



NAVY SEAL FOUNDATION

CELEBRATING **20*** YEARS OF SUPPORT

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THE SITUATION REPORT

MARCH 2020



SOMETHING TO CELEBRATE!

For the ninth year in a row, non-profit evaluator Charity Navigator has awarded Navy SEAL Foundation their coveted four-star rating! Charity Navigator bases its ratings on non-profits' financial health and their commitment to accountability and transparency. This year, NSF also received our 5th consecutive [perfect 100](#) score which places us in the top 1% of all charities evaluated!

Head over to [our profile](#) to learn more about NSF's Charity Navigator rating. And you can always view the Navy SEAL Foundation's financials on [our website](#).



HOUSTON EVENING of TRIBUTE

The 2020 Houston Evening of Tribute was a wonderfully successful event and raised **over \$1.1 million in support** of the warriors and families of Naval Special Warfare. The event was lead by NSF board member Will Hodge, Shea

Morenz, Gary Petersen, and John Rutherford and featured VADM Bob Harward, USN, (ret.) as the keynote speaker.

Huge thanks to everyone who participated and supported making this year's event such a success.



Cont.



THE NAVY SEAL FOUNDATION RECOGNIZES THE VALUE OF TIME SPENT TOGETHER—TIME DEVOTED TO SHARING THE JOURNEY.

At the NSF Winter Weekend getaway, Gold Star and Surviving Spouses of fallen NSW members spend this weekend together so they can bond and share experiences related to their unique and collective journey. Significant others of our GSSF members are also welcome to attend, participate, learn and grow.

Our first Winter Weekend Getaway was held back in January 2015 and we intentionally chose a weekend following the holidays because so many surviving family members find that time of year is difficult and fraught with challenges.

We're so pleased to share that this year's 2020 Winter Weekend Getaway was a wonderful experience for everyone who attended. The photo above was made at the Olympic Training Center in Colorado Springs, Colorado, where guests received a VIP tour from their key staff members, including a meet and greet with the center's CEO, as well as Olympians and Para-Olympians.

(continued on page 3)

Gratitude

In my particular incident, I lost my husband with many other women. During the first years of loss, we looked to each other for support and also to check in when we were feeling uncertain. To know that they felt similarly and that I was not alone was invaluable. Since those early years, some of the women have moved to other states, remarried and even had children. These retreats are sometimes the only time I have to see them again and connect 1:1. I also hope that I am able to help some of the widows with recent losses as they rebuild their lives without their partner. We have a strong support system within the women that attend and I believe the retreats allow for healing and growth through our tragedies.

Every retreat I look forward to hearing from the professionals. I try to reflect on how I can be better in all aspects of life and the information from the professionals is always beneficial & gives me something to take away and implement when I return home. I often take advantage of 1:1 meetings after we have group sessions. This past retreat I met privately with provided specialists. In these meetings, I was able to glean specific information to help me in certain areas of my life. I also know that I am able to reach out to the professionals if I need to and it helps that a relationship has already been established.

Lastly, I love the physical challenges! It's always rewarding to push myself physically and mentally whether it is climbing a mountain, exploring a cave or working to complete a puzzle with a team. There is reward for overcoming fear and completing difficult tasks.

Through your generosity we are able to connect, grow and rebuild. For those of us with children, these experiences help us be stronger so we can raise the next generation who will no doubt be warriors in their own right."

—Gold Star and Surviving Spouse



Friday was the “Team Building” day with our friends from KRELL Adventures. KRELL lead our families through numerous “games” intended to foster teamwork and promote cognitive flexibility and fun through both physical and mental challenges.

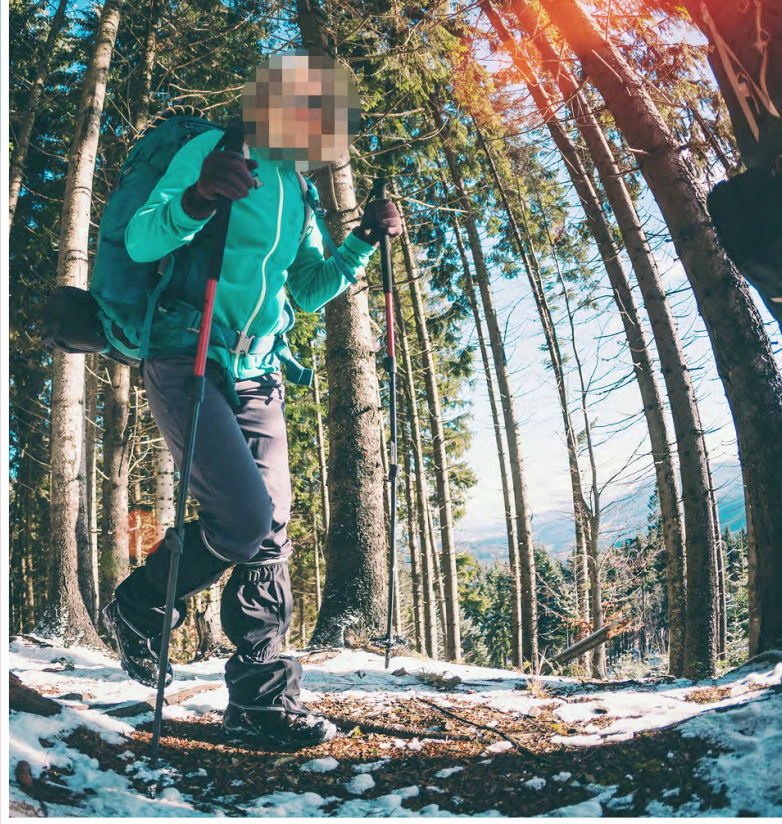
On Saturday we visited the Olympic Training Center where attendees were treated to a tour of the facility and a special presentation by Robert Andrews. Andrews’ talk focused on the topics of how to reach your potential and how to maintain your self-care. Saturday concluded with a fun and delicious Roaring 20’s themed dinner!

Both Saturday and Sunday mornings included professionally-led workout sessions, as well as individual fitness consultations for attendees with onsite clinicians. Nearly everyone attending the event took advantage of this personalized support.

The NSF’s 2020 Winter Weekend getaway concluded on Sunday night with an intimate family-style closing dinner.

The Foundation’s programs staff could see the impact this weekend had on participants and we cannot thank our supporters, donors, and fundraisers enough for the work they do in support of programs like this one.

To learn more about the Navy SEAL Foundation’s programs, please visit: www.navySEALfoundation.org





PROGRAM SUPPORT UPDATES

ACTIVE DUTY WOUNDED, ILL AND INJURED SUPPORT

NEVER QUIT!

You might be familiar with these two words. This is the code that most SEALs live by. To be deployment-ready, SEALs have a vigorous training cycle to help them prepare. During training in Alaska, a SEAL was severely injured and was immediately medically evacuated to Virginia to undergo multiple surgeries and start his road to recovery. He has been released from the hospital but continues to be non-ambulatory. NSF covered the cost of one of his treatment plans that was not covered by insurance but was highly recommended by his care team with

strong hopes that his leg will not have to be amputated. Supporting his desire to recover and return to duty is an honor and we are committed to him, his family, and his goals.

“The Navy SEAL Foundation is there to make sure that they have the equipment they need so they can continue on with their military career if that's what they choose. Or, if they're going to transition out, they've got the same thing. They've got everything they need to have a fulfilling life post-injury. And I mean, to know that they are behind you, it's just so inspiring. And it allows you to not hesitate in some of those situations. I am convinced that a lot of our guys operate at the levels they do because they know they're going to be taken care of long term. And I think it's just tremendous. And I've got countless friends that are living normal lives that have suffered severe injuries. And a lot of that is because of the support that the Navy SEAL Foundation has provided to them. It's remarkable.”

—Command Master Chief, SEAL



WARRIOR AND FAMILY SUPPORT

NSF's programs are designed to be family-specific so that we can meet each family's needs in an effective and transformative way. The Navy SEAL Foundation's core programs are strengthening NSW families because we do not use a cookie-cutter approach.

One example is our Respite Child Care Program. There are many families that have children in the Exceptional Family Member Program (EFMP), who need additional care or specialized, consistent care by the same *(continued on page 5)*

provider. In these cases, we ensure the families have access to quality child care tailored to benefit their child(ren) while providing the parents with a reprieve.

“*“Since or oldest was born, I can count on one hand the number of times that we have been able to go out and have a babysitter. He is a very amazing little boy but needs the right individual who understands him and his needs. Thank you for understanding my family’s needs and helping us out. The Navy SEAL Foundation is an amazing organization that has helped my family out tremendously over the years. Thank you so much for everything!”*

—Active Duty NSW Service Member Spouse

NSF also tailors its Respite Child Care Program to support active duty command members who find themselves in need; when appropriate, we are committed to enabling the fighter to remain in the force when life events affect their service.



“I found myself as a single parent in the Command Master Chief role. And it was going to be difficult for me to maintain the work responsibilities I have and raise this young family. And I reached out to the Navy SEAL Foundation, and I said, ‘Hey, for me to be able to show up to the office and do the things and the trips I need to do, I’m going to need some added support. I just can’t maintain it on my own.’ And they were there. I got extra respite child care hours.”

—SEAL Operator

SCHOLARSHIP PROGRAM

The first round of Navy SEAL Foundation’s scholarship program closed on February 14, 2020. This cycle saw over 250 applicants with almost half being NSW active duty. Applications are currently under review and look forward to celebrating scholarship award recipients next month!

NPS/NSW MONTEREY CONNECTION

SEAL families move often. When they go to duty stations with a smaller NSW footprint, they can have a sense of a loss of connection with the NSW community. The Navy SEAL Foundation supports unique signature events to help families and service members connect when they are geographically separated from their major commands. For those stationed at the Naval Postgraduate School in Monterey, CA, NSF created an opportunity for 2017 families to learn about the resources available to them, as well as provide time to connect and build relationships with one another to make for a much more connected duty station. The NSF is honored to have had a hand in helping connect the NSW families stationed in more remote areas.

“We just moved to an area where there are fewer command members around. Every time you move, you kind of lose your home base, so to speak. And so just getting to see people that have been through similar experiences as you, and then you connect at a signature event...it’s been really nice.”

—Active Duty Spouse

WARRIOR TRANSITION

It is a priority to connect with those we support through various transition organizations.

NSF's Director of Transition and Veteran Support spoke to The Honor Foundation's current east coast campus cohort this month. He shared his personal transition story, as well as how the Foundation supported him and will continue to support them.

The Foundation also provides unparalleled transition support beyond transition organizations to NSW service members. Throughout their career, SEALs count on NSF to support their families, and when it is time for them to transition, we see that the resilience-based programs offered during service have a huge impact on the resilience of the transitioning family.

"Using the Foundation to prepare myself for transition into the civilian world and find my next career, and again, be the best person I could be at that time of transition, was tremendous. Thank you very much."

—Retired SEAL



"Retiring in May was a significant event for me. All the support that the Navy SEAL Foundation has done allowed me to retire in the way that I did. And at my retirement ceremony, I presented each of my children with a Purple Heart in recognition of the fact I was wounded. I signed up for this. My children didn't get a choice, so knowing that we've got support out there, like the Navy SEAL Foundation, has given my children a voice. And after my retirement ceremony, I looked at all my kids, and I apologized to them for what I put them through. And when they look me in the eye and they say I wouldn't have had it any other way, I know that's because of the voice that they've been given through the programs the Navy SEAL Foundation has provided. So thank you from the bottom of my heart."

—Retired Command Master Chief, SEAL

SURVIVING FAMILY SUPPORT

NSF Health and Wellness Stipend: The Navy SEAL Foundation recognizes the value of continued physical and mental wellbeing for surviving spouses following the loss of their spouse and the father of their children. We are pleased to provide grief counseling support to surviving families throughout the year. Additionally, we are pleased to provide an annual stipend of \$2,500 at the beginning of each year that empowers them to invest in their personal health and welfare, as well as that of their children.

"I just received the health and wellness stipend and I wanted to drop a quick note to say how grateful I am for all NSF does for me and my family. I do not take it lightly. THANK YOU SO MUCH."

—Surviving Spouse

"Thank you so much for this continued support! It makes a world of difference for the kids and me."

—Surviving Spouse





UPCOMING RACES

FRISCO
TEXAS

5.16.20

AMELIA ISLAND
FLORIDA

5.16.20

IMPERIAL
NEBRASKA

5.23.20

SAN DIEGO
CALIFORNIA

7.25.20

VIRGINIA BEACH
VIRGINIA

10.17.20

**KENTUCKY, PITTSBURGH, ALEXANDRIA AND LA
RACE DATES COMING SOON**



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NATIONAL GOLD SPONSOR**



**Veterans United[®]
Foundation**



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JOGGINFORFROGMEN.COM**

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.

93

SURVIVING SPOUSES,
FIANCÉES AND
SIGNIFICANT OTHERS

110

SURVIVING
CHILDREN

205

SURVIVING
PARENTS

102

SURVIVING
SIBLINGS

8

PRIMARY CAREGIVERS
OF SURVIVING
CHILDREN

TOTAL PROGRAM SUPPORT YTD: \$2,004,802

(as of 2/20/20)

\$484,795

SURVIVOR SUPPORT

\$72,797

EDUCATIONAL
OPPORTUNITIES

\$140,282

LEGACY
PRESERVATION



\$462,255

TRAGEDY ASSISTANCE
AND VETERAN SUPPORT

\$277,748

TRANSITION
ASSISTANCE

\$325,349

CHILD RESILIENCY

\$241,580

WARRIOR AND
FAMILY SUPPORT

TOP 0.7%

OF ALL NONPROFITS
FOR FINANCIAL STEWARDSHIP

95 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



PARTNERS AND PROMOTIONS

OFFICIAL PARTNERS



PROMOTIONS AND PROUD SUPPORTERS



UPCOMING EVENTS

| DATE | EVENT NAME | CITY |
|--------------------|---|----------------------|
| 3/17/2020 | Dan Ryan's Hickey Freeman Trunk Show | Virginia Beach, VA |
| 4/10/2020 | Dressed to Kilt | New York City, NY |
| 4/17-4/24/2020 | Chris Sullivan - Norra Mexican 1000 and 500 | Ensenada, BC, Mexico |
| 4/19/2020 | The 'MURPH' Swim Challenge | Prosper, TX |
| 5/14/2020 | NSF Golf Classic at The Sanctuary | Sedalia, CO |
| 5/15/2020 | 5th Annual Shootin' for the Stars | Rio Oso, CA |
| 5/16/2020 | Joggin' for Frogmen Frisco | Frisco, TX |
| 5/16/2020 | Joggin' for Frogmen Amelia Island | Amelia Island, FL |
| 5/17-5/18/19 | Joshua T. Harris Memorial Golf Tournament | Pinehurst, NC |
| 5/21/2020 | Rosedin Golf Tournament and Auction | Newport, CA |
| 5/22/2020 | Sip n Sail - Aolani | San Diego, CA |
| 5/22-5/25/2020 | 11th Annual Danny Dietz Memorial Classic | Rosenberg, TX |
| 5/23/2020 | Joggin' for Frogmen Imperial | Imperial, NE |
| 5/28/2020 | Los Angeles Evening of Tribute | Los Angeles, CA |
| 6/7/2020 | Boston Frogman Swim | Boston, MA |
| 6/27/2020 | Lt. Michael Murphy Run Around the Lake | Ronkonkoma, NY |
| 7/10/2020 | 6th Annual Evening for the SEALs | Pebble Beach, CA |
| 7/11/2020 | Allen Stone Memorial Run Swim Run | Virginia Beach, VA |
| 7/25/2020 | Joggin' for Frogmen San Diego | San Diego, CA |
| 8/6/2020 | Denver Evening of Tribute | Denver, CO |
| 9/3/2020 | Midwest Evening of Tribute | Chicago, IL |
| 9/11/2020 | Amelia Island Patriots Day Ladies Luncheon | Amelia Island, FL |
| 9/14/2020 | Birdies By the Bay | Half Moon Bay, CA |
| 9/18-9/20/20 | SEAL Tribute Event | Half Moon Bay, CA |
| 9/25/2020 | 6th Annual Shootin' for the Stars | Carson City, NV |
| 10/8-10/10/20 | Pedal for Patriots | Atlanta, GA |
| 10/15/2020 | NSF New England Benefit Dinner | Boston, MA |
| 10/16/2020 | Sig Sauer Event | Boston, MA |
| 10/17/2020 | JFF Virginia Beach | Virginia Beach, VA |
| 10/24/2020 | Hawaii Evening of Tribute | Hawaii |
| 11/1/2020 | NYC Marathon | New York City, NY |
| 11/14/2020 | 10th Annual Amelia Island Golf Classic | Amelia Island, FL |
| 2021 EVENTS | | |
| 1/17/2021 | Tampa Bay Frogman Swim | Tampa, FL |
| 3/4/2021 | New York City Benefit | New York City, NY |

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

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