



NORTHERN ILLINOIS UNIVERSITY

Military and Veteran Services

Division of Student Affairs

THE HUSKIE FOXTROT

Military and Veteran Services

March 2024

March Madness Fun!!

Come in the office week of March Madness (19th-22nd) for snacks and fun! We will be making fun brackets and the games will be on all day! So come down and watch the games with us!



MVS Events

We have a LOT planned for you!!



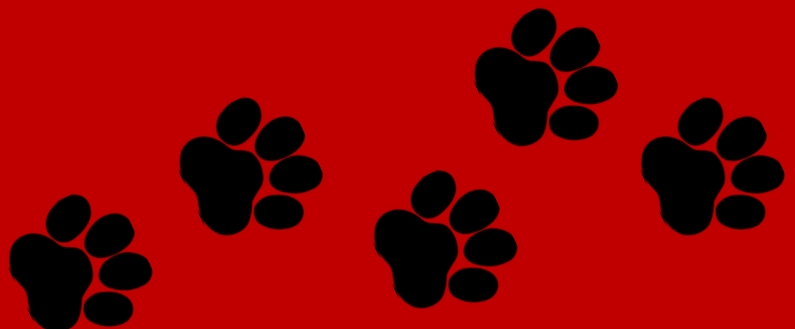
REMINDER: APPLYING BENEFITS AT NIU

If you would like to apply your military benefits at NIU, please follow these steps!

Complete the Enrollment Certification Form for **each semester** after enrolling in classes. Filling out the form is important as it lets us know you are using benefits for that semester. You can find the form on our website at www.niu.edu/military-veteran/certify/. Next, you will need to make sure you have provided us a copy of your Certificate of Eligibility for each benefit you are using. You will only need to do this once unless told otherwise. For example, all Illinois Guard Grant (ING) recipients must provide an updated copy of their letter of eligibility each year. That is, if you are applying your benefits at NIU. If you are still waiting for a certification, please check your email in case we have requested any documents.

IN THIS ISSUE

- ⇒ Reminders
- ⇒ Events
- ⇒ Health & Wellness
- ⇒ VETcenter
- ⇒ Military Hackathon



Important Dates & Deadlines

Spring Break

March 10—17, 2024

Classes Resume

March 18, 2024

Classes End

May 2, 2024

Reading Day

May 3, 2024

Final's Week

May 4—10, 2024

Spring Grad Commencement

May 10, 2024

Spring Undergraduate Commencement

May 11, 2024

EVENTS IN THE COMMUNITY!!!

Enjoy events and get out your room! These events are meant to help you explore the campus and meet peers just like you! Here are a few....

Spring 2024 SGA Meet and Greet

Time: March 18th—2 to 3pm

Where: Holmes Student Center, Duke Ellington ballroom

SGA Candidate Debate

Time: March 21st—5 to 9:30pm

Where: Holmes Student Center

CAB Drag Show

Time: March 22nd—9pm to 12:00am

Where: Holmes Student Center, Duke Ellington ballroom

CAB Casino Night

Time: March 27th—7 to 11pm

Where: Holmes Student Center, Duke Ellington ballroom

Government, Nonprofit and Social Services Fair

Time: Mar 5th—4 to 6pm

Where: Holmes Student Center, Regency Room

End of the Year Career Fair

Time: May 1st—1 to 4pm

Where: Holmes Student Center, Duke Ellington Ballroom

FEATURED RESOURCE: HEALTH & WELLNESS

Chilling with Chase

Chill out with Chase the therapy dog who comes next door to our office!

When: March 19, April 9, April 16, and April 30.

Where: Peter's Campus Life Building, Center for Student Assistance—room 150.

Mindfulness and You

A weekly, art-based mindfulness skills group for all experience levels. 97% of students reported feeling less stressed after participating in Mindfulness and You.

When: Wednesdays at 5pm

Where: Holmes Student Center, Illinois Room (second floor)

Procrastination Café

Procrastinating? Come on down to the Procrastination café. 97% of students reported improved productivity once they started using the café.

When: Tuesdays from 5 to 8pm

Where: Holmes Student Center, Ellington's (main floor)

Counseling and Consultation Services

Free counseling services to all NIU students. You can call any time day or night.

Phone: 815-753-1206

niu.edu/counseling



Military and Veteran Student Life Hackathon

HOSTED BY THE DE LA VEGA INNOVATION LAB

Tuesday Mar. 26, 4 to 8 p.m.

De La Vega Innovation Lab, Barsema Hall Room 204

Open to all students who would like to contribute to improving the experience of military and veteran students on our campus. Bring your empathy and creativity and join veterans, professors and other students as we work together to solve the problems our military and veteran students face. You'll learn how to present your ideas to a panel of judges who will award a prize to the winning team. This event is Business Passport and Honors credit eligible.

Register at:
go.niu.edu/militaryhackathon



**Northern Illinois
University**

To request disability-related accommodations, please contact the Disability Resource Center at 815-753-1303 as early as possible. Advance notice is appreciated.

Event sponsors:
College of Business
Military and Veteran Services



The Rockford Vet Center is reaching out!

We will be providing office hours starting on Wednesday 2/14 from 0830-1230 hrs.

At the Campus Life Building room 160

Who We Are

Vet Centers are community-based counseling centers that provide a wide-range of social and psychological services, including professional readjustment counseling to eligible Veterans, active-duty service members, including National Guard and Reserve components, and their families. Readjustment counseling is offered to make a successful transition from military to civilian life or after a traumatic event experienced in the military. Individual, group, marriage and family counseling is offered in addition to referral and connection to other VA or community benefits and services. Vet Center counselors and outreach staff, many of whom are Veterans themselves, are experienced and prepared to discuss the tragedies of war, loss, grief, and transition after trauma.





GIVE US YOUR FEEDBACK!

To ensure this newsletter is tailored to your wants and needs— send us your feedback on this issue! Questions to consider:

1. Is there anything else I'd like to see included in the newsletter?
2. Did I think information provided was relevant to me?
3. Will this be something I read through in the future?
4. Can I provide any suggestions on improving the newsletter?
5. Do I want to have my club, event, project included?

Sending Newsletter Feedback:

Contact MSS@NIU.EDU and in the subject line of your email, put Newsletter Feedback. Note: This is also the main email for the department, so your feedback will be seen and saved by the staff. Although any benefits-related questions should not have the same subject line in case the staff sorts feedback and does not see the benefits question.

Contact Us

Military and Veteran Services

- CLB 160
- (815) 753-0691
- mss@niu.edu
- <http://www.niu.edu/military-veteran>
- Hours: 8am-4:30pm M & F
- Hours: 8 am—7pm Tues, Wed, Thurs



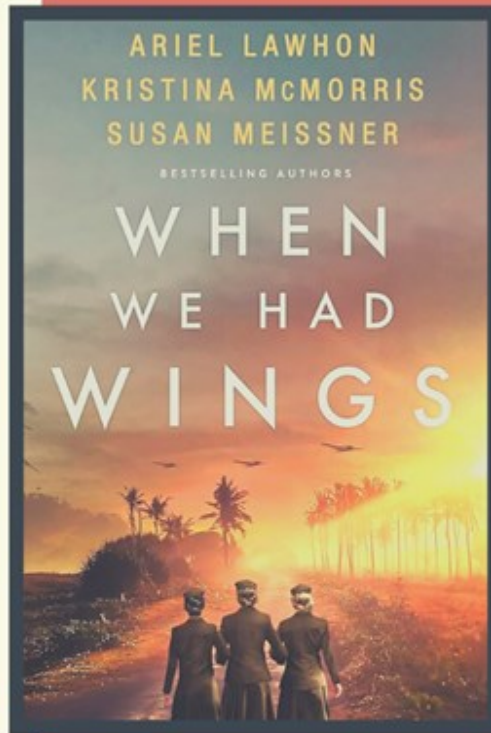
MAVRC BOOK CLUB



When We Had Wings
by Ariel Lawhon,
Kristina McMorris, and
Susan Meissner



Thurs., March 28, 2024
12:00PM CDT
Virtual via Zoom



If you have any questions or
concerns about this event,
please contact the Military and
Veteran Resource Center.
veteranservices@siue.edu
618-650-5425

Date: Thursday, March 28, 2024
Time: 12:00PM CDT
Location: Virtual - Zoom
Register: Please register
via Eventbrite or Forms to receive
Zoom link

During the month of March, the MAVRC Book Club will be reading the World War II novel *When We Had Wings* by Ariel Lawhon, Kristina McMorris, Susan Meissner (Harper Muse, 2022).

The Military and Veteran Resource Center will be offering nine free copies of the book!!! To request a free copy, please contact the Military and Veteran Resource Center at veteranservices@siue.edu.

You may purchase a copy at any retailer of your choice or borrow a copy from your local library.

Trigger warning: Books selected may deal with themes and topics of war and combat; sexual assault, abuse, harassment, and violence; disabilities, physical and mental health, and trauma; gender and sexual identity; race, culture, and ethnicity; and politics and religion.

Politics of the authors of selected readings are not reflective of the Military and Veteran Resource Center. Differing opinions and worldviews should be communicated intellectually with respect and understanding.

Be sure to join us on Goodreads!

About the MAVRC Book Club

To truly recognize the military and veteran community is to be informed of the various and complex histories, experiences, and narratives of military culture and veteran knowledge. The MAVRC Book Club, organized by the Military and Veteran Resource Center (MAVRC) at Southern Illinois University Edwardsville (SIUE), will present a series of readings and discussions to better comprehend and interpret the policies and procedures that developed the United States Armed Forces, and make sense of the terrain and bureaucracy that military personnel and veterans navigate daily. Hosting such a book club will cultivate conversations with the purpose of dismantling stereotypes and the romanticism on the meaning of service. Through its diverse readings, the book club aims to highlight the contributions of its veterans, dissect the policies and procedures that have shaped military and veteran life, and to gain a worldly perspective on the conflicts that the United States Armed Forces has engaged in since its formal establishment.

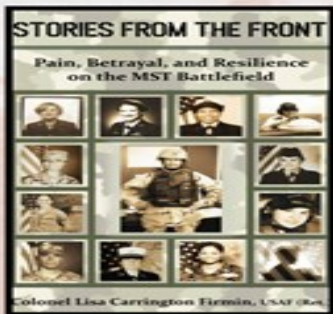
All book club meetings are open virtually via Zoom to the public.

Author Talk

**Colonel Lisa
Carrington Firmin,
USAF (Ret.)**

An award winning author of
*Stories from the Front: Pain,
Betrayal, and Resilience on
the MST Battlefield*

**Tuesday, April 2, 2024
12:00PM CDT
Virtual via Zoom**



A conversation on Military Sexual Trauma (MST)

A free copy of the award winning *Stories From The Front: Pain, Betrayal, and Resilience on the MST Battlefield* will be provided to participants while supplies last. For a free copy, please contact the Military and Veteran Resource Center at veteranservices@siue.edu / 618-650-5425.

Date: Tuesday, April 2, 2024

Time: 12:00PM CDT

Location: Virtual via Zoom (please register to receive Zoom link)- https://forms.office.com/pages/responsepage.aspx?id=IX3zmVwL6kORA-FvAvWuzxHjh2M_t1NBtazHCUyc5FNUNKlBTlIKOUo3MIFPRE9LMkhXRjA5TDRWTS4u

On Tuesday, April 2nd, as part of Sexual Assault Awareness Month, the Military and Veteran Resource Center at Southern Illinois University in Edwardsville, will be hosting a virtual discussion on Military Sexual Trauma (MST), and the destruction this act of violence causes to the lives of servicemembers and communities. Guest speaker Colonel Lisa Carrington Firmin (Ret., USAF), the award-winning author of “Stories from the Front: Pain, Betrayal, and Resilience on the MST Battlefield,” will be joining the Military and Veteran Resource Center to discuss how MST transforms the lives of servicemembers, and how she found the courage to write about experiences of trauma including her own.

Colonel Carrington Firmin is a combat veteran, writer, and poet, writing about MST, PTSD, trauma, leadership, and advocacy. Her articles and opinion editorials were featured in *Latina Style Magazine*, *San Antonio Express News*, and *Military Times*. She has shared her books and poems at the Military Women’s Memorial, Library of Congress, British Embassy, and Dulles Airport in Washington D.C. In 2023, the VA shared her poem, “Invisible Veteran” at their announcement ceremony of a new more inclusive mission statement. In 2024, furthering her own journey to remain visible she was photographed as part of the VA’s national “I Am Not Invisible” campaign.

In addition to *Stories from the Front*, Colonel Carrington Firmin released a unique autobiography, “*Latina Warrior*,” in October 2023, which features an anthology of poems, prose, and art that chronicles her life as a Latina woman and combat veteran. Colonel Carrington Firmin was awarded a Bronze Star Medal for her efforts in the Sunni Triangle of Iraq and retired from the United States Air Force as its most senior ranking Latina officer. Following her military career, Colonel Carrington Firmin worked in higher education for over a decade, is the founder of the Veteran and Military Affairs department and the Top Scholar program at the University of Texas at San Antonio. As CEO/Founder of Carrington Firmin LLC, she works as a

On Thursday, April 4th, in honor of the Month of the Military Child, the Military and Veteran Resource Center at Southern Illinois University in Edwardsville, will be hosting a virtual event about the psychological, social and academic impact the permanent change of station (PCS) process has on military-connected children. The PCS process is when a servicemember and their family receives orders to transfer from one military installation to another, which can be within the United States or abroad. The PCS process can be exciting for some, but for many it can cause anxiety, confusion, and loneliness for the entire family, especially the children. Guest Speaker Zandra Moten, educator and the author of "It's PCS Season and It's PCS Season Again," will be joining the Military and Veteran Resource Center in a virtual event to discuss the impact the PCS process has on the military-connected child.

Zandra has worked in the field of education over 25 years as a teacher and school counselor. She was inspired to write and self-publish her two-book series "It's PCS Season" in hopes of helping military-connected children of all backgrounds cope with the obstacles of change, to encourage discourse about the obstacles of moving with the military, and create awareness of the life of a military-child. In March 2023, Zandra's books "It's PCS Season" and "Big Dreams, an Inspirational Story of a Journey of Fulfilled Dreams" were featured on the syndicated Tamron Hall Show.

In addition to her role as educator and author, Zandra is the wife of a retired Army officer and the proud mother to two military-connected girls. She earned a bachelor's in Elementary Education at Alabama A&M University, a master's in Curriculum and Instruction at National Louis University, and a master's in School Counseling at the University of West Alabama. She is currently working in the capacity of a school counselor for the Department of Defense Education Activity (DoDEA) school system where she serves military-connected children.

The event is free and open to the public.

Students, educators and counselors will be given a free copy of "It's PCS Season" or "It's PCS Season Again" while supplies last. The author talk event with Zandra Moten will be hosted online via Zoom.

To request a free copy of "It's PCS Season" or "It's PCS Season Again," please contact:

Military and Veteran Resource Center

618-650-5425

veteranservices@siue.edu.

A limited number of copies of the books are available.

Military and Veteran Resource Center

Author Talk



Zandra Moten, M.Ed
Author of *It's PCS Season*
and *It's PCS Season Again*



Thursday, April 4, 2024 CDT
12:00PM CDT
Virtual via Zoom



A free copy of *It's PCS Season* and *It's PCS Season Again* will be provided to participants while supplies last. For a free copy, please contact the Military and Veteran Resource Center at veteranservices@siue.edu / 618-650-5425.