



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 3

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

March 2020

This publication is for Veterans, their families and their communities, compiled solely by the Jackson County Veterans Service Officer. The information provided herein is to keep you informed of upcoming 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](mailto: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!

## Why it's important to keep us updated!

You would think that in this age of information keeping track of people would be easy. Well, it's not! When you move or change your contact information it's not magically changed everywhere. This can cause some problems for all of us!

If I were to send a mailer to you and had an obsolete address the mail would either be returned to me by the USPS or it may be picked up by the new resident of that address and end up in the trash. In either case, if it's something important for you the chances are slim that you'll ever receive it.

There was a case in the Metro where a Veteran had done all the right things to update the VA but some of their data bases did not get it and therefore an important letter to her was not delivered. This letter was an exam appointment which was needed to continue her level of service connection.

Ergo, she did not show at the appointment and her rating was reduced to 0% at a substantial loss of her monthly income. She was nearly evicted from her home and her and her daughter were nearly homeless. It took a lawyer to correct the issue proving blame onto the VA. In some cases the money may have to be paid back depending where in the process the decision was made.

In any case just remember to keep our office informed of a change in dependency status, address, phone, e-mail, etc. We will make sure the VA is aware of the change. **OR! YOU CAN UPDATE YOU CONTACT INFO. ONLINE!**

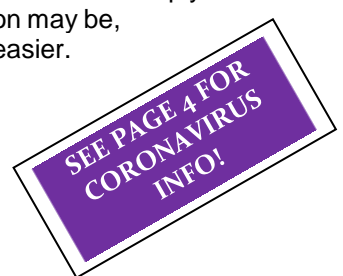
Moving? Taking an extended vacation? New phone number? Simply want VA to reach you at a different address? Whatever the reason may be, VA just made updating your contact information much easier.

First, Login to [www.VA.gov](http://www.VA.gov)

1. Login to VA.gov
2. Click on your name at the top right.
3. Select profile
4. Click on edit for anything you wish to change
5. Make your edits, and click update

**However,** this won't work for all VA databases...yet.

- For education benefits: Call 1-888-GIBILL-1 (1-888-442-4551) Monday through Friday, 8:00 a.m. to 5:00 p.m. (ET)
- For home loan benefits: Call 1-877-827-3702, Monday through Friday, 8:00 a.m. to 6:00 p.m. (ET)
- For Veterans' Mortgage Life Insurance: Call the VA Insurance Center (VAIC) at 1-800-669-8477, Monday through Friday, 8:00 a.m. to 6:00 p.m. (ET)



(Continued on Page 2)

## SPECIAL DAYS

**March is:** Month of the Military Caregivers;  
Irish American Month and Red Cross Month

- 1 – Peace Corps Day
- 2 – **Jackson VSO “Traveling Office” at Lakefield, MN**
- 3 – National Anthem Day & Navy Reserve Birthday
- 4 – ‘HUG A GI’ Day
- 5 – Seabee Birthday

**8 – DAYLIGHT SAVINGS TIME BEGINS!**

- 11 – Homeless Day on the Hill (State Capitol)
- 13 – Friday the 13<sup>th</sup> Day... & K-9 Veterans Day
- 15 – Ides of March

- 16 – Freedom of Information Day
- 17 – St Patrick’s Day! & Submarine Day
- 19 – Vernal Equinox (First Day of Spring)

- 20 – Earth Day
- 25 – World Agriculture Day
- 29 – Vietnam Veteran’s Day



**VIETNAM**  
**VETERAN**



Your Jackson County CVSO will be on the KKOJ Morning Show the **2<sup>nd</sup> 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...

## UPDATING YOUR INFORMATION

(CONTINUED FROM PAGE 1)

- For prescriptions: Address updates via VA.gov will change your VA pharmacy, labs, appointment reminders, and postal mail from your VA medical center.

This new feature is one part of an improved, personalized digital experience. But it’s also making a big, data-driven impact.

More than 17 million Veterans have contact information of some kind housed in Veterans Benefits Administration (VBA) data centers, and 12 million Veterans in Veterans Health Administration (VHA) data centers. This data wasn’t always up-to-date, and the systems did not talk to each other. Previously, a Veteran could have a different address at both, making it difficult for the VA to keep in contact.

### How do I change my address in my VA.gov profile?

1. **Sign into va.gov** with your DS Logon, My HealtheVet, or ID.me account. If you don’t have an account, you can create one now.
2. **Verify your identity when prompted**  
We need to make sure you’re you—and not someone pretending to be you—before we give you access to your personal and health-related information. This helps to keep your information safe, and prevent fraud and identity theft. Read [FAQs](#) about verifying your identity at [www.va.gov/sign-in-faq/#verifying-your-identity-on-vaq](http://www.va.gov/sign-in-faq/#verifying-your-identity-on-vaq)
3. **Go to your VA.gov profile**  
Go to [www.va.gov/?next=%2Fprofile%2F](http://www.va.gov/?next=%2Fprofile%2F). Once you’re signed in, you can find your profile by clicking on the icon with your name in the top right corner of any VA.gov page.
4. **Edit your address**  
Click **Edit** next to each address you’d like to change, including your mailing and home address. Or if you haven’t yet added an address, click on the link to add your address. Then fill out the form and click **Update** to save your changes. You can also add or edit other contact, personal, and military service information.

Now, once the contact information is updated in one data center, it will be synchronized with VA systems across the country, including major VBA and VHA data centers. In fact, since deploying this new capability, VA has updated, cleaned up, or authenticated contact information for more than 2.4 million Veterans, ensuring that Veterans are being contacted faster, and where they want to be.

Does VA have your updated contact information? Check now on VA.gov. go to [www.va.gov](http://www.va.gov) and click “Sign In” at the upper right-hand corner of that page. You will need one of the following to do so: (If you aren’t already enrolled in one of the below please go to the associated link below to enroll)

- **DS Logon**



<https://myaccess.dmdc.osd.mil/identitymanagement/registration.do;jsessionid=yi5C7vKGEf5mSvl9OqXqGnxt?execution=e1s1>

- **My HealtheVet sign on**  
[www.myhealth.va.gov/mhv-portal-web/user-registration](http://www.myhealth.va.gov/mhv-portal-web/user-registration)
- **ID.me**  
<https://api.id.me/en/registration/new>

### REMEMBER...

If you are reading this online and see items that are shaded blue and underlined, these are **hypertext** links to more information online! If you see one go ahead and press the "Ctrl" and "Enter" keys together (or just Click with your mouse.

## INS AND OUTS OF YOUR CVSO

Jeffrey L. Gay

You've probably experienced a time or two that you have stopped in or called and I'm not in the office. Yeah, I know, that can certainly be frustrating... Nonetheless, there is a valid explanation to this, well, I think it's valid...



First of all I am restricted to 25 hours per week so the schedule I have posted accommodates that number of hours weekly (or weakly, open for personal definition).

My duties as VSO include much more than sitting in an office working with Veterans although that's ultimately paramount to the position. I also have other duties and responsibilities which take time from my schedule and they include:

- **TRAINING** – Yes, I am still trainable, mostly! CVSO's have periodic training meetings to keep us abreast of changes and new laws concerning Veterans.
- **OUTREACH** – To meet and greet the community is how we "educate" everyone about the VA and it's benefits as well as what else we do for Veterans and their families. It also provides us the chance to interact with Veterans who may never think about coming into the office.
  - Trade shows
  - County Fair
  - Parades
  - Community Celebrations
  - Radio Interviews (Monthly)
  - Remote Location Office one day monthly
- **MEETINGS** – There are meetings which occur occasionally that I may be involved in such as Regional business meetings, VA stakeholder meetings, County Office Meetings, etc. Some meetings are attended on-line at my desk but in essence I am unavailable during that time.
- **PERSONAL TIME OFF** – I am fast becoming the colloquial term of "old guy"! Ergo, I seem to have more medical check-ups and exams than I like. I try to schedule them on off days but occasionally I am unable to and need to flex time from the office.



For these reasons I have published my cellular phone number [507-530-8378] to accommodate you! **What does that mean?** Well, even with 25 hours a week it means that I am still available 24/7 for you to call me to talk or to set up an appointment. Use (but don't abuse) my cell phone to your advantage...

I hope that this explains to you that I am not a slacker but do try to attend to your needs the best I can with what I'm given. Please understand this and, if you would, cut the "slacker" some slack and call me any time!

### POSTED SCHEDULE

*(It is preferred that you call ahead to schedule an appointment)*

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

**FIRST MONDAY MONTHLY**  
Lakefield Library from 1pm – 3:30pm  
*(Jackson office closed during that time)*

**AFTER NORMAL HOURS**  
**AVAILABLE VIA CELLULAR – 507-530-8378**  
Evening & Weekend Appointments may be considered on a case by case basis to better accommodate you and your needs.

**LET'S ALL STAY INFORMED**  
Family Members are encouraged to call too if they have a concern or may accompany you to your appointments so everybody is in the know!

### NEW VETERANS SERVICE OFFERED!

by Jeffrey L. Gay, CVSO

As we continue to find creative ways to do business we often come across new ways to help the Veteran. Here is another offering to provide to the Veteran at no cost!

Keeping track of that stack of paper you receive from the military you acquired over your years of service can be difficult at best. You never know when you might need something that's included in that pile not to mention finding a safe place to store it.

The days of microfilm or microfiche have passed up by, now we scan and digitize. Once done it's easy locate and print a paper copy of the document you need plus the information is easier to store!



This office will soon be digitizing the records we have on hand to make them easier to access, maintain and store. The process is simple (unless you're like me and have a record the thickness of the Sears Roebuck catalog) and can be done with records we have of hand and some that you may still have at home.

The paper documents will be scanned and stored on our server but we may also take your record, copy it on a CD and you can take it home with you. The CD is much easier to store even fitting it in a safe deposit box. Unlike paper, if a CD



gets wet we just wipe it clean and still have the documents ready to view or print out.

If you're interested in this please give me a call and schedule a time to bring your records from home! In most cases you'll leave with the CD copy in your pocket!

## CORONAVIRUS vs COMMON FLU

Commentary by Jeff Gay



Each time there is a new viral threat many of us become concerned and scared. Rightfully so! However, take a pause and check the facts and the sources... We survived the swine flu, Legionnaire's disease and the bird flu getting past the hysteria caused by news media and people who talked without being educated.

Influenza has been around seemingly forever. We know the 'season' and take all things in stride. We have a weapon, the flu vaccine but we need to take the initiative to go get it and make sure our families are vaccinated. I understand it's a choice but choose the shot, don't let the conspiracy theorists make up your mind. You're smart and you can research it yourself.

The influenza vaccine will not, as far as we know, protect you in any way from the Coronavirus, however it may lessen the effects. It will also protect you from the flu itself and lessen the effects of that if you do get the flu.

For most of us the flu is an afterthought and we just do what grandma did for mom and what mom did for us. No really big deal (*although it is a deal*). Now we are hit with the Coronavirus.

To date there is no approved vaccine for the Coronavirus that I have heard of, no weapon to combat it except what we have in our own personal arsenal. These include common sense, staying informed and educated, following the direction of our doctors and the CDC and not panicking.

What are the symptoms? The symptoms are much like that of the common flu. With the flu so prevalent this time of the year many might mistake one for the other. If in doubt call your physician.

Before you become overly worried as news reports are received, take the time to "dissect" the report to define fact from fiction, check the facts. [www.CDC.gov](http://www.CDC.gov) is a great place to start!

Essentially, protecting yourself from this malady is the same as protecting yourself from the flu. Wash your hands regularly, try not to touch your mouth or face with your hands, use antibacterial wipes or spray to sanitize surfaces. Oh yeah, **GET YOUR FLU SHOT!**

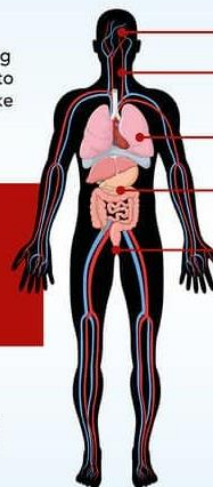
You can also protect yourself by avoiding or limiting contact with others who may have an illness, avoid large crowds and travel if you can and "sharing" others bodily fluids should be limited or, preferably, non-existent. If

you're a hugger or kisser when greeting, **STOP IT!** OK, at least limit yourself...

Handshaking is also something you should avoid. If it is unavoidable wash your hands as directed or use an antibacterial hand cleaner. If you're shopping have antibacterial wipes available to clean the surfaces of the shopping cart you use. Don't forget your vehicle's steering wheel too.

## What is Coronavirus?

Coronaviruses are a large family of viruses that cause illness ranging from the common cold to more severe diseases like pneumonia, MERS and SARS



### COMMON SYMPTOMS

- Fever
- After 2 to 7 days develop a dry cough
- Mild breathing difficulties at the outset
- Gastrointestinal issues
- Diarrhea
- General body aches

### SEVERE SYMPTOMS

- High Fever (100.4°F or higher)
- Pneumonia
- Kidney failure
- Death

### TRANSMISSION

Coughs or sneezes from infected person or touching contaminated objects

Last, there has been a lot of fuss about face masks. They protect in different ways. The common mask you can get will protect others from you breathing out most germs but will NOT protect you from breathing them in. There are masks you can purchase that are unique to certain contagions but may not be cost effective.

In any case, good luck to all of us. Be concerned but don't make it worse than it is, use common sense when listening to the news and please don't add to the panic by spreading inaccurate information to others, **this is not considered a pandemic! Jus' be cool, dude!**

**STAY INFORMED! CHECK THE NEWS SOURCES...**

## VA TOGETHER WE CAN PROGRAM

VA Official Release

VA Releases "Together We Can" Information Sheets on Keeping Families Safe in Homes with Firearms and Prescription Opioids. These sheets provide Veterans, their families, and caregivers with resources and steps to take to keep their home environments safe.

The U.S. Department of Veterans Affairs (VA) has added two new information summaries to its Together We Can series: "Safe Home Environment" and "Staying Safe on Prescription Opioids." In cases of increased risk of suicide, the home can become a dangerous place very quickly. Keeping the home safe from firearms, medications, and other potentially lethal items through safe storage can help protect children or grandchildren and help prevent accidents or injuries from occurring.

**“Safe Home Environment”** informs Veterans and their families about how safely storing firearms, prescription medications, and other potentially harmful items can enhance safety and reduce the likelihood of accidents or dying by suicide. For example, using gunlocks and safes can build in additional time and space between an individual and a firearm during a moment of crisis. VA’s [recent literature review](#) states that people who kept their firearms locked or unloaded were at least 60 percent less likely to die from suicide compared to those who stored their firearms either unlocked, loaded, or both. Veterans and families can learn about safe storage options and practices at the [National Shooting Sports Foundation](#).

**“Staying Safe on Prescription Opioids”** focuses on opioid misuse and steps Veterans can take to stay safe while on prescription opioids. This information also highlights the importance of having open and honest conversations with your health care provider regarding family history, risks or possible risks for overdose, and avoiding unsafe use of prescription opioids.

**Read the full information sheets** and access more useful resources by downloading and sharing the Together. [www.mentalhealth.va.gov/suicide\\_prevention/resources.asp](http://www.mentalhealth.va.gov/suicide_prevention/resources.asp)

**EDITOR’S NOTE: Don’t forget that you can dispose of (and it’s recommended) your old medications at the Sheriff’s Office. There is a box in the lobby. It’s against the law to flush them down a toilet or drain.**

## **PROPERTY TAX BREAKS FOR YOUR POST**

Our Veteran organizations are always looking for a means to keep the doors open and remain viable. They have always been a center to their communities and have done many wonderful things for its citizens as well as our Veterans.

**With the decline in membership** numbers every little bit helps. So many Posts have closed their doors in the past few years and there are many more I’m sure are contemplating it. Doing so would be an injustice for the Post and for the community so we must find every means we can to stay strong!

**If you did not know**, your Post may qualify for a special classification for real estate taxes. Bellow is some information concerning that and [the official fact sheet is on the final page of this month’s newsletter](#).

**For additional information** you can contact your local county assessor’s office.

**To qualify for the special classification**, the law requires that the organization must make annual charitable contributions and donations in an amount that is at least equal to the previous year’ property taxes (*excluding state general tax*) and that the organization must allow the facility to be used for public and community

meetings or events at no charge as appropriate to the size of the facility.

**As I understand it**, ALL Posts are required to file and submit three forms. These forms are:

1. *Form CR-NCSO – Application for Class 4c(3)(ii) – Nonprofit Community Service Organizations*
2. *Form CR-DR – Record of Charitable Contributions and Donations: Lawful Purpose Expenditures*
3. *Form PTA – Application for Property Tax Abatement*

**PROCESS** - The process begins with the submission of the first two forms to the county assessor office and this must be done annually, *for example*: for 2019 data by April 24, 2020.

**Once these forms are submitted** the PTA form can be submitted to obtain the 1 percent tax reduction, after the assessor’s approval. The PTA form does not need to be submitted annually.

### **NOTE:**

- The PTA form when submitted the first time, does not need to be resubmitted annually thereafter. The purpose of this form is to change the rate level from 1.5 percent to 1.0 percent. A one-time transaction.
- The first two forms need to be submitted annually and I suggest the Post finance officer or Post adjutant use the Form CR-DR as a working tool throughout your fiscal year and record the contributions and donations as they occur.
- Then at year end, complete the Form CR-NCSO and submit both forms to your county assessor.

*(Continued on Page 11)*

## **TELEHEALTH VS. TELEMEDICINE**

By Jeffrey L. gay

**It’s a marvelous world we live in**, technologically anyway. The technology we share now days offer so many opportunities (and maybe a few frustrations too) that our parents never had. There is so much that have bounded past the realm of fiction since Jules Verne’s novels, the “Dick Tracy” watch and the Star Trek communicator.

**Telehealth** involves the distribution of [health-related services](#) and information via electronic information and [telecommunication technologies](#). It allows long distance patient/clinician contact and care, advice, reminders, education, intervention, monitoring and remote admissions.

**Telemedicine** is sometimes used synonymously, or is used in a more limited sense to describe remote clinical services such as diagnosis and monitoring. When rural settings, lack of transport, lack of mobility (*i.e. In the elderly or disabled*), decreased funding or lack of staffing restrict access to care, telehealth can bridge the gap.

**Another term for these may be “eHealth”** describing all aspects of utilizing the various forms of electronic communication for providing health care. The VA also



uses the term “vTel” (short for video teleconference) for these services.

However, technology provides us with various other uses for what began as “TelePhone” and “TeleVision”. Combinations thereof include “TeleConferencing”, “TeleCommunting”, “TeleMarketing”...

To bring it all together took the technology of increased speed of communication plus the advent of the Internet. This brought forth “Skype”, “FaceTime” and other such means of communication as well as VOIP (Voice Over Internet Protocol) communications which is slowly making the wired telephone an endangered species. Cellular technology may also be crowding out business band radio.

**OK! OK! I GUESS I GOT A LITTLE CARRIED AWAY!** The purpose of this article is to promote the VA’s TeleHealth program to save time and mileage for simple medical or psychological consults.

You can talk with your provider from the comfort of your home, or anywhere for that matter, if you have an Internet connection. You may use TeleHealth via your home computer, laptop, tablet or cellular phone. We also host a computer workstation for Veterans to use and are able to connect with TeleHealth in our office! For more information please call me and set up a time!

## **VA VIRTUAL EXAMS**

From VA Blog Site

Select locations to offer virtual exams for Veterans  
**ATLAS** provides ‘Patient Centered Care’ for Veterans

VA is teaming up with Philips, Veterans of Foreign Wars (VFW), the American Legion and Walmart to provide telehealth services with Project Advancing Telehealth Through Local Access Stations (ATLAS).



ATLAS allows Veterans to be examined at their local Veterans’ service organization post, or Walmart, through virtual appointments with medical professionals across the nation – providing Veterans convenient access to care closer to home.

The sites offer health care services that do not require hands-on exams such as primary care, mental health counseling, clinical pharmacy, nutrition services, social work, and more. It is up to the local VA Medical Center to decide which services to offer.

While there are no VA employees based at ATLAS sites, there is an attendant on-site who will provide Veterans with information, assist them with getting started, troubleshoot any technical issues, and keep the space clean. The attendant will not be present once the appointment begins nor have access to Veterans’ medical information.

Veterans meet with VA providers through VA Video Connect, VA’s secure videoconferencing software. There

is no copay for VA Video Connect appointments, whether at an ATLAS site or otherwise. VA providers may prescribe most medications for Veterans during appointments at ATLAS sites.

Veterans interested in this program are encouraged to contact their local VA medical centers to determine service availability in their local area. For more information on VA’s telehealth programs, visit [www.telehealth.va.gov](http://www.telehealth.va.gov).

### **Contacts**

Please use the contacts below for ATLAS questions that are location specific. These individuals will only be able to assist with ATLAS specific questions for their designated areas. For all other questions, call VA311 (844-698-2311) or the White House VA Hotline (1-855-948-2311). For more go on-line to:

[www.blogs.va.gov/VAntage/71036/select-locations-virtual-exams-veterans/](http://www.blogs.va.gov/VAntage/71036/select-locations-virtual-exams-veterans/)



## **TELEHEALTH NOTE**

*Your local Jackson Veteran Service Office has the telehealth capability here. All you have to do is schedule an appointment with your provider, coordinate that with the VSO and use the equipment in the office.*

*I’ve used the service on-line to see some of my providers out of the Spirit Lake CBOC saving me time and money to travel. In most cases you will see your normal care providers.*

*Additionally, you can do this from home, work or at the coffee shop with your tablet or smartphone and a good Wi-Fi connection!*

## **BIZNESS BUZZ**

VSO Jeffrey L. Gay



This is a section that I hope to continue monthly to help you, as a Veteran and businessperson, to become successful! I am no expert but the information herein is compiled by mistakes I’ve learned from over the years as well as articles from professional organizations providing guidance.

Are you tired of working “for the man” and want to be your own boss? Do you have an idea? That’s where all plans come from, an IDEA but it’s still up to you to make it happen!

## **BILL PASSES TO PROVIDE SERVICE DOGS FOR VETERANS WITH PTSD**

A decade-long effort to have the Department of Veterans Affairs provide service dogs to veterans with mental health issues passed a major hurdle with House passage February 5<sup>th</sup>. The Puppies Assisting Wounded Servicemembers, or PAWS for Veterans Therapy Act,

Jackson County Veteran Service Office March 2020

would have the VA create a 5-year pilot to give grants to one or more organizations to train and provide service dogs to veterans with post-traumatic stress and other post-deployment mental health issues.

For more information go on-line to:

<https://gonzalez.house.gov/media/press-releases/congressman-gonzalez-votes-approve-bipartisan-puppies-assisting-wounded>



To be fair and all inclusive you must remember that "GI" refers to ALL branches of the military service and not just the Army as many believe. As a Servicemember we are all GI (Government Issue)!

3. Candidate said he never finished high school because he was kidnapped and kept in a closet in Mexico.
4. Balding candidate excused himself and returned to the office a few minutes later wearing a hairpiece.
5. Candidate announced that her long-term goal was to replace the interviewer.
6. Applicant interrupted the interview to phone her therapist for advice on how to answer specific interview questions.
7. Candidate dozed off during interview.
8. An applicant challenged the interviewer to an arm-wrestling contest.
9. Applicant refused to sit down and insisted on being interviewed standing up.

Here are some strange things applicants admitted during an interview:

1. "Sometimes I feel like smashing things."
2. "I think I'm going to throw up."
3. "Why aren't you in a more interesting business?"
4. "What are the zodiac signs of all the board members?"
5. "Why do you want references?"
6. "I know this is off the subject, but will you marry me?"
7. "Does your company have a policy concerning concealed weapons?"
8. "Will the company move my rock collection from California to Maryland?"
9. "I feel uneasy indoors."
10. "I feel fascinated by fire."

### [8 Important Resume Points - Military.com](#)

The military taught you their way of doing everything from making your bed to doing your job. The civilian world also has its rules and regulations, but there's no basic training to teach you how to be a civilian employee, and the rules aren't always clear. Resumes are especially precarious; even most civilians have a difficult time understanding how to write them well and catch the eye of hiring managers. While you should be as much research on the subject as you can, here are the top 8 resume items that recruiters notice immediately.

**1. Most Recent Role** – Your resume might be two pages or half of one, but what catches every hiring manager's eye is your current or most recent role. Why? Because it tells them what professional framework you're coming from. You might be hopping roles within the industry from one company to the other. Or, you might be coming from somewhere completely different. It's important to keep this in mind when writing your cover letter and tweaking your line items under the first role. If your most recent role matches the job you're applying for, then you need to emphasize how much expertise you've accrued over the years. If you're jumping into something completely new, try to cater your experience to the new position, and make sure that you clearly define why you're switching and how you'll benefit the new company.

## INTERVIEWS/RESUME'S

### HE/SHE SAID WHAT??????

People will say the "darndest" things when they're under pressure - especially in an interview situation.

Below are some interview responses that were posted on Military.com.



No matter how much pressure you're under, you might want to avoid using these answers or behaviors during an interview. In fact, if you've used any of these tactics, it might be better to not say anything at all and just sit still.

Here are bizarre interview behaviors for your enjoyment, according to Funny2.com:

1. A candidate announced she hadn't had lunch and proceeded to eat a hamburger and French fries in the interviewer's office.
2. Interviewee wore a Walkman, explaining she could listen to the interviewer and the music at the same time.

**2. The Names of Your Previous Places of Work** – Big names are recognizable and may influence how a hiring manager views your work experience. If you worked at a retail outlet known for professionalism and décor, they might assume that you have great customer service skills. If you worked for a startup that floundered for a year then crashed, they might believe that you have a strong work ethic and no how to juggle multiple roles. There are no guarantees to how someone might view your resume based on the companies you worked for, but keep their reputation in mind when composing a cover letter or in an interview.

**3. Work Experience** – Although a lot goes into a resume, your work experience serves as its core. Hiring managers want to see if your experience matches their expectations for the role. For many positions, it's important for them to see that you've steadily progressed over time. Promotions and other advances within a company speak to your drive and work ethic. While lacking progression in experience won't outright destroy your chances at landing a job, it can make your attempt a little more difficult.

**4. Keywords and Phrases** – Clear and concise writing is always the rule when it comes to resumes, but the digital age has brought about a new resume standard: keywords. It might seem impersonal and robotic, but keywords help employers easily identify how in-the-know an applicant is. Just like the military has unique jargon that only other troops would know, civilian industries tend to feature terms that only other professionals would know. Featuring these types of keywords on your resume help employers mark you as someone who's in the know. Even if you don't have much experience in your potentially new profession, do some research online and figure out how to talk the talk.

**5. Gaps in Experience** – If you've formatted your resume well, it shouldn't be hard for hiring managers to find gaps in your work history if there are any. Like anything else, these aren't inherently bad. Maybe you took time off to raise a baby, or you tried your hand at running your own company. If you don't have a stellar explanation as to why, the best thing you can do is be honest about the gap, even if you don't want to discuss the details.

**6. Digital Trail** – While it won't be immediately apparent on your resume, employers will be able to use the information you put down to discover more about you online. Something as simple as a google search can yield a plethora of information, and many employers have tools that go beyond basic search engine functionality. Always monitor how you appear on public search engines, and manage your social media accounts for anything that might damage your potential as a candidate. Beyond eliminating the bad stuff, think about how you can use your public info. as a way to showcase who you are.

**7. Where You're Located** – Why do you put your address at the top of your resume? Because employers need to contact you, but they also need to know where you live. If you're living on the West Coast and are applying for jobs in Virginia, employers need to consider the logistics of

moving you, and possibly your immediate family, across the country.

**8. Your Ability to Organize** – Are your soft business skills up to date? The formatting of your resume will help broadcast the answer to that question. If your resume isn't formatted to be clear and concise, you'll quickly lose points with most hiring managers.

## WORDS & STUFF GLOSSARY

<b>ATLAS</b>	Advancing Telehealth Through Local Access Stations
<b>DS Logon</b>	Defense Services Login (for entering government websites safely)
<b>FAQ</b>	Frequently Asked Questions
<b>Hypertext</b>	Hypertext is a link that is a selectable connection from one word, picture, or information object that will take you to another website.
<b>VAIC</b>	VA Insurance Center
<b>VBA</b>	Veteran's Benefits Administration
<b>VHA</b>	Veteran's Health Administration
<b>VOIP</b>	"Voice Over IP" is a method of essentially using the Internet as your telephone provider talking via use of Internet band-width.
<b>vTel</b>	A form of video conferencing

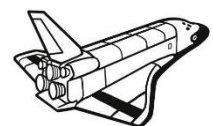
## U.S.A.F. SPACEFORCE

**Statement from Space Force Vice Commander Lt. Thompson** asserted that "they (*the men and women serving under the Spaceforce*) will **NOT** be called 'spacemen'." However, it had also been rumored that someone commented on calling the Spaceforce trainees "Space Cadets". I doubt that will 'fly' either...

If you would wish to find out more about our nation's newest military service, the "USAF Spaceforce" program, and what their mission is go on-line to [www.spaceforce.mil/About-Us/Fact-Sheet](http://www.spaceforce.mil/About-Us/Fact-Sheet)



Is it just me or is it uncanny? Beam me up!





# VETERANS DAY ON THE HILL 2020

This year's Veterans Day on the Hill rally will take place Monday, April 20.



Veterans Day on the Hill is hosted by the Minnesota Association of County Veterans Service Officers, the Minnesota Commanders' Task Force, and the United Veterans Legislative Council of Minnesota.

The schedule will be:

- Doors of the St. Paul Armory open at 10 a.m.
- Lunch Served at 11 a.m.
- Veterans March to the Rally at 12:45 p.m. beginning at the State Veterans Services Building
- Rally in the Rotunda from 1:30 to 2:30 p.m.

For questions or more information please Contact [trent@davmn.org](mailto:trent@davmn.org)

## VETERANS DAY ON THE HILL 2020

**WHEN:**  
APRIL 20TH, 2020

**DAV of MN Presents:**  
Free Veterans and Supporters Lunch  
Doors Open @ 10:00  
Lunch Served 11:00

(This event is a free catered lunch to discuss our priorities and all lawmakers have been invited, please let yours know you will be there)

**Veterans March to the Rally @ 12:45**  
(Join with Veterans, family members, and community supporters as we march to the Capitol)

**CTF, UVLC, and MACVSO Present:**  
Rally in the Rotunda 1:30-2:30pm  
(Your opportunity to hear directly from those in power and let them know we are PAYING ATTENTION and want ACTION)

**WHERE:**  
Pre-Rally at St. Paul Armory  
One block from Capitol Bldg  
(Address: 600 Cedar St, St Paul, MN 55101)  
March to the Rally  
State Veterans Services Bldg.  
(20 West 12th St, St. Paul, MN)

NO MEMBERSHIP IN ANY ORGANIZATION REQUIRED. ALL VETERANS, FAMILY MEMBERS, AND SUPPORTERS ARE WELCOME!

ALL VETERANS, FAMILY MEMBERS, AND ADVOCATES ARE INVITED TO RALLY IN SUPPORT OF VETERANS LEGISLATION



**Topics include:**  
MAKING SURVIVING SPOUSE'S PROPERTY TAX EXCLUSION TRANSFERABLE TO NEW PROPERTY  
ENSURING THE LONGTERM STABILITY OF SERVICES FOR VETERANS ACROSS MN  
INCREASING ACCESS TO THE OUTDOORS FOR OUR DISABLED VETERANS!  
FUNDING FOR HOMELESS PROGRAMS AND SUICIDE PREVENTION



ANY QUESTIONS PLEASE CONTACT:  
TRENT@DAVMN.ORG

At one Army base, the annual trip to the rifle range had been cancelled for the second year in a row, but the semi-annual physical fitness test was still on as planned.



One soldier mused: "Does it bother anyone else that the Army doesn't seem to care how well we can shoot, but they are extremely interested in how fast we can run?"

### 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



1-800-273-8255 PRESS 1

OR TEXT TO "838255"



minnesotaveteran.org | **1-888-LinkVet**  
(546-5838)

If you or a group would like to attend there may be transportation available. Please contact your local Veteran Service Officer for more information!

REMEMBER! All hypertext links you see when viewing on-line can be accessed by Ctrl & a "click"!



DON'T FORGET – LIKE US ON FACEBOOK!

[www.facebook.com/JacksonCountyMNVeteranServices](https://www.facebook.com/JacksonCountyMNVeteranServices)

Visit us online [www.co.jackson.mn.us/veterans](http://www.co.jackson.mn.us/veterans)

**HOW COPY? OVER...  
GOOD COPY! OUT!**

Jackson County Veteran Service Office March 2020



## 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	<a href="http://www.marinecorpstimes.com">www.marinecorpstimes.com</a>
Air Force Times	<a href="http://www.airforcetimes.com">www.airforcetimes.com</a>
Military Times	<a href="http://www.militarytimes.com">www.militarytimes.com</a>
Military.COM	<a href="http://www.military.com">www.military.com</a>
SOFREP News	<a href="https://sofrep.com/news/">https://sofrep.com/news/</a>

### BENEFITS & OTHER INTEREST

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

### SERVICE ORGANIZATIONS

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

### MILITARY SERVICE BRANCHES

US Army	<a href="http://www.goarmy.com">www.goarmy.com</a>
US Marine Corps	<a href="http://www.marines.mil">www.marines.mil</a>
US Navy	<a href="http://www.navy.mil">www.navy.mil</a>
US Air Force	<a href="http://www.airforce.com">www.airforce.com</a>
US Coast Guard	<a href="http://www.uscg.mil">www.uscg.mil</a>
National Guard (Army/Air)	<a href="http://www.nationalguard.com">www.nationalguard.com</a>

### OF INTEREST TO MILITARY RETIREES

TRICARE Health	<a href="http://www.tricare.com">www.tricare.com</a> *
DFAS MyPay (Finance)	<a href="https://mypay.dfas.mil">https://mypay.dfas.mil</a> *
Military Officers Assn.	<a href="http://www.moaa.org">www.moaa.org</a>
DoD Lodging Site	<a href="http://www.dodlodging.net">www.dodlodging.net</a> *
America's Warrior Part.	<a href="http://americaswarriorpartnership.org">americaswarriorpartnership.org</a>
Dental & Vision – FEDVIP	<a href="http://www.benefeds.com">www.benefeds.com</a>

### OTHER LINKS PROVIDING INFO AND ASSISTANCE

Nat'l Archives (Records)	<a href="https://archives.gov/veterans">https://archives.gov/veterans</a>
MACV (Financial/Legal)	<a href="http://www.mac-v.org">www.mac-v.org</a>
Minnesota LinkVet	<a href="https://minnesotaveteran.org">https://minnesotaveteran.org</a>
Senior Linkage Line	<a href="http://www.seniorlinkageline.com">www.seniorlinkageline.com</a>
Wounded Warrior Proj.	<a href="http://www.woundedwarriorproject.org">www.woundedwarriorproject.org</a>
"Make the Connection"	<a href="http://www.MakeTheConnection.net">www.MakeTheConnection.net</a>
MN Military & Vet Exch.	<a href="http://www.mnme.us">www.mnme.us</a>
Minnesota Help!	<a href="https://mnhelp.info/">https://mnhelp.info/</a>
<b>Ctr for Disease Control</b>	<a href="http://www.cdc.gov">www.cdc.gov</a>

### VETERANS MALL, LODGING & VACATIONS

Armed Forces Exchange	<a href="http://www.aafes.gov">www.aafes.gov</a> *
Armed Forces Lodging	<a href="http://www.dodlodging.net/">www.dodlodging.net/</a> *
AF Vacation Club	<a href="http://www.afvclub.com">www.afvclub.com</a>

### FINDING A LOCAL VETERAN SERVICE OFFICER

MN Ass'n of Vet Service Officers	<a href="http://www.macvso.org">www.macvso.org</a>
Nat'l Ass'n of Vet Service Officers	<a href="http://www.nacvso.org">www.nacvso.org</a>

## "WHO YA GONNA CALL?!"

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



### 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 & 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 Education Coordinator  
507.537.7213

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<sup>th</sup> FW, Sioux Falls, SD 605.988.5845  
1201 W. Algonquin St.  
196<sup>th</sup> 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<sup>th</sup> St. Mon-Fri / 9am-3pm

**YOUR LOCAL CVSO IS:**



**Instructions for Application**

**Who is eligible**

Property may qualify for class 4c(3)(ii) and the corresponding class rate if it is owned by a “nonprofit community service oriented organization,” is not used for residential purposes on either a temporary or permanent basis, and:

- The organization makes annual charitable contributions and donations at least equal to the property’s previous year’s property taxes (excluding the state general tax) and the property is allowed to be used for public and community meetings or events free of charge.

A “nonprofit community service oriented organization” is any corporation, society, association, foundation, or institution organized and operated exclusively for charitable, religious, fraternal, civic, or educational purposes, and which is exempt from federal income taxation pursuant to section 501(c)(3), (8), (10), or (19) of the Internal Revenue Code of 1986, as amended through December 31, 1990.

**How to apply**

Complete the entire application fully and legibly. Mail the application and required attachments to your county assessor by May 1. Applications must be completed annually.

**Required attachments**

You must attach to the application a copy of the property’s previous year’s property tax statement. You must also provide documentation of that same year’s charitable contributions and donations by attaching a Form LG1010 Schedule C/D to the application. At a minimum, you must provide copies of the Form LG1010’s that are used to demonstrate that the organization’s charitable contribution amount is equal to the property’s previous year’s property tax. For example, if it took three months for the charitable contribution amount to equal the previous year’s property tax, only those three Form LG1010’s would need to be attached to the application.

**Please note:** Not all expenditures on the Form LG1010 qualify as charitable contributions.

**Assessor may request additional information**

The county assessor may request, at any time, for an organization to provide a copy of an IRS letter granting exempt status as a 501 (c)(3), (8), (10), or (19) corporation (or an explanation of why the letter is not available), and records of its charitable contributions and donations and of public meetings and events held on the property to ensure eligibility.

**What are charitable contributions and donations?**

“Charitable contributions and donations” has the same meaning as lawful gambling purposes under section 349.12, subdivision 25, excluding those purposes relating to the payment of taxes, assessments, fees, auditing costs, and utility payments. On a form LG1010, “charitable contributions” are defined as expenditures coded A-1 to A-7, A-10, A-11, A-13, A-14, A-15, and A-19. Only expenditures with these codes qualify as charitable contributions when the county assessor determines if an organization has made charitable contributions in an amount equal to the previous year’s property tax.

**Use of information**

Some of the information contained on this form may be shared with the county assessor, county attorney, the Commissioner of Revenue or other federal, state, or local taxing authorities to verify your eligibility.

You do not have to give this information. However, refusal will disqualify you from consideration for the classification.

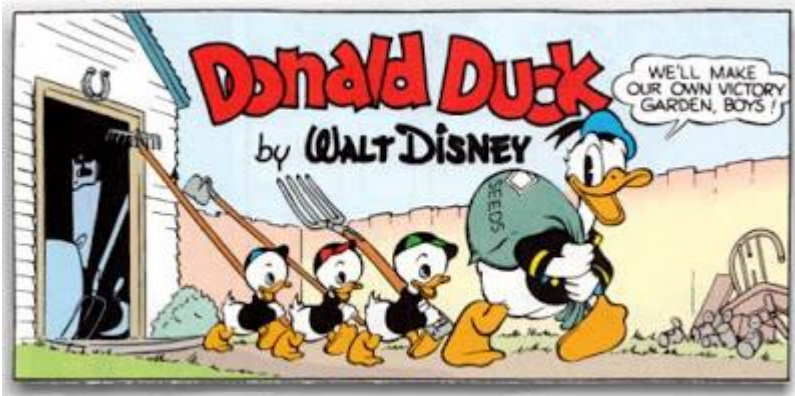
**Penalties**

**Making false statements on this application is against the law.** Minnesota Statute 609.41 states that anyone giving false information in order to avoid or reduce their tax obligations is subject to a fine of up to \$3,000 and/or up to one year in prison.

**Information and assistance**

If you need additional information or assistance, contact your county assessor.

**The next story is about the restoration and importance of “The Victory Garden”!**

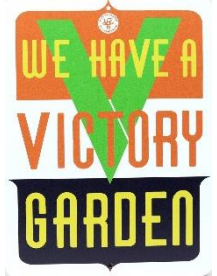




# THE VICTORY GARDEN CONCEPT IS NOT GONE!

by Jeffrey L. Gay, CVSO

What in the world is a Victory Garden? A great explanation may be found online at: [http://sonomamq.ucanr.edu/History/Victory\\_Gardens\\_in\\_World\\_War\\_II/](http://sonomamq.ucanr.edu/History/Victory_Gardens_in_World_War_II/).



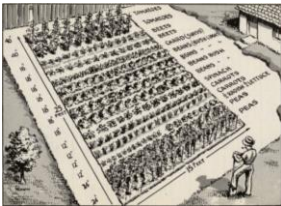
Essentially a Victory Garden was a garden grown for the war effort in WWII to help sustain the families back home and earn some extra money. Items were sold fresh or canned by those growing them.

What significance does this have today? In today's world there may not seem a need for a garden like they had during WWII because of your food distribution system and super markets. However, there are still many reasons for a garden to include supplementing your families need for fresh produce, to sell at a local farmer's market to make some extra money or to donate to local food shelves to help those less fortunate. It can also help you stock up on goods so you can enjoy fresh vegetables throughout the winter, many times these can offer more nutrition and don't have the harmful chemicals that are often found at the stores.

A Victory Garden may also become a social or learning event, several families or an organization getting together and growing a larger communal garden to share. Gardening is not as prevalent as it used to be, don't let it become a lost out to commercial corporate farming!

It can also teach our youth not to depend on commercial produce and enjoy the sharper taste and more nutrition of home-grown vegetables. A garden needs attention, nurturing and can teach others responsibility while caring for the needs of the plot. The nearly lost skill of canning can also be shared and learned by others to give them the skills to be able to eat fresh produce all winter long and to share the process with their kids...

Last, but not least, is the natural calming effect a garden offers. You are working with nature, at your own pace, experiencing the fruits of your labors as the plants just poking through the ground into the wholesome harvest. As you nurture your garden you find pride and care for these plants as though they were your children watching them grow. Many life's lessons may be learned from this and provide us a getaway from the stresses of life as we become integrated with nature. **It's FREE THERAPY for the Mind, Body and Soul!**



It's that time of the year where you need to begin planning your garden if you want to plant one for this year. There are several types of gardening including the standard garden we are all used to, the popular "square foot" garden plots, raised bed gardening (especially for us old farts with bad backs!) and hydroponic. Regardless of the type you want you will be able to enjoy not just what you reap but the journey you take to get there.

You can find information on any of the gardening techniques on-line, in books, magazines, periodicals, YouTube.com and just asking other more seasoned gardeners. Below are some links of examples

Square Foot Gardening: <https://squarefootgardening.org> (Mel Bartholomew)

Start a Garden from Scratch: <https://commonsensehome.com/start-a-garden>

Hydroponic Gardening (can be done at home too!)  
[www.hydroponics.net/learn/hydroponic\\_gardening\\_for\\_beginners.php](http://www.hydroponics.net/learn/hydroponic_gardening_for_beginners.php)

Mother Earth News: [www.motheearthnews.com/](http://www.motheearthnews.com/)  
The Farmer's Almanac: [www.farmersalmanac.com/](http://www.farmersalmanac.com/)

Article: "BRING BACK THE WWII-ERA VICTORY GARDENS  
Growing crops in the backyard could help fight today's economic, ecological battles  
[www.sfgate.com/homeandgarden/article/Bring-back-the-WWII-era-victory-garden-3288297.php](http://www.sfgate.com/homeandgarden/article/Bring-back-the-WWII-era-victory-garden-3288297.php)



Standard Garden  
Square Foot Garden  
Hydroponic Garden  
Raised Bed Garden  
(Not Shown)  
You can even grow  
your garden in pots...  
(No, not growing pot! POTS!)

