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THANK YOU MISSION BBQ!

On Saturday, May 16, MISSION BBQ presented the Navy SEAL Foundation with their annual **American Heroes Cup donation** in the amount of **\$69,210**!! This donation was made possible by the generous support of their customers throughout the Hampton Roads area in Virginia. MISSION BBQ donates \$2 from the purchase of each cup to NSF and this year, Phil Boyer, Regional Director of Operations with MISSION BBQ presented the donation to Sara Berry, Director of Marketing and Communications for NSF.

"It's our honor and privilege to Serve and Support such a respected and giving organization like the Navy SEAL Foundation. Their volunteers, programs, and dedicated efforts have tirelessly supported America's Heroes," said Steve Newton, co-Founder of MISSION BBQ.

Since 2016, MISSION BBQ and its patrons have donated over \$270,000 to the Foundation in support of the Naval Special Warfare (NSW) community.

We are so proud to call MISSION BBQ our Official Partner!

Cont



OTHER NSF NEWS

COVID-19 UPDATE

The Coronavirus pandemic continues to affect the lives of our NSW families. Last month we shared that the Foundation had responded to the need created by COVID by creating the <u>Family Assistance Program</u> to help our NSW families thrive during this unpredictable time. In the month of April alone, NSF provided **738 hours of care** to the families of NSW through this program. Many service members continue to report to work daily and have spouses who are essential personnel. You can sense the collective sigh of relief in the following testimonials from NSW families:

"Thank you very much for your continued support. It means everything. It is so reassuring to know that not only the active community but our extended family at NSF understands and responds to these types of needs. I cannot thank you enough for having our back."

—Active Duty SEAL

"Oh WOW thank you SO much! I'm literally in tears right now! Sending you guys huge virtual hugs! All of this has come at the worst possible time with all of the things that our daughter is going through after our move back from Germany. Thank you SO much! This bridges the gap until the SEALKIDS grant opens up and extra tutoring hours are approved."

—Active Duty SEAL Spouse

"This is amazing! Thank you very much for helping us out during this time. I know this takes some of the pressure off my wife and it helps me take care of my family from afar. Thanks to you and the Foundation. Please let everyone there know how much we appreciate you! Stay safe."

—Active Duty SEAL

"I'm writing to send a HUGE thank you for the additional hours provided through the Family Assistance Program for assistance with Virtual Learning. We went from a stressful daily struggle that took close to 6 hours a day of me trying to keep 3 elementary-aged kids focused on school, while also wrangling a toddler, to everyone completing their work within 3 hours. Before we had the assistance with Virtual Learning, there was not a single day that everyone got their work completed, despite the time spent. I can't even express the relief this extra help has brought! I was ending every day close to tears, feeling like I couldn't do another day like this. Thank you, thank you!!!"

—Active Duty SEAL Spouse







PROGRAM SUPPORT UPDATES

ACTIVE DUTY WOUNDED, ILL AND INJURED SUPPORT

While most of us are focused on surviving COVID-19, our NSW warriors are still on the frontlines fighting the fight. Our support is crucial for our wounded, ill, and injured members who are experiencing the effects of social distancing. For those who cannot go into their command for human performance support, NSF is providing equipment and individual therapy for their rehabilitation recovery so there is no delay in the service member returning to duty and being mission ready for deployment.



WARRIOR AND FAMILY SUPPORT

We were so saddened to learn the adult son of an active duty NSW service member was killed in a traffic accident. The service member, who was deployed, was brought home, and NSF stepped in to help the family by supporting the dignified transfer of the son to a San Diego funeral home. The family has made the hard decision to postpone the funeral due to current COVID restrictions and we stand ready to assist them as needed when the restrictions are lifted.



SPOUSE APPRECIATION SIGNATURE EVENT

ach May, NSF eagerly anticipates our **Spouse Appreciation** events which serve to recognize the selfless dedication of our NSW spouses. This year due to COVID, gathering together to celebrate was not an option. However, NSF succeeded in connecting and preserving this important moment of gratitude through our valued partnership with #1New York Times best-selling author <u>Rachel Hollis</u>.

NSF surprised our awesome spouses with a unique "virtual" outing--complimentary tickets to the RISExLIVE conference hosted by Hollis. The all-day conference was a unique opportunity for attendees to be encouraged and inspired.

NSF's innovative approach to this year's Spouse Appreciation was a huge success with almost 500 NSW spouses from locations across the globe registering to attend. Our ability to deliver great programming, including events, amidst the challenges of COVID, is unmatched!

Huge thanks to Rachel Hollis for her dedication to our NSW community!

Check out the feedback from some of our spouse attendees:

"This was perfect for the time in our lives and the world."

"Oftentimes as a military spouse, we have an abundance of fears. It may be deployment-related, moving related, not knowing when we will see our families again the list goes on, we deal with people of all different walks which can lead us to feel anxiety or judgment from others. I thought it was amazing how Rachel discussed fear and her analogy to Vegas Nachos! I have now started following Rachel on FB, Instagram, and cannot wait for the app! Thank you for all you guys do!"

"A lot of Rachel's explanations resonated with me and I was so moved I bought her two books from Target and did curbside pickup that same day. I did dance multiple times and posted photos on my Facebook page on how grateful I was to be given an opportunity to be part of the conference. Thank you!"



Image from https://www.instagram.com/letsrise.co/



NSF SCHOLARSHIP PROGRAM

News of NSF scholarship award notifications went out in April and as the award acceptance forms started coming back to the Foundation, so did an overwhelming number of messages of gratitude:

"Thank you for considering my application for the scholarship and granting me the scholarship. This is so helpful! I can't express enough how much it means to me. It is such a breath of fresh air not having to worry about paying for this next semester of classes. I appreciate all the Foundation does for us. Your work does not go unnoticed or unappreciated. Thank you again!"

"Thank you so much for your consideration and the award of the Navy SEAL Foundation Scholarship. I am in my first year of graduate school. With the help of the Navy SEAL Foundation and this generous scholarship, I will complete my educational goal of earning a Master of Science in Nursing and reach my career goal of becoming a Family Nurse Practitioner. As military families, we face many challenges, but with the support that the Navy SEAL Foundation provides, many new opportunities begin. I am so grateful for the journey ahead."

"I just wanted to reach out and say thank you so much for considering and granting me the Navy SEAL Foundation scholarship this Spring. The scholarship will be invaluable for me to continue my pursuit of a Bachelor of Science degree in Nursing. Thank you for all the work you do supporting the team members and families in the Naval Special Warfare Community."



"I finally got the courage to go back to school because of this scholarship! It was exactly what we needed so there would be no additional financial burden on our family. It's incredible!!"

"Thank you very much for your consideration and for awarding me the scholarship. This is very much appreciated. I look forward to being able to give back to the NSF in any way possible to continue the good work and services the organization provides to NSW members and families."

"I just wanted to take a quick moment to express my gratitude to you and the foundation. A few days back, I received the message that I've been awarded a scholarship to put towards my current Master's Program. The scholarship couldn't have come at a better time too: I'm currently on shore duty, so I'm loading up on courses to get through them quickly and TA can't cover them all. The Navy SEAL Foundation has been very good to me for a long time. I've had the chance to attend several signature events, made some great friends and contacts, and just been generally blessed by all you folks do. Thanks for your generosity and goodness to the community and to guys like myself!"

ROUND TWO OF THE NSF SCHOLARSHIP PROGRAM IS NOW OPEN.

For more information, or to apply, <u>please visit our website here</u>. The second round of applications will close on June 30, 2020.



NSF VETERAN SUPPORT

This month, a retired SEAL suffered devastating effects from COVID-19. He was unable to contact NSF directly; however, his daughter and one of his former teammates promptly reached out to our staff that set in motion the full weight and force of our dedicated team. We continue to track his progress and stand ready to provide assistance as soon as we are called upon to act on his behalf or in support of his family.

We receive frequent updates from his daughter who shared:

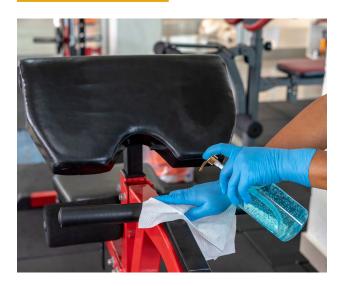
"Our guy is strong as an ox, and our God is faithful. The hospital staff can feel our support and love. Thank you for reflecting light and goodness."

Years ago, NSF provided support to one of our active-duty SEALs in the form of a service dog for his special needs daughter. At the time, this SEAL was a single parent and NSF's support helped keep him in the fight. We are sad to report that the now-retired SEAL contacted us recently to share that their beloved "Leo" had passed away. We know that service dogs are not only working dogs and companions, they are true members of the family and are greatly missed when they are gone. He shared:

"Fortunately I was there with him when he left us. I brought him home with an American flag draped over his coffin as we carried him out. He was given two salutes by two old veterans in the parking lot. It was awesome. I want to thank you and the Navy SEAL Foundation for helping finance and organizing his training and for allowing him to be a part of my daughter's and my lives! He was a true hero and right now is probably driving Jesus crazy running around."



TRANSITION



We're happy to report that our SET program's Human Performance component was recently able to resume operations. When the pandemic caused a shutdown of all facilities, five members of our SET program had to pause their treatment. Instead of picking back up where the cohort left off, NSF chose to re-start the cohort at the beginning of the program to ensure consistency of training and rehabilitation.

The investment we make in human performance transition for our SEALs and SWCCs is invaluable and is improving both visible and invisible injuries sustained from the operational tempo our warriors have endured.



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

PRIMARY CAREGIVERS
OF SURVIVING
CHILDREN

TOTAL PROGRAM SUPPORT YTD: \$3,718,790

\$837,151
TRAGEDY ASSISTANCE AND VETERAN SUPPORT
\$140,826
LEGACY PRESERVATION
\$398,614
\$\$740,407
SURVIVOR SUPPORT
\$672,892
EDUCATIONAL OPPORTUNITIES
\$487,504
TRANSITION ASSISTANCE

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

WARRIOR AND

FAMILY SUPPORT

22 NSW KILLED IN TRAINING SINCE SEPTEMBER 2001

46
NSW LINE OF DUTY SINCE SEPTEMBER 2001

CHILD RESILIENCY

NSW VETERAN-DIPLOMATIC MISSION OTHER NSW LOSSES SINCE SEPTEMBER 2001



STAY HOME AND GIVE BACK





Introducing the Patriot Blend, a new specialty coffee blend crafted exclusively in support of the Navy SEAL Foundation. This year marks the 20th anniversary of the creation of the Navy SEAL Foundation, and to help support their mission and honor our nation's finest warriors, Blended Joe is donating a portion of the proceeds from the sale of the Patriot Blend to the Navy SEAL Foundation.











EVER WANTED TO THANK A HERO?

4 FREE CARDS FOR THE 4TH!

Our friends at TouchNote are giving new users 4 free cards when they sign up and use the promo code offer **NSF**. You can use the cards to thank a frontline worker, a friend, parent, or teacher, or even send a card to a SEAL via the NSF*!

To learn more about TouchNote, please visit: touchnote.com and don't forget to use the promo code NSF for 4 free cards!

*General Thank You cards to SEALs and other NSW members can be mailed to:

Navy SEAL Foundation 1619 D Street, Virginia Beach, VA 23459

ABOUT TOUCHNOTE \rightarrow



HELP GIVE BACK WITH SMARTY



SAVE TIME AND MONEY

Smarty helps you save more by automatically applying coupon codes at checkout when you shop online.

EARN CASH BACK

Or donate your cash back to the Navy SEAL Foundation as part of the Smarty Gives Back Initiative.

SIGN UP HERE! →





OFFICIAL PARTNERS

















PROMOTIONS AND PROUD SUPPORTERS









BRAVO ● SIERRA USA







B©TTLE BREACHER















UPCOMING EVENTS

DATE	STATUS	EVENT NAME	CITY
6/27/2020	Active	Lt. Michael Murphy Run Around the Lake	Ronkonkoma, NY
7/11/2020	Active	Racing the Beaverhead 100K	ldaho and Montana
7/11/2020	Virtual Race Only	Allen Stone Memorial Run Swim Run	Virginia Beach, VA
7/25/2020	Virtual Race Only	Joggin' for Frogmen San Diego	San Diego, CA
8/6/2020	Postponed until 2021	Denver Evening of Tribute	Denver, CO
9/3/2020	Active	Midwest Evening of Tribute	Chicago, IL
9/11/2020	Active	5th Annual Shootin' for the Stars	Rio Oso, CA
9/14/2020	Active	Birdies By the Bay	Half Moon Bay, CA
9/18-9/20/20	Active	SEAL Tribute Event	Half Moon Bay, CA
9/20/2020	Active	Boston Frogman Swim	Boston, MA
9/25/2020	Active	6th Annual Shootin' for the Stars	Carson City, NV
10/3/2020 - 10/10/2020	Active	El Santo Racing Team NORRA Mexican 1000	
10/8-10/10/20	Active	Pedal for Patriots	Atlanta, GA
10/10/2020	Active	Joggin' for Frogmen Imperial	Imperial, NE
10/15/2020	Active	NSF New England Benefit Dinner	Boston, MA
10/17/2020	Active	JFF Virginia Beach	Virginia Beach, VA
10/24/2020	Active	Hawaii Evening of Tribute	Hawaii
11/1/2020	Active	NYC Marathon	New York City, NY
11/7/2020	Active	Joggin' for Frogmen Frisco	Frisco, TX
11/13/2020	Active	Dressed to Kilt	New York City, NY
		2021 EVENTS	
1/17/2021	Active	Tampa Bay Frogman Swim	Tampa, FL
2/4/2021	Active	Houston Evening of Tribute	Houston, TX
3/4/2021	Active	New York City Benefit	New York City, NY

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

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