This newsletter was created for the intent of keeping you informed of the Military and VA Communities. This newsletter is also a tool to communicate events and resources both at OSU and the community at large. The opinions and viewpoints expressed in the articles are not those of the Oregon State University Military & Veteran Resources Office.

If you know other Student Veterans who could benefit from information in the newsletter please have them sign up for the STUVETSNES Listserv.

VA and Military Updates:

Military Veterans Bring Value to the Classroom

I have followed with interest the national conversation about the important role of colleges in easing the transition of military veterans into the classroom. I applaud efforts like the Post-9/11 GI Bill, the Yellow Ribbon program, and a newly formed student-run Armed Forces Group at my own university to help veterans integrate into the academic community and graduate.

For more information please see the following website;
http://chronicle.com/article/Military-Veterans-Bring-
Value/146113/?cid=at&utm_source=at&utm_medium=en

The Grateful Nation Scholarship Awarded to a Woman Who Has Served in the Armed Forces

The Zonta Service Foundation of Corvallis is accepting applications for its Grateful Nation Scholarship. This scholarship offers $2,700 per year, $900 per quarter to help cover tuition, fees, books, and supplies charged to a recipient’s account at Oregon State University-Corvallis.

CRITERIA
The Grateful Nation Scholarship will be awarded to a female OSU undergraduate or graduate student who has served in one of the armed branches of the U.S. military since September 10, 2001, and: 1) has received an honorable or general under honorable discharge from the service, 2) was assigned to a unit that deployed to Iraq or Afghanistan or was sent individually to Iraq or Afghanistan, and 3) was awarded one of the following medals:
Prior to April 30, 2005, the Global War on Terrorism Expeditionary Medal
After May 1, 2005, the Iraq Campaign Medal or the Afghanistan Campaign Medal
If an Air Force veteran who was not awarded one of the two above medals, has orders showing TDY (temporary duty assignment) to an assignment in Iraq or Afghanistan supporting Operation Enduring Freedom (OEF) or Operation Iraqi Freedom (OIF)
OR
To a female OSU undergraduate or graduate student who has served in one of the armed branches of the U.S. military since September 10, 2001 and who has 0 percent or greater service connected for Post Traumatic Stress Disorder due to combat exposure or military sexual
trauma
OR
To an unremarried spouse of a soldier who died while on Active Duty, weekend drill, or Annual Training since September 10, 2001.
Preference will be given to a female veteran who meets the above mentioned qualifications and: Served in a unit exposed to combat, and was decorated for the combat by a specific combat badge or award, including but not limited to:
Purple Heart
Commendation Medal with V device
Bronze Star with V device
Silver Star
Combat Action Badge
Combat Medics Badge
All medals and time in service should be verified by a DD214 or a DD215.
Selected recipients must be enrolled and attend classes at the OSU campus, and be full time (minimum of 12 credits for undergraduates and 9 credits for graduate students) either solely at OSU, or in combination with OSU and partner courses.

Download the scholarship application

Applications must be postmarked no later than May 23, 2014.

For questions, contact Arnold Rollin at toadedd@aol.com

Employment Opportunities:

Financial Technician with Bureau of Land Management.

The Bureau of Land Management Eugene Oregon has an opening for a GS 6/7 Financial Technician. See link below for information on how to apply
https://www.usajobs.gov/GetJob/ViewDetails/368699500

Marion "Mick" Mickles
EEO Specialist (Outreach)
Bureau of Land Management
Portland OR 97204
Phone: 503-808-6330
Fax: 503-808-6108

Upcoming Events:

Memorial Day Celebration May 19, 2014 thru May 22, 2014
Join Oregon State University and the Corvallis community in a week of memorial for this countries service men and women. May 19th – 23rd service members, past and present, and their dependents are invited to place a pin on the world map displayed in the campus’ Memorial Union Main Lounge to signify the different locations they have served. Carnations will be provided in the Memorial Union throughout the week for the community to place at various veteran memorials around the campus. Additionally, there will be a memorial service starting at noon on
May 22nd which will include a flag fold and POW/MIA table as well as a display of military memorabilia from student/staff veterans in the Veterans Lounge with refreshments provided.

**Resources:**

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**Let’s Talk**

“Let’s Talk” is a program that provides confidential consultation to Veterans and ROTC Cadets at OSU. It’s free!

This service will be available on **Mondays from 11:00 AM – 1:00 PM Spring term weeks 2-10 in Snell Hall on the 5th Floor.**

1. All Let’s Talk consults will occur in 30-minute increments (11:00, 11:30, 12:00, and 12:30).
2. Call in to 541-737-2131 to preschedule - you’ll request a Let’s Talk appointment and provide your Student ID number and first and last name to hold your appointment.
3. Arrive 5 minutes before your appointment and then talk with Beth for about 30 minutes.

The goal is to walk out with a plan and resources to address your concern.

Speaking with a counselor consultant can help provide insight, solutions, and information about other resources.

Let’s Talk is not a substitute for formal counseling and doesn’t constitute mental health treatment, but the counseling consultant can listen to your specific problems and introduce you to what it’s like to speak to a counselor.

No topic is off limits. Common concerns include:

- stress
- sadness
- worry
- relationships
- academic performance
- family problems
- financial struggles

**Who should visit Let’s Talk?**
Any Veteran at OSU or ROTC Cadet can come to a Let’s Talk consultation, but it’s the best fit for student veterans or cadets who:

- Aren’t sure about counseling or wonder what it’s like to talk to a counselor;
- Aren’t interested in ongoing counseling but would like the perspective of a counselor;
- Have a specific problem and would like someone with whom to talk it through; or
- Have a concern about a friend or family member and would like ideas about what to do.

Questions about Let’s Talk?

Contact Beth Wasylow, PhD, Licensed Psychologist at 541-737-2131 or Beth.Wasylow@oregonstate.edu

The Let’s Talk Program at Oregon State University is based on the Let’s Talk Program at Cornell University.

What happens at a visit to Let’s Talk?
When you two meet, the counselor consultant will listen closely to your concerns, possibly ask questions and provide, support, perspective and suggestions for resources.

How is Let’s Talk different from counseling at CAPS?
Counselors at CAPS provide ongoing counseling, which usually consists of weekly or bi-monthly 45-50 minute appointments. Let’s Talk is not formal counseling; it is a service where student veterans and cadets can have an informal consultation with a counselor consultant from time to time.

Need help with an urgent mental health crisis? CAPS offers 24-hour crisis intervention services for enrolled students or for those who are concerned about an enrolled student. If you are feeling desperate or thinking about suicide, or you’re afraid for the wellbeing of someone you know, you can call CAPS at 541-737-2131.

I think I have a problem that would benefit from counseling, but I don’t know anything about it. Would going to Let’s Talk help me figure out what to do?
Absolutely. The counselor consultant will help you talk through your issues and help you determine the best way to get help. If you feel comfortable with the counselor consultant, it is sometimes possible to meet with her at CAPS in an on-going way.

Let’s Talk visits are confidential. Are there any limits to confidentiality?
Conversations are confidential, with a few very rare exceptions. Counselors may need to share information in an emergency when there is an immediate threat of harm to self or others. Counselors are required by law to report when a minor, elderly person, or someone otherwise incapacitated and unable to act on his/her own behalf is being abused. Let’s Talk counselors keep brief written notes of their contacts with students, and in the event that there is an emergency or a student is referred to CAPS, other CAPS staff may see these notes. Finally, these notes can be released in the unlikely event of a court order.

The student veteran or cadet will co-develop and co-sign a brief record of contact.

Let’s Talk visits are never reported on a student’s official university record.

We don’t want anything to be a barrier to students accessing help. If you have further questions about confidentiality, we encourage you to discuss them with the Let’s Talk counselor consultant.
New OSU Office Hours for Benton County Veteran Service Officer (VSO).
If you are interested in accessing and applying for other VA benefits such as medical, disability, VA home loan information, etc., come see the new Benton County VSO, Mary Newman. Mary will be on campus in my office (Registrar Office) the 1st and 3rd Thursday of every month 1:00 to 4:00.

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If you are interested in an appointment please call Mary at **541-758-1595** or email Veterans@ocwcog.org.

Stuetsnews Listserv
http://lists.oregonstate.edu/mailman/listinfo/stuetsnews

OSU Veterans on Facebook
http://www.facebook.com/VeteransAtOregonStateUniversity.

OSU Veterans Resource Blog
http://blogs.oregonstate.edu/veterans/

OSU Veterans Website:
http://oregonstate.edu/veterans/home/

Oregon Department of Veterans Affairs Website:
http://www.oregon.gov/odva/Pages/index.aspx

Oregon Department of Employment Veteran Representatives:
http://www.oregon.gov/EMPLOY/Pages/index.aspx

OSU Veterans and Family Student Association Facebook page:
http://www.facebook.com/pages/Veterans-and-Family-Student-Association/25373662133527

Thank you and have a great day.

Gus L. Bedwell
Veteran Resources Coordinator
Oregon State University
Office of the Dean of Student Life
Room B102C, 102 Kerr Administration Building