



Starfish Findings-Info for our Members

RECAP: 2020

The past year presented all of us with many challenges and new ways of doing things. The Starfish Foundation felt the impacts of the challenges for sure. Though there may be much to complain about from 2020, we also saw some tremendous partnerships develop.

At the Annual Meeting in January, our President Michelle R. Hawley, offered strength and hope. She encouraged us “to take a moment to really think about and embrace the good – perhaps it was spending real quality time with your family members, hosting social hours to connect with friends via Zoom, or learning a new skill. We are all here because we have come through difficult times before and I am confident, with our tools and rosters in hand, we will make it through again”. Michelle reminded us about the importance of our connections.

Through the challenges, the Starfish Foundation saw many unite. We were the chosen sole beneficiary of the Angels of the Road **Ride for Veterans** (read the full story on page 3). Additionally, Reeds Marine provided a police boat and the Whiskey Ranch provided a prime location for our **Fill the Boat** campaign in December. Reeds Marine and will be hosting “A Day on the Lake” this summer (see the community event on page 2).

WHAT IS TO COME?

For 2021, we are hopeful we will see the return of our beloved weekend retreats. We are fully funded and prepared with COVID-19 sanitary precautionary measures.

In January 2021, the Center for Creative Learning hosted a Healing Warrior Hearts retreat with great success. Equally as important, the weekend was accomplished using social distancing and sanitation tactics. We will continue to follow CDC guidelines for everyone’s safety.

**** WE NEED VOLUNTEERS FOR THE TAKING IT LIGHTLY WEEKEND July 9 - 11 ****

HOW CAN YOU HELP?

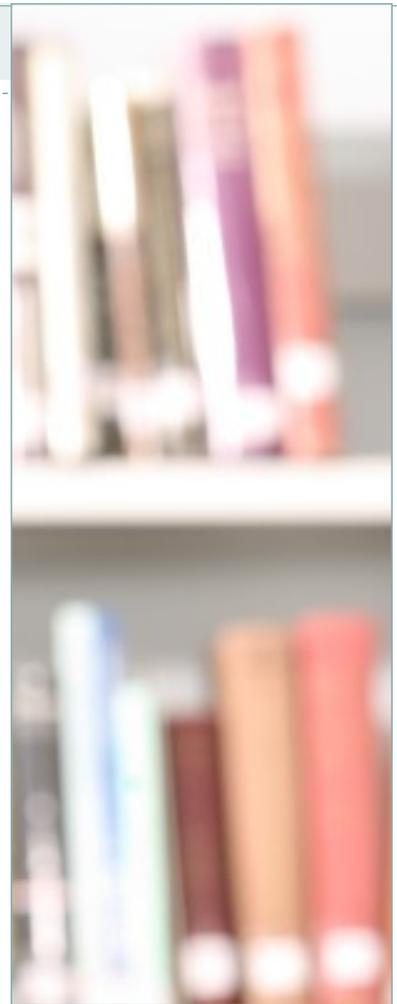
- For our weekends: We are looking to expand our pool of volunteers! If you were wondering how you can give back, offer to volunteer to staff one of our exciting summer events.
- For our Board and FUNdraising committee: We would love for you to get involved and attend our monthly meeting; either in-person (if available) or via Zoom!

*** Board Meetings—held the second Wednesday of each month at 6:30pm CST**

*** FUNdraising Meetings—held the first Thursday of every month at 6:30pm CST**

We invite all members to be active in our organization and would love nothing more than to see your face and hear your input. We cannot do the work we do alone. **WE NEED YOU!**

****Is there something you would like to see added or removed from the newsletter? Have an idea, success story, or helpful information to share? Please email Michelle Frost @ mafrost72@gmail.com.**



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A PARTNERSHIP THAT LASTS FOR SMILES!

Are you a veteran without dental coverage? The Starfish Foundation is partnered with Dr. Saleki of Oak Creek Dental Care. They are offering a **FREE** initial exam and x-rays and 20% off all other services and/or procedures.

Oak Creek Dental Care approached the Starfish Foundation last year and has been a partner with us since. We have received regular, quarterly donations based on new patients they see. During the pandemic when patient visits were at their lowest, Dr. Saleki continued to donate generously. We look forward to this continuing relationship!



*There are hundreds of
languages in the world.
A smile speaks them ALL!*



Oak Creek Dental Care
132 E. Drexel Avenue Oak
Creek, WI 53154
414-762-9010

On March 5-7, two Navy Ensigns took part in the 4x4x48 challenge. The challenge was to run 4 miles every 4 hours for 48 hours straight.

Corey McKenzie and Chase LaRue took part in the challenge raising funds, designating Healing Warrior Hearts as the recipient. Their desire is to help heal “the hearts of those who have defended our country and those who have supported them in their efforts.”

Corey and Chase are medical students attending the Medical College of Wisconsin. Their run ended at the Veteran’s Cemetery at the VA Medical Center in Milwaukee, WI.

This event raised \$1,171.00! Thank you to Corey, Chase, and everyone who donated!

DID YOU RECEIVE THE
“YOUR PURPLE FAMILY”
EMAIL?

Our upcoming events. We will need volunteers and would love for you to promote the events.

SUMMER EVENTS 2021

June 11-13 Healing Warrior
Hearts retreat Milwaukee

June 20 Day on the Lake with
Reeds Marine, Lake Geneva—
Community Event

July 4 Independence Day

July 9 -11 Taking It Lightly,
Milwaukee

July 17 Center Picnic -
Community Event - Milwaukee

July 23- 25 Healing Warrior
Hearts TX

August 1 Milwaukee Milkmen
Game - Community Event –
with group seating

August 8 Warrior Songs CD Re-
lease Party Community Event
Turner Hall, Milwaukee

August 22 Evan Olson Memorial
Golf Outing Minnesota

August 27-29 Healing Warrior
Hearts LGBTQ - Milwaukee

September 24-26 Healing Warrior
Hearts MST - Milwaukee

**BE SURE TO MARK
YOUR CALENDARS!**



VETERANS, MOTORCYCLES, AND THE PACKERS WITH A SIDE OF FUNDRAISING!

On September 13, 2020, the Starfish Foundation partnered with the Open Road Angels and their Angels of the Road Ride for Veterans for a major fundraising event in support of the Healing Warrior Hearts program. The event was held at Cudworth-Stenz-Griesell-Smith American Legion Post #449 in Brookfield, Wisconsin.

It was an exciting day of relationship-building and fundraising. The event started at 7:00 a.m. with the final staging for the ride, breakfast, national anthem, and prayer. The riders were sent off at 10:00 a.m. and the Packer watch party started at 12 noon.

The watch party was hosted by HWH and broadcast via Zoom by MKE Video for anyone who wanted to pop in and take a peek at the action! At-large board members, Michelle Frost and David Karl popped in from out-of-state and were able to feel and see a part of the action.

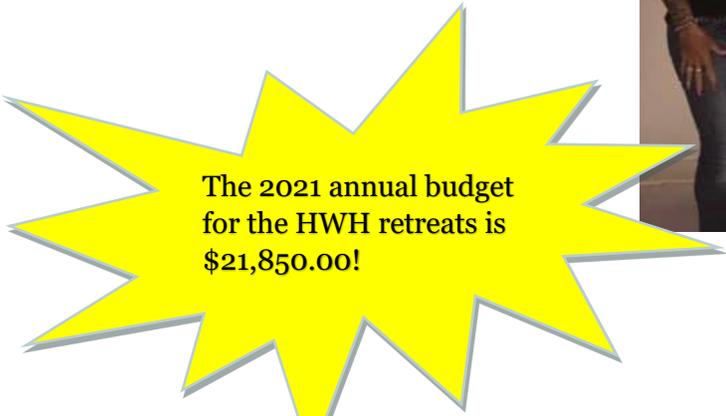
During the event, there were many opportunities to provide support and to have fun. At Post #449, the Angels had dozens of raffle items available for bid, 50/50 raffles throughout the day, and wine pulls. The riders had the choice to stop at any (or all) of the six other participating locations to get their passports stamped and to share in the fundraising fun at those locations. Additionally, the Angels held a silent auction co-chaired by Board President Michelle R. Hawley which brought in approximately \$5,000 towards the Angels' goal of \$20,000. Board Vice-President Dianne Young, Treasurer Rick Benoit, and Patricia Clason greeted people and ran a raffle for prizes.

This was the third year for the Angels of the Road Ride and Healing Warrior Hearts is very grateful to have received a grand total of **\$22,000** as a result of this amazing effort. This ride marked the most funds raised thus far by the organization!

A HUGE thank you to the Open Road Angels, you all are true Angels!



Pictured: Members of The Starfish Foundation receiving the check for \$22,000 with members of The Open Road Angels.



See the link to the story in the Milwaukee Journal Sentinel: <https://www.jsonline.com/story/communities/northwest/news/2020/09/11/milwaukee-area-motorcycling-group-raising-funds-help-veterans/5766922002/>



EVAN OLSON—A LEGACY NOT FORGOTTEN

In December, Healing Warrior Hearts received word that they would be the recipient of funds in lieu of flowers...

Evan Olson was just 24 when he passed. An Army National Guard Veteran and brother in the Blacksheep Platoon of C company, 2-127 Infantry Battalion. Evan is greatly missed by his family, friends, and brothers-in-arms. If you want to know more about Evan, you will find his memorial at: <https://www.ryanfuneralservice.com/obituary/Evan-Olson>.

Please remember Evan and other members of the Blacksheep Platoon who have passed and pray for their family and friends to find peace in their grief.

We invite you to join us at the Evan Olson Memorial golf tournament on August 22nd (as mentioned on page 2). It will be held at The Pines Golf Course at Grand View Lodge in Nisswa, MN.

A very big THANK YOU to all who donated to Starfish Foundation in Evan's honor, allowing us to help save lives by providing free retreats to veterans.



According to a report published by the United States Department of Veterans Affairs (VA) in 2016, which analyzed 55 million veterans' records from 1979 to 2014, the current analysis indicates that an average of 20 veterans die from suicide per day.- Wikipedia

In 2018, there were an average of 17.6 veteran suicides per day*. While that number is slowly decreasing, even ONE is too many!

****<https://www.mentalhealth.va.gov/docs/data-sheets/2020/2020-National-Veteran-Suicide-Prevention-Annual-Report-11-2020-508.pdf>***

**** COVID has resulted in an increase of suicides and mental health challenges, affecting veterans and civilians alike. ****

Maybe talking about suicide with someone makes you a little or a lot uncomfortable. Maybe you feel like you don't know what to say. It's ok if you struggle with talking to others about this topic. One great way to overcome this is to learn more about how to help.

Please consider taking the R.A.C.E Suicide Prevention course with Curtiss Peck. Here is the link, take a look: <http://www.racesuicideprevention.us>.

Dianne Young has been taking these classes to add to her knowledge and she highly recommends them for anyone. Healing Warrior Hearts founder Patricia Clason and Dianne are becoming facilitators for the R.A.C.E. Suicide Prevention course.

Healing Warrior Hearts is active in the [Veterans Health Coalition](#) and SE WI Suicide Prevention Task Force which is part of the [Governors Challenge to Prevent Suicide](#).

You can find more resources at the [#BeThereWis](#), [Mental Health Summit](#), and the Veterans Crisis line at <https://www.veteranscrisisline.net/> or Text 838255.





STARFISH FOUNDATION

The Starfish Story

It was still early. The mist had not yet cleared from the sea.

In the distance, a solitary figure stood throwing objects out over the water. Walking along the debris-strewn beach, I looked at the masses of starfish scattered everywhere.

The tide had thrown them in, stranding them on the beach. As the sun rose higher, they would perish.

Approaching the stranger, I could see that it was the starfish he was picking up and returning to the sea. Our eyes met.

"Do you really think you can help? There are millions of starfish on this beach. You can help so few. Does it really make a difference? Does it matter?"

He reached down and picked up another starfish, looking at it intently.

"Oh yes," he replied. "It matters to this one!"

- Adapted from "The Star Thrower" by Loren Eiseley



WHAT WE DO:

The Starfish Foundation helps with the healing of emotional trauma through scholarships and sponsorships of programs dedicated to this purpose.

The Starfish Foundation has funded over \$250,000 worth of scholarships to date. The funds have gone directly to:

- Retreats for military veterans and their emotional healing. Healing Warrior Hearts is free to veterans and staffed by volunteers, both veterans and civilians.
- Sexual abuse survivors to help them deal with that extreme trauma and move forward in their lives through the Renewal weekend.
- Others that have experienced various trauma in their lives, helping them heal their emotional wounds through the Taking It Lightly weekend.



Starfish Board of Directors

Michelle R. Hawley, President

Dianne Young*, Vice-President

Rick Benoit, Treasurer

Dawn Strobel, Secretary

Michelle Frost, At-Large Member

David Karl, At-Large Member

Tiffany Koehler, At-Large Member

Veterans Program Committee

Patricia Clason, Chair/Healing Warrior Hearts Founder

*(past President)

The Starfish Foundation
2437 N. Booth St.
Milwaukee, WI 53212

Phone: 414-374-5433
<https://www.starfishfound.org/>

QR code for donating:



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Healing Warrior Hearts—[@HealingWarriorHearts](https://www.facebook.com/HealingWarriorHearts)
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