



Healing Patriots Expanding in 2019

The 2018 season started and ended with some amazing relationships with heroes from across four states. The expeditions not only made an impact on the lives of our heroes, our volunteers equally felt moved by the experience. Veterans, Firefighters, and Police Officers had opportunities to enjoy time healing and bonding with other men and women who have shared similar experiences during their time serving our great nation.

The healing expeditions that our heroes attend, would not be possible without the support of the many companies and private donors who contributed to this very important mission. From the communities of Presque Isle, WI to Hillsport, Ontario Canada, our hosts, community residents and leaders were most gracious in welcoming our team and heroes and sad to see us go home after a successful trip.

2018 not only brought us new friends and now family members, it created new opportunities to work with a variety of communities to not only help spread awareness of the Healing Patriots mission, but to bring attention for the need to improve mental wellness to all of our heroes.

New fundraising events and presentations around the Midwest has helped establish new yearly events in which our fans and supporters can come see how we have helped our heroes and what we have planned moving into each upcoming year.

Throughout this newsletter, we will be share exciting news of what to expect in 2019 and how our partners and fellow heroes are giving back to our Veteran community to help make a difference in the lives of the men and women who risk theirs for us.



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Special points of interest

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- 2018 VA Report on Veteran Suicide.
- Fishing and Lodging Partners
- Healing Patriots Organization and Mission.



American Heroes Outdoors Captures HP Mission

In May of 2018 during the Healing Patriots Expedition 1 (HPX1), Scott St. Sauver, (COL, United States Army, Ret.) and his crew from *American Heroes Outdoor (AHO) TV* were embedded with members of the Healing Patriots team and heroes from North Dakota, Minnesota and Wisconsin in Presque Isle, WI at Sunrise Resort. They spent two and half days filming how Healing Patriots serves their heroes from morning to sundown and to capture what makes them a truly unique organization.

AHO TV were able to witness the convoy led by the American Legion Riders from Sunrise Resort to the American Legion Winegar Post

480, the open ceremony, and dinner hosted by Post 480. Interviews with our heroes were documented in order to share their personal story along with some time on the water chasing down some trophy fish.

As we await the official release date of the AHO TV show featuring Healing Patriots, we do know that it will be released in the April or May time frame. You will be able to see it on Fox Sports North and Midco Sports when it does air. Please be on the look out on our website, social media pages, and other upcoming newsletters for the air date.



"I have found that Healing Patriots isn't about a fishing trip and a good feeling, it's about taking care of responders and veterans that need healing."

Jeremy Olson, North Dakota Firefighter

First Responder Report

In a story shared by Chicago's WGN 9, a report commissioned by the Ruderman Family Foundation stated that, "first responders are more likely to die from suicide than in the line of duty. Cumulative exposure to trauma, horrific accidents and shootings can lead to mental health struggles that too often go untreated. The report reveals the rate of PTSD and depression for police and firefighters is five times higher than the civilian population."

WGN 9 shares that if you are interested in reading the Ruderman White Paper, please visit: https://issuu.com/rudermanfoundation/docs/first_responder_white_paper_final

Raising the Steaks Premier Partner in Wisconsin



Since Healing Patriots became an organization in 2017, Tony Resch (Owner) and the team from *Raising the Steaks Fundraising and Leadership Development* located in Menominee Falls, WI have been there since day one. Not only has their partnership been instrumental in supporting the mission of serving our nation's heroes, their programs unite people to make a difference in their community for children, coaches, families, and charities in

Wisconsin. Their philanthropic mission serves a dual purpose in our communities across Wisconsin. Many school programs utilize *Raising the Steaks Fundraising* to raise money for school programs, sports teams, and organizations that give selflessly to their community.

Raising the Steaks Fundraising and Leadership Development is also focused on creating leaders that strive in serving others. They offer Servant Leadership meetings and Coaching INFLUENCE roundtable sessions for coaches, kids, parents, and athletic directors across Wisconsin. If you attend an upcoming session, you will meet some of the most inspirational people that will not only inspire you with their stories, it will fill your heart with passion to get involved and to make a difference in your community too.

If you or your organization, sports team, or community want to make a difference for someone special, your school or favorite organization, look no further. Tony and his team will provide quality customer service and help you reach your fundraising and leadership goals. If you have any questions, please contact Tony Resch at Tony@raisingthesteaksinc.com or call 262-227-7732.



Students from Concordia University Wisconsin's Occupational Therapy Program present items to Healing Patriots team members from their service project during the fall 2018 semester.

CUW OT Students Surprise Heroes with H.O.P.E.

On December 5, 2018, students from the Concordia University Wisconsin's (CUW) Occupational Therapy program completed a semester long service project that would be used to serve citizens in the local community. This past fall, students selected Healing Patriots as their program of choice, and most importantly, the mission of serving Veterans and First Responders who are working through the challenges of physical injuries and Post Traumatic Stress Disorder (PTSD).

Their project started after they met with Healing Patriots President, Ed Garza, who serves as the Executive Director of Community Engagement and Veteran Services at CUW. Ed stated, "the students had big goals going into the project and they wanted to make a long lasting impact in the lives of our heroes." After the first hour and half long meeting, the students had a game plan, research to conduct, but they all had the passion to make their idea a reality.

During the semester, and with periodic updates with their professor Dr. Olga Nestor, Associate Professor in Occupational Therapy, the students designed their approach to help future heroes attending fishing expeditions with Healing Patriots in 2019. Utilizing their research findings on PTSD, TBI, and the types of physical injuries possibly attained from a heroes service to their community and country, the students created a wish list of items that would provide additional support in a variety of ways in the healing process.

Many of the students came into this project with very little experience in fundraising, making a pitch for support to help other people they potentially don't know, and leadership experience in rallying people to bring some H.O.P.E. to the men and women who give so much of themselves to others. Healing Patriots provides H.O.P.E. (Helping Our Patriots Endure) packages to heroes on their expeditions. The items within these packages are designed to help these men and women learn how to use the equipment gifted to them during a trip and for them to continue their fishing therapy when they return home. These students were able to provide electronic devices with an applications worksheet with info on how the Apps can help with sleep, journaling for reflection, and exercise to name a few.

2018 VA Report on Suicide

On September 26, 2018, The VA released their National Suicide Data Report for 2005-2016 as part of their data driven approach to suicide prevention.

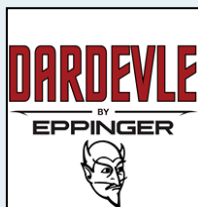
According to the VA, "Suicide prevention remains VA's highest clinical priority. One life lost to suicide is one too many," said VA Secretary Robert Wilkie."

The report provided some very important insights, below are some of the findings:

- From 2015 to 2016, the overall current and former service member suicide count decreased from 7,663 to 7,298 deaths (decrease of 365).
- From 2015 to 2016, the Veteran specific suicide count decreased from 6,281 to 6,079 deaths (decrease of 202).
- Overall, the fact remains that on average about 20 current or former service members die each day, six have been in VA health care and 14 were not.

To learn more about this report and its findings, please visit the follow the following link: https://www.mentalhealth.va.gov/docs/data-sheets/OMHSP_National_Suicide_Data_Report_2005-2016_508.pdf

Fishing and Lodge Partners



Eppinger Manufacturing Company, the home of the Dardevle Spoon from Dearborn, MI has been a

program partner with Healing Patriots for two years and providing lures to our heroes that have been in existence since 1906.

Website: www.dardevle.com



13 Fishing enters their second year as a partner with Healing Patriots by providing our heroes state of the art rod and reel combos. Website: www.13fishing.com



Sunrise Resort is the home of the first Healing Patriots

Expedition located in beautiful Presque Isle, WI, this resort and community truly give you a small taste of the good Wisconsin living.

Website: www.sunrise-resort.com



Happy Camp Ontario is the birth place of Healing Patriots and the secluded atmosphere of nature's beauty truly make this an everlasting home for Healing Patriots. Our host Chris, Jaime, Sadie and Magoo are a part of the Healing Patriots family and you will feel like a part of theirs too.

Website: www.happycampontario.com



Grand Vu Lodge is a new member to the Healing Patriots family

as a new expedition location for 2019 in Walker, MN. The superb fishing and lodging on Leech Lake, MN should make for some awesome memories this year.

Website: www.andersonsleech-lake.com

U.S. Bank Becomes Premier Partner in Minnesota



U.S. Bank has teamed up with Healing Patriots for their second year and has now become a Premier Partner for the September 2019 Leech Lake, Minnesota Expedition (HPX5). The Minnesota expedition will be a new addition this year as the goal will be to serve more heroes and expand across the Midwest as Healing Patriots grows.

U.S. Bank has been an amazing partner since May of 2018 and have included Healing Patriots in many local events. Healing Patriots was the featured non-profit organization on August 10, 2018 during the

free concert in the part series in Cedarburg, WI. It was an amazing night of sharing the Healing Patriots mission with over 1,500 people in attendance and with funk band, *Here Come the Mummies*.

U.S. Bank is truly a military friendly company who has a strong focus to hire veterans within their company and to serve in leadership positions. #CommunityPartner



Funk Band "Here Come the Mummies" was at Cedarburg Summer Sounds with Healing Patriots.

The Fermentorium to Launch Veterans Beer

The Fermentorium, a craft brewery out of Cedarburg, Wisconsin will soon be launching their own veterans beer inspired by Healing Patriots. The Director of Communication and Outreach, Jennifer Andreas, shared on January 24th, the pilot of the beer is tracking well and needs a little more time, however it is on track to be released soon. A name and logo are in the works and will be released just prior to the open taste testing for the public.



In partnership with *The Fermentorium*, a portion of the sales of the upcoming beer will be donated to Healing Patriots to help show their commitment to serving our veterans and first responders. Please continue to check our website and social media for the release of this special beer for heroes and Healing Patriots.

Party with Plugged In & The Scrap Metal Horns

If you remember last January's party with *Plugged In & The Scrap Metal Horns*, you know that was the place to be that night. Well the good news is that they are planning a date to do it again for Healing Patriots.

Plans are in the works to identify a new venue and date to have the 2nd Annual Party with *Plugged In & The Scrap Metal Horns*. Please continue to check the Healing Patriots website and Facebook page for all the details as we prepare to have another great evening with this amazing cover band. You can also check the band's Facebook page at <https://www.facebook.com/pluggedinandthescrapmetalthorns/>, for more information on upcoming events.



NCAA Madness Starts at The Brick Pub & Grill



The road to the NCAA March Madness 2019 will go through *The Brick Pub & Grill* in Glendale, WI. With the help of owners Tim and Chelsea Hren and their amazing staff, this year's first and second round NCAA Tournament games will bring some new excitement in support of Healing Patriots. Watching the tournament games at *The Brick* brings a very unique opportunity and they will host a six day fundraiser in support of Veterans and First Responders. A portion of the proceeds will be donated to Healing Patriots.

Please be on the look out for when members of our Healing Patriots team will be at The Brick Pub & Grill and for special raffle and 50/50 nights during the tournament. We would love to invite all of you to join us in thanking Tim and Chelsea for their generous support

and to hopefully cheer on the Wisconsin Badgers and Marquette Golden Eagles. For more information about this event, please visit their Facebook page at <https://www.facebook.com/brickpubgrill/>. The address for The Brick Pub & Grill is 6343 N. Green Bay Ave in Glendale, WI.

Fore!!! Golf Outing for Heroes in June

The Fermentorium will be hosting the inaugural "Fermentorium Golf Outing Benefiting Healing Patriots" on June 17th at *The Bog Golf Course* in Saukville, WI. The Bog is one of the top 5 Arnold Palmer Golf Courses in the United States and proves to be challenging course for all levels. The four person scramble will begin at 12 noon with early registration beginning at 10:30am and lunch prior to the shotgun start.

There are still plenty of sponsorship opportunities to showcase your company / organization and to sign up your golf team to enjoy a great day of fun and supporting our heroes. For more information about becoming a corporate partner or to sign up your team, please visit our web-site at <https://www.healingpatriots.org/event/fermentorium-1st-annual-golf-tournament-benefit-for-healing-patriots/>.



"If it wasn't for our many volunteers and community partners, we wouldn't be able to accomplish our mission of serving our brothers and sisters. Everyone involved helps in developing "A New Beginning" for our heroes who have served our community and nation." ~ Healing Patriots

Healing Patriots PRO STAFF Fishing Tip

By HP Pro-Staff Travis Soletske

Hello everyone!

Today for your Pro Staff Pro Pointer, I'm going to talk a little bit about bait color selection. When heading to a new body of water to pre-fish for a tournament or out for just a fun day on the water on a new lake, the FIRST thing I recommend to do is figure out your bait color selection. It's pretty basic and simple for all species of fish. Now a days, bait companies are always trying to sell you these new flashy colors, and new bait styles, but just remember, keep it simple. Just about ALL fish that swim in the USA feed on bluegills, perch, crappies, shad, and crawfish.

Granted there are some lakes where they eat trout and other things, just take a minute and figure out what their natural forage colors are and start throwing them! When you start getting some bites and get things figured out, THEN start using different things to try and find some of them trophies! TRUST ME, if you learn to keep it simple, and NOT get all wrapped up in the "new and improved" you'll put more fish, whatever the species is, in your boat!!!

Large Mouth Bass 26 in 8lbs 13 oz



It Takes Courage and Strength to Ask for Help

Healing Patriots Corporation

A 501 c 3 nonprofit organization that is composed of all volunteers. The theme for Healing Patriots "A New Beginning" was coined to indicate that every morning when we get up, it is "A New Beginning". As we prepare to tackle the day's challenges, there will be situations that will either affect us positively or negatively. The negative hurdles are the ones we must overcome and as we decide to leap over or go through them, we may fall down. At that moment, there is a decision to make, will we get up or stay down? When heroes spend time with Healing Patriots, we will make sure you get up, dust yourself off, and keep going.

We all can help our brothers and sisters get the help they need. Statistics show that our heroes give so much to others, but they don't always think of themselves when they need to. As a team of caring individuals, we can help them get the support they need to overcome the challenges of dealing with the difficult situations they have been through in their time of service. Let's help them take that first step together, as a brother and sister, as a family.

Here are some resources provided by The Code Green Campaign:

[Safe Call Now](#) – 1-206-459-3020. A 24/7 help line staffed by first responders for first responders and their family members. They can assist with treatment options for responders who are suffering from mental health, substance abuse and other personal issues.

[Fire/EMS Helpline](#) – 1-888-731-3473. Also known as Share The Load. A program run by the National Volunteer Fire Council. They have a help line, text based help service, and have also collected a list of many good resources for people looking for help and support.

[Veterans Crisis Line](#) (Veterans only)- 1-800-273-8255 & press 1, or text 838255. A crisis line specifically for veterans of the US armed forces.

