



Vol. 02, Issue 02 • Fall 2019

SPARTAN SOCIETY NEWS



A Word From Our President

Dear Spartans,

This fall we're making a conscious effort to pause and remember the heroes who protect our nation. We just wrapped up a series of 9/11 Heroes Run 5k races throughout the country which activated more than 60,000 participants to honor the fallen by remembering the sacrifices made on September 11th and in all the wars since.

As we approach Veteran's Day, we're reminded of the importance of our mission to support those who have served our country and to build a community where they can feel at home with one another, engaged with their community, and empowered by our programs.

And finally, as we enter the last quarter of the year, we are also launching a very special campaign to support the families of fallen heroes within the TMF Community. **A private donor has committed to match all donations to TMF for this initiative—dollar for dollar—up to one million dollars.** We are incredibly humbled by this generosity, and we urge you to consider giving during this time where your gift will go twice as far. We'll share more on this campaign, as well as impact we're having on families of the fallen on pages 4 and 5.

Thank you, as always, for your support. As a member of our elite donor group, Spartan Society Members provide the foundation for what we do as an organization. Thank you for embracing the mission to empower our veterans and families of the fallen, and we look forward to working with you to preserve the legacy of our heroes for generations to come.

Yours in service,



Ryan Manion
President, Travis Manion Foundation



Member Spotlight

When the widows of four US Navy SEALs created the Run to Remember 5k in Virginia Beach, they made it their goal to honor all America's fallen heroes, not just their husbands who were lost on Extortion 17 in 2011.

When Memorial Day 2012 rolled around-- a time for barbecues and holiday sales for most--these four women had a very different perspective. That year, "the meaning [of the weekend] weighed so much more on our hearts," Victoria McCausland says. Victoria and three other women who lost their husbands joined together to find healing. "We thought it would be amazing if we could spend the day doing something to give back to organizations that had done so much for our families following our loss--so those same organizations could continue to help others."

After countless hours of hard work and dedication, Run to Remember was born and the women were pleasantly surprised to see 300 5k runners show up that first year. The race has continued each year since, where the goal is to honor those who have made the ultimate sacrifice in service to our nation by raising awareness about the true meaning of Memorial Day while giving back to organizations whose mission is to support families of fallen service members. In the last 6 years, they have raised more than \$112,000 for organizations like Travis Manion Foundation so we can continue the work to care for the Gold Star Family community through our personal development programs, expeditions, peer mentoring, and Operation Legacy service projects.



The proceeds from Run to Remember, which has now grown to more than 900 runners, supports organizations that are visibly making an impact in the lives of surviving spouses, children and families. "The growth and professionalism of Travis Manion Foundation really makes it stand apart from others," Victoria says. "We love how they support families and loved ones of the fallen in a variety of modalities. It really stood out to us that TMF gives a space for everyone to honor our nation's fallen."

"At the end of the day," Victoria reflects, "What really motivated us was our desire to create a place in our community to continue to honor all the fallen, not just each individual on the date of their loss but collectively all those who put their lives on the line for our amazing country. That, coupled with the ability to support fantastic organizations like TMF, was what kept us going when it all seemed overwhelming."

Victoria McCausland, along with the other founding members of Run to Remember, Anya Langlais, Meiling Houston, and Jen Robinson, are committed to honoring the way their husbands and other fallen heroes lived, not just how they died. More than SEALs, these men were husbands, fathers, friends, and teammates. They gave back in their communities just as much as they did in their professional lives and in their private homes. The best way to honor their legacies, Victoria explains, is to continue that generosity, by giving back to the organizations and causes that need them.



Achieving the Mission

Travis Manion Foundation is the only organization of its kind, in that we commit to serving both veterans and families of the fallen with our programs and do not separate them from one another. Our research and experience has taught us that these groups both undergo difficult transitions and that they share similar needs: the formation of a strong personal identity, the connection to a close-knit and supportive community, and the desire to give back and honor the legacy of our fallen.

Monica Velez of Round Rock, TX is one such example of the impact your support is having.

Monica suffered the loss of both of her brothers, Freddy and Andrew Velez, while they were serving in the Army. After their deaths, "The Monica that was ever there, was gone," she told us.



"I DIDN'T REALIZE WHAT AN AMAZING IMPACT THIS WAS GOING TO HAVE ON MY LIFE."

— MONICA VELEZ, GOLD STAR SISTER

Joining the TMF community and challenging her grief into serving others was the 'missing puzzle piece' that has made her whole again.

After losing all hope, Monica turned to Travis Manion Foundation. "I didn't realize what an amazing impact this was going to have on my life," she says. Joining the TMF community and channeling her grief into serving others was the "missing puzzle piece" that has made her whole again.

Monica recently returned from an expedition with TMF to the mountains of Colorado, where she spent a week among fellow Gold Star family members and veterans learning about her personal character and finding strength and support.



Hover your smartphone camera over the code to watch a video about Monica's story.



You can also visit travismanion.org/monicavelez

This fall, we're launching a campaign exclusively devoted to serving families of the fallen like Monica Velez, so we can continue to provide programs and opportunities to help them heal, transition, and ultimately thrive. **A private donor will be matching your gift--dollar for dollar, up to one million dollars -- to see this initiative through.** Please consider supporting with a gift that will go twice as far.

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BE MATCHING YOUR GIFT-
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TMF Events Recap_

SURVIVOR TEEN EXPEDITION

Yellowstone, MT

This summer, surviving teens (ages 14 -18), who had all lost a sibling or parent in service, traveled to Yellowstone National Park to take part in an environmentalist program. The TMF group stayed in the park and had multiple opportunities to help the park conservationists to collect data and record wildlife observations. The group learned about grizzly bear & bison management, geysers and hot spots, identifying and removal of invasive plant species while also learning wilderness ethics. After the conclusion of the Yellowstone experience, they were hosted by the Warriors & Quiet Waters (WQW) Foundation on their sprawling ranch in Bozeman MT. While at the WQW ranch the TMF teens learned the basics of fly fishing.



ISLAND TRIATHLON

Avalon, NJ

For the sixth straight year, Team TMF stormed the beaches of Avalon to participate in the Islandman Triathlon on June 29th. Led by TMF Spartan, Tyler Caracausa, participants put their fitness to the test while raising money and awareness for TMF. This year, the team raised \$12,500. Way to go, team!



NYAC

New York Athletic Club; New York City, NY

On June 13th at historic New York Athletic Club, one of the country's top private social clubs, American Legion post 754 hosted hundreds of people for their second annual Casino Night benefiting TMF. Northeast Spartans and TMF supporters within the greater New York region gathered at this black tie event for a night of Black Jack, beverages, and fun, all in support of TMF's mission. Even New York City Police Commissioner James O'Neil attended, in an effort to build up TMF's footprint in the Big Apple and surrounding regions.

BBQ ON THE BAY

San Diego, CA

This past June, one hundred of TMF's top volunteers, partners, and supporters in southern California joined to celebrate aboard the historic USS Midway, a retired WWII naval aircraft carrier-turned-museum in the San Diego Bay. There, we shared the vision for TMF in SoCal and honored one of our top local volunteers, Jhonnathan Chinchilla, a Marine Veteran, Guatemalan immigrant, cancer survivor and now a Mentor in our youth Character Does Matter program.



Spartan Society Event Calendar_

OPERATION LEGACY

November 2019

Locations Across the Country

All November long, TMF volunteers will be honoring the legacies of fallen heroes through Operation Legacy service projects, occurring throughout the country. Operation Legacy is an opportunity to bring together veterans, first responders, families of the fallen, and inspired civilians under the common mission to give back to our local communities in honor of those who have paid the ultimate sacrifice. You can join an existing service project near you or start your own by visiting travismanion.org/oplegacy.



“IF NOT ME, THEN WHO...” GALA

December 12th, 2019

Philadelphia, PA

At the Union League of Philadelphia, distinguished guests within military, corporate, and community leadership will join for our annual gala. This year, we're honored to recognize Jason McCarthy as the recipient of the prestigious "If Not Me, Then Who..." Award. McCarthy is an Army special operations veteran and the founder of GORUCK, an American sporting equipment company that specializes in bringing military gear to athletes of all backgrounds. He has galvanized his community of thousands to do more as consumers and to give back to their communities by serving with TMF. We also welcome Boeing as our Community Leadership Award Recipient, for their unmatched commitment to veterans and their groundbreaking work in, for, and with the military community. Boeing CEO Dennis Muilenburg will be present to accept the award on behalf of his company.

Contact Krista Foy, Director of Special Events, at kristafoy@travismanion.org to purchase your ticket.



PRUM

April 4th, 2020

Philadelphia, PA

For the sixth year in a row, the team at Crossfit University City in Philadelphia, PA will host an adult prom at the historic Franklin Institute. Come dance the night away at this black tie event—which has raised more than \$100,000 for our mission.

Visit donate.travismanion.org/PRUM to sponsor or purchase a ticket





TRAVIS MANION FOUNDATION

164 East State Street
Doylestown, PA 18901

Spartan Society_

Spartan Society is Travis Manion Foundation's elite recognition program to honor and thank our major donors who advance TMF's mission through generous financial support. Spartan Society members are individuals, companies, foundations, and independent fundraisers who donate a cumulative \$1,000 or more within TMF's fiscal year, April 1 – March 31.

Our critical work would not be possible without you. Thank you for your continued support.

SPARTAN SOCIETY BENEFITS

- Invites to exclusive regional Spartan Society meetings and receptions
- Special invitation to the annual "If Not Me, Then Who..." Gala and VIP recognition with name printed in Gala program book
- Name recognition in TMF's Annual Report
- Spartan Society Seasonal Newsletter
- Additional perks specific to your membership level

GIVING LEVELS

BRONZE	\$1,000 – \$2,499
SILVER	\$2,500 – \$4,999
GOLD	\$5,000 – \$9,999
EMERALD	\$10,000 – \$19,999
PLATINUM	\$20,000 – \$49,999
TITANIUM	\$50,000 – \$99,999
DIAMOND	\$100,000 – \$249,999
CHARACTER CHAMPION	\$250,000 – \$999,999
"IF NOT ME, THEN WHO..."	\$1,000,000+

Visit travismanion.org/spartansociety for more information on giving levels and perks.

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