



## Calendar of Events:

- June 6th D DAY**
- June 14th Flag Day & US Army first formed in 1775**
- June 17th Father's Day**
- June 20th Veterans Relief Fund Meeting 3pm**
- June 21st Summer Begins**
- June 25th Start of Korean War 1950**

### Featured Topics

History of Memorial Day	2-3
Habitat for Humanity Volunteer Help Needed	4-5
Veterans Job Fair	6
Respite Volunteer (Events)	7
Golf Outing Fundraiser for Veterans	8-9
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American Legion/VFW	12
VA Drivers Needed	13
Health/Short Story 20-21	14-23
Nutrition-Cool Summer Drinks	24-25

### Notes from Our Director.

#### **What is Memorial Day?**

The official observance of Memorial Day started in 1868 at Arlington National Cemetery where people decorated the graves of Union and Confederate soldiers with flowers. This tradition was extended to commemorate all military men and women who died in all American wars. The initial name of the holiday was Decoration Day.

After World War I, all Americans adopted this remembrance tradition of the Southern states and devoted it to all those who died in any military action. We are honoring men and women who gave their lives for our country up to now.

Memorial Day is the time to commemorate those who gave their lives in service to our country. That is why you should not thank the living veterans on Memorial Day but show respect to their fallen comrades in arms, friends, and family.

Of the million-plus men and women who have died in American military service, the vast majority are 'everyday heroes.' They are brothers and sisters who fought alongside us, who have left unfillable holes in families, communities and hearts across this country. Their friendships, their bravery and their commitment to duty will never be lost.

John F. Kennedy, a Navy veteran of World War II and a Purple Heart recipient once said, "As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them."

The 35th president of the United States charged us to take our appreciation a step further with action. There is no more relevant time to embrace this quote than on Memorial Day. I would ask that as you go about your day to keep the fallen in your minds and their families and friends in your heart—for it is their immense collective sacrifices that have helped keep our country safe and free. And as long as we continue to honor them with our actions and remember their sacrifices, they will never be forgotten.

June 2018 						
Su	Mo	Tu	We	Th	Fr	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

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**Welcome...**  
**Vet Affairs Monthly Newsletter by Shiawassee County Veterans Affairs & Services.**  
 Each month look for information and current events to keep you updated. All monthly newsletters will be available online and in our office. Sign up at [vetaffairs@shiawassee.net](mailto:vetaffairs@shiawassee.net) to receive monthly newsletter via email.

## Contact Us:

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## Memorial Day History

Three years after the Civil War ended, on May 5, 1868, the head of an organization of Union veterans — the Grand Army of the Republic (GAR) — established Decoration Day as a time for the nation to decorate the graves of the war dead with flowers. Maj. Gen. John A. Logan declared that Decoration Day should be observed on May 30. It is believed that date was chosen because flowers would be in bloom all over the country. The first large observance was held that year at Arlington National Cemetery, across the Potomac River from Washington, D.C.

The ceremonies centered around the mourning-draped veranda of the Arlington mansion, once the home of Gen. Robert E. Lee. Various Washington officials, including Gen. and Mrs. Ulysses S. Grant, presided over the ceremonies. After speeches, children from the Soldiers' and Sailors' Orphan Home and members of the GAR made their way through the cemetery, strewing flowers on both Union and Confederate graves, reciting prayers and singing hymns.

Local Observances Claim To Be First Local springtime tributes to the Civil War dead already had been held in various places. One of the first occurred in Columbus, Miss., April 25, 1866, when a group of women visited a cemetery to decorate the graves of Confederate soldiers who had fallen in battle at Shiloh. Nearby were the graves of Union soldiers, neglected because they were the enemy. Disturbed at the sight of the bare graves, the women placed some of their flowers on those graves, as well.

Today, cities in the North and the South claim to be the birthplace of Memorial Day in 1866. Both Macon and Columbus, Ga., claim the title, as well as Richmond, Va. The village of Boalsburg, Pa., claims it began there two years earlier. A stone in a Carbondale, Ill., cemetery carries the statement that the first Decoration Day ceremony took place there on April 29, 1866. Carbondale was the wartime home of Gen. Logan. Approximately 25 places have been named in connection with the origin of Memorial Day, many of them in the South where most of the war dead were buried.

Official Birthplace Declared In 1966, Congress and President Lyndon Johnson declared Waterloo, N.Y., the “birthplace” of Memorial Day. There, a ceremony on May 5, 1866, honored local veterans who had fought in the Civil War. Businesses closed and residents flew flags at half-staff. Supporters of Waterloo’s claim say earlier observances in other places were either informal, not community-wide or one-time events. By the end of the 19th century, Memorial Day ceremonies were being held on May 30 throughout the nation. State legislatures passed proclamations designating the day, and the Army and Navy adopted regulations for proper observance at their facilities.

It was not until after World War I, however, that the day was expanded to honor those who have died in all American wars. In 1971, Memorial Day was declared a national holiday by an act of Congress, though it is still often called Decoration Day. It was then also placed on the last Monday in May, as were some other federal holidays.

Some States Have Confederate Observances Many Southern states also have their own days for honoring the Confederate dead. Mississippi celebrates Confederate Memorial Day on the last Monday of April, Alabama on the fourth Monday of April, and Georgia on April 26. North and South Carolina observe it on May 10, Louisiana on June 3 and Tennessee calls that date Confederate Decoration Day. Texas celebrates Confederate Heroes Day January 19 and Virginia calls the last Monday in May Confederate Memorial Day.

Gen. Logan's order for his posts to decorate graves in 1868 "with the choicest flowers of springtime" urged: "We should guard their graves with sacred vigilance. ... Let pleasant paths invite the coming and going of reverent visitors and fond mourners. Let no neglect, no ravages of time, testify to the present or to the coming generations that we have forgotten as a people the cost of a free and undivided republic."

The crowd attending the first Memorial Day ceremony at Arlington National Cemetery was approximately the same size as those that attend today's observance, about 5,000 people. Then, as now, small American flags were placed on each grave — a tradition followed at many national cemeteries today. In recent years, the custom has grown in many families to decorate the graves of all departed loved ones.

The origins of special services to honor those who die in war can be found in antiquity. The Athenian leader Pericles offered a tribute to the fallen heroes of the Peloponnesian War over 24 centuries ago that could be applied today to the 1.1 million Americans who have died in the nation's wars: "Not only are they commemorated by columns and inscriptions, but there dwells also an unwritten memorial of them, graven not on stone but in the hearts of men."

To ensure the sacrifices of America's fallen heroes are never forgotten, in December 2000, the U.S. Congress passed and the president signed into law "The National Moment of Remembrance Act," P.L. 106-579, creating the White House Commission on the National Moment of Remembrance. The commission's charter is to "encourage the people of the United States to give something back to their country, which provides them so much freedom and opportunity" by encouraging and coordinating commemorations in the United States of Memorial Day and the National Moment of Remembrance.

The National Moment of Remembrance encourages all Americans to pause wherever they are at 3 p.m. local time on Memorial Day for a minute of silence to remember and honor those who have died in service to the nation. As Moment of Remembrance founder Carmella LaSpada states: "It's a way we can all help put the memorial back in Memorial Day."





Saginaw-Shiawassee  
**Habitat**  
for Humanity®

We build  
**strength, stability**  
**self-reliance**  
**and shelter**

# Neighborhood Revitalization 2018



- **REHABS:** Tuesdays and Thursdays year-round, 8:30 am – 4:30 pm
- **WOMEN BUILD:** May 11 – 12
- **BUENA VISTA HOME REPAIRS:** May 17 – 23
- **NEIGHBORHOOD REVITALIZATION** (City of Saginaw): June 8 – 15
- **THOMAS TOWNSHIP HOME REPAIRS:** July 30 – August 3
- **FREELAND HOME BUILD:** August 17 – September 7

Daily shifts from

7:30 am – 12:00 pm and 12:30 – 5:00 pm

*Saturdays, mornings only. No work on Sundays.*

**Lots of volunteers needed every day**

**Volunteers needed for registration, food, unskilled & skilled construction, painting, cleanup and general help.**



Saginaw-Shiawassee

**Habitat for Humanity®**

To sign up for a shift or for more info, please call Alyssa at  
(989) 753-5200 ext. 208 or email at: [alyssadeplonty@sshfh.org](mailto:alyssadeplonty@sshfh.org)



## VOLUNTEER APPLICATION/SURVEY 2018

**CONTACT INFORMATION**

Name: \_\_\_\_\_ Today's Date: \_\_\_\_\_  
 Preferred Name: \_\_\_\_\_  
 Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_  
 Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_  
 Occupation: \_\_\_\_\_ What group are you with today? \_\_\_\_\_  
 Are You a Minor? (y/n): \_\_\_\_\_ If minor, date of birth: \_\_\_\_\_  
 I served during any period in the \_\_\_ Army \_\_\_ Air Force \_\_\_ Navy \_\_\_ Marines \_\_\_ Coast Guard  
 I am a Thrivent Member       I am here with a Thrivent Group

**AVAILABILITY**

*I am interested in volunteering:*

<i>Build Site</i>	<i>Committees</i>	<i>Office</i>	<i>Other</i>
<input type="checkbox"/> Construction	<input type="checkbox"/> Construction	<input type="checkbox"/> Clerical	<input type="checkbox"/> ReStore Volunteer
<input type="checkbox"/> Meals (serve or provide)	<input type="checkbox"/> Family Selection	<input type="checkbox"/> Data Entry	<input type="checkbox"/> Website
<input type="checkbox"/> General labor	<input type="checkbox"/> Family Support	<input type="checkbox"/> Making Calls	<input type="checkbox"/> Take Pictures
<input type="checkbox"/> First Aid	<input type="checkbox"/> Church Relations		<input type="checkbox"/> Public Speaking
<input type="checkbox"/> Transport Materials, Water or Food	<input type="checkbox"/> Fundraising		
<input type="checkbox"/> Transport volunteers			

Other Areas of Interest: \_\_\_\_\_

**CONSTRUCTION SKILLS**

(Please check your skill level)

- Professional or Highly Skilled**—Professional or former professional builder who is able to supervise and/or perform all aspects of residential house construction
- Handy**—A do-it-your-selfer
- Unskilled**—Have either limited skills or no specific skills, but willing to learn

**Area of Skill** (Please check all that apply)

<input type="checkbox"/> General	<input type="checkbox"/> Insulation	<input type="checkbox"/> Roofing	<input type="checkbox"/> Masonry
<input type="checkbox"/> Painting	<input type="checkbox"/> Porch Repair	<input type="checkbox"/> Install Doors/Windows	<input type="checkbox"/> Screen repair
<input type="checkbox"/> Landscaping	<input type="checkbox"/> Vinyl Siding	<input type="checkbox"/> Concrete Pavement	<input type="checkbox"/> Gutters
<input type="checkbox"/> Soffit and Fascia	<input type="checkbox"/> Ramps	<input type="checkbox"/> licensed electrical, heating or plumbing (circle which one)	<input type="checkbox"/> Windows

**Please read and sign the back of this form**

## JOBS FOR VETERANS!



RECRUIT  MILITARY®

VETERANS JOB FAIR

120+  
JOB OFFERS  
EXPECTED!



**FORD FIELD**

**Thursday, June 14, 2018**

11:00 am – 3:00 pm

2000 Brush Street

Detroit, MI 48226

**A FREE HIRING EVENT**

FOR VETERANS, TRANSITIONING MILITARY PERSONNEL,  
NATIONAL GUARD MEMBERS, RESERVE MEMBERS AND SPOUSES

**= COMPANIES ARE HIRING! =**

Job Opportunities ▶ Continuing Education Opportunities ▶ Business Ownership Opportunities

**REGISTER NOW!**

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## Upcoming Events

### Mark Your 2018 Calendar

#### Volunteer Workshop

Fri. May 31st.

Respite Volunteers  
of Shiawassee  
Owosso

10:00 a.m. – 2:00 p.m.

#### Golf Scramble

Sat. July 28th.

8:00 a.m. Registration  
9:00 a.m. Shot Gun Start

#### Rock- a-Thon

To be held this  
summer - date to be  
announced

#### Fall Purse Party Bingo

Thurs. Oct. 18th.

Owosso K of C Hall

Doors open 5:45 p.m.  
Games start 6:30 p.m.

#### 25th Anniversary & Annual Meeting Celebration

Thurs. Nov. 8th.

D'Mars

Conference Center

#### Giving Tuesday

November 27th.

[www.givingtuesday.org](http://www.givingtuesday.org)

### Attention Golfers!

We will be hosting our 5th Annual Golf Scramble fundraiser on Saturday, July 28<sup>th</sup> at the Corunna Hills Golf Course. Registration with coffee, fruit and donuts begins at 8:00 a.m. with a shot gun start at 9:00 a.m. After golfing nine holes, lunch will be served, prizes will be awarded followed by the drawing for many wonderful raffle prizes. It's going to be a beautiful day and a fun time for everyone! Organize your foursome of friends and business associates or call our office in advance if you need help filling a team.



A&B Lawn Care Team

Hemenway Business Service  
In association with



**H&R BLOCK**

We are proud to announce that this year's Golf Scramble Event Sponsor is **Hemenway Business Service/H&R Block**. You can still be a Major Sponsor for \$500 (includes golf for 4) or be a Prize Sponsor for \$200 (includes golf for 2). Golf Cart or the Food and Beverages or Tee Sponsorships are

only \$100. This is a great advertising value and business exposure. Carol Nama, Jackie Hurd and Audrie Polhemus have already signed up to be golf cart sponsors. Please consider being a sponsor or donating a prize for our raffle. Respite Volunteers will be selling raffle tickets in advance (you do not need to be present to win). Individual golf tickets are \$40 or \$160 for a team. We only have slots for 14 teams left.

Watch our website and Facebook for a listing of our sponsors and for more details. Pick up a Golf registration form at our office or contact us at (989)725-1127. Thank-you Dan and Tracey Molnar for helping us plan this fun event.

### 2018 ROCK-A-THON for Respite Volunteers



Jane VanderWey  
ROCKS!

This summer we will be having our Rock-A-Thon. This fun event is open to anyone who would like to seek pledges for Respite Volunteers. It's so easy! Just send your friends, relatives, neighbors and business associates a letter (we have a form letter) or email or Facebook a message explaining the importance of our mission and ask them to pledge their financial support. You, in turn, will rock as we celebrate the efforts of Respite Volunteers. If you are not available you can also participate by proxy and still encourage your friends to make donations. To participate as a Rocker please call (989)725-1127 or stop by our office in advance for instructions. We are planning a date in August.

# Welcome Home Veterans

## GOLF FUNDRAISER

### ANNUAL

Thank You for Helping Us Build a Home for Veterans and END Homelessness!

## SATURDAY, AUGUST 18, 2018

### 11 am Shotgun Start

Twin Brooks Golf Club, Chesaning, MI



### SIGN UP

Early Bird Sign up by August 3rd

\$55 Player / \$220 Team of 4

Sign up by Monday, August 14th

\$60 Player / \$240 Team of 4

Best Ball Scramble Singles

Can be matched up.

### PRIZES

1st, 5th, 8th & Last Place

Door Prizes

50/50's

Longest Drive - Male/Female

Closest to the Pin - Men/Seniors

Longest Putt - Female

### BETTING HOLE

\$5 / 3 Putts - Each ball in hole is one entry into drawing.

### WHAT'S FOR DINNER?

N.Y. Strip Steak • Potato • Dessert • Extras

### HOT DOG AT THE TURN

Skins - \$20 Team

Mulligans - \$20 Team (1 per player)



Questions regarding sign up or donations please contact: Kim Bowen: kimmybo@chartermi.net or 989-277-9292 | Robert Hardy: romarhardy67@frontier.com or 989-277-5173

Welcome Home Veterans (WHV USA) is a faith-based 501(c)(3) non-profit organization which seeks to provide housing to veterans and their families (EIN # 46-5166773).

Like & Follow Us on Facebook: @WHVUSA | Learn About WHV & Future Events at WHVusa.org



Welcome Home Veterans, Inc. | 1605 Vandekarr Rd, Owosso, MI 48867  
Phone: (989) 277-9292 | Email: info@WHVusa.org



## Welcome Home Veterans, Inc.

4605 Vandekarr Rd, Owosso, MI 48867

Phone: (989) 277-9292 | Email: [info@WHVusa.org](mailto:info@WHVusa.org) | Web: [WHVusa.org](http://WHVusa.org)



### ANNUAL GOLF FUNDRAISER

**HELP US Build a Home for Veterans and END Homelessness!**

**AUGUST 18, 2018, 11:00 AM SHOTGUN START!**

**Twin Brooks Golf Club, 1005 North McKeighan Rd., Chesaning, MI**

*Thank you immensely for your heart, participation and your time.*

Welcome Home Veterans (WHV USA) is a faith-based 501(c)(3) non-profit organization which seeks to provide housing to veterans and their families (EIN # 46-5166773).

Please provide copies of this form for teammates. *This form serves as a receipt for all money donated.*

<p><b>GOLFERS:</b></p> <p>Includes green fees, cart, clubhouse lunch, dinner banquet and door prize!</p>	<p><input type="checkbox"/> \$55 Early Bird sign up      <input type="checkbox"/> \$220 a foursome</p> <p><input type="checkbox"/> \$60 per person                      <input type="checkbox"/> \$240 a foursome</p>
<p><b>Team Information:</b></p> <p>Golfer #1 (Captain): _____</p> <p>Contact #: _____</p>	<p>Golfer #2: _____</p> <p>Golfer #3: _____</p> <p>Golfer #4: _____</p>
<p><b>SPONSORS:</b></p> <p>Sponsor a Hole: Individual or Organizations will receive a sign at a designated hole, recognition on our website and Facebook page.</p>	<p><b>All signs will be identical in shape and size.</b></p> <p>☉ Send Logo or Sign request to: <a href="mailto:KBowen@whaleo.net">KBowen@whaleo.net</a></p> <p>_____ \$100 per hole</p>
<p><b>DONORS: Donate Door Prize Cash or Any Items</b></p> <p>Donors will receive recognition on Website and Facebook Page.</p> <p><b>All checks payable to: Welcome Home Veterans</b></p>	<p>Contact: Bob Hardy 989-277-5173 <a href="mailto:romarhardy67@frontier.com">romarhardy67@frontier.com</a> or Kimberly Bowen 277-9292 <a href="mailto:KBowen@WHALEO.net">KBowen@WHALEO.net</a></p> <p>Welcome Home Veterans representative will gladly pick up the donated item.</p> <p>\$_____ Donation Total</p>

Like & Follow Us on Facebook: [@WHVUSA](https://www.facebook.com/WHVUSA) | Learn About WHV & Future Events at [WHVusa.org](http://WHVusa.org)

CHOICES: PRINT/SAVE & PRINT/SAVE & EMAIL

SAVE FIRST: CLICK TO SUBMIT BY EMAIL



# Curwood Festival



We're Rolling Out the Red Carpet  
June 7-10, 2018

**THURSDAY, JUNE 7, 2018**

Time	Event	Map Location
9 a.m.	Information Center/Curwood Office 'til 5 p.m.	7
10 a.m.	Steam Railroading Institute Tours 'til 4 p.m.	6
Noon	Shiawassee Arts Center open 'til 5 p.m.	15
1 p.m.	Curwood Castle open 'til 7 p.m.	14
3 p.m.	Carnival Rides 'til 10 p.m.	18
6 p.m.	Opening Ceremony	14
7 p.m.	VIP Hospitality Party 'til 9 p.m. - BY INVITE ONLY featuring the John Patrick Peters Band	5
9 p.m.	OUTPOST Open to the public 'til 1 a.m. Admission \$5 featuring SoundWavz by Jerry Davis	5

**FRIDAY, JUNE 8, 2018**

8:30 a.m.	Bingo 'til 12:30 p.m. (Games start at 10 a.m.) presented by the ARC of Shiawassee County	5
9 a.m.	Information Center/Curwood Office 'til 5 p.m.	7
	Re-Enactors Encampment 'til dusk	14
10 a.m.	Steam Railroading Institute Tours 'til 4 p.m.	6
	<b>HOT (Hands on the Throttle) Contact 989.725.9464 for more information</b>	
Noon	Carpetbagger's Row 'til 10 p.m.	13
	Shiawassee Arts Center open 'til 5 p.m.	14
	Arts & Crafts at the Castle 'til dusk	14
1 p.m.	Curwood Castle open 'til 6 p.m.	14
3 p.m.	Carnival Rides 'til 11 p.m.	18
4 p.m.	Lego Tent 'til 10 p.m.	13
4:30 p.m.	Wine & Cheese Party 'til 7 p.m. No admittance after 5:30 p.m. - Admission \$15 Music provided by Jen and Juice	5
6 p.m.	Kids In Curwood Country Parade Line-Up	3 and 4
7 p.m.	Kids In Curwood Country Parade Kick-off Theme: Lights, Camera Action! Rain Date: Sunday, June 10, 2 p.m.	3 and 4
	OUTPOST Open to the public 'til 1 a.m. Admission \$5 featuring SoundWavz by Jerry Davis	5
8:30 p.m.	Mr. Owosso Contest & Coronation Admission \$5 - Music provided by SoundWavz by Jerry Davis	5

**SATURDAY, JUNE 9, 2018**

7 a.m.	Half Marathon, 5K Run, 10K Run, 5K Walk, 1 Mile Fun Run Late Registration Hosted by Shiawassee Family YMCA	7
7:30 a.m.	Half Marathon Hosted by Shiawassee Family YMCA	7
8 a.m.	Flapjack Brunch 'til Noon at Owosso Middle School Hosted by the Owosso Rotary Club	11
	Downtown Owosso Farmers Market 'til 1 p.m.	19
	5K Run & Walk and 10K Run Hosted by Shiawassee Family YMCA	7
9 a.m.	Information Center/Curwood Office 'til 5 p.m.	7
	Carpetbagger's Row 'til 10 p.m.	13
	Arts & Crafts at the Castle 'til dusk	14
	Curwood Dog of the Year Registration Judging Beginning at 9:30 a.m. Hosted by Shiawassee County Dog Developmental Committee	12

**SATURDAY, JUNE 9, 2018 continued**

Time	Event	Map Location
9 a.m.	Re-Enactors Encampment 'til dusk	14
	Lego Tent 'til 10 p.m.	13
10 a.m.	All day showing of the movie "The Bear" 'til 6 p.m. Hosted by Shiawassee Arts Center	15
10 a.m.	Steam Railroading Institute Tours 'til 4 p.m. Themed train rides out of SRI at 10, 12, 2, 4 and 6. Contact 989.725.9464 for ticket information.	21
	Bloody Mary Bar 'til 2 p.m. - Free Admission	5
	Armory Open House 'til 2 p.m. w/ live entertainment	13
10:15 a.m.	1 Mile Fun Run Hosted by Shiawassee Family YMCA	7
11 a.m.	Curwood Castle open 'til 7 p.m.	14
Noon	Carnival Rides 'til 11 p.m.	18
1 p.m.	Show Us Your Ink 'til 4 p.m. Sponsored by Metro Tattoos & Body Piercing	7
2 p.m.	Heritage Parade Theme: "A Night at the Movies"	1 and 2
4 p.m.	OUTPOST - 'til 1 a.m. - Admission \$5 featuring SoundWavz by Jerry Davis until 8 p.m. and The B Sides starting at 8 p.m.	5
	On-site Registration River Race Canoes/Kayaks/ Rafts 'til 5:15 p.m.	8
5:30 p.m.	River Race Canoes/Kayaks/Rafts depart McCurdy Park/Corunna	8 and 9
8:30 p.m.	Awards presentations for Raft, Canoe & Kayak Races	5

**SUNDAY, JUNE 10, 2018**

8 a.m.	Youth Fishing Derby Registration 'til 8:50 a.m. Raindate: June 18, 2018	20
9 a.m.	Youth Fishing Derby 'til 11:30 a.m. Weigh-In promptly at 11:30 a.m. Raindate: June 18, 2018	20
	Re-Enactors Encampment 'til 5 p.m.	14
	Talent Show 'til 11 a.m.	5
10 a.m.	Information Center/Curwood Office 'til 4 p.m.	7
	Arts & Crafts at the Castle 'til 5 p.m.	14
	Carpetbagger's Row 'til 6 p.m.	13
	Steam Railroading Institute HOT (Hands on the Throttle) Contact 989.725.9464 for ticket info	6
10:30 a.m.	Curwood Cat Contest Registration Judging begins at 11 a.m.	15
11 a.m.	Curwood Castle open 'til 5 p.m.	14
	All day showing of the movie "The Bear" 'til 4 p.m. Hosted by Shiawassee Arts Center	15
	Lego Tent 'til 5 p.m.	13
Noon	Carnival Rides 'til 6 p.m.	18
	Children's Activities featuring "Potter Park Zoo" and "Monster Mural" 'til 2 p.m.	5
1:30 p.m.	Zumba for Kids presented by Becky Dillon 'til 2 p.m.	5
	Pedal Tractor Pull Registration 'til 2:00 p.m.	5
2 p.m.	Pedal Tractor Pull	5



**FREE DAYSTARR WIFI AVAILABLE IN CARPETBAGGERS ROW**

*Outpost Entertainment* - (NO ONE UNDER 21 ADMITTED UNLESS OTHERWISE NOTED)

<b>Thursday</b>	
7 p.m. - 9 p.m.	VIP Hospitality Party (INVITATION ONLY) featuring the John Patrick Peters Band
9 p.m. - 1 a.m.	Open to the Public, \$5 cover featuring SoundWavz by Jerry Davis
<b>Friday</b>	
8:30 a.m. - 12:30 p.m.	Bingo (games start at 10 a.m.)
4:30 - 7 p.m.	Wine & Cheese Party featuring Jen & Juice
7 p.m. - 1 a.m.	Open to the Public, \$5 cover featuring SoundWavz by Jerry Davis
8:30 p.m.	Mr. Owosso Contest & Coronation
<b>Saturday</b>	
10 a.m. - 2 p.m.	Bloody Mary Bar
4 - 8 p.m.	Open to the Public, \$5 cover featuring SoundWavz by Jerry Davis
8 p.m. - 1 a.m.	Open to the Public, \$5 cover featuring The B Sides
<b>Sunday</b>	
9 - 11 a.m.	Talent Contest
Noon - 2 p.m.	Potters Park Zoo and Monster Mural Coloring Wall
1:30 p.m.	Zumba for Kids by Becky Dillon
1:30 p.m.	Pedal Tractor Pull Registration & Contest

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## American Legion Elsie

Post #502

Meetings 1st Thurs. of Month

**46th Old Time**

**Country Jamboree**

**JUNE 13, 2018**



© Can Stock Photo - csp26277639

Commander & Service Officer

Gene Nethaway

### **6pm-9pm Donation Only**

Anyone that plays a stringed instrument can  
join the player singers.

Open mike MC Mr. Tim Evans.

There is a sign up sheet and this determines  
when you sing or play at the Jamboree.  
Maybe you would just like to sit and listen to  
people play. Come on out, many people do!

**Cost: Donation**

**American Legion**

**220 South Ovid St.**

**Elsie, MI 48831**

**(989)834-2438**



# **DRIVERS NEEDED**

**THE SHIAWASSEE COUNTY DAV VAN NEEDS VOLUNTEER DRIVERS  
TO TRANSPORT VETERANS TO AND FROM VA MEDICAL  
APPOINTMENTS.**

**CALL SHIAWASSEE COUNTY VETERANS AFFAIRS AT  
(989) 743-2346 OR ASK STAFF FOR AN APPLICATION**



# **WE WANT YOU!**

**DONATE YOUR TIME AND HELP A VETERAN IN NEED.**

# Health

Ask your health care team about exercise options through the MOVE! Program. Ask, too, if you qualify for any special programs that offer help with fitness. Examples are "Wheelchair Games" and the "Diabetes Education Program."

Record minutes exercised, blood pressure & blood sugar and/or log these on [www.myhealth.va.gov](http://www.myhealth.va.gov)

## Take Steps Towards Healing

If you're dealing with post-traumatic stress disorder (PTSD) and/or high-stress levels, the VA has resources to help.

Visit [mobile.va.gov](http://mobile.va.gov) to get started.

### VA MOBILIE APPS BELOW:

- ⇒ Moving Forward App: For on-the-go tools to help you manage stress, solve problems, and manage conflict
- ⇒ PTSD Coach App: For help to manage and track PTSD symptoms and learn ways to cope with stress and PTSD
- ⇒ Mindfulness Coach App: For tools, exercises, and instructions for practicing mindfulness in you daily life



**Health Goal: I will talk openly with my health care team about my stress levels and /or PTSD symptoms.**

## Understanding PTSD Treatment

Don't let PTSD get in the way of your life, hurt your relationships, or cause problems at work or school. PTSD treatment can help.

Today, there are good treatments available for PTSD. When you have PTSD, dealing with the past can be hard. Instead of telling others how you feel, you may keep your feelings bottled up. But talking with a therapist can help you get better." \*See next page for screening test\*

**PTSD Screening (PCL) - Manual Instructions**

The following questions are a list of problems and complaints that veterans sometimes have in response to stressful military experiences. Please read each question carefully, and then select the answer that indicates how much you have been bothered by that problem in the past month. Instructions on scoring and interpreting your results are located after the final question.

Repeated, disturbing *memories, thoughts, or images* of a stressful military experience?

- Not at all
- A little bit
- Moderately
- Quite a bit
- Extremely

Repeated, disturbing *dreams* of a stressful military experience?

- Not at all
- A little bit
- Moderately
- Quite a bit
- Extremely

Suddenly *acting or feeling* as if a stressful military experience *were happening again* (as if you were reliving it)?

- Not at all
- A little bit
- Moderately
- Quite a bit
- Extremely

Feeling *very upset* when *something reminded you* of a stressful military experience?

- Not at all
- A little bit
- Moderately
- Quite a bit
- Extremely

Having *physical reactions* (e.g., heart pounding, trouble breathing, sweating) when *something reminded you* of a stressful military experience?

- Not at all
- A little bit
- Moderately
- Quite a bit
- Extremely

Avoiding *thinking about or talking about* a stressful military experience or avoiding *having feelings* related to it?

- Not at all
- A little bit
- Moderately
- Quite a bit
- Extremely

Avoiding *activities or situations* because *they reminded you* of a stressful military experience?

- Not at all
- A little bit
- Moderately
- Quite a bit
- Extremely

Having *difficulty concentrating*?

- Not at all
- A little bit
- Moderately
- Quite a bit
- Extremely

Trouble *remembering important parts* of a stressful military experience?

- Not at all
- A little bit
- Moderately
- Quite a bit
- Extremely

*Loss of interest* in activities that you used to enjoy?

- Not at all
- A little bit
- Moderately
- Quite a bit
- Extremely

Feeling *distant or cut off* from other people?

- Not at all
- A little bit
- Moderately
- Quite a bit
- Extremely

Feeling *emotionally numb* or being unable to have loving feelings for those close to you?

- Not at all
- A little bit
- Moderately
- Quite a bit
- Extremely

Feeling as if your *future* somehow will be *cut short*?

- Not at all
- A little bit
- Moderately
- Quite a bit
- Extremely

Trouble *falling or staying asleep*?

- Not at all
- A little bit
- Moderately
- Quite a bit
- Extremely

Feeling *irritable* or having *angry outbursts*?

- Not at all
- A little bit
- Moderately
- Quite a bit
- Extremely

Having *difficulty concentrating*?

- Not at all
- A little bit
- Moderately
- Quite a bit
- Extremely

Being "*superalert*" or watchful or on guard?

- Not at all
- A little bit
- Moderately
- Quite a bit
- Extremely

Feeling *jumpy* or easily startled?

- Not at all
- A little bit
- Moderately
- Quite a bit
- Extremely

## How to score your answers.

Now that you have answered each of the questions, you will need to score your answers. Each "Not at all" answer has value of one. Each "A little bit" answer has a value of two. Each "Moderately" answer has a value of three. Each "Quite a bit" answer has a value of four. Each "Extremely" answer has a value of five. Total all your answer

## Read this if your screening result is between 0 and 20.

### Your results

Your screen results indicate that you have few or no symptoms of PTSD. This screen is not designed to provide a comprehensive assessment or diagnosis of PTSD. Only a qualified physician or mental health provider can provide a complete assessment and diagnosis of PTSD. Only a qualified physician or mental health professional can differentiate symptoms of PTSD from other medical conditions. Only a qualified physician or mental health provider can prescribe appropriate treatment for PTSD or other medical conditions.

*If you are concerned about any illness, regardless of what the screen shows, you should seek further evaluation from your physician. If you are concerned that you may have a medical emergency or are having thoughts of harming yourself or someone else, call 911, or go immediately to the nearest hospital emergency room for an evaluation.*

## Read this if your screening result is between 21 and 29.

### Your results

Your screen results are consistent with minimal symptoms of PTSD. If these symptoms are distressing to you or are distracting you at work, or home, you may benefit from seeing your physician or a qualified mental health professional for a complete evaluation, as soon as practical. Although many veterans/individuals cope well with symptoms like yours, effective treatments for PTSD are available to help reduce your symptoms and improve your quality of life. A mental health professional or your physician can advise you about whether you can benefit from treatment and describe different treatment alternatives.

This screen is not designed to provide a comprehensive assessment or diagnosis of PTSD. Only a qualified physician or mental health provider can provide a complete assessment and diagnosis of PTSD. Only a qualified physician or mental health professional can differentiate symptoms of PTSD from other medical conditions. Only a qualified physician or mental health provider can prescribe appropriate treatment for PTSD or other medical conditions.

*If you are concerned about any illness, regardless of what the screen shows, you should seek further evaluation from your physician. If you are concerned that you may have a medical emergency or are having thoughts of harming yourself or someone else, call 911, or go immediately to the nearest hospital emergency room for an evaluation.*

## **Read this if your screening result is between 30 and 85.**

### **Your results**

Your screen results are consistent with many of the symptoms of PTSD. **You are advised to see your physician or a qualified mental health professional immediately for a complete assessment.** Although many veterans/individuals cope well with symptoms like yours, effective treatments for PTSD are available to help reduce your symptoms and improve your quality of life. A mental health professional or your physician can advise you about whether you can benefit from treatment and describe different treatment alternatives.

This screen is not designed to provide a comprehensive assessment or diagnosis of PTSD. Only a qualified physician or mental health provider can provide a complete assessment and diagnosis of PTSD. Only a qualified physician or mental health professional can differentiate symptoms of PTSD from other medical conditions. Only a qualified physician or mental health provider can prescribe appropriate treatment for PTSD or other medical conditions.

*If you are concerned about any illness, regardless of what the screen shows, you should seek further evaluation from your physician. If you are concerned that you may have a medical emergency or are having thoughts of harming yourself or someone else, call 911, or go immediately to the nearest hospital emergency room for an evaluation.*

You can print this page for your own records or to give to your physician or a mental health care provider  
 PTSD Screen is the PTSD Checklist (PCL) Weathers, et al., 1993  
 National Center for PTSD [DSM Checklist](#)  
<https://www.myhealth.va.gov/mhv-portal-web/ptsd-screening#noJavascript>

### **SHORT STORY: “I want to give someone hope”**

**Almost everyone has had something bad happen to them, something that they don’t feel able to share with their neighbor or work mates.**

**When that something bad is a trauma, you can imagine how hard it would be to speak up about it. So imagine the courage it took for a special group of Veterans to tell their stories about their posttraumatic stress disorder (PTSD) to the entire world. In the course of their recovery, these Veterans realized that talking about their experiences helped – and, wanting to help other Veterans begin talking as well, they agreed to put their stories out there. The hope is that other Veterans may relate to these experiences, may recognize themselves in what they see, and know that they are not alone.**

**Katie Weber is one of these brave Vets.**

You can see her tell her story on AboutFace, a compelling new VA online resource. Yeah, “about face”...as in “turn around and head in the opposite direction” — toward peace and recovery.

Katie joined the Army when she was 17. She was young and trusting. But when she was raped by a military superior, she felt alone and confused. She began having nightmares and found herself crying at the drop of a hat. She avoided relationships of any sort, afraid to trust again. The difficulties continued even after her discharge. Katie talks about how bad it got for her and her family. All of the Veterans talk about how PTSD affects the people they love.

“I’d go grocery shopping at night when my kids were asleep, safely tucked in. I’d go then so I could have some peace and not worry about being in constant human contact. It was a safe place for me to be, in my head, or so I thought.”

“I had to be a mom but then I suffered a triggering event that spiraled into a big breakdown for me. I would wake up in the morning and open one eye and go, ugh, again? Am I still here?

“I was really depressed. But I had to go downstairs and make breakfast for my kids. I had to get my bearings again.”

Katie knew she needed help but was afraid to go to VA because she thought it was part of the military, and it would trigger her traumatic military experiences.

“I was afraid of the chauvinism.

“But the VA doctors were really super understanding. I was able to see that PTSD is a recognized disorder and that there are ways to treat me for that.”

Today, Katie doesn’t have to wait for the kids to go to sleep so she can go shopping at night.

“Since I’ve sought treatment, I’ve been able to go to the grocery store with my kids. I can go to the swimming pool with them and let them play. And once I’ve done it, well, that’s a big deal. Because I’ve done it and I’m able to do it again. And it just becomes a non-issue.

On the path to recovery

“Once I was diagnosed, I was very relieved. And I have been on the path to recovery ever since.”

And why did Katie agree to be interviewed for the AboutFace project?

“I discussed it with my VA therapist and decided that the risk of sharing my personal story to help another Veteran was worth it. I am empathetic to the crushing pain one feels when suffering from PTSD all alone. I wanted to give someone hope.”

And for Vets out there who need help, Katie offers some inside, informed advice. “The VA is not the military. Don’t let fear stop you from making contact with the VA over the phone and telling them your special needs in order to make you comfortable. If you fear crowds, or certain genders, just ask to be accommodated, and don’t take no for an answer. If they say no, call the VA Patient Advocate in your area. Don’t be afraid to ask for help and never, ever give up!

“You have to have the strength to remember when we joined the service. Remember the slogan? Be all that you can be. Remember all the dreams you had when you were that person? It’s time to start reconnecting with that person...because you are that person. Your dreams don’t have to go on the wayside just because you are struggling with PTSD.”

[Visit AboutFace](#) and find out how Katie and dozens of other Veterans have taken that first step into PTSD treatment.

Stand by them. Help a Veteran by knowing the [signs of crisis](#)

## Treatment

Effective treatments for PTSD exist. Learn about treatment options and care after trauma. (NOTE: The National Center for PTSD does not provide direct clinical care or individual referrals.\*)

**PTSD**  
**Treatment Decision Aid:**  
*The choice is yours*

*An online tool to help you learn about and compare effective treatments*

**Get Started**

## Treatment Basics

Use our [PTSD Treatment Decision Aid](#) to help you compare PTSD treatment options [Understanding PTSD and PTSD Treatment](#) - a quick guide to PTSD Basics (PDF)

Watch our whiteboard video [PTSD Treatment: Know Your Options Treatment of PTSD | Tratamiento del TEPT](#)

Read an overview about the treatments shown to be most effective for PTSD. These include talk therapy and medication options.

### [Cognitive Processing Therapy for PTSD](#)

CPT teaches you how change the upsetting thoughts and feelings you have had since your trauma.

### [Prolonged Exposure for PTSD](#)

PE teaches you to gradually approach trauma-related memories, feelings and situations that you have been avoiding since your trauma.

### [Eye Movement Desensitization and Reprocessing \(EMDR\) for PTSD](#)

EMDR helps you process and make sense of your trauma while paying attention to a back-and-forth movement or sound (like a finger waving side to side, a light, or a tone).

### [Medications for PTSD](#)

Learn which four medications are most effective for treating PTSD.

### [Benzodiazepines and PTSD](#)

Learn how benzodiazepines can get in the way of PTSD treatment.

### [Help for Survivors in the Aftermath of Disaster and Mass Violence](#)

Learn about recovery programs for survivors and communities after a disaster.

## Getting Started with Treatment

### [What Can I Do If I Think I Have PTSD?](#)

Learn what you can do if you think you have PTSD.

### [How to Talk to Your Doctor about Trauma and PTSD](#)

Provides a brief checklist and questions you might want to ask a health care provider if you have been through a trauma.

### [PTSD Treatment Decision Aid](#)

An online tool to help you compare effective PTSD treatment options and think about which one might be right for you.

### [Finding a Therapist](#)

Provides information, phone numbers, and websites to help locate care for PTSD.

### [Choosing a Therapist | Cómo Elegir un Terapeuta](#)

Provides information and suggestions for choosing a therapist, including questions to ask about therapy and payment.

### [Types of Therapists](#)

Describes types of professionals who provide therapy and medication for PTSD and trauma issues.

### [What's Stopping You? Overcome Barriers to Care](#)

Describes barriers to getting care for PTSD, such as stigma. Suggests ways to overcome things that may prevent help seeking.

### [Understanding PTSD and PTSD Treatment](#)

Find out more in this quick guide to PTSD Basics.

### [Treatment Information for Veterans](#)

### [Help for Veterans with PTSD](#)

Answers to some questions about PTSD and service-connected disability that are frequently asked by Veterans. Provides information about resources for treatment.

### [PTSD Treatment Programs in the U.S. Department of Veterans Affairs](#)

Information on treatment for PTSD within the Department of Veterans Affairs.

### [Women's Mental Health Services in the VA](#)

Describes services offered to women Veterans, including the Women Veterans Health Care Program.

\*Because the National Center for PTSD has emerged as the world's expert on PTSD and traumatic stress, many people ask if we provide direct treatment services. The National Center for PTSD does not provide direct clinical care or individual referrals. See [Where to Get Help for PTSD @ www.myhealthva.gov](#)

# HEALTHY CHOICES

## COOL SUMMER DRINKS

### 3 easy Nutribullet recipes to help digestion



As we age, our digestive tracts can't quite keep up like they used to. This also can ring true for younger generations who may have indulged in too many sugary drinks.

By knowing what sets off your stomach and what can help it heal, you can ease your stomach trouble quickly, easily and for good.

Incorporating these green smoothies and variations of them into your diet is one of the ways you can promote healing your stomach lining and other parts of your digestive tract.

Those with conditions such as gastritis, GERD, acid reflux, heartburn and more know just how painful and upsetting these digestive problems can be. Here are three basic smoothie recipes designed to help promote healthy digestive flora and healing.

These smoothies and juices are all designed to soothe stomach upset and pain resulting from overproduction of acid or gastritis irritation, while also protecting the stomach lining and promoting healing. They can easily be made with any Nutribullet smoothie system.

## PAPAYA AND BANANA SMOOTHIE

On its own, banana is a wonderful food for shielding the stomach from harmful acids and other irritation. Additionally, both fruits aid in easing stomach pain and discomfort while also teaming up with the cultures in the yogurt to boost digestive performance.

- 1 cup papaya cubes
- 1 banana
- 1 cup pro-biotic yogurt (you can use plain or fruit flavors to add more fruitiness to the smoothie)
- 1/2 cup coconut milk, almond milk or rice milk
- 1 Tbs. honey
- 2 Tbs. almonds

Ensure the banana and papaya are cut into small cubes to make blending easier for your blender to process.

Next, add all ingredients to your Nutribullet and then pulse until smooth. If resulting mixture is too thick, add more milk and pulse until desired consistency is reached.

This smoothie is best enjoyed in the morning to help shield your stomach for the rest of the day.

## POTATO, CELERY, AND CARROT JUICE

One of the most common and effective remedies for irritation of the stomach lining is raw potato. The addition of celery provides plenty of moisture into the mix, while the carrot brings a soothing and nourishing effect with an added earthy flavor.

- 1 potato, peeled.
- 3 small carrots (or 2 medium, or 1 large)
- 3 sticks celery

Wash all your veggies and then peel the potato and carrot. Next, remove the strings from the celery so they do not become tangled around your Nutribullet's blades.

Chop everything into inch long pieces, and then begin processing the potato first. Next, add the carrot and then the celery. Ensure it is mixed thoroughly, and then drink. To treat gastric upset, it is recommended to drink this smoothie at least twice a day.

## LIMIT ACIDIC FOODS

When fighting gastric upset, avoid foods which cause an overproduction of stomach acids, or are acidic themselves. These can include coffee, soda, tomatoes, spicy foods, cheese, fried foods or overly fatty meats.

Many doctors like to prescribe antacids and protein pump inhibitors to aid these digestive issues. However, these medications are only meant for short term use. Long term use of these can cause many digestive problems, especially in seniors.

Using these and many other recipes intended to aid digestive health with your Nutribullet system, you can begin your journey to eliminate gastric irritation.

