



# Great Plains Veterans Services Center

*"Veterans helping Veterans for a better future"*



**July  
2023**

**NEWSLETTER**

**G.P.V.S.C STAFF**

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Chauncey Parker

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Wesley Old Coyote

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John Gardipee, Sr.

Veterans Transportation Supervisor  
Browning Office  
Shane Sinclair

Veterans Transportation Manager  
TBD

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Browning Office  
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Louis Pollock

VTS Administrative Assistant  
Tallis Caplette

Communications Specialist  
Becky Lewis

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Ft. Belknap Office  
Francois Nelis

Finance Manager  
Marianne Capellen

Veterans Service Driver  
Rocky Boy / Ft. Belknap  
Weston Sutherland

Finance Clerk/HR Assistant  
Leo Johnson

Food Service Operator  
Rocky Boy Office  
Coby Stump

Veterans Outreach Case Managers  
Rocky Boy Office  
John Gardipee, Jr.  
Jeffery Jones

Food Service Assistant  
Rocky Boy Office  
Brian Jones

Veterans Outreach Case Managers  
Browning Office  
Patrick Calf Looking  
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Veterans Service Driver  
Ft. Belknap Office  
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Veterans Service Driver  
Rocky Boy Office  
Keith Billy

Graphic Designer  
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**G.P.V.S.C  
BOARD MEMBERS**

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Joseph Eagleman  
Board Treasurer

Brandi King  
Member-at-Large



# American Legion Post 67 Meeting

At Northern Winz Casino  
11275 US-87, Box Elder, MT 59521

**Tuesday  
July 11th  
6:00pm**

## Support the Great Plains Veterans Services Center and Donate



Non-Veteran-  
\$19.00

Veteran-  
\$18.00

American Legion  
Post Member-  
\$17.00



Follow us on  
Social Media



visit our website at [www.greatplainsveterans.org](http://www.greatplainsveterans.org)

**CHECK OUT OUR  
FACEBOOK AND  
INSTAGRAM PAGES  
FOR UPCOMING BBQ'S  
AND OTHER EVENTS.**

## WARRIOR WEDNESDAYS MEET 'N' GREET BBQ'S

Check out our Facebook page for dates and more details.

Meet 'n' Greet Barbeques are great way to enhance communication and foster bonds among Veterans and others in the community. They are a place to meet friends, find resources, and have fun with other Veterans and community members.

**ALL VETERANS EAT FREE**

# Warrior Wagon Food Truck

Now opened  
Tuesday- Friday

Follow us on Facebook  
@rockyboyveteransfoodtruck  
for updates and menus

GPVSC OFFICE-46 Veterans Park Rd.

**Visit our website to purchase tickets online and to find out more information about the upcoming news and events.**

**[www.greatplainsveterans.org](http://www.greatplainsveterans.org)**



GREAT PLAINS VETERANS SERVICES CENTER

## RAFFLE

DRAWING AT THE POW WOW IN AUGUST

1ST PRIZE	2ND PRIZE	3RD PRIZE
<b>\$10,000</b>	<b>\$5,000</b>	<b>\$3,000</b>

# JULY IS NATIONAL SARCOMA CANCER AWARENESS MONTH

Sarcoma is a rare cancer in adults (1% of all adult cancers), but rather prevalent in children (about 20% of all childhood cancers). It is made up of many “subtypes” because it can arise from a variety of tissue structures (nerves, muscles, joints, bone, fat, blood vessels – collectively referred to as the body’s “connective tissues”). Because these tissues are found everywhere on the body, Sarcomas can arise anywhere. Thus, within each site of the more “common” cancers there is the occasional surprise sarcoma diagnosis (e.g., breast sarcoma, stomach sarcoma, lung sarcoma, ovarian sarcoma, etc.). The most frequent location are the limbs since this is where the majority of the body’s connective tissue resides. They are commonly hidden deep in the body, so sarcoma is often diagnosed when it has already become too large to expect a hope of being cured. Although a lot of the lumps and bumps we get are benign, people should have them looked at by a doctor at an early stage in case it is sarcoma.

Sarcomas are cancers that arise from the cells that hold the body together. These could be cells related to muscles, nerves, bones, fat, tendons, cartilage, or other forms of “connective tissues.” There are hundreds of different kinds of sarcomas, which come from different kinds of cells. Sarcomas can invade surrounding tissue and can metastasize (spread) to other organs of the body, forming secondary tumors. The cells of secondary tumors are similar to those of the primary (original) cancer. Secondary tumors are referred to as “metastatic sarcoma” because they are part of the same cancer and are not a new disease.

Soft tissue sarcomas are a group of cancers that come from the fat, muscles, blood vessels or nerves of your body. Sarcomas form when normal cells in these tissues change and become cancerous. Sarcomas that start in the bone are different from soft tissue sarcomas and are not reviewed here. Unlike some other cancers, the cause of most sarcomas is unknown. Exposure to cigarette smoke, alcohol and diet have not been associated with any sarcomas.

Many sarcomas are first noticed by patients as a “lump” or “bump” (called a tumor). While most tumors are not cancers, it is important to have them looked at early by a doctor. If a tumor or an area of concern is large, quickly growing or painful, it may be a sarcoma.

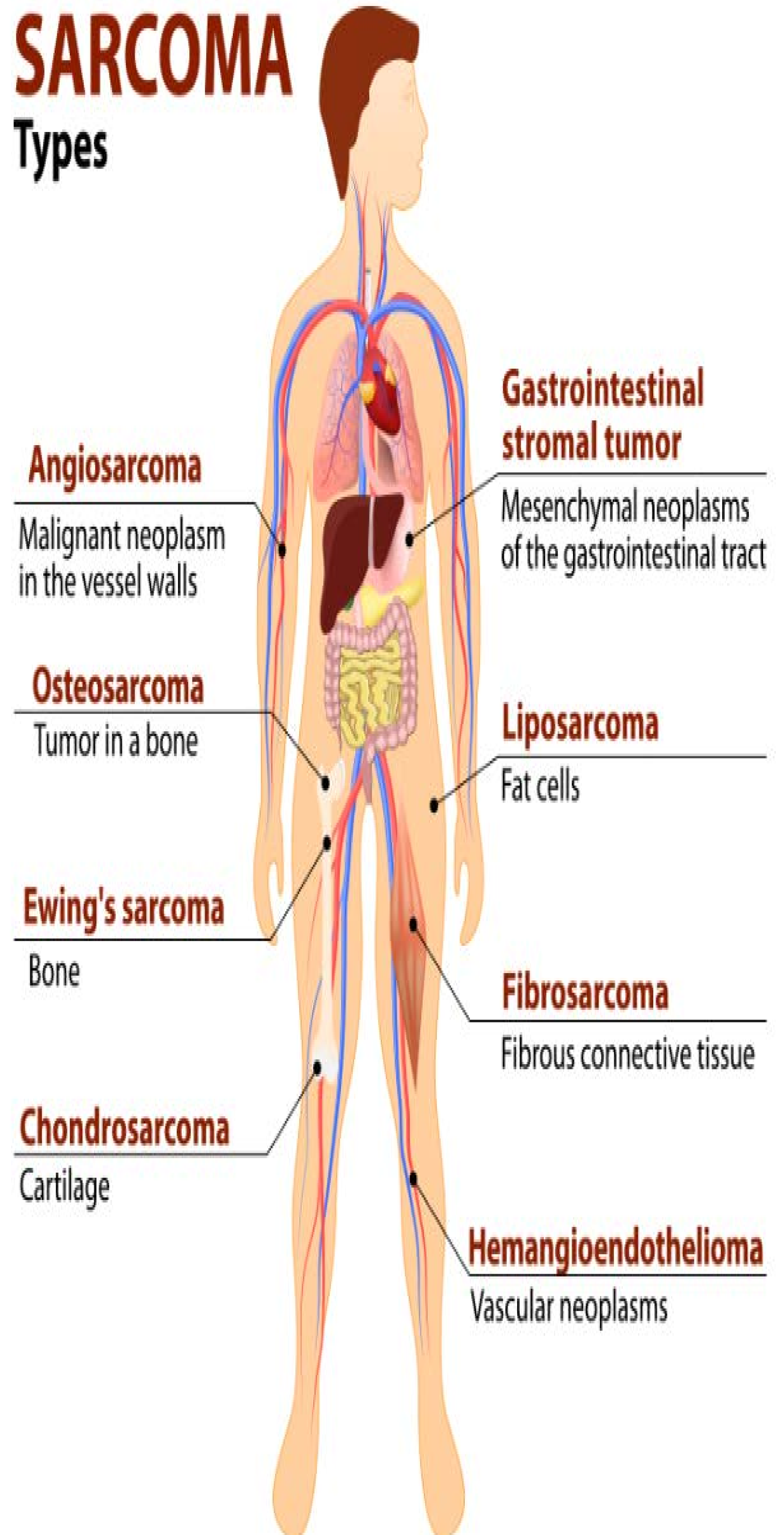
Sarcomas can form anywhere in the body. The most common locations for sarcomas to form are in the arms or legs, but they can also form in the abdomen, chest or head and neck. Some more rare types of sarcoma can even form in the skin.

There are over 100 different types of soft tissue sarcoma. However, a few types make up most cases:

- **Gastrointestinal Stromal Tumor (GIST)** – a cancer that happens in the or the intestines.
- **Liposarcoma** – a cancer that starts in fat cells, usually in the arms, legs, or abdomen
- **Leiomyosarcoma** – a cancer that is from muscle cells, usually in the arms, legs, or abdomen.
- **Synovial sarcoma** – a cancer that looks like cells of the tissues of the joints, such as the elbows or knees. This type most commonly develops in young adults.
- **Angiosarcoma** – a cancer that forms from blood vessel cells. These can form anywhere in the body. Very rarely, these can form in the breast many years after prior radiation therapy.
- **Malignant peripheral nerve sheath tumors (MPNST)** – a cancer that forms from nerve cells. About half of cases of MPNST occur in patients with the disease neurofibromatosis type 1, which is inherited condition.
- **Undifferentiated/unclassified sarcoma** – a sarcoma that cannot be classified as some other type. These are common and, they used to be called “malignant fibrous histiocytoma”, but that term is no longer used.
- **Desmoid tumors** – while they are not technically sarcomas, desmoid tumors are soft tissue tumors that are often treated by the same doctors that treat sarcomas.

Sarcoma is sometimes curable by surgery (about 20% of the time), or

by surgery with chemotherapy and/or radiation (another 50-55%), but about half the time they are totally resistant to all of these approaches—thus the extreme need for new therapeutic approaches. At any one time, more than 50,000 patients and their families are struggling with sarcoma. More than 16,000 new cases are diagnosed each year and nearly 7,000 people die each year from sarcoma in the United States. According to the American Cancer Society, there will be an estimated 13,400 new cases of sarcoma in 2023. Sarcomas are very rare, making up less than 1% of new cancers. Adults and children can develop a sarcoma, but it is most common in adults.



# JULY IS MINORITY MENTAL HEALTH AWARENESS MONTH

Each year millions of Americans face the reality of living with a mental health condition. Mental health conditions do not discriminate based on race, color, gender or identity. Anyone can experience the challenges of mental illness regardless of their background. However, background and identity can make access to mental health treatment much more difficult.

National Minority Mental Health Awareness Month is observed each July to bring awareness to the unique struggles that racial and ethnic minority communities face regarding mental illness in the United States. The

COVID-19 pandemic has made it harder for racial and ethnic minority groups to get access to mental health and substance-use treatment services.

2021 Theme: Strength in Communities  
This year's theme is Strength in Communities, where we will be highlighting alternative mental health supports created by BIPOC and queer and trans BIPOC (QTBIPOC), for BIPOC and QTBIPOC. It focuses on three topic areas: community care, self-directed care, and cultural care.

Community care refers to ways in which communities

of color have provided support to each other. This can include things such as mutual aid, peer support, and healing circles.

Self-directed care is an innovative practice that emphasizes that people with mental health and substance use conditions, or their representatives if applicable, have decision-making authority over services they receive.

Cultural care refers to practices that are embedded in cultures that are passed down through generations that naturally provide resiliency and healing.

## MULTICULTURAL MENTAL HEALTH



### Does Mental Health Matter?

Mental health directly and indirectly impacts all of us.

**1 in every 5 adults** in the U.S. experiences a mental health condition.

**1 in every 5 children** ages 13-18 have or will have a serious mental health condition.

Mental health is part of overall health. Mental health conditions cause changes in thoughts, feelings and mood.

Mental health conditions can affect many areas of your life including: home, work, school, relationships with others, sleep, appetite, decision making and may worsen other medical problems.

### Does Mental Health Affect My Community?

Mental health affects everyone regardless of culture, race, ethnicity, gender and sexual orientation.

#### Percentage of Adults with Mental Health Conditions by Race (2012)

Race	Percentage
Hispanic	16.3
White	19.3
Black	18.6
Asian	13.9
AI/AN*	28.3

At 28.3%, American Indians and Alaska Natives have the highest rate of mental health conditions among all communities.

#### Rate of Suicides in the U.S. by Age per 100,000 People (2007)

Age Group	Rate
0-18	~1.5
19-29	~10.5
30-44	~14.5
45-59	~18.5
60+	~22.5

Lesbian, gay, bisexual, transgender and questioning (LGBTQ) youth are 2 to 3 times more likely to attempt suicide than straight youth.

LGBTQ individuals are 2 or more times more likely as straight individuals to have a mental health condition.

\*American Indian/Alaska Native

### What Critical Issues Do Multicultural Communities Face?

- Less access to treatment
- Less likely to receive treatment
- Poorer quality of care
- Higher levels of stigma
- Culturally insensitive health care system
- Racism, bias, homophobia or discrimination in treatment settings
- Language barriers
- Lower rates of health insurance

#### Use of Mental Health Services among Adults (2008-2012)

Race	Male	Female
White	11.3	21.5
Black	6.6	10.3
American Indian Alaska Native	16.3	15.1
Asian	4.4	5.3
Hispanic	5.5	9.2

#### Consequences

- Misdiagnosis and/or people dropping out of care.
- 11% of transgender individuals reported being denied care by mental health clinics due to bias or discrimination.

### Signs Someone May Need Help

- Feeling very sad or withdrawn for more than 2 weeks. For example, crying regularly, feeling fatigued, feeling unmotivated.
- Trying to harm or kill oneself or making plans to do so.
- Out-of-control, risk-taking behaviors that can cause harm to self or others.
- Sudden overwhelming fear for no reason, sometimes with a racing heart, physical discomfort or fast breathing.
- Sudden or unexplained physical aches and pains such as headaches or backaches.
- Severe mood swings that cause problems in relationships.
- Repeated use of drugs or alcohol.
- Drastic changes in behavior, personality or sleeping or eating habits. For example, waking up early, not eating, eating too much or throwing up.
- Extreme difficulty in concentrating or staying still that can lead to failure in school or problems at work.
- Intense worries or fears that get in the way of daily activities like hanging out with friends or going to classes or work.

### Is there hope?

**Yes, there is hope.**

When you start treatment early and play a strong role in your own recovery process you can live a full and successful life. Culturally competent care can improve access to and quality of treatment and services. This means better outcomes.

#### Ways to get help:

- Talk to your doctor
- Get a referral to a mental health specialist
- Work together with your mental health provider to integrate your culture into your treatment plan
- Connect with other families
- Learn more about mental health
- Visit [www.nami.org](http://www.nami.org)

THANK YOU FOR ALL YOUR CONTINUED SUPPORT!

# SURVIVE AND THRIVE

YOU MATTER • YOU ARE NOT ALONE • HELP IS AVAILABLE

## SUICIDE PREVENTION COLUMN:

### SUICIDE: WHY TALKING ABOUT "IT" IS ESSENTIAL

Suicide touches all of us. Most of us have known or loved at least one person who took their life or who lives in the aftermath of losing a friend or family member to suicide. After cancer and heart disease, suicide accounts for more years of life lost (1.5 million each year) than any other cause of death. However, unlike cancer and heart disease, most of us feel very uncomfortable talking to someone about whether they are having thoughts about harming themselves.

Many of us grew up believing people who took their lives were crazy, selfish or morally defective. Medical research has proven suicidal thoughts are usually the result of psychiatric conditions such as depression, anxiety or schizophrenia, but this hasn't helped us feel more comfortable talking about suicide.

People who experience suicidal thoughts often don't want to die but desperately want to escape unbearable suffering. A suicidal person can't see any way out of their excruciating pain except through death. Despite their desire for the pain to stop, they are deeply conflicted about the act of suicide and wish there was an alternative. Most people who die by suicide talk about ending their lives prior to taking action. Thus, any mention of suicidal thoughts or plans should be taken seriously.

Studies also show that hopelessness is a strong predictor of suicide. People who feel hopeless talk of unbearable feelings, a bleak future and having nothing to look forward to.

#### Tips for Talking about Suicide

Suicide prevention starts with recognizing these warning signs and taking them seriously. However, talking to someone about these signs or symptoms can be extremely difficult. If you are unsure whether someone is suicidal, the best way to find out is to ask. You cannot make a person suicidal by showing you care. In fact, giving a suicidal person the opportunity to express their feelings can provide relief from loneliness and pent-up negative feelings and may prevent a suicide attempt.

# Veterans Crisis Line



DIAL 988 then  
PRESS 1

Ways to start a conversation about suicide:

- \* I've really been feeling concerned about you lately.
- \* Recently I've noticed some differences in you, and I'm wondering how you are doing.
- \* I wanted to check in with you because you haven't seemed yourself lately.

If the individual you are talking to admits to suicidal feelings, you can continue the conversation by inquiring:

- \* When did you begin feeling like this?
- \* Did something happen that made you start feeling this way?
- \* You are not alone in this, you know. I'm here and I want to be helpful. How can I help you right now?

When you are talking to someone who is feeling suicidal, DO:

- \* Be yourself. Let the person know you care and they are not alone.
- \* Listen. Let the person unload no matter how negative the conversation seems.
- \* Be sympathetic, non-judgmental, patient, calm and accepting.

When talking with someone who feels like harming themselves, DON'T:

- \* Argue or say things about how much they have to live for.
- \* Act shocked or lecture them on the value of life or the wrongness of suicide.
- \* Promise confidentiality. A life is at stake and you may need to speak to someone in order to keep the suicidal person safe.
- \* Offer advice or make them feel they have to justify their feelings.
- \* Blame yourself.

# THE CORRELATION BETWEEN ALCOHOL AND SUICIDE

Alcohol and suicide have a tragically close relationship. Individuals with suicidal thoughts often turn to alcohol, and alcohol increases suicidal thoughts.

#### The Relationship Between Alcoholism And Suicide

For many, suicide is a difficult topic to broach. Culturally, it is considered taboo and often the language we use is both polarizing and stigmatized. It is important to make the space to discuss thoughts and feelings as they relate to suicide so those suffering from its weight might seek the help they need more easily. This is especially important in cases where an individual might be suffering from an addiction to alcohol as well as suicidal thoughts.

If you are contemplating suicide, please stop reading and call 1-800-273-8255. The National Suicide Prevention Hotline is open 24/7 and allows anyone to speak openly and anonymously.

#### How Are Alcohol And Suicide Connected?

In today's world, unfortunately, many people have a relationship with suicide. Whether a close personal relationship or that of a friend, suicide claims the lives of thousands each year. In 2019 alone, 47,500 Americans lost their lives to suicide. While there is rarely one reason behind a person's death by suicide, it has been found that nearly 1/3 of suicide deaths have been linked to alcohol consumption.

Many people use alcohol as self-medication. Whether they suffer from anxiety or other mental illness, some kind of mood or personality disorder, or are trying to cope with a trauma, many people turn to alcohol in an attempt to forget their problems. The chronic use of this substance, however, can mean that someone builds a tolerance, dependence, and eventually an addiction.

What once might have been considered an aid, is now another (if not greater) strain on their life, harming relationships, jobs and responsibilities, and even the body. Alcoholism has the power to devastate a person who previously had no history of health issues; consequently, when someone who does have underlying health conditions experiments with alcohol as a crutch or coping mechanism, in time, they might become more likely to take their own life.

Although alcohol may provide temporary relief from suicidal ideation (thoughts of suicide), in reality, it makes the issue exponentially worse. In most cases, mid-to-long-term alcohol abuse makes suicidal ideation both more frequent and more powerful, subsequently increasing the likelihood of suicide attempts. Additionally, alcohol abuse generally makes other contributing factors to suicide worse. For example, alcohol exacerbates the symptoms of many mental health conditions such as bipolar disorder,

borderline personality disorder, and depression, all of which can contribute to suicide.

#### The Implications Of Alcohol And Suicide

The pain felt by family members and loved ones of someone who has taken their own life is often harder to deal with than if they died by another means. Often, those who lost someone feel some level of guilt or responsibility. It is important to note that suicide is not something that gives blame or points fingers, it is powerful and greedy and takes ruthlessly.

However, it is equally imperative to seek help immediately if you notice changes in mood or signs of suicidal thoughts in yourself or a loved one. Those feelings may be indescribably heavy and suffocating, but finding a professional to work through that darkness might be the beginning of a brand new life.

#### Getting Help For A Loved One

If someone you love has a problem with alcohol, or you have noticed them acting out of the ordinary, it's important not to jump to conclusions. Throwing around unfounded accusations could make them feel attacked and escalate the situation. Instead, contact a treatment provider today. They can help you determine a course of action and make sure you have all the tools necessary to get the help you or your loved one need.

# Instructions:

Sudoku puzzles require you to find the missing numbers in a 9x9 grid, with that grid itself divided into 9 square grids of 3x3.

You can't just add any numbers though. There are rules that make solving the puzzle challenging.

To solve a Sudoku, look for open spaces where its row, column and square already have enough other numbers filled in to tell you the correct value. The more squares you fill in, the easier the puzzle is to finish!

**A number can only occur once in a row, column, or square.**

9	8	1	3	6	5	2	7	4
7	6	5	4	8	2	3	1	9
2	4	3	1	7	9	8	5	6
1	9	2	6	3	4	7	8	5
4	3	7	5	2	8	9	6	1
8	5	6	9	1	7	4	3	2
3	2	4	7	5	6	1	9	8
5	1	8	2	9	3	6	4	7
6	7	9	8	4	1	5	2	3

## June's Answers

5	3	4	6	7	8	9	1	2
6	7	2	1	9	5	3	4	8
1	9	8	3	4	2	5	6	7
8	5	9	7	6	1	4	2	3
4	2	6	8	5	3	7	9	1
7	1	3	9	2	4	8	5	6
9	6	1	5	3	7	2	8	4
2	8	7	4	1	9	6	3	5
3	4	5	2	8	6	1	7	9

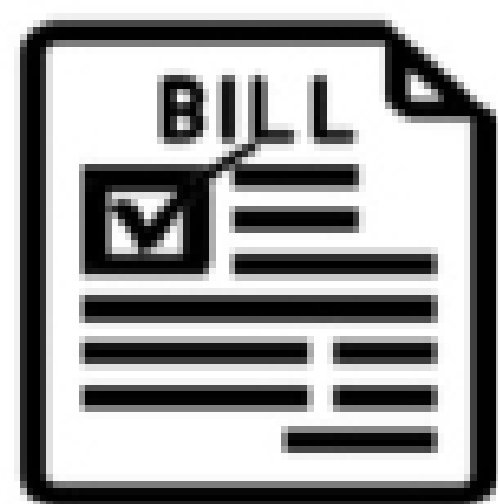
# July's 2023 Sudoku Puzzle

Answer in August's Newsletter

9		6		1	3			8
	5	8					9	
	3		7		9		1	
	6		8			9	2	
		3	4		9	1		
	4	9			6		3	
	9			5			8	
	1					6	7	
4			9	6		3		1

## CHECK CASHING SERVICES

Unload Debit Card, Bill Pay, Buy Bitcoin



### DEBIT CARD SERVICES

Cash withdrawal fees:

Post 67 Member: \$1

Veterans: \$1.50

Non-Veteran: \$2.50



### CHECK CASHING SERVICES

Fees:

Post 67 Member: 1%

Veteran: 1.5%

Non-Veteran: 2%



### BILL PAY SERVICES

Fees

Veteran: FREE

Non-Veteran: \$3.50

Same Day Venders:

Hill County Electric

Triangle Communications

Other vendors allow 1-3 days posting time to your account

### CHECK CASHING POLICIES

- ✓ NO MONEY ORDERS
- ✓ WE CASH CANADIAN CHECKS UP TO \$500
- ✓ US GOVERNMENT CHECKS CAN ONLY BE CASHED BY THE INDIVIDUAL TO WHOM THE CHECK IS ISSUED

### CHECK CASHING HOURS:

MON-FRI: 8:30am - 4:00pm

SAT-SUN: CLOSED



MY ONE REASON FOR BUCKLING UP

"BECAUSE I WANT TO KEEP MY CULTURE AND TRADITIONS ALIVE"

-BREEANNA-

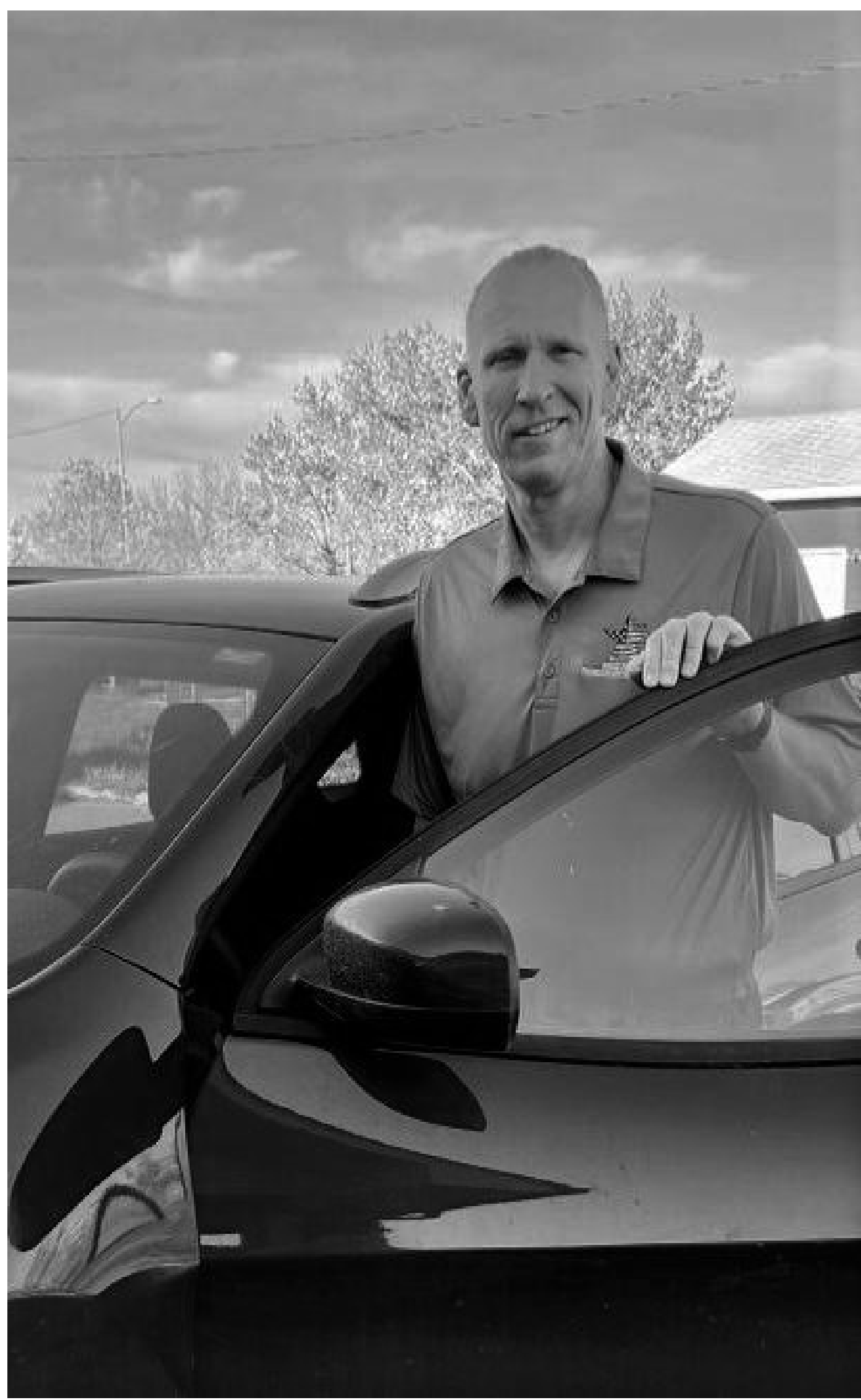
ALWAYS BUCKLE UP AND DON'T BE AFRAID TO ASK OTHERS TO DO THE SAME

When you don't buckle up, you endanger more than just your own life. Drivers and passengers often don't consider how unbuckled occupants can be thrown at high speed during a crash and can cause serious harm or even death, not only to themselves but to others in the vehicle. That's why it's so important to buckle up and insist others do the same.



f /SafeOnAllRoads

# HRTG GRANT NEWS



Congratulations to Francois for your recent promotion to the Veterans Transportation Manager. We appreciate all your hard work and dedication to GPVSC!

CONNECT TO OUR FACEBOOK PAGE FOR MORE NEWS AND UPDATES ABOUT THE 2ND ANNUAL VETERANS STAND DOWN AND THE UPCOMMING POW



## Saturday July 22nd

This year we are floating from Dearborn River Landing, MT (Mid Cannon FAS) to Hidden Canyon Lodge.

Transportation is available from the Veterans Center and will be leaving at 0530. Rafts will launch at 0800 from Dearborn River Landing, MT. You can follow us in your own ride, or we can provide you with GPS coordinates. The float is around 6 to 8 hours long.

Please contact Veteran Case Manager Jeff Jones @ (406) 399-5185 if you are interested or have any questions.

**"Veterans Helping Veterans for a Better Future"**

**Thursday, July 27, 2023**

**10am-2pm**

**NORTHERN WINZ CASINO**

**"Parking Lot Event Tent"**

**11275 US-87, Box Elder, MT 59521**

A free community event for "ALL" VETERANS and their families.

FREE VETERAN RIDES PROVIDED TO/FROM THE STAND DOWN

LUNCH PROVIDED

DOOR PRIZES!

- Veteran Services
- Housing
- Mental Health
- Employment
- Medical
- Spiritual

# 2ND ANNUAL GREAT PLAINS VETERANS STAND DOWN

GRAND PRIZE!



Sponsored by: GREAT PLAINS VETERANS SERVICES CENTER GPVSC and



Questions? (406) 395-5610 rlewis@gpvsc.org www.greatplainsveterans.org

RAFFLE!

**FOLLOW US FOR NEWS AND UPDATES**



**WWW.GREATPLAINSVETERANS.ORG**

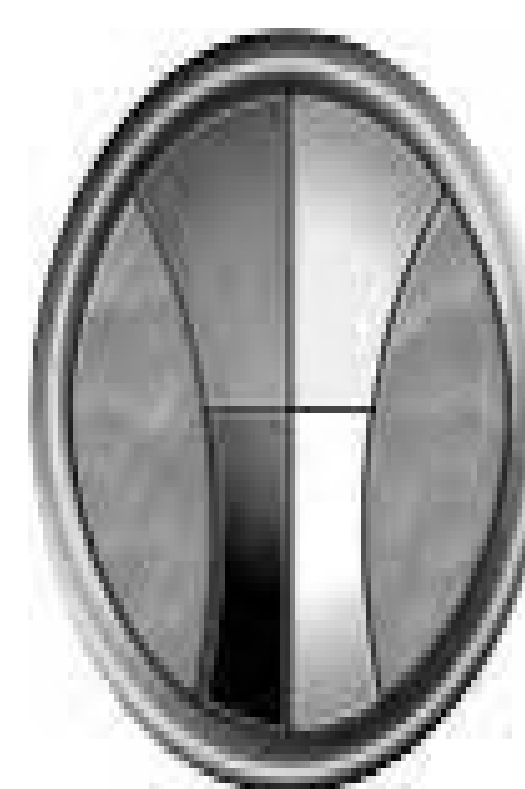




**THE GREAT PLAINS VETERANS SERVICES CENTER IS PROUD TO BE IN PARTNERSHIP OF THESE FOUNDATIONS.**



**BlueCross BlueShield of Montana**



**POTLATCH FUND**



Help for Homeless Veterans  
**877-4AID-VET**  
 va.gov/homeless (877) 424-3838



# Community Events

Month of the Military Caregiver

National Military Appreciation Month

Public Service Recognition Week (PSRW)- First Full Week

National Correctional Officers Week- First Full Week

National Nurses Week- May 6th- May 12th

Armed Forces Week- May 13th- May 20th

A representative from the Great Falls Vet Center will be at the office a couple times a month to answer any VA related questions, aid in enrollment, and offer counselling services for eligible Veterans. The representative will also be available to answer questions about benefits and services.

For more information or to schedule and appointment Call Rich or Becky at (406) 452-9048

SUN	MON	TUE	WED	THU	FRI	SAT
						<b>HAPPY 4TH OF JULY</b> 4TH OF JULY VETERAN POW WOW IN BROWNING <b>1</b>
<b>2</b>	All GPVSC Offices Closed <b>3</b>	All GPVSC Offices Closed <b>4</b>	<b>VET CENTER</b> <b>5</b> 10am-3pm	<b>6</b>	<b>7</b>	<b>8</b>
<b>9</b>	<b>10</b>	American Legion Post 67 Meeting 6pm <b>11</b>	Warrior Wednesday's Meet-N-Greet BBQ 10am-2pm <b>VET CENTER</b> <b>12</b> 10am-3pm	<b>13</b>	GPVSC Weekly Raffle Drawing <b>14</b>	<b>15</b>
<b>16</b>	<b>17</b>	<b>18</b>	Warrior Wednesday's Meet-N-Greet BBQ 10am-2pm <b>VET CENTER</b> <b>19</b> 10am-3pm	<b>20</b>	GPVSC Weekly Raffle Drawing <b>21</b>	<b>22</b>
<b>23</b>	National Hire a Veteran Day <b>24</b>	<b>25</b>	<b>VET CENTER</b> <b>26</b> 10am-3pm	National Korean War Veterans Armistice Day GPVSC STAND DOWN All GPVSC Offices Closed Happy Birthday Matthew <b>27</b>	National Buffalo Soldiers Day <b>28</b>	Army Chaplain Corps Anniversary <b>29</b>
<b>30</b>	<b>31</b>					

**FOLLOW US FOR NEWS AND UPDATES**

[WWW.GREATPLAINSVETERANS.ORG](http://WWW.GREATPLAINSVETERANS.ORG)



# Social Media Giving Day

## JULY 15th 2023

check out our Facebook page for more details

### \$ GPVSC Weekly Raffle \$

**WIN!!!**  
**\$1,000 CASH**

SECOND CHANCE DRAWING  
**\$100 CASH**

**DRAWINGS**  
 FRIDAY  
 @ 3PM

@GREATPLAINSVETERANS

# WARRIORS CURRENTLY SERVING IN THE ARMED FORCES

### ARMY

Royce Bird  
 Forest Doney  
 Richard Lujan  
 Justin Murphy Small  
 Orion Wolf Chief  
 Shane Ketchum  
 Leo Johnson

### AIRFORCE

Trey Henderson  
 Maia Henderson

### NATIONAL GUARD/RESERVE

### NAVY

Dominic Pullin  
 Jessica Stump

**ATTENTION!!!!**  
 Guard and Active Duty members or family members please contact the GPVSC to update your status.



ARE YOU INTERESTED IN SUPPORTING AND ADVERTISING WITH GPVSC....  
 CONTACT REBECCA LEWIS FOR DETAILS  
 406-395-5610