



Vol. 02, Issue 02 • Spring '19

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# SPARTAN SOCIETY NEWS



# A Word From Our President

TMF kicked off 2019 with impressive progress and growth. We welcomed members, fostered new partnerships, and studied the efficacy and impact of our initiatives on veterans and survivors.

Amid our exciting developments remains a constant: We are committed to our military community, and driven by the "If Not Me, Then Who..." ethos.

My brother's five words are words we live by everyday, in moments big and small. We are so grateful for Spartan Society members, like yourself, who have answered this mantra with generosity that continues supporting veterans and families of the fallen.

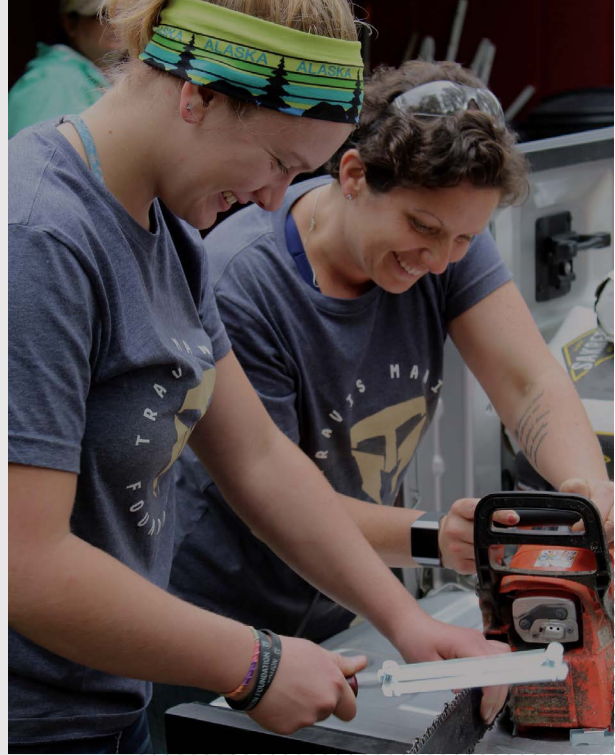
Your contribution to TMF has a lasting impact on the lives of our military community. You will read later in this issue about results of a study TMF conducted in partnership with the Institute for Veterans and Military Families at Syracuse University. We surveyed our entire membership base, and learned something exciting: The more veterans and survivors interact with TMF, the greater the impact on their well-being.

Now more than ever, your support is crucial to our Spartans. Thank you for your continued commitment to our military, their families, and our nation.

Yours in service,



Ryan Manion  
President, Travis Manion Foundation





## Member Spotlight

For Jason Pak, it's a sense of duty that drives him.

It was that obligation that brought him to the barracks at the United States Military Academy in 2007, and later to the Middle East. Much of that responsibility Jason attributes to the way he was raised.

"As I grew up, my parents constantly emphasized the importance of hard work, character, perseverance, and passion for whatever I set out to do," said Jason, whose father is a retired Army colonel. "They also taught me early in life the significance of good values and an obligation and duty to serve one's country."

In December 2012—on his first deployment to Afghanistan—Jason sustained life-altering injuries, losing two fingers and both his legs in a blast.



Jason Pak, left, and Andrew Ross, right

A fighter, Jason said recovery wasn't easy, but he "loved a challenge."

"Every single one of us has trials and tribulations in life," Jason said. "Mine are just more visible... I chose to embrace mine and continue to let those obstacles and troubles serve as motivation to be successful."

But Jason's duty to serve his country didn't end in 2012. Now, as the Mid-Atlantic director of Veterans Initiatives and Outreach at Boeing, Jason said he found a way to apply his expertise and passion for the military away from the battlefield.

"Lives literally depend on what we do," is a common phrase we constantly reiterate," Jason said of his Boeing team, which builds programming for service members, veterans, military families, and spouses that addresses both the visible and invisible wounds of war.

Boeing, a member of TMF's exclusive Spartan Society, also supports the Character Does Matter initiative, which empowers veterans and families of the fallen to foster character in young people across the country. In 2018, Boeing chose TMF as one of the benefactors of its Boeing Moves the World Initiative.

Through TMF, Jason is once more answering the call of duty. This time, for his friend and West Point classmate, Andrew Ross.

Andrew, an Army captain and Green Beret, was killed on November 27, 2018 by an IED in Afghanistan. He and Jason first met in the summer of 2007.



Andrew Ross, left, and Jason Pak, right

"Drew was the best of us," Jason said. "He made us all better and constantly motivated us to be the best we can be... He is the one best friend who would always be there for you no matter what. He was one of the first to visit me at Walter Reed Medical Center when I was recovering from my injuries sustained in Afghanistan."

Through Travis Manion Foundation, Jason is honoring Andrew's legacy—and ensuring it endures through future generations.

In April, TMF hosted an Operation Legacy service project alongside 80 students, veterans, community members, and Captain Ross' surviving family members in Richmond, Virginia. Volunteers participated in a series of clean up and beautification projects at a local elementary school that concluded with a memorial ruck in honor of Ross.

TMF's Operation Legacy service projects tackle communities' most critical needs, deploying veteran, military, surviving family, youth, and civilian volunteers to take on tough projects like the one in Richmond. Every project is dedicated to a fallen hero.

Volunteers in Richmond honored Andrew's legacy with their service.

"Honoring those who have paid the ultimate sacrifice reminds us always of the freedoms that we often take for granted," Jason said.

**"HE IS MY BROTHER**

**AND I LOVE HIM DEARLY"**



## Achieving the Mission

At TMF, we believe every one of our programs aids veterans, families of the fallen, and our communities at large by increasing their well-being—or what we call “thriving.” Each of our initiatives is rooted in the field of Positive Psychology, which studies character strengths and advocates for implementation of intentional activities in three areas—meaning, relationships, and engagement—to boost individual and community well-being. An individual can improve their mental and emotional health when they identify what gives their life meaning and purpose, develop and deepen relationships, and fully engage in activities.

Last year, we set out to measure the degree of individual thriving among our Spartan community. To capture, evaluate, and effectively communicate the impact of our initiatives, which support individuals to thrive, TMF reached out to the Institute for Veterans and Military Families (IVMF).

IVMF’s results confirmed our bold mission: Veterans and families of the fallen who participate in multiple TMF initiatives report experiencing improved overall mental and emotional well-being.

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NO ONE OF GOOD CHARACTER  
LEAVES BEHIND A WASTED LIFE.

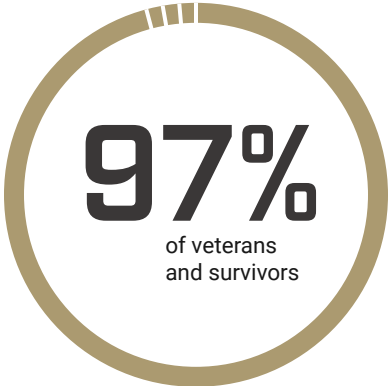
— Sen. John McCain





MEANING, RELATIONSHIPS + ENGAGEMENT: 3 COMPONENTS OF MENTAL HEALTH & WELL-BEING

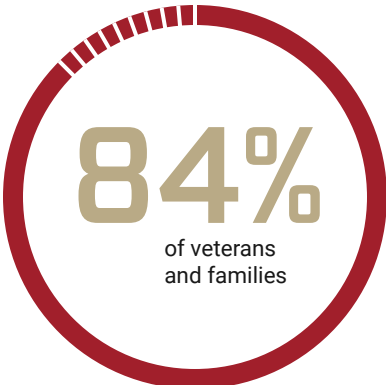
\_MEANING



INVOLVED IN THREE OR MORE TMF INITIATIVES AGREED OR STRONGLY AGREED THAT WHAT THEY DO IN LIFE IS VALUABLE AND WORTHWHILE.

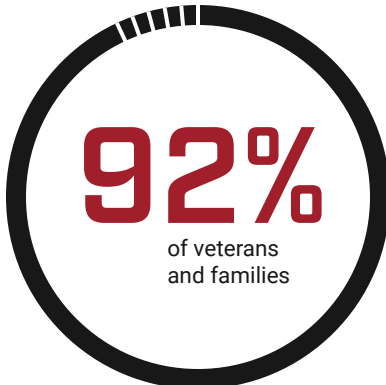


\_RELATIONSHIPS



OF THE FALLEN INVOLVED IN THREE OR MORE TMF INITIATIVES AGREED OR STRONGLY AGREED THAT THEY FEEL A SENSE OF BELONGING IN THEIR COMMUNITY.

\_ENGAGEMENT



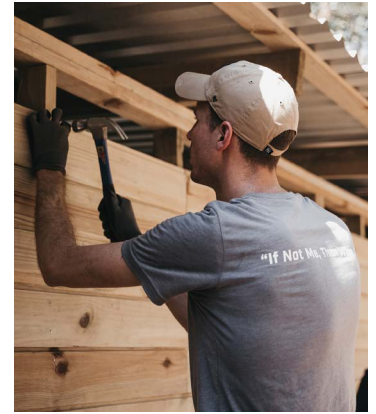
OF THE FALLEN INVOLVED IN THREE OR MORE TMF INITIATIVES AGREED OR STRONGLY AGREED THAT THEY HAD SATISFACTORY MEANING IN THEIR LIFE.



## TMF Events Recap\_

### GUATEMALA EXPEDITION

Twenty family members of the fallen, veterans, and TMF volunteers traveled from across the United States to meet in Guatemala for a week in January to partake in service and growth. The group met with a local family in San Raymundo, and worked tirelessly to build this family a home in honor of each of their fallen heroes. This was TMF's eighth home in San Raymundo, a small town in Guatemala's mountainous region. Family members left behind a lasting memory: a brass plaque hanging above the door engraved with heroes' names. The plaque remains a testament to the enduring spirit and legacy of those who have given the last full measure of devotion.



### MANION WOD

On April 28th, CrossFitters and ruckers sweat their way through the Manion WOD—a memorial workout in honor of 1st Lt. Travis Manion and all our fallen heroes. More than 50 CrossFit gyms and ruck clubs, and hundreds of individuals across the country asked themselves "If Not Me, Then Who..." to push through the commemorative workout: 400 meter run, 29 back squats, 7 rounds for time that honors April 29, 2007, the day Travis paid the ultimate sacrifice.



### OPERATION LEGACY SPRING 2019

Throughout the month of April, Spartans across the country led more than more than 100 service projects as part of TMF's bi-annual Operation Legacy. In our second season partnering with GORUCK, Spartans were also able to ruck a service project, like carrying donated materials and food and cleaning out public spaces. All projects honored a fallen hero or heroes, and allowed veterans, families of the fallen, and community members to unite around a common cause.





## Spartan Society Event Calendar\_

### NATIONAL CAPITAL REGION GOLF TOURNAMENT

**SEPTEMBER 19**

Come golf with TMF! The 6th Annual National Capital Region Golf Tournament is held at the South Course at Andrews on Andrews Air Force Base, Maryland. Join us for a fun-filled event that includes lunch, cocktails, dinner, prizes and an exciting auction.

Reserve your spot at [www.travismanion.org/2019ncr](http://www.travismanion.org/2019ncr)

Sponsorship opportunities available. Please reach out to Krista Foy at [krista.foy@travismanion.org](mailto:krista.foy@travismanion.org)



### MARINE CORPS MARATHON

**OCTOBER 27**

Team TMF returns to Arlington for the 12th year to honor the fallen at the Marine Corps Marathon. Registration is open now to run the full marathon, 50K, or 10K, which is new this year, with options to ruck the course, as well.

Sign up to run at [www.travismanion.org/2019mcm](http://www.travismanion.org/2019mcm)



WITH YOUR EXCLUSIVE  
DISCOUNT CODE  
**SPARTAN25OFF**  
VALID MAY 19–MAY 31.

### 9/11 HEROES RUN

**MULTIPLE DATES**

Each year on or near Sept. 11, local volunteers rally their communities to organize a 9/11 Heroes Run on behalf of TMF in more than 55 cities. In 2018, we unveiled a rucking option for the 5K in partnership with GORUCK, in addition to running and walking.

Join TMF again in 2019 for this patriotic event in honor of the heroes of 9/11 and the wars since: military, veteran, first responder, and police.

Head to [www.911heroesrun.org](http://www.911heroesrun.org) to find a race near you.



USE CODE **HEROES2019** AT  
REGISTRATION. VALID  
MEMORIAL DAY WEEKEND  
THROUGH OCTOBER.





# 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](http://travismanion.org/spartansociety) for more information on giving levels and perks.

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