A Word from Our Chairman

Here’s health to you and to our Corps Which we are proud to serve; In many a strife we’ve fought for life And never lost our nerve That’s the first half of the third verse of the Marines’ Hymn. I often think about the Semper Fi Fund whenever I hear those words. We strive to bring health to our service members—not just from the Corps, of course, but from all service branches through America’s Fund. We are proud to serve those who have served us all, and we will continue our fight to support these service members and their families who have made profound sacrifices on behalf of us all. You are a crucial participant in this fight. Your donations, your time, your willingness to tell others about the work we do—it all makes a very real and very profound difference in the lives of thousands of families. For that, I can’t begin to thank you enough. These young men and women have never lost their nerve in the face of difficult times. I feel proud knowing that the Semper Fi Fund will always be by their side, providing financial and emotional support whenever and wherever it’s needed. God bless and happy holidays. Stay well, take care of yourselves and each other—and keep spreading the word.

Al Gray, Marine Chairman

WINTER 2014

The Semper Fi Fund is rounding out its 10th anniversary year with the 10 for 10 Challenge—a matching campaign with the potential to raise $10 million for wounded, critically ill and injured veterans. The challenge, issued by The Bob & Renee Parsons Foundation, with support from GoDaddy, is one of the largest matching campaigns in the history of veteran nonprofits. Through December 31, 2014, your holiday contribution to the Semper Fi Fund and America’s Fund will be matched, dollar-for-dollar, doubling the impact of your gift.

For GoDaddy Founder Bob Parsons, a U.S. Marine Corps Vietnam Veteran and a recipient of the Purple Heart Medal, Combat Action Ribbon and Vietnamese Cross of Gallantry, giving back to the men and women who support our country has always been a top priority:

“The most important things I have ever learned I learned from the Marine Corps,” said Bob Parsons. “I learned there is very little we can accomplish alone. Through the 10 for 10 Challenge we have the opportunity to rally the community, raise awareness and provide much needed and deserved support to our wounded, injured and critically ill service members who have sacrificed so much to protect the freedoms we enjoy.”

“The matching challenge is a significant opportunity for all of us to step up and strengthen our commitment to our country’s wounded veterans,” said Renee Parsons. “If you can’t give a lot, give a little; no amount is too small. Together we will make a difference.”

Both The Bob & Renee Parsons Foundation and GoDaddy have a rich history of supporting our nation’s service men and women. The 10 for 10 Challenge will be the third consecutive holiday matching campaign the organizations have spearheaded on behalf of Semper Fi Fund. This year, The Bob & Renee Parsons Foundation, with support from GoDaddy, hopes to help raise $10 million by providing up to $5 million in matching funds.

“We are deeply grateful to The Bob & Renee Parsons Foundation and GoDaddy for their ongoing support of our injured, ill, and wounded service members,” said Karen Guenther, CEO of Semper Fi Fund. “They have made an amazing difference in the lives of so many families on their long journey to recovery. Their love, passion and dedication in helping our military members and families is a true inspiration to us all.”

Semper Fi Fund 10 for 10 Challenge

The matching challenge is a significant opportunity for all of us to step up and strengthen our commitment to our country’s wounded veterans. Visit the 10 for 10 Challenge at SemperFiFund.org/match or www.americasfund.org/match.

$10 Million to Celebrate 10 Years!

The Semper Fi Fund 10 for 10 Challenge

A New Logo for America’s Fund

“We wanted to update our logo to illustrate how Americans stand behind the service members from all branches who serve us all,” said Karen Guenther, CEO of Semper Fi Fund. “It also expresses the idea that when Americans and America’s Fund work together, we can accomplish profound improvements in the lives of the many service members and their families who need our assistance.”

American’s Fund

HONORARY BOARD MEMBERS

General James T. Conway
USMC (Retired)
34th Commandant of the Marine Corps

Lieutenant General Wallace “Chip” Conner Jr.
USMC (Retired)
Assistant Secretary of Defense for Asian and Pacific Security Affairs

Rear Admiral Richard B. Jeffries
USN (Retired)
Former Medical Officer of the Marine Corps

David J. McIntyre Jr.
President and Chief Executive Officer, Trinitas

Lynne Pace
Vice President and Chief Executive Officer, Trinitas

Free to Support The Fund!

Please visit and like our Facebook page: www.facebook.com/semperfifund www.shoptosupportthefund.com

GoDaddy

Double your holiday gift in support of our wounded, critically ill and injured heroes. Visit the 10 for 10 Challenge at SemperFiFund.org/match or www.americasfund.org/match.

A New Logo for America’s Fund

“We wanted to update our logo to illustrate how Americans stand behind the service members from all branches who serve us all,” said Karen Guenther, CEO of Semper Fi Fund. “It also expresses the idea that when Americans and America’s Fund work together, we can accomplish profound improvements in the lives of the many service members and their families who need our assistance.”

American’s Fund

HONORARY BOARD MEMBERS

General James T. Conway
USMC (Retired)
34th Commandant of the Marine Corps

Lieutenant General Wallace “Chip” Conner Jr.
USMC (Retired)
Assistant Secretary of Defense for Asian and Pacific Security Affairs

Rear Admiral Richard B. Jeffries
USN (Retired)
Former Medical Officer of the Marine Corps

David J. McIntyre Jr.
President and Chief Executive Officer, Trinitas

Lynne Pace
Vice President and Chief Executive Officer, Trinitas

Free to Support The Fund!

Please visit and like our Facebook page: www.facebook.com/semperfifund www.shoptosupportthefund.com

GoDaddy

Double your holiday gift in support of our wounded, critically ill and injured heroes. Visit the 10 for 10 Challenge at SemperFiFund.org/match or www.americasfund.org/match.
CEDRIC KING
ARMY MASTER SERGEANT

“I had a bad day at work,” Cedric says, recalling July 25, 2012—the day he stepped on an IED. “My bad day at work just happened to be a day that changed my life. Someone has a bad day at work, they lose their job; I kept my job, but I lost my legs.”

Cedric enlisted in the Army in July 1995, just a few weeks after completing high school. He deployed to Iraq in 2003 and to Afghanistan/VICE, in 2011 and 2012. It was during that third deployment that he had his “bad day at work.”

His right leg is amputated above the knee. He credits America’s Fund as being an organization that was fundamental in helping him on the road to recovery.

“America’s Fund was always in the hospital,” Cedric says. “About a week after getting blown up, I woke up in keelhauls and there were the America’s Fund ladies, always there with the red shirts and the red hats.

“My mom and my stepfather, they needed to come up here to Walter Reed, they wanted to see me and be there for me,” he continued. “My mom runs a Bible book store back in their hometown—they make their living having their store open. Visiting me, they close their store and have no income. America’s Fund gave them a grant to supplement their income—they made it possible for my mom to be with me.

“America’s Fund” Cedric continued, “they get it, they really do get it. They understand giving back from an emotional standpoint, from a community standpoint—the community of wounded warriors.”

When most people see a service member in a wheelchair or with a prosthetic limb, they can quickly begin to understand the sacrifices made by that service member on behalf of all Americans.

But not all sacrifices are so easily noticeable. Post-traumatic stress disorder can be profoundly debilitating—and experts believe that as many as 20 percent of all service members returning from Iraq and Afghanistan are struggling with PTSD. Juan is one of them.

“I saw many firefights,” he says. “I saw some of my brothers get injured, and that will be with me forever. In total, I have lost five brothers from combat.”

Since returning to the States, Juan has sought treatment for his PTSD. “I have been to different types of counseling, including marriage counseling because my PTSD has affected my whole family.” He also became a member of Team Semper Fi, which champions the idea of recovery through sport and is made up of more than 900 injured service members who compete in athletic events across the country.

Running helps give Juan some perspective on his military experience—and life in general. “Usually during races, I have enough time to make plans, think about life and set career goals for me and my family.” Currently, those goals include advancing beyond his Bachelor’s of Science in Business Administration and completing his Master of Arts in Management. Juan also hopes, within about five years, to have run more than 30 marathons and completed his first ultra-marathon—52.4 miles.

“I want people to know that if you set your mind to something, you will reach your goal,” he says. “Life is a teacher. It will give you the tools to solve every problem that comes up.”

Read more of Cedric’s story at www.americasfund.org/features/cedric-k/

Read more of Bernard’s story at www.americasfund.org/features/bernard-n/

Read more of Juan’s story at www.americasfund.org/features/juan-h/
Thank You
To Our Caregivers

1. a person, most often a family member, who regularly looks after a loved one who needs assistance
2. a “hidden hero” who works 24/7 to care for a wounded service member
3. a person just like you

At the Semper Fi Fund and America’s Fund, family members are as much a part of our mission as service members. That’s why you hear us talk about assisting not just service members, but service members and their families—because for every service member who is deployed, there’s a family anxiously awaiting his or her return.

When a service member is injured and hospitalized, it’s most often a family member who becomes a caregiver to that service member through hospitalization, recovery, transition back to civilian life—and beyond. “Our jobs are hard,” says Vickki M, whose husband enlisted in the Marine Corps in 1982 and became a double amputee in 2009 after being wounded in Afghanistan. “You’re going through a horrendous time to begin with, everything is uprooted, you never know what’s going to happen next. You’re so concentrated on your spouse’s care, so much gets forgotten—the house, the bills. The caregiver is the one juggling all these things. It’s constant. You’re a caregiver 24/7.”

In January 2010, Vickki started a caregivers support group at Walter Reed Army Medical Center, where she and her husband lived for 2-1/2 years. “I wouldn’t allow military staff or counselors,” she explains. “It was just for caregivers so we could vent and share information. People loved it—and it’s therapeutic. You would just go crazy if you keep it all in your head with nobody to talk to.”

Caregivers have been referred to as hidden heroes,” writes Beth B, who maintains a blog called, “The Journey of a Wounded Warrior Family.” Her husband is a double amputee who was wounded in Afghanistan while serving in the Army. “I don’t feel like a hero. The heroes are the ones who sacrificed life and limb and have wounds that are visible and invisible in service to our country. We’re the ones who help them put the pieces back together when they return. We’re normal people who have stepped up to a task that is nowhere close to normal.”

Who Are the Caregivers?

Army Sgt. Justin B. with his wife, Beth & their son, Corey
Army Sgt. Chris H. and wife, Michelle
Army Sgt. Jason M. and wife, Michelle
Army First Lt. Jake M. and wife, Lisa
Marine Sgt Brandon D. and wife, Jasmine
Marine Cpl Rebecca F. and mother, Deborah
Marine Sgt Maj Raymond M. and wife, Michelle

WINTER 2014
SemperFiFund.org
RECOVERY THROUGH SPORT
The Peter Murphy Semper Fi Fund Sports Program

CATTLE DRIVE
JULY 15-18
BIG HORN MOUNTAIN RANGE, WY

TSF /TAF GOLF CAMP & TOURNAMENT
JULY 21-25
ENGLEWOOD, CA

ENDEAVOR GAMES
JUNE 5-8
EDMOND, OK

SoCAL SHOWDOWN
JUNE 20-22
CHULA VISTA, CA

SEMPER FI OPEN
JUNE 22-24
VISTA, CA

MARINE CORPS MARATHON
OCTOBER 26
WASHINGTON, D.C.

THE PETER MURPHY SEMPER FI FUND
SPORTS PROGRAM

Save the Date
Go to www.semperfifund.org/team-semper-fi to check out all of the upcoming Team Semper Fi & Team America’s Fund events for 2015! We promise it will be another inspiring year!

TUNNEL TO TOWERS RUN/WALK [5K]
SEPTEMBER 26-29
WASHINGTON, D.C.

WARRIOR GAMES
SEPTEMBER 28-OCTOBER 4
COLORADO SPRINGS, CO

NATION’S TRIATHLON
SEPTEMBER 6-8
WASHINGTON, D.C.

JNX MCCAIN HORSEMANSHIP CLINIC
OCTOBER 7-12
COLORADO SPRINGS, CO

LAND OF THE FREE GOLF CLASSIC
NOVEMBER 10-11
CITY OF INDUSTRY, CA

NYC TRIATHLON
AUGUST 2-4
NEW YORK, NY

NATIONAL GOLF CAMP & TOURNAMENT
JULY 21-25
ENGLEWOOD, CA

LAND OF THE FREE GOLF CLASSIC
NOVEMBER 10-11
CITY OF INDUSTRY, CA

NATION’S TRIATHLON
SEPTEMBER 6-8
WASHINGTON, D.C.
As part of our commitment to provide assistance to post-9/11 service members for a lifetime, the Semper Fi Fund provides access to a wide range of cutting-edge drug-free therapies that provide relief from symptoms of post-traumatic stress disorder and traumatic brain injury. These include:

**Irlen spectral filters:** Imagine suffering from excruciating migraine headaches, sensitivity to light, anxiety, irritability and nausea. Now imagine trying on a pair of glasses with tinted lenses and getting immediate relief. “Instant relief,” says Corporal Rodney A. “My migraine pain would go from an 8 to a 1 just by wearing them for a couple of hours.”

**Alpha-Stim devices:** The Alpha-Stim is a hand-held device that uses cranial electrotherapy stimulation to help alleviate insomnia, depression, and chronic pain—all common symptoms of PTSD and TBI. A service member with PTSD says, “I have been using a Semper Fi Fund alpha stimulator for about a year now and can honestly say that it has changed my life.”

**Celluma biophotonic light therapy:** These hand-held devices are designed to help manage muscle and joint pain. “The first time I used the product I noticed an immediate relief of pain,” says Rey, an 18-year Navy veteran. “I can now get out and enjoy life again!”

**Additional therapies** we provide include audio-visual entrainment devices that provide stimulation to affect brainwaves in a way that leads to better sleep and an improved mood and enWave devices that tap into an individual’s heart rhythms to help alleviate stress and anxiety.

PTSD and TBI can have devastating results on our service members. The therapies we provide help them with the support they need in order to meet their basic needs, engage in treatment and pursue their dreams for the future.

---

Dear Friends and Family,

Where does the time go? I can hardly believe another holiday season is upon us! As 2015 inches closer, I continue to be in awe of what our team and supporters have accomplished in 2014.

We celebrated our 10th anniversary: We never imagined we’d spend a full decade serving those who serve us all—and as we begin our second decade, our passion and commitment to our service members and their families is stronger than ever—we know we will have extraordinarily important work to do for decades to come.

So many people did so many amazing things to show their support: From bicycling cross-country, to traveling the Mississippi River end to end in a kayak, to running marathons, to riding a horse from coast to coast, and so much more. The spirit of our supporters is second to none.

The numbers are simply amazing: As we approach the New Year, we’re proud to say that the Semper Fi Fund has helped over 13,000 service members and their families with over $99 million of support—and an overhead of just about six percent.

I can’t say this strongly enough: None of this would ever have been possible without your support—with donations large and small and levels of volunteerism and professionalism that set the standard in the non-profit world.

Thank you from the bottom of my heart!!

From all of us here at the Semper Fi Fund, may you and yours enjoy a very Happy and Healthy Holiday season!!

Karen Guenther
President, CEO, Founder

**Further information:** [www.semperfifund.org/updates/karen-guenther-honorary-marine/](http://www.semperfifund.org/updates/karen-guenther-honorary-marine/)
How Far Would YOU Go?

You want to help raise money and awareness for the Semper Fi Fund—so what do you do? Well, maybe you tell all your friends about the Fund. You share information on Facebook and Twitter. You forward some informational emails.

But would you …

• Kayak from one end of the Mississippi to the other?
• Ride a horse or a bicycle from coast to coast?
• Run a marathon in Antarctica?
• Climb to the highest peaks?

Believe it or not, these are just a few of the genuinely incredible ways that Semper Fi Fund supporters and beneficiaries have chosen to support us. See for yourself:

Marine combat engineer Rob Jones lost both his legs to an IED in Afghanistan in 2010. He decided to press his prosthetic legs to the limit and bicycle from Maine to California—a journey of 5,181 miles that raised more than $40,000 for the Semper Fi Fund.

Former Marine infantryman Matt Littrell deployed twice to Iraq from 2003 through 2005. On May 1, 2014, he deployed himself and his horse on a coast-to-coast ride, dubbed “The Long Trail Home,” that has raised more than $60,000 for the Semper Fi Fund.

Marine Cpl Nic Doucette and GySgt Gabe Vasquez spent 71 days kayaking the Mississippi River from source to sea, traveling 2,340 miles and raising more than $17,000 for the Semper Fi Fund.

Marine LtCol Bill Connor’s efforts to run a marathon “In Any Clime and Place” took him to the bottom of the planet in March 2014. He finished the 2014 Antarctica Marathon with a time of 6 hours, 1 minute and 12 seconds. He raised $46,765 for the Semper Fi Fund.

Staff Sgt. Mark Zambon climbed Mt. Kilimanjaro in June 2012. 18 months after losing both legs to an IED blast, At the summit, he buried the dog tags of two close friends who gave their lives in service to the U.S.

Of course, you don’t have to take such extreme measures to support the Semper Fi Fund. Looking for something a little more conventional? We have resources and ideas for you right here: www.semperfifund.org/fundraising
DONATION AND SUPPORT INFORMATION

Donations may be made online: SemperFiFund.org

Please send check donations to:
Semper Fi Fund
825 College Boulevard
Suite 102, PMB 609
Oceanside, CA 92057

Donate today and give a legacy for tomorrow. Please consider joining our Semper Fi Fund Legacy Society and continue to make a difference in the lives of our service members forever. Contact info@semperfifund.org

For any additional information, please email: info@semperfifund.org

For donations, the Fund’s federal tax ID number is 26-0086305.