



THE VETERANS' VIEW

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THE VETERANS' VIEW

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*"As we express our
gratitude, we must never
forget that the highest
appreciation is not to utter
words, but to live by them."
-John F. Kennedy*



GI BILLS: THE DIFFERENCES BETWEEN THE MONTGOMERY, POST-9/11, AND FOREVER GI BILL

BY JULIE SANDERS

There are several GI Bills, and you may be eligible for one or more, depending on when you served and for how long. This article is a brief overview of each of the types of GI Bills currently in use and the benefits of each.

MONTGOMERY GI BILL

The oldest of the GI Bills still being used, it is on the brink of being phased out. Those who earned this GI Bill had to contribute to it monetarily for the first 12 months of service, have served at least 2 years on active duty, and received an honorable discharge. It provides 36 months of a set payment while the veteran is enrolled, and expires at exactly 10 years after separation; however, if you served past the date of 9/11/2001, you may be eligible to switch over to the Post 9/11 GI Bill.

POST 9/11 GI BILL

Also known as Chapter 33, this GI Bill has more benefits, expires after 15 years and is transferrable to a spouse or dependents if the veteran does not wish to use it. Rather than a monthly payment, tuition is paid directly to the school and a Basic Housing Allowance is paid to the veteran, as well as a book stipend of \$1000/year. Like the Montgomery, the Post 9/11 provides 36 months of benefits for enrolled veterans. Current National Guard or Reservists who were activated after 9/11/2001 and served 90 consecutive days may also be eligible.

FOREVER GI BILL

The Forever GI Bill is the newest of the GI Bills. It was signed in 2017 and began to go into effect in August 2018. This bill increases the amount of benefits and gets rid of the expiration date altogether (hence, "Forever"). Those eligible for the Forever GI Bill must have left active duty after 1/1/2013. When it goes into effect depends on your provisions when you separated. If you had the Post 9/11, your benefits transition to Forever automatically. The MGIB does not transfer.

YOUR SCHOOL'S
VETERAN
CERTIFYING
OFFICIAL CAN HELP
YOU DETERMINE
YOUR ELIGIBILITY



Spring 2022

Enrollment is open!

Check your college's website
for more information

DON'T PUT IT OFF!

Letter from the Director
Stacia Lyday



THE HOLIDAYS ARE APPROACHING RAPIDLY. AS THE YEAR WINDS DOWN, YOU WILL (HOPEFULLY) HAVE MORE OPPORTUNITIES TO RELAX AND ENJOY FAMILY AND FRIENDS. THIS IS ALSO AN EXCELLENT TIME TO REASSESS ACADEMIC AND CAREER GOALS. EDUCATIONAL OPPORTUNITIES AND RESOURCES FOR VETERANS CONTINUE TO GROW. WITH ALL THIS INCREASING SUPPORT, NOW IS THE PERFECT TIME TO ADD A BACHELOR'S DEGREE OR TRADE CERTIFICATE TO YOUR RESUMÉ. VUB IS HERE TO HELP!

WINTER/SPRING 2022 AT VUB WILL BE FILLED WITH GREAT LEARNING OPPORTUNITIES.

UPCOMING WORKSHOPS/AVAILABLE LEARNING PLATFORMS:

- LEVERAGING YOUR LINKEDIN SERIES, WITH IRIS CULP
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- ON-DEMAND WORKSHOPS
 - DEALING WITH WORRY
 - FAFSA 101
 - COMPUTER LITERACY
 - MANY MORE!
- 24/7 LEARNING PLATFORM:
 - TUTOR.COM

AS ALWAYS, WE PROVIDE ASSISTANCE WITH FORM COMPLETION AND REFERRALS TO OTHER VETERAN COMMUNITY AGENCIES. ALL SERVICES ARE AND WILL REMAIN 100% FREE.

HAPPY HOLIDAYS!

STACIA LYDAY
DIRECTOR | VETERANS UPWARD BOUND

FIVE TIPS FOR STRESS-FREE HOLIDAYS IN 2021

BY JULIE SANDERS



The holidays can be a time of joy, cheer, and togetherness, but for those who served or are still serving in the military, sometimes these days bring about depression, loneliness, or the desire to be apart from everyone else.

Here are some tips to help alleviate the stress and deal with the uncomfortable feelings so you can better enjoy the holidays.

BUDGET

Take a good look at your financial capabilities, make a spending budget for gifts, and stick to it. Remember that the best gifts are ones that involve spending time with someone or using your unique talents.

FORGET ABOUT THE JONESES

Some people are downright competitive when it comes to the holidays, and it shows. The best decorations, the most expensive gifts. Let them be competitive and exit the competition. Do the holiday in your own way.

REACH OUT FOR SUPPORT

For a lot of veterans, being in a large crowd can make them feel edgy and want to withdraw from everyone. When they are the only ones who feel this way, it can be detrimental to their self esteem. Instead of withdrawing, talk to your family or friends about how you're feeling and what you need in order to feel less edgy. You may be surprised how much they want to help.

DONT OVEREAT...TOO MUCH

Aaahh, Grandma's pie. How can you have just one slice? While these opportunities to feast with family don't come around very often, resist the urge to over-indulge in food or alcohol. Alcohol is a barbituate, therefore a depressive, and too much of either will leave you feeling miserable and bloated. Be mindful of your belly's comfort zone as you go up for a little more comfort food.

PRACTICE GRATITUDE

This one is important but it can be especially hard if you're spending the holidays alone or deployed, or around difficult people. Whether you're with family or if you're away, there is always something to be grateful for. If you woke up alive, that's a start.

Take stock of what's good in your life, and write it down. Continue this habit past the holidays if it works for you, and always remember your brothers and sisters in arms.



**VETERANS UPWARD BOUND WINS
PBS KANSAS FOULSTON SIEFKIN
VETERANS COMING HOME 2021
DISTINGUISHED BUSINESS OF THE YEAR AWARD**

Each year, PBS Kansas seeks nominations for businesses in the state of Kansas that serve veterans in a unique or most helpful way. Votes are cast and one business is honored at an annual banquet.

This year, Veterans Upward Bound was proud and humbled to be both nominated and selected.

"It's great that veterans' education has received a spotlight in the Wichita community," said Executive Director Stacia Lyday as she accepted the award at the banquet on evening of November 6th, 2021. "It's an honor to see our students off on their path to greatness."



**EXECUTIVE DIRECTOR
STACIA LYDAY**





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