



WELCOME TO THE NAVY SEAL FOUNDATION WINTER NEWSLETTER

In this issue we bring you some updates about our Gold Star Siblings Wellness Weekend, the Warrior Fitness Program, National Warrior Call Day, scholarships, as well as SQT and CQT graduation support.



MISSION STATEMENT:

The Navy SEAL Foundation provides critical support for the warriors, veterans, and families of Naval Special Warfare.

NSF PROGRAMMATIC UPDATES



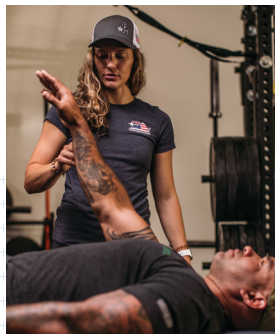
STRENGTH

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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RESILIENCE

Addressing Tragedy & Aiding Recovery

NSF GOLD STAR AND SURVIVING FAMILY SIBLING WELLNESS WEEKEND

NSF's annual Siblings' Wellness Weekend rejoined 131 surviving siblings and their significant others for a few days of bonding, healing, laughter, tears, and evidence-informed training. It was a solemn honor to connect the most recent Gold Star siblings to our extended NSF family. Dr. Mia Bartoletti joined the group for a training session and provided one-on-one counseling upon request. The SWW KRELL Adventure Race tradition

continued this year with friendly competition among the siblings. The race, designed to physically and mentally challenge participants, is always a lot of fun! Our winners' names were added to the coveted SWW Adventure Race trophy, giving them bragging rights until next year!

The weekend ended with a Halloween-themed closing dinner with a DJ, a costume contest, and plenty of laughter and dancing.

"I appreciate you! Thank you for everything you do to honor my brother. I can't even begin to describe with adequate words the kindness and support you and the foundation means in my life. I was extremely nervous about how I would be received at the first sibling retreat I attended. I had never met someone who had lost a Navy SEAL sibling before I attended my first event in Tucson. Since that time, the friendships I have formed have evolved into a more family vibe to me than a friend. They message me on anniversaries, and we visit each other when we are able. I hope you know what an enormous impact you all have had on so many people. We very much appreciate your dedication to our brothers' memory. Thank you for your support."

”



HEALTH

Enhancing Physical & Mental Wellness

The Warrior Fitness Program (WFP) continues to do great things! Last month we hosted nine NSW veterans in addition to our active-duty participants. It is beautiful to see how excited these veteran warriors become when they go 'all in' with the program and begin to feel the results of their efforts. The infectious positivity, genuine supportiveness, and life-long bonds that grow from participation are simply incredible.

One of our participants, an NSW veteran who recently battled substance abuse and completed rehabilitation before entering the WFP, stood out. During one of our 'huddles,' he was courageous

enough to share his story with his fellow participants. He talked about his journey, his struggles, and his path for continued recovery. His gratitude for NSF's support was profound, and we were moved to hear him say, "the Foundation saved my life." We are grateful to him for having the strength to do the work, and we're honored to support him as he continues his journey.

The WFP continues to grow, and each time a warrior dares to talk about their struggles and needs and ask for assistance, we see more growth and positive ripple effects among their peers.



On November 21st, NSF also participated in the inaugural "National Warrior Call Day." Staying connected is vital for the well-being of our service members, and we encourage everyone to take the time to reach out to an old friend or colleague today to let them know you care.

For more information about NSF's support programs, or if you or a fellow SEAL/SWCC veteran need support, please visit www.navysealfoundation.org/request-support/.



EDUCATION

Providing Scholarships & Development Opportunities



In 2000, our founding year, NSF awarded \$14,000 in college scholarships to members of the NSW community. As our Foundation has grown, so has our support for education. This year, we awarded over \$1.75 million in scholarships to 536 community members. And our support for education also helps with certifications, student living stipends for SEAL and SWCC veterans, testing, and assistance for NSW families with exceptional circumstances. NSF partners with other organizations as well, including SEALKIDS and Gratitude Initiative, to provide educational aid to NSW dependents. To learn more, please visit www.navysealfoundation.org/programs/education/.

Round one for NSF's 2022 Scholarships opens on January 5th, 2022, so mark your calendars!

2022 NSF SCHOLARSHIP PROGRAM

The Navy SEAL Foundation is pleased to offer scholarship opportunities to eligible NSW community members. We offer two scholarship cycles per year.

NSF scholarships are intended to provide our community with opportunities to expand their educational pursuits.

Scholarships can be used for vocational, certificate, licensure and post-secondary programs, such as Bachelors or Associates Degrees, and may also include graduate degree scholarship opportunities for qualifying applicants.



CYCLE ONE

WHO: Active Duty SEAL/ SWCC, their spouses and dependents (high school senior and college-age), Post 9/11 SEAL/ SWCC Veterans, Post 9/11 SEAL/SWCC Retiree (20 years of active duty service or medically) spouses and dependents (high school senior and college-age).

WHEN: Opens Wednesday, January 5, 2022 and closes promptly at 11:59 p.m. EST on Friday, February 11, 2022

CYCLE TWO

WHO: Active Duty SEAL/ SWCC, Veteran SEAL/ SWCC

WHEN: Opens Wednesday, June 1, 2022 and closes promptly at 11:59 p.m. EST on Thursday, June 30, 2022

WHERE: Click the [following address](#) to find out more information about NSF's Scholarship program and a live link to NSF's Application Portal once each cycle opens.

LEARN MORE AT WWW.NAVYSEALFOUNDATION.ORG/SCHOLARSHIPS



COMMUNITY

Empowering Connections & Preserving Legacy

NSF is dedicated to preserving the rich history and heritage of the NSW community. Under our Community pillar, we support NSW-related memorials and dedication events. We also offer programs that strengthen personal connections within the NSW community, emphasizing the importance of legacy preservation.

One such program honors SEAL Qualification Training (SQT) graduates and Crewman Qualification Training (CQT) graduates by providing meaningful commemorative gifts at the time of their graduations. New SWCCs are presented with an engraved compass, representing the importance of navigation, both geographical and personal. New SEALs receive a K-bar knife engraved with the name of one of their fallen brothers.

Many times, graduates contact NSF to learn more about the warrior listed on their knife, and some wish to connect with that warrior’s Gold Star Surviving Family member(s). With permission, NSF is honored to facilitate the connection.

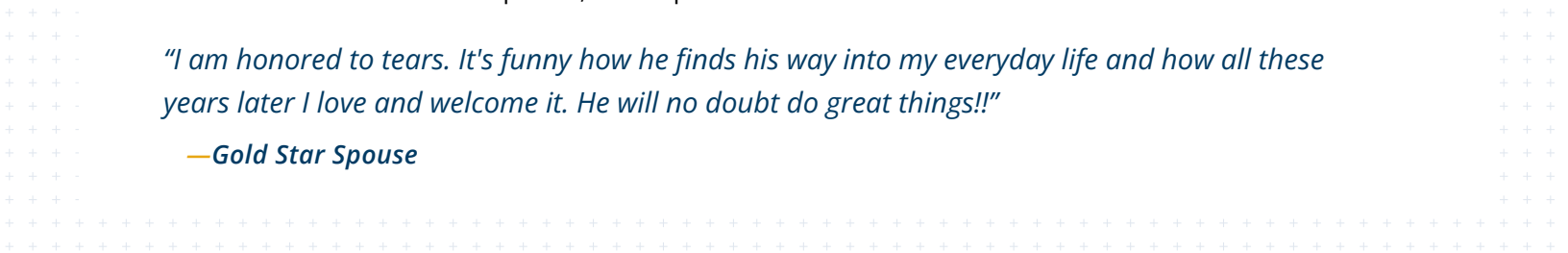
“I have the honor of having (name removed) on the blade of my graduation knife. I am reaching out to the Foundation to try and obtain an address for his wife to send her a letter for the holidays and thank her for her sacrifices.”

—SQT Graduate

When NSF contacted the GS spouse, she replied:

“I am honored to tears. It's funny how he finds his way into my everyday life and how all these years later I love and welcome it. He will no doubt do great things!!”

—Gold Star Spouse





INAUGURAL BOSTON EVENING OF TRIBUTE

OCTOBER'S INAUGURAL BOSTON EVENING OF TRIBUTE WAS A TREMENDOUS SUCCESS RAISING OVER \$2.1 MILLION IN SUPPORT OF NSF'S PROGRAMS! THE SOLD-OUT EVENT WAS HELD AT FAIRMONT COPLEY PLAZA, WITH OVER 400 ATTENDEES.

The tribute event was co-chaired by Joe Fallon, President of the Fallon Company, and David Howe, President of J. Derenzo Company. Featured speakers included Massachusetts Governor Charlie Baker, Navy SEAL Foundation CEO Robin King, retired SEALs Vice Admiral Robert S. Harward, Captain Robert "Bam Bam" Smith



and Command Master Chief Stephen "Mato" Matulewicz, who presented Eversource's CEO Joe Nolan with the 2021 NSF Patriot Award.

To everyone's delight, Nashville recording artist Sam James capped off the evening with a live performance. The 2022 Boston Evening of Tribute is planned for October of next year. To support or attend, please contact Carolyn Petschler at cpetschler@navysealfoundation.org

CLICK HERE FOR A FULL LIST OF UPCOMING EVENTS.



CHAD 1000X



We are extremely grateful for our Partners who continue to do exceptional work in raising awareness and funds to support NSF's programs. In November, GORUCK, Born Primitive, and FitVine all held different promotional events on or around Veterans Day.

GORUCK's second annual CHAD 1000X was held virtually all over the country and in person in various cities. They also hosted Vets Town Halls giving veterans the opportunity to speak about their experiences in a public setting. Born Primitive held a one-day only sale donating 100% of profits to four charities including the Navy SEAL Foundation. FitVine had their final promo of the year weekend giving customers 15% off and donating \$8 per bottle sold to NSF.



In addition, Luminox supported the Boston and NYC marathon teams (who raised over \$152K) with a free watch to each of the four top fundraisers!



NAVY SEAL FOUNDATION

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NAVY SEAL FOUNDATION
A Nation of Support for Our Most Elite Team

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