

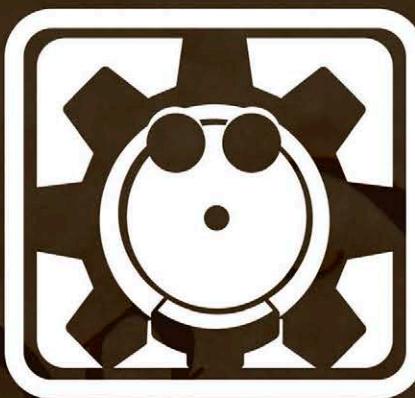
# MILITARY Appreciation RESOURCE BOOK

2017 • Volume 2



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## **“MY INJURY HAS TAUGHT ME WHAT’S IMPORTANT ABOUT LIFE.”**

Master Sergeant John Hayes arrived at Walter Reed National Military Medical Center in January 2011. He'd lost both legs to an improvised explosive device blast in Afghanistan on his fourth deployment. An explosive ordnance disposal expert, he was in his 11th year as a Marine.

“This whole experience...it’s taught me what’s important about life,” says John. “I want to spend time and have fun with my family. You talk about support networks – Semper Fi Fund is a huge part of that.”

The Semper Fi Fund’s support to John and his family included an Action Trackchair™ that provides him with freedom and mobility he wouldn’t otherwise have and help with the purchase of an adaptive minivan. “I was up and driving before I was even a year out. That was huge for my independence!”

With assistance from The Home Depot Foundation, John also received a special attic lift in his home. John can now easily organize his house and garage on his own.

“Marines by nature are a very strong-willed, proud and confident bunch,” he says. “Before the injury, I could do anything easily. After the blast, though, I have to ask for help daily, and that’s tough for me to do. Semper Fi Fund doesn’t make me ask.”

“I know of no other organization that does what the Semper Fi Fund does. I feel like they’re my own family.”

**Read more of John’s and other hero stories at [www.SemperFiFund.org](http://www.SemperFiFund.org).**



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## Featured Organization



Our featured nonprofit organization is the Semper Fi Fund. They provide immediate financial assistance and lifetime support to post-9/11 wounded, critically ill and injured members of all branches of the U.S. Armed Forces, and their families, ensuring they have the resources needed during their recovery and transition back into their communities.

The Semper Fi Fund is a 501(c)(3) non-profit organization and all donations are tax deductible.

Donations are always appreciated. Visit their website at [www.SemperFiFund.org](http://www.SemperFiFund.org).

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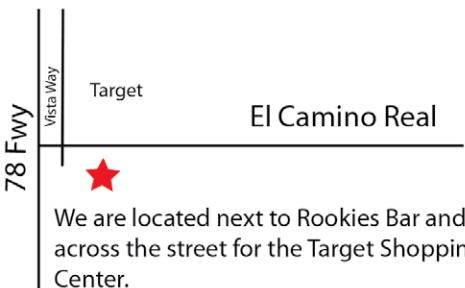


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# Marine Corps Base Camp Pendleton



Marine Corps Base Camp Pendleton, the Corps' largest West Coast expeditionary training facility, encompasses more than 125,000 acres of Southern California terrain.

Located approximately 38 miles from downtown San Diego in North County and 82 miles south of Los Angeles, Camp Pendleton has been the largest employer in North San Diego County for more than 60 years.

Camp Pendleton is one of the Department of Defense's busiest installations and offers a broad spectrum of training facilities for many active and reserve Marine, Army and Navy units, as well as national, state and local agencies.

The base is home to the I Marine Expeditionary Force, the 1st Marine Division and the 1st Marine Logistics Group. Numerous tenant units include the Marine Corps Installation-West, 1st Marine Special Operations Battalion, Wounded Warriors Battalion-West, Marine Corps Air Station at Munn Field, Marine Aircraft Group 39, Marine Corps Tactical Systems Support Activity, Marine Corps Recruit Depot San Diego's Weapons & Field Training Battalion, Marine Corps and Army Reserve Forces, the Navy's Assault Craft Unit 5, a Naval Hospital and 1st Dental Battalion.

## Desert, Mountains, Coasts Offer Unique Terrain for Combat Training

Camp Pendleton's coastal and mountain terrain supports a variety of military training. Fleet Marine Force units use the ranges and training areas to maintain combat readiness.

Camp Pendleton also provides specialized schools and training as directed by the Commandant of the Marine Corps. Several

schools are located on the Base including the Assault Amphibian School Battalion, School of Infantry-West, Field Medical Service School and the Marine Corps University. Following recruit graduation, enlisted Marines receive basic infantry training at the School of Infantry-West at Camp San Onofre before assignment to other units throughout the Corps.

Camp Pendleton contains the largest undeveloped portion of coastline in Southern California. The eco-system includes beaches, bluffs, mesas, canyons, mountains and Southern California's only free-flowing river. There are more than 1,000 species of plants, fish and animals, some of which are either threatened or endangered. Wildlife and habitat protection is a top concern of all who live, work and train at Camp Pendleton.

## Neighboring Communities Provide Support Services for Pendleton

The neighboring cities of Carlsbad, Escondido, Fallbrook, Oceanside, San Clemente, San Marcos, Temecula and Vista provide employment, housing and services needed by the Camp Pendleton population. More than 38,000 military family members occupy base housing complexes. However, with a daytime population of 70,000 military and civilian personnel, the Marines, Sailors and their families rely on the surrounding communities for all of the retail goods and services not available on Base.

More than 77,000 retired military personnel and their families reside within a 50-mile radius of Camp Pendleton, all with full privileges to base recreation facilities, commissary, exchange and medical services.

# The Semper Fi Fund – Who We Are



Our story began in the spring of 2003. Just back from Operation Iraqi Freedom, the first wave of wounded Marines and Sailors landed at Camp Pendleton, California. Karen Guenther, a registered nurse and spouse of an active duty Marine, saw firsthand the challenges faced by wounded Marines and Sailors as they returned from Iraq. She, along with a determined group of military spouses (Annette Conway, Sondria Saylor, Helen Toolan and Karen Kelly) began organizing welcome home activities at the hospital, arranged travel for family members who couldn't afford airfare, provided a specialized van for a quadriplegic Marine through the generosity of donors (like retired Marine Colonel Jack Kelly) and assembled and distributed care bags filled with toiletries and phone cards. Still, the injured kept coming.

Realizing that a growing number of families across the nation were facing similar situations, Karen brought together a dynamic team to expand the initial efforts to become a nationwide non-profit so that wounded and critically ill service members and their families would never be alone or forgotten. In May of 2004, Wendy Lethin, Dawn Olson and Sarah Dalke came on board to take this dream to incorporation. Soon Joanna Woblewski, Lyndsie Hesner, Rene Bardorf and Liz Quist joined them. The mission was clear: to provide wounded, critically ill and injured service members with immediate financial assistance and quality of life solutions to lift the burdens of their new reality, so that each family could focus on their loved one's recovery. The Fund's first official donation came from the Lighthouse Christian Church in Oceanside, California, and by the end of the first year more than \$2 million had been raised. The mission was clear: to provide critically injured and ill service members with immediate financial aid and quality of life solutions to lift the burdens of their new reality, so that each family could focus on their loved one's recovery. The group's first official headquarters? Karen's kitchen table.

The Fund's first official donation came from the Lighthouse Christian Church in Oceanside, California. The entire donation was given to the first three wounded Marines referred by the hospital, with the thought that even if that was all that was raised, it would at least help these three service members and their families at a difficult time in their recovery. Little did the Fund realize that this donation would be the first of many to follow.

In the years since, the Semper Fi Fund has transformed the lives of thousands of wounded service members and their families. The Fund now has a dedicated staff, plus hundreds of volunteers across the nation and overseas. Administration and fundraising costs are kept to an absolute minimum, as to never forget the core mission.

The success of the Fund has been far beyond what was first envisioned, due to the extraordinary generosity of patriotic citizens across the country. As the original members look back on the development of the Fund, they truly believe that divine intervention helped this Fund surpass the goals set for "serving those who preserve our freedom."

The Marine Corps motto, Semper Fidelis, translates to "always faithful." Our goal is to embody this spirit to the fullest and to always be there faithfully helping Heroes in need.

## Our Mission is Crucial. Our Duty is Clear.

The Semper Fi Fund provides immediate financial assistance and lifetime support to post-9/11 wounded, critically ill and injured members of all branches of the U.S. Armed Forces, and their families, ensuring they have the resources needed during their recovery and transition back into their communities. Since establishing the Semper Fi Fund, we've issued 138,000 grants, totaling more than \$144 million in assistance to over 18,000 of our heroes and their families.

## Who We Are

The Semper Fi Fund was created by a group of Marine Corps spouses, and those same women run the Fund today with other spouses from all service branches and retired service members, all of whom know the needs of military families. We have been by our injured and ill service members' sides from day one, helping them as they navigate lengthy recoveries and rejoin their communities.

## How We Help

Financial, emotional and tiered support for injured/ill service members and their families with the following programs: Family Support, Adaptive Housing, Adaptive Transportation, Specialized Equipment, Education and Career Transitioning, Sports and more.

## Who We Help

Qualifying post-9/11 Marines, Sailors, Soldiers, Airmen, Coast Guardsmen, and reservists with amputations, spinal cord injuries, traumatic brain injury, severe post traumatic stress disorder, burns, blindness, other physical injuries, or those suffering from life-threatening illnesses. We also help spouses and children of active duty service members who face a life-threatening illness or injury.

## How We Are Unique

The Semper Fi Fund has been awarded the highest ratings from watchdog groups: an A+ Top Rated Charity from CharityWatch – one of only two veteran nonprofits to receive this rating last year – and six consecutive "4-Stars" from Charity Navigator, an achievement attained by only 3 percent of rated charities.

We maintain an extremely low overhead. Since our inception, our overhead has averaged only 6 percent of revenue, and we provide rapid assistance with no red tape.

## Our Philosophy

The basic ideal that drives our efforts is simple: for as much as our heroes have sacrificed, they deserve the best care and support available in their hour of need. We are committed to being there at the time of injury or illness and for a lifetime if needed.



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# Semperi Fi Fund Recovery Programs



## Veteran to Veteran Program

### What is it?

The Veteran to Veteran Program (V2V) helps service members transition to civilian life in their communities by providing support and empowerment.

### Why is it important?

V2V is successful because veterans know best how to help other veterans and service members develop the knowledge and skills needed to succeed in the transition to a productive civilian life. Semper Fi Fund Veteran Leads work closely with case managers, the Veterans Integrated Services Network and VA healthcare providers, to provide a motivational and personal approach to helping service members.

*Jasper, a Master Sergeant in the Marines who is a Veteran Lead, says:*

*"I think what makes the V2V program so effective is having someone who's kind of been there, done that. As a Veteran Lead, I can relate to a lot of what these guys and gals have been through. Being able to say I was there, having to go to the VA for my appointments, all the rest — it's just something that someone that's never done it doesn't really know."*





## Apprenticeship Program

### What is it?

The Semper Fi Fund Apprenticeship Program assists post-9/11 service members find meaningful trades, careers and small business opportunities through short-term, vocational education and available apprenticeships with trade experts.

### Why is it important?

The Semper Fi Fund Apprenticeship Program helps establish mentoring relationships with leading industry experts, who themselves are often veterans, and provides a powerful and productive way for service members to reintegrate into the community.

*Alexander, a Corporal in the Marines and now, thanks to the Apprenticeship Program, a Custom Cowboy Boot Maker, says:*

"I think it's a great experience — you have buddies to hang out with, you're pushing yourself to do things that your anxiety or PTSD is preventing you from doing. If there are vets who are thinking about these sorts of programs, and they're itchy or worried about it, I say just give it a try."



## Team Semper Fi & Team America's Fund

### What is it?

Team Semper Fi & Team America's Fund is Semper Fi Fund's recreational, event-based, sport program. It is made up of servicemen and women who have overcome significant challenges in their service to our country, and who have embraced the fighting, athletic spirit on their road to recovery. The program provides an exciting outlet for participants, allowing them to build camaraderie at the same time.

### Why is it important?

Service members tend to be naturally competitive athletes, so injuries sustained during service to our country can deeply reshape the way they view themselves. Team Semper Fi shows them — and the world — not only that physical injuries can be overcome, but that the competitive spirit can continue and thrive, serving both as a rehabilitative tool and a new life-long activity as well as being an inspiration to all.

*Omar, a Marine Sergeant who competed in the Sochi 2014 Paralympic Winter Games, says:*

"Team Semper Fi is a vehicle that can get you wherever you want to go. However, you have to drive the vehicle, fuel the vehicle and take care of the vehicle. Whatever you do, don't feel like you have to do it alone, do it with us, and do it well — just never, ever stop."





## Jinx McCain Horsemanship Program

### What is it?

The Semper Fi Fund's Jinx McCain Horsemanship Program provides horsemanship clinics across the nation to wounded, critically ill and injured service members. The clinics provide the opportunity to learn basic and advanced riding skills, to include the competitive side of horse and rider. The program is dedicated to the memory of Marine Colonel Jinx McCain (a four-time Purple Heart recipient from Iwo Jima, Korea and Vietnam), who hosted trail rides at Camp Pendleton in the '60s in order to boost the morale of amputees.

### Why is it important?

Learning and refining horsemanship skills encourages and supports recovery and re-integration through camaraderie, individual achievement and the strength of the animal-human bond.

*Thomas, a Gunnery Sergeant in the Marines, says:*

“When I got back up on a horse, I never felt more normal. When I’m on a horse, the anxiety just goes away, which is so satisfying. When you talk about PTSD, it’s nice to have something that fixes it.”

*(Continued on page 12)*

## Therapeutic Arts Program

### What is it?

The Semper Fi Fund's Therapeutic Arts Program provides a positive outlet for wounded, critically ill and injured service members to help accelerate their physical, emotional and mental rehabilitation. Program grants help provide musical instruments, art supplies and education.



### Why is it important?

Therapeutic arts is emerging as a powerful tool for veterans who are recovering from invisible and physical wounds. Expressing trauma through music, visual arts and other creative forms can provide relief in ways that verbal discussion of those traumas is incapable of achieving.

*Daniel, a Sergeant in the Marines, says:*

"Finally, there was something that could help me without medication. It started to change my life, the Semper Fi Fund, and how much they really cared ... I always wanted to play guitar, literally five days later, the guitar was on my doorstep. The music therapy classes were huge."



## Unit Reunions

### What is it?

Semper Fi Fund Unit Reunions are multi-day, experiences that help service members of any unit who were deployed together in support of Operation Iraqi Freedom and Operation Enduring Freedom to re-establish friendships, initiate peer groups and facilitate group healing.

### Why is it important?

During Unit Reunions, participants are provided information and resources from representatives of veteran service organizations, as well as experts in topics such as PTSD and TBI. These sessions can generate conversation among unit members, helping them realize that they are not alone in the challenges they face.

*James, a Captain in the Marines, says:*

"I have no doubt that lives were saved. Throughout the weekend there was a palpable sense of hope in the group — hope borne from a renewal of the warrior spirit that can only occur when surrounded by those bonded through the cauldron of combat."



*(Continued on page 14)*

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# PTSD & TBI Support Program

## What is it?

Semper Fi Fund's PTSD & TBI Support Program provides a multifaceted approach to treating both. We utilize a broad range of traditional and cutting-edge techniques to provide relief for service members suffering from these debilitating conditions.

## Why is it important?

PTSD is often referred to as the "invisible injury" while TBI has become so common it's been labeled a hallmark of the conflicts in Iraq and Afghanistan. Service members suffering from either or both require personalized assistance, often for a lifetime.

*Dr. Robert Koffman, Medical Director, says:*



"Sometimes trauma has lasting effects on the brain and nervous system — these may take months, or even years, to fully manifest as PTSD, affecting the individual, family, community and even the society. For veterans of Iraq and Afghanistan, their sacrifice and service may increase their risk."



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## Specialized and Adaptive Equipment Program

### What is it?

Semper Fi Fund Specialized and Adaptive Equipment Program grants cover any equipment that can improve the quality of life for service members with disabilities. Grants have included visual-enhancement devices for the visually impaired, software programs for those who cannot type, specialized wheelchairs for those who are unable to ambulate and therapeutic mattresses for those with multiple injuries and burns.

### Why is it important?

Providing specialized and adaptive equipment helps wounded, critically ill and injured service members overcome their most challenging and immediate quality of life issues. This in turn provides them with the independence they crave as it empowers them to be able to lead more productive lives in their communities.

*Andy, a Staff Sergeant in the Marines, says:*

“The Semper Fi Fund purchased an Action Trackchair for me, which makes it possible to move across grass, snow and sand, allowing me to play with my children. It’s an amazing organization that assists injured and disabled veterans in living a full and productive lives after their service.”

*(Continued on page 16)*

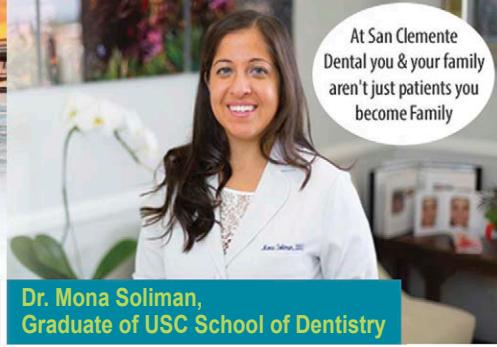




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# Caregiver Support Program

## What is it?

Semper Fi Fund's Caregiver Support Program encompasses a variety of activities and outings designed to assist the spouses, parents, siblings, extended family members and close friends who drop everything to care for a wounded, critically ill or injured service member.

## Why is it important?

Caregivers take on a wide variety of roles critical to the recovery process: nurse, aide, cheerleader, psychologist, physical therapist, homemaker, cook, healthcare advocate and so much more. We understand the challenging and stressful nature of what caregivers do all day, every day.

*Khieda, wife of Master Sergeant Cedric, United States Army, says:*

"They really want to make sure that the caregivers get that recharge. After a full year, I felt burnt out. I hadn't been taking time out for me. I started going to the caregivers' dinners that Semper Fi Fund and America's Fund would put on, I'd do little things for myself — with time, the pressure went away."

*(Continued on page 18)*



*Rahelé Mazarei, D.O.*

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17

# Housing Assistance Program

## What is it?

Most service members who use wheelchairs for mobility require adaptive housing. Handicap modifications are costly, but necessary. The Semper Fi Fund provides funding toward the cost of housing and assistance through grants to those who have fallen behind on their housing payment due to injury, recovery and rehabilitation costs.

## Why is it important?

Accessibility can be achieved through wheelchair ramps, widening of doorways and retrofitting showers and bathrooms, or any of the other many ways a home can be modified, accommodating the needs of a severely-injured service member in his or her own house is addressing one of the most basic quality of life issues.

### *Sierra, wife of Army Captain Jae, says:*

"The Fund does an incredible job working with the service member and their family in order to find out what adaptations can be made to their home. These modifications completely change their quality of life in an unbelievable way. Being able to stay cool in one's own home, or being able to enjoy your backyard with your children without overheating, is something most people take for granted. When you can't regulate your temperature very well, and you're in a position where your burns and physical limitations prohibit you from enjoying life, having appropriate housing can make all the difference in the world."





## Semper Fi Odyssey

### What is it?

Semper Fi Odyssey is a six-day, holistic transition assistance program for wounded, critically ill and injured service members. Participants learn how to transition into civilian life by learning about life-planning skills and establishing goals and employment resources.

### Why is it important?

Semper Fi Odyssey is primarily focused on career advancement, and is designed to meet the complex needs of service members. Odyssey reinforces the significance of mental, physical, spiritual, emotional and social well-being to ensure long-term success.

### A Marine who attended Odyssey camp says:

"Thank you for the opportunity to attend the Semper Fi Odyssey. It was a great experience. I think the thing that helped the most was



the reminder that I am most content when I am reaching out to others. I have spent the past two years isolating myself from others, and I realized that when I reach out, it is cathartic. I am committed to finding opportunities to help others now, and not focus so much on myself."

(Continued on page 20)



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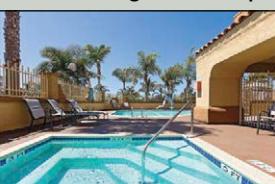
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## Tim & Sandy Day Canine Companions Program

### What is it?

The Tim and Sandy Day Canine Companions Program unites wounded, critically ill and injured service members with service dogs, and ensures the dogs are properly trained and continually cared for despite the financial difficulties that often arise while an injured service member is undergoing physical rehabilitation and transitioning back to civilian life.

### Why is it important?

Service dogs can be a tremendous help to our recovering service members with disabilities, particularly PTSD, but preparing a dog for service can take many months, sometimes years, and cost tens of thousands of dollars per animal.

*Derek, a Navy hospital corpsman who does social work with homeless veterans, says:*

"Iron is a golden retriever, he's a nice red, reddish brown more than blond. He goes with me everywhere. When he's around my vets, the way the guards come down and the trust builds — the Fund doesn't know how many lives Iron touches. My vets with severe PTSD love him."



# Kids Camp

## What is it?

Semper Fi Fund Kids Camp provides a week of growth through adventure for children of wounded, critically ill and injured service members. Campers are matched up with motivated high school student mentors and together they build confidence through activities and develop tools to be successful in school and life.

## Why is it important?

The stress experienced by the child of a wounded, critically ill or injured service member is sometimes overlooked. We hope to alleviate this stress by providing kids with the tools and skills they need to deal with their unique situations.

*Breena, a Semper Fi Fund Kids Camp mentor, says:*

"It's good to be with people who have gone through the same things as you. It's a life-changing experience."



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# Things to Do Around Oceanside, California

Oceanside has a long tradition of community events to compliment the recreational opportunities available year-round. The beachfront community relies on its scenic surroundings to form the base of many of the areas events and activities. See the calendar of events on Pages 26 and 27 of this book for more information or visit [www.visitoceanside.com](http://www.visitoceanside.com).

## Oceanside Pier and Harbor

Much of the activity in Oceanside revolves around water, and takes place at the Oceanside Pier and Harbor.

Since 1888, the Oceanside Pier has been a staple of local activity. Throughout the year, the 1,942-foot pier is one of the



Photos: VisitOceanside.com

longest wooden piers in America — and a favorite walking spot, a sunset destination, and the site of free concerts and movies. But perhaps the most iconic pier activity comes each Labor Day, when locals and visitors from around the country take on the waves in the mile-long pier swim.

## Recreational Activities

The beach is the center of much of the recreation in Oceanside, with regular gatherings for beach soccer, a lifeguard on duty to monitor swimming, and plenty of waves for surfers to catch.

To keep the coastline clean, locals gather regularly for beach cleanups through the area, many hosted by the San Diego chapter of the Surfrider Foundation. Oceanside is on the calendar for the first Saturday of each month, with the gatherings beginning on the north side of the pier at about 9 a.m.

Venturing off the beach and out onto the water offers another view of the area, and sailing is popular in the area, as is whale watching. For landlubbers, area paths provide great biking and destinations, and the community gathers each Thanksgiving for a five-kilometer and 10-kilometer Turkey Trot.

## Local Markets and Shopping Hot Spots

In 2017, the Oceanside Sunset Market celebrates 10 years of bringing the community together. The market is a combination street fair, farmers market, and entertainment venue, taking place every Thursday night. Shopping is a focus, but the market also features an international food court and live music each week.

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Oceanside also hosts a farmer's market every Thursday morning. Local vendors offer fresh produce, flowers, and even nursery items to help home gardeners. But there's also ready-to-eat food, artisan baked goods, and even craft vendors on hand.

The Lucky Street Vintage MarketPlace offers shoppers a chance to sort through vintage goods in search of treasures every weekend. The warehouse provides space for many vendors and a variety of goods, and the MarketPlace also has props and set rentals for special events.

Each spring, the Oceanside Days of Art features over 100 local artists selling their work. The free event is scheduled for April 22 and 23 this year, and includes live performances and art activities along with an opportunity to browse and purchase local art.

### Summer Fests

Summer brings its own series of events to Oceanside. The annual Christmas in July sale, often held at the Mission San Luis Rey Parish, is a shopping extravaganza with handmade arts and crafts, as well as a rummage sale and bake sale.

The community also has an annual Independence Day parade, and a fireworks display on Rancho Del Oro Road, both usually held the weekend closest to July 4. The fireworks display goes off after dark, but festivities start much earlier with food trucks.

The North County Health Fair, scheduled this summer for August 10, offers families a glimpse at the range of health-related businesses and organizations in the region. The morning event is held at the Oceanside Civic Center Plaza, and includes free screenings and demonstrations, as well as informational booths.

*(Continued on page 25)*



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## Arts and Culture Around Camp Pendleton

The ever-growing arts scene around Camp Pendleton offers entertainment year round. Historic sites, live music, theater and visual arts all are on offer in the area.

### Oceanside Arts Events

Each month, Oceanside offers an opportunity to combine outdoor activity with local culture. The Oceanside Art Walk is held the first Friday of every month, and showcases local artists of all forms. The walk incorporates businesses and public spaces in the downtown area, featuring live music, poetry, art education, and pop-up galleries. The chamber of commerce recommends starting at the intersection of Mission Avenue and Ditmar, and continuing throughout downtown and on down the coast.

The second Saturday of the month, Oceanside hosts a guided downtown history walk, starting at 9 a.m. at the Oceanside Civic Center Foundation, where a plaque commemorates Oceanside's founder. The two-hour walk includes other historic sites, including churches, banks, and even the house from "Top Gun."

The Oceanside Cultural Arts Foundation also hosts several events each year, including a short play festival in June and a film festival in August.

*(Continued on page 26)*









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### Mission San Luis Rey

One of Southern California's most famous Spanish missions, Mission San Luis Rey is more than 200 years old and a National Historic Landmark. It operates as a parish church for the Diocese of San Diego and houses a retreat center, celebrated gardens and a museum. The mission hosts a Dia de los Muertos festival celebrating life and death, scheduled from Oct. 13- Nov. 2.

### Museums

In Oceanside, the Heritage Park and Museum celebrates the town's heritage, and is a venue for parties, weddings and special events. New to Heritage Park is the North County Model Railroad Society, which has launched the first piece of a larger set of displays commemorating rail history there. Nearby, the Oceanside Museum of Art has rotating exhibits, often showcasing California artists.

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The museum is open year round, with free admission on the first Sunday of each month, and free admission for kids every day.

A more mechanical-style of exhibit is on display at Vista's Antique Gas and Steam Engine Museum, a nonprofit focused on



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engine history, with special exhibits that feature weaving, blacksmithing and model railroads.

And for a coast-specific type of museum, there are multiple surfing exhibits. The California Surf Museum in Oceanside, offers a look back at surf history and memorabilia. San Clemente's Surfing Heritage and Culture Center also aims to preserve surf history and culture, and has it on display for the curious public.



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# CREATIVE FORCES

Story and photo by:  
The National Endowment for the Arts

## Historic Healing Arts and Military Partnership Expands

In FY 2017, the NEA and Department of Defense expanded its military healing arts program into Creative Forces: NEA Military Healing Arts Network. The Creative Forces program places creative arts therapies at the core of patient-centered care at 11 clinical sites, plus a telehealth program that increases access to therapeutic arts activities in local communities for military members, veterans and their families. The program is also investing in research on the impacts and benefits of these innovative treatment methods.

Since 2011, this military healing arts partnership has supported creative arts therapies for service members with traumatic brain injury and associated psychological health issues at two military medical facilities in the Washington, D.C., area — the National Intrepid Center of Excellence (NICoE) at Walter Reed Bethesda in Maryland, and the Fort Belvoir Community Hospital in Virginia. The President and Congress recognized the success of the program at these facilities and believed it could do more. In fiscal year 2016, Congress appropriated a \$1.98 million budget increase for the NEA, specifically allocated to expand this military healing arts program. In 2017, the Department of Veterans Affairs also joined the network.

### CREATIVE FORCES CLINICAL SITES

As of March 28, 2017, these are the Creative Forces clinical sites in alphabetical order by state.

#### **Joint Base Elmendorf-Richardson (JBER) Anchorage Alaska**

#### **Marine Corps Base Camp Pendleton Oceanside, California**

#### **Fort Carson, Colorado**

#### **James A. Haley Veterans' Hospital Tampa, Florida**

#### **Fort Campbell, Kentucky**

#### **National Intrepid Center of Excellence (NICoE) at Walter Reed, Bethesda, Maryland**

#### **Marine Corps Base Camp Lejeune Jacksonville, North Carolina**

#### **Fort Hood, Texas**

#### **Fort Belvoir, Virginia**

#### **Joint Expeditionary Base, Little Creek, Virginia**

#### **Madigan Army Medical Center Tacoma, Washington**

*"As a DVBIC (Defense and Veterans Brain Injury Center) site subsumed under a Mental Health Flight, we understand not only the effects of TBI and PTSD but the need for more options and opportunities to process the mental, emotional, and physical concerns that keep our service members and veterans from the quality of life they deserve. The Creative Forces initiative brings those options, and we are honored to be a part of it."*

— Jaime J. Pons-Valerio, Maj, USAF, BSC, PsyD, Director, mTBI Clinic, JBER-Elmendorf, Alaska

### Creative Forces has three components:

#### **Clinical**

Creative Forces is bringing creative arts therapies to 11 locations in 2017. The NEA is providing funding for creative arts therapists including, but not limited to, art and music therapists, creative writing instructors, as well as equipment and supplies at these locations. In addition, the NEA provides other program support, such as telehealth programs, training and curriculum support, data collection, and research and evaluation.

#### **Community**

The NEA is working closely with its network of state and local agencies and nonprofit partners to develop community-based arts programs around each of the 11 sites that allow patients to continue exploring art practices as part of their healing process. In addition to military service members, these programs will be available for veterans, families and caregivers. The lead organizations forming each local community network will hold summits to increase participation and enhance programming, and will develop innovation projects that may be replicable to other locations.

#### **Community-based arts programs offer many benefits:**

- Allow people to explore the therapeutic benefits of art
- Offer former patients opportunities to continue beneficial arts programming initiated during treatment



- Support reintegration for people leaving a medical center
- Offer a de-stigmatized option for those who may benefit from creative arts therapy in the clinical setting

## Capacity

The NEA is creating an online toolkit and resources to help communities understand how to support service members, veterans, and their families through arts programming. This includes guidance on how to build deeper connections across civilian and military populations. Creative Forces will also explore how tele-therapy can be employed to extend therapeutic reach.

The NEA is also investing in research on the impacts — biological, psycho-social, behavioral, and economic — of these arts-based interventions. This includes a partnership with the Creative Arts Therapies PhD program at Drexel University in Philadelphia. Together, the NEA, Drexel, and the NICoE are supporting research on themes communicated through mask making from active duty service members with post-traumatic stress disorder and traumatic brain injury. As part of this project, a case study examining long-term art therapy with a senior military service member with PTSD and TBI is available here. The results will inform research and treatment that applies to all patient communities. ■

**For more information on the National Endowment for the Arts and Creative Forces, visit their website at <https://www.arts.gov>**



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**SCAM  
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## Number One Scam Targeting Military Service Member Community

By Better Business Bureau Institute for Marketplace Trust and BBB Alaska — August 2017

Imagine receiving a big fat check in the mail. Maybe you've been led to believe you've won a sweepstakes, been paid in advance for a new job or you've received payment for something you sold online. Whatever the story, and they run the gamut, there's always some plausible reason why you need to send money back out by some untraceable means (e.g., wire transfer or gift card). Don't do it! The check you receive, which could be personal check or a money order or cashier's check, will invariably turn out to be a fake, and you'll be on the hook for the negative funds in your account. Here's what you need to remember — just because the check has "cleared" doesn't mean you're in the clear. Banks are required to make funds available long before they can be sure a check is legit. So when a teller tells you that the check has "cleared," it only means that your bank has made funds available in your account. It can take weeks for the bank to determine whether the check is worth the paper it was written on.

While anyone can be hit by a fake check scam, sadly, military service members, veterans and their family members are the most at risk for this type of scam. The Better Business Bureau Institute for Marketplace Trust reported in its 2016 BBB Scam Tracker Annual Risk Report that fake check scams are the number one most risky scam amongst military families. And while the typical financial loss from a scam is \$275, the median loss from a fake check scam is nearly \$1,500.

Service members are unique prey for scam artists for several reasons. Service members deal with extended time away from home and are focused on their missions, making it harder for them to identify scams. They tend to have a steady income stream and are held to a higher standard of debt repayment under the Uniform Code of Military Justice. Many newly enlisted service members are also quite young and we know that, contrary to what many believe, young people are the most susceptible to scams.

### Fighting back

#### Some tips for fighting back:

##### Know how these scams work and be alert:

There are several ways that fake check scams are conducted by criminals. By way of example, someone offers to:

- Buy something you advertised for sale
- Pay you to work at home
- Give you an "advance" on sweepstakes or you have won
- Give you the first installment on the millions you'll receive for agreeing to transfer money to a bank account in a foreign country.

In these scenarios, scammers will often send a consumer a check and ask her to send a portion of the money to someone else — usually by wire transfer.

##### A few things to keep in mind to help you avoid victimization:

- Fake checks do not always look fake — *Scammers are working with top-notch software to ensure that their fake checks and money orders look authentic.*
- Understand that the term "cleared" does not mean the check was legit — *Keep in mind that just because a check is deposited in your account and you are able to withdraw funds does not mean the check was legitimate. In fact, you may hear from the bank weeks later that it was a fake. Under federal law, banks are required to make funds available quickly, but fakes can take weeks to detect. Never send a portion of a check's proceeds elsewhere*

Fraud experts indicate that there are few legitimate business transactions that would involve an individual sending a consumer a check, asking the consumer to deposit it, then requesting that the consumer send a portion of the funds. If you encounter a request like this, you can bet it's a scam.

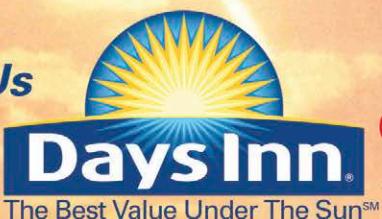
##### What to do if you become or think you have become a victim of scam or fraud:

Report the scam to the BBB Scam Tracker, BBBI's crowd-sourced "heat map" for consumers to report and locate scams. If necessary, contact your local law enforcement agency.

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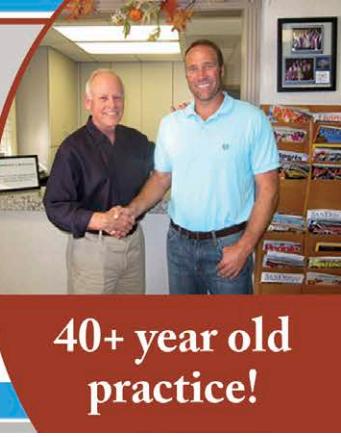
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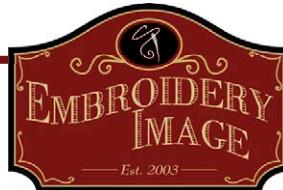
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USA Today, Sat., Oct. 20, 1984

### FORMER POW DIGS HIS OLD SIDE IRON UPON RETURN TRIP TO SITE OF CAPTURE

By WILLIAM RINGLE, TODAY-General News Service

TACLOBAN, Philippines — Forty-two years ago on May 6, Louis Duncan buried his .45 caliber pistol on Corregidor.

Duncan was a Marine sergeant and the armorer for his unit, which was defending the U.S. fortress. He had gone out to get his morning meal, but heavy shellfire from the Japanese prevented his return until almost nightfall.

Upon his return, Duncan found the foxhole where he repaired weapons obliterated. He knew Corregidor was soon to fall, so he buried his pistol.

Duncan was taken prisoner by the Japanese, and one year before the Philippines were recaptured by

the Americans, he was taken to Japan and forced to work in the coal mines. He was freed when the war ended, after 34 months as a prisoner of war.

Last Tuesday, returning for the first time since that ordeal to take part in the commemoration Saturday of the American landing here on Leyte 40 years ago, he and another former prisoner decided to stay overnight at a small inn on Corregidor, near Malina. While there, Duncan walked to the spot where he had buried the pistol — and found it.

"You can recognize it as a pistol," he said. "That's all."

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Dr. Nancy Nguyen and her dedicated staff exceeds all of my expectations. They are an extremely professional and dedicated team who understand the needs of patients. They are extremely devoted to making the patients feel comfortable, which I really appreciate. Thank you.

- Tracey A

#### Quick and Painless

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- Mike S

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- Vince

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- John T

#### Great Staff

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- Lynn M