

Be the first veteran from the Roosevelt area to call and answer this question: What else, besides Flag Day, do we observe on 14 June? It will be worth your trouble!

You may have heard about this, but here's another plug for this worthwhile endeavor. Northern Valley Honor Flight (Grand Forks) was started in April 2008 and their mission is to provide a complimentary flight to the World War II Memorial in Washington, D.C. for area World War II veterans. The first trip for Northern Valley Honor Flight is planned for this fall. To be eligible, you must be a World War II veteran living within 200 miles of Greater Grand Forks. This is a *first come, first served* deal, so don't delay!

Northern Valley Honor Flight is a volunteer organization, supported entirely by donations of time, talent and money. If you'd like to help, e-mail them at: nvhonorflight@hotmail.com and tell them your Uncle Sam sent you. If you'd like, you can donate to Northern Valley Honor Flight through the Adopt-a-Vet program (\$750 will cover the expenses for one World War II veteran to participate). Thanks Scott, for your donation, nice of you.

Applications are available online at www.nvhonorflight.com, or by calling 701-780-8296, or they can be picked up at the Grand Forks County Veterans Services Office on the sixth floor of the County Office Building, 151 South 4th Street in Grand Forks, ND.

In the "who cares" department, while we were out in DC, for Laura's graduation, we saw a group of these veterans at the airport, believe they were from Georgia and they seemed to be enjoying the moment!

In an effort to keep you informed of programs available for veterans, here's some info about the chemical dependency treatment programs available at the Fargo VA Medical Center.

- Outpatient and residential treatment options
- Group therapy with available individual counseling
- Residential services provided by contract during substance abuse treatment program
- Education
- Anger management
- Cognitive behavioral therapy
- Motivational enhancement therapy
- Probation and parole referrals
- Vocational assistance-compensated work therapy
- Alternatives group program
- Continuing care group

- Psychiatric referral as needed
 - Case management
 - Problematic gambling counseling available
 - Tuesday evening programming including continuing care group, education group and substance abuse combat group.
- For questions, or to connect to these programs, call (701) 239-3700 or 1-800-410-9273 ext. 3571, or you can always call me at 463-3308.

Later this month, the Women Veterans Coordinator (part of the MN Department of Veteran Affairs, an organization that fights hard for veterans in the state) will begin reaching out via mail to women veterans in the department's data base. This will be the first attempt to gather demographical data on Minnesota women veterans. The search for women veterans throughout Minnesota will be an ongoing project and will be used to determine out-reach initiatives. Some related events to look forward to include: Red, White and Blue Night with the Minnesota Lynx on Wednesday 9 July, and the first summit for MN's Military Women will be held in November; it will be an attempt to bring women veterans together for networking, education and relaxation. When I know more about this, I'll pass it on.

Remember, always best to call for an appointment. I feel bad when you drive 30 miles and I have one in the office and one on deck, and I have to tell you to come back another day.

Office hours: Closed Mon. Open: Tues and Wed 8:30-4:30, Thurs 8:30-12:30, Fri 8:30 -12:00 and then 1:00 at Legion in Warroad. Other times: By appointment.

Over and Out