



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 7 | "America's Veterans embody the ideals upon which America was founded."

July 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



"In the aftermath, we are because they were." R.J. Heller,

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

OUR NATION'S BIRTHDAY



It's our nation's 244th birthday and this year, more than ever, we need to visibly celebrate it by flying our Flag proudly, holding its virtues dear, honoring its true meaning and purpose and taking the time to tell others what it means to you.

Peace and freedom are commodities desired by everybody! But it is also a fragile thing which can be subverted by others who do not share the same desires, or those who are jealous of what we have and wish to destroy us. Too often those people are from within, not from far away.

As Americans we need to band together in unity to hold dear what we have. School teaches the textbook meanings of our nation's history, freedoms and government but that seems to blur as the years pass and some people change the textbooks to reflect their definition to suit their agendas and to make it presumably less embarrassing or offensive to those who read it.

I'm sorry to tell you that "it is what it is" and we cannot actually change history itself regardless of how much we may want to. What we have today is jaded by the news media slanting what's actual to something less factual based on their political aims and/or ratings.

We have to remember "that was then, this is now" and keep the real history intact with all of its triumphs and its mistakes so we can look back and learn from it not repeating what we did wrong and so we can replicate what has worked for centuries making us great.

As family, friends and acquaintances we need to look past the political lines and what the media reports and what the "talking heads" postulate that is all based on their own beliefs. It is up to us to pass it on, through frank discussion and deeds we do, to our youth at face value what freedom really means and why it's so important to all of us and to the world.

In most cases, regardless of color or religion, we all want what's best for our families. As children we played together, as adults we have learned bad habits and racism. We're not born with it, we acquire it.



Without a keen understanding and a strong devotion to what we deem important our nation can easily falter and what we hold dear will be lost to anarchy or another form of government which may be more restrictive and less tolerant of the freedoms people deserve.

Speak up and speak out for freedom and the USA!

Jackson County Veteran Service Office July 2020

SPECIAL DAYS THIS MONTH

July is: The Dog Days of Summer (Jul 3-Aug 11)

- 1 – National Postal Workers Day
- 4 – **Independence Day**
- 6 – International Kissing Day
- 11 – World Population Day
- 20 – Moon Day (Moon Landing 1969)
- 26 – Parent's Day
- 27 – **Korean War Veterans Armistice Day**
- 29 – **Army Chaplain Corps Anniversary**



"Only a virtuous people are capable of freedom. As nations become more corrupt and vicious, they have more need of masters."

~ Ben Franklin



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!



R.E.D. FRIDAY - WEAR RED EVERY FRIDAY TO REMEMBER ALL WHO ARE DEPLOYED!



Through the vehicle of radio, Thomas Lyons of the MN Military Radio Hour 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...**

Whether you're celebrating beachside or at a barbecue, this 4th of July make sure you take time to remember what the holiday is *really* about with the help of these patriotic quotes. Then, get into the Independence Day spirit

~THOMAS JEFFERSON

"We hold these truths to be self-evident: that all men are created equal..."

Guard your Medicare Number

www.medicare.gov

Scammers may use the COVID-19 pandemic as an opportunity to steal your identity and commit Medicare fraud. In some cases, they might tell you they'll send a Coronavirus test, masks, or other items in exchange for your Medicare Number or personal information. Don't fall for it; it's a scam.

It's important to always guard your Medicare Number and check your Medicare Summary Notice (MSN) for errors. Only give your Medicare Number to participating Medicare pharmacists, primary and specialty care doctors, or people you trust to work with Medicare on your behalf. Remember, Medicare will never call you to verify your Medicare Number.

Visit Medicare.gov/fraud to find out more information on protecting yourself from fraud and reporting suspected fraud.

BLUE WATER NAVY

Blue Water Navy are the ships and service members who were on them that ventured to within the 12 nautical mile limit of Vietnam.

If you fall into that category and have experienced illness and symptoms of what's listed by virtue of Agent Orange you may be eligible for claims to the government for compensation.

Please don't hesitate, call your local County Veteran Officer.

~ WENDELL WILLKIE

"I believe in America because we have great dreams, and because we have the opportunity to make those dreams come true."

COMMUNITY CARE TRAVEL REIMBURSEMENTS

I've had calls about receiving travel pay for Care in the Community approved local appointments. A couple things to remember....

1. It is **YOUR responsibility** as the veteran to prepare the travel claim, not the facility you visit.
2. **Request a "FAX Cover sheet"** or "Summary Sheet" with the care facilities information or letterhead. **PLEASE PRINT** the following information onto it:
 - a. Your name and the last four digits of your social security number
 - b. Date and location of your appointment
 - c. Type of doctor or specialty that was seen (cardiology, acupuncture, etc.)

- d. Your signature and date you signed the document. (*Finance will NOT release payment without your signature*)
3. **Ask the receptionist** at the facility to also sign the document verifying that you were at your appointment and then **FAX** the request for payment to **612-725-1300**.
 4. Ask for the document back as proof of your claim and retain it until you receive payment, usually within one week.
 5. If you have any questions or it is over a week since submitting for travel pay call the Sioux Falls VA Medical Center (VAMC) at **605-373-4196**

IMPORTANT: YOU HAVE 30 DAYS FROM THE DATE OF YOUR APPOINTMENT TO SUBMIT YOUR CLAIM FOR TRAVEL!

~ Thomas Paine

“Those who expect to reap the blessings of freedom must undergo the fatigue of supporting it.”

MINNESOTA GI BILL

It's time to begin thinking about going back to school in the fall. Have you used your GI Bill? If you are a Minnesota Guardmember or Reservist you can also apply for the **Minnesota GI Bill Program** as opposed to the GI Bill only! For more information call your nearest MN Higher Education Veteran's Program Regional Coordinator found by going to the map on-line at https://linkvet.org/app/custom/1198_regional_coordinators; or go online to: https://mn.gov/mdva/resources/education/minnesota_gibill/ (These are **hypertext** links you can access from this page. Hover the cursor over the URL address and press Ctrl + Right Mouse Click)

The **Minnesota GI Bill program** provides assistance to eligible Minnesota Veterans, currently serving military, National Guard and Reserve members who served after September 11, 2001 and eligible spouse and children. The Program provides a maximum benefit of \$10,000, up to age 62. Eligible participants can use the benefit in Higher Education, On-the-job (OJT) training / Apprenticeship or License and Certification.

This program is different than the Federal GI Bill (*Montgomery, Post 9-11, Veterans Education Assistance Program, Dependents Education Assistance Program, or Vocational rehabilitation*). See the [MDVA page on Federal GI Bill Programs](#). [MN GI Bill brochure](#)

Eligibility Requirements

- **Veteran** who is serving or has served honorably in any branch of the United States armed forces at any time, or;
- Non-Veteran who has served honorably for a total of five credible years or more cumulatively as a member of the Minnesota National Guard or any other active or reserve component of the

United States armed forces, and any part of that service occurred on or after September 11, 2001, or;

- Surviving spouse or children of a person who has served in the military at any time on, and who has died or has a 100% VA determined permanent and total disability as a direct result of that military service and must be eligible to receive federal education benefits under Chapter 33 Fry Scholarship, or Chapter 35 and provide a certificate of eligibility
- Minnesota Resident – see specific program for requirements

Financial Aid Resources

- [MN GI Bill Manual](#) (2020 - 2021 academic year)
- [Participation Agreement](#) (2019 - 2020 academic year)
- [MN GI Bill Additional Funding Request Form](#) (2019 - 2020 academic year)
- [MN GI Bill Refund Return Form](#) (2019 - 2020 academic year)
- [Financial Aid Notice](#) (June 2020)

“I do not agree with what you have to say, but I’ll defend to the death your right to say it.”

~ Voltaire

“Those who deny freedom to others deserve it not for themselves.”

~ Abraham Lincoln

VETERANS COURT

Did you know there was such a thing as the “Veterans Court” program? Well, there is! 5th judicial Veteran’s Court Serving the Counties of: Blue Earth, Brown, Faribault, Jackson, Martin, Nicollet & Watonwan.

Below are some of what the program addresses:



Veterans Court Goals

- Reduce contacts with the criminal justice system
- Increase compliance with treatment and other court ordered conditions
- Improve access to VA benefits and services
- Improve family relationships and social support connections
- Introduce participants to an ongoing process of recovery to achieve and maintain life stability

Veterans Court Services

- One-on-one judicial supervision
- Ready access to County Veterans Service Office and qualifying VA services
- Intensive probation supervision
- Substance abuse, mental health, family and other counseling
- Random drug and alcohol testing
- Medication monitoring and social services
- Employment and housing assistance
- Volunteer Peer Mentoring

Who is Eligible?

- Must have served in the U.S. Military
- Non-disciplinary discharge from the military
- Adult – 18 years of age or over
- Resident of one of the participating counties (team may waive residency requirement)
- Charged with a misdemeanor, gross misdemeanor or felony level offense (**non-presumptive** commit)
- Experiencing a treatable behavioral, mental health, or substance abuse problem substantially related to the offense.
- Consent of the prosecuting attorney for referral to the Veterans Court
- Defendant is willing to participate

Final determination for admission will be made by the Veterans Court Judge based on recommendations from the prosecuting attorney and other veteran’s court team members.

Veteran’s Court is a Partnership of

- U.S. Department of Veterans Affairs
- Fifth Judicial District Court
- County Attorney’s Offices
- County &, State Probation/Corrections
- Human Services Departments
- 5th Judicial Public Defender’s Office

- County Sherriff’s Departments
- City Law Enforcement
- MAC-V (Minnesota Assistance Council for Veterans)

For More Information, please contact:

Kevin Mettler
Veterans Court Coordinator
Fifth Judicial District Veterans Court
401 Carver Road
PO Box 3543
Mankato MN 56002

Phone (507) 469-5518
Fax (507) 304-4710

Kevin.mettler@courts.state.mn.us

Or visit us on the web at:

www.mncourts.gov/district/5/

~ MARTIN LUTHER KING JR.

**"From every mountainside,
let freedom ring."**

TRICARE FOR RETIREES

A note from Amber Graves, TRICARE Beneficiary Educator for Minnesota:

"I hope everyone is doing well! Just wanted to pass on some information that was released this morning. I have been briefing that this change is going to come for the past two years but we never knew what the payments would look like until now. The population that this affects is those retirees under 65 that joined the military prior to January 1, 2018. More information is sure to come on exactly how to sign up for the automatic payments but I wanted to get the information out to you as soon as possible."



"Feel free to pass the article below onto anyone that you feel that would benefit from the information. Also, if you haven't already, I would sign up for email alerts on www.tricare.mil so that you can get the most updated information. Please take out my contact information if you do pass it on but as always, let me know if you have any questions."

Changes Coming Soon for Some TRICARE Select Retired Beneficiaries

Starting on Jan. 1, 2021, TRICARE Select **Group A** retired beneficiaries must pay monthly enrollment fees in order to maintain their TRICARE health coverage. This is a change, and the first time this beneficiary group will pay enrollment fees.

"In 2021, some TRICARE beneficiaries will pay enrollment fees for the first time, a change mandated by Congress," said Dr. Danita Hunter, director of the TRICARE Health Plan at the Defense Health Agency. *"We're communicating this well before the change is*

implemented so beneficiaries can be informed about the change, as well as their TRICARE plan and cost options.”

Here are the key points you need to know.

What’s happening?

Retired TRICARE Select beneficiaries will have to pay enrollment fees. This change was mandated by Congress in the National Defense Authorization Act for Fiscal Year October 1 - September 30 2017. Congress granted the Defense Health Agency a delay in implementation to calendar year 2021.

Who’s impacted?

This change only affects Group A. If you or your sponsor’s initial enlistment or appointment occurred before January 1, 2018, you are in Group A. retirees and their family members enrolled in TRICARE Select. You’re in Group A if your initial enlistment or appointment or that of your uniformed services sponsor began before Jan. 1, 2018. Active duty family members enrolled in TRICARE Select will experience no change, and won’t pay enrollment fees.

This applies to me. When do I need to take action?

You must set up a monthly allotment through your Department of Defense (DoD) pay center, where feasible, for your monthly payments to start on Jan. 1, 2021. For sponsors who don’t receive funds through a DoD pay center, you can establish payments via electronic funds transfer, credit card, or debit card. Your [regional contractor](#) will soon issue instructions to set up payment.

What are the 2021 enrollment fees for TRICARE Select Group A retirees?

The enrollment fees will be collected via monthly installments from the sponsor’s military pay system where retired pay is disbursed.

- Individual plan: \$12.50 per month
- Family plan: \$25 per month

How can I stay informed and prepare for this change?

Visit the TRICARE Select Enrollment Fees page on the TRICARE website for updates and sign up for email alerts. TRICARE will inform you of specific actions you need to take in the coming months. Take command of your health and your health care benefits in 2020.

VERY IMPORTANT:

Don't forget to keep your family's information up-to-date in DEERS.

~ ABRAHAM LINCOLN

***"Government of the people,
by the people, for the people,
shall not perish from the earth."***

FREE PARENTING RESOURCES

Free resources to help Veteran and military families raising children

Veteran and military families, you got this! And **ZERO TO THREE** is right here with you as you ensure your young child thrives. The summer of 2020 is a summer like no other. How will you get through the summer while balancing the need to keep your child’s good health while social distancing? The tools and resources available from ZERO TO THREE just might be your answer. If you’re the parent of a young child or baby, we have lots of ideas, fact sheets, and apps to help as you care for your child.

I think a lot about my friend Katie, a Veteran with two children, 9 months and 3-years old. As a Veteran, she’s never been afraid to take charge and get things done. But with two strong-willed little ones who have their own ideas about what they want to do, it isn’t always easy to stay on task. Her 3-year-old questions everything and is always on the move, never afraid of anything, and is having a hard time being told “No.” Her 9-month-old is just the opposite – very laid back and “go with the flow.” How can two kids be so different?

Katie has found helpful resources on the ZERO TO THREE website. (www.zerotothree.org) She learned about how her children each have their own temperament and how that effects their interactions with her and with each other.

Then she discovered information on answering her older son’s questions about the pandemic and ideas for activities as they stay home more.

She also found information just for Veteran parents, including tips for self-care and transitioning from active duty military back into the community.

Katie also downloaded the free app, Babies on the Homefront. The app is filled with information and short videos about parenting military-connected young children, challenging behaviors, activities, and development. It even has an entire section on parental self-care. Her favorite activity is “Say It With Music.”

As you keep up with your own young children, remember to check out ZERO TO THREE’s Parenting Resources. You can find information on most early childhood-related topics, including temper tantrums, biting, and sleep, as well as great tips on early literacy and school readiness.

Partners

ZERO TO THREE has partnered with both the Department of Defense and VA to develop resources just for you, including webinars on caregiving.

At ZERO TO THREE, we know that early connections matter. You are helping your child to grow strong physically, cognitively, and emotionally. You got this! And

we are right here with you as you make sure your child thrives!

Jlila Yeary, LCSW, ACSW, IMH-E®



It is easy to take liberty for granted, when you have never had it taken from you. ~ Unknown

PURCHASING OR REFINANCING YOUR HOME?

From all the numbers I've seen lately now may be a good time to purchase or re-finance your home with a VA mortgage!



Why VA? First of all, you've earned it! Low or no down payment and many other perks. You can do

this in one of several ways.

Many local banks offer VA home loans and may do a great job but so often I've found that civilian lenders don't understand the forms, acronyms or the ins and outs of the loan process. This can certainly leave a bad taste in your mouth.

REFINANCING

If you already own your home and want to cash-out some equity or wish to make much needed improvements you can get a refinancing packet through our VA.

I've used an individual who not only understands the process but has years of experience dealing with the VA Home Loan process. The company is VA Loans Minnesota and the agent is **Brad Christensen**. He's quick, thorough and always seems to be available when I call.



You can reach Brad Christensen at 612-240-9922 or for more information go to www.valoansmn.com/Home

INITIAL FINANCING

If you are looking at purchasing a new home or building I had a Veteran give great reviews for another loan specialist who worked wonders for him.

Paramount Residential Mortgage Group (PRMG), Inc. is another mortgage broker.



PARAMOUNT RESIDENTIAL MORTGAGE GROUP, INC.

Ryan McGrath is a

Veteran and a loan officer for PRMG and has high marks from a local Veteran who just began the building process. He told me that Ryan is always available, regardless, to take your call. He understands the VA home loan process and is well versed in using it.

He can be reached by calling 651-503-4797. For more information go to <https://socialsurvey.me/pages/ryan-mcgrath> or <https://www.prmg.net/>

~ GEORGE BERNARD SHAW

"Liberty is the breath of life to nations."

CVSO INTAKE VISIT

The intake process is extremely important for gaining pertinent information about how you may be contacted, your military service and what you visited our office in reference to. (i.e. exchange war stories, check to see what benefits are available or to file a claim)

First of all, information we receive is confidential and will not be shared without your express consent. It's vital that the information we receive is correct and accurate so please be honest and do not leave anything out. If you remember something later that may be important please give us a call so we can add it.

With this said, any time there is a change in your life we need to update our records as well. (Including change of address, phone number e-mail, a birth, a marriage, a divorce, a death, etc.) Each change can have an impact on your benefits, additionally, with incorrect information it is difficult to contact you if we have to.

In the case of filing a claim we need three (3) things minimally to meet the VA criteria.

- 1) A connection to an incident during military service that caused the issue you want to make a claim for.
- 2) How has that issue progressed to your current situation? Has it worsened?
- 3) Statements and past records to help establish that it was indeed caused by your military service.

These three items together need to form a **NEXUS** before we can file the claim. If the claim is made and subsequently approved we need to continue to monitor it. If the condition worsens a new claim may be made to increase the limits already set forth by the approving authority.



In other words, we need you, as a Veteran, to be open, clear and honest when answering questions your CVSO asks you.

This process may be repeated other times when you call or visit to ensure we have the latest and greatest information available so we can better serve your needs!

Minnesota Humanities Center – Online Warrior Writers Workshop

Do you miss the interaction with fellow Veterans?

The Minnesota Humanities Center is hosting virtual writer's workshops for Veterans interested in exploring their voice and spending time with other Veterans.

The next workshop is Thursday, July 9th from 6:30 pm – 8:30 pm on-line.



Minnesota
Humanities
Center

The Warrior Writers Workshop provides a safe space for Veterans to tell their stories using

prompts and discussion about a variety of military issues and experiences. These workshops are free, and open to all eras, all branches, and all writing experience levels!

Once the workshop is completed there is an awards banquet, open to the public, scheduled for October 10th at the Wilder Center in St Paul. For more information and to register go to <https://mnhum.org/veterans-voices/award/>

For more information call or email Blake Rondeau at the Minnesota Humanities Center. 651-772-4248 blake@mnhum.org or online at <https://mnhum.org/veterans-voices/>



A section dedicated to just “stuff”, good “stuff” though!

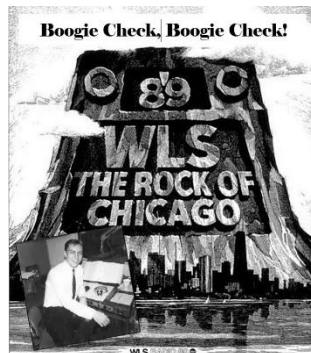
BUDDY CHECK!

Caring for others who may be homebound, suffer from PTSD, have an illness or are just a neighbor can be a very important lifesaving endeavor.

Back “in the day” I used to listen to a radio station out of Chicago. There was a late-night show called “Boogie Check”! Their opening catch line was “Boogie Check, Boogie Check, Uh-Uh” and it really caught your attention.

In the military we are always concerned about who’s got out “six” or our back. It was ingrained into us. Once we got out that can change. If you have family they generally have you “six” but if you’re alone it’s tougher.

Going back to the radio show I would like to change that to “Buddy Check, Buddy Check, Uh-Uh” to get the word out there that we have to stick together and watch each other’s “six”! There will always be a time when you need help too so it’s like a gift that keeps on giving!



COMMUNICATING CLEARLY

I remember grandpa telling me about the early phone systems they had “back in the day”. He was reminiscing right after they got their first push-button phone, great new technology!

He told me how they had to lift the receiver and turn the crank on the other side of the phone (*swiftly, and it cranked pretty hard*) to send a signal to “Central”, later known as “the Operator”. They would answer and you would ask them to “ring” so and so or give them a number which could be as low as one digit.

Everyone on that line would hear the distinctive ring. Maybe your ring was two shorts and a long and the party you were calling was four longs and a short. All the lines in that area were “party lines” and nosey neighbors could pick up and listen or join in to the conversation.

Now that was progress! No yelling, no smoke signals, no drums sounding, no short-wave signals, not Morse Code just static and real time voice!

He would be truly amazed today, especially with the wrist watch phone as it was only a dream in the “Dick Tracy” comics back then. And now you can see one another when you talk!



Communication is vital to us in order to exchange ideas, get things done, let others know how you feel, etc. Most important about communication is not the means we use to **purvey** it but the clarity

you must use to be sure that what you’re saying is understood.

BARRIERS TO COMMUNICATION

I communicate daily with people and the majority of this is vital to help them in any number of ways. If I do not communicate my intent with clarity I receive the same kind of information in return or people just shake their head without clearly understanding what I need or just said. I remember my mother once saying about a politician speaking one time, “I wish he’d just spit the marbles out of his mouth!” We’ve all been there...

- We need to speak clearly, to enunciate when we form our words. This includes not mumbling and, speaking loud enough to be heard.
- Speaking slowly allows the listener to hear what you’re saying better too. For a number of reasons speaking rapidly, or “machine-gunning” your words cause people to not hear or understand all of what you say.
- With that said, don’t run your sentences together, people need time to process what your saying.
- Look at the person/people you are speaking with so they can see your facial expression and your lips moving. This is also important to understanding not only what you’re saying but also the urgency in which you mean it.



- In the military we used the **phonetic alphabet** and 24 hour time to help our comms be clear. Well, It would be nice if we all used that

stuff via phone but that ain't gonna happen! A couple things to remember when talking on the phone:

- **Speak slowly** & enunciate
- **Use individual numbers** instead of conjunctions of numbers. For instance, using my number as an example, many people will rattle off a phone number by saying eight forty seven forty seven seventy four. This can be hard to understand when said fast, slurred or quietly. Relay it like 8-4-7-4-7-7-4, one digit at a time.
- **Using time can be somewhat** the same. If you say "see ya at eight thirty". Be sure you use AM or PM to verify the time frame or use military or 24-hour time to be sure you have it understood clearly. (1600 hours = 4:00 PM)

Last, but certainly not least as I'm now among those with **purportedly** selective hearing (*as my wife calls it*). Talking with people who are hearing impaired can be a challenge. I have a flier from MN DHS (*Department of Human Services*) that gives some very good "pointers" for this:

1. **DO NOT** eat or chew gum while on a call
2. **SPEAK DIRECTLY INTO THE PHONE** mouth piece or microphone
3. **SPEAK CLEARLY**, **enunciate** your words, do not mumble
4. **SPEAK AT A NORMAL PACE** – not too fast and not too slow
5. **DO NOT** shout!
6. **AVOID** acronyms or jargon (*Those can cause a real SNAFU and can FUBAR the whole conversation!*)
7. **BREAK DOWN WORDS** or numbers that are difficult to understand
8. **INTRODUCE ONE IDEA** or question at a time
9. **REPHRASE YOUR MESSAGE** if the person does not understand you
10. **IF THE PERSON IS HAVING DIFFICULTY** understanding you, ask, "What can I do to help you hear me?"

A couple others that I've experienced are:

- **TURN OFF OR LOWER** any background sound from radio or television.
- **CAUTION OTHERS** around you to speak softer or to refrain from speaking until you are through
- **DO NOT YELL** into the phone, you may be frustrated but so are they and they will become more so if you are yelling.
- **DO NOT REST THE PHONE**, or receiver of the phone, on your shoulder as it often times mutes the conversation by the mouth piece being covered by your neck or your clothing.
 - It's also bad for the **cervical** area of your neck/spine and can cause neck pain.

ABOVE ALL! BE PATIENT! ESPECIALLY IF THE PERSON YOU ARE TRYING TO COMMUNICATE HAS A SPEECH IMPEDIMENT

WRITTEN COMMUNICATION



As a side note, much of what is said above may also apply to the written word such as letters, text or emails. Use proper language skills and be cognizant of your spelling and grammar. Degrading or foul language is a downer and can render your main point lost as the person reads mostly the anger, temperament or tries to determine your intent by using that language.

Using large words as a means of proving your intelligence can backfire, especially when the words don't coincide with what their real meaning may be.

A NEW WORLD OF COMMS

Today we often hear terms like Video TeleConferencing, V-tel, Facebook video, FaceTime, Skype, Zoom and a whole array of other names. These are programs which permit us to see the person(s) we are talking with, video communication.



This has been a pseudo-popular means of communications, especially business, for quite some time but with the advent of the Coronavirus it has become very commonplace in the home too.

There are some downsides to this, however. One is that the caller can see your "raw beauty" if they call in the morning just out of bed. If you have a propensity to pick your nose while talking on the phone, well, jus' sayin', I've seen it! A telephonic "romantic" interlude can take on a whole new meaning too...

During the Iraq war it became immensely popular between servicemembers and their families. In my former position with a DoD program I worked with military families and we would set up events where families would come and each one would have some "air time" to visit with their loved one. It would also be a great means of camaraderie for the families.

Although this is a great platform for a more personal contact it can also have draw backs. A couple I was privy to included a soldier and his wife talking when a mortar attack "rocked their world". They lost their connection and the level of anxiety skyrocketed until comms were once again established. All was well except the rest of the conversation was from under a sturdy wooden table.

Another time was when two love birds were on a video chat and the one decided to provide a little "somepin' somepin' extra" to give her soldier. It didn't last long once she realized a bunch of his buddies had

snuck up behind him and was also “getting the show”. Guidelines were changed soon after that...

I was also involved in the birth of a soldier’s baby through video teleconferencing and also stood in for another soldier as proxy when they married. No! I did NOT kiss the bride or consummate the newly formed union!

This communication is available over your computer, notebook, tablet or smart phone and has given personal communication a whole new meaning. I talk with grandkids now and can see the pictures they’ve drawn me and help with homework (*limited help, man they sure teach different nowadays!*).

Yes, the proverbial “but” or “however”... Always keep in mind that any communication you do on-line may not be totally secure and others may be “on-the-line” too. Limit anything that may be sensitive, especially if you are speaking with your servicemember overseas. In the military it’s referred to as OPSEC (*OPerational SECurity*).

~ RICHARD FORD

“Only sometimes you can't feel anything about a subject without hypothesizing its extinction.”

WORDS & STUFF GLOSSARY

postulate Suggest or assume the existence, fact, or truth of (*something*) as a basis for reasoning, discussion, or belief

virtuous having or showing high moral standards

hypertext Hypertext documents are interconnected by hyperlinks, which are typically activated by a mouse click, keypress set or by touching the screen

non-presumptive Not providing grounds for reasonable opinion or belief

purvey spread or promote

phonetic alphabet systems of identifying letters of the **alphabet** by means of code words in voice communication

enunciate say or pronounce clearly

purportedly as appears or is stated to be true, though not necessarily so; allegedly

cervical relating to the neck, "the fifth cervical vertebra"

Dick Tracy American comic strip about a tough and intelligent police detective created that made its debut on Sunday, October 4, 1931 in the [Detroit Mirror](#)

NEXUS a connection or series of connections linking two or more things

CS chamber

A room that has a controlled concentration of **CS** gas (*tear gas*).

~ RONALD REAGAN

“Freedom is never more than one generation away from extinction.”

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

1-800-273-8255

NATIONAL PROBLEM GAMBLING HELPLINE

1-800-522-4700



OR TEXT TO “838255”



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

These are web addresses which can help you, entertain you and keep you abreast of news, views and changes in benefits. Keep an eye out 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 INTERST

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
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

OTHER 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/

VETERANS MALL, LODGING & VACATIONS

Armed Forces Exchange	www.aafes.gov *
Armed Forces Lodging	www.dodlodging.net/ *
AF Vacation Club	www.afvclub.com



"WHO YA GONNA CALL?!"

From time to time you to call for help. Besides local CVSO the numbers below be helpful for you to call direct!



need your may

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
114 th FW, Sioux Falls, SD	605.988.5845
1201 W. Algonquin St.	
196 th 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. 17 th 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

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 Haugum
204 E. Brown St.
Luverne, MN
507.283.5061

dave.haugom@co.rock.mn.us



WWW.MACVSO.ORG



COVID'S STILL HERE!

The world is still struggling with the advent of our "New Normal"! It's not just Minnesotans who are suffering the effects, it's the world's population.

None of us like the restrictions or the guidelines that we are given to follow but we like being ill even less!

As human beings we have all had to do things we don't enjoy (*changing diapers comes to mind for me*) but as Veterans we got used to being ordered to do things we didn't necessarily care for. (*The CS chamber for one, and all the "busy work" we were assigned so we weren't able to sit and be 'bored'*)

In this time of Covid it's up to us to follow the guidelines set forth by doctors and our government in attempt to mitigate the disease and maybe win the battle against it.

Yes, it is a battle, fighting an enemy you can't see. In this case, if you haven't suffered or seen any of the effects, you tend to let your guard down and one day it will take aim on you. Or me Or someone we care for,

SOCIAL (A.K.A. Unsociable) DISTANCING IS TOUGH!

We are a social society and limited human interaction takes its toll on us. It's really hard to social distance but it's not impossible. Get over your pigheaded personal ideals and bias's and just do it! Do it for you and for those around you. Don't be "that guy"!

BUT WEARING A MASK IS SUFFOCATING!

I don't disagree and I take mine off as much as I can, especially as I think back to that good old CS chamber in basic training! But when I do wear it I wear it for myself and those around me. I would hate to be the person responsible for other's suffering by transmitting the disease as I breath or cough. True, they say a mask won't prevent you from getting the disease but it will limit exposure by reducing the coverage area of your breathing and coughing.

Many of us are in that risk group of being older, having diabetes and/or heart disease. It truly scares the hell out of me.

Many people I've spoken with argue that's it's their decision whether to wear a mask or not. Well, that's also telling me that you feel it's your decision whether or not to infect someone else if you happen to be a carrier. **Don't be selfish**, look out for the wellbeing of others. I make a choice too, mine is to live as long as I can so don't impede my good health with your germs and personal stubbornness.

"WISHY WASHY" ABOUT WASHING YOUR HANDS?

I've been told that cleanliness is next to, well, you've all heard it too. In the case of Covid you can never be too "clean"! I'm not a "germaphobe" but I do think about what might be lurking on the hands I eat with before I wash. I also think about all those I have seen in the public restrooms who don't wash after "performing their personal duty", or the small kids coughing on and wiping their noses with their hands and then sitting in the child seat (*hopefully with non-leaking diapers*) on the shopping cart grasping the push handle. Those are just a couple of examples, I think you get the picture...

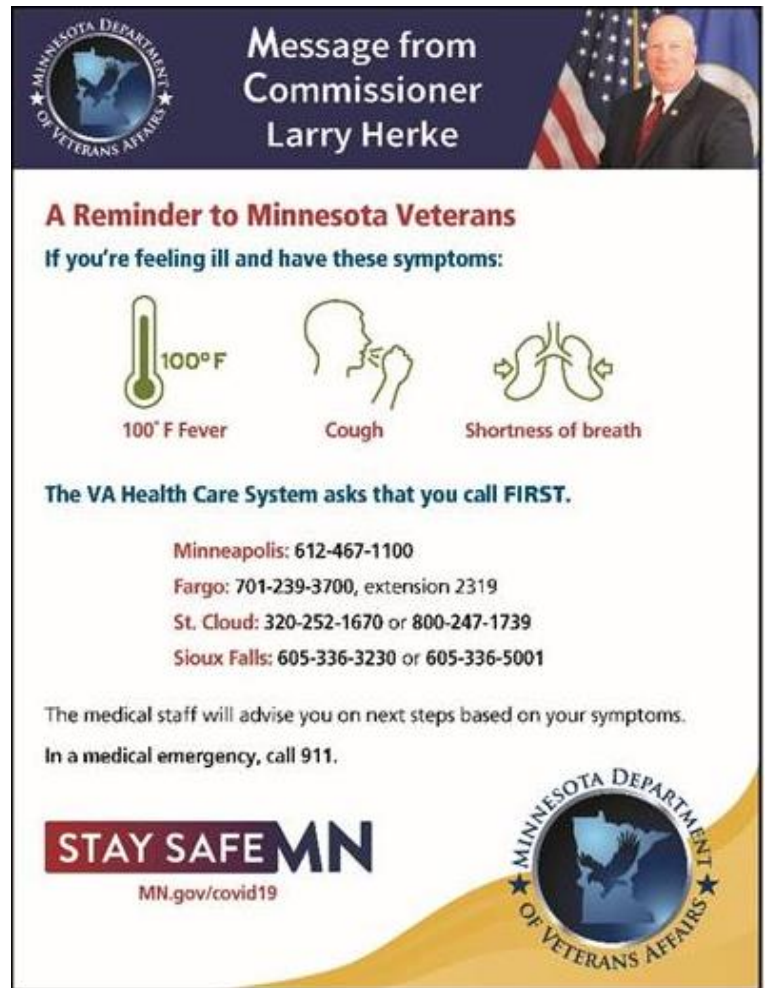


STAY HOME! HOME IS WHERE THE HEART IS (and fewer threats of being coughed on are)



If you're sick, stay home! Its Common sense... However, if you do go out, social distance as much as you can. Maybe stay away from resort areas as much as possible. Since Memorial Day there's been another uptick in cases, especially in these areas. When I went through Okoboji, IA the other weekend I noticed the decks at the bars and the beaches were full leaving no room to distance.

**ALL IN ALL, IT IS YOUR CHOICE WHAT YOU DO BUT PLEASE
THINK OF THE REST OF US WHEN YOU MAKE THAT CHOICE!**



**Message from
Commissioner
Larry Herke**

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

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