWW.FACEBOOK.COM/BOOTST2BUSINESS](http://WWW.FACEBOOK.COM/BOOTST2BUSINESS)

AND ON  
[TWITTER.COM/BOOTST2BUSINESS](http://TWITTER.COM/BOOTST2BUSINESS)



Olmsted County Veteran's Services



The annual Thank A Veteran Celebration is an event that was created by Andy's Liquor. This event is to honor our veterans during a celebration each May with food, prizes, giveaways, and more. All proceeds go towards Disabled American Veterans (DAV) and Beyond the Yellow Ribbon (BTYR) of Southeastern MN. Andy's liquor proudly supports our military soldiers and veterans and are so thankful for all that they do, and this is why an offer of a 10% discount is given, throughout the year.

**Where: All 4 Andy's Liquor locations:**

**3125 Wellner Drive NE- Homemade Brats by Schells Brewing Co**

**2932 41st Street NW-Market Place NW – Brats grilled by Sutter Home Winery**

**82 36th Ave NW-Express NW – Hot Dogs off the grill and chips**

**150 South Broadway-Crossroads – Pulled Pork by Pit Master Joe BBQ**

**When: Saturday, May 28 11am-2pm**

- Military Vehicles on Display
- Visit with the POW/MIA Riders and see their bikes at Andy's NE.
- Have a bottle of Jack Daniels engraved for free with your branch of the military or other personal designs from 11:00 to 5:00 at Andy's Crossroads, Andy's NE, and Andy's Market Place.
- Free samples of several sponsor's products available, and special prices on sponsors products.



**Olmsted County Veteran's Services**



## **PTSD Support Group for Veterans, Friends, and Family**

SEMCIL and Veteran Services are offering a support group for Veterans that have been diagnosed with PTSD, or those who have signs and symptoms of PTSD, and their family members. Maybe you need to talk or just be in the company of your extended Veteran family. The support group will be a place for Veterans to share, heal and talk about their experiences in dealing with PTSD. We will be there for each other.

We are our brothers and sisters keepers because the oath we took to never leave a fallen comrade has no expiration date. For many of us, combat veterans, there are daily reminders of combat stress. The group will be facilitated by Jennifer Shumaker, Veteran and Olmsted County Veterans Service Officer.

**Thursday, May 26, 2016**

**Thursday, June 30, 2016**

**6:30pm-8:30 p.m.**

**American Legion Post 92**

315 1st Ave NW,

Rochester, MN, 55901

Jennifer at 507-328-6324 or [shumaker.jennifer@co.olmsted.mn.us](mailto:shumaker.jennifer@co.olmsted.mn.us)





## **"Application Form "Trolling for the Troops 2016"**

We believe that all Veterans and any Soldier of any branch and service, who have served our country through the years deserve a day on the lake. If this describes you, here's your opportunity to get a chance to fish with some of the best anglers in the Midwest! Well known professional fishermen and others will guide a Veteran and a Soldier for a day on Mille Lacs Lake or the Mississippi River! This will be a fun, exciting, day of fishing in boats that make heads turn. Prizes will be awarded to the most successful anglers!

### **Details: Trolling for the Troops**

**Date:** Thursday/Friday, June 2-3, 2016

**Headquarters:** Camp Ripley, MN

**Fishing Locations:** Mille Lacs Lake and Mississippi River

To apply: <http://www.mnlezion.org/html/programs.html> or Camp Ripley Veterans Outdoor Programs FaceBook page, print the application form and send to MN Veteran Outdoor Programs, PO Box 953, St. Cloud, MN 56302, or you can email in PDF Format Only to [mn.service.orgs@gmail.com](mailto:mn.service.orgs@gmail.com). Applications are due by May 1, 2016! There is no application fee for the sixth annual Trolling for the Troops. It is important that your application reflect your current mailing address. A sponsor will select the participants. Those most recently deployed will have preference. Once selected, information regarding billeting & meals will be mailed to you.

### **Fishing Application: (Minnesota Veterans & Soldiers)**

Name \_\_\_\_\_ Rank: \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Home # ( ) \_\_\_\_\_ Cell # ( ) \_\_\_\_\_

Email \_\_\_\_\_ D.O.B. \_\_\_\_\_

Emergency Contact \_\_\_\_\_ Phone # ( ) \_\_\_\_\_

Relationship to Emergency Contact: \_\_\_\_\_

Briefly describe (IF) physical disabilities: \_\_\_\_\_

Do you require the use of a WHEELCHAIR for independence: Yes \_\_\_\_\_ No \_\_\_\_\_

Please circle items used: WALKER CANE CRUTCHES other \_\_\_\_\_

Allergies (be specific) \_\_\_\_\_

Status: Veteran: \_\_\_\_\_ or Soldier \_\_\_\_\_ Which War/Conflict: \_\_\_\_\_

Shirt Size, Small \_\_\_\_\_ Medium \_\_\_\_\_ Large \_\_\_\_\_ XLarge \_\_\_\_\_ XXLarge \_\_\_\_\_

For specific questions regarding the event, please contact: Dennis Erie, MN Veterans Outdoor Coordinator: 320-380-4569 or email [mn.service.orgs@gmail.com](mailto:mn.service.orgs@gmail.com). Information regarding lodging and logistics will be mailed to the selected applicants. Housing & meals will be provided by event sponsors.

By signing this application you hereby agree /allow for voice and photo release to promote the 2016 T4T event. Signature: \_\_\_\_\_

### **Agenda for June 2-3, 2016**

#### **June 2**

- 1500 - 1645 Registration -Team Meet and Greet @ Camp Ripley
- 1700 - 2100 Group photo, evening dinner, door prizes

#### **June 3**

- 0630-1530 Fishing
- 1700-1900 Meal and awards

Please go out and like us on FaceBook at

[www.facebook.com/CampRipleyVeteransOutdoorPrograms](http://www.facebook.com/CampRipleyVeteransOutdoorPrograms)

# Compensation and Pension Exams



After you have applied for VA service-connected disability compensation, you will eventually receive a phone call or a letter from the VA asking you to come to a Compensation and Pension exam (C&P exam). If you have several disabilities, you may be asked to report for several C&P exams. This is a routine request.

## What Happens at a Compensation and Pension Exam?

A Compensation and Pension (C&P) exam is an appointment where your disabilities get evaluated.

## Who Schedules the C&P Exam?

The VA Medical Center, or Veteran's Evaluation Services, or perhaps another third party, such as LHI is responsible for setting up, and sending a C&P exam notice to you with the date and time of the appointment.

## How to Answer Questions at the Exam?

Don't exaggerate your symptoms, but don't diminish them either. When the provider asks you questions, be truthful. Explain to the provider exactly how your symptoms impact your life. Even if you feel frustrated by the questions or have a personal dislike of the provider, be courteous.

## Doctor's Review of Your Records

The VA is supposed to send a copy of your claims file to the provider in advance of the exam. This is because for a C&P exam to be considered adequate, the provider is required to review the documents in your claims file.

## The Compensation and Pension Report

The provider will write a report after the exam. This report will usually include information about your medical history and evaluate how severe your symptoms are. Often the report will include the provider's opinion about whether your medical conditions are related to your military service or not.

The provider's report will get sent to the VA Regional Office that is processing your claim for benefits. It isn't the provider who will decide if your disability qualifies you for benefits, but the VA Regional Office. Likewise, the Regional Office makes the decision about the disability rating you should get.

The C&P Report is a significant factor in the VA's decision about whether or not to grant you benefits, but the VA will also consider all the medical evidence in your record.



## The Radiation Exposure Compensation Act (RECA)

The Radiation Exposure Compensation Act (RECA) provides one-time benefit payments to persons who may have developed cancer or other specified diseases after being exposed to radiation from atomic weapons testing or uranium mining, milling, or transporting. Administered by the Department of Justice (DOJ), RECA has awarded nearly \$2 billion in benefits to more than 30,000 claimants since its inception in 1990. The RECA program is scheduled to sunset in 2022.

RECA benefits are available to the following groups:

- onsite participants—\$75,000 to persons who participated onsite in the atmospheric test of an atomic weapon and developed one of the types of cancers specified in the statute;
- Down winders—\$50,000 to persons who were present in one of the specified areas near the Nevada Test Site during a period of atmospheric atomic weapons testing and developed one of the types of cancers specified in the statute; and
- Uranium miners, millers, and ore transporters—\$100,000 to persons who worked in mining, milling, or transportation of uranium between 1942 and 1971 and developed one of the types of diseases specified in the statute.

The RECA statute was last amended in 2000. Since then, Congress has frequently considered legislation to expand the down winder-eligibility area by making persons who were affected in other states during periods of atmospheric atomic weapons testing eligible for benefits and by allowing uranium miners, millers, and ore transporters to qualify for benefits based on work after 1971. However, an expansion of the down winder-eligibility area is not supported by a congressionally mandated National Research Council report on atomic test fallout and the inclusion of post-1971 uranium work, which was largely for commercial rather than governmental purposes, and is not consistent with the stated intent of the program.

If these parameters pertain to you, please stop out to County Veterans Services to discuss with a service



**Olmsted County Veteran's Services**



[Meghan Reistad](#)

Created: 04/13/2016 7:46 PM

(ABC 6 News) -- Byron citizens are working to honor veterans and current service men and women by building a memorial. Last year, Byron's American Legion and community leaders formed a committee to get the project started. The committee is hoping it is completed by next Memorial Day, 2017. In recent months, the group has decided on a plan for the memorial and is moving forward with fundraising efforts. A price for the project has not been determined, but organizers plan to fund it through donations and selling pavers. "All the communities around us are having memorials. We're kind of the last ones to do this so I think it's a good thing we get on board and do this. It's just a great tribute to those who have served and those who have passed or died during the conflicts. It's a great honor for them to have this here," said Byron American Legion Post 119 Commander Carl DeWaard.



**Olmsted County Veteran's Services**

# THE OLD GLORY RUN



A SALUTE TO THOSE  
WHO SERVE

**MAY 21, 2016**  
**St. Joseph, MN**

**Opening Ceremony— 9:45**

**5K Run/ Walk/ Roll— 10:00**

**1K Kids Fun Run— 11:00**

**Awards Ceremony— 11:30**

**Food and Drink Vendors on Site**

**Register at:**

**WWW.THEOLDGLORYRUN.COM**

**Register by April 24, 2016 to be guaranteed this year's The Old Glory Run Shirt!!**



**Olmsted County Veteran's Services**



## Rochester Memorial Day Service Monday, May 30th, 2016

Memorial day was originally called decoration day and was initiated to honor the soldiers for the union and confederate armies who died during the American Civil War. Celebrations honoring Civil War heroes started the year after the war ended. The establishment of a public holiday celebrated separately by the Union and Confederate states. By the late 19th century, the holiday became known as Memorial Day and was expanded to include the deceased veterans of all the wars fought by American Forces. In 1971, Memorial Day became a federal holiday. With that being said, Olmsted County offices will be closed on Monday, May 30th.

On Monday May 30, 2016, the Rochester Memorial Day Program begins with music from the Plummer Carillon at **9:15AM** followed by a Procession at **9:45AM** from the American Legion/Central Park along 1<sup>st</sup> Avenue to Soldiers Field Veterans Memorial. After the procession, the Memorial Day Program at Soldiers Field Veterans Memorial will start at **10:30 AM**. At the conclusion of the Program, the veteran organizations will be honoring the dead whose remains are at sea at the Center Street Bridge at noon. After the services at the Center Street Bridge, there will be services at the local cemeteries.

If you would like to be in the Procession, you are more than welcome! Just show up! All groups or individuals who will be in the Procession need to be at the Legion/ Central Park no later than **9:15AM**. Any questions call Joe P Brown at (507) 990-1347





## 2016 Law Enforcement Memorial Program



**Friday, May 13, 2016 5:30 pm**  
**Soldiers Field Memorial (outside)**  
**300 SW 7<sup>th</sup> Street, Rochester MN**  
**Public is Invited!**

**Please join our Honor Guard members, fellow officers, deputies, troopers and their families to remember the Officers and Families that have given the Ultimate Sacrifice.**



**Please join your friends, family and co-workers at Glynner's Pub before/after the event at 1643 N Broadway Avenue, Rochester MN.**

**Glynner's Pub will be donating a percentage of sales on Friday, May 13 (11 am ~ 1 am) to ROCLEMA (Rochester Olmsted County Law Enforcement Memorial Association).**



## *Veteran Motorcycle Ride Events*

Saturday, May 7, Winona American Legion Riders 3rd annual ride and show  
8am-3pm, 30 Sariana Street, Winona, MN

Saturday, May 21 Purple Heart Ride, Veteran's Memorial Park Association  
11am-5pm, 868 38th Avenue, Goodview, MN

Saturday, June 18, Freedom Run  
12PM, 320 Main Street North, Minnesota Lake, MN

Saturday, July 16, DAV Heroes Ride  
Registration begins at 10am, kickstands up 12pm, Rochester Harley Davidson, 7180 Hwy 14 East



## Other upcoming local

American Legion  
3rd Tuesday of each month  
315 First Ave NW  
Rochester, MN 55901  
7pm  
Legion Riders  
2nd Thursday of each month  
7pm  
Forty et eight at the American Legion  
2nd Tuesday of each month  
7pm  
Military Order of the Purple Heart  
3rd Thursday of each month  
6pm  
Gulf War Veterans 1st Monday of each month  
7pm

Vietnam Veterans of America Chapter # 1110  
American Legion, 315 1st Ave N W, in Rochester, Minnesota  
4th Monday of the month at 7PM. If the 4th Monday is a holiday, we meet the 3rd Monday

VFW Post Meeting  
2nd Tuesday of each Month VFW Post 1215  
16 6th Street SW, Rochester, MN 55902  
7pm

DAV Meeting  
2nd Monday, of each Month Rochester's Elks Lodge  
1652 Hwy 52 N, Rochester, MN 55901  
5:30pm dinner, meeting at 6:00pm

Korean War Veterans  
Every Monday at Grandmas Kitchen  
1514 N Broadway, Rochester, MN 55906  
(Silver lake plaza)  
7am

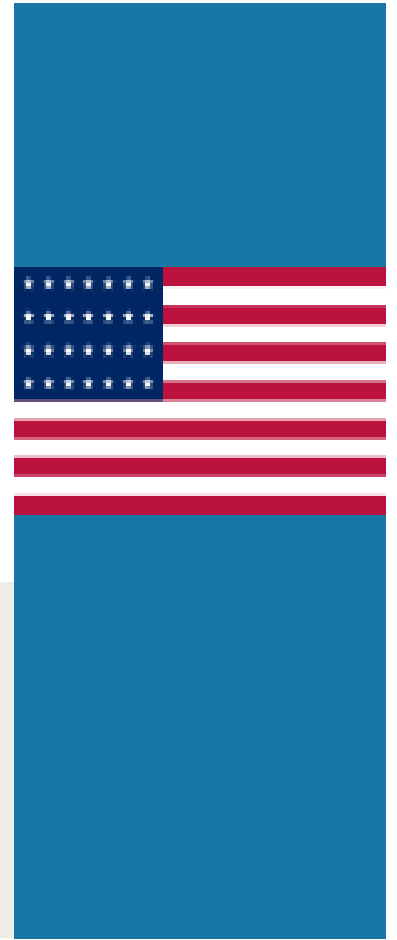
Marine Corp League Meeting  
4th Tuesday of the month, 7pm, VFW Post 1215 16  
6th Street SW, Rochester, MN 55902

POW/MIA Riders Association, Member Meeting  
2nd Saturday of the month 11am-1pm, VFW Post  
1215 16 6th Street SW, Rochester, MN 55902

Byron American Legion  
505 Frontage Road W  
Byron, MN 55920  
3rd Monday of month, 7pm



**“To promote the interests and welfare of veterans, their dependents and survivors and to enhance their quality of life through counseling, claims assistance, education, advocacy and special projects.”**



Veterans Services  
2100 Campus Drive SE,  
Suite 200  
Rochester, MN 55904

