



The above mural honoring our Veterans through the era's is on display in our hallway and was created by local artist Galen McCarthy

VICTOR SIERRA OSCAR COMMO CHECK!

Vol 3 Number 12 | "America's Veterans embody the ideals upon which America was founded." | December 2020

This publication is for Veterans, their families and their communities, The information provided herein is to keep you informed of events, newsworthy items and historical data of interest.

Proud member of



MN and National Associations of Veteran Service Officers



OFFICE INFORMATION

The Jackson County Veterans Service Office is located at:

402 White St. (Door 6)
Jackson, MN 56143
507.847.4774

CVSO@co.jackson.mn.us

Monday 8am-4:30pm
Tuesday 8am-4:30pm
Wednesday 8am-Noon
Thursday 8am-Noon
Friday Closed

(Available for after hour & weekend appointments case-by-case)

First Monday monthly we are at the Lakefield library 1PM-3:30PM

Hours may be flexed without notice due to meetings and trainings. Please call for an appointment!

Do a friend a favor, do a "Buddy Check" regularly

A DAY IN INFAMY... REMEMBER DECEMBER 7TH!

Jeffrey L. Gay



December 7th, 1941

It was 7:55 am Hawaii time, a Japanese dive bomber bearing the red symbol of the Rising Sun of Japan on its wings appears out of the clouds above the island of Oahu. A swarm of 360 Japanese warplanes followed, descending on the U.S. naval base at Pearl Harbor in a ferocious assault. The surprise attack struck a critical blow against the U.S. Pacific fleet and drew the



United States irrevocably into World War II.

President Franklin D. Roosevelt declared in a speech to the entire nation, "Yesterday, December 7, 1941—a date which will live in infamy—the United States of America was suddenly and deliberately attacked by naval and air forces of the Empire of Japan."

This was to another generation the equivalent of our generation's 9-1-1. A direct attack on our sovereign soil against our people and freedoms our nation represents. It stirred emotion and instilled a desire to defend and protect what we hold dear.



At this point we were fighting battles on two sides of the globe which was stretching resources and manpower thin. Hitler to our East and Hirohito to the West of us. The brutality of our enemies was beyond belief but our brave Nation gathered together to defend and to win!

There are not many of those Service Men and Women who walk among us today. But as we honor those who do we also honor those who sacrificed their lives then and those who have passed since. They were the **Greatest Generation** who hold their heads high. We must never forget, we must never put asunder their accomplishments nor forget their stories.



This December 7th is Pearl Harbor Day and the programs honoring our heroes will be sparse due to the Covid-19 restrictions. Please, if you hear of one that you can attend please do so with pride and reverence toward those who can continue to attend and those who still walk silently beside us in our memories.

**Yes, Rosie, WE DID IT!!!! Together!
BUT WE COULDN'T HAVE DONE IT WITHOUT YOU...**

Jackson County Veteran Service Office December 2020

SPECIAL DAYS THIS MONTH

DECEMBER IS: **World AIDS Awareness Month;**
National Drunk & Drugged Driving Prevention Month

- 1 – World Aids Awareness Day
- 4 – Santa's List Day
- 7 – **PEARL HARBOR DAY**
- 10 – Nobel Prize Day & Human Rights Day
- 13 – International Children's Day
- 13 – **NATIONAL GUARD BIRTHDAY**
- 15 – Bill of Rights Day
- 19 – **WREATHS ACROSS AMERICA**
- 21 – Winter Solstice - the shortest day of the year
- 25 – **CHRISTMAS DAY**
- 28 – **Anniversary of the Army Chaplain Assistant/Religious Affairs Specialist**
- 31 – **NEW EARS EVE – Slow and easy – Moderation!**



Your Jackson County
CVSO will be on the KKOJ
Morning Show the 2nd

Tuesday of every month. Tune in but don't tune out! The show begins at

8:50AM. Question & answer, interesting information, VA Program updates fun facts, straight talk and announcements. This will be geared for all Veterans, their families and Veteran Organizations...

STAY TUNED - STAY INFORMED!



Through the vehicle of radio, Thomas Lyons of the MN Military Radio provides information pertinent to today! He has a guest most every week and discusses upcoming events important to you as the Veteran or military family. The MN Military Radio Hour is on KKOJ radio at 3PM Sundays.

FIRST MONDAY MONTHLY IN LAKEFIELD

Don't forget that the Jackson County Veteran Service Office is located at the Lakefield Library the first Monday of every month, 1-3:30PM. C'mon down and visit. Recommend that you call for an appointment first at 507-847-4774 or just walk in...

VETERANS EMPLOYMENT



Looking for work or know a Veteran who is? CareerForce, Minnesota's Career Resource can help! CareerForce's dedicated Veterans Employment Representatives can help Veterans and eligible spouses with:

- individual career planning,
- job search,
- resume writing assistance
- much more.

Current or former military members and spouses are encouraged to contact **Rebecca Kaas**, Disabled Veterans Outreach Program Specialist at 507 401-4266 or email rebecca.kaas@state.mn.us.

STAY SAFE!

Jeffrey L. Gay, CVSO

Now, more than ever, we must take precautions to ensure that we all remain safe during this pandemic. Many of us are at-risk due to age, medical or physical conditions and chronic illnesses.


Though we all harbor various beliefs about the degree of virulence of this virus as well as its reported death toll being mis-represented or dis-represented. We question its propensity to kill and whether or not wearing masks and distancing is a prudent and effective means to deter it, we must agree that it is very real nonetheless. **Use common sense and research for yourself.**

Regardless of your politics, view of the news media, personal angst against "the establishment", or whatever else, there is a problem and only we, each of us, individually can effectively stanch the spread of Covid. If we don't do it for ourselves then do it for others, loved ones, friends, strangers... **Do it for America!**


Message from Commissioner Larry Herke

A Reminder to Minnesota Veterans


If you're feeling ill and have these symptoms:



100° F
100° F Fever



Cough




Shortness of breath

The VA Health Care System asks that you call **FIRST**.

Minneapolis: 612-467-1100
 Fargo: 701-239-3700, extension 2319
 St. Cloud: 320-252-1670 or 800-247-1739
 Sioux Falls: 605-336-3230 or 605-336-5001

The medical staff will advise you on next steps based on your symptoms.
 In a medical emergency, call 911.

STAY SAFE MN
MN.gov/covid19



- State of MN COVID-19 website mn.gov/covid19/
- Minnesota Department of Health website health.state.mn.us/diseases/coronavirus/
- MN Department of Health Hotline: **651-201-3920**
- FAQs for State of Minnesota Employees: [gov/bereadymn](https://gov.bereadymn.gov/)
- Veterans seeking healthcare: **Call FIRST if you're feeling ill!** The VAMC contact numbers are listed above...

MDVA Commissioner Larry Herke encourages you to follow the ["Dial Back, Minnesota" plan](#) to slow the spread of COVID-19.

This temporary pause of most social activities, in-person dining, sports, and indoor fitness activity is a four-week plan that runs through December 18, 2020. The goal is to reduce the number of infections while safely supporting our schools, hospitals, and economy.

Furthermore, he encourages you to take advantage of a new COVID-19 exposure notification mobile app, "COVIDaware MN", which could slow the spread of COVID-19 by helping Minnesotans protect themselves and their loved ones.

The voluntary, anonymous application will alert a user if another user with whom they have had close contact during the virus' infectious period tests positive for COVID-19. Learn more about the app on the [COVIDaware MN website](#), and download it from the Google Play or App Store.



GET NOTIFIED
Receive COVID-19 exposure alerts.
The app is free and anonymous.

COVIDaware MN

Download on the App Store | GET IT ON Google Play

VA NEWS RELEASE - Monday, November 30, 2020

Planning is underway at Minneapolis VA Health Care System to deliver a COVID-19 vaccine when one becomes available. VA is working with the Centers for Disease Control and Prevention (CDC) to develop a phased plan based on five core ethical pillars: safety, maximizing the benefit of the vaccine, equity, fairness and transparency.

Veteran and employee safety remain our #1 priority. The plan takes into consideration a number of risk factors, including risks of acquiring infection, severe illness and death if infected, and transmitting the disease, as well as the risk to essential workers, including health care personnel.

Watch this space for updates. There are additional helpful links at the bottom of the page located online at www.minneapolis.va.gov/MINNEAPOLIS/features/20201130_COVID-19_vaccine.asp
(Sioux Falls VAMC efforts may be similar to the above)

*"Maybe Christmas," he thought,
"doesn't come from a store. Maybe
Christmas... perhaps... means a little
bit more."
- How the Grinch Stole Christmas! Dr. Seuss*

FINANCIAL ASSISTANCE FOR VETERANS

MDVA continues to facilitate a \$6.2 million special **appropriation** to assist Veterans who may be financially impacted by the COVID-19 pandemic. The COVID-19 grants have been activated specifically in response to **mitigate** the economic effects COVID-19 is having on Minnesota Veterans and their families. The three grants include:

- COVID-19 Disaster Relief Grant
- COVID-19 Special Needs Grant
- COVID-19 Distance Learning Support Grant

Learn more at MinnesotaVeteran.org/COVIDRelief

WREATHS ACROSS AMERICA

Army Secretary Ryan McCarthy has now ordered Arlington National Cemetery to go ahead with **"Wreaths Across America"**. It was originally cancelled due to Covid-19 concerns but they have now reversed that decision.



The mission of **"Wreaths Across America"** is not only to place wreaths on the graves of our fallen Servicemembers, it is also to Remember (*our fallen Veterans*), Honor (*those who serve*) and Teach (*our children the value of Freedom*) so they may never be forgotten.

"Wreaths Across America" coordinates wreath-laying ceremonies at more than 1,600 locations across the United States, at sea and abroad.

This organization can use your assistance. To see how you can help, please go online to www.wreathscrossamerica.org/ and read their story...

SENDING GIFTS OR CARDS ABROAD?

Even as speedy as the mail and package services are it still takes time to deliver overseas. If you have a loved one or friend deployed overseas and you haven't done so yet go to your Post Office now to see what you need to do.



There are restrictions that you must follow, especially if they are in a Muslim country. In most cases your Postal service has a list of those to help you out. You can go online to www.usps.com for more information or you can call the Armory or Training

Center they deployed from (if National Guard or Reserves).



Help make their holiday's happy ones too with a little something from home. Let them know you are still thinking about them!



HOLIDAY DEPRESSION

Every day 20 Veterans die by suicide

Although they are joyous occasions, the Holidays can be hard for people who are alone and without family. It's especially so for our military men and women who are deployed to faraway places and placed in harms way, stationed overseas or stateside far from home or who already suffer depression due to past incidents.



Don't forget the Veterans who are away from home in the hospitals or nursing homes. Loneliness is a major contributor of both suicide and natural deaths.

They need to be reminded that they are not alone, that there are those who care and who miss them. Family, friends, acquaintances and even complete strangers can bring a little light into their lives by simply saying "Happy Holidays, thank you for your service".

With the technology available to them it's pretty easy to get a message to them. They have access to phones, email, social media, etc.

Letters and packages are a great means of communication. However, this takes a little more planning, the handwritten letter is always the best option. It brings a little tactile feeling from home to them, the indentation of the pen in the paper, the aroma of home wafting from the sealed envelope. They can hold, touch and hug these letters.

For further information as to what you can do to make someone's life brighter to online to the following website www.veteranscrisisline.net/support/be-there



★ YOUR ACTION COULD SAVE A LIFE ★
DON'T BE AFRAID TO ASK AND USE THE WORD SUICIDE. BE STRAIGHT WITH THEM.

<p>KNOW THE WARNING SIGNS!</p> <p>This is a relatively easy way to remember what they are:</p>	I Ideation (I deation)
	S Substance Use
	P Purposelessness
	A Anxiety
	T Trapped
	H Hoplessness
	W Withdrawal
	A Anger
	R Restlessness
	M Mood Changes

IMPORTANT! Keep the National Suicide Prevention Hotline near you in case you find someone in need.

- **HOTLINE 24/7 - 800-273-8255**
- **Text to "838255"**
- **Simply dial "9-8-8"**
- **Or dial "9-1-1" for local help**



Even Rosie is protecting others from Covid and got her flu shot!

"Without mental health there is no health..."
~ Unknown

MN VETERAN CEMETERY VISITS



Minnesota State Veterans Cemeteries remain open for visitors seven days a week, from sunrise to sunset. Visitors should practice social distancing.

For updated information on how the Minnesota State Veterans Cemeteries are responding COVID-19, as well as updated policies.

REDWOOD FALLS LOCATION UPDATE: Last update I have received is that the initial stages of contracting are underway. The individual I spoke with is in hopes they will break ground in spring 2021.



YOU GOTTA LOVE THE INTESTINAL FORTITUDE OF THE SPECIAL FORCES...

VA NEWS RELEASES

A MESSAGE FROM THE ACTING DEPUTY SECRETARY - November 30, 2020

Continuing to Serve Veterans Following the Presidential Election

I want to share some information and provide updates regarding the recent Presidential election. Today, as always, our mission at the Department of Veterans Affairs (VA) continues. Our priority remains to serve Veterans, their family members, survivors and caregivers.

VA has worked diligently to develop a solid and systematic operational plan for 2021 that will continue current operations and provide uninterrupted and effective care and benefits to our Nation's Veterans and their families.

Our plan includes a complete and candid assessment of VA's current issues, risks, vulnerabilities, opportunities and capabilities, along with appropriate information, logistics support and personnel to receive transition officials, often referred to as an Agency Review Team or "landing team." Landing teams are temporary groups organized to facilitate a full and complete transition within a Federal agency after Inauguration Day.

The Secretary appointed Mr. Dat Tran, Principal Deputy Assistant Secretary for Enterprise Integration, as VA's lead executive for the Presidential transition, in accordance with Office of Management and Budget Memorandum M-20-24. Each VA Administration and Staff Office also appointed a career Senior Executive or senior leader as the designated official to support the Department's transition efforts.

The transition team began planning efforts in October to ensure we have the right people and appropriate information to support an orderly transition to the next Administration.

As we commence and conduct this transition, we will continue to focus on delivering exceptional customer service and providing uninterrupted access to care and benefits for Veterans, their families, survivors and caregivers. For more information on VA Presidential transition planning, please see:

- *The Secretary's August 7, 2020, Presidential transition memorandum; and*
- *List of VA Transition Council leads by organization.*

We want to ensure our transition activities are well managed, thorough and transparent for all VA employees and exemplify the highest standard of professionalism.

I will continue to periodically update you as the transition process matures. Thank you for everything you are doing for our Nation's Veterans.

Pamela Powers

VIETNAM BLUE WATER NAVY

WASHINGTON — VA recognized for impact on lives of Blue Water Navy Veterans The U.S. Department of Veterans Affairs (VA) announced today the Association of Marketing and Communication Professionals has awarded the Veterans Benefits Administration (VBA) Blue Water Navy (BWN) communications and outreach campaign with a 2020 MarCom Platinum Award.

The campaign increased awareness about the BWN Vietnam Veterans Act of 2019 which extended the presumption of exposure to herbicides such as Agent Orange to Veterans who served in the offshore waters of the Republic of Vietnam during the Vietnam War.

"VA supports BWN Veterans, their families and survivors around the country," said VA Secretary Robert Wilke. "Ensuring Veterans and their families are aware of the benefits available to them is a priority and this campaign demonstrates our commitment to serving our Vietnam era Veterans."

In fiscal year 2020, VBA's BWN campaign included a national public service announcement (PSA) ([go to www.youtube.com/watch?v=KHAhmdXjMPs](https://www.youtube.com/watch?v=KHAhmdXjMPs)) that aired more than 20,000 times with an estimated advertisement equivalency of \$1.9 million, more than 30,000 landing page views and over 300,000 PSA views on YouTube. Additionally, the digital advertising portion of the campaign reached 328,000-plus Facebook users and 2.3 million YouTube users.

As of Oct. 31, VA processed 36,820 of 72,969 claims received, of which 25,918 were granted — awarding more than \$696 million in retroactive benefits to eligible Veterans and their families. The most common claims granted included conditions such as type 2 diabetes, malignant growth of the lung, coronary bypass surgery, malignant growths of genitourinary system and coronary artery disease.

Learn more about Agent Orange exposure and VA disability compensation or call 800-827-1000 for more information.

PROSTATE CANCER RESEARCH AWARD

WASHINGTON — VA chief research officer receives award for advancing prostate cancer research for Veterans The U.S. Department of Veterans Affairs' (VA) announced today VA Chief Research and Development Officer, Rachel Ramoni, Ph.D., has been selected as the first recipient of the Above and Beyond Award from the Women in Science Forum of the Prostate Cancer Foundation (PCF).

Dr. Ramoni received the award for advancing biomedical research and clinical trials for Veterans with prostate cancer and contributing to the fight against COVID-19.

Jackson County Veteran Service Office December 2020

“This recognition shows the real-world impact of VA research,” said VA Secretary Robert Wilkie. *“VA’s partnership with the Prostate Cancer Foundation is vital and significant to prevent, screen and promote research to speed the development of treatments and cures for prostate cancer as we serve the over 15,000 Veterans diagnosed with prostate cancer every year.”*

To support better prostate cancer care for Veterans, the department established the VA Precision Oncology Program for Cancer of the Prostate (POPCaP) in partnership with the PCF. The program aims to deliver precision cancer care to all Veterans, including those who live in remote rural areas. There are currently 12 hubs in the POPCaP network distributed across the U.S.

Under Ramoni’s stewardship, the VA Office of Research and Development has implemented policies that have streamlined research efforts, especially for multi-site clinical trials. In some cases, this has reduced the start-up time for clinical trials from several months to a matter of weeks.

In addition to advancing precision oncology research, Ramoni promotes diversity within the VA research enterprise and has been instrumental in mentoring women researchers in VA.

Learn more about VA research and development by going online to www.va.gov.

IMPORTANCE OF STATEMENTS

STATEMENTS

Throughout our lifetimes, whether military or civilian, we’ve had to make statements for one reason or another. Statements are a very important regarded as evidence, in the case of VSO’s it’s evidence to your case being submitted for approval **ILO** official written documentation.

LAY-STATEMENTS

Lay-statements are just as important if not more so. A lay statement is one which is written by another person who had direct knowledge of the incident or ongoing condition. Lay-statements may be written by a family member, friends or, more importantly, a buddy who was with you at the time of the event.

CONTENT OF A STATEMENT

When authoring a statement there are several things that you must include. Essentially it’s the **who, what, when, where and why (How)** of a particular event in order to prove that the event occurred.

TIPS:

- *Be honest and factual!*
- *If not typed it must be written legibly, printing vs. cursive may be best for easy reading.*
- *Communicate in the “first person” as you (or the person writing the lay-statement) are telling the facts.*
- *Be clear but **concise**; here is the “who, what, when and where” and sometimes “why”.*

- *Proper grammar may not be overly important but it is noticed. If you struggle with writing and spelling have someone help you or proof it.*
- *Whether it’s a form or written on plain paper you must sign it and **PRINT** your full name.*

Remember, statements are a vitally important part of your claims packet to help support the claim(s) you are making. These will become an official and permanent part of that claim in addition to any other supporting documentation you provide.

If you need further guidance or assistance your CVSO is available to provide either to ensure it’s an acceptable document.

B.L.U.F. - Your CVSO cannot prepare a good claim without the information he asks for. If you don’t be honest it will delay your claim!

On December: *“How did it get so late so soon?”*
— Dr. Seuss

CARING FOR YOUR RECORDS

We all proud, to one degree or another, of our military service. As such I believe as a tribute to what we did and to protect and secure it for posterity we need to collect all the paperwork, awards, forms, etc. that we have and organize them.

With the end of 2020 approaching we are anticipating a better 2021. One way that can help is get that organizing done. It’s a somewhat painful process but in the end it’s helpful! And in doing so it will bring back many memories, good and bad, that will take us back to those heady times of our lives.

When I visit with Veterans I see all sorts of “organization” as they bring in their military paperwork. Some are in shoe boxes, some in plastic shopping bags, others just loose in their hand and others are a bit OCD like me and they are organized by subject and usually in a 3-ring binder.

If they can’t find any of it we have to request it and that is not an overnight process.

However you do it is fine, just do it. You were given these forms and letters because somewhere down the road of life they will be important to you or your loved ones. Organization will save hours of digging and searching.



I prefer the 3-ring binder approach, that’s how I (finally) have mine and it has helped me many times over. I went as far as placing them all in plastic sheet protectors, two in a protector back to back. I’m just weird that way but I’ve seem others who’ve done this too.

Why do this? Well, it organizes your military career as well as protects documents from being discarded, ruined, tattered, water damaged, etc.

I began with a numbered index and used numbered file dividers, for instance.

- 1 - Discharges, Retirement Points Sheets
- 2 - Orders: Promotion and Temp Duty Orders
- 3 - Evaluation Reports
- 4 - Training Certificates/Orders
- 5 - Awards & Letters
- 6 - Leave & Earning Statements
- 7 - IF MILITARY RETIREE this section continues and is on-going:



- Retirement Letter (may also be in sec. 1)
- DA form 1172 (Update Regularly)
- Survivor Benefit Program Forms
- Insurance

8 - (Optional) Personal "stuff" like letters from home, pictures, mementos, etc.



Some of us will have to resort to a couple of 3-ring binders because we didn't have sense enough to quit after our first enlistment.

A little effort today will provide the reward of less work later.

"For every minute spent organizing, an hour is earned." ~ Benjamin Franklin

IMPORTANT QUICK NOTE!

When you get an EOB, Or "Explanation of Benefits", from your medical provider **DO NOT DISCARD THEM OR ANY MEDICAL STATEMENTS!**

EOB's generally have a disclaimer on them that states "THIS IS NOT A BILL". That used be a queue for me to say "HOT DAMN!" and subsequently toss them in the trash. It sure looked like a bill...

Well, I found out important they are in proving what has been paid, and how much, by insurance after quite a few over-charges and discrepancies in my bill following my open heart surgery.

Keep them, file them, it's well worth it if you ever have to go to court for medical collections.

"Let all the failures of your past year be your best guide in the New Year."

- Mehmet Murat ildan

A couple of final thoughts

"We the people..." We have heard the preface of the Constitution many times but do we know and understand the rest of it?

"We the People of the United States, in Order to form a more perfect Union, establish justice, insure domestic Tranquility, provide for the common defense, promote the general welfare, and secure the Blessings of Liberty

to ourselves and our Posterity, do ordain and establish this Constitution for the United States of America."

Following this are the 27 Articles of Constitution which hold true yet today. I am going to try to reprint these articles in this newsletter in the months to come so we can all learn and understand what they are.

For more information you can go online to www.whitehouse.gov/about-the-white-house/the-constitution/



Inscribed upon our Liberty Bell are the words, **"PROCLAIM LIBERTY THROUGHOUT ALL THE LAND UNTO ALL THE INHABITANTS THEREOF."**

"The people are the masters of both Congress and courts, not to overthrow the Constitution, but to overthrow the men [and women] who pervert it!"
~ Abraham Lincoln.

As stated by Thomas Jefferson and holds so true yet today... **"We in America do not have government by the majority. We have government by the majority who participate."** This is why it is our duty to participate actively in what our politicians are doing. He also said **"The greatest danger to American freedom is a government that ignores the Constitution."**

"America will never be destroyed from the outside. If we lose our freedom it will be because we destroyed ourselves."
~ Abraham Lincoln



Season's Greetings

Merry 2020 Christmas to you and your family from us and our family.

May merriment, love & joy abound in your home this season!
Jeffrey Gay, CVSO

Christmas is a time for giving, and a time for receiving. So much its associated with shopping for gifts and spending your money.

It doesn't have to be that way, you can give so much that is worth more than money, you can give of yourself. There is so much

need today, so much internal suffering and so many without family to visit.

You can fulfill that void and become the family for them for this season. Volunteer at a nursing home, Take a meal to a shut-in or lonely neighbor, volunteer at a holiday soup kitchen or merely give a fist bump or handshake and a kind word to a stranger on the sidewalk.

It's the little things that mean so much to a person. Never ever forget the reason for this season!



“Happy Christmas to all, and to all a good-night!”

WORDS & STUFF GLOSSARY

- harbor** keep a thought or feeling, in one's mind, especially secretly
- virulence** severity or harmfulness of a disease or poison
- represented** be entitled or appointed to act or speak for, especially in an official capacity
 - mis-represent:** Innocent mistake
 - dis-represent:** Willful untruth
- stanch** stop or restrict
- propensity** inclination or natural tendency to behave in a particular way
- appropriation** a sum of money or total of assets devoted to a special purpose
- mitigate** make less severe, serious, or painful
- ILO** In **L**ieu **O**f or instead of
- Ideation** the formation of ideas or concepts
- Concise** providing a lot of information clearly but in a few words; be brief but comprehensive
- B.L.U.F.** Bottom Line Up Front - Be blunt and ask for what you need

IMPORTANT INFORMATION

Please place these numbers close by in case you would ever need to call one. We hope that the need never arises but we also understand that it's a real possibility. Better to be prepared and to know where to call for help when help is needed...

National Suicide Prevention Hotline

NATIONAL SUICIDE PREVENTION LIFELINE
1-800-273-TALK(8255)
suicidepreventionlifeline.org

OR TEXT TO "838255" or dial 9-8-8

NATIONAL PROBLEM GAMBLING HELPLINE

1-800-522-4700

Veterans Linkage Line
your link to experts
minnesotaveteran.org | **1-888-LinkVet**
(546-5838)

SAMHSA
Substance Abuse and Mental Health Services Administration
www.samhsa.gov • 1-877-SAMHSA(1-877-726-4227)
1-800-662-HELP
(4357)
www.samhsa.gov/treatment
For Information on Prevention and Treatment Referral

NATIONAL DOMESTIC VIOLENCE HOTLINE
1-800-799-7233

DON'T FORGET – LIKE US ON FACEBOOK!
www.facebook.com/JacksonCountyMNVeteranServices

Visit us online www.co.jackson.mn.us/veterans

COMMO CHECK!!!!!!
HOW COPY? OVER...
GOOD COPY! OUT!

GOIN' ON-LINE

<http://LINKS> Veteran Service Office December 2020

Below are web addresses which can help you, entertain you and keep you abreast of news, views and changes in benefits. Watch for additions to the list as we move forward!



addresses which entertain you and of news, views and Watch for additions to the list as we move forward!

NEWS & VIEWS

- Marine Times www.marinecorpstimes.com
- Air Force Times www.airforcetimes.com
- Military Times www.militarytimes.com
- Military.COM www.military.com
- SOFREP News <https://sofrep.com/news/>

BENEFITS & OTHER INTEREST

- U.S. Veterans Affairs www.va.gov
- MN Dept. of Vet Affairs <https://mn.gov/mdva/>
- My Health-e Vet www.myhealth.va.gov

SERVICE ORGANIZATIONS

- American Legion www.legion.org
- MN American Legion www.mnlegion.org
- Veterans of Foreign Wars www.VFW.org
- Disabled American Vets www.DAV.org
- AMVETS <http://amvetsnsf.org>
- Vietnam Vets of America <https://vva.org/>
- Military Order of Purple heart <https://moph.org>

MILITARY SERVICE BRANCHES

- US Army www.goarmy.com
- US Marine Corps www.marines.mil
- US Navy www.navy.mil
- US Air Force www.airforce.com
- US Coast Guard www.uscg.mil
- US Space Force www.spaceforce.mil/
- National Guard (Army/Air) www.nationalguard.com

OF INTEREST TO MILITARY RETIREES

- TRICARE Health www.tricare.com
- DFAS MyPay (Finance) <https://mypay.dfas.mil>
- Military Officers Assn. www.moaa.org
- DoD Lodging Site www.dodlodging.net
- America's Warrior Part. americaswarriorpartnership.org
- Dental & Vision – FEDVIP www.benefeds.com
- The American Flag www.usa.gov/flag
- US Flag Code www.military.com/flag-day/us-flag-code.html

LINKS PROVIDING INFO AND ASSISTANCE

- Nat'l Archives (Records) <https://archives.gov/veterans>
- MACV (Financial/Legal) www.mac-v.org
- Minnesota LinkVet <https://minnesotaveteran.org>
- Senior Linkage Line www.seniorlinkageline.com
- Wounded Warrior Proj. www.woundedwarriorproject.org
- "Make the Connection" www.MakeTheConnection.net
- MN Military & Vet Exch. www.mnme.us
- Minnesota Help! <https://mnhelp.info/>
- Ctr for Disease Control www.cdc.gov
- Veterans Court www.mncourts.gov/district/5/
- FEMA www.reacy.gov
- Every 3rd Saturday <https://everythirdsaturday.com/>

Occasionally you need to call for help. Besides your local CVSO the numbers below may be helpful for you.

Resources for SW/WC MN Area Veterans

VAMC, Sioux Falls, SD 605.336.3230
(Toll Free) (800.316.8387)

(Press "0" or your party's extension to interrupt message)

A Nurse or Telephone Care 866.687.7382
Telephone Triage x7140

Patient Advocate x6688

Pharmacy Refills 855.560.1723

VA Billing Questions 866-347-2352

CBOC, Spirit Lake, IA 712.336.6400

CBOC, St James, MN 507.375.9670

MN Vet's Home, Luverne, MN 507.283.6200

Toll Free 877.588.8387

Vet Center, Sioux Falls, SD 605.330.4552

MACV, Mankato Office 507.345.8258

SW Ctr for Independent Living 507.532.2221

MDVA SW MN Higher 507.537.7213

Education Coordinator

MDVA Tribal VSO, SW MN 507.637.1534

MDVA Veterans Linkage Line 888.546.5838

Senior Linkage Line 800.333.2433

VA Crisis Line/Suicide Line 1.800.273.TALK
press 1 (273.8255)

Defense Finance & Acc't. Svc 888.332.7411

TRICARE West Region 844.866.9378

MN Veterans Service Organizations' Dept. HQ's

- The American Legion 866.259.9163
- Veterans of Foreign Wars 651.291.1757
- Disabled American Veterans 651.291.1212
- Military Order Purple Heart 651.227.4456
- Vietnam Veterans of America 651.224.6345

IDENTIFICATION CARDS/DEERS UPDATES

(Call for appointment and bring proper paperwork)

NG Armory, Mankato, MN 507.389.6219
100 Martin Luther King Drive Mon-Wed-Fri

114th FW, Sioux Falls, SD 605.988.5845
1201 W. Algonquin St.

196th MEB, Sioux Falls, SD 605.357.2900 or 2985
800 W. National Guard Drive

NG Armory, Montevideo, MN 320.269.9284 or 5180
711 S. 17th St. Mon-Fri / 9am-3pm

YOUR LOCAL
CVSO IS:

FINDING A LOCAL VETERAN SERVICE OFFICER

- MN Ass'n of Vet Service Officers www.macvso.org
- Nat'l Ass'n of Vet Service Officers www.nacvso.org



"WHO YA GONNA CALL?!"

DISTRICT 8 SW MINNESOTA COUNTY VETERAN SERVICE OFFICERS

Cottonwood - Todd Dibble
41385 US Hwy N
Windom, MN 56101
507.831.5522

todd.dibble@co.cottonwood.mn.us

Jackson - Jeffrey Gay
402 White Street – Door #6
Jackson, MN 56143
507.847.4774

cvso@co.jackson.mn.us

Lincoln - John Hovland
Box 29319 N. Rebecca St.
Ivanhoe, MN 56142
507.694.1033

jhovland@co.lincoln.mn.us

Lyon - Heidi Fier
607 W. Main St.
Marshall, MN 56258
507.537.6729

heidifier@co.lyon.mn.us

Martin - Douglas Landsteiner
2423 Albion Ave.
Fairmont, MN 56031
501.238.3220

doug.landsteiner@co.martin.mn.us

(NOTE: Martin Co is actually district 9)

Murray - James Reinert
Government Center; PO Box 57
Slayton, MN 56172
507.836.1169.

jreinert@co.murray.mn.us

Nobles - Bill Brockberg
315 10th St,
Worthington, MN
507.295.5292

bbrockberg@co.nobles.mn.us

Pipestone - Renae Schuch
811 5th SW
Pipestone, MN 56164
507.825.1183

renae.schuch@co.pipestone.mn.us

Redwood - Dustin Hunter
P.O. Box 130403 South Mill St
Redwood Falls 56283
507.637.4034

dustin_h@co.redwood.mn.us

Rock - David Haugom
204 E. Brown St.
Luverne, MN
507.283.5061

dave.haugom@co.rock.mn.us



WWW.MACVSO.ORG



“Liberty has never come from Government. Liberty has always come from the subjects of it. The history of liberty is a history of limitations of governmental power, not the increase of it.”

-Woodrow Wilson

From This... (Jan 1)

THIS!!!!!! (Now)

2020
HAPPY NEW YEAR!



TO

2020




CANCELLED





MINNESOTA DEPARTMENT OF VETERANS AFFAIRS

Message from
Commissioner
Larry Herke

A Reminder to Minnesota Veterans
If you're feeling ill and have these symptoms:

 100°F
100° F Fever

 Cough

 Shortness of breath

The VA Health Care System asks that you call **FIRST**.

Minneapolis: 612-467-1100
 Fargo: 701-239-3700, extension 2319
 St. Cloud: 320-252-1670 or 800-247-1739
 Sioux Falls: 605-336-3230 or 605-336-5001

The medical staff will advise you on next steps based on your symptoms.
 In a medical emergency, call 911.

STAY SAFE MN
MN.gov/covid19

MINNESOTA DEPARTMENT OF VETERANS AFFAIRS



WORK-FROM-HOME FASHIONS

PART 2



Work from home:
All set for my online meeting with the boss!



**We
will
all
pray
for a
much
better
2021!**