

# Freedom Is Not Free!

*How can you help?*

*Remember the men and women of the U.S. Armed Forces who gave and are giving so much for us and our Country!*

*Cash contributions are the main stay of RnR Oasis. You can sponsor a camp out, adopt a vet, set-up a monthly/annual donation, or do a one time amount. The more funding we have, the more Veterans we will help.*

*We also appreciate equipment donations consisting of cots, tents, sleeping bags, fishing poles, and anything else used around the campfire. We provide at least 7 meals; as well as snacks, therefore, donations of food, coffee, and other staples empower us to feed them well.*

*Donations can be made through the website [www.RnROasis.com](http://www.RnROasis.com)*

*Thank you*



## “If Only”

*RnR Oasis is also available for speaking engagements to your group or organization. Contact us for more information*

*Please do not hesitate to contact us with any Questions you may have at:*

[ContactUs@RnROasis.com](mailto:ContactUs@RnROasis.com)

# Partners & Sponsors

RnR Oasis wishes to express its sincere appreciation to the Partners and Sponsors whose generous donations support our combat veterans on the road to merging back into civilian life.

ASA Alloys  
Hawk's Prairie Casino  
Lucky Eagle Casino  
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Fletcher Fine Foods  
Danielson Company



**To help a combat Vet  
you must first  
reach him.**

**Fishing  
and Camping  
the Bait;  
Combat Brothers  
the Support.**

Mailing Address:

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[www.RnROasis.com](http://www.RnROasis.com)

## RnR Oasis Mission

**RnR Oasis** provides peer counseling to Combat Veterans living with the horrors of war. A safe, non-pressured, supportive environment promotes exploration into transitioning from combat mode to mainstream American life.

The Army must train and equip 11 soldiers in order to put one soldier in combat. That one combat soldier will face the majority of the horrors and traumas of the battlefield. He is the one that will kill or be killed, he is the one that had his friend die in his arms. He is the one that is most likely to suffer from survivor guilt, depression, emotional numbing,



nightmares, flashbacks, addictive behavior, self mutilation, domestic violence and even suicide. Unfortunately, these are the individuals that are least likely to recognize they need help or to seek it.

Under the reassurance of **RnR Oasis'** peer counselors, the combat warrior is presented a camping experience that promotes complete healing. This includes both physical wounds and emotional damage resulting from their experiences as combat soldiers. **RnR Oasis** currently rents campsites and has a blanket fishing license from the State of Washington so every camper has the opportunity to fish. All gear, equipment, food and firewood is furnished for up to 50 Veterans per outing.

## Our Program

**RnR Oasis** is a Charitable, Non-Profit Corporation. Our volunteer staff of disabled Veterans is working to improve the emotional care being given to our disabled combat brethren. **RnR Oasis** provides outdoor "Rest and Recuperation" to these brave veterans who are unable to get out and relax around the camp fire or just to go fishing and unwind for the day.

**RnR Oasis** intervenes in combat caused depression that starts as CRS (Combat Related Stress) and can progress into PTSD (Post Traumatic Stress Disorder). Our "style" of intervention begins with a fishing trip, continues with a personal and positive campfire experience, and finally, referral and acceptance into a funded program.

The campfire becomes a secure place for sharing experiences and feelings with each other. Each veteran realizes everyone there is suffering in their own personal way from their combat experience.

It may take 2, 5 or even 10 campfires, but they will realize 2 basic truths: they need help and help is available. They also learn that assistance has saved marriages, families and most importantly lives of combat veterans.



## Our Future

As of early 2008, there are over 800 wounded soldiers assigned to the Warriors In Transition Battalion at Fort Lewis Washington alone. The soldiers have been wounded, injured and disabled serving our Country. Unfortunately, that number is continuing to increase.

**RnR Oasis** intends to move from renting camp sites to owning a fishing/camping facility within a 1 to 1 1/2 hour drive of every VA Hospital and military installation that has a Warrior in Transition Unit. We have started in the State of Washington and will spread across this nation. Each **RnR Oasis** location will be staffed with caring volunteers and equipped to take at least 30 soldiers/veterans camping and fishing at the same time.

In addition to building cabins, mess halls, and other buildings; we will equip each chapter



with an A.D.A accessible small (drop-bow) landing craft style boat. No matter if the wounds are physical, causing some to be in wheelchairs or on crutches, or psychological, causing withdrawal and tension, each Brother in Arms will experience the joys of being on the water, fishing and healing with their combat brothers.