



WELCOME TO THE NEW NAVY SEAL FOUNDATION NEWSLETTER!

Every quarter we will be providing you with some in-depth updates as to what's been going on at NSF for the last few months. We hope that you find it informative and interesting. And if you have any feedback please let us know about it at info@navysealfoundation.org!



As you may know, earlier this year we reorganized our programmatic offerings under five new Pillars of Support: **Strength, Resilience, Health, Education, and Community**. We are proud to bring you some updates under these Pillars.



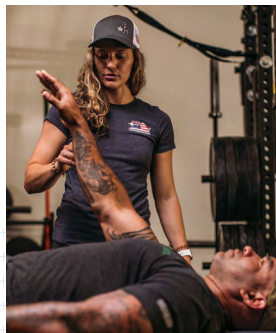
STRENGTH

*Building Capabilities &
Reducing Stressors*



RESILIENCE

*Addressing Tragedy &
Aiding Recovery*



HEALTH

*Enhancing Physical &
Mental Wellness*



EDUCATION

*Providing Scholarships &
Development Opportunities*



COMMUNITY

*Empowering Connections &
Preserving Legacy*

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NAVYSEALFOUNDATION.ORG

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The Navy SEAL Foundation is a non-federal entity. It is not a part of the Department of Defense or any of its components and it has no governmental status.



RESILIENCE

Addressing Tragedy & Aiding Recovery

NSF GOLD STAR AND SURVIVING FAMILY SUMMER WELLNESS WEEKEND

This July, NSF was delighted to host our **2021 Summer Wellness Weekend** for a fantastic group of nearly 100 surviving spouses, children, significant others, and caregivers. Beautiful Lake Oconee, Georgia, was the perfect backdrop for a meaningful few days of training, fellowship, and fun. As the chartered buses arrived at the venue, our team witnessed joy, laughter, smiles, and the biggest hugs we have seen in a very long time as attendees reunited for the first time in 18 months.

The dedicated time together and related training on day one provided by NSF's [Dr. Mia Bartoletti](#) allowed those attending to build critical skills necessary to address their ongoing needs from a place of safety and strength. The positive response from attendees prompted the addition of a second training session the following day.

While adult attendees were in session with Dr. Bartoletti, Gold Star teens (accompanied by an experienced licensed clinical social worker) camped, kayaked,

wakeboarded, skied, tubed, and participated in team-building exercises. Teens also took part in meaningful group discussions and had access to one-on-one counseling throughout the weekend.

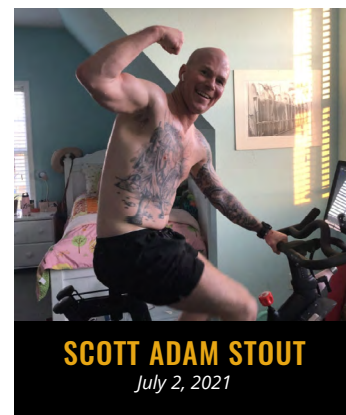
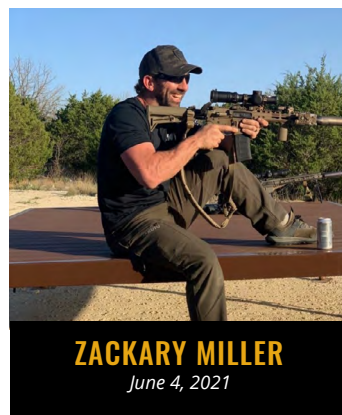
Our youngest participants, all aged under 13, spent their time enjoying kayaking, swimming, duck racing, and movies with lots of popcorn. But most importantly, they enjoyed being together again.



NSF's next Gold Star and Surviving Family Member retreat is scheduled for Fall 2021.



Over the last year, the NSW community lost several beloved SEAL warriors. In each case, NSF was honored to support their families, teammates, and commands, including travel support, immediate casualty assistance funds, and assistance with remembrance items and memorial services. Each surviving family has been added to NSF's Gold Star and Surviving Family program and will continue to be wrapped in care for the coming weeks, months, and years.



HEALTH

Enhancing Physical & Mental Wellness

As of September, NSF has supported 129 veteran and active-duty community members in 2021 through our human performance initiatives, including the Virginia Beach -based Return-To-Duty (RTD) program. By adhering to NSF's "whole warrior" approach to care, the RTD program addresses participants' physical injuries and limitations, nutrition, and cognitive functioning. This leads to significant improvements in overall health, and in many cases, a reduction of chronic pain. The program's success has seen increased demand as more alumni share their positive experiences with their teammates. It is not unusual to hear an applicant reference a past participant, which is a true testament to the effectiveness of this model for care.

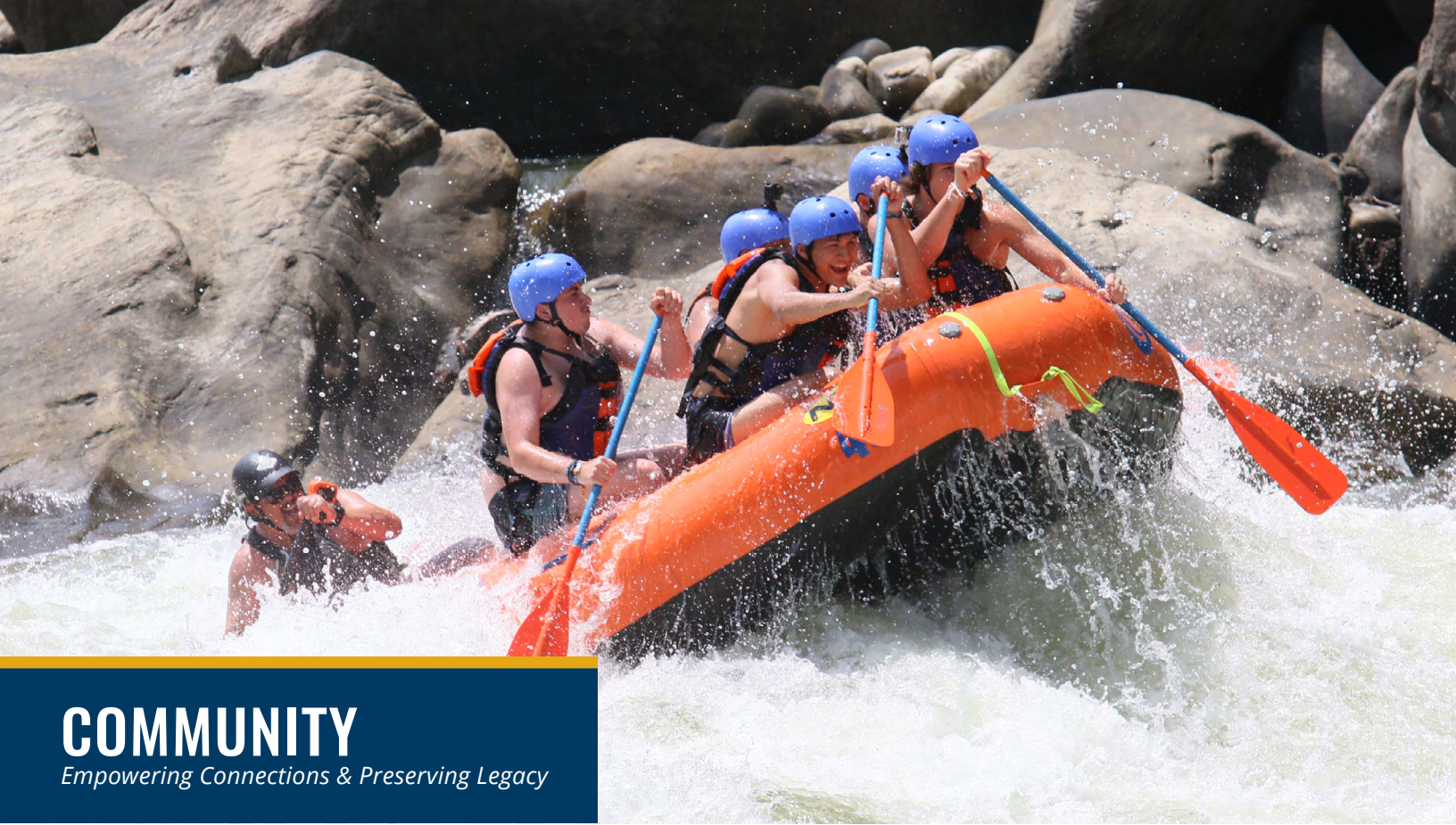
Thanks to our new partnership with SENTRY Products Group, LLC, NSF will be opening a west coast facility and expanding the human



performance program to even more NSW community members. SENTRY is providing a generous facilities funding grant and necessary equipment and gear for the new location. This will allow NSF to serve more community members and remove the burden of travel that current west coast members face when participating in the program.

SENTRY
LIVE TO PROTECT





COMMUNITY

Empowering Connections & Preserving Legacy

After COVID forced the cancellation of summer camps last year, it's an understatement to say all of us at NSF were ecstatic to host nearly 1000 NSW kids and teens at our summer camps this year! Held on both coasts and Hawaii, NSF summer camps provide NSW dependents with a safe and inclusive environment designed to foster a deeper understanding of their parents' profession while equipping them with life skills. Campers cultivate confidence, become more resilient, learn how to lead, and work as a team. The bonds these amazing kids and teens form at camp create a stronger NSW community and often stay with campers well into adulthood.

Thank you to our Partners at [Reebok](#) for providing NSF Camp shirts and to [Optics Planet](#) for generously donating thousands of masks and other products to keep our staff and campers safe while they were at camp.





DENVER EVENING OF TRIBUTE EVENT RECAP

ON AUGUST 5TH, HUNDREDS OF NSF SUPPORTERS, ALONG WITH NSW FAMILIES AND SERVICE MEMBERS, CAME TOGETHER AT MODERN AVIATION IN DENVER FOR THE 10TH ANNUAL DENVER EVENING OF TRIBUTE. THE EVENT RAISED NEARLY \$1.1M IN SUPPORT OF NSF.

This year, Sue and Harvey Allon received the prestigious NSF Patriot Award. The award is presented to an individual or organization that has contributed significantly to our nation and who has demonstrated and upheld the same values epitomized by the Navy SEAL community. Mr. and Mrs. Allon founded the Denver



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Tribute a decade ago and it's only fitting that they receive this award for their dedication to the NSF mission over the last ten years.

"Throughout the years, Sue and I have had the honor and pleasure to meet and get to know many members of the SEAL community and the people at the Foundation. They are real people who are capable of extraordinary acts," said Mr. Allon. "Many SEALs who began their careers around 9-11 are now retiring after twenty years of service consisting of constant rotations into combat zones or training. As we try to imagine what a transition out of that career must encompass, we can be grateful that the Navy SEAL Foundation is there to assist at every level."

Vice Admiral Joseph D. Kernan, Former Under Secretary of Defense for Intelligence and Security, (SEAL), USN., RET. delivered the evening's keynote speech.

"Our adversaries care little of the past events, or our

values, just about current and future opportunities to undermine our great republic. They operate lawlessly and elusively in expansive physical and virtual domains," said Kernan. "But you can be assured, there is no complacency within the Naval Special Warfare community, but rather an unyielding willingness to face multiple and diverse threats – that willingness matched near-equally by the leadership of our nation to call upon our force to cope with the most daring and challenging missions."

Jacqueline and Kenneth Brody served as the Admiral Presenting Sponsors for the Tribute. Mary and Thomas Bagley served as Tribute Co-Chairs. Larry A. Mizel, Chairman, MDC/Richmond and American Homes Foundation, served as Vice-Chair along with the Allons.

Next year's event is scheduled for August 25th, 2022.

[CLICK HERE FOR A FULL LIST OF UPCOMING EVENTS.](#)



THIS VETERANS DAY, NSF PARTNER **GORUCK** ONCE AGAIN BRINGS YOU **CHAD 1000X**, AN EVENT THAT SUPPORTS NSF'S MENTAL HEALTH PROGRAMS.

CHAD1000X

GORUCK's "CHAD1000X" is a workout fundraiser that involves 1,000 step-ups on a box with a rucksack in support of NSF's mental health programs. The event takes place on Veterans Day. Last year 4,500+ participants registered and raised over \$100K. We would love for even more people to sign up this year to help raise awareness and funding in this critical area. There are many options as to how you can scale the workout so it can be done by anyone, anywhere. All you need is something to step up onto. [Please register HERE](#) and receive a t-shirt, patch, and training plan to help you achieve your goal. Then share your photos and videos with us on social (tag @goruck, @navysealfoundation and use #CHAD1000X)!

3 OPTIONS:

1. Slick // No rucksack. You pick the height of the step-ups.
2. Standard // 30#/20# rucksack. You pick the height of the step-ups.
3. Expert // 45# rucksack. Use 20" box for step-ups.



OUR FRIENDS AT COMBAT FLIP FLOPS HAVE ALSO CREATED A NEW "FLOPERATOR" IN SUPPORT OF NSF.

\$5 of every pair sold gets donated to the Foundation. Check out the [promo video](#) and go [get yourself some on their site!](#)

CLICK TO PURCHASE



CLICK HERE TO VIEW OTHER NSF PARTNERS