

# VETERANS ADVOCATE

**April 2018**

**Please Note:**

The Olmsted County Veteran Service Office will be ***closed*** Tuesday, April 10th-Thursday April 12th as the Veteran Service Officers will be attending an annual spring training conference.

## **MN Veteran Outdoor Programs: Ely Fishing Trip**

### **Applications Due April 13**

The Minnesota Veteran Outdoor Programs Ely Fishing Trip will take place May 21 - 24.

Applications must be received by April 13.

Space is limited, applications will be placed in the general lottery. All applicants will be notified by mail after April 13 as to their selection.

The trip will be held Monday May 21 through Thursday May 24.

Questions concerning this trip should be directed to Dennis Eerie at (320) 380-4569, Denny Houg at (320) 492-1357, or by email at [mn.service.org@gmail.com](mailto:mn.service.org@gmail.com).

<http://mn.gov/mdva/news/events/index.jsp?id=1066-328227>



ROCHESTER INDUSTRIAL & MANUFACTURING

# Job Fair

TUESDAY, APRIL 3, 2018

1 P.M. - 3 P.M.

Rochester Community Technical College - Heintz Center  
1926 Collegeview Rd E, Rochester, MN 55904

## WELDERS? FORKLIFT DRIVERS? SHIPPING / RECEIVING

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NORTH AMERICA

PACE DAIRY FOODS

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MANUFACTURING

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jobsHQ

ROCHESTER AREA  
CHAMBER OF COMMERCE



*Minnesota Assistance Council for Veterans, in partnership with the law firm of Fredrikson & Byron, P.A., 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, April 10, 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.



# HEROS AMONG US

## DINNER, AUCTIONS

AND THE

## BOOKER MINI BAND

THURSDAY APRIL 12th

5:00pm - 9:00pm

ROCHESTER INTERNATIONAL EVENT CENTER  
7333 AIRPORT VIEW DR SW, ROCHESTER, MN 55902



**100% OF PROCEEDS GO TO THE MILITARY ORDER OF  
THE PURPLE HEART - LLOYD SWENSON #7110  
AND THE MN POW/MIA RIDERS ASSOCIATION**

TICKETS: \$30 IN ADVANCE- \$35 AT THE DOOR

\$300 FOR TABLE OF 8 INCLUDES PREMIUM SEATING, TABLE TOPPER AND RECOGNITION

FOR TICKETS, CONTACT MARK UGLAND (507) 272-8999

AUCTION ITEM DONATIONS, CONTACT CRAIG UGLAND (507) 259-2608

CHECK OUT OUR FACEBOOK PAGE "HERO'S AMONG US"

# Financial Wellness Services

## Financial Counseling



Nonprofit financial counselors are here to serve **Veterans** and their families with:

- 
- Credit Report Reviews
  - Budget Counseling
  - Debt Management Plans
  - Student Loan Repayment
  - Foreclosure Prevention
  - Reverse Mortgage Counseling
  - Homeownership Counseling
- 

 **Online and Phone Counseling**  
Nationwide

 **In-person Counseling**  
Rochester  
903 W Center St #208  
Rochester, MN 55902

<u>Brainerd</u>	<u>Minneapolis</u>	<u>Virginia</u>
<u>Duluth</u>	<u>St. Louis Park</u>	<u>Willmar</u>
<u>Mankato</u>	<u>St. Paul- 2 Locations</u>	<u>Superior, WI</u>

**Call today**  
To set up a **FREE** appointment!

**888.577.2227**  
ConquerYourDebt.org

## Financial Education

Things worth learning – presented in a fun and accessible way.

Financial education is important, and we will help make it come alive in whatever setting you invite us to.



To schedule a Financial Education Workshop for your group:  
email [FinancialEd@lssmn.org](mailto:FinancialEd@lssmn.org)



# Rochester VA 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, April 19, 2018**

Every 3<sup>rd</sup> 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.

**PTSD Support group  
American Legion  
315 1st Ave NW  
Rochester, MN 55901**

**Tuesday, April 24, 2018  
630pm-830pm**

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



**TWO MINNESOTA CITIES TO HOST “COURAGE AND COMPASSION: OUR SHARED STORY OF THE JAPANESE AMERICAN WWII EXPERIENCE”**

*Rochester, St. Paul to Reveal Little-Known Stories of Bravery, Support in National Exhibition*

**ROCHESTER and ST. PAUL, MINN. (March 20, 2018)**—Saint Marys School of Nursing Alumni Association and the Twin Cities Japanese American Citizens League will host the national traveling exhibition “Courage and Compassion: Our Shared Story of the Japanese American WWII Experience.” The exhibit, sponsored by the nonprofit Go For Broke National Education Center (GFBNEC), chronicles the Japanese American experience during World War II and features local and regional stories of bravery and extraordinary support of Japanese Americans.

Saint Marys School of Nursing Alumni Association and the History Center of Olmsted County will host “Courage and Compassion” at the History Center of Olmsted County from April 13 to June 17, 2018. Under the guidance of the Sisters of St. Francis and colleagues from the Mayo Clinic, Saint Marys School of Nursing operated from 1906 to 1970 and admitted 42 Japanese American women from U.S. incarceration camps during WWII. For students like Teruko Yamashita, who entered the nursing school from the Gila River, Ariz. incarceration camp, Saint Marys School of Nursing offered a way out of camp, an opportunity for a free education, and a way to serve her country through the Cadet Nurse Corps. The exhibit will be shown at 1195 West Circle Drive SW, Rochester, Minn., Tuesday-Saturday from 9 a.m. to 5 p.m. For more information, please visit [www.olmstedhistory.com](http://www.olmstedhistory.com).

The Twin Cities Japanese American Citizens League and Historic Fort Snelling will partner to host “Courage and Compassion” at Historic Fort Snelling’s visitor center from June 30 to September 3, 2018. Once the location of the Military Intelligence Service Language School, Fort Snelling was important to the formation of the Japanese American community in Minnesota. Prior to WWII, about 50 Japanese Americans called the Twin Cities home. Immediately after Pearl Harbor, individuals of Japanese ancestry were placed under house arrest and members of the Twin Cities civic, social services, and religious organizations petitioned for their release. The exhibit will be shown at 200 Tower Ave., St. Paul, Minn., Tuesday-Friday, 10 a.m. to 4 p.m. and Saturday-Sunday from 10 a.m. to 5 p.m. For more information, please visit [www.mnhs.org/fortsnelling](http://www.mnhs.org/fortsnelling).

Funded in part by a grant from the National Park Service, “Courage and Compassion” covers events from the attack on Pearl Harbor to the fateful decision to incarcerate Japanese Americans in wartime camps to the postwar fight for redress. Visitors will learn about the Nisei (second-

# ARMED FORCES DAY SPECIAL!

## SAT, MAY 19TH

FOR ALL MILITARY PERSONS  
**FREE**  
**CLIP & GO DAY PASS**  
**OR**  
**\*YOGA CLASS PASS**

Available to all Active Duty &  
Veteran Personnel  
Must show Valid ID

\*Pass must be used either Sat or Sun  
(5/19 or 5/20)



**Roca**  
Climbing & Fitness

# WOMEN *Gala* VETERANS

Thursday, May 24th 2018

Hosted by Chapter 28 Disabled American Veterans (DAV)

and

Olmsted County Veterans Services



## WOMEN VETERANS GALA

**HOSTED BY CHAPTER 28 MN DISABLED AMERICAN VETERANS (DAV)**

**AND OLMSTED COUNTY VETERANS SERVICES**

*Women Veterans of SE MN:*

Plan to celebrate, laugh, learn, and enjoy the company of other women veterans!

YOU have earned a night like this, and it's all

**FREE!**

*Dress to Impress!*

*The evening's events include:*

- ◆ Information booths
- ◆ Meeting fellow women veterans
- ◆ Hors d'oeuvres and full dinner
- ◆ Cash Bar
- ◆ Music and entertainment

**DATE:** Thursday, May 24th 2018

**TIME:** *Registration Begins at 4pm.*

4pm-6pm: Happy hour, music, booths, mingling

6:30pm: Dinner

7pm-9pm: Guest Speakers incl. Dajon Ferrell

Fellow Woman Veteran & Speaker

**PLACE:** Canadian Honker Events at Kahler Apache

1517 16th St SW, Rochester MN 55902

*To register, please RSVP by April 26th to*

Jennifer Shumaker at (507) 328-6324 or

Shumaker.jennifer@co.olmsted.mn.us

\* Registration includes a t-shirt!

**No Men Allowed!** If you need the aid of another person to attend, please notify when registering. Female guests only.



*Remembering Our Fallen* is a photographic war memorial that honors our country's military fallen from The War on Terror. Because 9/11 was such a defining moment this memorial includes our country's Fallen since that tragic day in our nation's history. Unlike brick and mortar memorials, *Remembering Our Fallen* is designed to travel and includes both military and personal photos. Its legacy will be that these men and women will be remembered and their names will be spoken, while helping to lessen the grief of their families.

The Dodge County Fair will host this memorial July 18-22, 2018.

*This event will cost \$7600. Dodge county is accepting donations through 5-30-2018. Send to Dodge County Agricultural & Mechanical Society  
P O Box 265  
Kasson, MN 55944  
If you have questions, you may call (507) 259-2081*





Welcome Minnesota

# WOMEN VETERANS



*Women Veterans Unite ~ May 4-6, 2018!  
Enjoy a Weekend of Camaraderie at Giants Ridge!*

**A Retreat for Women Veterans** to share our unique experiences, discover individual strengths, explore personal goals while enjoying The Lodge amenities, the beautiful outdoors, and the Laurentian Divide Salon & Spa pampering!

**FREE**, with preference given, to Women Veterans living within the United Way of Northeastern Minnesota service area. A nominal fee of \$100.00 is requested for those Veterans living outside the service area. Women Veterans of All Branches and All Ages Welcome!

### Programs to Choose:

- Healthy Living, Mindfulness, Yoga,
  - Military Transitions & PTSD,
  - Self-Defense & Safety,
  - Wine & Cheese Tasting,
  - Pallets & Painting
- with Beth Milos,  
Memoir Writing  
by Sheila  
Packa &  
more...

### Displays of Interest:

- Veteran & Women Resources.
- Women World War II memorabilia
- "I Am Not Invisible," Display

### Includes All:

- Programs
- Lodging
- Meals



6329 Wynne Creek Drive, Biwabik

REGISTRATION & RETREAT INFORMATION Online at:  
[www.unitedwaymn.org/womenveteransunite](http://www.unitedwaymn.org/womenveteransunite) or call 218-254-3328  
Registration DEADLINE: April 20th DD214 Proof required. Space is limited.



This Event is sponsored by United Way of Northeastern Minnesota's United for Veterans Initiative

**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, 8pm  
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

