

*Olmsted County  
Veteran Services  
Veterans Advocate Newsletter  
May 2019*



**A Retreat for Women Veterans of All Branches and All Ages**, to share unique experiences and connect with other women veterans while enjoying scheduled events, The Lodge amenities at Giants Ridge, the beautiful outdoors, and pampering at the Laurentian Divide Salon & Spa!

The Retreat is **FREE, WITH PRIORITY GIVEN**, to **Women Veterans living within the United Way of Northeastern Minnesota service territory**. If space is available, women veterans outside the UWNEMN service area, **but living in northeastern Minnesota**, may still be able to attend for a nominal fee of \$150.

### *Weekend Events:*

- St. Louis County Salute to Servicewomen
- Central Minnesota Remembers Vietnam • VA Benefit Panel • Karaoke
- Wine & Cheese Tasting • Recording Our History • Veteran & Women Resources
- Northern Works Studio Theatre Program • Essential Oils - Make & Take
- Key Note Speaker • Pallets & Painting • Metal Bracelet Stamping • Yoga & More



**United Way of Northeastern Minnesota**

**REGISTRATION & RETREAT INFORMATION Online at:**

**[www.unitedwaynemn.org/womenveteransunite](http://www.unitedwaynemn.org/womenveteransunite) or call 218-254-3329**

**Registration DEADLINE: April 20th. DD214 Proof required. Space is limited.**

Women will be contacted prior to the retreat to confirm registration. United Way of Northeastern Minnesota territory can be found on our website under the drop down menu: About Us, then, Communities We Serve. Contact Erin or Kaye at the United Way of Northern Minnesota office if you still have questions.



## LOYALTY DAY

"Keeping America Proud"

### Loyalty Days Celebration

May 4 and 5, 2019

Spring Valley, MN

Loyalty Day began in 1958 as a day of celebration and loyalty to our great Nation. Join us for our weekend celebration!

#### **Civil War Reenactment Camp Saturday, May 4 and morning of May 5**

The Minnesota Boys of '61 will be setting up camp and bivouac Saturday to Sunday. The reenactors will have Infantry Units, 3 cannons with crew, period correct civilians. President Lincoln and First Lady Mary Todd will also be in Spring Valley this weekend and will be reciting his Gettysburg address. During this time, they are going to practice marching and battle drill movements, to include firing musket volleys and cannons. They will cook supper and breakfast while in camp and spectators are encouraged to walk around and experience Civil War camp life and to talk with the reenactors.

#### **Grand Parade 1 PM on Sunday, May 5**

Featuring Civil War reenactors, President and First Lady Abraham Lincoln, VFW and American Legion posts, High School Marching Bands, Shriners, local businesses, and many other parade floats including firing of muskets and cannons.

#### **VFW Open House – after the Parade**

Come and check out the newly renovated VFW Hall.

**Hot Dog Feed 11-3** on Saturday and Sunday hosted by the SV Fire Department Relief Association at the SV Fire Hall



Hosted by Spring Valley Hanson-Raabe  
VFW Post 4114 and Auxiliary



**RCTC AFVC (Veterans Club) Event**  
**Veterans Club & Families**  
**Graduation celebration**  
**BOWLING NIGHT**

**(free bowling and pizza)**



**WHEN:** 9 May 2019 1700 to 1900 hours.

**WHERE:** Bowlocity 2810 N Broadway, Rochester

Open to all Rochester area veterans, service members and their families.  
Come join us for Free bowling/ shoes and Pizza  
For more information contact: [Carroll.Harrodd@my.rctc.edu](mailto:Carroll.Harrodd@my.rctc.edu)

**Supported by:**  
**RCTC Student Life**  
**&**  
**RCTC AFVC Club.**



[WWW.RCTC.EDU](http://WWW.RCTC.EDU)

557 20th Avenue SE | Rochester MN 55904 | 1-800-342-1254

*A member of the Minnesota State system  
and an affirmative action/equal opportunity  
college.*

Photo courtesy of Bowlocity  
Bowling Center, 2810 N Broadway, Rochester, MN

*Mother's Day*  
**WEALTH**



**& SELF DEFENSE**



**Attention Daughters, Mothers, Grandmothers & Girlfriends!!!**

*Mia Erickson, Thrivent Financial Advisor, invites you and all the other lovely ladies in your life to a special event. Mia will be sharing practical tools for implementing wealth building and preservation strategies for future planning. Following the short presentation, you will learn self-defense from experienced instructors at Mario Roberto's Jiu Jitsu Academy. The focus will be on introducing you to practical skills, especially the use of Brazilian Jiu-Jitsu techniques against an attacker. Let's have some fun!*

*(No solicitation or products will be sold at this event.)*

**DATE:** Saturday, May 11, 2019  
**TIME:** 11:00-12:30PM  
**LOCATION:** Mario Roberto's Jiu Jitsu Academy  
4915 Hwy 52 N Suite B  
Rochester, MN 55901  
**COST:** Complimentary (Happy Mother's Day)  
**RSVP:** Mia Erickson  
(507)424-2334  
[jamia.erickson@thrivent.com](mailto:jamia.erickson@thrivent.com)  
Space is limited. RSVP Required



The MN DAV Outdoors Program is hosting another great fishing trip.

This trip will be on a house boat on Rainy Lake by the Canadian border.

When: June 17-21 2019

Where: International Falls

All cost will be covered for veterans except for transportation to the event.

All Applications must be submitted by June 1<sup>st</sup> 2019.

Submit applications to:

DAV

John Carson

3<sup>rd</sup> Floor

20 12<sup>th</sup> street west

St. Paul, MN 55155

For questions contact: John Carson 651-291-1212/ john@davmn.org

**Apply Online by JUNE 1st!!**  
**<https://davmn.org/outdoors/outdoors-application/>**



## **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:

- **Primary Care** including chronic disease management, patient education, and health promotion
- **Immunizations**
- **Mental Health Services** with on-site staff and telemedicine capability linked to providers in Minneapolis
- **Tele-Healthcare** with Minneapolis providers
- **Laboratory Services**
- **Minor Procedures**
- **Women's Health Care**
- **Mental Health**
- **Co-Managed Care**
- **Pharmacy Management**

**Thursday, May 16, 2019**

Every 3<sup>rd</sup> Thursday of the month in room 117, at **2:00pm**

At the Rochester VA Clinic

3900 Fairway PL NW

Rochester MN 55901

## **DON'T MISS THIS SPECIAL NEW EVENT**

Sponsored by:

### **The Veterans & Emergency Services Museum**

- Friday May 17<sup>th</sup> Autumn Ridge Church 6:30 – 8:30PM  
3611 Salem Road SW, Rochester, MN

#### **The Program: “Eyes in the Skies, Lincoln’s Air Force”**

Featuring World Class Speakers & Historians in costume, Kevin Knapp as Professor Thaddeus Lowe, Arn Kind as General Fitz John Porter & Dale Blanshan as President Lincoln. This presentation tells how Hydrogen Gas filled balloons came to be used for surveillance during the American Civil War & the development of the U.S. Army Balloon Corps – America’s 1st Air Force. Following the presentation there will be an hour for the audience to visit with our speakers & our Special Guests, world famous balloonists Don & Wilma Piccard. Admission: Adults: \$10, age 12 and under \$5.

- Saturday May 18<sup>th</sup> at History Center of Olmsted County  
7:00-9:30AM and 2:00-8:00PM

In the History Center: General Admission: \$5.00 age 12 & under \$2.00

Sertoma Room: Video Program Crawford Room: Children’s Activities

On the grounds: “Up-Up and Away” weather permitting

Tethered Hot Air Balloon Rides (Adults \$10.00, Children \$5.00)

- Saturday May 18<sup>th</sup> at Hilton Hotel (10 E. Center St.) 11:00AM-1:00PM:  
**“Balloon Launch Luncheon”**

With Special Guests: Don & Wilma Piccard & Kevin Knapp

Don Piccard came from a long family line of scientists and inventors. He met Orville Wright when he was 7 years old and also took his first balloon flight that same year. He served in the US Navy as a Balloon & Airship Rigger and instructor. He and Ed Yost flew the very first hot air balloon flight across the English Channel.

Kevin Knapp was a volunteer fireman during his Junior and Senior years in high school. He served in the US Army for 28 years, 14½ years of his service was in Special Forces. He has given Living History presentations throughout the United States, including the Smithsonian National Air & Space Museum in Chantilly, Virginia.

Meal by: Canadian Honker (Powers Ventures)

*Chicken Kiev, Rice, Green Beans, Dinner Roll, Coconut Cake, Coffee*  
\$30.00 ea. (Paid Reservations required by May 10)

Make checks payable to VESM Mail to: Richard or Sharon Krom  
1090 Buck Ridge Dr, NE Rochester, MN 55906

If you have questions call: 507-259-6708

## Veterans Health Identification Card



**The VHIC is issued only to Veterans who are enrolled in the VA health care system.**

**Purpose of the VHIC:** The VHIC is for identification and check-in at VA appointments. It cannot be used as a credit card or an insurance card, and it does not authorize or pay for care at non-VA facilities.

### Veterans ID Cards Available Through Community Based Clinics

**Rochester VA Clinic– 3900 Fairway Place NW, Rochester, MN 55901**

**Veterans must schedule an appointment through the VA Call Center at 612-467-1100.** Clinics start at 8:30am and the last appointment is at 3:15pm. **DATES, Wednesday's: January 30, March 27, May 29, July 31, September 25, November 27**

Primary Identification	Secondary Identification
Must present ONE form of Primary Identification	And ONE form of Secondary Identification
State-Issued Driver's License	Social Security Card
United States (U.S.) Passport (unexpired)	Original or certified Birth Certificate
Foreign passport with Form I-94 or Form I-94A (unexpired)	Certificate issued by US Consular Offices documenting the birth of a child on foreign soil to a US citizen. (Form FS-545, Form DS-1350, DS Form
U.S. Military card	Certification of Report of Birth issued by the Department of State
Military ID Card	Voter's Registration Card
Military dependent's ID card	Native American Tribal Document
Foreign Passport with temporary I-551 stamp	U.S. Citizen ID Card (Form I-197)
Permanent Resident Card or Alien Registration Receipt Card (Form I-551)	Identification Card for Use of Resident Citizen in the United States (Form I-179)
Federal, State or local issued photo ID	Employment Authorization document issued by the Department of
Employment Authorization Document that contains a	Canadian Driver's License
Passport from the Federated States of Micronesia (FSM) or the Republic of the Marshall Islands (RMI) with Form I-94 or Form I-94A	
School ID with photograph	
VA Identification Card (VIC) or VHIC*	

# Free Urns for Veterans

Nonprofit, 501 (c) (3)

Made for Veterans, by Veterans & Our Families



Our Purpose is to provide free urns to all veterans. When a Veteran dies, families can contact Free Urns for Veterans. A DD-214 or other approved discharge papers is required.



## For More Information:

Please contact

Dan Scott 651.274.9844

Gary Scott 651.341.7892

Or Scan QR code below

Each FREE Urn is professionally handmade using quality oak wood and is personalized with a Military service seal and a name plate that lists the Veteran's name, rank and life dates.



Scan  
QR Code



Like Us  
on Facebook!

These FREE urns are made possible by generous donations. If you would like to **donate to Free Urns for Veterans**, please visit our website at [www.freeurnsforveterans.org](http://www.freeurnsforveterans.org) for more information.

[www.freeurnsforveterans.org](http://www.freeurnsforveterans.org) | [free.urns@gmail.com](mailto:free.urns@gmail.com)

Free Urns for Veterans | 14241 Blackfoot Street NW | Andover, MN 55304



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. Sometimes the most painful injuries aren't physical. Whether it's PTSD, TBI, combat stress, or any other mental health condition, we're here to help you get through it. The group will be facilitated by Jennifer Shumaker, Veteran and Olmsted County Veterans Service Officer.

**Thursday, May 30, 2019**

**Thursday, June 27, 2019**

**630pm-800pm**

**VFW**

**2775 43rd Street NW**

**Rochester, MN 55901**

**Jennifer Shumaker**

**(507) 328-6324**

**[shumaker.jennifer@co.olmsted.mn.us](mailto:shumaker.jennifer@co.olmsted.mn.us)**

# LOCAL MEETINGS

## **Rochester American Legion Post 92**

**March & April 2019 AT THE VFW**  
**2775 43RD St NW**

**3rd Tuesday of each month**  
**7pm**

**Sons of the American Legion**  
**2nd Thursday of each month**  
**6pm**

**Legion Riders**  
**3rd Thursday of each month**  
**7pm**

**Forty et eight at the American Legion**  
**2nd Tuesday of each month**  
**630pm**

**Marine Corps League Auxiliary**  
**2nd Thursday of each month**  
**7pm**  
**Rochester, MN 55901**

**Rochester VFW Post Meeting**  
**2nd Tuesday of each Month VFW Post 1215**  
**2775 43rd St. NW**  
**Rochester, MN 55901**  
**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,**  
**Vietnam Veterans Spouse Support Group**  
**Meets 4th Monday each month**  
**At 7:00pm**  
**Thor Detachment 606 Marine Corp League Meet-**  
**ing**  
**4th Tuesday of the month, 7pm**  
**MOPH**  
**3rd Thursday of the month 6pm**  
**VFW Post 1215**  
**2775 43rd St NW, Rochester, MN 55901**

**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 Veterans**  
**Every Monday at Grandmas Kitchen**  
**1514 N Broadway, Rochester, MN 55906**  
**(Silver lake plaza)**  
**8 AM**

**Kasson American Legion Post 333**  
**Third Thursday of the month, 8pm**  
**212 West Main Street , Kasson, MN 55944**

**Chatfield VFW Post 6913**  
**2nd Monday 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, Post 92**  
**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**

**Pine Island American Legion Post 184**  
**2nd Monday of the month 7PM**  
**108 1st Ave SE**  
**Pine Island, MN**

**Oronoco VFW Post 9647**  
**First Monday of each month 7pm**  
**Auxiliary meeting same time, separate meeting**  
**5 MN Avenue S**  
**Oronoco, MN 55960**

***“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.”***