

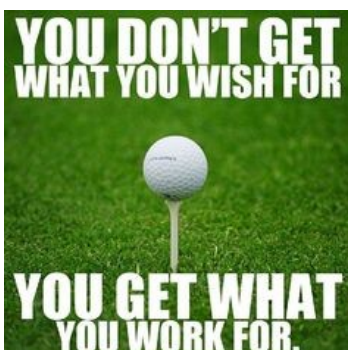
August 17, 2020  
*Veterans Service Office news*  
*Notes from your VSO (Kathy Marshik)*

**We encourage everyone to work with us online when possible to cut back on overall traffic of the government center.**

**Please call our office at 320-632-0290 if you need to see us to make an appointment or email us. [kathym@co.morrison.mn.us](mailto:kathym@co.morrison.mn.us), [luannj@co.morrison.mn.us](mailto:luannj@co.morrison.mn.us), or [jims@co.morrison.mn.us](mailto:jims@co.morrison.mn.us).**

- In the next week, send me an email with your favorite thing you did this summer. Then I can share them in our next newsletter. Its always neat to hear what people do for fun.
- I am looking for topics to cover during some online meetings. I know there is some high demand for health and wellness. Please let me know of any other things, you would like to participate in. Hopefully I can get this up and running soon.
- Fall semester is starting soon. For those who are paid with dependents who are attending college, we can update those the first day of fall semester. Please get schedules ready and contact as soon as fall term starts. If you a Veteran attending college. Please ensure you contact your college Veterans representative prior to fall term starting. You must apply for the GI Bill. Make sure you do that ASAP to avoid major delays in payment. Go to [www.vets.gov](http://www.vets.gov) to apply for GI Bill benefits.
- Anyone who has recently moved, had a change of dependents, or any other life changing items. Contact us to get these items updated in our systems.
- Get out and take advantage of nice weather, find fun hobbies, spend time with people you enjoy, and be safe. Let me know if any of you are interested in some bike riding or kayaking in the next few weeks. If there is some interest, I will set up a day and place for people to meet and get outdoors. Also let me know if an evening or weekend would be better.
- Fall and cooler weather is just around the corner. If you are needing financial assistance for hear or need wood, contact our office and we will see how we can help.
- We have quite a bit of adaptive equipment, such as walkers, wheelchairs available. Contact us if there is something you need.

A special thank you to a few organizations who have really went out of their way to help a few our Veterans recently. Vigilant Guardians Veterans MC, Support the Troops Minnesota, Yellow Ribbon Network of Morrison County, DAV Transportation and DAV Donor Connect, Region 5 Yellow Ribbon, and Minnesota Assistance Council for Veterans. There are so many terrific organizations in our community, who make such a positive difference in the lives of others. Through many team efforts we are able to help those who are struggling one way or another.





**Career Resource** See attached DEED Career information letter. There are lots of great items to help those who are seeking employment.

**Minnesota Department of Veterans Affairs** <https://content.govdelivery.com/accounts/MNDVA/bulletins/29a3bfc>

**Federal VA News** <https://content.govdelivery.com/accounts/USVAVBA/bulletins/2983584>

**Federal VA Phone Directory** [https://iris.custhelp.va.gov/app/answers/detail/a\\_id/1703](https://iris.custhelp.va.gov/app/answers/detail/a_id/1703)

**Veterans of Foreign Wars Weekly News** <https://www.vfw.org/advocacy/grassroots-efforts/vfw-action-corps-weekly>

**Disabled American Veterans Website and News** <https://davmn.org/>

**American Legion News** <https://www.legion.org/news>

**MN Yellow Ribbon Resources** <https://mailchi.mp/6d5f5beeb761/beyond-the-yellow-ribbon-news-resources-and-updates?e=fd8f83d19f>

**Minnesota Assistance Counsel for Veterans** <https://www.mac-v.org/>

**Updates to the GI Bill** [https://benefits.va.gov/gibill/docs/fgib/Post9-11\\_benefit\\_levels\\_postcard.pdf](https://benefits.va.gov/gibill/docs/fgib/Post9-11_benefit_levels_postcard.pdf)

**Military Times Update:** <https://www.militarytimes.com/veterans/>

**Learn more on how to make the most of your education benefits at:** <https://linkvet.org/app/custom/education>

**Learn More about Military Benefits** <https://www.military.com/>

**Military Pay:** <https://www.dfas.mil/>

**\*\*NEW\*\*VA Health Care Apps** <https://mobile.va.gov/appstore/veterans>

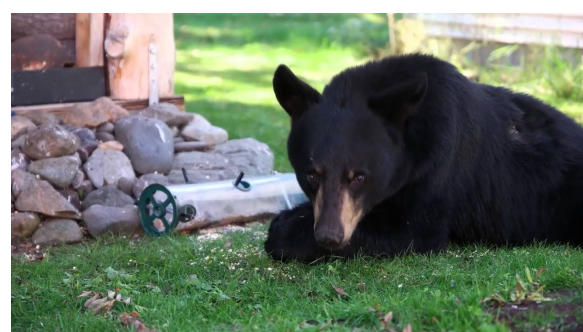
**Lutheran Social Services Offers a lot of great resources for everyone** <https://www.lssmn.org/>

**Energy Assistance Programs – Apply Now** <https://tricap.org/assistance/energy-assistance/>

**Tricare Updates** <https://www.tricare.mil/CoveredServices/BenefitUpdates>

**How to located a DD 214** <https://www.va.gov/records/get-military-service-records/>

**MN Veteran Outdoor programs 2020** <http://www.mnvetsoutdoors.org/>







# MORE RESOURCES

Morrison County Job: <https://www.governmentjobs.com/careers/comorrisonmn>

Federal Employment go to: <https://www.usajobs.gov/>

Little Falls Career Force Center: <https://www.careerforcemn.com/littlefalls>

News and Resources from DEED MN <https://content.govdelivery.com/accounts/MNDEED/bulletins/2949f27>

VA Training <https://content.govdelivery.com/accounts/USVA/bulletins/294b3b3>



## It's time to apply for Fall Semester GI Bill Benefits.

Go to: <https://www.va.gov/>

MN National Guard Education Benefits Website: <https://minnesotanationalguard.ng.mil/education/>



Military personnel can track all benefits and records.

<https://milconnect.dmdc.osd.mil/milconnect/>

# Morrison County Outstanding Veteran of the Week



## HERO OF THE WEEK



**This week's Hero is Retired Army Captain, Kristina Vonberge.** Kristina was born and raised in St. Paul, MN. She currently resides in Little Falls, MN and has three wonderful daughters. Kristina enlisted in the Army in 1988. She held various jobs while in the military, which include the following; Flight Operations, Air Traffic Controller (6 years), Enlisted Recruiter, Specialty Branch (Medical and Chaplain) Recruiter, and Director of the Camp Ripley Visitors Bureau ( 6 years), Company Commander (4 years), and deployed to Iraq 2009-2010 (1 year). She retired from the Army Nov 2011 as a Captain. While serving on active duty, Kristina completed an Associate of Arts in Sales and management in 1998, and a Bachelor of Science degree in Criminal Justice from St. Cloud State University in 2001. Kristina had the opportunity to live and travel the world during her service.

Kristina is currently the Director of the Little Falls Convention and Visitors Bureau. The position is to promote tourism for a great Historic Town on the Mississippi. This career provides Kristina the opportunity to expand her skills and leadership. She provides, Sales for a Visitor Guide Publication, Networking in the community, promotes tourism, health, and art in the Little Falls area. Kristina continues her service by being part of many community organizations such as the Little Falls Kiwanis, Little Falls Key Club Leader, Board member at Friends of Lindberg, and the University of MN Resilient Communities organization. She volunteers with the Morrison County food shelf and is the Camp Ripley Retirement Breakfast Coordinator. Helping military retirees come together and learn more about their benefits.

Kristina has been instrumental in leading many community projects such as murals in the community, decorative garbage cans with artists renderings, adding 28 Bike racks within the county and creating art, bike, and visitor guides. She was the leader of the, "Big Dig 2019". Which included, 11 block parties during construction in Little Falls. She led the group to open Shoppes of Little Falls. All these projects display the high levels of enthusiasm and continued service to her community.

Thank you, Kristina, for all you do!!

