

Let  
Freedom  
Ring

# VETERANS' ROCK

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501(c)(3)

I pledge  
allegiance to the  
flag of the  
United States of  
America

**November 2023**



**Thank you**  
to all who donate  
to our Veterans  
every day!



American Legion Post 6 to host  
Veterans' Day observance  
Saturday, November 11  
at 11:00 a.m.

## VETERANS' ROCK MISSION:

Rock solid support for, veterans and active duty in need, their families, and service animals  
We will help to lessen the burden of mental injury and fight to overpower veteran suicide,  
They fought for our freedom; now we must help them live free of everyday burdens in small, but impactful ways.

**SERVING VETERANS AND ACTIVE DUTY, THEIR FAMILIES AND SERVICE ANIMALS.  
ALL BRANCHES, ALL RESERVES, AIR AND ARMY GUARD**

### CLOTHING AND PERSONAL CARE NEEDS:

**Clothing:** size 9.5 tennis shoes; size 8 & 10 winter boots; ski masks; X-large winter gloves;  
white & black tube socks; med, lg & XLg boxers; med & lg men's pull-ups

**Large roller duffle bags**

**Personal care:** lg cans shaving cream, fingernail & toenail clippers

### FOOD PANTRY NEEDS:

**Canned:** spam, canned roast beef,

**Misc:** bottles of juice, 1/2 gallons of whole milk (please no 1%), regular coffee,  
small bottles cooking oil, salt/pepper, butter, saltine crackers,  
small bags sugar

**Meat:** Sm packages of chicken thighs



### HOUSEHOLD AND MISCELLANEOUS ITEMS NEEDED:

When veterans get housing  
they need **small** apartment size furniture:

kitchen tables and chairs, love seats, recliners, small dressers,  
TV trays, night stands

**In general:** crock pots, Straight Talk phones and minutes,  
Pine-Sol cleaner



### VETERANS ROCK NEEDS:

Two *small* desks for our veteran in-take area. Thank you!

**Veterans Rock has helped 500+ veterans  
since opening in July of 2020.**



**Veterans' Day and Thanksgiving are equally important here at Veterans' Rock.  
We are so very grateful for what our veterans have done  
and our active duty are doing for this great country,  
the United States of America.**

**Through unwavering, dedicated valor,  
they have and are putting their lives on the line every day.  
This is cause for thankful, humble reflection.**

***Thank you* to all our veterans and active duty for your sacrifices  
to keep our country safe and our citizenry free.**

***Veterans need advocates***  
to help them with a variety of things:  
obtaining DD-214s, state IDs,  
help with VA benefits,  
and help applying for SSDI.  
You can use our computers, files,  
phones, office supplies,  
and our copy/scanning machines.  
Let us know if you have a  
couple hours a month to help  
tackle some of these challenges.  
These road blocks keep some of our  
veterans from being  
self sufficient and  
financially independent.  
Give us a call if you would  
be willing to assist.

\*\*\*\*\*  
**VETERANS' ROCK  
THRIFT STORE  
HAS CLOSED**

to make more room for our veterans' needs.  
We have a limited amount of space but we  
want to expand our veteran service area.  
The thrift store will be replaced with a more  
private reception and waiting area, and  
intake offices to be able to help more than  
one veteran at a time.  
We will offer more focused services and  
have more time to spend with each veteran.

**VETERANS' ROCK is not  
taking any donations except  
for *items veteran can use*:  
food, small furniture, household goods,  
*some* clothing.**



**To helping us put  
together our  
veteran  
in-take offices,  
we need two  
small office desks.**

**If you can help, we will appreciate it.**

© Randy Glasbergen  
glasbergen.com



"Tech support says the problem is located  
somewhere between the keyboard and my chair."

# Hangin' with the Catz!

@ Catz N Coffee Connections

Saturday, November 11th  
5PM-630PM



615 W 20th St

Make a hanging "string of" garden  
with us!

VETERANS'  
ROCK



\$60 per person

All Materials Included

\*Part of your ticket price goes back to the Cafe  
to take care of the cats & Part of your ticket  
price will be donated to Veterans Rock!

Send us a message/email to sign up!

[sunshineplantco.wyo@gmail.com](mailto:sunshineplantco.wyo@gmail.com)



***BUDGET MY MONEY???***

**Oh no! No way! Not me!**

**I can't live on a budget!**

**I won't do it...**

**Say no more, veterans  
and active duty members.**

**VETERANS' ROCK**

is here to help you change  
your ways.

***YES, budget your money***

so you can live a happy, stress-free life  
simply by knowing where  
your money is going.

Join us for a fun, *no obligation*

***"Find Your Money" Dinner***

open and free to veterans  
and active duty.

(must show proof of military service)

Sponsored and meal provided by Blue Federal Credit Union

**NOVEMBER 16 AT 5:30 P.M.**