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Honoring our warriors. Supporting their families.

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THE SITUATION REPORT

SEPTEMBER 2019

NSF NEWS

DENVER EVENING OF TRIBUTE 2019

On Thursday, August 8th, hundreds of Denver's most patriotic citizens, including local and state executives and dignitaries, gathered at Centennial Airport's Modern Aviation for the Navy SEAL Foundation's 8th Annual Denver Evening of Tribute.

This yearly event serves to recognize the courage, commitment and many sacrifices of the Naval Special Warfare (NSW) community and it gives patriotic citizens an opportunity to show their gratitude by supporting the Navy SEAL Foundation (NSF). This year's event raised over \$1 million in support of the Foundation's mission—a record amount!

As guests arrived, they were ushered to the back of Modern Aviation's luxury hangar where they socialized and enjoyed appetizers and drinks on the tarmac before transitioning to their tables inside the building. The event began with the presentation of the Colors by the Navy Honor Guard followed by a stirring rendition of our national anthem by the AMR EMS Honor Guard.

Colorado Governor Jared Polis and City of Denver Mayor Michael Hancock took the stage to jointly welcome the Navy SEAL Foundation and all of the evening's guests to Denver. They then introduced event Co-Chairs Sue and Harvey Allon. Mrs. Allon eloquently welcomed guests and graciously thanked the event sponsors for their generosity. Mr. Allon, CEO of Braddock



Financial and Founder of the Denver Evening of Tribute, shared his personal connection to the NSF and the Denver event and recognized attending military members, Gold Star family members, and the evening's honored guests. He then introduced Robin King, CEO of the Foundation. Ms. King spoke about the importance of teamwork not only as it relates to SEALs and their mission success, but its importance for the Foundation and its support of these selfless warriors and families. She also shared about the Foundation's excellent record for fiscal responsibility and stewardship and thanked donors for making their programs possible.

Next, event Co-Chair Larry Mizel welcomed Senator Cory Gardner, who was a surprise guest to the event. Senator Gardner shared remarks and then presented the "Navy SEAL Foundation Fire In The Gut Award" to Mr. L. Roger Hutson, President and CEO of HRM Resources III, LLC. The "Navy SEAL Foundation's Fire In the Gut Award" is presented to an individual or organization that displays this same 'all in' quality regarding serving our military families. As he spoke, Mr. Hutson shared how his generosity and dedication to our nation's military veterans and his support of organizations that help them was just his way of doing what he could as a member of America's team. "When teamwork does not exist, we do not thrive to our full potential, either as individuals, as a family, as a company, as a military, or as a country," said Hutson. "Though you honor me with this award, the true 'fire in the gut' is everyone in this room--together as one."

After dinner, Host Committee Co-Chair Matt Flavin introduced the evening's keynote speaker, retired Vice Admiral (SEAL) Sean Pybus, Chairman of the NSF. Admiral Pybus spoke about the importance of teamwork and the challenges our nation faces. He then reminded the audience that many members of the NSW team were no longer with us because they had made the ultimate sacrifice. The audience paid respect to the 152 NSW members who have passed away since the attacks of 9/11 by sitting silently as the photos and names of the Fallen were scrolled across screens in the hangar.

Admiral Pybus then introduced Cindy Dietz-Marsh, Gold Star mother of Gunner's Mate 2nd Class (SEAL) Danny Dietz, who was killed in action on June 28, 2005, during Operation Redwings. Her tribute to "DJ" and her appreciation for the NSF and its programs which supported her family after the loss of her son,



brought many in the audience to tears.

To cap off the evening, former Denver Broncos running back Reggie Rivers conducted a live auction that generated \$150,000 in donations in less than 15 minutes. Host committee co-chair, Jonah Cave, tied the evening together and popular rock band Madison Rising took the stage to entertain during the after-party. Other notable attendees were Sue and Harvey Allon, Mary and Tom Bagley, Larry Mizel, Jacqueline and Kenneth Brody, Governor Jared Polis, Senator Cory Garder, and Mayor Michael Hancock, among others.

This year's Denver Evening of Tribute Co-chairs were Sue and Harvey Allon and Larry A. Mizel. Sue Allon Co-Chaired the Benefit Host Committee along with Jonah Cave and Matt Flavin. Host Committee Members included Mary K. and Thomas S. Bagley, David Coors, Mike Corbett, Robert M. Dannenberg, Michael Dauro, Cindy Dietz-Marsh, James Flavin, Eric Frohardt, Matt Grosjean, Sean Haberberger, Meredith and L. Roger Hutson, Stacy Jensen, Matt Joblon, Troy Malesky, Eric Marshall, RDML (Ret.) Scott Moore, Jody Newton, Malachi O'Neill, David Preedy, and Dan Resnick. The Event and Auction Committee Chair was Shay Haberberger.

The 2020 Navy SEAL Foundation Denver Evening of Tribute is scheduled for Thursday, August 6, 2020.

WHERE SURVIVING FAMILY MEMBERS SOAR

Navy SEAL Foundation: Summer Wellness Weekend—Where Surviving Family Members Soar

By Alison Messick, Director of Programs



This July, 140 NSW Gold Star and Surviving Family members traveled to Alaska (a.k.a. The Last Frontier) where challenges abound and nature soothes the soul. The Navy SEAL Foundation recognizes the value of time spent together—time devoted to sharing the journey. This time together promotes growth and the forging of bonds that yield invaluable peer-to-peer support and often times lead to lifelong friendships. The Summer Wellness Weekend was designed to provide a therapeutic model that fosters resilience while addressing the unique challenges resulting from loss and grief. The agenda includes tailored, evidence-based training utilizing experts in various fields, as well as clinical psychologists, for each age group. In addition to the adult expedition, it includes a teen summer excursion and children's adventure program. Surviving spouses, significant others, caregivers of surviving children and surviving children/teens ages 7-19 years old spend four days together during which they can bond and share experiences related to their unique and collective journey.

The Surviving Spouses and Caregivers kayaked, hiked and rafted at Spencer Glacier, and also went white water rafting. Their crowning achievement, however, was hiking Gold Star Peak, which begins with a primitive, dense trail at mile marker 5—you exit the bus and walk straight onto the trail and continue to climb until you reach the summit. From trailhead to summit, hikers are forced to rely upon both mental and physical stamina in order to complete the hike.

The Navy SEAL Foundation's Acts of Care program portfolio, which includes an annual Summer Wellness Weekend for Gold Star and Surviving Family members, was created to honor each fallen member with active compassion toward his family—demonstrating the fullest meaning of benevolence.



It is steep and it is rocky, uneven terrain. But as they climb, they also experience individual reflection and healing that can only occur when a task is completed by a team of survivors committed to one another and honoring their fallen hero. The remembrance ceremony at the summit is as sacred to their souls as it is rejuvenating for their hearts and minds.

The teens hiked 15 miles over two days while carrying all necessary gear and food in a backpack to camp overnight at a beautiful glacial lake followed by a stay at a rustic wilderness lodge and cabins only accessible by water taxi where they spent two nights exploring the surrounding area by both foot

and sea kayak. This was the perfect time to discuss their group dynamics and how great teams are made. They closed out their trip by joining their moms for some adventurous whitewater rafting on Six Mile Creek. During their excursion, they relied on their own problem-solving skills and teamwork to accomplish each task. They developed extraordinary relationships and experienced exceptional growth during a short time.

For the 7-11-year-olds, the focus was on team building, gaining independence and learning how to be the authors of their own stories. They visited a local, beautiful Alaska Wildlife Conservation Center where they saw and learned about indigenous animals and all things Alaska. They were also able to take the train to see the breathtaking landscape and to visit Spencer Glacier where they hiked and had lunch. And how could the adventure be completed without a trip to a mine to experience gold panning followed by a tram ride and several challenges that required all of their skills? It was fun, adventurous, engaging and awesome for the group. Their group training and discussions provided them with a safe environment to share, grow, laugh and grieve as needed.

When it is time to reconvene the group as a whole at the conclusion of the weekend, each family member has a unique experience, memory or achievement to share. New friends have been made and long-time friends reconnected. The reflection, bonding, contagious laughter and joy are inspiring. We are so pleased to honor NSW's fallen by creating moments like these for their loved ones to share and to heal. Thank you for your support.

The NSF is honored to meet the needs of NSW youth; we thoroughly enjoy participating in and contributing to their growth as they serve alongside their parents. We are especially focused on those youth who have lost their father. Through mentorship and numerous activities and experiences we create the ideal atmosphere for the children (ages 7-11) and teens (ages 12-19) to dig deep in many ways—one of which is exploring how they, with their unique strengths and personal goals, can live a life that reflects their core values. The outdoor activities can be challenging and are intended to help them to develop an overcoming mindset; they have the best guides, gear and information to make the camp an unforgettable experience in which they find their own strength, use that strength to build a powerful team dynamic/relationship and accept new challenges with a fresh, renewed perspective. Unfortunately, the camp has grown as our losses have also grown.

"Amazing, scary, exhilarating, exhausting all wrapped up in one. I'm so glad I was able to do it, but it kicked my ass. I won't lie I was legitimately scared at some points going up, but it was worth the climb, and I was proud of all of us who made it and didn't give up--happy to be able to remember and honor our men up there in such a beautiful and sacred place..."



"...this was one of the best experiences I have ever had to date...this weekend brought about a calm and centered feeling that I haven't felt in a long while...I'm at a loss for words in regards to the activities and opportunities you provided for me here in Alaska...I am sincerely appreciative of the unique outdoor recreational activities; many of which were more invigorating and more challenging than I originally anticipated...I am still in awe of how seamlessly the weekend went. I mean every word when I say you all are absolutely amazing and I will never take for granted the tremendous amount of effort and time all of you put into making each of these trips unforgettable for us."





PROGRAM SUPPORT UPDATES

ACTIVE DUTY INJURY UPDATE

NSF is currently working hand-in-hand with **USSOCOM Care Coalition** to support an operator who was recently diagnosed with Stage 4 cancer. We are working to provide treatments not covered by TRICARE that are proven to **maximize his chances of survival**.

Another operator was diagnosed **with bone cancer**. He has 2 young children who cannot be around their father for 4-6 days post-therapy due to his immune system being rebuilt. **NSF is flying his sister to be with his family and care for the children** while their father is recovering from his chemotherapy treatments.

WARRIOR AND FAMILY SUPPORT

A third phase BUD's student was suffering from **headaches during training** and upon evaluation, a large brain tumor was identified. The service member had to have immediate **brain surgery** to remove the tumor. NSF flew his parents to San Diego so they could be bedside for the surgery and assist him during his recovery. This particular recovery can be challenging, and he cannot stay in the barracks during this time. His family is staying at the NSF's Warrior House for the next 4 weeks which will allow them to help him recover in an environment that meets his needs.



The Navy SEAL Foundation's annual **Princess and Her Frog Father Daughter Dance** took place on the West Coast on Saturday, August 3rd. 450 NSW fathers and their daughters enjoyed an Enchanted Evening filled with activities, sweet treats, and plenty of dancing. This cherished event allows fathers to have valuable one-



on-one time with their daughter(s), which is not always common in this community, in a special and memorable way.

Throughout the evening we heard many thanks and appreciative remarks, and numerous fathers mentioned that both themselves and their daughters look forward to this event every year. **We are honored to fund this beloved event for this amazing community's fathers and their daughters.**



WARRIOR TRANSITION

NSF sponsored a Frogman Reconnect in Monterey, CA this month. This was the first Frogman Reconnect event in Monterey and brought SEALs from the local area, the Navy's Post-Graduate School and the Defense Language Institute together. The intent of Frogman Reconnect is to provide the framework and resources needed to get Trident-wearers together ensuring all SEALs have an opportunity to unite, rediscover old teammates and grow their tribe. We know that strong social networks are one of the keys to strengthening individuals. This was evident when two SEALs exchanged information about the best doctors in town or gave each other housing advice. Below is a portion of a conversation which captures the essence of what Frogman Reconnects are all about:



Team Guy: *"Wait, so are you paying the bill?"*

FR Coordinator: *"No, I will deal with the bill administratively but the Navy SEAL Foundation is picking this up and treating us so we can have fellowship and camaraderie. Anywhere you go and if you're new to town just look for a Frogman Reconnect."*

Team Guy: *"Best [expletive deleted] Foundation, ever!"*

Two of the three WARCUM Ready for SOF Transition (R4ST) teams are in place at NAB, Coronado and Little Creek. Collaboration efforts between NSF and the R4ST Program Director continue to strengthen and are progressing. Four of this month's new transition requests have come directly from the R4ST teams. NSF continues to foster this relationship to support or community.

NSF supported 18 NSW members to attend the recent ELITE MEET Dallas. The event had the largest attendance of NSW personnel to date for this program. Elite Meet's purpose is to help build and fortify attendee's professional networks, expose attendees to industry professionals and provide real employment opportunities. Here is some feedback we have received:

"The transition support I've received over [the] last several months from the Navy SEAL Foundation from all aspects (financially, resources and connections) for me and my family has really helped ease some of the stress [of transition]. THANK YOU for being here for us!"

—**Transitioning Navy SEAL**



"I cannot thank you enough for affording me the opportunity to attend the Dallas Elite Meet event. I have been transitioning for some time now, but this event was definitely a HUGE step forward in my search for a civilian place in the world. My focus has changed to something much better fitting to my talents and passions, and it is thanks to the processes and new relationships I experienced in the preparation for and the week of the event. Your sponsorship truly made a difference for me and my family!"

—**Transitioning SBC**



NAVY SEAL FOUNDATION'S TEAMWORK

24 WORKOUTS IN 24 HOURS VETERANS DAY 2019



ABOUT

TEAMWORK is an annual nationwide fitness event that starts on Veterans Day (November 11, 2019) in support of the Navy SEAL Foundation. The event consists of 24 Hero Workouts that honor fallen members of the Naval Special Warfare (NSW) community performed over any 24-hour period, prior to the end of the month, at participating gyms. TEAMWORK benefits the Navy SEAL Foundation and our goal is to raise \$1 million in support of our mission of service to the NSW community.

GYM OWNERS

1. Register to “create a team” and receive a unique team fundraising page to personalize.
2. Encourage your gym members to register and join your team. They will also receive a unique fundraising page which contributes to your team’s total.



HOW DOES THE EVENT WORK?

Gym owners first register as a participating gym and pick any 24-hour period between 11/11 and 11/30 to host the event. Gym members then register and join that gym’s team. As a team, each gym commits to fundraising and on the day of the event, works in groups of 2 or more to complete the 24 Hero Workouts over the next 24 hours - one per hour. Note that the intent is for each group to perform a few workouts during the 24-hour period (maximum of 4). The gym is executing all 24 workouts, not any one individual or group.

ATHLETES

1. Make sure your gym has registered to host the event by “creating a team.”
2. Register to join as a team member on your gym’s fundraising page.
3. Get your fellow gym members to sign up so they can join you as well!



TEAMWORK is not a competition and there is no leaderboard other than the one for fundraising. The goal of this event is to work together as a community to generate awareness, funds, and support for the NSF and those we serve. There is a \$24 registration fee for all participants and 100% of the proceeds from registration, as well as additional fundraising, will be donated to the Navy SEAL Foundation. While there are no fundraising requirements, gyms are encouraged to set a fundraising goal of at least \$1,111 in honor of Veterans Day (11/11).

Please spread the word and post pics on social media with [#NavySEALFoundation](#) and [#NSFTEAMWORK](#)

NAVY SEAL FOUNDATION'S

JOGGIN' FOR FROGMEN

5K AND TADPOLE TROT

100% OF THE PROCEEDS EXCLUSIVELY BENEFITING



NAVY SEAL FOUNDATION

UPCOMING RACES

LOUISVILLE, KY

PITTSBURGH, PA

ALEXANDRIA, VA

VIRGINIA BEACH, VA

LOS ANGELES, CA

9.14.19

9.21.19

10.5.19

10.19.19

11.9.19

TO DONATE, REGISTER, VOLUNTEER, SPONSOR AND FOR EVENT DETAILS, PLEASE VISIT:

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Veterans United Foundation



NAVY SEAL
FOUNDATION



SEATTLE

Evening of Tribute

FRIDAY, OCTOBER 18, 2019

ZILLOW GROUP HEADQUARTERS

1301 Second Avenue, Floor 36, Seattle, WA

6:00 PM Cocktails | 7:00 PM Dinner & Program

9:00 PM After Party and Entertainment

with Keynote Speaker

Rear Admiral Scott P. Moore, USN, Ret.

Learn More at

www.NavySEALFoundation.org/Seattle



Business Casual

For questions, please contact Marlessa Buegler at MBuegler@navySEALfoundation.org

— NAVY SEAL FOUNDATION —

IMPACT FORUM 2019

SEPTEMBER 30TH-OCTOBER 1ST, 2019

WATCH THE 2019
IMPACT FORUM PROMO



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OUR COMMITMENT

THE NAVY SEAL FOUNDATION PROVIDES IMMEDIATE AND ONGOING SUPPORT AND ASSISTANCE TO THE NAVAL SPECIAL WARFARE (NSW) COMMUNITY AND ITS FAMILIES UNDER FIVE MAIN AREAS: WARRIOR & FAMILY SUPPORT, EDUCATIONAL OPPORTUNITIES, TRAGEDY ASSISTANCE & SURVIVOR SUPPORT, WARRIOR TRANSITION, AND LEGACY PRESERVATION.

92

SURVIVING SPOUSES,
FIANCÉES AND
SIGNIFICANT OTHERS

109

SURVIVING
CHILDREN

202

SURVIVING
PARENTS

103

SURVIVING
SIBLINGS

8

PRIMARY CAREGIVERS
OF SURVIVING
CHILDREN

TOTAL PROGRAM SUPPORT YTD: \$9,534,136

\$1,874,699

EDUCATIONAL
OPPORTUNITIES

\$151,937

LEGACY
PRESERVATION

\$1,106,129

WARRIOR AND
FAMILY SUPPORT



\$1,701,207

SURVIVOR SUPPORT

\$1,700,761

CHILD RESILIENCY

\$1,598,309

TRAGEDY ASSISTANCE
AND VETERAN SUPPORT

\$1,401,094

TRANSITION ASSISTANCE

TOP 0.7%

OF ALL NONPROFITS
FOR FINANCIAL STEWARDSHIP

94 CENTS*

OF EVERY DOLLAR DONATED GOES
DIRECTLY TO PROGRAMS OR IS
RESERVED FOR FUTURE MISSION USE



4-STAR

CHARITY NAVIGATOR
RATING SINCE 2011

*Fundraising ratios and efficiencies are calculated using the Charity Navigator three-year average for these areas.

71

NSW KILLED IN ACTION
SINCE SEPTEMBER 2001

22

NSW KILLED IN TRAINING
SINCE SEPTEMBER 2001

46

NSW LINE OF DUTY SINCE
SEPTEMBER 2001

6

NSW VETERAN-
DIPLOMATIC MISSION

11

OTHER NSW LOSSES SINCE
SEPTEMBER 2001

UPCOMING EVENTS

DATE	EVENT NAME	CITY
9/4/2019	Midwest Evening of Tribute	Chicago, IL
9/6/2019	Commander Pete Oswald Memorial Golf Tournament	Bellingham, WA
9/11/2019	Patriot Day Ladies Luncheon	Amelia Island, FL
9/14/2019	SHMC Ironclad Poker Run	Norfolk, VA
9/14/2019	Joggin' for Frogmen Louisville	Louisville, KY
9/15/2019	IRONMAN Superfrog 70.3	Imperial Beach, CA
9/20/2019	Shootin' for the Stars	Carson City, NV
9/21/2019	Brews for the Brave	Pittsburgh, PA
9/21/2019	Joggin' for Frogmen Pittsburgh	Pittsburgh, PA
9/23/2019	Birdies By the Bay Golf Event	Half Moon Bay, CA
9/27-9/29/19	SEAL Tribute Celebration	Half Moon Bay, CA
9/30-10/4/19	Ted Gallagher 150	Malibu to Coronado, CA
9/30-10/1/19	Navy SEAL Foundation Impact Forum	La Jolla, CA
10/4/2019	Sig Sauer Event	Epping, NH
10/5/2019	Joggin' for Frogmen Alexandria, VA	Washington, D.C.
10/10/2019	Pedal For Patriots 2019	Atlanta, GA
10/18/2019	Seattle Evening of Tribute	Seattle, WA
10/19/2019	Joggin' for Frogmen Virginia Beach	Virginia Beach, VA
10/24/2019	Indiana Evening of Tribute	Indianapolis, IN
11/3/2019	TCS New York City Marathon	New York City, NY
11/9/2019	Joggin' for Frogmen Los Angeles	Los Angeles, CA
11/9/2019	Amelia Island Charity Golf Classic	Amelia Island, FL
11/11-11/30/19	NSF TEAMWORK	See Participating Gyms
1/12/2020	Tampa Bay Frogman Swim	St. Petersburg, FL
2/6/2020	Houston Evening of Tribute	Houston, TX
3/5/2020	New York City Benefit	New York City, NY
5/28/2020	Los Angeles Evening of Tribute	Los Angeles, CA
6/7/2020	Boston Frogman Swim	Boston, MA

FOR A FULL LISTING OF EVENTS VISIT NAVYSEALFOUNDATION.ORG/EVENTS

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