

# THE COST OF COURAGE FOUNDATION

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## Scholarships

Each year, The Cost of Courage Foundation sponsors a Scholarship Fund that awards three scholarship endowments to deserving Veteran college students. This year, The Sgt. Donald Fitzmaurice Memorial Scholarship was awarded to Logan Bekker, a Marine Corps Veteran and Senior at San Jose State University who is currently pursuing a degree in Mechanical Engineering. The CPO Walter Kaczmarek Memorial Scholarship was awarded to Jeremy Gottschalk, a US Navy Veteran and Sophomore at University of the Pacific who is pursuing a degree in Computer Engineering. This year's The Cost of Courage Foundation Scholarship was awarded to Christopher Mascarina, a US Navy Veteran/Navy Reserve Corpsman who is currently attending Mission College in pursuit of a degree in Nursing. Each of this year's recipients were incredibly deserving of the \$500 Scholarships they earned and we were honored to recognize their respective achievements during our Scholarship Banquet on Saturday, November 19<sup>th</sup> at Maggiano's Little Italy.



## Upcoming Events

September 27

Celebrity Bartender Event

We at The Cost of Courage Foundation extend our deepest gratitude to the men and women who serve our country! Our 501(c)3 non-profit organization is dedicated to assisting Veterans who are transitioning from military to civilian life while also supporting the needs of active duty servicemembers.

# Veteran of the Month

In July 2016, we proudly launched our "Veteran of the Month" Program which honors a deserving Veteran each month for their service to our country. Since then, we have recognized 3 deserving Veterans for their service – SPC Chase Simmons, SSgt Stuart DiPaolo and PFC Tomas Cortez! Each recipient was selected because of their incredible story of selfless service and sacrifice. We invite you to read more about each recipient on our Veteran of the Month Page at <http://thecostofcouragefoundation.org/veteran-of-the-month.html>. To nominate a deserving Veteran, please follow the instructions on the site.



Each recipient is presented with a plaque in honor of their Veteran of the Month recognition. We would like to thank the US Air Force for participating in PFC Tomas Cortez's plaque ceremony in October 2016 and the medical centers that allowed us to honor wounded Veterans SPC Chase Simmons and SSgt Stuart DiPaolo in their respective months.



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# VA Family Support

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Each month, The Cost of Courage Foundation sponsors a Family Arts & Crafts Day at the VA Polytrauma Rehabilitation Center in Palo Alto, CA. Family members and wounded Veteran patients join us for the craft session and we feature a new project each month. The program started in May 2016 and, since then, projects have included hand-painted frames, care package cards, friendship bracelets, pumpkin painting, holiday ornaments and much more! All supplies and instruction are provided by The Cost of Courage Foundation with the full support of the VA Polytrauma Rehabilitation Center staff. This is one of our favorite programs because it allows us to interact with our wounded Veterans and their families who have sacrificed so much. We hope that this programs continues to provide fun and positive memories and a few homemade keepsakes for all who participate!



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## VA Family Gift Baskets

In April 2016, The Cost of Courage Foundation made and distributed homemade gift baskets for the wounded and their families at the VA Polytrauma Rehabilitation Center! Each basket included a handmade card, a teddy bear, a handpainted frame, a candy dish filled with Hershey's Kisses, a puzzle book and a pencil. We distributed the baskets after serving the weekly family dinner which we have the privilege of doing many times throughout the year. We also brought toys and games for the children of the Wounded, Ill and Injured staying at Fisher House. We thank everyone who has donated and supported our cause so that we can provide these gifts throughout the year!



# No-Cost Laser Eye Surgery for Homeless Veterans

Since 2015, The Cost of Courage Foundation has partnered with Furlong Vision Correction to offer no-cost Laser Eye Surgery to deserving homeless and low-income Veterans in Santa Clara County, California. In 2015, we donated \$35,000 of LASIK to 5 homeless Veterans whose lives were changed for the better following the procedure. In 2016, we once again donated over \$40,000 of LASIK to The Cost of Courage Foundation for 6 more homeless or low-income Veterans to receive the no-cost procedure. Volunteers at The Cost of Courage Foundation work hard each year to bring this opportunity to local Veterans and coordinate their consultations and surgeries. We are so excited to be a part of this life-changing opportunity for our very deserving Veterans!



# Honor on the Row at Santana Row

The Cost of Courage Foundation was honored to help organize and serve as Co-Chair of Honor on the Row at Santana Row on Veterans Day 2016 sponsored by the United Veterans Council! The event was attended by thousands of people following the City of San Jose Veterans Day Parade and included booths staffed by representatives from local and national Veterans Organizations and offered a display of classic cars and antique military vehicles that joined us from the parade. We truly enjoyed our involvement in this year's event and look forward to participating and serving as Co-Chair again this year!



# Homeless Veteran Outreach

In December 2016, The Cost of Courage Foundation assembled and distributed Holiday Gift Boxes for Homeless Veterans at HomeFirst, the largest homeless shelter in San Jose, CA. Each box was wrapped and included a new sweatshirt, food, personal care items and a handmade holiday card. Volunteers from our organization were present at the shelter's Vet Center to distribute boxes to every homeless Veteran in attendance.



In May 2016, The Cost of Courage Foundation sponsored an Employment Workshop for Homeless Veterans residing at HomeFirst (formerly Emergency Housing Consortium) in San Jose, CA. This no-cost two-session workshop included instruction related to Resume Building and Job Skills such as methods of effective interaction with co-workers and superiors, translation of skills acquired in the military into the civilian employment sector, job compatibility assessments and much more! The course also focused on drafting a Cover Letter, developing a Resume that coincides with a job description and skills to successfully handle an interview. Following their completion of this workshop, each attendee received a Certificate of Completion! We sincerely hope that the lessons obtained in this workshop have benefitted the Veterans at HomeFirst and that they are able to acquire gainful employment in the near future utilizing their new-found skills! As always, we thank HomeFirst for their hospitality and support in providing assistance to their Veterans!



Throughout 2015 and 2016, The Cost of Courage Foundation donated clothing and food to homeless Veterans at the Veterans Transitional Housing Facility in San Jose, CA. Many of the Veterans residing in this facility were also the recipients of the no-cost Laser Eye Surgery for the past two years.

# Veteran Suicide Prevention

In September 2016, as part of Suicide Awareness Month, The Cost of Courage Foundation partnered with Navy Operational Support Center (NOSC) San Jose to sponsor Theater of War – a dramatic reading of a scene from the production Ajax by professional actors that is designed to foster conversation about the issue of Veteran Suicide and PTSD. The goal of the performance is to allow families and current/former servicemembers to have an open dialogue about their struggles. Immediately following the performance was a panel discussion that included experts from the Department of Veterans Affairs, Psychiatrists, Servicemembers struggling with PTSD and Family Members. We were honored to participate in such an important event. The first performance was open to the public and took place at an historic church in Downtown San Jose, CA and the second took place at NOSC for an audience of servicemembers exclusively. Both panels held powerful discussions that benefitted those in attendance. It is our goal to do whatever we can to put an end to the suicide epidemic of Veterans and we look forward to participating in events such as this in the future. As always, if you or a servicemember you know is struggling with PTSD, Mental Illness or thoughts of suicide, please call the Veterans Crisis Line at 1-800-273-8255 or text 838255. You may also visit <https://www.veteranscrisisline.net/> and take advantage of the resources and Confidential Veterans Chat option available. Remember, it is always ok to seek help if needed!



## Shout Outs!!

We would like to thank everyone who donated items and contributed to our shipping fund in support of our Care Packaging efforts this year. We are so grateful to have the support of the Berryessa Community Center which has served as our official Drop-Off Location since 2015 along with Merryhill Elementary School where students donated cards, letters and items, Piedmont Hills High School for their generous donation of letters and sweatshirts and Santa Clara University for sponsoring a Care Package Drive that yielded an abundance of items. We are so fortunate to have the support of such a generous community!

# Celebrity Bartender Fundraising Event

The Cost of Courage Foundation was the highlighted non-profit at the Silicon Valley Capital Club's Celebrity Bartender Event on Wednesday, September 28, 2016. The event featured dinner for all guests sponsored by Harry's Hofbrau and wine provided by Jeremy Winery. Celebrity Bartenders included 94.5 KBAY DJ's Sam VanZandt and Lissa Kreisler and Bellator MMA Fighter Josh Thomson! The theme of the evening was "Honoring Our Heroes" and included a singing of the National Anthem, a wreath ceremony and a Tribute Wall that included photos of combat Veterans from all eras of military conflict along with a Care Package Card/Letter Writing Table. Silent and Live Auctions took place throughout the night for some wonderful prizes donated by GYV Biogenesis, Harley Davidson, Lemans Go-Karting and many other sponsors! All proceeds from the event were donated to The Cost of Courage Foundation in support of our programs that directly assist Veterans and their families.



SAVE THE DATE! The Silicon Valley Capital Club has once again selected The Cost of Courage Foundation as the focus of the Celebrity Bartender Event in September 2017!! The event will take place on Wednesday, September 27, 2016 at 5:30 p.m. There is no cost to attend and complimentary appetizers, dinner, wine and beer will be served to all guests. Attendees are encouraged to "tip" their bartenders since ALL proceeds from the evening's festivities will be donated to The Cost of Courage Foundation in support of our programs! Thank you in advance for your attendance and support!



# Care Packaging

The Cost of Courage Foundation recently completed our 2016 Holiday Care Packaging! In 2016, we packaged over 60 personalized boxes and sent them overseas. Each box included food, personal care items and other necessities along with treats such as Chex Mix and Gingerbread Cookies along with handmade crafts made by our organization. This year, Navy Operational Support Center (NOSC) San Jose helped us pack the boxes and we could not be more grateful for their assistance!



In 2015, we packaged over 40 boxes and shipped them to military units and individual servicemembers in 10 locations around the world including Iraq, Korea, the Horn of Africa, Afghanistan, Kuwait, Jordan, Qatar, Guantanamo Bay, USS Ronald Reagan and Kenya. We received some amazing letters and photos from package recipients and are so proud of all that they are doing for our country.



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# Donations, Applications & Nominations

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## **DONATIONS**

To make a Donation online, please visit our website at <http://thecostofcouragefoundation.org/donate.html>. If you prefer to send a check, please make your check payable to The Cost of Courage Foundation and send it via mail to 1315 Piedmont Road #32909, San Jose, CA 95132. All donations are tax deductible and you will be issued a receipt from our 501(c)3 non-profit organization once it is received.

To make arrangements for Care Package Donations or for inquiries regarding Volunteering, please contact Kelly Estes at [kelly@thecostofcouragefoundation.org](mailto:kelly@thecostofcouragefoundation.org).

## **APPLICATIONS**

To apply for Scholarships, please visit our website at <http://thecostofcouragefoundation.org/scholarships.html> to access our 2017 Scholarship Application. Submission of an Application and 500 word essay will automatically qualify you for all three (3) scholarships available this year. Please **do not** submit an application for every scholarship.

Applications and Essays will be reviewed by our Board of Trustees and awardees will be notified in November 2017. Scholarship recipients are expected to attend the Scholarship Banquet to retrieve their check and plaque.

The Sgt. Donald Fitzmaurice Memorial Scholarship, CPO Walter Kaczmarek Memorial Scholarship and The Cost of Courage Foundation Scholarship will be awarded to three deserving Veterans this year! Applications and essay requirements are now available on our website Scholarship Page.

All Veteran college students are welcome to apply. Applicants must complete an Application and a 500 word essay that answers the question "How has your service in the military influenced your educational goals?"

We are currently accepting applications. The deadline for receipt of all applications and essays is October 1, 2017. Both scholarships will be awarded on Saturday, November 18, 2017 to one Veteran per Scholarship. The recipient must attend the mandatory awards banquet in San Jose, California on November 18, 2017 to collect the Scholarship.

## **NOMINATIONS**

To nominate a deserving Veteran for our Veteran of the Month recognition, please visit our website at <http://thecostofcouragefoundation.org/veteran-of-the-month.html>. Instructions for nominations appear on that page and shall be closely followed in order to qualify for selection. Please submit only one nomination per Veteran as those not selected one month will still be in the pool for future consideration.