TAKING CARE OF THEIR FAMILIES WHILE THEY PROTECT OURS

SEAL FAMILY FOUNDATION

2016 HIGHLIGHTS
COMMITTED TO THE FAMILY

Those of you familiar with the organization may have noticed a change of name; a simplification of our existing name. We are currently registered with the IRS as the SEAL-NSW Family Foundation and will continue to use this name for IRS business purposes, but due to feedback from our stakeholders it was clear it was time to evolve the name and logo. We applied for and received approval for a “doing business as” (DBA) name - SEAL Family Foundation. The name is a clear reflection of our mission to serve and support our warriors and their families. Additionally, we are set to roll out a new logo with a clean, contemporary look that aligns well with the evolution of our name and the strength of our warriors. Our important mission of serving the Naval Special Warfare Community’s Families around the globe is at the core of all we do and is clearly articulated in our positioning statement: Protecting Their Families, While They Protect Ours.
Dear Stakeholders,

2016 was a great year for the SEAL Family Foundation. The Foundation accomplished many things last year, including smart execution of our meaningful program support for the Naval Special Warfare Families and further establishment of the Foundation as a “go to” organization within the community. The summary highlights a few of our accomplishments from 2016. I am proud to say we made a very positive difference.

From a program perspective, we continued our SEAL Team Family Readiness Group support, the family introduction to Naval Special Warfare events, our private Sisterhood gatherings, children’s tutoring and counseling programs, emergency funds availability, and of course our Gold Star families and children programs. And throughout the year we continually refined our processes to ensure we do the most good with the resources we receive from our donors.

Unfortunately in 2016 there was a higher need to support the families of those killed in action. We were there for those families from the start. In a few instances those killed in action were not Navy SEALs, but rather Explosive Ordinance Disposal operators assisting Navy SEAL teams. As enablers to the SEAL Teams we provide financial support to ensure those families have the resources needed during their trying time. Obviously, the fight continues... and as I write this, the community lost a SEAL in 2017 fighting in Yemen.

In 2016 the Board voted to add a transition program beginning in 2017. The approved program is designed to help prepare transitioning operators for a civilian life of purpose. The program provides a comprehensive suite of lifetime resources, such as educational assistance, resume building and civilian networking opportunities as they start a new chapter in their professional lives. Although we never encourage service members to leave the military, when they do, we want to help them and their families increase their effectiveness and chances of success. Additionally, the Board voted to hire one new staff member to assist with corporate outreach, partnerships and donor relations. We want to further our connections and better connect with you.

During 2016 we included a few changes to our operations. Below outlines those changes:

- Early in 2016 five new Board Members, two of which are retired Navy SEALs and one former Navy SEAL, joined the Foundation. Each brings a keen interest in our mission and programs. They have already added considerable substance to our governance.

- We hired a new Program Director, Ms. Cindy Oji Axelson, a Gold Star Spouse herself, she brings a unique perspective to our team and it is an honor to have her as a part of our organization.

- We opened offices in Coronado, CA near the SEAL Headquarters and commands. Our Executive Director, retired Navy Captain William R. Fenick, and Ms. Cindy Oji Axelson both work there now and this proximity provides a location to run our operations and has been helpful in providing service members and family members a place to meet. We pride ourselves on working very closely with the command to ensure we provide the right support, and the addition of Cindy and our new office has solidified our relationship with Naval Special Warfare even further.

Administratively in 2016, an independent, outside accounting firm conducted an audit of our 2014 and 2015 financial statements and operations. The Foundation’s review was excellent. Our financial statements required no adjustments. This third-party audit report underscores our commitment to operating with prudence and integrity. Our fiduciary responsibility to those we serve, our donors and Board members is of paramount importance.

None of this is possible without you! We extend our deepest gratitude to the Commander, Naval Special Warfare Command and his Family Support Director and team for allowing us to be a part of this community and assist with the right needs. We would also like to thank the operators and their families for all they do every day - we are honored to support you. Lastly, we would like to thank you, our donors, for your support which enables us to help build resilient families in Naval Special Warfare.

We are off and running in 2017, already reviewing new programs to add to our roster, managing our affairs in a transparent and honorable manner and putting the resources we receive to great work.

Thank you all for helping create a meaningful 2016. We hope this summary is helpful in furthering your understanding of who we are and what we do.

John Moninger
Chairman, SEAL Family Foundation
BACKGROUND
The SEAL Family Foundation was founded in 2010 as a non-profit 501(c)3 organization to raise awareness and funds for special programs in direct support of SEAL Families on a local, national and global scale.

OUR MISSION
To support individual and family readiness through an array of programs specifically targeted to assist the Naval Special Warfare Community in maintaining a resilient, sustainable, and healthy force in this era of persistent conflict and frequent deployments.

OUR VISION
Our vision is to be the premier provider of benevolent civilian support services to the NSW Communities we serve. This is pursued by collaborating with the leaders in Family Support to better understand the effects of deployment; by frequent analysis to ensure we are meeting current needs; by the delivery of exceptional programs; and by educating and involving the civilian population in support of these elite warriors.

ABOUT SEAL-NSW FAMILY MEMBERS
Sustained demand on Naval Special Warfare capabilities requires providing direct services to support the well-being of NSW Warriors, their immediate families, and others in the NSW Extended Family.

Our primary focus is the care of the immediate family, providing services and programs that assist spouses and children and, in the case of unmarried service members, their primary and secondary next of kin. Our secondary focus is to give as much support as possible to the broader SEAL family.

We depend on your help to accomplish our mission and achieve our vision successfully. Please remember that Freedom Isn’t Free: the needs of the NSW Family Community are increasing and the need for funding is keeping pace accordingly.
THANK YOU ON BEHALF OF OUR TEAM AND THE MEN AND FAMILIES WE CONTINUE TO SERVE!

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SEAL Family Foundation Executive Director

CINDY OJI AXELSON
SEAL Family Foundation Program Director
SCOPE AND SERVICES

The scope of services provided by the SEAL Family Foundation embraces three Core Areas:

- **THE WARRIOR**
- **THE FAMILY**
- **THE FALLEN HERO**
KEY PROGRAMS, OBJECTIVES AND RESULTS FOR 2016

Summary of Program Fund Distribution

32% FAMILY RESILIENCY
31% BEREAVEMENT
21% FAMILY SUPPORT
16% FAMILY INTEGRATION DIRECT SUPPORT

ADMINISTRATIVE COSTS ARE 15%
THE WARRIOR

The SEAL Family Foundation continued 2016 with strong support for the families of their service members (SEAL/SWCC) the night prior to the members’ graduation from their NAV/SOC Basic Training Course. These pre-graduation events give our families a chance to network and socialize with each other on the eve of their embarkation on their individual and shared journey. The sponsored graduation events each draw more than 200 attendees who join in commemorating this unique and special occasion. It is our continued belief that a strong family network makes for a strong Operator and that these graduation programs are an excellent way for both to get the best possible start.

Graduation Dinners

We conducted 6 SEAL and 5 SWCC Family Dinners in 2016. Approximately 1,600 family members attended these graduation events. These dinners continue to foster a positive introduction into the NSW Community for new NSW Families.

“The Graduation dinner, hosted by the SEAL Family Foundation, that began our family’s Navy journey with Navy SEALs could not have been any better. We met our son’s instructors, teammates and the great Foundation that supports the families, and I feel confident that our son is in great hands and that there are organizations that look out for the families as well.”

- Father of a Navy SEAL

HEALTH PROGRAMS

Operator Mindfulness and Mobility (OMM) builds resiliency into operator’s and family’s mental, physical, and relational health through the proactive practice of yoga. This program is in line with our mission to build resiliency across the NSW Community.

In 2016, education using yoga as a mental health tool was further incorporated into our workshop curriculums. Workshop themes ranged from couples yoga and communication to yoga as a restorative and self-care tool. Family Wellness workshops were well-received and our participant list has grown exponentially in our second year of operation. Additionally, Josh Everett, the head strength and conditioning coach for the Human Performance Program (HPP) under Preservation of the Force and Family (POTFF) states of OMM yoga, “Yoga is a highly valued portion of HPP as it is a modality that merges three of the four arms of HPP (strength & conditioning, mental performance, and sports medicine).”

We have partnered with a physician-founded, community-based research & diagnostic/treatment facility in San Diego using Personalized Repetitive Trans-cranial Magnetic Stimulation (PrTMS). The Medical Synchrony Research Institute can provide patients with non-pharmacological symptom reduction for symptoms related to: Post Traumatic Stress Disorder (PTSD), Traumatic Brain Injury (TBI), Anxiety Disorders and other neurological-cognitive brain disorders. We have sponsored several 6-8 week treatments for former SEALs this past year and have found the results outstanding. PrTMS is an FDA approved treatment of depression, but is only able to be prescribed when medications do not work. Approximately 80% of the patients experience symptoms of relief compared to approximately 30% of patients using other protocols to address PTSD, TBI and Anxiety Disorders. We plan to continue to work with The Medical Synchrony Research Institute to enhance the lives of the SEAL and their family using this new capability.

“Since receiving these treatments over this several week period, I found I am sleeping better, have noticed lowered anxiety levels, a reduction in pain from my injuries while deployed and have a better sense of well-being that I have not had in some time.”

- Navy SEAL Operator
SISTERHOOD

The vital service of creating an effective and ongoing bond among NSW Spouses is the key mission of the SEAL Family Foundation Sisterhood Program. Meetings are occasions for NSW Spouses to socialize and discuss areas of shared concern, up close and in person. Bi-monthly meetings are held by the Sisterhood around the globe. These meetings commonly feature a guest speaker and are themed to specifically reinforce resiliency and SEAL family esprit de corps.

We conducted 25 events this year; 6 on east coast, 6 on west coast, 3 in Bahrain, 5 in Hawaii and 4 in Germany, where over 1,100 spouses got together to discuss issues of mutual concern and connect with one another.

"It was a lovely evening and we are so thankful for the opportunity to sit down and connect with our sisters overseas. The bond here is deeper as we navigate through the immersion of living overseas all spread out in different villages, often with husbands away."

- NSW Spouse

"The Sisterhood program allows us to come together as a group and support one another. We are very appreciative the SEAL Family Foundation has supported us in doing so!"

- NSW Spouse

FAMILY READINESS GROUPS

These groups (FRGs) are powered by grant money which is used to finance and support programs that adhere to our overriding strategy of augmenting resiliency throughout the entire NSW Family spectrum.

Funds are used to great effect in increasing unity, ensuring training and education activities and empowering significant peer support and close interaction between NSW Families.

In 2016, we funded $142,500 to 29 FRGs. FRGs utilize grant money to fund activities in line with our mission to increase resiliency across the NSW Family. Estimated reach of 1,500 family units within the NSW Community.

"We would like to extend our heartfelt gratitude to your organization for providing funding for the Family Readiness Group (FRG) of SEAL Team Eight this past year. The funds from your foundation have been vital in allowing us to achieve a truly supportive family atmosphere, especially during the challenging hardships families endure during deployment. Thanks to the generous contributions of the SEAL Family Foundation, our FRG has been able to provide its members with exciting social events, allowing for an environment where supportive friendships can grow, as well as providing crucial assistance to each of our families in the form of meals and childcare.”

- FRG President
SEALKIDS

Our program for children in the SEAL Community provides the academic assistance and enrichment that supports the children in reaching their maximum potential as they face unique needs. This year we provided services to 224 children participating in the program, an increase from 2015, and the need continues to grow. The programs include: Assessment/Evaluation, Specialized Needs, Academic Support, and Enrichment. Military children face unique stressors and challenges, and it is our goal to address these needs.

Assessment/Evaluation: Focus on evaluations to identify key elements of a child’s academic difficulty, appropriate target therapies provided once identified.

Specialized Needs: Many academic difficulties are caused by physical or intellectual challenges. We are committed to finding the most effective treatments.

Academic Support: Military children can face difficulties because of a myriad of factors. We assist these children in overcoming these challenges.

Enrichment: Opportunities for leadership training and empowerment, laying the foundation for tomorrow’s leaders.

HIGHLIGHTS

- Increased the number of children served from 149 (2015) to 224 (2016)
- Supported at an average of $2,455 per child
- Receiving 3-5 new requests per week

IMPACT

In 2016, SEALKids Participants have reported:

- 99% decline in family stress, enabling operators to focus on their job
- 94% improvement in family life
- 82% reduction in anxiety level
- 91% have seen positive changes in behavior
- 89% show improvement in grades and scores

“You saved us… We have been struggling with our son’s academic performance and behavior. SEALKids stepped in and changed our lives… Thank you!”

- Active Duty Navy SEAL

“SEALKids made a huge impact on our daughter’s education and our family as a whole. We were blessed to receive tutoring grants for my husband’s two most recent deployments. Our daughter was struggling with a few specific subjects and SEALKids provided testing, then a personalized plan to get her back on track. When she began tutoring we explained to her what an honor and privilege it was to receive the grant, and that donors who would never know her name or see her face, cared about her and the sacrifices she was making as a “SEALKid.” The extra help not only improved her test scores, but her confidence and our relationship during deployments by assisting with stressful homework sessions. We are far better equipped and more resilient because of the amazing work SEALKids does for our NSW Families.”

- Active Duty Navy SEAL
EMERGENCY NEEDS

When crises strike, funds are often needed on a moment’s notice. Supplying these funds to our NSW Families is a vitally important part of our work. Our deployed Operators can do their jobs most effectively when they are secure in the knowledge that the SEAL Family Foundation “has their back” and we do our best to be there when they need the backup.

Crises can come at any time and from any direction. Some of the crises we assist with include spouse respite, child care, family illnesses, care assistance, emergency home repairs (especially when caused suddenly by natural disasters) and a myriad of other emergencies that may require cash in hand for relief.

• We have been able to provide support in several unfortunate tragedies throughout 2016. We have supported 2 memorial services and donated $5,000 each to the EOD families who lost a service member via the EOD Foundation.
• We were also able to provide immediate assistance to a single service member under doctor’s orders for minimal movement. This assistance included house cleaning and meal delivery services; crucial since the member lived in a remote area of San Diego County.
• We also provided a house cleaner and meal prep service a family to help them concentrate on their daughter’s chemotherapy while she was hospitalized. In November they were able to take her home after three months of living at the hospital.
• Two of our service members were experiencing issues with their pay for over two months. Each was married with children and were incurring debt, including credit cards, education costs and mortgage payments, among other things. The Family Foundation was able to intervene and provide these service members $22,000 bridge loans until their pay was reinstated, at which point the service members would be repaying the Foundation advances in full.
• The Foundation fulfilled a request for a service member in Kodiak, Alaska in need of a Sperti Ultraviolet System and a Light Therapy Box to combat Seasonal Affective Disorder (SAD). We were able to reimburse this member for both items as well as the shipping to this remote corner of our biggest state.

THE FAMILY

Our NSW Operators face untold daily sacrifices and perils in their deployments all around the globe. But the SEAL Families – the spouses and children, siblings and parents – are also affected profoundly by the sacrifices their service members are facing, even as you read this. It’s clear that the family is the backbone of the Operator and we’re here for them both, when they need us.

The level of complexity and sophistication of crisis situations in every corner of the world is placing special stress on the need for the kind of service our NSW Operators provide. And this stress extends to their families. Your financial support helps us ensure there are vital, ongoing programs in place to support the needs of these families today and in the foreseeable future.

From all of us at the SEAL Family Foundation – our most heartfelt thanks!
COOKIES WITH THE GRINCH IN VA BEACH
13 December - Cookies with the Grinch was a huge hit with the over 380 attendees and volunteers, serving 97 NSW Families in total. The dining facility made over 800 delicious sugar cookies for the kids to decorate and had tons of icing and sprinkles to go around. The craft tables were busy putting together all the festive and patriotic ornaments. The children also had a Grinch mask-making table and additional tables for them to color and work on their Grinch activity pages. The Grinch made a special visit.

"Thank you for providing this great introspective moment. This will make our family bonds stronger and focus is on enjoying the reunion."
- NSW Spouses

THIRD LOCATION DECOMPRESSION (TLD)
Third Location Decompression is our name for the workshops we have created to get spouses ready for their husbands’ return from deployment.

It is critical that these spouses, as well as the entire family, be prepared for the changes that will have inevitably occurred in their home environments while on deployment. It is the aim of the TLD workshops to help provide that preparation.

TLDs
The Foundation, alongside the Family and Warrior Support and the Family Readiness Groups (FRGs), hosted three TLDs in Jan, July and Nov at the Hotel Del, in which we had total of 132 spouses of deployed service members attend.

7TH ANNUAL HARVEST HOEDOWN
15-16 October. The event was supported in conjunction with the Naval Special Warfare Warrior and Family Support Services team. With a mission of building resilient families in the Naval Special Warfare Community, this event brought over 125 families (500 plus family members) together to enjoy the outdoors at this special location.

"Not only did it give me a day off, but I get to discuss stressors we are all sharing. It doesn’t feel so lonely."
- NSW Spouses

GOLD STAR FAMILY SUPPORT
One of the most sacred and solemn duties of the SEAL Family Foundation is to provide comfort and ongoing services for those SEAL families who have offered up the ultimate sacrifice in the preservation of freedom. It is our honor and privilege to be there when they need us. Especially the children.

Our Comfort Zone Camp, for children who have known the loss of a SEAL parent, is designed to provide a sanctuary where healing – and loss – can be shared. The Camp inspires camaraderie, resiliency and leadership – all traits that are invaluable in weathering life’s most difficult challenges. Weekend-long activities are comprised by physically and mentally challenging excursions and peer group discussions and interaction that encourages shared feelings, aspirations and experiences. Comfort Zone Camp is a phased experience and not a one-time-one-week event. Many children of fallen NSW Service Members return to provide invaluable service in helping others in their time of need. A shining example of what true service is all about.

At the present time, Comfort Zone Camp is the focus of the SEAL Family Foundation.
Gold Star Families

Every year we host our Gold Star Surviving Spouses and children to participate in the Wreath Laying Ceremony at Arlington National Cemetery. We provide travel, hotel and meal accommodations for the families to come to DC for the weekend in December.

“This was my first year attending the Wreath Laying Ceremony at Arlington with my Gold Star family. We are extremely fortunate to have the continued support of the Foundation throughout the years. It was a wonderful weekend of remembrance, spent with a special group of ladies.”

- NSW Gold Star Spouse

Comfort Zone Camp

Leadership Academy - Phase IV(4) was held 12-14 February in Winter Park, Colorado. During this four-day event, the teens participated in activities that tested their agility, challenged their comfort levels and fostered intimate discussions. Everyone participated in all activities. The teens left this trip refreshed, inspired, and filled with fond memories to reflect upon for the road ahead.

Camp Ascending Warrior - took place in Virginia Beach 22-24 July, 21 campers in total. The Pup Program was held for children ages 4-6 with 8 participants. The PUP Program was created to build awareness and begin discussion around grief to prepare PUP attendees for Camp Ascending Warrior.

“There were many instances of appropriate sharing of stories and memories with the children participating in the program, which helped many of the campers build stronger connections to those within their community.”

- Camp Leadership

Leadership Academy - Phase V(5) - was held on 10-13 November in San Diego. The purpose of the Leadership Academy program is to develop leaders within the NSW Gold Star and Surviving Family community by implementing program tailored to young adults. The program’s aim is to encourage continuous growth, resilience, and empowerment, while also inspiring participants to “give back” to the community from which they came.

“One of the greatest takeaways from the weekend, as expressed by the majority of the participants, was a concept they described as the following: ‘You are only as strong as your weakest teammate,’ and it was apparent that the group worked to help one another be their best and try their hardest. Encouragement was ever-present.”

- Pete Shrock, Chief Programs Officer

“I know how close I feel to many of the other Gold Star Spouses, I’m glad my kids have the opportunity to develop the relationships and grow their support system.”

- NSW Gold Star Families

THE FALLEN HEROES

SEAL Family Foundation programs that embrace the needs of the families of Fallen Heroes include:

• Bereavement funding to support the clear needs that arise through the loss of a family member. This includes funeral support and miscellaneous family costs, including costs over time that may be required to support family healing.

• Gold Star Families who have lost a service member to operational, training or off-duty causes are provided support regularly by the Family Foundation. This includes, but not limited to, moving relatives across town or oceans, providing for children, and whatever else is needed for the comfort and solace of surviving family members. This support continues long after loved ones are laid to rest. Our Gold Star Family initiatives support family trips to interment sites on special occasions, holiday gatherings for survivors, assistance with survivor medical expenses and assistance with private family foundations and memorials.

• Comfort Zone Camp provides additional support for the children of the fallen (see Gold Star Family Support).

• Memorial and Heritage support is provided by the Family Foundation in the form of monuments (such as Extortion 17), building and classroom dedication, naming ceremonies and local tributes for our Fallen.
“We could not accomplish all we do without our partnerships with the many organizations that raise funds and awareness for us, support our programs, support our events and assist us in many ways. Thank you to our Partners.”

2016 Fundraising Events

Rancho Santa Fe, CA | Del Mar Country Club, Golf Tournament and Gala | March
Los Angeles, CA | Dennis Tito’s Estate | May
Chicago, IL | James M. Sweeney Classic Charity Golf Tournament | August
Omaha, NE | Nebraska Supports SEALs | September
Simi Valley, CA | United We Stand Golf Tournament | September
San Diego, CA | Tavern & Bowl Dinner Auction | October
San Diego, CA | CRC Cares-Clark Golf Tournament | November
GOALS FOR 2017

Our primary goal is to remain dedicated to excellence, transparency and integrity in the execution of the SEAL Family Foundation Mission. We will do this by continuing to be closely aligned with the Naval Special Warfare Command, meeting with each Major Commander and their Senior Enlisted Leaders to better understand how we may be of assistance. We will ensure our programs are executed well and effectively, and we will standardize our existing programs to make sure all Naval Special Warfare Families are provided with the same level of service. From a business perspective, we plan on increasing our corporate partnerships, our communications with existing donors and conducting all our efforts in a fiscally responsible and sound manner.

There are many opportunities for you or your organization to provide ongoing support.

FINANCIAL DONATIONS/CORPORATE PARTNERSHIPS/
EVENT SPONSORSHIP/MATCHING GIFTS/STOCK DONATIONS.

Please call or email with your questions and/or to discuss how to get engaged in supporting the SEAL Family Foundation initiatives in 2017 and beyond.

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Thank you on behalf of our team and the men and families we continue to serve!

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