

Angels OF COURAGE RETREATS

Rest your **Body**.
Rejuvenate your **Mind**.
Restore your **Soul**.

Fall 2007

Volume 2, Issue 1

First retreat focusing on Adult Cancer Survivors a HUGE success!

By Ben Hanson

Attending the retreat, "allowed me to step out of my busy, chaotic routine of life and focus on what is truly important. It allowed me to relax and enjoy "me" time" - Retreat Participant

Angels of Courage Retreats hosted its first-ever weekend retreat on September 29th—30th, 2007. Ten participants took part in the retreat which was held at the beautiful Fair Hills Resort just outside of Detroit Lakes, MN. The event provided an opportunity for adult cancer survivors to listen to a medical professional, nutritionist, and chaplain all while being engaged with fellow survivors.

The retreat was open to those who recently received a diagnosis as well as those who have been living boldly with cancer for some time. Attendees joined together to learn about living with their illness and to deepen their faith, all while forming meaningful relationships with others who have experienced similar struggles. The peaceful Minnesota setting of Fair Hills Resort provided the perfect backdrop to study the physical, emotional, and spiritual aspects of healing under the holistic tradition.

Saturday's activities were devoted to three presentations by experts from around the region, including Dr. Nathan Kobrinski from the Roger Maris Cancer Center, Chaplain Phillis Bennett from the Mayo Clinic Cancer Center, Cathy Breedon, a nutritionist from MeritCare Medical Center, and Carly Nelson, Co-Founder of Angels of Courage Retreats. The afternoon provided attendees the option of picking

between different break-out sessions featuring various therapeutic approaches to body, mind, and soul restoration. Sessions included: Art Therapy by Karen Bakke, a well known professional artist in the FM community, Yoga by Shelly Miller, from FM Yoga at Home, Massage by Victor Facio and Kacee Reinisch, both from the FM area, and Meditation and Relaxation from chaplain Phillis Bennett.

The evening concluded with free-time to enjoy the resort and conversation with other attendees. Most of the time was spent laughing, which tends to be the best therapy. The weekend wrapped-up Sunday morning with a prayer service. Additional pictures from the retreat will soon be available on our website www.angelsofcourage.org.

"Through attending the retreat, I realized that I am not alone on this path. It offered such a wonderful environment for resource, reflection, and renewal. Wonderful fellowship and friendships were made."—Retreat Participant

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Retreat Participants and volunteer extraordinaire—Hazel Haukom (front-middle)



September 29th Adult Cancer Survivor Retreat

*Fun and Cancer usually
are not in the same sentence.
Once you've had cancer...
you start breaking the rules!*



"We are each of us angels
with only one wing,
and we can fly only by
embracing each other."
Lucian de Crescenzo



Chaplain Phillis Bennett



Dr. Nathan Kobrinsky



Kathy Breedon, RD

August 18th Fundraising event!



One is not born into the world to do everything but to do something.
Henry David Thoreau



Service to others is the payment you make for your space here on earth.
Mohammed Ali



August 18th Fundraising event!

In spite of the horrible weather conditions at the August 18th fundraiser, we exceeded our goal! With the match grant from Dakota Medical Foundation (\$25K), we raised over \$67,000! Pretty impressive as the event planning started only 4 months prior!

The 5K proved to be a very successful event for participation with over **70 people** walking/running. Very special kudos goes out to

the 12 die-hard motorcyclists who rode in the pouring rain to raise awareness for Angels of Courage Retreats.

The Cormorant Pub was buzzing from dinner until closing with people who took part in the dinner, dance, and silent auction. A huge thank you goes out to all who came out to show their support of Angels of Courage Retreats!

THANK YOU to all of our volunteers—Your hard work has paid off!

A huge thanks goes out to all of our volunteers for the Aug 18th event and Sept 29th retreat! Over 60 people volunteered their time and talents for both events. Thank you Cormorant Lions for your help in setting up for the event! A special thanks to the task force leads:

August 18th Event leads: Babs Coler (silent auction) and Colleen Harris (location logistics)

5K: Dave Solum and Jason Overland

Marketing: Kelly Cruchet and Lori Kalgard

Motorcycle Rally: Trenton Evenson and TJ Koepplin

Raffle: Jolene Garty

Registration: Rick Mangahas

Sponsorships: Hazel Haukom and Tammy Hovet

T-shirts: Aimee Griffin

Volunteer Coordination: Corrie Tivis and Melanie Newman

Website Design: Chris Garty

September 29th Retreat: Laurie Kuehl and Nicolle Aukland

THANK YOU!
THANK YOU!
THANK YOU!

Because of the amount education/awareness that has taken place about Angels of Courage (thanks to all of our volunteers) I was nominated for the Community Service award at the Microsoft Women's Conference. While I did not win, I was in the top three finalists, which is a HUGE honor as it includes all women at Microsoft around the entire world. This nomination is proof that the work we are doing matters a great deal and is highly valued and respected.

My gratitude goes out to all of you ~
Carly

Frequently asked Questions of Angels of Courage

1. The number one question we receive is, “When will you break ground?”

We have planned several milestones which need to happen before we begin building. First, we need to expand upon the site concept developed by Widseth, Smith, and Nolting by creating the physical design of the retreat center. In order to do this, we need to determine the costs associated with design development. Once we have these figures, we will begin both applying for grants and developing our major building campaign to raise the funds required to build. In the meantime, retreats will be held at off-site locations, like Fair Hills Resort, as we'll be able to both serve the individuals in our area who need our services and create awareness around the need for building a retreat center that meets the needs of our participants.

2. How will the funds from the Aug 18th event be expended?

The funds were immediately put to use by purchasing computer equipment, software, and hiring staff. Carly Nelson has been hired on a part-time basis, focusing on grants and awareness. Rick Mangahas was also hired as an Administrative Assistant to help enter data for the foundation of our development program. Thanks to Kathy Anderson from Trollwood Performing Arts for volunteering her time to create our systems!

3. What are the next steps for AOCR?

Our most immediate need is to raise further funding for building design, programming of retreats, and development of our staff. In addition, we will begin developing our major fundraising campaign. After the holidays, we will begin planning our spring retreat focusing on those who have lost a loved one. We will continue to develop our systems and processes which will allow us to effectively report on which events and marketing have the greatest impact for our retreat participants, volunteers, and donors.

4. Will we engage in any other fundraising/awareness activities?

Yes. Our focus will be on grant-writing, a major building campaign, and our Spring 2008 Retreat. In addition, after the new year, we'll begin planning the Aug 2008 annual fundraiser.

We need to build it so it's sustainable. It takes very careful planning and preparation. We are not just an organization that has a dream. We're an organization that is making it happen!

*Don Goering—
Co-Founder*

Do you have pictures or newspaper clippings from our events?

Laurie Kuehl has volunteered to create a scrapbook of this information in order to document the progress we've made! Please send all information to:

Laurie Kuehl | 214 4th Ave. NW | Dilworth, MN 56529

Angels of Courage receives \$4000 grant from Dakota Medical Foundation

Angels of Courage Retreats has received a grant in the amount of \$4000 from Dakota Medical Foundation to support continuing development of our major fundraising campaign with Integrated Financial Development System.

Dakota Medical Foundation, Fargo, ND, focuses its efforts on improving health and access to

medical and dental care in the region, with a special emphasis on children. Since 1996, the Foundation has invested over \$30 million to over 280 nonprofit organizations in the region. For more information, see www.dakmed.org.



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



Mission of Angels of Courage Retirements

The mission of Angels of Courage Retirements 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 will 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 Retirements.

Contact Information:

If you would like to learn more about Angels of Courage Retirements please contact:

Carly Nelson
701-371-3025
contact@angelsofcourage.org

www.angelsofcourage.org

If you would like to receive future copies of our newsletter, please utilize the contact info above or address below and we'll gladly add you to our newsletter distribution list.

**Our email has changed to contact@angelsofcourage.org;
the old address angelsofcourageretirements@hotmail.com will no longer be in use.**

Angels of Courage Retirements | P.O. Box 512 | West Fargo, ND 58078