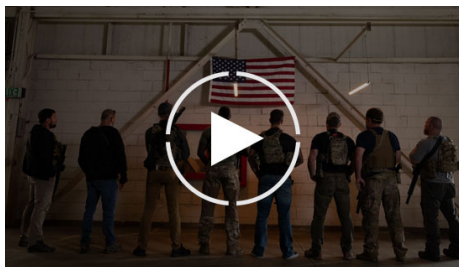


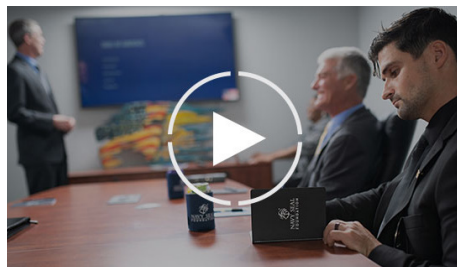


WELCOME TO THE NAVY SEAL FOUNDATION SPRING NEWSLETTER

If you haven't seen our new Pillars of Support videos please click the links below to watch them on [YouTube!](#)

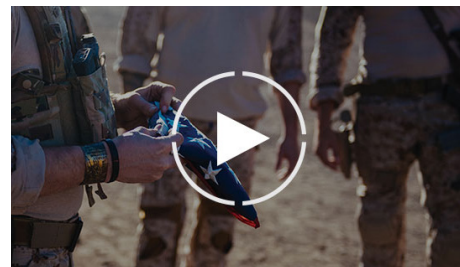


PILLARS OF SUPPORT OVERVIEW



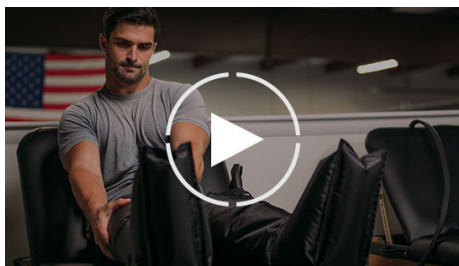
STRENGTH

*Building Capabilities &
Reducing Stressors*



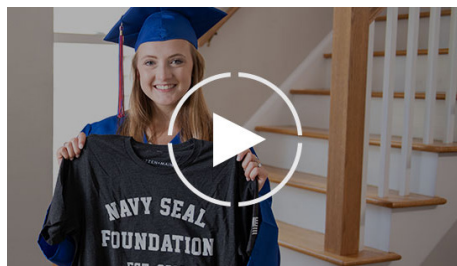
RESILIENCE

*Addressing Tragedy &
Aiding Recovery*



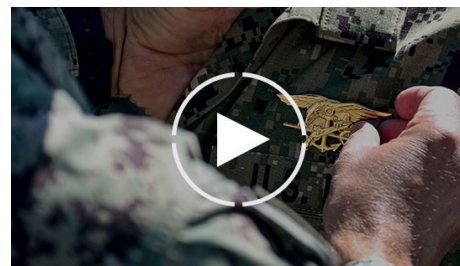
HEALTH

*Enhancing Physical &
Mental Wellness*



EDUCATION

*Providing Scholarships &
Development Opportunities*



COMMUNITY

*Empowering Connections &
Preserving Legacy*

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RESILIENCE

Addressing Tragedy & Aiding Recovery

GOLD STAR AND SURVIVING FAMILY WINTER WEEKEND GETAWAY (WWG)

Over two dozen Gold Star spouses, significant others, and the caregivers of NSW surviving children gathered in Georgia this past January for NSF's annual WWG. Attendees spent the weekend reconnecting, team building, and engaging in relevant training with Dr. Mia Bartoletti, who catered the training to their specific needs.

Like many of our wellness events, the WWG would not have been complete without a little

friendly competition among attendees! This year we continued our 'adventure race' tradition with competitive puzzle-solving, lasso-roping, and air rifle shooting, ending with a boat race to the finish! Although the weather was chilly, our teams were undaunted building a boat for their two-person crew to enter the frigid water to race for the finale!

"I am always so incredibly grateful for these retreats. For someone who no longer lives in Virginia Beach, has remarried (non-military) and has kids with my new husband, there are not many times I can stop and process different emotions that still come over the loss of not just [my husband] but that whole part of my life. Being able to spend time working on my continued healing, spending time with others who understand all of me and just getting to be me is refreshing and so therapeutic. So, I thank you all for all the hard work you put into these weekends for us. Very thankful!"

—Gold Star Spouse





HEALTH

Enhancing Physical & Mental Wellness

In 2021, NSF supplied over \$1 million in rehabilitative or strength/conditioning equipment to NSW operators and veterans in support of their health and wellbeing. The items, identified as essential to maintaining health and continued healing of service-connected wounds and conditions, aid in the healing process, improve the operators' quality of life, and keep their bodies in fighting shape. We have received incredible feedback regarding NSF's benevolent support for equipment purchases, especially regarding the portability and accessibility of equipment for use at home and on deployments.

In one case, we provided an active-duty SEAL who has endured multiple orthopedic injuries and battles long-term chronic pain issues with a special device to assist with his recovery. He had worked with his command's Human Performance program



undergoing multiple recommended therapies (physical therapy protocols, pain management, mobilization work) and when he needed a specific device to assist with healing his mobility and chronic pain issues, NSF was happy to get him the recommended item.

Sentry
LIVE TO PROTECT



"Thank you very much for the equipment I received this year. From the time the request was submitted to receiving everything was super-fast. It has definitely helped with my recovery, and I continue to use it. I brought some of it on deployment to help in recovery while forward. Game Changer!! Again, appreciate the expedient response and everything the NSF does for our community. A different world than when I entered in the early 90s with all the support you provide. TEAMS!!!"

—SEAL Operator



COMMUNITY

Empowering Connections & Preserving Legacy

In December, the magic of community and holiday spirit could be felt by those we support from coast to coast.

It was a festival of lights on the East Coast as NSF welcomed nearly 1,000 NSW family members on board the stunning USS Wisconsin decked out from bow to stern with over 650,000 lights. "Holiday Fest" was NSF's maiden voyage on the historical battleship and included a surprise (and comical) appearance by the Grinch on the flight deck, fiberoptic elf displays below deck, loads of battleship history, and the main event—Santa himself! After debarking, community connections continued over hot cocoa, cider, and soup along with a DIY Rudolph reindeer food craft to take home.



On the West Coast, we hosted "Winterfest on the Farm" and had a fantastic turnout with over 1,200 guests attending! The Farm, which is a working Christmas tree farm, was beautifully and meticulously decorated with fun activities for all. Everyone was so happy to see a special guest, Santa, but the most magical part of Winterfest was the real snow NSF brought in for the day!



In addition, NSF was able to provide Breakfast with Santa to our families in Germany and Stennis, as well as "Holiday Fest on the Island" in Hawaii where guests were treated to exclusive presentations at Sea Life Park, take-home photos with Santa and Mrs. Claus, and a special holiday Luau dinner with delicious Hawaiian food and activities for all to enjoy.

"Thank you for such a wonderful day! According to my son, it was 'the best day ever!' and I agree, we had a blast. There was so much space for the kids to safely run around. We had fun taking pictures with Santa, sledding, eating delicious food, and participating in all the farm had to offer."

—NSW Spouse





2022 TAMPA BAY FROGMAN SWIM

We were sad to learn that the 13th Annual Tampa Bay Frogman Swim, one of NSF's most anticipated and cherished fundraising events held each January, was canceled due to inclement weather. Even though there was no swim, participants still fundraised bringing in an incredible total of over \$450,000!

The always-sold-out event brings together Gold Star and Surviving Family members, NSW community members, NSW veterans, and athletes, and has raised millions of dollars in support of NSF's programs since its inaugural swim in 2010.

Huge thanks to every participant, volunteer, fundraiser, coordinator, and GSSF member who attended. The TBFS event continues to exceed our expectations year after year and we cannot thank Event Director and NSF Ambassador Kurt Ott enough for his dedication to our mission! The 2023 swim registration will open on August 6, 2022. Please check [our website](#) for more information or [visit tampabayfrogman.com](#) to learn more.



2022 HOUSTON EVENING OF TRIBUTE

On February 3, 2022, an energetic and patriotic crowd gathered in Houston for NSF's 4th Annual Houston Evening of Tribute. The sold-out event raised \$1.6 million in support for our mission! Guests heard powerful remarks from retired [SEAL Admiral Bill McRaven](#), and moving testimony from [Gold Star Spouse Keri Mills](#). NSF was honored to host members of fallen SEAL Brian Bourgeois' family at the event. Brian passed away December 7, 2021, from wounds sustained while training. His longtime friend, SEAL Joshua Wynn, lead an emotional and unforgettable toast to the fallen. Guests were visibly emotional as they listened and the 'why' behind NSF's mission could not have been made more clear.

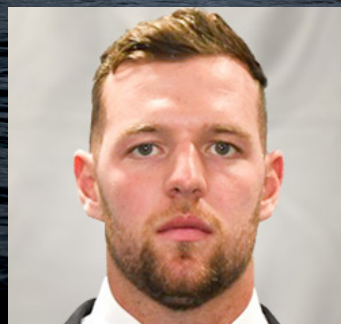


[CLICK HERE FOR A FULL LIST OF UPCOMING EVENTS.](#)

PARTNERS



Reebok, the Official Human Performance Partner of the Navy SEAL Foundation, has created an exclusive "Nation of Support" Nano X1 in honor of the 60th anniversary of the SEAL Teams. Featuring red and blue hues inspired by the American flag and NSF color scheme, signature Nano X1 technology, and NSF logo details on the heel clip and sock liner, this shoe pays tribute to 60 years of Naval Special Warfare and their commitment to the safety and security of the nation.



KYLE MULLEN
February 4, 2022



**CDR (SEAL)
BRIAN BOURGEOIS**
December 7, 2021



**TRAVIS WAGNER
CARTER**
November 11, 2021

NSF is honored to support the families, teammates, and commands of fallen NSW warriors. Under our Resilience Pillar, programs include travel assistance, immediate casualty assistance funds, and help with remembrance items and memorial services. Surviving families are also added to NSF's Gold Star and Surviving Family program to meet future needs as they arise.