



In FOCUS

Newsletter

Issue 13
December 2016

Your FOCUS Dollars At Work - Pages 2,5,7 and 8



FOCUS Marines Foundation
Serving Wounded Warriors
Since 2010



**FMF Chairman
Walt Suhre**

Dear Friends of FOCUS Marines,

I am delighted to report that Focus Marines Foundation and its FOCUS Program are alive and better than ever! Since we launched our FOCUS Program in March 2011, we have conducted 22 additional week-long sessions, graduating 643 wounded Marines and Greenside Corpsmen (with a sprinkling of similarly situated members of other services) whose injuries have disqualified them from further military service. These brave young men and women who have given so much to preserve the American way of life are thrust back into a civilian world, minimally prepared for assimilation and with little, if any, support. Far too frequently, suffering severe physical and/or psychological disabilities, they give up and the downward spiral begins.

During the week at FOCUS, our wounded warriors are given tools to help them build meaningful lives in the civilian world. They learn to reject the victimization role so prevalent in today's society and to accept responsibility for choices they've made and for choices they will make. They are encouraged to leave their comfort zones in order to set and realize goals to which they aspire. Perhaps most importantly, they understand that they are not alone, that many others share similar adversities. Among those brothers and sisters, they can share their stories, unload their emotional baggage and move forward toward rewarding lives.

They understand also that after FOCUS, they will return to a reality in which setbacks are inevitable and recurring. Each is reminded of our mantra -- "fall down seven, get up eight." Our mentoring program continues as we stay in touch with graduates, supporting them when needed, as long as needed.

Participants attend FOCUS at no cost to themselves. Transportation between their homes throughout the U.S. and Augusta Missouri is provided by FMF, as

are food, lodging, course materials and a new laptop computer. (A reliable computer is indispensable in today's world. Following FOCUS, support from fellow graduates, FOCUS Team Leaders and staff is crucial to recovery. Additionally, information concerning VA benefits, educational and employment opportunities via the internet is immediately accessible.) Costs incurred by FMF for each of the 33 attendees at the March, 2016 session was \$3597.

Transportation and computer costs are the two largest components of those costs. We accept no government monies. Only through your generous support and that of others similarly inclined, is FOCUS possible. Together we are making a difference — in many cases saving lives.

Thank you for your past support. Continuing support is essential for our future efforts to rehabilitate our deserving veterans. We hope we may count on you. If so, please return your check or the enclosed pledge card today.

Proudly and appreciatively,

*Walt Suhre
Chairman,
FOCUS Marines Foundation*



Your FOCUS Dollars at Work

Cover Photo: FOCUS graduate Susan Welch diligently working and reviewing her notes at the FOCUS September 2016 session.

Susan has already achieved one of her goals by completing her Bachelor degree. However, she is pursuing her Masters Degree in Hospitality to further her education.

Using the tools and techniques she learned at her FOCUS session, Susan is also working with her advisers in the FOCUS Graduate Program to pursue her career objectives in the hospitality industry.

With her initiative and a little help from FOCUS Susan is destined to achieve great success.



Our September and November FOCUS Classes brought our number of FOCUS graduates to well over 600! Marines and Corpsmen from across the nation, along with a few Soldiers, Sailors and Airmen thrown into the mix, are changing their lives based on lessons learned and confidence found through the FOCUS program.

FOCUS Graduates are now responsible for almost one third of all FOCUS program referrals. We see this as an unbelievable compliment and evidence our participants, after experiencing the benefits of the curriculum and support offered, want their fellow warriors to gain from their own experience at FOCUS.

A graduate made the following statement almost three years AFTER completing the FOCUS program:

“When you guys go home at night, rest assured, you have saved countless lives every day, including this one.”

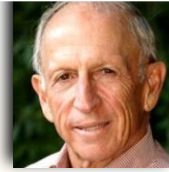
FOCUS November 2016

FOCUS Marines Foundation Year In Review

Calendar year 2016 has been an active year for fundraising here at FOCUS Marines Foundation. Donors have been extremely generous in partnering with us as we work with and for wounded and disabled veterans. Sponsors held 18 fundraising events to help with the operational costs incurred in bringing veterans to St. Louis from across the United States. In addition, in-kind donations were graciously given ranging from food to airline tickets.

FMF also benefitted from volunteers who helped with various jobs. The largest and most challenging event was a golf tournament held on October 31st at Old Hickory Golf Club in St. Peters - our first ever - sponsored by the Bocce Czars of St. Louis. We were blessed with beautiful weather and 144 golfers enjoyed a splendid day of play. The golf was followed by a banquet, and a live and silent auction.

The cost to bring one veteran to a FOCUS week is approximately \$3,600, totally paid by FMF. We receive no funding from the government, nor do we request any. All funding is received from private sources including individuals, organizations, fundraising events, and grants.



Ted Kretschmar,
FMF VP of Development

Generous support has been poured out upon FMF this year. We are looking forward to exceeding our goal for 2016. If you have not made a contribution this year, please consider making one now. Join us in our mission to equip veterans as they transition from military to civilian lives.

There are many ways that you personally can help FMF with our mission, including one time on-line contributions, monthly recurring donations via PayPal, and making on-line purchases through Amazon Smile. Information on these opportunities and instructions for the enclosed remittance envelope can be found on this and the following page.

FMF looks forward to 2017. We are excited and honored to continue serving veterans in need of the friendships and skills learned during a FOCUS week. We already have veterans registered for sessions in 2017. With your help and generous support, FMF will continue to provide the best-in-class programs for these brave young men and women.

Greetings for a joyous holiday season to all.

FOCUS Marines Foundation Mission

"To develop and administer programs for wounded warriors which will assist them in their transition from military to civilian lives."



You shop. Amazon gives.

AmazonSmile is a simple and automatic way for you to support FOCUS Marines Foundation every time you shop, **and** at no cost to you! When you shop at smile.amazon.com, you'll find the exact same low prices, vast selection and convenient shopping experience as Amazon.com, with the added bonus that Amazon will donate a portion of the purchase price to FOCUS!

On your first visit to AmazonSmile (smile.amazon.com), you need to select FOCUS Marines Foundation as the organization to receive donations from eligible purchases before you begin shopping. Your selection will be remembered, and then every eligible purchase you make at smile.amazon.com will result in a donation.

SPREAD THE WORD! Just one more way to support FOCUS!

On-Line Donations

FMF provides an easy and convenient method for on-line donations using a credit card or an existing PayPal account. Rest assured that your transaction is protected and secured by PayPal.

One Time Donations On-Line

Simply go to the link shown at the bottom of any page in this edition of the InFOCUS newsletter and click on the yellow "Donate" button. You will be immediately redirected to a secure PayPal page where you may log into your existing PayPal account to complete the transaction, or enter your credit card information directly.



Recurring Donations On-Line

Using the on-line donation link at the bottom of any page in this edition of the InFOCUS newsletter you can access the FMF donation page on our web site. When clicking on the yellow "Donate" button you will have an option to make monthly recurring donations to FMF via a secure PayPal transaction. Just a small \$50 monthly recurring donation will cover 20% of the cost for one veteran attending FOCUS.

Remittance Envelope

For your convenience, we have included a self-addressed remittance envelope in this edition of our InFOCUS newsletter. We always welcome your financial support in the form of check or money order to help FMF achieve our goal to support our wounded veterans.

Did You Know.....

.... That 86 cents of every dollar donated to FMF goes directly to support wounded service members.

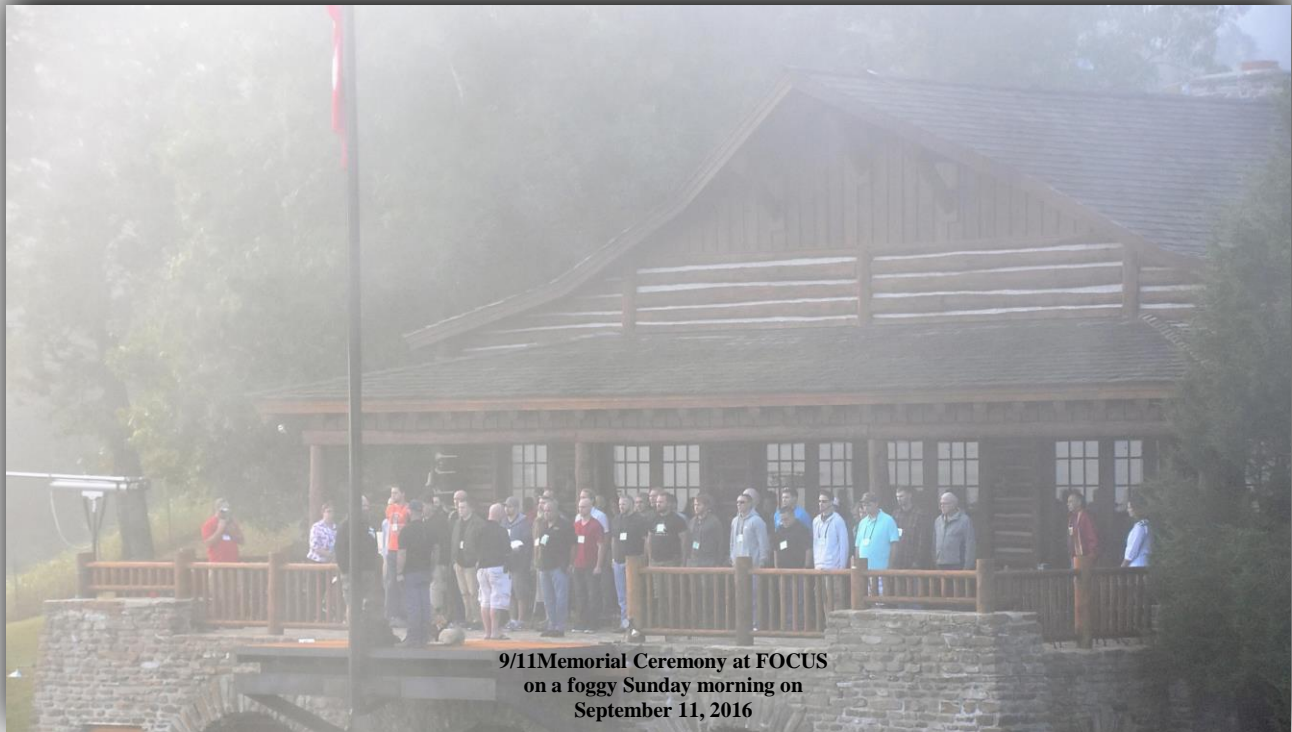
Your FOCUS Dollars At Work

John Anderson
FOCUS March 2015

*"I always dreamed of starting and owning my own business. Thankfully, the stars aligned and the week after I was fired from my job as a financial advisor I attended FOCUS. The timing allowed me to detune from an extremely stressful two and half years post Marine Corps career and figure out what I wanted to do when I quote "grew up". FOCUS allowed me to be back with Marines and let the demons out from my combat tours and various operations. Just being with Marines made me quickly realize, I owed it to them, my family and myself to be successful again and pursue my dream. Out of the ashes of being, miserable, fired and lost, **GetSome Sports** was formed, and thanks to FOCUS I had a new found purpose in life."*



John Anderson
Founder of GetSome Sports
(www.getsomesports.com)
With the big one that didn't get away



9/11 Memorial Ceremony at FOCUS
on a foggy Sunday morning on
September 11, 2016

Michael S. – Georgia
FOCUS November 2015

"This organization is without a doubt the most remarkable example of generosity, selflessness, and love that I have ever witnessed, and may ever witness in all my life."



Jim F. – Florida
FOCUS November 2015

"This has been one of the most positive places I have ever been. I felt that people really care and want the best for us."



Your FOCUS Dollars At Work

Wilson Ospina

FOCUS September 2012

Navy corpsmen are a special breed. They're the medics that go in to combat with Marines armed mainly with a medical kit to treat the wounded while under intense fire. They endure hardships and heartbreak that most of us can't even imagine. Many Marines that die in combat do so in the arms of their corpsman.

Wilson "Doc" Ospina is one of this special breed. Having completed multiple deployments in Iraq and being discharged from the Navy in 2010, he struggled with a direction for his life while remembering those that he lost.

However, after attending FOCUS, "Doc" Ospina found purpose in his life. He married his beautiful girlfriend, Aura Maria, and became a father to an adoring princess, Laura Sofia.



He just recently rediscovered his calling in life – a calling which would let him continue to help others in the spirit of his Navy corpsman training. Wilson and his family opened a cross-fit training center in southern Florida. In Wilson's own words, "....I devoted my life to helping others....I've carried cross-fit in my heart ever since I first came across it...This is about developing, growing strong, and discovering your true potential....to focus on longevity and pushing back disease."

Wilson embodies the spirit of our successful FOCUS graduates, of whom we are so proud.

Your FOCUS Dollars At Work

Bryan Jacobs

FOCUS September 2014

"I began cooking around the age of 8 and not by accident. My grandfather was a chef in the Navy during WWII. I cooked from age 15-19 until I made a choice to serve my country as a Navy Corpsman. I had no idea I would end up with the Marine Corps, and not knowing was the best part of the journey. Serving with the Marines led to two combat tours in Iraq where I served as a front line medic. The greatest honor was serving with my younger brother. After returning, we both struggled with PTSD and the emotional hardship of fitting in back home.

Fortunately, I found my calling after a stint with homelessness and other hardships. I gathered my courage to attend culinary school and have worked for many great chefs. I climbed the ranks by demonstrating leadership, eventually leading to a



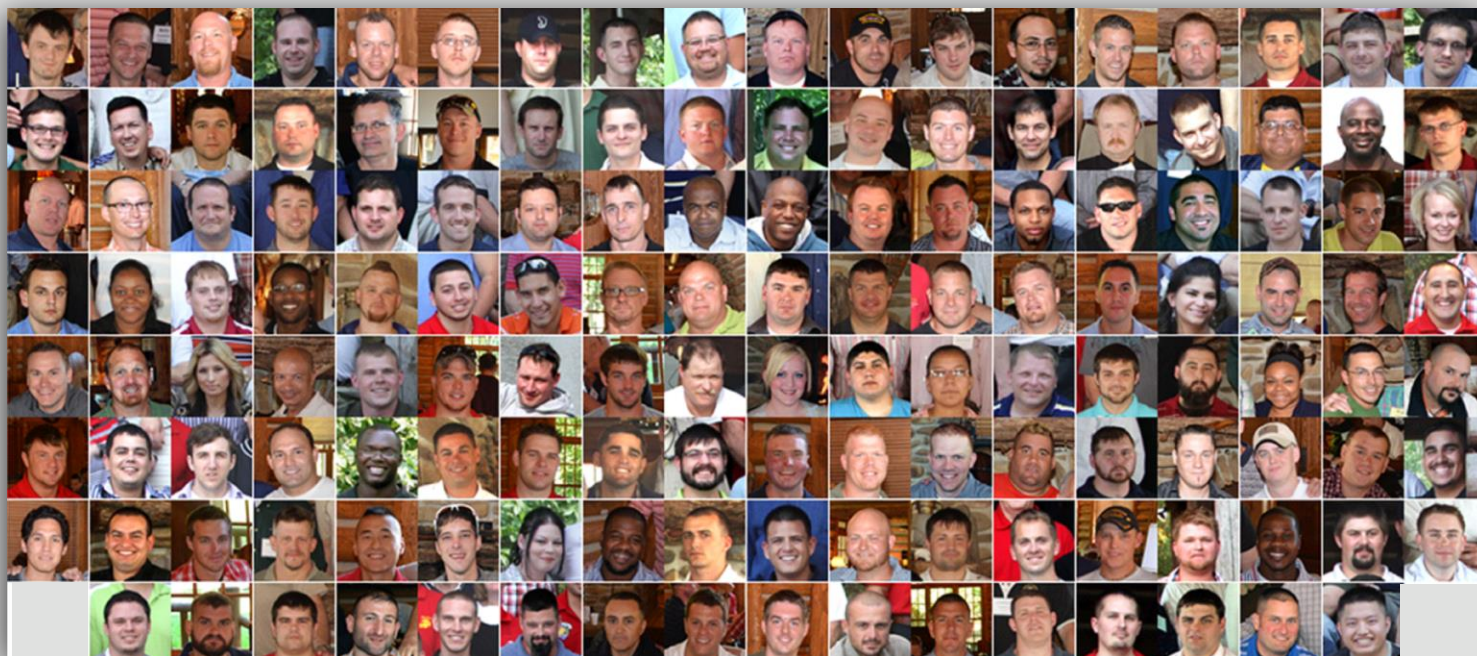
3-year position as Private Chef for the Anheuser Busch family. Additionally, I have created and developed nonprofit programs that help guide homeless and displaced veterans.

With this great adventure, however, I have had many bumps in my road. I lost my younger brother as a veteran suicide in 2014 and recently lost my mother, as well.

So many things have led me here...wanting to be among the best. Living my life, making a difference."

Michael B. - South Carolina
FOCUS December 2013

"FOCUS works. Currently, I'm starting training with the State of SC to become a high school teacher next week. I Couldn't have done this if I didn't forgive myself. All that started at FOCUS. Keep doing what you guys are doing because you have given us the special support we need to move on. We fell down, but with the tools of FOCUS, we sprang back up. Semper Fi Warriors"



Your FOCUS Dollars Hard at Work

The collage of profile photos above represent only a fraction of the 643 military veterans who have attended and graduated from a FOCUS program. Our participants come from every corner of America. They represent all ethnic backgrounds, religions, and genders. In addition, we provide our programs to members of all military service branches.

The FMF FOCUS program not only has an obvious positive impact on the military veterans, but also on their families – spouses, children, siblings, and parents. As graduates leave FOCUS, they begin to build better lives for themselves and their loved ones. The graduate profiles included in this issue of InFOCUS are only a snapshot of the many success stories we hear every day.

FOCUS Marines Foundation accepts no government funding. We are funded 100% by private donations, organizations, and grants. Therefore, our fall fund-raising campaign is a critical part of our FOCUS program.

Your contributions provide an important and vital role in continuing to support these brave young warriors.