



1718 M Street NW—Suite 1170—Washington DC 20036

GOLF TOURNAMENT TUESDAY, AUGUST 24, 2010

OUR WISH LIST

- FRIDAY NIGHT DINNER SPONSORS \$4,000—\$6,500
- SPONSOR A TABLE OF 10 FOR \$500
- SPONSOR A SERVICE MEMBER FOR \$50
- \$25 GIFT CARDS to Target, CVS, Safeway, Roman Macaroni, Best Buy, Borders, etc.
- \$25 TRAVELERS CHECK
- SPORTS MEMORABILIA, CAPS, POLO SHIRTS, ETC. FOR ALL TEAMS (NFL,MLB,NBA...)
- \$10 GIFT CARDS TO SUBWAY, and DUNKIN DONUTS,LOCATED AT WRAMC & NNMC
- TICKETS FOR LOCAL SPORTING EVENTS, CONCERTS, ETC.



The Aleethia Foundation will hold its first Golf Tournament to benefit the newly injured service members recovering at Walter Reed Army and National Naval Medical Centers. The Aleethia Foundation provides a night away from the hospital. The injured service members are taken to a safe and accepting environment, showed that life is still good, and that they do not need to stay in their hospital rooms agonizing over what they have lost or how their lives have changed...thus began the "Friday Night Dinners!" The Aleethia Foundation has been able to provide more than 23,000 dinners since October 2003 for injured service members and their families.

This is not our only focus, many families have received help with financial emergencies — those unmet needs that official regulations and budgets can not cover.

Help us keep this going! It is a great way to show the service members that America appreciates their sacrifices, that they will heal and regain their lives with their families and that they can be proud of their service. We hope you will find it in your heart to support our efforts.

Don't miss out! Join us on Tuesday, August 24, 2010 at The Washington Golf & Country Club, Arlington, Virginia. WGCC is the oldest golf club in the Washington DC area and maintains the traditional Donald Ross golf course to the highest agronomic standards. **Sponsorship Opportunities are still available...**details at www.aleethia.org. **Register early ...100 player limit!** Contact golf@aleethia.org or call 202-714-0135 to inquire about being a sponsor, player, donating a door prize, raffle or live auction item. If you can not attend, but wish to support our efforts, donations can be sent to *The Aleethia Foundation*, 1718 M Street NW, #1170, Washington DC 20036. For credit card charges, please go to www.aleethia.org and click on "donate now!"

Executive Director's Message ...by Hal Koster

Summer is almost here and again I want to thank everyone for your support of the Aleethia Foundation. We are going to have our first golf tournament this year. This is the first large fundraiser ever held in support of the "Friday Night Dinners." We are very excited about this and have been working hard to make it successful. Since we are a small organization and not well known, we are having a hard time gaining the support of major corporations, but we continue to work diligently and anticipate a very successful tournament with the support of our local organizations.

Many of our supporters are from out of the area and continue to support our efforts to help the newly injured troops through the early phases of the healing process. While we have been good stewards of the donated funds, I have not been good at posting updates to our website so you can see the results of your funds. There is a significant effort being put forth to keep the event area of the website up to date with photos and short stories of the weekly dinners. I hope you have seen the recent results of these efforts and I would appreciate any insight in how I can do a better job for you. But be advised that we do not parade injured troops in front of the camera for fund raising. That is part of the reason we are reluctant to post the pictures, but you also have a right to know how your funds are being spent. We will try to balance this privacy and right issue to keep you informed.

We have so many wonderful contributors that have been consistent throughout the years. Without your continued support, we would have had to stop supporting the troops a long time ago. Even though we list the corporate sponsors on our website, it is the individual contributors that have supported us for many years and have my heartfelt thanks. These are the people that have kept us going and who are donating from the heart. It is the genuine heartfelt giving that we pass along to the troops. It is this giving that is greatly appreciated by them. It helps them to know that all Americans are behind them and thank them for their sacrifice.

Have a great summer!

Hal

hal@aleethia.org

202-714-0135

SPECIAL THANKS TO 2010 DINNER SPONSORS

Aleethia Donors

Ambassador of Singapore
Ambassador of Netherlands
Ambassador of Australia

Washington Golf & Country
Club Members

Blinded American Veterans
Foundation
Jim Mayer Alive Day
Donations

Maj. General Al Rogers USAF
Ret and Linda Rogers

The Phelps Family
IntePros Federal
CSC Federal

Lido Civic Club of
Washington DC

Agility

Veterans of Foreign Wars of
the United States

A “ S I N G A P O R E ” E V E N I N G !

On February 26, 2010, Ambassador Chan Heng Chee hosted a lovely dinner for the injured service members at the Embassy of Singapore in Washington DC. Besides a delicious dinner including delicacies from Singapore, the injured service members and their families were treated to a “virtual” tour of the country of Singapore.



Meet John Sommer—Newest Member to Aleethia Foundation Advisory Board...

John F. Sommer, Jr. retired as the Senior Executive Director of The American Legion National Headquarters on December 15, 2009. He was responsible for overseeing strategic planning and projects dealing primarily with The American Legion’s outreach to returning veterans, and to veterans seeking and receiving care in the VA system, as well as analysis of the challenges being faced by returning veterans transitioning into civilian life. Sommer’s service as a U.S. Army combat medic included a tour of duty in Vietnam with the 4th Infantry Division where he served as a Senior Company Medic and the NCO-in-charge of a battalion aid station. His service awards include the Bronze Star Medal with “V” device, Army Commendation Medal, Combat Medical Badge, and Republic of Vietnam Gallantry Cross with Palm. Since 1991, Mr. Sommer has traveled to Vietnam numerous times and met with officials in other Southeast Asia countries regarding missing American servicemen. He represented The American Legion on Presidential delegations to Vietnam, Laos and Cambodia. Sommer served as chairman of the Ad Hoc Working Group on POW/MIAs, which consisted of representatives from over 20 nationwide veterans groups and family organizations. Mr. Sommer co-edited a handbook on post-traumatic therapy, plus a book, Simple and Complex Post-Traumatic Stress Disorder: Strategies for Comprehensive Treatment in Clinical Practice. Sommer, in collaboration with Drs. Jeanne and Steven Stellman developed “The American Legion and Columbia University Vietnam Veterans Study,” a broad-based series of epidemiological studies of Vietnam veterans, which was published in 1988. Mr. Sommer has done an extensive amount of advocacy work on the issues of PTSD and Agent Orange exposure in Vietnam.

For a more details, please see John’s bio on Aleethia Foundation’s website. We are proud to have John join us!

G O O D S E A R C H . C O M & G O O D S H O P . C O M



The Aleethia Foundation can earn a donation every time you search the internet and shop on line. Search the web with Yahoo-powered GoodSerach.com and they will donate a penny to **The Aleethia Foundation** each time you search!

Shop online...find coupons and free shipping offers at your favorite stores (Amazon, Best Buy, Macy’s, Office Depot and hundreds of other stores) — and a percentabe of your purchase goes to **The Aleethia Foundation**.

Just go to www.goodshop.com or www.goodsearch.com and enter “**The Aleethia Foundation**” as the charity you want to support. Be sure to spread the word to your family, friends and co-workers. We need your help to spread the word now more than ever. Remember every penny counts!

Products for Good — Own a piece of history and support the troops!

The Products for Good, LLC has an appreciation that our freedom is not truly free. “Past and present conflicts remind us that freedom is not to be taken for granted...there are sacrifices being made by many military families so that we, Americans, can enjoy our many freedoms everyday.” Products for Good has created a plan to donate over \$20 million to the families of our wounded heroes. A percentage of every dollar generated from the sale of their products is sent to charities benefitting our wounded military including **The Aleethia Foundation**. Please go to www.productsforgood.com and check out their products.



D. C. Chapter of Free Republic (the “FReepers”) marks five years and 260 consecutive Friday nights at the Front Gate of Walter Reed Army Medical Center supporting and honoring our wounded service members and their families. Also, they greet the buses returning from Aleethia Foundation’s weekly “Friday Night Dinners.” We salute all the “FReepers” who proudly stand every Friday night no matter what the weather conditions! It is a wonderful tribute to these fine men and women who have sacrifice so much to know that there are

grateful Americans who will not forget them for their service to our country in protecting the freedoms enjoyed by all Americans. **If you are in the area on a Friday night between 6:30pm-9:30pm...please join the “FReepers”** or stop by and thank them for being there to support the troops! For more info go to <http://www.freerepublic.com/tag/walterreed>

Executive Director, Hal Koster sends a special thank you to all the wonderful volunteers, donors and sponsors who make **The Aleethia Foundation’s “Friday Night Dinners”** a special and memorable evening for our injured service members.