

VETERANS ADVOCATE

February 2018

COME UP NORTH AND FIND YOUR BLISS!

Veterans and spouses will be welcomed into the serene and supportive setting of Camp Bliss! Come and experience an amazing weekend of healing and relaxation. Over the course of the weekend, we will have a variety of sessions on health and wellness. We will take time to relax and enjoy the beauty of 48 acres of incredible pine and hardwood forest in a breathtaking north woods setting on three lakes! Cost is \$50.00 for the weekend and meals are included.

Massages are offered for an additional \$30.00 per ½ hour or \$60.00 per 1 hour and must be booked in advance.

FEBRUARY 8-11, 2018

To register: Fill out the registration on the next page and return it with your payment to Independent Lifestyles.

*****We need to receive your registration five (5) days prior to Retreat date*****

For more information about Camp Bliss please go to our website: www.campbliss.org

To register: Fill out the registration on the back and return it with your payment to Independent Lifestyles. **Return Registration to Independent Lifestyles – 215 North Benton Dr. Sauk Rapids, MN 56379 or email it to whitneyh@independentlifestyles.org or call us at 320-281-2594.**

Once registration is received you will get a confirmation and welcome letter with more details.

*****We need to receive your registration five (5) days prior to Retreat date*****





VETERANS AND CAREGIVERS RETREAT AT THE LODGE FEBRUARY 8-11, 2018

CONTACT INFORMATION:

1st Attendee

Name: _____

Address: _____

City, State, Zip: _____

Phone: _____ Email: _____

Room Type: _____

2nd Attendee

Name: _____

Address: _____

City, State, Zip: _____

Phone: _____ Email: _____

Room Type: _____

If you will be accompanied by a PCA please contact us for applicable fees.

If a massage is offered at your retreat please indicate here if you would like to book one.

½ Hour Massage - \$30 _____ or 1 Hour Massage - \$60 _____

**** You will need to pay by cash or check to Massage Therapist at time of Massage ****

Please enclose payment made out to **Camp Bliss** or to pay by credit card fill out below:

Type of Card: _____

Name on Card: _____

Card Number: _____

Expiration Date: _____ CSC Code: _____ **Total Cost:** _____

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COME UP NORTH AND FIND YOUR BLISS!



KAPOSIA OA CHAPTER & DISTRICT'S
WINTER EVENT FOR ALL SCOUTS & FAMILIES

**FORT SNELLING
VETERAN'S CEMETERY
SERVICE PROJECT**

SATURDAY FEBRUARY 3RD, 2018
9:00 AM -- NOON

YES, IT'S SUPER BOWL WEEKEND!!



Meet at the "Activity Center" (a brown trailer) at the corner of LaBelle & Nelson Drives

We will help clean up the Veteran's Cemetery by removing old Christmas wreaths etc., and piling them along the roads for pickup. Helping to care for this very important place, which belongs to all of us and all our community, is one of the most satisfying projects we have ever been part of!

Cub & Boy Scouts, Venturers, family or community members, & anyone else wishing to help are welcome. Any OA youth or adult members willing to help as staff (free patch!) should arrive at 8:15 for instructions.

Adults please bring wire cutters. Sleds can be useful to pull piles of wreaths.

We also need some adult drivers with open pickup trucks, trailers, etc. to work with teams of older Scouts to pick up and dump the piled materials.

Hot drinks will be available in the trailer, but please bring your own cups!

THIS IS AN ALL-OUTDOOR EVENT! DRESS FOR THE EXPECTED WEATHER!

There will be no advance registration. At check-in, we will ask for a list of participants from each unit. Anyone paying an optional fee of \$1.00 per person will receive a patch for the activity! [Acct. 314]

ANY CHANGES IN PLANS DUE TO WEATHER WILL BE POSTED ON THE KAPOZIA DISTRICT WEB SITE,
(work maps & check-in roster form here too, to do ahead)

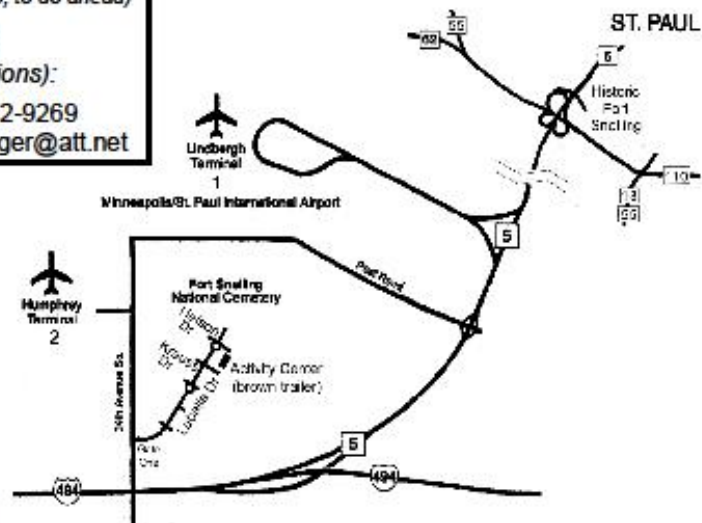
<http://kaposia.nsbsa.org>

OR CONTACT (also for any other questions):

Mark Ellenberger m: 612-812-9269
Kaposia OA Service Adviser mellenberger@att.net

Directions:

from Hwys. 494 & 5, follow exit to 34th Avenue So., heading North. Turn right into Main (first) Gate. Follow the main drive, thru the first circle straight ahead along Labelle Drive. The Activity Center is a green trailer on the right, just before the next circle and Nelson Dr. Please spread parking to nearby streets.



VAU.S. Department
of Veterans Affairs

News Release

Office of Public Affairs
Media RelationsWashington, DC 20420
(202) 461-7600
www.va.gov**January 25, 2018****New Online Tool Will Provide Veterans With Customized Instructions for Discharge Upgrade Process**

WASHINGTON — The Department of Defense (DOD), through a joint initiative with the U.S. Department of Veterans Affairs (VA), has launched a new web-based tool that will provide customized guidance to Veterans who desire to upgrade or change the conditions of their military discharge. By answering a few short questions, Veterans will receive information on the specific armed services board to contact, the form/s to fill out, special guidance applicable to their case, where to send their application and helpful tips for appealing their discharge. “This new tool and partnership with DOD is one of many VA initiatives offered to Veterans who believe they may have been unfairly discharged or received an unfair discharge characterization,” said VA Secretary Dr. David J. Shulkin. “Veterans who believe their discharge was unjust, erroneous or warrants an upgrade are encouraged to use the tool and then apply for review.” DOD officials also praised the new innovative tool. “We are thrilled to have partnered with the Department of Veterans Affairs in developing this wonderful and easily accessible tool,” said Mr. Robert Wilkie, Under Secretary of Defense for Personnel and Readiness. “We support our Veterans, whether they served recently or long ago, and we are excited to introduce a tool that will individualize the guidance for those who desire an upgrade or change in their military discharge.” The military has estimated that tens of thousands of Veterans with less than honorable discharges are especially likely to have unjust discharges deserving of upgrades. These are Veterans who were discharged due to incidents relating to post-traumatic stress disorder, traumatic brain injury or sexual orientation. Fragmented and confusing information has historically deterred Veterans from obtaining crucial information and — in many cases — necessary benefits.

The discharge upgrade tool is available at <https://www.vets.gov/discharge-upgrade-instructions>

You are always welcome to file this upgrade with the Olmsted County Veterans Service Office.

Call 507-328-6355 or stop by for more information.

PRESENTING SPONSOR: **TIMBER GHOST REALTY**



HOLES 4 HEROES

ARMED FORCES
MULTI-SPECIES ICE FISHING FESTIVAL



2 GREAT EVENTS

SATURDAY, JAN 27, 2018
MEDICINE LAKE

SATURDAY, FEB 3, 2018
WHITE BEAR LAKE

1:00-4:00PM
BOTH EVENTS

**FREE ENTRY FOR ALL
VETERANS & IMMEDIATE FAMILY!**

**OVER \$5,000
IN PRIZES & GIVEAWAYS!**

Prizes Sponsored by: Clam, Frabill, Rapala, Aqua Vu, Dick's, Cabela's, and More!

REGISTER ONLINE AT:
FISHINGFORLIFE.ORG

SERVING YOUTH, FAMILIES, VETERANS & COMMUNITIES
THROUGH FISHING & OUTDOOR PROGRAMS

NON-VETERAN TICKETS

\$5 EARLY BIRD BY 12/31/17

\$10 REGISTRATION UNTIL 1/26/18

\$15 TICKETS AT THE DOOR

Holes 4 Heroes
REGISTER: Fishing For Life.org
MEDICINE LAKE-JAN 27, 2018
WHITE BEAR LAKE-FEB 3, 2018

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MEDICINE LAKE-JAN 27, 2018
WHITE BEAR LAKE-FEB 3, 2018





PLEASE NOTE:
This is the FIRST
Tuesday of the
month and not
the usual second
Tuesday.

*Minnesota Assistance Council for Veterans, in partnership with U.S. Bank,
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, February 6, 2018 | 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.



World War II Round Table: The Berlin Airlift - First Allied Victory of the Cold War

Historic Fort Snelling

200 Tower Ave. St. Paul, MN 55111

Roger G. Miller, author of *To Save A City*, and veterans of the Berlin Airlift will discuss Stalin's attempt to starve out a city devastated by war and struggling to rebuild and establish a new future.

The Harold C. Deutsch World War II History Round Table brings together authors, historians and WWII veterans to discuss the history of the conflict and to share the stories of those who lived through it.

Thu., Feb 8, 2018, 7:00 pm - 9:00 pm

\$5 recommended donation/students and veterans free

LSS C.O.R.E. NOW IN ROCHESTER

Strengthening Women and Men of Service and their Families

**Call Olmsted County Veterans Service Officers to request a referral
Services at NO CHARGE to you! (507) 328-6355**

Behavioral Health Counseling

LSS Behavioral Health has dedicated trauma-trained staff who have worked with military members and their families for almost a decade. Several are Veterans themselves. We believe our model of Veterans serving Veterans builds trust and resilience while supporting the healing process by integrating military and Veteran culture into mainstream services, promoting truly inclusive care. Our behavioral health services include:

- Individual and Couple's Counseling
- Family Counseling and Support
- Deployment and Reintegration Support
- Diagnostic Assessment

Financial Counseling

Financial counseling can help Veterans, military members, and their families strategize for a stable fiscal future. LSS of MN Financial Counseling offers expertise in budgeting, debt



C.F.R.

Community Food Response

Do you struggle with the cost of feeding yourself or your family, or know someone who does?

CFR CAN HELP!

We provide prepared, fresh or frozen food for individuals or families to take home to eat. Food is donated by area grocery stores, restaurants and cafeterias.

No financial or employment information is required to receive food, and you may come to CFR every day that we are open.

NOW TWO LOCATIONS:

SE Rochester

Bethel Lutheran Church

810 3rd Ave SE

By bus, #6 from downtown.

Open Mon. Wed. and Fri.

5 to 6:30 PM

NW Rochester

The Exchange

3945 10th Ave NW

By bus, #11 from downtown.

Just north of 37th St Tire & Auto,

just east of Gage East Apartments

Open Mon. and Wed.

5 to 6 PM

FOR MORE INFORMATION: www.communityfoodresponse.org



February 19-23

Veterans Appreciation Week

Join us for a 125 LIVE kickoff and introduction at 0900 Monday, February 19th as we outline daily events for the week. Coffee and light refreshments will be provided every day starting at 0900.

Bring your VA ID Card or your DD 214 to secure your free week of 125 LIVE Membership.

Be our guest for 125 LIVE Veterans Appreciation Week

during which U.S. Veterans have full access to explore all of the amazing opportunities we have to offer

- Complimentary Coffee
- Fitness Classes
- Ceramics and Painting
- Group Personal Training
- Movies
- Warm Water Pool
- Billiards
- Daily Presentation Series



125 ELTON HILLS DR NW, ROCHESTER, MN
WWW.125LIVEMN.ORG | (507) 287-1404

★ After Her ★ SERVICE

Personal Readiness. Professional Success.



Are you a Post-9/11 female veteran?

Could you benefit from increased personal resilience?

Are you ready to work on professional goals?

After Her Service is a free program that combines a skill-building retreat with 6 months of individual professional coaching focused on setting and achieving life and career goals.

Program Components

Weekend retreat

- Build optimism and positive coping
- Reduce stress and social isolation
- Challenge negative thinking
- Practice new approaches to self-care

Professional coaching

- Identify the gap between where you are and where you want to be
- Set professional and career goals
- Learn strategies to overcome obstacles

Participants can also receive up to \$150 for completing research evaluations of the program.

Eligibility

- Post-9/11 women veterans with a general discharge or higher and a minimum of 6 months post-military separation
- Able to attend a 2-day skill-building retreat (all travel expenses covered for the weekend)
- Can participate in individual professional coaching by phone (twice-monthly for 6 months)

Apply today!

www.AfterHerService.org



PI: Michelle Kees, PhD
Study ID: HUM00120983
IRB: IRBMED Date Approved: 9/12/2017
Expiration Date: 9/11/2018





Red Carpet Event

Would you like to learn how to navigate the VA system?
Come join us for an informational meeting for new and
established patients.

Some of the topics that will be covered:

Co-managed care

Mental health

Women's health

Thursday, February 15, 2018

Every 3rd Thursday of the month in room 117, at 2:00pm

At the Rochester VA Clinic, ****NOTE NEW ADDRESS****

3900 Fairway PL NW

Rochester MN 55901

Please call CVSO's at 507-328-6355



Olmsted County Veteran's Services



SEMCIL, and Olmsted County Veteran Services is 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.

NO PTSD Support Group in February.

**Hope to Resume at a later date TBD
Thank you for all of years of support!**

**Jennifer Shumaker
(507) 328-6324
shumaker.jennifer@co.olmsted.mn.us**



FRANK
T H E A T R E

On tour in Greater MN
and in the Twin Cities this February
Sponsored by the
Women Veterans Initiative

"Everything Is Witnessed."

GEORGE BRANT'S

GROUNDED

Feb. 1 Reif Center, Grand Rapids, MN

Feb. 2-3 Zeitgeist Arts, Duluth, MN

Feb. 8-18 Perpich Center for the Arts, Golden Valley, MN

Feb. 24 Rochester Civic Theatre, Rochester, MN

FEATURING **AUDREY PARK**

DIRECTED BY **WENDY KNOX**

SCENERY BY **JOE STANLEY** LIGHTING DESIGN BY **MIKE KITTEL**

SOUND DESIGN BY **MIKE CROSWELL** COSTUMES BY **KATHY KOHL**

STAGE MANAGED BY **JARED ZIEGLER**

More info at www.franktheatre.org, or by calling 612-724-3760.

WHAT'S YOUR
CAREER GOAL?

MAKE
YOUR NEXT
MOVE.

HIRING OUR HEROES

Attend This Year's Hiring Our Heroes Expo!

Join us for a one-of-a-kind free event featuring a hiring fair, networking opportunities and workshops tailored for veteran job seekers, active duty military members, guard and reserve members, and military spouses.

ATTEND & SCORE 2 FREE TICKETS TO THE GAME

Tuesday, February 27

9:30 a.m. - 2:00 p.m.

Xcel Energy Center

199 W Kellogg Blvd, St. Paul, MN 55102

Event Schedule:

9:30 a.m. - 11:00 a.m. - Employment Workshop

Our experts will show you how to create a resume in under an hour from your phone using ResumeEngine.org and teach you to unleash the power of a well-crafted LinkedIn profile.

11:00 a.m. - 2:00 p.m. - Hiring Fair

Companies are looking for you -- connect with them at this Hiring Our Heroes hiring event.

7:00 p.m - WILD VS. BLUES

Register for this event at:

<https://www.cvent.com/events/st-paul-minneapolis-hiring-expo-with-minnesota-wild-nhl-registration-ee18c0e3444441d4ae4f20e07b2cd0cc.aspx?fqp=true>

This hiring event is being conducted by the Minnesota Department of Employment and Economic Development, U.S. Chamber of Commerce Foundation, Minnesota Chamber of Commerce, Minnesota Employment Support of the Guard and Reserve, St. Paul Beyond the Yellow Ribbon, the Department of Labor Veterans' Employment and Training Service (DOL VETS), the U.S. Department of Veterans Affairs, the American Legion, Goodwill Industries International, NBC News, and other local partners.

VETERANS DAY ON THE HILL 2018

WHEN: MARCH 12TH

Free Pre-Rally Breakfast and Info 8-10am

(5th Floor Veterans Services Bldg)

Rally in the Rotunda 10-11am

Regional Rooms for Lawmakers 12-2pm

WHERE

Minnesota State Capitol Rotunda

Pre-Rally at MN Veterans Service Building

20 West 12th Street, St. Paul, MN

**NEW THIS YEAR— FREE PRE-RALLY BREAKFAST, REGIONAL ROOMS FOR
LAWMAKERS TO COME TO YOU AFTER THE RALLY, METRO AREA PARK
AND RIDE AND MUCH MORE. DETAILS @ DAVMN.ORG**

**ALL VETERANS AND
SUPPORTERS ARE
INVITED TO RALLY
IN SUPPORT OF
VETERANS
LEGISLATION**

INCLUDING:

**KEEPING SURVIVING SPOUSES IN
THEIR HOMES!**

**ENDING ILLEGAL PREDATORY
LENDING AGAINST VETERANS
BENEFITS!**

**INCREASING ACCESS TO THE
OUTDOORS FOR OUR DISABLED
VETERANS!**

AND MUCH, MUCH MORE...

**NEW METRO-AREA
PARK AND RIDE
WILL BE
AVAILABLE FOR THE
DAY OF THE EVENT**

**For details on location and times
check out WWW.DAVMN.ORG**

**BUSSES WILL BE
OFFERING FREE
RIDES FROM
ACROSS GREATER
MN.**

**To see if a bus will be coming
from your area checkout
WWW.DAVMN.ORG**

**ANY QUESTIONS PLEASE
CONTACT TRENT DILKS AT
TRENT@DAVMN.ORG**



Rochester American Legion Post 92

3rd Tuesday of each month

315 First Ave NW

Rochester, MN 55901

7pm

Legion Riders

2nd Monday of each month

7pm

Forty et eight at the American Legion

2nd Tuesday of each month

630pm

Rochester VFW Post Meeting

2nd Tuesday of each Month VFW Post 1215

16 6th Street SW, Rochester, MN 55902

7pm

Byron American Legion Post 119

3rd Monday of the month

7pm

505 Frontage Road NW, Byron, MN

Vietnam Veterans of America

Meets 4th Monday each month

at 7:00pm, at the Rochester American Legion

315 First Ave NW

Rochester, MN 55901

MOPH

3rd Thursday of the month 6pm

VFW Post 1215

16 6th St SW

Rochester, MN 55902

Stewartville American Legion Post 164

Meeting 3rd Monday each month, 7:30pm

1100 2nd Ave NW, Stewartville

Stewartville VFW Post 8980

Meeting 1st Monday each month, 7pm

1100 2nd Ave NW, Stewartville

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)

8 AM

Thor Detachment 606 Marine Corp League Meeting

4th Tuesday of the month, 7pm, VFW Post 1215

16 6th Street SW, Rochester, MN 55902

Kasson American Legion Post 333

Third Thursday of the month

March 19 , 7pm

212 West Main Street , Kasson, MN 55944

Chatfield VFW Post 6913

2nd Tuesday of the month

9- 2nd St SW, Chatfield, MN

Gulf War Veterans of America

1st Monday of each month

7pm, at the Rochester American Legion

315 First Ave NW

Rochester, MN 55901

Eyota American Legion Post 551

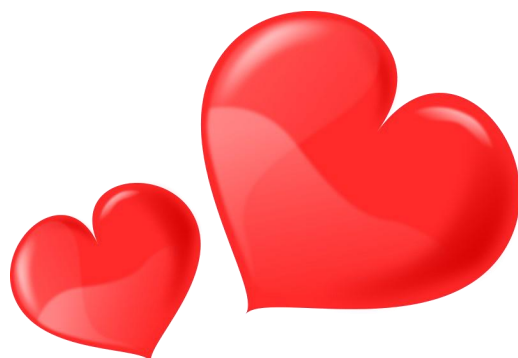
2nd Monday each month 6:30pm

11 Madison Ave NW

Eyota, MN 55934

Legion Riders

4th Wednesday each month 7:30pm



“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

