The Whitefish Veterans Support Team (WVST) hosted the winter retreat on January 25-30, 2017. Six injured veterans and their spouses enjoyed five days of winter activities including mountain tours on the grooming machines, skiing/snowboarding and a cross country skiing and snowshoe outing.

Additionally, the couples participated in daily group counseling sessions with the COMMIT Foundation to address issues relating to the transition from long military careers into civilian life. These veterans have experienced multiple deployments in combat zones. One veteran described the transition as going from intense military combat operations with my “tribe” to coming home and changing the diaper of an innocent baby. What a mental leap.

The COMMIT Foundation is focused on helping with the transition from military to civilian life, including among others, physical and mental injuries, choosing a career path in civilian life and functioning as couples in a “new normal”. The Foundation works to create awareness and new discoveries for high-performing post-9/11 veterans by bringing people, perspective and opportunity into their lives. They meet veterans where they are and build solutions around them.

The veterans, spouses, WVST members and major donors spent the evenings relaxing in private homes and dining in local restaurants.

The veterans have all expressed their sincere appreciation for a fun and meaningful Whitefish retreat and generous support they have received from this community. We thank you for making it possible for us to do the work to help our veterans in the past and for many more years to come.

The 2017 summer retreat will be hosted on September 6 – 11 when veterans will participate in activities on Whitefish Mountain Resort, fly fishing, boating and river rafting.

WHO IS WHITEFISH VETERANS SUPPORT TEAM?
The Whitefish Veterans Support Team is a donor-based, charitable (501c3) organization dedicated to providing support and new beginnings for veterans and their spouses/caregivers. We are a small group of Whitefish citizens who are committed to improving the lives of veterans with reentry into civilian life.

TO LEARN MORE GO TO:
wvstmt.org
Each day veterans and their spouses met in a group therapy session to discuss issues relating to the transition from a military career to civilian life. They engaged in meaningful conversations about personal obstacles for change and creating a new plan for the future.

### COMMIT Session Agenda

**SESSION I — THURSDAY, JANUARY 25**
- Welcome, backgrounds, expectations

**SESSION II — FRIDAY, JANUARY 26**
- Purple Star Veteran Transition Map
- Five Phases of Homecoming and Transition from Military Service
- Redefining your civilian identity, mission, meaning and purpose
- Emotions/end of service transition time line graph
- Getting to your new normal

**SESSION III — SATURDAY, JANUARY 27**
- Life’s decision points, serendipitous moments, bumps along the road
- Transition experiences

**SESSION IV — SUNDAY, JANUARY 28**
- New beginnings and action plans
- Share individual’s and couple’s plans

**SESSION V — MONDAY, JANUARY 29**
- Retreat wrap-up, feedback, lessons learned

### Community Support Makes All the Difference

We extend a SPECIAL thank you to all community businesses and individuals that supported the 2017 Winter Retreat.

Bill Adams • John & Carmen Adams • Alpine Village Market • Lanie Anton • Jim & Denise Archer • Richard & Carol Atkinson • Jerry & Sharon Baracker • Betty & Bill Bayne • Bierstube • David & Mary Beth Blumhardt • Tom Bundy • William J Burg • L.T. & V. Grace Burgess • Mary Byron • Luther & Dorothy Campbell • Brian Carper • Larry & Helen Cates • Nick & Karen Chickering • Bruce Clark • John & Anne Collins • Keith Cook • C.E. “Dock” & Linda Cornutt • Jerry & Signe Deval • Dan & Jane Diamond • Dean Dorman • Noel Drury • Dave Duffy • Mike & Robin Farrens • Derek & Vanessa Fulkner • James D Fuller • William Fuller • Anita Garten • Robert Gersh • Brant Giovanni • Dan Graves • Kristi Hanchett • Scott Hayman • C. Heinig • Eliza Hess • Judy Hewson • Frank T. N. N. Hinck • Bill Hosdall • Patricia & Robert Jepson • Jay Johnston • Mark Jones • Bill & Clemence Jones • Frank & Betty Sue Kearney • John & Maureen King • Roxy Kiser • Tom & Cindy LaChance • Benny Lawrence • William Leady • Mark “Lucky” Loncar • Bret Ludke • Mark & Kate Manac • Janet Mayo • McCrory’s Roadhouse • J Doug Medley • Jerry & Rhona Meislik • Chris & Abbie Milisci • Nathan J & Phyllis Mistretta • R. Matthew Moran • Andy & Deb Moshier • John Muhrfeld • Sandy & Steve Nogal • John & Susan O’Donnell • Judith Palmer • Mark Panicek • Andrew Pease • Harry (Hop) & Pamela Peters • C. Kjell Petersen • Briar or Lisa & Gary or Marsha Purdy • Tom & Teresa Quinn • Linda & Leslie Rainwater • Joseph & Beverly Raudabough • Kim & Janice Richards • Aline & Kenneth Richter • Gary & Barbara Roberts • Harriet Rogers • Christopher P Ryan • David & Lisa Senior • Maryann Shea • Steve & Christine Sheu • Paul H & Connie Silverman • Robert & Michelle Small • Mark & Laura Snider • David & Nancy Smokes • Tamark Ski & Lake Shop • PVF & Aux. Post 279 • Michael & Leslie Symbol • Alan & Boots Warrick • Chris & Leslie Washer • Yvonne Washer • Cindy Webb • Dan Weinberg • Sheila Welch • Ken & Birdie Wessels • Steven & Andycz Whisler • Whitefish Mountain Resort • David & Judy Williams • Betty B. Wise • Wirt & Linda Yerger

### Please Help Support Our Veterans

**WVST host’s summer and winter retreats for injured veterans.**

- **Retreat Sponsorship** $5,000
- **Sponsor a Veteran Couple** $3,300
- **Sponsor a Veteran** $1,650-$3,299
- **Brigade Donor** $1,000-$1,649
- **Battalion Donor** $500-$999
- **Company Donor** $250-$499
- **Platoon Donor** $100-$249
- **Squad Donor** $10-$100

**Credit Card Billing:**

Name ___________________________ Address ___________________________
Phone ___________________________ Email ___________________________

**Credit Card #:**

Credit card #: ___________________________ Exp. date: _______________ Code: ____________

**Mail your tax-deductible donation to:**

Whitefish Veterans Support Team

200 Parkhill Drive

Whitefish, MT 59937

TAX ID: 47-2873695

**THE PROGRAM GOALS:**

- Engage veterans and caregivers in physically challenging summer and winter retreats in Flathead Valley
- Provide veterans and caregivers with much needed down time and access to fun and appropriate community events
- Build meaningful relationships that advance the healing process and encourage veterans to overcome challenges of readjustment to civilian life
- Raise community support to foster awareness and action to aid veterans in their recovery

**THE MISSION STATEMENT:**

Empower veterans and caregivers by providing opportunities to build meaningful relationships and engage them in emotionally and physically challenging activities to advance their healing.

The Whitefish Veterans Support Team is a charitable 501(c)(3) organization that is solely funded by private donations. We are a small group of Whitefish residents that are dedicated to empowering the lives of injured veterans and creating community awareness to assist in this meaningful effort.