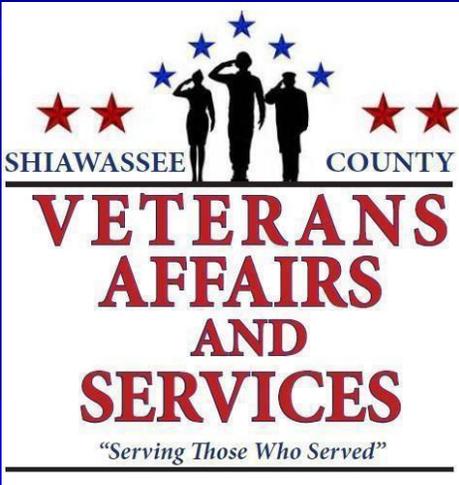


<http://Shiawassee.net/Veterans-Affairs/>

Habitat for Humanity
Home Repair Programs

Red, White
and Blue Project

VA Welcome Kit



Serving Those Who Served

Shiawassee County

Veteran *News*

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 to receive monthly newsletter via email.

The Salvation Army of Shiawassee County and the United Way of Genesee County-Serving Shiawassee and Genesee County brings its residents a

Shiawassee County Warming Center

For Homeless Men and Women of Shiawassee County

Open: February 1st - March 31, 2018

Times: 8pm-7am

Location: Salvation Army Owosso Corps
302 E. Exchange Street, Owosso



Questions? Contact Salvation Army at (989)725-7485 or Shelly Ochodnicki, Volunteer Coordinator, at (989)277-0769

- * Stay the night in a safe warm environment
- * Monitored by qualified volunteers
- * Daytime warming from 9am to 3:30pm (Mon-Fri)
- * Lunch served from 11am to 12pm (Mon-Fri)



Calendar of Events:

- March 17 St. Patrick's Day
- March 21 Veterans Trust Fund Meeting/1pm
- March 21 Veterans Relief Fund Meeting/3pm
- March 30 Good Friday/Office Closed

Contact Us:

201 N. Shiawassee St.
3rd floor, Surbeck Building
Corunna, MI 48817
Phone: (989)743-2231
Fax: (989)743-2393
vetaffairs@shiawassee.net



VA Welcome Kit for Veterans

The VA Welcome Kit for Veterans is now live and available digitally at:

<https://www.vets.gov/welcome-to-va>

This answers the question for Veterans, “Where should I start in VA?” It’s a great resource with very simple steps of how a Veteran can enroll and find points of contact.

“The welcome kit is so simple, it’s the way everything needs to work in VA,” said VA Secretary Dr. David Shulkin.

Habitat for Humanity Critical Home Repair & Home Preservation

Did you know that Habitat for Humanity has home repair programs? Click on the following link for more information:

<http://www.sshfh.org/programs/>

Critical Home Repair

The Critical Home Repair program helps families apply for grants that may range from \$5,000 to \$12,000 for eligible repairs such as roof, windows, gutters, doors, siding, furnace, water heater, insulation, handicap modifications, plumbing, electrical etc.

<http://www.sshfh.org/wp-content/uploads/2013/04/CHR-application-2018.xls>

Veteran Repair

A veteran that has a Honorable or General discharge and whose income is below the income limit of 80% of the Area Median Income may qualify for grants specifically for veterans.

<http://www.sshfh.org/wp-content/uploads/2013/04/Veterans-Repair-Application-2018.xls>

Home Preservation

Helping homeowners in (focus) community neighborhoods that need painting, deck repair and staining, minor repairs and/or landscaping.

<http://www.sshfh.org/wp-content/uploads/2013/04/CHR-application-2018.xls>

Veterans of Foreign War Owosso Post #9455

Every Sunday

Breakfast

8am-Noon



VFW

519 S. Chipman St.
Owosso, MI 48867
(989)723-8655

American Legion Elsie Post #502

43rd Old Time
Country Jamboree

March 14, 2018

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!



American Legion
220 South Ovid St.
Elsie, MI 48831
(989)834-2438



Please Get Your Influenza (Flu) Vaccine

It is very important for you to consider receiving a flu vaccine to protect yourself, your family, and others. Please talk with your health care team today and get the protection you need this flu season.

Veterans may also take their ID card to their local Walgreens for the vaccine.

Suicide Prevention

If you know a Veteran who may experience thoughts of suicide, getting them the assistance they need, as quickly as possible, is crucial. The "BeThere" campaign offers information on how you can help.

Visit www.veteranshealthlibrary.org to learn more.

Veterans Crisis Line:
1-800-273-8255 Press 1

Our VA staff, along with members of the community, have read and signed the "BeThere" Declaration to join forces in ending Veteran suicides through a series of efforts.

Are you a caregiver of a Veteran and need assistance?

Call the Caregiver Support Line at

1-855-260-3274

Help for Homeless Veterans

877-4AID-VET
va.gov/homeless | (877) 424-3838

Questions about Community Care?

Visit

<https://www.va.gov/communitycare/>

Billing Information

If you need to make a payment to the VA for your copayment billing, please report to Room 1341, Agent Cashier.

If you have questions about co-pay billing, please report to Room 5133, 5th Floor.

Michigan Veterans Affairs Agency Information

1-800-MICH-VET

www.michiganveterans.com

**Wounded Combat Veterans Bobby Henline and Michael Menegay
(Plus Their Service Dogs 'Daisy' and 'Lola') Are Gonna Be In the Movies!!
Please Help Us Sponsor Them with a Tax Deductible Contribution**



U.S. Army veteran Bobby Henline (left) and Marine Corps veteran Michael Menegay (with their service dogs/companions 'Daisy' and 'Lola') are moving forward with their lives and doing great things in bringing awareness to veterans/family issues such as PTSD, veteran suicides, homelessness and many more challenges faced by military veterans - past and present - and their families. This photo shows the guys at Niagara Falls during the final leg of last year's cross-country tour (by car with their companions!). The men and their dogs are in the cast of 'MBF' (Man's Best Friend), a feature film slated for filming in Michigan this spring. The wounded veterans will also be giving inspirational/motivational presentations at area schools and civic organizations. The Red, White and Blue Project, a registered 501(c)3 not-for-profit since 2009, is seeking your help in Sponsoring these wounded warriors for this opportunity to help tell an important story. One which also speaks to the plight of 'Last Chance' shelter dogs and animal abuse. **ALL CONTRIBUTIONS** are Tax Deductible (Our EIN: 45-4699830) and greatly appreciated!! Please go to our website www.theredwhiteandblueproject.org and lend a hand if you can. THANK YOU and God Bless America!!



"I've had my struggles since my time in war (TBI and PTSD). And honestly, I wouldn't be here today if it weren't for my service dog and companion, 'Lola.' This film, 'MBF' (Man's Best Friend), means the world to me. It's given me a new purpose in life. To bring awareness to veterans' issues like PTSD, depression, suicide, homelessness and much more." - **Michael Menegay**, USMC, two tours in Fallujah and Ramadi, Iraq, as a communications expert with Navy and Marines Corps EOD (Explosive Ordnance Disposal) teams.

**Sponsoring These Veterans,
Their Dogs is Quick, Easy
and Greatly Appreciated!**

Please go to our website Home Page

www.theredwhiteandblueproject.org

Click on the Donate icon and our secure PayPal account will expediently process your tax deductible gift. Leave us a message if you like in support of these men, their dogs and 'MBF'!

"Use your smile to change this world, don't let this world change your smile. Chase your dreams. I commend the writer, producers and director for taking on this film with such honesty and compassion. We'd appreciate everyone's help, if you can, in making this exciting and important project all it can be." - **Bobby Henline**, U.S. Army (82nd Airborne), four tours in Iraq, severe burns from an IED blast, arm amputation, PTSD.



**A message from 'MBF' Director
and Co-Founder of The Red, White
and Blue Project, Anthony Hornus**

In 2009, after our return from Afghanistan, where we were embedded and traveled outside the wire on missions with America's Best - the men and women of the United States Armed Forces - we founded www.theredwhiteandblueproject.org with a very focused mission.

To tell stories in documentaries, TV programs, feature and short films - that focus not only on moms and dads, sons and daughters, brothers and sisters, cousins, aunts and uncles, friends and neighbors who make up the U.S. Military in past and present in their families as well.

Important, timely stories. Those that the media and big studios don't believe important. Or deserving.

Our mission here at The Red, White and Blue Project is to 'Educate, Inspire, Empower, Support.'

We have created two award-winning films. 'Outside the Wire: The Forgotten Children of Afghanistan' and the narrative short film, 'Standing Post' (16 min.), which you can view free on our website homepage. We've made many donations to schools and veterans' groups.

We are not beholden to 'Hollywood,' nor any other entity which would seek to sway us from our mission of telling stories of interest and merit. Those which enlighten, challenge, empower and entertain. We are responsible to the story and our audiences. Period.

In the last year, the non-profit was given a unique opportunity to spread its wings within the guidelines of our mission as a registered 501(c)3 not-for-profit.

We will SPONSOR with your gracious help, two of America's Best in wounded veterans Bobby Henline (U.S. Army, 82nd Airborne), severe burns, arm amputation and PTSD, as well as Michael Menegay (USMC), TBI and PTSD for their participation in the feature film, 'MBF' (Man's Best Friend), to be produced by Collective Development Inc. of Lansing, Michigan.

Accompanying the veterans will be their service dogs and companions, 'Daisy' (a Black Golden Doodle) and 'Lola' (a Black Lab). In addition to roles in the film, the men and their dogs will do community outreach with inspirational/motivational presentations at area schools, civic groups and churches. Their group interaction speaks to moving forward no matter your challenges and to follow your dreams in the belief you can make positive differences in your community and country.

These brave men, each of whom did multiple combat tours in Iraq, ARE NOT PROPS! Nor are they to be pitied or looked upon as some sort of pretentious marketing hook. They don't want that.

Bobby and Michael were brought onto this film, which I will direct (and btw, no one at the nonprofit, its five board members receives a salary and never will), after a lengthy nationwide search.

Bobby and Michael will play integral parts. And we have three other vets (Army and Marine Corps) - all professional actors - Tim Abell, Tim Lovelace and Native American, Austin 'Two Feathers,' who are on board.

We're proud of that! Bobby and Michael are excited!

If you can help us get these guys 'in the movies' with a Tax Deductible contribution of ANY AMOUNT and whether as an individual(s), business-corporation branding, civic or church group, etc. Thank You!!

It's easy to join us: Click on our website link www.theredwhiteandblueproject.org, go to the 'Donate' icon and use our secure PayPal account. WE LOVE MESSAGES! Give us a shout! We'll post donor names and messages on our website and social media.

Internet shy? Checks and money orders may be mailed to:

The Red, White and Blue Project
422 W. Corunna Avenue
Corunna, Mich., 48817

Anthony Hornus, Jesse Aragon named to helm CDI's next feature, the powerful 'MBF' (Man's Best Friend)

Award-winning journalist, author, actor, director and filmmaker Anthony Hornus knows the human condition and the horrific costs when it comes to war. He's experienced it and seen it first hand. Not as a military veteran, rather as a friend, family member, parent, multi-media professional and story teller about those who have served America from World War II, Korea and Vietnam to Desert Storm, Iraq and his embed with U.S. Forces in Afghanistan.

So DJ Perry, CEO of Lansing (MI)-based production company Collective Development Incorporated, with whom Mr. Hornus has been friends and collaborator for 19 years and more than a dozen films in worldwide distribution, didn't have to look far in choosing the best, most personally-connected person to direct 'MBF' (formerly 'Man's Best Friend'), CDI's powerful upcoming character study.

Joining Mr. Hornus at the creative helm of 'MBF,' a screenplay penned by Mr. Perry, who also stars as Paul Landings, a physically and emotionally scarred U.S. Marine Corps Afghanistan veteran and K-9 handler who has struggled for 10 years to get structure and a sense of joy back into his life, is the incomparable Los Angeles-based Director of Photography, Jesse Aragon.

Mr. Aragon, who is building an impressive feature film resume, has DP'd the last four CDI films over three years. Including all three in the edgy, faith-based 'The Quest Trilogy' ('Forty Nights,' 'Chasing the Star' and 'The Christ Slayer'), in addition to the post-Civil War drama/adventure, 'Wild Faith.'

Mr. Aragon, affectionately nicknamed 'Smooth' by his friends and colleagues, is becoming well-known to audiences worldwide through CDI-produced films. His eye captures breathtaking and beautiful vistas, gritty as well as burnishing hues and stellar character performances through his lenses. And from the harsh desert terrain and hills of Yuma, AZ. and southeast California, to the fresh, majestic woods of a Michigan fall.

"Tony and Jesse are craftsmen and pros, each in his own way and what they bring to a film project," said Mr. Perry. "MBF is in the best possible hands, creatively and business-wise," he added.

When Mr. Hornus (who prefers to be called Tony or just 'T') graduated high school in a small Michigan town, the war in Southeast Asia was still raging. The anti-war protests and confrontations over racial inequality on the homefront were becoming seemingly evermore violent. And deadly (Four dead in O-HI-O, Kent State, 1970).

Mr. Hornus, whose number was 185 in the first year of the Selective Service Lottery, was not drafted. But the death and destruction of the Vietnam War, broadcast into homes nightly on TV, will never leave him.

"I had two good friends who died in Vietnam," explains Tony. "One was a Marine, one was Army Airborne. They didn't have a choice of enlistment or branch like our military does today. They were scared 19-year-olds who yet, when called, had the courage to serve our country in very dark, dangerous, conflicted times. I knew them well. And there were tens of thousands just like Donnie and Dwight who stood up to serve with honor and distinction."

During an illustrious 32-year career in journalism at a Michigan daily newspaper, Tony earned 14 honors from The Associated Press (the largest news cooperative in the world) for newswriting excellence in breaking news, opinion/commentary, investigative reporting and human interest profiles.

"Some of the most interesting stories I worked on came from veterans," he enthuses. "World War II vets - guys who were in the Normandy invasion, Battle of the Bulge, Iwo Jima and Okinawa, an uncle who was on a Navy tanker in the Pacific; a soldier who survived a year in a North Korean POW camp; a Vietnam vet who survived the battle of Hue, another who was at the fall of Saigon; stories of those who fought in Desert Storm; and of course, Iraq and Afghanistan. Their stories fascinated me. And you always honor the story. To be across the table from men and women of such character, what a privilege."

On most of CDI's films, Tony, who wrote and co-directed the true crime film, 'An Ordinary Killer,' for CDI (based on his book of the same title) is a producer and when the role fits, an actor. He was on the team that helped three young directors - Jesse Low (twice, with 'Forty Nights' and 'Wild Faith'), Bret Miller ('Chasing the Star') and Nathaniel Nose ('The Christ Slayer') - put their brand on CDI feature films.

Tony smiled, "Now it's the old man's turn. If you've lived it, crossed paths with and know all the players and types in the story, been a writer and story teller your entire adult life, maybe you've earned the trust to lead a great cast and crew in telling this story. These kids, every one of whom I love and respect for their creative and technological talent, weren't even a twinkle in their parents' eyes when the Vietnam War ended."

'MBF' is tagged as "an engaging tale that draws parallels between the treatment of many wounded military veterans and 'last chance' shelter dogs.

Explains Mr. Perry, "The story touches upon an array of societal issues. From Post Traumatic Stress Disorder and other emotional and psychological challenges; physical wounds and horrific disfigurement of wounded veterans;

homelessness/families struggling at the poverty level; abuse and mistreatment of animals (specifically canines); disrespectful, troubled teens; and, the arrogance of 'perceived privilege and entitlement' by those in positions of authority, even in small town America.

“The uniqueness of MBF is its redemptive reach for balance. It strives to expose the darkness of man's inhumanity, yet embraces the goodness in the hearts of others,” he added.

For 'T,' who calls his embed with U.S. Forces in Afghanistan 'Cathartic' while filming the critically-acclaimed and award-winning documentary he wrote, produced (along with Dennis Therrian) and directed, 'Outside the Wire: The Forgotten Children of Afghanistan' (2011), the opportunity to direct MBF is humbling.

“I know who Paul Landings is (I know damaged Vietnam, Iraq and Afghanistan vets); I know who his father Robert is (my son is a veteran and has been to war) and how families are affected; I know who the prosecutors, lawyers, judge, police are; I know who Charlie Sawyer, the star high school QB, is; and, I know all the periphery players in this story.

“Whether or not that's just from being around a longtime, our goal with this film is to enlighten, educate, empower and perhaps inspire.”

Casting and other business on MBF continues by CDI producers in anticipation of March, 2018 'Principal Photography' in mid-Michigan.

'MBF' (Man's Best Friend)

Log Line:

An engaging 'tail' that shows the parallels between the treatment of wounded military veterans and 'last chance' shelter dogs.

Synopsis:

'MBF' (Man's Best Friend) is a unique story that touches upon an array of societal issues. From Post Traumatic Stress Disorder and other emotional and psychological challenges; physical wounds and horrific disfigurement of military veterans; homelessness and vets/families struggling at the poverty level; abuse and mistreatment of animals (specifically canines); disrespectful, self-entitled, troubled teens; and, the arrogance of 'perceived privilege' by those in positions of power.

The uniqueness of MBF is its redemptive reach for balance. It strives to expose the darkness of man's inhumanity, yet embraces the goodness in the hearts of others.

2008

Paul Landings is a 45-year-old United States Marine Corps veteran and sergeant, who was a K9 working dog 'Specialist.' In July 2008 in Kandahar Province, Afghanistan ('spiritual birthplace' of the Taliban), Sgt. Landings has dismounted from the lead vehicle in a three-humvee convoy. With him on foot are the fire team's Afghan interpreter and fellow Marines, Lance Cpl. Harold Reeves and 'Bart,' his pure-bred German Shepherd partner.

The dirt road connecting two villages is notorious for IEDs (Improvised Explosive Device). Some blasts are set off on contact/impact, some by remote control detonation.

In an instant, a blast of fire and shrapnel changes lives. And for many, ends life.

The Afghan 'Terp' and 'Bart' are killed instantly in the explosion.

Sgt. Landings is medi-vac'd with grave open and closed head injuries. Paul will not find out for months, while hospitalized in a coma, that his frisky, cuddly, lovable 'boy' was Killed In Action.

Cpl. Reeves, once a handsome, All-American 'ladies man' from California, loses an arm in the blast and is burned over 50 percent of his body. His ears 'melt' in the blast's fire and his face is so horrifically disfigured, even after 42 surgeries, he will spend the rest of his life with an appearance that frightens children and shocks adults.

Sgt. Paul Landings and 'Cpl.' Harold Reeves will not communicate or see each other for 10 years. Not until another fateful day will the Marines be reunited.

2018

Paul Landings has struggled since his military service and war wounds. The loss of his friend and fellow Marine 'Bart,' as well as being an on-again, off-again in-patient and out-patient at VA hospitals, has made it difficult to reconnect with family and friends in his small mid-Michigan hometown.

But the past several months have been a rebirth, with signs of hope, for the mild-mannered, gentle former warrior. Paul has managed to move out as a 'transient boarder' at his father's home and into his own rental house. This is a huge step in the life of a man whose dreams, and life, have been deferred. Yet, he has plenty of four-legged friends to keep him company and give his life some semblance of joy and renewed meaning.

Paul has also landed a part-time job- a Godsend - as a custodian/kennel intake staffer at the county animal shelter, a facility where euthanasia is currently practiced. Obviously Paul has other plans for the humane society.

However, as if on cue, Paul's life is challenged again by personal grief and suffering because of an

inhumane and evil act. He becomes an anger-ensuing, one-man vengeance-seeking force, the result of a misguided, disrespectful group of teen-age schemers and potential felons led by the local high school's star football QB and university-bound, Charlie Sawyer, who also happens to be the eldest son of the city's boisterous, hypocritical mayor.

MBF is a 100-minute journey. The film offers layered storytelling with a vast lineup of interesting, compassionate, damaged and eccentric characters. This contemporary action/narrative film is filled with twists and turns, as well as cautionary tales, faith, hope, redemption and the understanding of the 'role' dogs play in our lives as family, as pets and service companions.

Please go to the following Facebook Pages (for trailers, photos, much more information:)

Forty Nights
Chasing the Star
The Christ Slayer – 2018 release

The above 3 films are part of 'The Quest Trilogy' (also on Facebook)

Releasing in March 2018:
Wild Faith

Filming in mid-Michigan (Corunna and Owosso) in March-April 2018:
'MBF' (Man's Best Friend) (Also on Facebook)

All of the above films by **Collective Development Inc.** are distributed worldwide by:
Bridgestone Multimedia Group (BMG)

Anthony Hornus
517-719-4635
bstshl@charter.net

Be a Sponsor thru our 501(c)3 non-profit - Persons, businesses, corporations and others may go to www.theredwhiteandblueproject.org to make tax-deductible donations toward Sponsorship of wounded warriors Bobby Henline (U.S. Army, 82nd Airborne) and Michael Menegay (Marine Corps), both of whom have roles in the film and will be doing inspirational/motivational presentations to area schools and organizations during filming.

They will be accompanied by their service dogs, 'Daisy' and 'Lola.'

Sponsorship/Supporter Information

**The Red, White and Blue Project, a 501(c)3 not-for-profit organization,
is committed to 'Educate, Inspire, Empower, Support'**

www.theredwhiteandblueproject.org

EIN – 45-4699830

Donations in any amount are most welcome and appreciated!

Support can be made as Individual(s), Businesses, Corporations, Groups, Civic Organizations, Foundations.' And, 'In Memory of' or 'In Honor of' donations are welcome!

All contributions are tax deductible under Section 170 of the IRS Code

(Please check with your accountants or tax preparers for details)

The main focus of this year's primary fund-raising effort is to support wounded veterans Bobby Henline (U.S. Army 82nd Airborne), burns, PTSD, and Michael Menegay (USMC), TBI, PTSD, as well as their service dogs/companions 'Daisy' (a black Golden Doodle) and 'Lola' (a black Lab).

These veterans and their K-9s will be wonderful on-screen actors in the feature film, 'MBF' (Man's Best Friend), set to film in mid-Michigan in spring, 2018. The film is produced by Collective Development Inc. of Lansing, Mich., and will be distributed on all formats (DVD, Blu-Ray, VOD, streaming outlets such as Netflix, Amazon Prime and Hulu, cable and network TV, from Animal Planet to American Heroes Channel), worldwide by Bridgestone Multimedia Group (BMG).

Mr. Henline and Mr. Menegay, while in Michigan for filming, will also give inspirational and motivational presentations (with their K-9 companions) to several area schools, civic and church groups, and other groups such as American Legions and VFWs.

Three other military veterans, actors Tim Abell (U.S. Army Ranger, 'The Old Guard' member at Arlington National Cemetery), Native American, Austin 'Two Feathers' Pendleton (U.S. Army) and Tim Lovelace (USMC), are also involved in the production (in multiple capacities).

Our mission is to provide/sponsor thru **The Red, White and Blue Project**, travel and lodging expenses, as well as daily food allowances (when not on set), incidentals and per diems, for these veterans ONLY (and within our non-profit's 'Mission Statement'), therefore taking budget pressure off the for-profit production company.

ALL SUPPORT is greatly appreciated! We thank you!!

In addition to an IRS tax deduction, here are a couple of added 'Thanks' opportunities:

DONATIONS of \$250-\$1,000 – Name(s) in the 'Producers wish to Thank' section of the end credit roll in the film.

More than \$1,000 – Name(s) and branding (if applicable) in the 'Special Thanks,' 'In Memory of' or 'In Honor of' section in end credits. Your choice! On-set visit, VIP passes to the World Premiere.

If you choose to assist us in this project, please go to www.theredwhiteandblueproject.org and click on the DONATE icon. Leave a message with your donation if you want names included in end credits.

Our secure PayPal link will send you an immediate receipt via email for your records.

Don't trust online payment method? No problem!

Checks and money orders can be mailed to:

The Red, White and Blue Project

422 W. Corunna Avenue

Corunna, Mich., 48817

(Include your email or USPS address and a receipt will be sent immediately upon our receipt).

Please visit our website and view our award-winning short film, 'Standing Post' (our treat) and watch the trailer for our award-winning doc, 'Outside the Wire: The Forgotten Children of Afghanistan'

THANK YOU and GOD BLESS the UNITED STATES of AMERICA!!

7th Annual Veterans Freedom Park 5K Freedom Run/Walk

In memory of SPC Robert Friese
And all who have given the ultimate sacrifice
Saturday, April 28, 2018

Race Starts at 10:00am

Veterans Freedom Park
Harrison Michigan 48625

This date coincides with the anniversary date of SPC. Friese' ultimate sacrifice to this great Nation.

This will be an official timed 3.1 mile run held in honor of all who have given the ultimate sacrifice
All Proceeds will go to Veterans Freedom Park

2018 5K Freedom Run/Walk Registration

\$25.00 per Registrant until April 20, 2018/ T-shirt included

After April 20th the fee is \$30.00 per Registrant with no guaranteed T-shirt.

Registration & packet pick-up will be available on Friday April 27th, 4:00pm to 7:00pm and on Saturday April 28th, 8:30am-9:30am, both registrations will be held indoors, at the Harrison Community School Building, adjacent to the race site. Please do not mail entries after April 21st.

Preferred method would be online at

<http://www.veteransfreedompark.com/events/freedom-5k/> and click 

Checks to be written to Veterans Freedom Park.

Please send entry form and enclose payment:

Veterans Freedom Park, 225 W Main Street, Harrison, MI 48625

AWARDS

Awards will be given to top Male/Female overall finishers.

Top Master Group (over 50) and for each age group.

Awards Presentation will be held at the registration area at 11:30am.

No awards will be given for the 3 mile walk.

Self-timing equipment will also be available on Race Day

For listing of Age Groups for Award Categories and time results after the race will be posted at

www.veteransfreedompark.com

Questions-call (989) 539-3273

NAME _____

ADDRESS _____

CITY _____ STATE _____

DOB ____/____/____ AGE ON RACE DAY (4/28/ 2018) ____ Gender _____

(ADULT T-SHIRT SIZES) 1/T-Shirt is included in the registration fee

Please circle size S M L XL *2XL *3XL (*\$3.00 up charge for sizes 2XL and 3XL)

(ADULT T-SHIRT SIZES) EXTRA EVENT T-SHIRTS \$15.00 each

Please circle size(s) S M L XL *2XL *3XL (*\$3.00 up charge for sizes 2XL and 3XL)

How many extra shirts are you ordering _____ x \$15.00 or \$18.00 = _____

ADULT Hooded Sweatshirts also available for Additional Charge of: \$25.00

Please circle size S M L XL *2XL *3XL (*\$5.00 up charge for sizes 2XL and 3XL)

Amount enclosed \$

ALL PARTICIPANTS must sign the waiver on the back of this form

7th Annual Veterans Freedom Park 5K Freedom Run/Walk



This Event Endorsed by



PURE *M* ICHIGAN[®]
FITness Series

Waiver: I assume all risks associated with participating in this event including, but not limited to: falls, contact with other participants or spectators or animals, the effects of the weather, traffic, conditions of the race course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of this entry being accepted, I, for myself and anyone entitled to act on my behalf, waive and release the sponsors, supporters, officials, the race directors and volunteers, Harrison Community Schools, and the Clare County Veterans' Services from all claims or liabilities of any kind that may arise on the part of the persons named in this waiver. I agree that my photo may be taken and used without my consent and without compensation.

Signature: _____ Date: _____

E-mail: _____

Parent Signature if under 18: _____ Date _____

Veterans Freedom Park Mission Statement

The mission of the Veterans Freedom Park is to provide a peaceful, serene setting in which people will be able to learn, reflect, remember and honor all veterans. Our goal is to educate the public of past and present wars and conflicts in which the United States participated; and allow space for future conflicts. It memorializes veterans of Central Michigan who gave their lives in the line of duty.



**Want to make a huge difference in someone's life?
Be a Respite Volunteer
and make a difference in your life too!**

"Givers are happier than takers, brain MRIs found that small acts of kindness, or even just promising to do something kind later, triggered brain activity known to be associated with happiness" –WebMD Jan. 2018

**Thurs., March 22, 2018
10:00am - 2:00pm
Shaftsborg United Methodist Church
12821 Warner Rd.
Shaftsborg, MI 48882**

Volunteer Opportunities include; helping a patient & caregiving family, helping in the office, helping on committees, helping with fundraisers, and special projects. To register or for additional information please contact: 989-725-1127 or office@respitevolunteers.org. Please see our website at www.respitevolunteers.org.

Find Respite Volunteers on Facebook.

A light lunch will be provided at the training for potential volunteers





**Blue Star Mothers of Midland County Invite
YOU**

To attend our PTSD SUMMIT

When: March 22, 2018

Where: Grace A. Dow Memorial Library Auditorium

Time: 7:00 p.m. to 9:00 p.m.

PTSD is an insidious disease. There are no scars or wounds on the outside. They are on the inside, hard to recognize or understand. Our goal is **to educate the community about PTSD.**

Keynote Speakers: Fred Honerkamp, U.S. Army Retired
Sharlene Gray, Saginaw Veterans Hospital

For additional Information, contact these Blue Star Mothers:
Kathy Bate (989) 859-9595 Mary Fisher (989) 859-6086, or
Deb Baker (989) 859-1004

PROTECT YOURSELF AGAINST HEPATITIS A

Hepatitis A is a serious liver disease:

- It is easily passed from person to person.
- Anyone can get hepatitis A.
- Wash your hands with soap and water:
 - after using the bathroom or changing diapers
 - before eating and preparing food
- The best way to protect against hepatitis A is to get the hepatitis A vaccine. Talk to your healthcare provider about getting vaccinated. If you need help paying for vaccines, your local health department may have the vaccine available for little or no cost.



WASH YOUR HANDS

*Alcohol-based hand sanitizers are not effective against the hepatitis A virus.

1. **Wet** your hands with clean, running warm water and apply soap.
2. **Lather** your hands by rubbing them together with the soap.
Be sure to lather the backs of your hands, between your fingers, and under your nails.
3. **Scrub** your hands for at least 20 seconds.
4. **Rinse** your hands well under clean, running warm water.
5. **Dry** your hands using a clean towel or air dry them.



SHIAWASSEE COUNTY
HEALTH DEPARTMENT
Promoting Wellness. Protecting Health.

110 E. Mack Street • Corunna, MI 48817

989-743-2356 or **1-800-859-4229**