MEMORIAL DAY CEREMONY

Remember & Honor

"Freedom Isn't Free"

Memorial Day Weekend

Please join us Monday, May 29, 2023, 8 to 11 AM for a Memorial Day presentation and breakfast social.

Fifty "Freedom Isn't Free" breakfasts have been purchased for our customers in memory and honor of the loved ones who have been lost in battle.

FIRST 50 CUSTOMERS WITH THIS COUPON WILL RECEIVE A COMPLIMENTARY MEAL to honor those military members who have made the ultimate sacrifice for our country.

**max $20 value for coupon per person
(no cash value)

Memorial Day Weekend Events with Ramona Family Naturals and California Bicycle, Inc.

FRIDAY, MAY 26, 2023

- Set up Missing Man Table at Ramona Family Naturals to be on display all weekend
- Guest Book
- Photos to honor our soldiers lost in battle.
- Trifold Flag
- Description of Missing Man Table
- Stats of KIA from various wars
- Reserve Gold Star Family Parking
- Written message about the history of Memorial Day, who it's for and how we can honor the fallen.

SATURDAY, MAY 27, 2023

Bouquet Ride
7:30 AM
Meet at California Bicycle, Inc
7462 La Jolla Blvd
La Jolla, CA 92037
www.calbike.com
Coffee, Pastries, and Fellowship

Music by Retired Marine Dennard Clendenin
Member of Major Taylor Cycling Club

9:30 AM – A group of riders will be heading south to Fort Rosecrans National Cemetery. All are welcome and invited to participate in this ride. After arrival at Ft. Rosecrans, riders will place flowers (provided) at grave markers to honor the sacrifice and memories of our soldiers.

Water donated by Famous Ramona Water (BJ Kjaer). Flowers Donated by Albert's Organics, a UNFI company (Jeremiah McDermit).

SUNDAY, MAY 28, 2023

- No Event Scheduled - Missing Man Table on Display
- Guest Book Signings

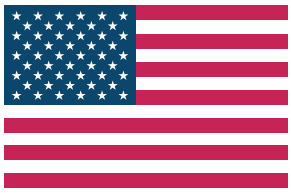
MONDAY, MAY 29, 2023

8:00 AM - Breakfast
9:00 AM - Flag Raising by VFW member at Ramona Family Naturals
325 6th St.
Ramona, CA 92065

- National Anthem by singer songwriter Ashley E. Norton
- Presentation of the Missing Man Table and meaning of Memorial Day
- 50 "Freedom Isn't Free" breakfast will be provided to attendees. Paid for by family & friends of the fallen who desire to educate American citizens on the true meaning of Memorial Day.



Honoring Army Cpl. Gregory N. Millard
Died May 26, 2007 Serving During Operation Iraqi Freedom.



Ramona Family Naturals
325 6th St.
Ramona Ca 92065
phone: (760) 787-5987

We strive to improve the health, happiness, and well-being of our customers.