



SUMMER 2023

IN-FOCUS NEWSLETTER

Since Our Last Newsletter:

FOCUS Marines Foundation has hosted four weeklong FOCUS courses serving 78 veterans, 10 Buddy Checks with an average of 25 FOCUS Graduates per Zoom meeting, and 10 Re-FOCUS Classes with an average of 29 FOCUS Graduates per Zoom meeting.

In This Issue:

- Supporting Events
- Mess Night 2023
- Volunteer Spotlight
- FOCUS Hits A Milestone
- Events Calendar

Thank You to Our Supporting Events!

Thank you to all of our donors, as only through your generosity can we provide this life-changing course for our veterans. In this issue, we would like to highlight and thank the special groups listed below that recently organized fundraisers benefiting FOCUS Marines Foundation. These events provide both financial support to the FOCUS program and spread awareness about our organization. They also help to bring about a sense of community support for veterans' issues. If you are a part of an organization or business that would like to host a fundraiser for FOCUS Marines Foundation, please reach out to holly@focusmarines.org.

- January 7th - SCCAD All in 4 Life Poker Tournament
- February 5th - Liuna Local 110 Cornhole Tournament
- March 25th - John G's Beir Deck Thawfest
- April 19th - Wings and Wheels Show
- April 22nd - Mess Night 2023
- June 7th - Theiman-Tidd VFW #5651 Queen of Hearts
- June 30th - 97.1 FM Marc Cox Morning Show



LIUNA LOCAL 110 CORNHOLE TOURNAMENT



JOHN G'S BEIR DECK THAWFEST



SCCAD ALL IN 4 LIFE POKER TOURNAMENT



97.1 FM MARC COX MORNING SHOW

Mess Night 2023

Mess Night, our signature fundraising event, has become quite a spectacular evening that is not to be missed. This event is hosted annually by FOCUS Marines Foundation and organized by volunteers and staff. This year's event was held at Sunset Country Club in Sunset Hills, MO, on April 22nd. We had our highest guest turnout and event proceeds to date.

Save the Date for April 13, 2024, and don't miss out next year! Mess Night will again be held at Sunset Country Club. We are already looking for Event Sponsors and Silent Auction Items. If you would like to sponsor the event, donate an auction item, or volunteer for the event, please email holly@focusmarines.org.



Volunteer Spotlight

Our Volunteer Spotlight for this issue is a group of volunteers that everyone at FOCUS lovingly refers to as "The Brisket Ladies." The group consists of Gail Bickerton, Marie Kosewicz, Sheila Grgurich, and Marissa Grgurich. All four women are passionate about the FOCUS program because they come from Marine families and have personal stories of love and loss from veteran suicide.

While they received their group nickname because of the world-famous brisket meal they prepare every FOCUS session, all four women also volunteer in many capacities with FOCUS. You are guaranteed to see them on Monday nights at FOCUS, preparing this amazing home-cooked meal and throughout the year at various fundraisers supporting FOCUS. They pour their love into everything they do for FOCUS and get a well-deserved standing ovation from participants, volunteers, and staff every FOCUS session.

The Brisket Ladies want every FOCUS supporter to feel the love too, so they are sharing their famous recipe with you here. Make it with homemade mashed potatoes and a good dose of love, and think of us!



Brisket Recipe:

- Ingredients: brisket, onions, season salt, paprika, Coca-cola.
- Layer the bottom of the pan with sliced onion.
- Smother onion slices with a layer of season salt and then with a layer of paprika.
- Place brisket fat side up on top of the layers of onion and spices.
- Pour a can of Coke over the brisket. (Adjust based on brisket size. Cola should come at least 1/2 way up the side of brisket)
- Cover tightly with foil so no steam escapes.
- Cook the day before. It will slice easier cold.
- Cook at 350 degrees, 1 hour for every pound of brisket.
- Reheat in the oven at 325 degrees for 40-60 min, covered tightly with two layers of foil to prevent drying out.

FOCUS HITS A MILESTONE

During the May 2023 FOCUS Course, we were proud to watch the 1,000th Graduate complete the FOCUS Program! This means 1,000 of our heroes said yes to their own life, their own happiness, and their own success. We are honored that they chose to take this step with us.

Here are some words from recent graduates:

"I'm so impressed with this place. Really! FOCUS has given me the tools and, more importantly, the courage to state that I need help, and after this exhausting battle, I am making the choice to begin accepting the help that I need and deserve. My mental health is the top priority, and now that I'm strong enough to accept that, I believe that everything in life will fall into place with a lot of hard work."

- Nathan USMC FOCUS Class May 2023

"This was a great experience! I learned to be more confident in myself and now have more appreciation of my life and what I have to offer. And most of all, a purpose!"

- Johnny USA FOCUS Class May 2023

"This was a life-changing experience. Every calculated moment felt like true love and care just for me. From every class that built on the one the day prior to turning around and seeing carefully printed cards on my binder, made with love just for me. I felt inspired and heard. I felt motivation and care. These are things I need from other people, and I realized just how much isolation has hurt my soul. I have new eyes on life ... Every speaker was memorable and further motivating... I wish I could do this all over again for the first time, but I can't wait to go to the buddy checks. I will be calling Marines I know need this class..."

- Deana USMC FOCUS Class February 2023

"Thank you to all who make this happen. You are on to something that works for Marines and like-minded people. We trust, respect, and feel safe with each other and that is the environment to be in, in order to learn and move forward. Now that I have benefited from FOCUS, I want to see it grow and adapt to continue to promote healing among my fellow Marines and veterans. Thank you again for giving me and others this opportunity."

- Thomas USMC FOCUS Class February 2023



Upcoming Events

July 2023

1 - 97.1 FM Sponsors FOCUS
6 - Buddy Check
18 - Re-FOCUS

August 2023

3 - Buddy Check
15 - Re-FOCUS
19 - Rock & Roll Bingo

September 2023

7 - Buddy Check
16 - Building Change Walk 22
16 - Kayak with a Vet
19 - Re-FOCUS
23 - FOCUS Course Begins

October 2023

5 - Buddy Check
17 - Re-FOCUS

November 2023

1 - End of Year Campaign
2 - Buddy Check
21 - Re-FOCUS

December 2023

2 - FOCUS Course Begins
14 - Buddy Check
19 - Re-FOCUS

January 2024

4 - Buddy Check
16 - Re-FOCUS

February 2024

1 - Buddy Check
20 - Re-FOCUS
TBD - John G's Thawfest

March 2024

7 - Buddy Check
19 - Re-FOCUS
2 - FOCUS Course Begins

SAVE THE DATE!
APRIL 13, 2024 - MESS NIGHT



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