



FOCUS Marines Foundation

Continuing the Commitment

Summer 2020

FOCUS Family,

To say the last few months have been challenging would be an understatement. I sincerely hope that all of our FOCUS friends have stayed safe and healthy during this crisis. This pandemic has touched each of our lives in some manner.

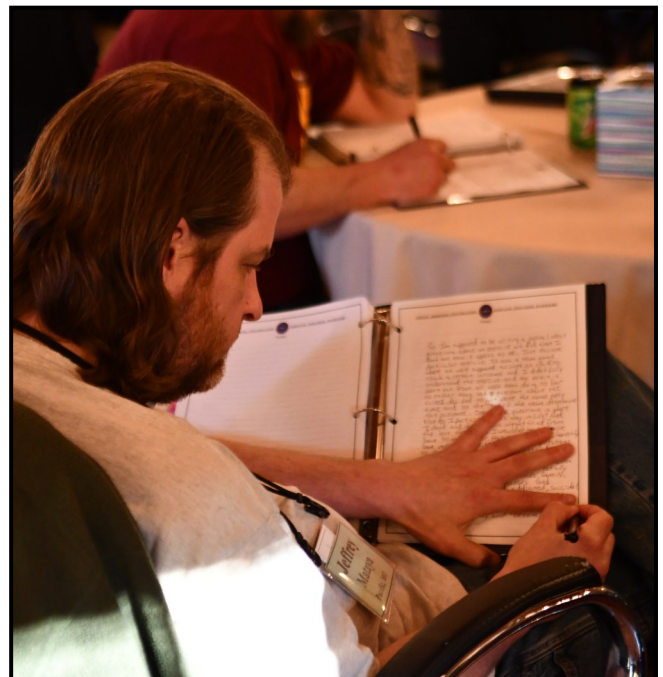
We are extremely grateful for the support FOCUS has received during this time. Our good friend John O'Leary made an inspirational video specifically for our FOCUS Graduates. I am sure it helped our veterans get through this difficult time. We received calls and notes from many wanting to know how to help FOCUS Marines during this crisis and we are appreciative of your concern.

Because of this pandemic, FOCUS Marines Foundation canceled the May and September sessions. While extremely disappointing, we are hopeful that the participants scheduled for those weeks can be re-scheduled for the December Courses. FOCUS Marines Foundation is actively reviewing our program to better safeguard the health and well-being of our participants, employees, and volunteers.

FOCUS Marines Foundation is not sitting idle during the stay-at-home order. We continue to engage with veterans and their families, both past-participants and those considering attending a session. FOCUS Marines hosts a monthly webinar called Buddy Check 22 where past participants can log in and engage with a FOCUS team member. FOCUS is also proud to sponsor the U. S. Marine Corps Wounded Warrior Regiment "Recovering Service Member Award" to be presented to a deserving wounded Marine at the Marine Corps Association and Foundation Leadership Awards Ceremony in August at Camp Lejeune, NC.

As we move forward with a "new normal," I want to personally thank each of our donors and volunteers who make this program special. FOCUS Marines Foundation has profoundly changed the lives of our combat wounded veterans. This would not be possible without the tremendous support we receive from people like you. You can stand proud, knowing that a veteran is leading a more productive life filled with hope and love because of the mission that you support. Thank you.

Dennis Simpson
President
FOCUS Marines Foundation



In This Issue

Before and After: In a Word

Did you know...?

Continuing to Inspire

Overcoming the Unknown

In a word...

Graduates were asked to give one word describing their thought process and approach to life before attending FOCUS and one describing them after attending FOCUS. The results? Lives...changed.

Before Attending FOCUS



After Attending FOCUS



Did you know...?

Over the next few months, our Graduates will be participating in ongoing instruction via webinar — building on topics presented during the FOCUS Course. Follow us on Facebook and LinkedIn to find out what's being covered and how Graduates stay connected.



AmazonSmile is a simple way to support FOCUS Marines Foundation every time you shop!

Visit smile.amazon.com and select FOCUS Marines Foundation as the organization to receive donations from eligible purchases. Your selection will be remembered and then every eligible purchase you make at smile.amazon.com will result in a donation.

Just one more way to support FOCUS and its mission!





Stay Connected

Visit our website

www.focusmarines.org

and sign up to receive monthly emails
with program updates, events and fund-
raisers, and Graduate Updates.

FOCUS Marines Foundation

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Overcoming the Unknown, the FOCUS Way

As Marines, we faced many circumstances that were unforeseen. It was impossible to prepare for every possibility so there were 4 constants embedded in every Marine to help them battle the stress and fear created by unknowns. These were Discipline, Identity, Esprit de Corps, and Training. "Discipline is the hallmark of Marines." That phrase is stated to Recruits on their 1st day of training. It is instilled and reinforced every day thereafter. The result is a man or woman who remains in control when a lack of restraint is the easiest thing to do. This ability to retain the power over one's own actions creates a sense of control and empowerment, and a feeling that you are in control of the events around you, not the other way around.

While discipline is difficult, especially in turbulent times, it is an almost passive activity without the Marine identity. Discipline alone would result in restraint more than achievement. It is the identity that guides the actions that follow. Integrity compels us to honestly evaluate the situation and initiative guides us to solve it rather than be manipulated by outside events. Honor requires us to treat others fairly despite a lack of reciprocation. Discipline got the Marines ashore at Iwo Jima. Identity got them up Mount Suribachi.

Esprit de Corps is our shared identity. It fuels our commitment. It is an awareness that my shortcomings are our problem and my successes are our victories. Draw upon the strength of Marines past and present for inspiration when you are in need of encouragement and motivate others when you flourish. Your deeds will determine the quality of the road for those that will follow you. Our employers, neighbors and friends will judge other Veterans based on their interactions with us. Turn that burden into positive energy to combat fatigue and discouragement.

The unknown exists outside our comfort zones. It is a place that creates anxiety, stress and fear. It is also a place that illustrates "The Stability Myth." The anxiety of the unknown creates a scenario where we must either grow or decay, move forward or retreat. Growth is training and requires security in failure. If we are not making mistakes, our training is too easy and we are still in our comfort zones. Confronting the unknown will result in failures and mistakes. Don't fear them. Embrace them. Learn from them. Grow from them.

So, fellow Marines, graduates, mentors, team leaders, volunteers, and all others in the FOCUS Marines Foundation family, face the unknowns of our future the Marine way, the FOCUS way. Don't let unforeseen events control you. Confront them with honor, integrity, and initiative. Share your success with your brothers and let their strength inspire you through difficulty. Most importantly, remember that you are either growing or decaying. Continue to grow. Semper Fi.

Nick Popaditch, FOCUS Program Director



Continuing to Inspire Today's Marines

Harry Hope served with 3/7 during the Korean War. The 7th Regiment led the march for the First Marine Division to the Reservoir and fought off a significant Chinese attempt to halt the column. The Marines sustained numerous casualties but ultimately beat them back. On November 15, 1950, the Marines reached the southern end of the reservoir at the town of Hagaru-ri. A few days later, they occupied the town of Yudam-ni. On the night of November 27, Harry's outfit was attacked by tens of thousands of Chinese Communist troops cutting them off from any reinforcements. Three days later, Harry's unit had to fight their way back to Hagaru-ri. For 10 more days, the Marines made their way south toward the coast, suffering more casualties and capturing numerous Chinese prisoners. The enemy soldiers suffered tens of thousands of casualties from combat with the First Marine Division and the harsh weather conditions where temperatures reached 35 below zero. Of the 25,000 Americans who began the march toward the reservoir weeks earlier, nearly 13,000 became casualties. Of those, 7,300 fell victim to the cold with frostbite and hypothermia. 200 Marines were missing in action.

Harry suffered severe frostbite, nearly losing his feet and lower legs. He still has trouble walking. His desire to make the Marine Corps his career was thwarted because of those injuries. Harry shares with our FOCUS participants his Korean War experiences, the struggles he endured following the war, and how he overcame those struggles. Our participants find strength in his words as they relate them to their own stories.

We are honored to have Harry and his wife, Terri, as part of the FOCUS Family. You are both inspirations to us all.

