

"You can't send soldiers to Hell and expect them to come home and automatically snap back to watching football and drinking beer."

A Soldier's Perspective



If you or a Veteran you know would like to attend a retreat, please visit our website at www.projectnewhope.net for more information.

For general project inquiries email: info@projectnewhope.net.

To sign up for a retreat, contact Bruce Billington at 218-851-0804, email him at bruce@projectnewhope.net, or write to 33965 Dancing Bear Drive, Crosslake, MN 56442.

In addition, if you would like to make a contribution to this worthy cause, please send donations to: Friendship Ventures, 10509-108th Street NW, Annandale, MN 55302.

Make a notation of "Project New Hope" on your check.

Camp New Hope

McGregor, Minnesota

Camp Friendship

Annandale, Minnesota

Eden Wood Center

Eden Prairie, Minnesota

Project New Hope

Military Family Retreats

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33965 Dancing Bear Drive, Crosslake, MN 56442.

Our Mission:

To provide Veterans and their families the education, training, and skills necessary to manage their lives after wartime service.

Steering Committee:

- **Bruce Billington** — U.S. Navy, Persian Gulf War Veteran, has been active on local and district levels of the Lions Club earning the Melvin Jones Fellowship. He is a past club President of the Pequot Lakes – Breezy Point Lions Club and is presently Zone Chairman of Zone 1, District 5M9.
- **Laurie Dally** — SGM (R), Army Reserve, Iraq War Veteran, has been active on local, state and national levels of the American Legion, and is currently a life member of the Veterans of Foreign Wars and Disabled American Veterans. She also serves as First Vice President of the Pequot Lakes – Breezy Point Lions Club.
- **MAJ Cynthia Rasmussen** — RN MSN CANP, Combat Stress Officer, 88th Regional Readiness Command (Army Reserve).
- **Georgann Rumsey** — President and CEO of Friendship Ventures.
- **John Warner** — Development Specialist coordinating support to continue the work of Friendship Ventures.

Advisory Panel:

- **Bob Bjorkman** — Department Commander of VFW.
- **Jeff Hall** — MAJ (R), Twin Ports VA.
- **Peggy Moon** — currently Chairs the Minnesota Gambling Control Board, has been active on state, local, and national levels of The American Legion including Vice Chairman of the Child Welfare Foundation.
- **Rochelle Wheeler** — 88th Regional Readiness Command, Fort Snelling (Army Reserve).

Additional Advisors:

- Department of Veterans Affairs (Mpls. VAMC, St. Cloud VA, Twin Ports VA OPC)
- 88th Regional Support Command
- University of Wisconsin-Superior
- Friendship Ventures
- American Legions across Minnesota
- Veterans of Foreign Wars across Minnesota
- Lion's Clubs across Minnesota
- One Freedom, Inc.

Who These Retreats Are For:

- Combat Veterans and their families.

Why There's a Need:

- Multiple and extended deployments
- Unprecedented survival rates
- 25% of all homeless are combat Veterans
- Suicide rates for Vet's aged 20–24 are 4 times greater than that of a civilian
- 200+ Veterans become disabled every day
- Over 2 million Veterans live without insurance

How We're Different:

- 100% Volunteer staff
- The whole family is involved
- **ALL** Combat Veterans
- Cost of the camp is **FREE** and all meals are provided
- Short presentations are offered at different times through the day that include break-out sessions
- All sessions are self-paced according to the individual Veteran's wants
- Location is rural, pristine, and private
- Objective is to be low key and offer assistance as requested by the family
- Youth activities and programs are available
- Counselors are available 24/7

Examples of Possible Sessions:

- The Wheel of Life Inventory
- Creative Expression
- Self Care Tool Box
- Self Care
- Relaxation Techniques, Meditation, Etc.
- Stress Reduction
- Sleep Solutions
- Problem Solving Process
- Money Management
- Intimacy
- Communication
- Anger Management
- VA Services Available
- Children's Activities



Retreat Locations:

Three Minnesota locations, each nestled among woodlands, lakes, wetlands, and wide-open spaces. They're beautiful, secluded and convenient. All feature scenic waterfronts, hiking trails, fire pits, and year 'round recreation opportunities. All facilities are fully accessible.

Camp Friendship: On Clearwater Lake

Camp Friendship encompasses 115 acres of scenic woodlands and a beautiful waterfront on Clearwater Lake. The camp features meeting rooms, indoor recreation facilities such as a full-size gymnasium, game room, canteen area, and seasonal indoor swimming pool.



Camp New Hope: On Glacier Lake

Camp New Hope, just a few hours north of the Twin Cities, on the edge of the Savannah State Forest, offers a northern experience on the shores of Glacier Lake. This pristine 40-acre site features beautiful hiking trails, excellent fishing, and a wide range of recreation options.

Eden Wood Center: On Birch Island Lake

Eden Wood Center offers a quiet get-a-way within minutes of the Twin Cities metro area. This beautiful, 20-acre wooded site features the "up north" experience without the long drive, an ideal location for retreats, meetings, and seminars.