



UNDERSEA WARRIORS

Newsletter

From the Desk of the Prez

I hope this newsletter finds you safe and well during this unprecedented time in our country. While the rest of the World begins to open back up, we at Undersea Warriors have been very busy completing the many tasks to get Undersea Warriors operating. We would like to thank the design experts at Firespring for designing us an incredible logo, website, and pamphlet to share our program and mission with potential partners and supporters. These items were important in our discussions with other nonprofit organizations regarding working together to heal veterans with PTSD. The team has done a great job in getting us in a position to start certifying Veterans and their Dive Buddies as scuba divers and perform Conservation work. Thank you for your unwavering support and prayers as we set out to heal Veterans and the Ocean!

Sincerely,

Karl

Our 3 Step Program

Undersea Warriors uses a 3-step program to guide Veterans and their Dive Buddies through recreational/adaptive and marine conservation diving, in a gradual and controlled manner, to immerse them in peace and purpose.

Step 1. Try Scuba - this course introduces the Veteran and their Dive Buddy to scuba diving so they can decide if scuba diving is enjoyable and an activity they want to do.

Step 2. Open Water Diver and Enriched Air Certifications - certifies Veteran and their Dive Buddy as scuba divers who can maximize their time underwater by diving with high percentage air tanks. This is when the Veteran is introduced to the serene and tranquil world under the surface of the

water that has been shown to reduce their PTSD symptoms by 80%.

Step 3. Marine Conservation Diving - provides the Veteran and their Dive Buddy an opportunity to socialize with fellow veterans and scuba divers while removing plastic and other waste from rivers, lakes, and the ocean. Additionally, they will have opportunities to dive in aquariums and interact with fish, dolphins and turtles while cleaning the tank and provide the divers a new purpose in life.

You can learn more on our website page: <https://underseawarriors.org/what-we-do/>

Partnerships

As a new Nonprofit with an unorthodox treatment program, the team

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had to work twice as hard to pique the interest of potential partners. While it was not easy, the team was up to the challenge of answering the questions of our partners by sharing proof that scuba can reduce PTSD symptoms by 80%. We are very pleased to announce that we have partnered with some tremendous organizations to work together to heal Veterans. While we are estatic with the partners we have made recently, we also have many meetings scheduled with other organizations to grow our partnerships. Here are the organizations we will be working with in the future:

The PTSD Foundation of America whose mission is to bring hope and healing to Combat Veterans and their families suffering from the effects of combat-related Post Traumatic Stress. We do this by taking a whole-person approach, offering evidence-based peer-to-peer mentoring, both on an individual basis and in group settings.

Diving with a Purpose (DWP) is dedicated to the conservation and protection of submerged heritage resources by providing education, training, certification and field experience to adults and youth in the fields of maritime archaeology and ocean conservation.

The Eco-Conscious Diver is motivated by love for the ocean and feels called to help

realize this vision of our world, one where people care for the environment and learn as much as we can about other species to protect them.

Unite Us is a technology company that builds coordinated care networks of health and social service providers. Unite Us' dedicated team builds authentic, lasting community partnerships.

Arise Veteran Foundation is to help educate, employ, house, and provide mental, physical, spiritual, and relational health treatment for Veterans and their families.

San Antonio Coalition for Veterans and Families assists in meeting the needs of the Veteran, their family, care givers and widows of every generation. Our areas of focus are, Advocacy, Education and Counseling, Supporting and Volunteerism for our Veterans and their families.

The Air Force Wounded Warrior Program (AFW2) is a Congressionally mandated, federally funded organization tasked with taking care of U.S. Air Force wounded, ill, and injured Airmen, Veterans, and their Families.

Alamo Area Council of Governments assists service members, veterans, and their families in the 13-county Alamo Area, and will soon expand into South Texas (Laredo area) and the Coastal bend (Corpus Christi area).

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TPWD Sea Center (Lake Jackson, TX) is a marine aquarium, fish hatchery and education center located on 75 acres in Lake Jackson, Texas. It is operated by the Texas Parks and Wildlife Department in partnership with the Coastal Conservation Association, The Dow Chemical Company and US Fish and Wildlife Service Sportfish Restoration Funds.

Moody Gardens (Galveston, TX) a resort in Galveston Texas and/is home to one of the largest aquariums in the Southwest. This 1.5-million-gallon aquarium is teeming with creatures from tuxedo-clad penguins, to seals, sharks, an amazing Jellyfish Gallery, and thousands of tropical fish.

Woodland's Dive Center is a Full-Service SSI Master Training SCUBA diving Facility, retail center and full-service repair facility in The Woodlands, TX who will be providing Open Water and Enriched Air certification training to Veterans in the Houston area.

Duggan Diving is a family owned and operated scuba diving business located in Universal City, Texas just north of San Antonio. We specialize in equipment sales, repair and maintenance, certification courses, and scuba trips all around the world.

Marketing and Fundraising

Currently, we hold only one class consisting of a Veteran and Dive Buddy

each month. We wish to increase the number of classes per month to three, so we can heal as many Veterans as possible. To help raise the money to support this number of classes, we are partnering with the Firespring Marketing team to help spread awareness of Undersea Warriors and our mission. Firespring will help with the development of a marketing campaign to help stimulate donations as they have for many nonprofits in the past. With their proven record of developing marketing plans that strike a chord with the public, we are confident that the three classes a month goal will become a reality.

Medical Research Study

We have been working in conjunction with the PTSD Foundation of America to conduct another research study on the benefits of scuba diving on those suffering from PTSD. Our study will test 20 veterans suffering from PTSD, 10 will continue their current therapy regiment and the other 10 will be certified as scuba divers. We wish to confirm the results recorded by Johns Hopkins University 2011 study showing an 80% reduction in PTSD symptoms. Currently, our study is scheduled for Summer 2022. We are in the process of drafting the required documents of our plan and protocols to evaluate our study. We continue to evaluate scuba dive computers that has the programming to monitor heart and breathing rate in addition to evaluating sleep quality. We feel by using the gear's programming we can

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accurately record this information to show impartial proof that scuba does help with PTSD symptoms.

Amazon Smile has accepted our application to be listed as one of the many great nonprofits for their Smile program. Amazon Smile was created to provide patrons with the option to have 0.5% of the cost of purchase to be donated to your charity of choice. To select Undersea Warriors as your chosen charity for this donation:

1. go to smile.amazon.com
2. open your Account page
3. select "Your Amazon Smile"
4. select Change Your Charity
5. select Search All Charitable Organizations
6. type in Undersea Warriors
7. select Undersea Warriors
8. click on the Select button to the right of Undersea Warriors

Your Amazon home page will change to Smile Amazon or Smile Amazon Prime and under the icon at the top left you will see "Supporting: Undersea Warriors." You will need to go to www.smile.amazon.com from now on to ensure you are using Amazon's Smile donation site so Undersea Warriors receives your donation.

Facebook Donations Undersea Warriors have submitted their application to be included as a charity that users can select for donation drives on their page. Facebook is in the process of reviewing our and we hope to announce our availability soon.

In addition to these opportunities to donate to Undersea Warriors, you can also donate via our website at the following link:

<https://underseawarriors.org/how-to-help/>

In closing, we at Undersea Warriors wish to thank everyone for their overwhelming support and prayers. It has truly exceeded our expectations and we cannot thank you enough for the support. Together we can heal Veterans and turn the tide on Veteran Suicide!

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