

Spring 2022

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NAVUB is Turning 50
This Year!

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Pick Your Own
Workshop

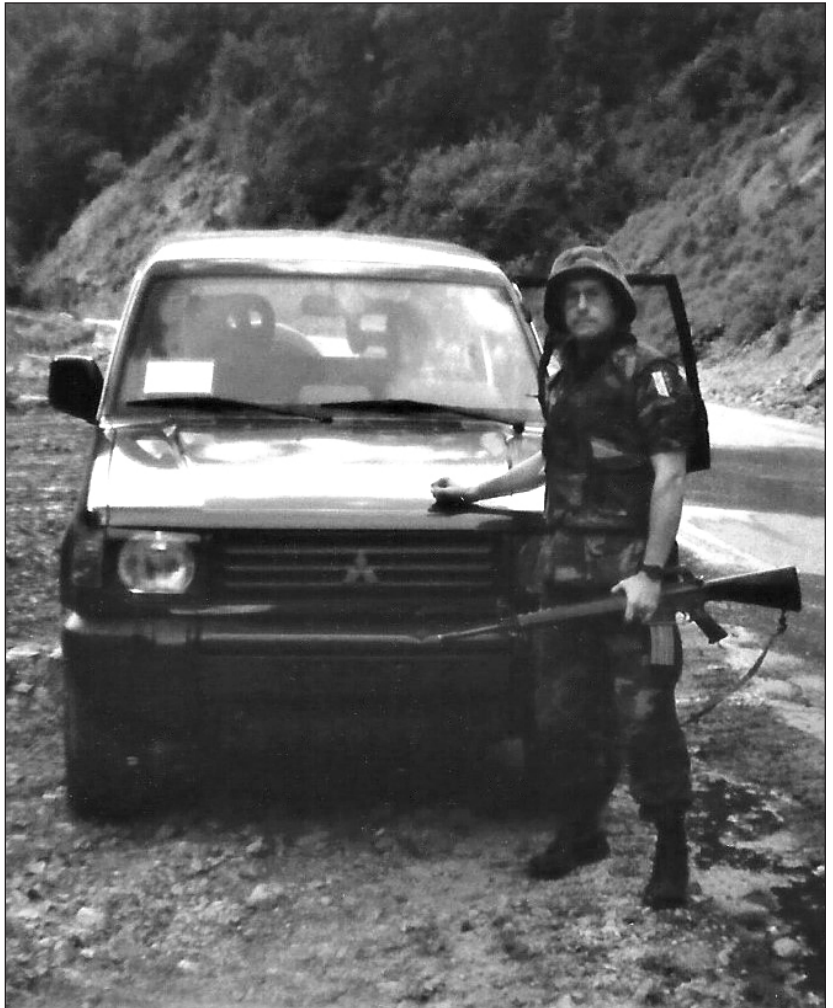
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From the CIA to
OTC and Beyond

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Finding Ways to
Connect After the
Military



VUB IS TURNING 50 YEARS OLD

Celebrating Our Fifth Year as VUB Nationally Hits 50 Years

Since 2017, we have been proud to see Veterans Upward Bound grow at OTC and in the community. While we celebrate our achievements every single year, we can serve veterans for the five years we have been in existence, we throwing quite a party for Veterans Upward Bound (VUB). VUB is a nationwide program with more than 60 programs across the country. This program, funded through the Department of Education is turning 50 this year!

TRIO programs, the umbrella under which Veterans Upward Bound (VUB) rests, was born from the Economic Opportunity Act of 1964 which created social programs that made higher education more accessible. After the success of



Michelle Ciesielski
Director

these programs, VUB was created in 1972 to specifically serve the veteran population, many who were returning from Vietnam. Many Vietnam veterans had returned and struggled in their transition back into a civilian life. Some had been drafted or joined without a high school diploma. VUB sought to provide supportive services that help these veterans to continue forward in their lives and complete the education they needed.

One thing that makes VUB programs special is the way that every VUB program is unique. VUB programs across the country have autonomy to meet the veteran population where they are. Some VUB stretch across the vastness of a state with staff that travel and bring services to veterans in all corners; Others, like our VUB program, focus on a more concentrated area. While VUB at OTC currently serves

veterans who have a Greene County address, we hope to expand our service area to capture more veterans in Southwest Missouri. Look for an announcement in September of our hopeful expansion.

The success of our new VUB program over the past five years can only be attributed to the very veterans it serves. Year after year, through startups, staffing transitions, pandemics, and many other trials, our veterans have helped us stay strong. Sharing our services by bringing in your comrades, keeping in touch with us even after you graduate and move on, and trusting us to walk alongside of you in your educational journey brings me such gratitude as I reflect on our first five years as a new program, we are proud of the foundation we have built for the years ahead.



We aim to continue the 50 year legacy of Veterans Upward Bound. We hope that you will join us in celebrating the 50 years VUB has helped veterans across the nation and the five years OTC has served veterans in our little corner of the world. If you are considering a college degree or certificate of any kind, there is no better time! Reach out to us and we can give you the same expertise and support that veterans have been receiving from VUB programs for a half a century!

WELCOMING 101 WEDNESDAYS

Helping Bridge the Gap Between Engagement and Learning

If you you're a veteran, chances are you either sat through or taught one. The "hip pocket class" is notorious for filling random time slots in the military. Veterans Upward Bound (VUB) keeps that tradition alive with 101 Wednesdays.

101 Wednesdays will be held every Wednesday the Springfield campus is open. Workshops are at 11 a.m. in the VUB Academic Lab located in Information Commons West room 217. Workshops will last between 10 and 30 minutes depending on the topic.

According to Katie Patrick, Veterans Upward Bound Advising Coordinator, the idea for 101 Wednesdays came from feedback received from students. "We decided to do 101 workshops as a way to change up the topics we talk about and give our students some opportunity to choose their own learning," Katie said. "These introductory workshops cover things that our VUB staff are comfortable talking about and vary greatly in topics."



Joshua Boley
Outreach Coordinator

Currently there are 20 different topics that participants can choose from. So long as the VUB staff is available for that topic, the workshop will proceed. While most workshops will be taught using handouts or PowerPoint, some require additional materials and will be provided.

Workshop topics have a broad range from Budgeting Basics to Into to Impostor Syndrome and How to Dress for an Interview or How to Juggle.

"I hope students will stop by and utilize these quick and fun workshops," Katie said. "We understand not everyone can always make the scheduled ones throughout the semester so we hope by offering something quick and convenient we will get more students involved in our program."

101 Wednesdays workshops are free for VUB participants. A complete list of topics can be found in the VUP Academic Lab. VUB staff welcome any ideas for future topics from participants.



SHAPING NATIONS AND MINDS

One Man's Journey of Two Careers

I was introduced to Dr. Loren Lundstrom the day I took the position of Outreach Coordinator for VUB. During that initial meeting, I learned he had been a Lieutenant Colonel in the Air Force and also worked for the CIA. Those two things alone are impressive enough. However, the depths of this man's two careers are staggering.

For those who don't know, Dr. Lundstrom has been the Dean of Student Development for OTC since 2014. Prior to his multiple roles at OTC he retired from the Air Force after serving for 23 years.



Joshua Boley
Outreach Coordinator

Dr. Lundstrom started college with aspirations of becoming a lawyer but changed his mind after meeting an ROTC instructor from the Air Force. "When the ROTC guy came and visited, like they do here ... I thought this is what I want to do," Lundstrom said. It was a conversation with a friend that would later lead him from the path of JAG officer to intelligence.

As an intelligence officer in the Air Force Lundstrom climbed the ranks and continued his education. He earned his M.A. from Naval Postgraduate School in National Security Affairs and became the Wing Executive Officer and Command Intelligence Briefer at Headquarters Strategic Air Command in Offutt AFB.

"That's what I started off doing and then I was a Soviet Specialist," Lundstrom said. "As you go up the ranks you take on more of a leadership role."

Lundstrom's military career would eventually take him to the Pentagon where he was working on the morning of September 11, 2001. Following the 9/11 attacks, he was involved in preparing our military for what would become the Global War on Terror. One year later, Lundstrom's last assignment would be Executive Assistant to the Associate Director of Central Intelligence for Military Support. So, how does a military officer who worked for the CIA become OTC's Dean of Student Development?

According to Lundstrom, it may have started early in his military career. "When I was captain, towards the end of that, I volunteered to teach at the Air Force Academy," Lundstrom said.

Lundstrom said as the military often does, they decided he would be better elsewhere and told him they wanted him as an ROTC instructor. He took



photo courtesy of Dr. Loren Lundstrom
Lundstrom serving as Intelligence Coordinator for the Implementation Forces Commander in Sarajevo in 1996.

the position and became the Assistant Professor of Aerospace Studies at the University of New Mexico.

"I left the Air Force in 2004 at Lieutenant Colonel," Lundstrom said. I knew when I retired that I wanted to get back into education. I had other offers, but I didn't want to stay in Washington D.C." According to him, he and his wife had grown up on farms in the Midwest and really wanted to get back to that area. While they looked at teaching positions in Kentucky and Virginia, it was a friend who took fishing retreats to Springfield that would suggest they look at opportunities there.

Lundstrom would apply for the Director of Human Resources at OTC.

"I'll never forget when I left and went back to Virginia," Lundstrom said. "About a week later I got a call and it was President Norman Meyers, the first president of OTC; He said, 'Loren, I got some good news and I got some bad news.'"

Lundstrom said the bad news was he didn't get the job. But, the good news was they wanted him to be the Assistant to the President. He said a couple conditions of taking the position was gaining experience in various departments and getting his Ph.D.

Lundstrom earned his Ph.D in Higher Education Leadership and Policy Studies from University of Missouri – St. Louis. Since his start at OTC he has taken on several roles including; Financial Aid Advisor, Assistant Dean for Arts and Letters, and Director of the International Programs.

June 30 of this year, Dr. Lundstrom will retire from his second career having served the students of OTC for 19 years. He said he is looking forward to relaxing, gardening, working on his marksman



photo by Joshua Boley

Dr. Loren Lundstrom, Dean of Student Development, works to ensure all OTC students are given the tools so succeed.

skills, and spending time with his family.

"There is plenty to do," Lundstrom said. "I have grandkids for one thing. They'll take some of my time I'm sure."

I asked Dr. Lundstrom if he had any parting advice for new veterans. "I would say be sure you check out all your options," Lundstrom said. He recommends taking some career assessments to find your interests and matching those to a career field.

"Your career isn't always going to be the civilian counterpart to what you did in the military," Lundstrom said. "It's important to realize you can be anything you want to be, but pick something you are going to be happy with."

CONNECTING AFTER SERVICE

Choosing to Maintain Camaraderie

Sebastian Junger has a quote:

“The only thing that makes battle psychologically tolerable is the brotherhood among soldiers. You need each other to get by.”

I agree with Mr. Junger. I have spoken with many veterans who have seen combat and they tell me they were fighting for those standing to their left and right, for their brothers and sisters.

That “brotherhood” or sense of connection is powerful in the military. You train together, work together and often spend your free time together. Sadly, for many veterans that’s lost the moment they take off the uniform. But it doesn’t have to be.



Joshua Boley
Outreach Coordinator

There are so many veteran affiliated organization and resources to join or use to keep and maintain that sense of connection. I know, I know, we veterans are a stubborn group. We think we can take on everything the world throws at us by ourselves because to ask for help is weakness. The military trained us to be resilient problems solvers. However, the military also taught us to use the tools at our disposal and the importance of teamwork.

Why then, when we take off the uniform do we fail to reach out and find new connections?

We just turned the corner into 2022 and the variety of connections for veterans to find connections is amazing. The Veterans of Foreign Wars (VFW) and American Legion are among two of the oldest in-

stitutions helping keep veterans connected. They provide fellowship while helping to serve various philanthropic roles.

Maybe you’re into motorcycles. The amount of veteran riding groups is staggering. Groups like Rolling Thunder, Combat Veterans Motorcycle Association, and Leathernecks are the tip of the iceberg.

Need a reason to get off the couch and stay healthy? Check out Sheep Dog Impact Assistance (SDIA) and Team RWB. Both organizations promote staying healthy while serving the community. Locally, Wellness for Warriors promotes mental and physical wellbeing for active military, veterans, first responders and law enforcement.

The Springfield, MO Vet Center is a great resource for veterans as well. Beyond offering counseling and therapy they also offer yoga classes and a Dungeons and Dragons veteran group. Additionally, the Vet Center teamed up with Moral Injury Institute to offer Guitars for Veterans Therapy Group.

“Why then when we take off the uniform do we fail to reach out and find new connections?”

The point I am trying to make is regardless of your interests there is some way to stay connected. Staying connected is so important. It helps us support and lift each other up. For some of us it’s a reason to get out of bed. For others it provides us an extended family. I encourage you to research and reach out. Who knows, you may find something you’ve been missing.

STAYING CONNECTED

Veterans of Foreign Wars

<https://www.vfw.org/>

American Legion

<https://www.legion.org/>

Rolling Thunder Inc.

<https://www.rollingthunder1.com/>

Combat Veterans Motorcycle Association

<https://www.combatvet.us/>

Leathernecks MC

<http://www.leathernecksmc.com/>

Sheep Dog Impact Assistance

<https://sheepdogia.org/>

Team RWB

<https://www.teamrwb.org/>

Wellness for Warriors

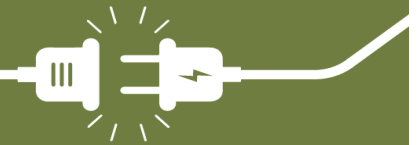
<https://www.coxhealthfoundation.com/to-receive/wellness-for-warriors/>

Springfield Vet Center

<https://www.va.gov/directory/guide/facility.asp?ID=5914>

Moral Injury Institute

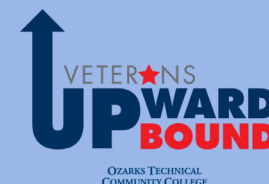
<https://www.moralinjuryinstitute.org/>



FREE

Math Refresher Course

VUB offers a free, non-credit, perpetual math refresher course. Start any time. Book provided. This class includes all material covered in Math 050.



Visit ICW 217 for more details.

UPCOMING EVENTS

February

- 17 - Let's Talk Benefits
10 a.m.
The Difference between various VA benefits and additional programs available
- 26 - Habitat for Humanity
8 a.m. - 12 p.m.
Team up with VUB staff to help Habitat for Humanity

March

- 01 - Scholarship Workshop
9 a.m.
Fall scholarships are open. Let us help you prepare for them
- 23 - Career Services
9 a.m. - 11 a.m.
Interview prep, resume and cover letter writing, and more
- 28 - Register for Classes
9 a.m. - 3 p.m.
Summer and Fall registration is open. We'll help with applying and financial questions

April

- 05 - Discover Astronomy
10 a.m.
Explore the solar system with VUB staff and learn the basics of astronomy
- 14 - College of the Ozarks Recon Trip
9 a.m. - 3 p.m.
We tour the campus, meet staff and get answers to your questions
- 28 - Game Night
4 p.m. - 7 p.m.
Hang out with VUB staff in the lab playing games. Bring your own as well

May

- 07 - Crystal Bridges
9 a.m. - 6 p.m.
We explore Crystal Bridges museum in Ark. Transportation and lunch provided for active VUB participants only

**101 WEDNESDAYS
11 A.M. EVERY WEDNESDAY
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THE BRIEFING

The Briefing is a quarterly newsletter published by Veterans Upward Bound in Springfield, Mo.

Veterans Upward Bound (VUB) is a federally funded grant program helping veterans on their path to higher education. We do this by offering; academic and career planning, financial aid, benefit advising, tutoring, admissions assistance, and community resources. All services from VUB are free to veterans who qualify. While our offices are located at

OTC, we are able to help veterans with a Greene County address, regardless of where they want to attend college.

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vub@otc.edu



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