

www.aleethia.org
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★supporting those who serve★

25,000 DINNERS! THANK YOU!

Executive Director's Message ...by Hal Koster

Thanks to all our donors for your generosity! Without your support, *The Aleethia Foundation* would not have been able to provide support to the injured service members. Over the past 7.5 years *Aleethia* has provided over 25,000 dinners for service members and their families. For many service members, it will be a long road to recover from injuries suffered while serving our country. Some of the injured service members can spend months to several years going through the healing process ... depending on the severity of their injury. *Aleethia* tries to make their journey less painful. Through the generosity and compassion of our donors, sponsors, supporters, and volunteers, we will be able to continue our efforts as long as there is a need. We will be there to remind the service members that they will not be forgotten and their sacrifices were not in vain. Thank you for your support!

Hal

hal@aleethia.org

OUR WISH LIST

- FRIDAY NIGHT DINNER SPONSORS \$4500+
- SPONSOR A TABLE OF 10 FOR \$500
- SPONSOR A SERVICE MEMBER FOR \$50
- Sponsor door prizes for the weekly dinners
- \$25 GIFT CARDS to Target, CVS, Safeway, Roman Macaroni, Best Buy, etc.
- Intendo Dsi and games
- \$10 GIFT CARDS to Subway and Dunkin Donuts located at WRAMC & NNMC

SPECIAL THANKS TO DINNER SPONSORS

Aleethia Donors
 Ambassador of Britain
 Ambassador of Singapore
 Ambassador of Netherlands
 Ambassador of Australia

Washington Golf & Country Club Members

Capitol Hill Club
 Duty First Consulting
 Heritage Foundation

MacAndrews & Forbes
 Paul Wolfowitz
 National Amputation Fnd

The Phelps Family
 Arthur & Ester Brooks
 Smithers Patriot Foundation

Lido Civic Club of Washington DC
 CSC Federal
 Agility

Veterans of Foreign Wars of the United States
 USO

NNMC Commander Award to The Aleethia Foundation...



On December 8, 2010, Rear Admiral Matthew Nathan, Commander of the National Naval Medical Center presented the "Commander Special Recognition" Medallion to Hal Koster, Founder of Aleethia Foundation in recognition of the efforts of the Aleethia Foundation in supporting the newly injured service members recovering at NNMC since October 2003.

2010 Accomplishments

- Provided over 3,700 dinners
- Distributed over \$38,000 to twenty service members for family emergency aid to help with rent, mortgages, car repair, travel expenses, clothing, groceries, etc.
- Purchased seven television/DVD combo for the hospital rooms that were quickly prepared for the addition of wounded arriving from Afghanistan
- Provided 150 Dexter Russell Knife/Fork Combination utensils to service members with severely injured hand and arm injuries as well as missing limbs.
- Assisted with funding for Honor Flight for WWII veterans, Blue Star Families and the Women Memorial.
- Providing funding for the Team River Runner program to help to improve the injured service members' health, strength, healing with new challenges and a connection with nature.
- Provided two "Friday Night Dinners" for OIF/OEF veterans at Dorn VA Medical Center Outreach Program in Columbia, South Carolina.
- Five "Friday Night Dinners" were held at the Netherlands, Singapore, Australian, British and Israeli Embassies. These were special evenings for the troops and we thank Dr. Paul Wolfowitz for his assistance in arranging these dinners.
- In November, a tribute concert honoring the wounded service members was hosted by Finmeccanica at the Italian Embassy.

AN EVENING WITH THE AUSSIES . . .

On December 10, 2010, Ambassador Kim Beazley and his lovely wife hosted a dinner for the injured service members at the Australian Embassy in Washington DC. A delicious "Australian" buffet dinner was followed by the unique sounds of a Didgeeridoo. Australian theme door prizes including several Aussie military slouch hats made the anticipation of winning a special event. The outstanding hospitality of the Aussies who helped with serving the food, beverages and attending to the needs of the service members and their families made it a memorable evening enjoyed by all. "Thanks Mate...G'night!"



Aleethia Honors Two Special WRAMC Volunteers!!



Tom and El Porter....Tom is a Korean War Veteran and is a double amputee. El nursed Tom back to health during his recovery from his wounds. They are wonderful, caring people that have been a blessing to the newly injured since the war began. Tom gives hope to the newly injured amputees as they arrive at the ICU unit at Walter Reed Army Medical Center to begin their long journey of recovery. El is nicknamed the "Cookie Lady!" ... El always comes to visit with her kind smile and homemade cookies for the patients. Lt. Col. Paul Pasquina, Chief of Physical Medicine and Rehabilitation at WRAMC, said that Tom is as "decent and genuine as they come....he has an easy way with the wounded warriors. Tom gives them hope...that they might be able to walk again."

(photo courtesy of Jim Mayer)

" HOLIDAY DINNER " WITH THE BRITS !

On December 17, 2010, the British Ambassador and Mrs. Niegel Sheinwald graciously hosted the holiday "Friday Night Dinner" at the British Embassy residence. The Ambassador's residence was aglow with the many decorated Christmas trees, flowers, holiday decorations and a special "Reindeer" dessert which made for a very festive evening. Holiday gift bags filled with British theme items were given to all as a special memento of a wonderful and memorable evening.



Aleethia Foundation's First Golf Tournament

Aleethia's First Golf Tournament was held on August 24, 2010 at the historic Washington Golf & Country Club. We wish to thank all the sponsors, players, volunteers, service members and the WGCC golf and banquet staff who helped to make it a successful event. Over 35 injured service members participated in the golf outing. Go to Aleethia's website (<http://aleethia.org/golf/index.php>) to see firsthand how the rehabilitative benefits of golf can improve the mental and physical condition of each and every wounded service member returning from combat. Congratulations to our "First Place Team" ... The Clark Construction Group (Sponsor of quarterly dinners)



300 Fridays! D. C. Chapter of Free Republic (the "FREepers") marked their 300th consecutive Friday night on January 14, 2011. They stand guard at the Front Gate of Walter Reed Army Medical Center to support and honor 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...even on holidays! 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/index?tab=articles>

The group displays the American flag flown on a mission in a Navy EA-6B Prowler flying out of Bagram Air Base, Afghanistan. The flag was presented to the DC Chapter of Free Republic by Electronic Attack Squadron 209.

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.