



# FUNDRAISER

**Saturday August 18th - Cormorant Pub**  
(Located 12.5 miles south of Lake Park, MN)

▲ **5K Run-9 AM**

▲ **Food & Beverages - 5 PM**

▲ **Motorcycle Rally- 2 PM**

▲ **Silent Auction - 7 PM**

▲ **Dance to the music of the Bryce Niemiller Project - 8 PM**

▲ **Raffle - 42" flat screen TV**

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The purpose of the Angel of Courage Retreats is to create weekend retreat experiences for individuals who have been diagnosed with an illness or who are dealing with the loss of a loved one. The retreat center will provide an environment where people can join together to:

(a) learn about living with their illnesses/loss, (b) form relationships with others who have experienced similar struggles (c) and deepen their faith.

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For more information go to [www.angelsforcourage.org](http://www.angelsforcourage.org)

The goal of this fundraiser is to **raise money toward a \$25,000 match from Dakota Medical Foundation.** We appreciate your support!

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Registration for the 5K and Motorcycle Rally and  
Tickets for the Dinner and Dance available at [www.fargostuff.com](http://www.fargostuff.com)

Or by phone: Call Rick at 701-238-4673

**fargostuff.com**

Registration discounts available  
until August 1st!

## Inside this issue:

AUGUST 18TH EVENT DETAILS	2
CORMORANT LIONS DONATION	3
SILENT AUCTION DONATIONS	3
SPONSORSHIPS	4
VOLUNTEER OPPORTUNITIES	4
SEPT 29TH ADULT CANCER SURVIVOR RETREAT	5
COLLABORATION WITH WIDSETH SMITH AND NOLTING	6
ANGELS OF COURAGE SITE CONCEPT	7
MISSION OF ANGELS OF COURAGE RETREATS	8

WHEN I STAND  
BEFORE GOD AT  
THE END OF MY  
LIFE, I WOULD  
HOPE THAT I  
WOULD NOT  
HAVE A SINGLE  
BIT OF TALENT  
LEFT, AND COULD  
SAY, "I USED  
EVERYTHING YOU  
GAVE ME".

*ERMA BOMBECK*

# Announcing the Inaugural Fundraising Event for Angels of Courage Retreats

We are excited to announce the Inaugural Angels of Courage Retreats fundraising event at the Cormorant Pub.

As details are finalized, they will be posted to our website at [www.angelsofcourage.org](http://www.angelsofcourage.org). Registration for the 5K, Motorcycle Rally, and Tickets for the Dinner and Dance available at [www.fargostuff.com](http://www.fargostuff.com) or by phone: Call Rick at 701-238-4673. Registration discounts available until August 1st!

### **5K Family Fun Run/Walk:**

The 5K will be a great run for the seasoned runner as well as a challenge for the beginner. Families are welcome and encouraged to participate! This 5K is an enjoyable lakes country run with views of the lake and country roads. The course will include stretches of pavement and gravel and start at 9 AM. Cost is \$25/runner (until August 1st) or \$30/runner from August 2<sup>nd</sup> - August 18<sup>th</sup>.

**Registration in the 5K includes a ticket for dinner that evening, admission to the dance and an event t-shirt!**

### **Motorcycle Ride:**

Come join us on a beautiful motorcycle ride through lakes country to help support Angels of Courage Retreats! The event will start (2 PM) and finish (around 6 PM) with various stops in the lakes area to draw for door prizes and a little R and R. Cost is \$25/rider or \$35/bike (until August 1<sup>st</sup>) or beginning after August 1st, \$30/rider or \$40/bike. **Registration in the ride includes a ticket for dinner that evening, admission to the dance and an event t-shirt!** If registering a bike at either \$35 or \$40, registra-

tion will include two tickets for dinner, two admissions to the dance, and two t-shirts.

If you're just able to attend during the evening, we've planned the following events:

### **Dinner and Beverages:**

Dinner will be served at the Cormorant Pub starting at 5 PM. The menu includes BBQ's or hotdogs, chips and a beverage. Cost of dinner is \$5 and can be purchased either in advance or the evening of the 18<sup>th</sup>.

### **Silent Auction:**

The Silent auction will be filled with many great items and we will be accepting items until August 18<sup>th</sup>. The auction will start at 7 PM and continue throughout the evening. More details regarding the Silent Auction on Page 3.

### **Dance:**

The evening will conclude with a dance which starts at 8:00 pm. The music will be provided The Bryce Niemiller Project <http://www.bryceniemiller.com/>. Admission to the dance is \$5.

### **Raffle:**

We are raffling off a 42 Inch Vizio LCD HDTV! Raffle tickets are \$1 and can be purchased from Angels of Courage Retreats volunteers both before and during the event. The drawing will take place at 11:30 PM the night of the event.

All events are taking place at the Cormorant Pub; which is located 12.5 miles south of Lake Park, MN on County Road #5.

**Cormorant Lions donating proceeds of Cormorant Days breakfast to Angels of Courage Retreats**

The Cormorant Lions club is holding their annual Cormorant Days breakfast Saturday August 11th, 7:30-10 AM at Cormorant Town Hall (located 12.5 miles south of Lake Park, MN on County Hwy #5).

Breakfast will include Pancakes, Eggs, and Ham. **The Lions have generously donated all proceeds raised at the breakfast to Angels of Courage Retreats!!!**

The Lions are an international network of 1.3 million men and women in 200 countries and geographic areas who work together

to answer the needs that challenge communities around the world. For more information on Lions Club International go to:

<http://www.lionsclubs.org/EN/index.shtml>

*If you're in the lakes area Aug 11th, take a break from cooking breakfast and head down to Cormorant Town Hall and support Angels of Courage Retreats!*

*"HOW WONDERFUL IT IS THAT NOBODY NEEDS TO WAIT A SINGLE MOMENT BEFORE STARTING TO IMPROVE THE WORLD."*

ANNE FRANK

**Silent Auction items needed for August 18th event!**

The goal of the August 18th fundraiser is to raise money toward a \$25,000 match grant from Dakota Medical Foundation. The Silent Auction is one of the means we're using help raise these funds.

**AND WE NEED YOUR HELP!** A Silent Auction is only as good as the items donated. We're asking you to please consider donating an item for the auction. Suggested items include: gift baskets (evening at the movies, wine tasting, items for summer grilling, gift certificates, or

services (house cleaning, dog sitting, knitting instructions, etc). A suggestion is to get together with friends and family to pool funds; as then a larger item can be purchased! Thus far, we've received some really cool items such as an Aveda gift basket, aerial photography of a lake home, and gift certificates to businesses in our area. Interested in donating or have questions? Please contact Babs Coler at 701-261-9630 or email at [bcoler@microsoft.com](mailto:bcoler@microsoft.com).

Receipt from Angels of Courage Retreats:  
Name: \_\_\_\_\_  
Date: \_\_\_\_\_  
Item Donated: \_\_\_\_\_  
Estimated value of item: \_\_\_\_\_  
Tax deductible amount: \_\_\_\_\_



## Sponsorship Opportunities for August 18th Event

We are asking for your help on behalf of thousands of people in our local area who have been diagnosed with a chronic illness or who have experienced the loss of a loved one.

Please consider being a sponsor of the August 18th event. **A creative way to become a sponsor is to pool funds and donate as a family/group of friends.**

The funds raised through these activities will be used primarily for the following purposes:

- ⇒ To provide scholarships for those who would otherwise not be able to afford to attend Angels of Courage 2007 Fall Retreat
- ⇒ To fund retreat programming
- ⇒ To cover operational expenses

### Sponsorship Levels:

#### Bronze - \$250

- Organization's name on sign at the Aug 18th event
- Organization's name on website

- Recognition from stage
- 5 tickets to the Dinner and Dance.

#### Silver - \$500

- Organization's name on sign at the Aug 18th event
- Organization's name on website
- Recognition from stage
- 10 tickets to the Dinner and Dance.

#### Gold - \$1000

- Organization's name on sign at the event
- Organization's name on website
- Recognition from stage
- 15 tickets to the Dinner and Dance.

#### Platinum - \$2500 and up

- Organization's name on sign at the event
- Organization's name on website
- Recognition from stage
- Large logo sign at the event
- 20 tickets to the Dinner and Dance
- Invite to the ground breaking of Angels of Courage Retreats

To become a sponsor or if you have questions on sponsorship, please contact Tammy Hovet via email [thovet@gmail.com](mailto:thovet@gmail.com) or phone 701-238-4440.

### Information required for sponsorship (please email to Tammy):

- Company Name
- Address
- Contact Name
- Phone
- E-mail

**VERY IMPORTANT:** In order to receive the match grant dollars, please make checks payable to:

#### Dakota Medical Foundation

And mail to:

Angels of Courage Retreats

Attn: Carly Nelson

P.O. Box 512

West Fargo, ND 58078

*Thank you  
for supporting  
Angels of Courage Retreats!*

## Volunteers are needed for August 18th Event

In order to pull-off a professional event of this size, over 20 volunteers have been diligently working to nail down all of the details. However, we still have a lot to do in the next month and a half.

Volunteers are needed **prior to the August 18th event** in the following areas:

- 5K Race planning
- Motorcycle ride planning
- Gathering Silent Auction Items
- Hanging Event posters
- Calling on Sponsorships

- Contacting area runner and motorcycle organizations
- Skilled Website Developers to assist in updating website content

In addition, volunteers are needed **the day of Aug 18th** in the following areas:

- 5K Setup and distribution of water

- Motorcycle Ride Registration
- Silent Auction (hourly shifts) to cashier and watch merchandise
- Setup and tear down

To learn more about these and other volunteer opportunities or to volunteer your time, please contact Corrie Tivis at [corrietivis@hotmail.com](mailto:corrietivis@hotmail.com) or 701-527-1468.

**Do you think the people of your congregation would be interested in learning more about Angels of Courage Retreats and the upcoming events? Please consider helping to get the word out at your church! Contact Carly Nelson for info for bulletins and newsletters.**

**Carlynelson7181@hotmail.com or 701-371-3025.**



Is proud to offer our first retreat focusing on  
**Adult Cancer Survivors**  
(newly diagnosed or veteran)



Rest your *Body*

Rejuvenate your *Mind*

Restore your *Soul*

At the beautiful  
*Fair Hills Resort on Pelican Lake*  
<http://www.fairhillsresort.com/>

***Saturday September 29th -Sunday September 30th, 2007***

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The weekend retreat will provide an environment where people can join together to:

- (a) learn about living with their illnesses/loss,
- (b) form relationships with others who have experienced similar struggles
- (c) and deepen their faith.

**During this weekend of renewal, the holistic program will include discussions with:**

- Dr. Nathan Kobrinsky—MeritCare Medical Center
- a Psychology/Social work professional (TBD)
- Chaplain Phillis Bennet —Mayo Clinic Cancer Center

as we explore how to live our lives in the midst of our illness/survivorship.

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The cost is \$100 which covers all presentations, three meals and one nights lodging. Registration will be available at [www.Fargostuff.com](http://www.Fargostuff.com) on August 1<sup>st</sup> or by calling Rick Mangahas at 701-238-4673.

For more information, go to <http://www.angelsofcourage.org>

## Collaboration with Widseth, Smith, and Nolting on Angels of Courage Retreats Site Concept

By Carly Nelson

Paul Richards, Sr. Architect at Widseth Smith Nolting (WSN), first learned about Angels of Courage Retreats (AOCR) about eight months ago after Elissa Novotny, also at WSN, had received our newsletter from a friend.

When Paul first read about AOCR's mission, he wanted to learn more. He understood that the physical retreat facility would have just as great of impact on the attendees' retreat experience as the programming. Paul has a unique insight as God not only granted him the skills to design buildings, but He also gave Paul the desire to understand how the built environment affects one's spirit, mental wellbeing, and social interaction.

In a June interview, Paul stated, "The building is much more than a space that merely exists. Rather, the building becomes a player in the activities that goes on. To study how people react to their surroundings is important; the architecture must facilitate a person's experience". He continued, "There have been situations in my life where I have felt almost hopeless. Many people using this facility may feel hopeless and wonder 'why me'. The facility will be part of what gives them hope to deal with their circumstances and strengthen their faith. These kinds of projects do not happen that often."

When Paul began to dive into the work of creating our site concept, he acknowledged that "while we have a commitment to society to provide protection of the elements, we can go further than that with this project".

After discussing the concept of AOCR further with our Board of Directors, he was struck by two key questions. How do we provide a facility that will give people the opportunity to grow in the midst of their illness/loss? What are their needs and how can they feel more in control of their life?

The answers, for Paul, were found in the physical location of the retreat center and the future design of the facility.

Paul states, "The physical site is very unique and inspiring. With the retreat center land being surrounded by trees, we have the ability to provide sheltering and sustainability. The earth will naturally shelter the attendees" Inspiration, for Paul, comes from the view and the lay of the land. "The land will fold and shape the human experience. It has been created to inherently hold and embrace".

When thinking about the future design of the retreat center, Paul visualizes a large stone wall on the front with water pouring down the sides into a stream below. "It's a reflection of the lives of people as they come into the site. The massive wall will give a feeling of compression and symbolizes the past and what has occurred." Paul continues, "As attendees approach the facility, the noise of the water will become louder and they will need to cross over a bridge to enter which symbolizes that something different is about to happen. Once attendees walk through the door, it will immediately be calming/quieter as they have entered a different place; essentially having washed away the noise of the past."



Paul Richards of Widseth Smith Nolting. The drawing to the right is the site concept created by Paul to visualize Angels of Courage Retreats.

Paul indicated that working on the AOCR project has had a profound, deep affect on him. He recognized that he has been able to use his God-given skills and abilities to help the greater good.

Because of Paul's personal convictions, he was able to secure WSN's assistance in donating the Site Concept for AOCR. WSN has donated over \$13,000 worth of services to AOCR and for that we are grateful. (For a complete view of the work that Paul has done thus far for Angels of Courage Retreats, visit our website at <http://www.angelsofcourage.org/siteconcept.html> )

For more information on WSN, please visit their website at <http://www.wsn-mn.com/>

# ANGELS OF COURAGE

Little Comanard Lake, Minnesota

## SITE CONCEPT

Arriving to the site at the highest point in the Northwest offers a breathtaking expansive view. The well defined main driveway with a straight access into the site indicates that there should be a focal point that guides you to a point of arrival with parking accessible nearby.

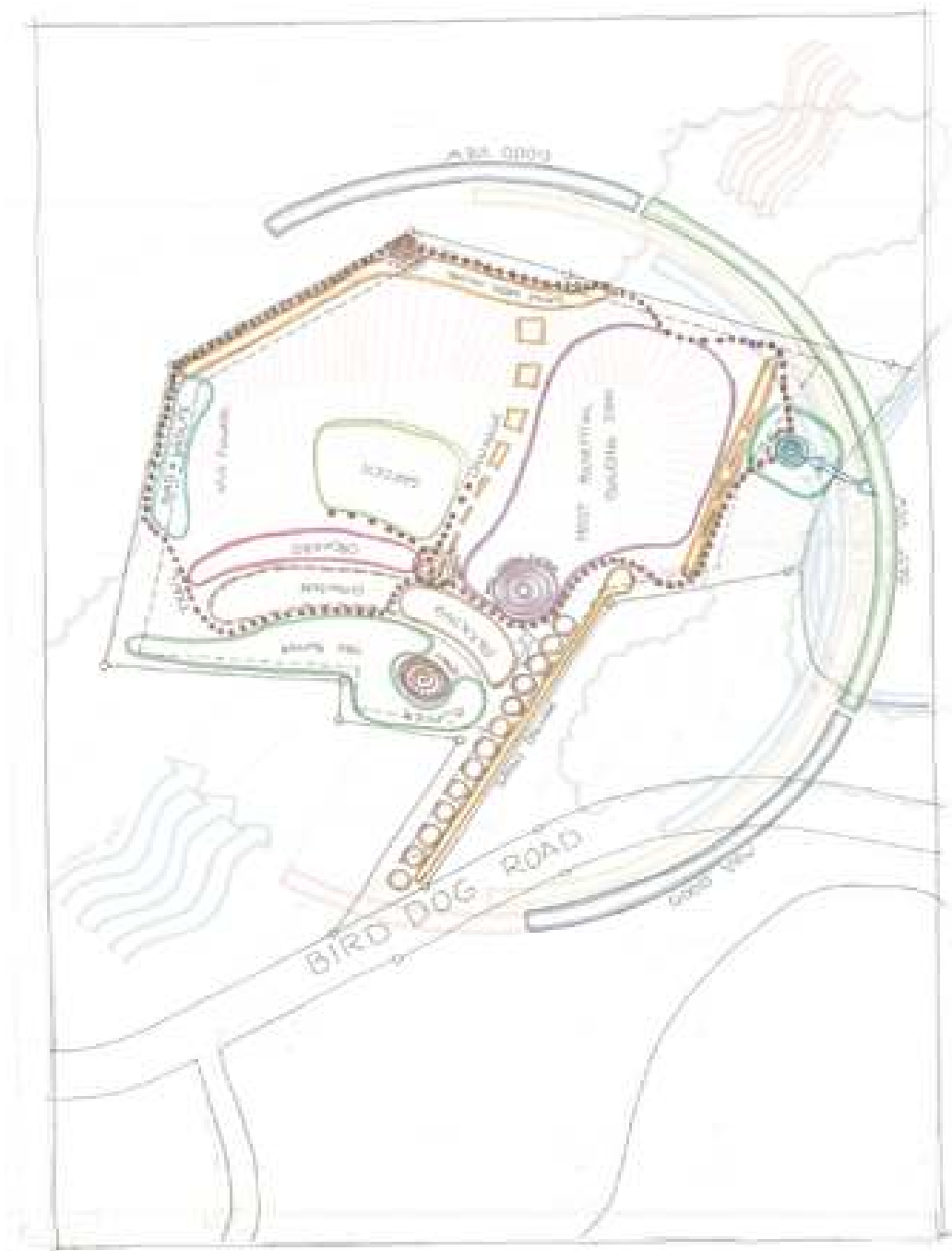
Following a procession through the site, the drainage leads naturally across the site between North and South. We identify the South side of the site as the most beneficial building zone since it is in direct view from access into the site, provides opportunities for utilizing the slope of the land to gain better access down to the lake and also to sit the earth as a natural shelter.

Following a trail system wrapping around the entire site using the beamed edge of the surface water holding basins as the walkway, we move down to the lake where a return zone is located incorporating the symbolism of water and renewal. Then we move up along the East boundary where you are led to a point furthest from the main activities offering a quiet, more secluded area for meditation.

The trail then winds around the garden, wildlife, and wild flowers area in the North and down the West side where a tree buffer protects the site from Northwest winter winds as well as sheltering around a special area of the highest point on the site. This brings us to the gathering area that is centrally located symbolic of bringing together the entire site at the crossing point of activities.



WSON #008620144.DWG - 04/20/2007





**REST YOUR *BODY*  
REJUVINATE YOUR *MIND*  
RESTORE YOUR *SOUL***



Eleven acres  
of land where  
Angels of Courage  
Retreats  
will be built on  
Little Cormorant Lake,  
Audubon, MN



## **Mission of Angels of Courage Retreats**

The mission of Angels of Courage Retreats is to create an environment that encourages those affected by chronic illness or the loss of a loved one to live life with courage.

The purpose of the organization is to create weekend retreats focusing on a specific topic. Some examples of our weekend retreats may include a retreat for adults with diabetes, parents of children with disabilities or a retreat for those who have lost a loved one.

The retreats will be created based on the feedback received from members of our community and the resources that are available to ensure success.

Our goal is to gather and share resources that exist to help individuals and families learn to thrive in the midst of their illness/loss.

It will be important to share our mission in each newsletter as more and more people learn about the purpose of Angels of Courage Retreats.

## **Contact Information:**

If you would like to learn more about Angels of Courage Retreats or if you have questions please contact:

Carly Nelson

[Angelsofcourageretreats@hotmail.com](mailto:Angelsofcourageretreats@hotmail.com)

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[Angelsofcourageretreats@hotmail.com](mailto:Angelsofcourageretreats@hotmail.com)

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