



Welcome to the spring edition of the Navy SEAL Foundation (NSF) newsletter! This issue highlights stories that showcase the vitality and resilience of our community. Discover what made our Winter Wellness Getaway a nurturing retreat, learn about the significant impact of our first round of scholarships, and catch up on our recent fundraising events and partnerships. Thank you for your steadfast support and for being an integral part of our mission.

YTD DIRECT PROGRAM SPENDING: \$7,887,182

\$1,085,954

STRENGTH
*Building Capabilities &
Reducing Stressors*

\$1,970,256

RESILIENCE
*Addressing Tragedy &
Aiding Recovery*



\$3,137,287

HEALTH
*Enhancing Physical &
Mental Wellness*

\$1,116,476

EDUCATION
*Providing Scholarships &
Development Opportunities*

\$577,209

COMMUNITY
*Empowering Connections &
Preserving Legacy*

As of 4/30/2024

NAVYSEALFOUNDATION.ORG

The Navy SEAL Foundation is a 501(c)(3) tax exempt, national nonprofit charitable organization. Tax ID# 31-1728910. CFC #11454.
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.



PROGRAMMATIC UPDATES

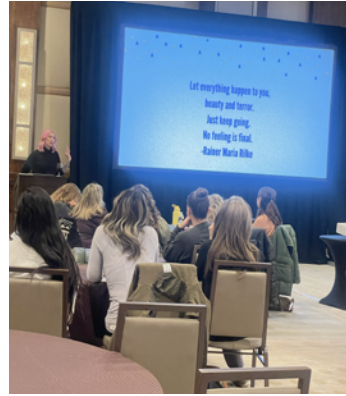
RESILIENCE

WINTER WELLNESS GETAWAY, TUCSON, AZ

In January, NSF hosted over one hundred Gold Star and Surviving Family (GSSF) members in Tucson, Arizona, for our Winter Weekend Getaway (WWG). NSF created the WWG to foster connections and inspire mindfulness in the lives of those who have sacrificed so much. This year's event included an inspirational talk by best-selling author Nora McInerny, sessions with our yoga instructors, and a group sunset hike.

"Thank you to everyone involved in preparing and planning this Wellness Weekend retreat. It was amazing. The accommodations were lovely, as were their staff. It was great reconnecting and also welcoming the new members of our family. No detail was overlooked, as usual."

— GSSF Member

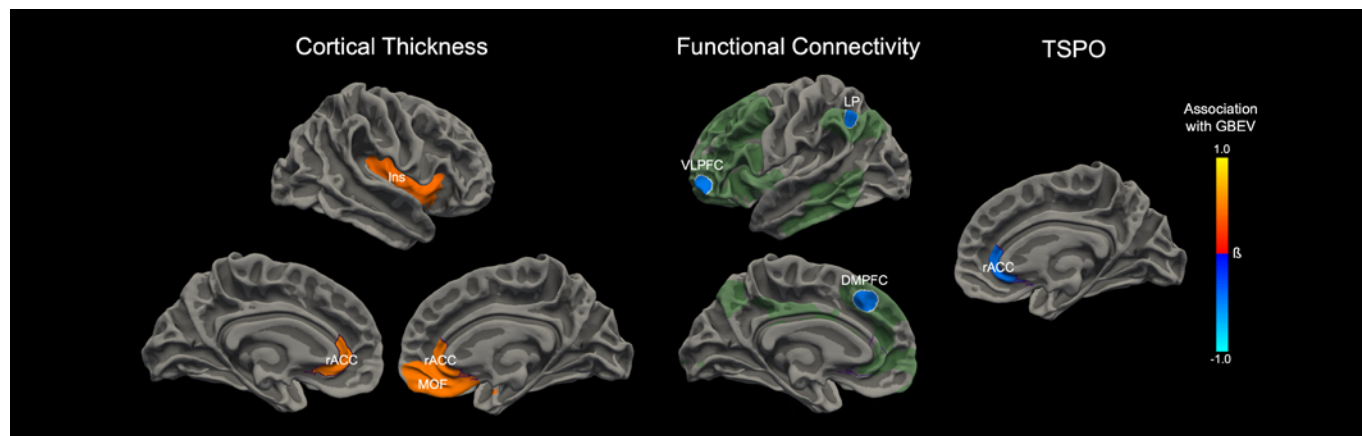


HEALTH

REBLAST STUDY

NSF was honored to support a groundbreaking study on the impacts of repeated blast exposure on active-duty Special Operations Forces (SOF), [the results](#) of which were just published by the Proceedings of the National Academy of Sciences (PNAS).

Key takeaways from this study indicate that higher blast exposure is linked to increased cortical thickness in the left rostral anterior cingulate cortex, which affects cognition and emotion. This brain alteration and changes in structure, function, and neuroimmune markers can reduce quality of life. Researchers are planning future studies and hope to develop a reliable diagnostic test for repeated blast brain injuries.



Exploring the Impact: This neuroimaging study illustrates how cumulative blast exposure influences brain structure and function. Key findings reveal changes in cortical thickness, functional connectivity, and biomarker distribution, highlighting significant correlations with exposure levels, depicted in a spectrum of colors to denote positive and negative associations.

Dr. Brian Edlow from Massachusetts General Hospital will present the results of the ReBlast study to medical and healthcare professionals from across the country at NSF's upcoming Impact Forum. [Click here to register](#) to attend virtually.

HEALTH

WOUNDED, ILL, AND INJURED SUPPORT

On March 5, U.S. Special Operations Command issued an important statement regarding its efforts to "accurately characterize cancer risk" within the Special Operations Forces (SOF) community. The statement urges all current and former members of SOF commands to undergo regular cancer screenings. The objectives are early detection, gathering accurate data, and ensuring quality care for each service member.

NSF steadfastly supports community members confronting the challenges posed by a cancer diagnosis. Our assistance spans from providing respite childcare to mortgage support, aiming to alleviate the financial burdens of medical expenses and enhance the quality of life for every NSW family. Additionally, we serve as a resource hub for service members seeking information about resources available for early detection due to environmental exposures, as well as care options post-diagnosis. Our programs team actively directs them to supportive systems and collaborates with other organizations to further assist these families. NSF's unwavering commitment to empowering our warriors to navigate this complex landscape and advocate for themselves reaffirms our dedication to supporting them and their families.

EDUCATION

SCHOLARSHIPS UPDATE

We are thrilled to announce that our latest scholarship cycle was a resounding success. Thanks to the generous support of our incredible donors, NSF awarded nearly \$1.4 million to 469 deserving applicants, distributed as follows:

- > 141 Active Duty Members: \$401,500
- > 87 Spouses: \$240,000
- > 60 High School Seniors: \$238,500
- > 123 College Students: \$332,500
- > 58 Veterans: \$181,500

During this round, we saw a significant increase in submissions, including a 20% rise from dependents and a 14% increase from veterans. This growth underscores a growing awareness and need for educational support within the NSW community. We look forward to our next application period later this year.

"Thank you and NSF for your continued support for our service members. We are humbled to be a part of the community and thankful for the education assistance."

— Active Duty SEAL





NSF SIGNATURE EVENTS

HOUSTON EVENING OF TRIBUTE

We are thrilled to announce that our 6th annual Houston Evening of Tribute, hosted by Elizabeth and Gary Petersen, and Ellen and John Rutherford, and co-hosted by Robyn and Embry Canterbury, Nicole and Will Hodge, and Christine and Shea Morenz, on February 8 raised \$1.67 million. We paid tribute to the Hugh Roy and Lillie Cranz Cullen family, recognizing their enduring contributions to our cause. Corbin Robertson, Jr. graciously accepted the Fire in the Gut Award on their behalf. Speakers included Gold Star Spouse Megan Ernst and FORCM Bill King, USN (Ret), SEAL, who delivered the keynote address.



NEW YORK BENEFIT

NSF hosted its highly-anticipated New York Benefit Dinner at the NYC Marriott Marquis on March 7. Over 1,100 guests gathered in support, raising nearly \$6 million. We presented JPMorgan Chase with the prestigious Patriot Award for its steadfast commitment to veteran transition and support for the military community. Filmmakers Jimmy Chin and Elizabeth Chai Vasarhelyi received the Fire in the Gut Award for their exceptional dedication and leadership in their field, which is highlighted by their impactful film "The Rescue."



VADM Colin Kilrain, USN (Ret), SEAL, and Rod Fox, executive chairman of Howden Tiger, shared insights and gratitude for the NSF's crucial work. We sincerely appreciate Dinner Chair Rod Fox's leadership and the dedication of the Host Committee, led by Astra Capital CEO Mark Johnson and JPMorgan Chase Managing Director Brian Robinson.



PALM BEACH EVENING OF TRIBUTE

The 6th Biennial Palm Beach Evening of Tribute at The Breakers brought together over 550 guests to honor our nation's finest warriors. Co-chaired by Elliot Hershberg, Michael Kluger, and Matthew K. Smith, the event featured thrilling SEAL demonstrations, patriotic ceremonies, and moving speeches. A touching tribute highlighted the bond between SEALs and their K-9 partners, with keynote speaker VADM Sean Pybus, USN (Ret), SEAL, emphasizing the unwavering support owed to these exceptional individuals. The event raised over \$1.6 million, benefiting NSF and the Navy SEAL Museum/Trident House in Fort Pierce, FL, uniting attendees in gratitude and profound respect for our nation's heroes.

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



GATORZ NAVY SEAL FOUNDATION DELTA



Experience the ultimate collaboration between the Navy SEAL Foundation and GATORZ Eyewear. This limited edition Polarized Delta features a Cerakote coating, gold mirror lenses, and an NSF logo engraving on the inside, offering superior performance and style. They are available on both the [NSF](#) and [GATORZ](#) websites. 15% or more of every Navy SEAL Foundation x GATORZ Delta sale goes directly to NSF.



On March 27, nearly two dozen Jersey Mike's locations in the Hampton Roads area rallied for their annual Day of Giving, where 100% of proceeds went to NSF. In total, they raised over \$157,000. Thank you, Jersey Mike's!



OSCAR F. REYNOSO ULLOA
GUNNERS MATE
1ST CLASS (TECH)
January 26, 2024



TANNER J. MERRILL
SEAMAN
March 10, 2024

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 GSSF program to meet future needs as they arise.