

STARS AND STRIPES®





Fisher House Foundation is there for Military and Veterans' Families because

A Family's Love Is Good Medicine

When Brayden and Deklin were born they weighed 2 ½ pounds – combined. In fact, the doctors weighed them in grams on day two: Brayden at just 400 grams and Deklin only a little bit heavier.

“It’s hard to believe,” said Army SSgt. Frank Wooten, the boys’ father. “Brayden’s legs were smaller than my little finger. Their eyes were not even open yet.”

The twins were born January 26, 2011, and for the next 4 ½ months, Frank and Canndice, the boys’ mother, lived on a daily, and sometimes hourly, emotional roller coaster, never knowing if their boys would survive and then—if they did—would they ever be able to play baseball, read a book or dance?

During the ordeal, the Lackland Air Force Base Fisher House was their home and their refuge, allowing them to be just steps from their babies. Lackland is one of 65 Fisher Houses located near Department of Defense or Veterans Affairs hospitals. For 25 years, Fisher House has a “home away from home” for our Nation’s wounded, ill or injured servicemembers, Veterans and their families.

“I truly believe it was the miracle of modern medicine that kept my boys alive and the love we felt from our family at Fisher House that gave us strength to go on,” said Canndice through fresh tears. “You just can’t imagine how indebted I am to Fisher House, for giving Frank and me a home at one of the

most difficult times in our lives.”

Today, Brayden and Deklin are thriving, active, vibrant little boys. Determination, the miracle of modern medicine, and the love of their Fisher House family, have all coalesced to help create a happy, delightful American military family.

Help Fisher House continue supporting military and Veterans’ families for another 25 years. Nationally recognized as a premier non-profit with a four-star Charity Navigator rating and an A+ from the Charity Watch, you can learn more at www.fisherhouse.org.



#11453



Because we ♥ our military and veterans.

“I truly believe it was the miracle of modern medicine that kept my boys alive, and the love we felt from our family at the NICU and our family at Fisher House that gave us strength to go on.”

– Canndice Wooten



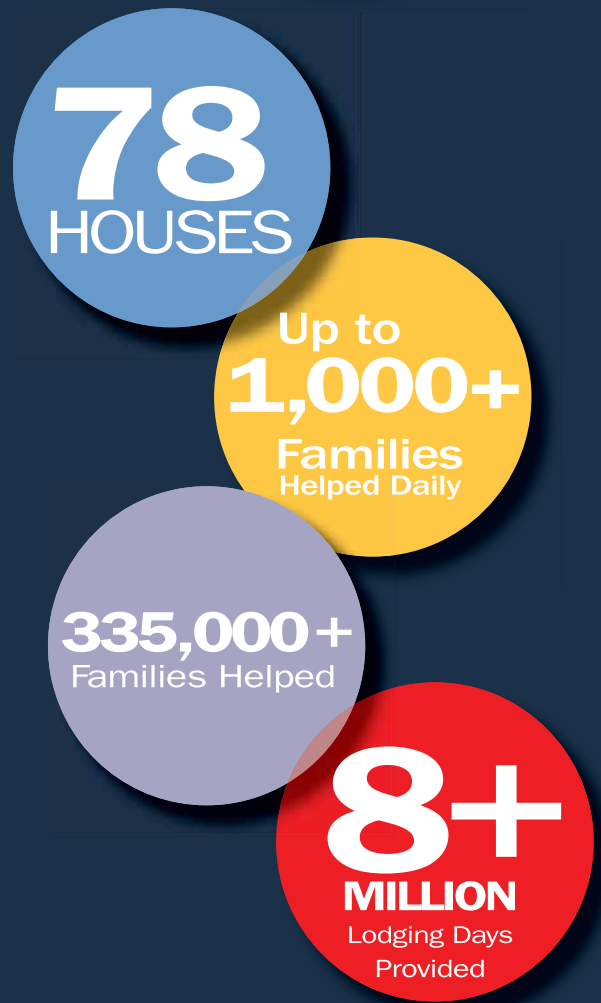
For more than 25 years, the Fisher House program has provided “a home away from home” for families of patients receiving medical care at major military and VA medical centers. These homes provide free temporary lodging to military and veterans’ families so they can be close to their loved one during a medical crisis.

fisherhouse.org

HOW YOU CAN HELP

- ♥ Donate to Fisher House Foundation
- ♥ Give Your Frequent Flyer Miles to Hero Miles
- ♥ Give Your Hotel Points to Hotels for Heroes
- ♥ Volunteer at a Fisher House

Fisher House Foundation | CFC Code: 11453



RATINGS MATTER

Fisher House Foundation has received an A+ rating from Charity Watch and earned four stars (out of four) from Charity Navigator.



CFC : Make a difference, make a donation

By Spc. Brandon Babbitt

Courtesy of the U.S. Army

"The Combined Federal Campaign (CFC) is an effort that has provided phenomenal support to those in need for many years," said Maj. Gen. Peter Vangjel, Deputy Commanding General, Third Army. "The impact of the contributors to CFC are felt worldwide."

The mission of CFC is to promote and support charitable donations through a program that is employee focused and effective in providing all federal employees an opportunity to improve the quality of life for those organized under a certain charity.

"In the military, we commit ourselves to serving our country. Military members support the United States and their communities in many ways," said Vangjel. "CFC provides another option for us to demonstrate our service to the nation."

CFC is the largest and most successful annual workplace charity campaign in the world. There are more than 300 national and international campaigns under CFC, which raise millions of dollars each year for approved charities. Pledges made by federal civilian, postal and military donors during the campaign season support eligible nonprofit organizations that provide health and human service benefits around the globe.

Over 270 million dollars were raised last year through CFC. Some of the more

popular charities for servicemembers to give to are the Wounded Warrior Project, Make A Wish Foundation, Habitat For Humanity, and Africa AIDS Watch.

Master Gunnery Sgt. Juan Velasquez, CFC's Program Manager for Third Army, sees this opportunity as a unique way to be part of an initiative that gives back to those in need.

"This is the first time I've been tasked with this responsibility," said Velasquez. It has been a great experience working with other military members in promoting this important campaign." With all the different charities with the campaign, Velasquez encourages military members to donate to one that they can relate to.

"We don't live in a perfect world," Velasquez said. "Try to donate to a charity that hits close to home. With about 2,000 charities to choose from, look for something that you can relate to. It will make you feel better about giving." The easiest way for a military member to give is to complete a pledge card and request an allotment be taken out of their pay. That way, a certain amount can be given to whatever charity they select.

Other payment methods are cash, check, or an online donation with a credit card. Civilian contractors are not eligible for the program. Contact your CFC Unit Representative for more information.



(Photo Credit: Spc. Brandon Babbitt)

Third Army Soldier, Spc. Ashley Belfield, Awards Clerk with Third Army's personnel office, looks through the CFC Catalogue with the assistance of her CFC Unit Representative, Staff Sgt. Shane Harman, personnel Replacement Operations NCOIC for Third Army.



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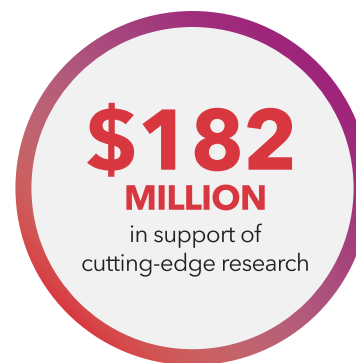
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CFC# 10373



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CFC #37283



HOW TO KNOW IF YOU CAN REALLY WRITE OFF THAT DONATION



By Morgan Quinn
GOBankingRates.com

Making a donation to a charity is a great way to fill up on feel-good energy, but there might be an additional benefit, too: tax savings. Donations made to qualifying charitable organizations can reduce your taxable income, which reduces your overall tax bill. But don't get too excited just yet: Not all donations can be deducted and not all charitable organizations qualify.

A qualifying charitable organization is a nonprofit group that is approved by the IRS. In most cases, these nonprofits are charitable, religious or education organizations, or volunteer groups. If you aren't sure if the charity of your choice qualifies, the IRS has a search tool that allows tax filers to enter the name and location of an organization and instantly see if it makes the cut. If it does, great news. Your contribution could be tax deductible.

In order to get the tax deduction, you must give to a qualified organization. Contributions made to specific individuals, political organizations and candidates don't count. Charitable contributions are filed using form 1040, and you can itemize the deductions on Schedule A. So, if you made three donations that tax year to three separate qualifying charities, you would use the total amount on 1040 and then list them separately on Schedule A.

Cash donations to a qualifying charity are tax deductible, but if you received a benefit in exchange for your donation, like swag, tickets to an event or other material goods, the rules are a little different: You have to subtract the fair market value of the benefit from your de-

duction. There are general rules for determining the fair market value of the benefit, but it is generally the price of the property that would change hands between a willing buyer and a willing seller, neither having to buy or sell, and both having reasonable knowledge of all the relevant facts.

So, let's say you got a pair of baseball tickets for donating \$100 to your favorite charity. And let's say the seats weren't great – maybe they are in a section where the tickets normally go for \$30 on the street. You would deduct the fair market value of the tickets (\$60) from the deduction, which would lower your tax benefit to \$40. Now, let's say the tickets were nicer – maybe they have a \$50 street value. Then it would be a wash – the deduction would not exceed the fair market value of the goods.

NON-CASH DONATIONS

This is one of my personal favorite deductions – I regularly purge my closets and donate my gently used clothing to a local, qualifying charity that helps homeless women find work. I feel good knowing my donation is helping these women dress for success, and the additional tax benefit is just the icing on the cake.

Donations like this are considered non-cash property and are valued at the fair market value of the property. Non-cash property can cover a variety of goods, including stock, but any clothing or household items must be in good condition to be deductible. So, you can't just drop off your old, broken stereo and deduct \$200 because that's what a restored

one is selling for online. Sorry, but your beat-up stereo isn't in good condition, and it's definitely not worth \$200.

VEHICLE DONATIONS

Even though vehicle donations are non-cash property, special rules apply. Publication 4303 from the IRS provides general guidelines for people who donate their cars to qualifying charities. The maximum amount you can deduct for your donation is the fair market value of the car.

But be careful: The fair market value does not necessarily equal the "blue book" value. A used car guide is a good starting point to determine the value, but the IRS might not agree with what the blue book says. For example, maybe you donated your old car to a local charity and the blue book value says it's worth \$1,500, but it actually needs repairs and the exterior has some damage. After some internet searching, you find a car just like yours that is selling for \$800. That is the fair market value of your car, not \$1,500.

WHAT RECORDS TO KEEP TO WRITE OFF CHARITABLE DONATIONS

To deduct any monetary contribution you must keep records, regardless of the amount. You can use bank or payroll statements or a written communication from the organization that includes the date and amount of the contribution as tax receipts.

For text message cash donations, where you text a specific code to donate to a qualifying charity, a telephone bill will meet the recordkeeping requirement as long as it shows the name of the receiving organization, as well as the date and amount of the contribution.

If any cash or property you are donating is worth \$250 or more, you will need two documents: First, a bank or payroll deduction record or a written acknowledgement from the qualifying organization showing the amount of the cash or a description of any property contributed; and second, whether the organization provided any goods or services in exchange for the gift.

If your total deduction for all non-cash contributions is over \$500 for the year, you must complete and attach IRS Form 8283 to your return. Taxpayers who have donated more than \$5,000 will also have to complete Section B of Form 8293, and might need to secure an appraisal from a qualified professional.

SPECIAL RULES

The types of qualifying charitable donations outlined in this article are general guidelines. There are many special circumstances and rules that apply to tax deductions, and charitable donations are no exception.

For example, donations to public charities, colleges and religious groups can't exceed 50 percent of your adjusted gross income and the limits go down for gifts of appreciated property. Additionally, taxpayers who donate to colleges and universities and then receive the right to buy tickets to school athletic events can only deduct 80 percent of their donation.

When in doubt, consult a tax professional to make sure you are following the proper procedures when deducting charitable donations. You don't want to lose all that feel-good energy to an audit.



To deduct any monetary contribution you must keep records, regardless of the amount. You can use bank or payroll statements or a written communication from the organization that includes the date and amount of the contribution as tax receipts.

CFC FAQs

Courtesy of OPM.gov

If a donor makes a CFC payroll deduction are those contributions taken pre-tax or after-tax?

While tax deductible, CFC deductions are not pre-tax. Federal law does not allow for charitable donations through payroll deduction (CFC or any other payroll deduction program) to be done pre-tax. Donors who are eligible to itemize charitable contributions on income tax returns may include contributions made through the CFC. Donors should contact a tax advisor for more information.

I am a current CFC donor and would like to continue my pledge into the next year. Do I have to complete a new pledge form?

CFC payroll deduction allotments cover the first pay period that begins in the calendar year and ends with the last pay period that begins in that same calendar year. Charities that participate in the CFC must submit annual applications demonstrating continued compliance with the CFC regulations. Due to changes in charity participation, donors must complete a new pledge form each year to indicate the charities to which they wish to designate a contribution.

How do I cancel my CFC payroll deduction?

CFC payroll deductions may be canceled at any time, but this is the only change permitted outside the solicitation period. Employees wishing to cancel their deductions should contact their agency payroll office and request the allotment be canceled.

I can give more to the special solicitation if I use payroll deduction. Is payroll deduction available for a special solicitation?

No. Special solicitations are conducted outside of the CFC procedures. In addition, special solicitations are intended to provide immediate financial assistance to charities involved in immediate relief efforts for disasters and emergencies. The fastest, most direct way to process special solicitation contributions is in the form of cash or check payable to the recipient charitable organization.

Can a donor specify on the pledge form that the CFC contribution should be used specifically for the charitable organization's relief efforts as opposed to other ongoing programs of that charitable organization?

No. Donors may not use the CFC pledge form to direct their contributions to special solicitation efforts. This can lead to confusion and ultimately the CFC does not have the authority to designate that a specific program within an organization receives the funds.

How do I get a copy of my contribution statement for my taxes?

You can retrieve your OPM Form 1654 (CFC Pledge Form) online on the CFC Pledging System. If you made a payroll deduction pledge, you will also need to obtain a copy of your final pay slip for the tax year, which documents the total amount deducted for the CFC.

Is it possible to make a one-time donation to CFC by Credit Card?

Yes. One-time gifts using credit/debit cards can be made on the CFC Pledging System.

WYCLIFFE BIBLE TRANSLATORS: MEET UIKO



Photo credit: Marc Ewell

Uiko serves with the Japanese Sign Language Bible translation team as an on-screen signer, translator, and as project manager.

When Uiko was growing up, she faced the kind of oppression many Deaf people experience. In school, teachers discouraged her from signing — from using the language she learned as a child — and commanded her to speak Japanese instead.

Her first encounters with Christianity were similar. Uiko was told she needed to read the Japanese Bible. “[I thought] I was already happy,” she remembered. “And if Christianity just meant more rules, I wasn’t interested.”

Then Uiko joined the Japanese Sign Language (JSL) Bible team.

To bring God’s Word to the Deaf in Japan, the project records a Deaf person signing the Scripture so that it can be presented in a video format.

Uiko serves the team as an on-screen signer, translator, and as project manager. “When I began translating,” she recalled, “I had no intention of changing my mind [about Christianity]. It was just a job.”

“But then I began to see Scripture in my own language as a result of my own work. I saw God’s Word come to life on screen, and it began to change me. I gave my life to Christ.”

Uiko continues to work with the project to make all of God’s Word accessible to the Deaf community in Japan.

“It is so important for Deaf people to have the Bible in their own language,” explained Uiko. “A lot of Deaf people can read, but it is very difficult for them because it’s not their first language and they would only understand a portion. With the Video Bible in Japanese Sign we can help them to understand so much more.”

Sakamoto, a Deaf Japanese man, shared, “Japanese comes easily to people who can hear. Not for those who can’t. I’ve spent years learning to read, trying to derive meaning from sounds I can’t hear. Fumbling my way through the Japanese Bible, picking up pieces here and there. I learned what I could.”

“When I watch the Sign Language Bible, I can read all of the feelings — all of the anger, the sadness, the joy. I can see the faces, relate with the struggles. I can see and understand.”

Today 31.21 percent of the Japanese Bible has been translated, video-recorded and released on a Scripture app*. Through the app, Japanese Deaf

can easily access portions of God’s Word in the language that speaks to their heart.

Around the world, there are over 400 sign languages. About 70 million people use one of these sign languages as their first or only language. Although only two percent of the world’s Deaf have been introduced to the gospel, God is bringing the Good News to them through projects like the Japanese Sign Language Bible project.

The JSL Bible project brings God’s Word to life for Deaf communities throughout Japan. Wycliffe Bible Translators is grateful for all who take part in supporting translation projects like this one, including those who give through the Combined Federal Campaign.

*You can find the free app download by searching “JSL Bible” on Google Play or the iTunes App Store.

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Southeastern Guide Dogs

GuideDogs.org

CFC #11903

WYCLIFFE BIBLE TRANSLATORS: MEET LILLY

By Claire M. Smith

“I was standing in front of the throne of God, and God unrolled something like a scroll and his finger was writing on it. Then God gave this scroll to me. He said to me, ‘You have to go. This is an important message you have to deliver.’”

This vision marked the start of a remarkable journey which led Lilly Simon to produce a children’s Bible in her mother-tongue language, Kalderash Romani.

Lilly grew up in Germany in a Christian family. They had Scripture in German, but not in their own language. Lilly had a deep desire to hear God speak to her heart.

Lilly opted to study theology and, against all the norms in her community, became a pastor.

She had started reading to her nieces and nephews from an English children’s Bible, translating as she went. She began to wonder: Why not have the Bible in her own language?

Then Lilly had the vision about receiving the scroll. This convinced Lilly of her specific calling. “People told me I was crazy,” says Lilly. “But if it is a God thing, He will provide everything.”

In early 2014, Lilly went to Mission-Net, a conference to equip Christian young adults across Europe. Lilly browsed the displays set up by various ministries. She asked the Lord, “To whom should I talk? Where should I go?”

She spotted an exhibition with pictures on the wall. They were drawings for children. “These are the pictures for my children’s Bible!” Lilly thought.

As she explained her vision for a children’s Bible, the woman at the stand began to weep. Before Lilly had arrived, all 3,000 conference attendees had prayed that God would provide more Bible translators for the Roma.

Lilly was ushered to the Wycliffe booth, where she met Angelika Marsch, the then director of Wycliffe Germany. There were tears of joy and heartfelt discussions. Lilly came away with a plan to begin translation.

With help from others experienced in Roma Bible translation, Lilly and her team translated 122 Bible stories into Kalderash Romani.

In December 2015, 6,400 children’s Bibles were printed. At the next Mission-Net conference, the



Lilly Simon holds a copy of the Kalderash Romani children’s Bible.

Photo credit: Heather Pubols

book was dedicated – and 450 copies were distributed to missionaries from across Europe. Children and adults loved it. Church leaders asked for copies. Lilly began to hear stories of the book transforming people’s lives.

Lilly hopes to see the book distributed in the UK, Chile and

Russia, which have large Roma communities. She also desires to do more audio recordings. To start, 30 stories were produced on a CD accompanying the children’s Bible, for the many Roma who prefer oral communication.

Lilly says, “As long as we have time, we must use the opportunities

God has given us. We don’t know how things will develop, whether borders will close. As long as we can act, we must.”

Wycliffe Bible Translators is grateful for all who take part in supporting translation projects like this one, including those who give through the Combined Federal Campaign.

Donating and Recordkeeping

Courtesy of USA.gov

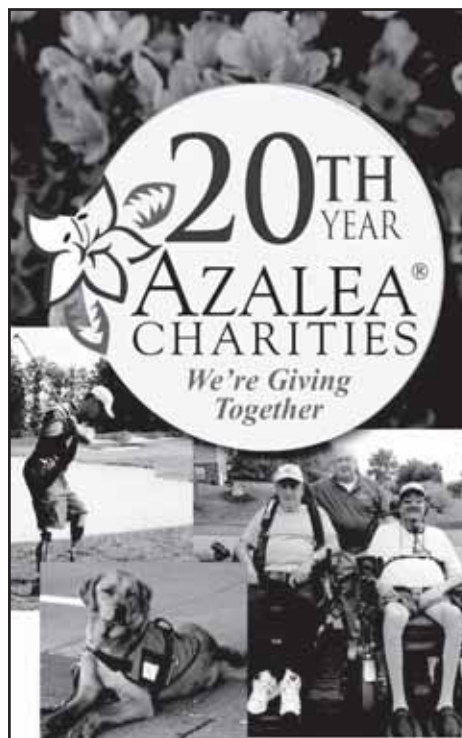
Whether you’re donating money or goods, make sure you keep records of your donations to charities. You may not have to send these documents with your tax returns, but these documents are good to include with your other tax records. Common documents include:

- Canceled check to the organization
- Credit card statement showing a payment to the organization
- Receipt from the organization
- Annual giving statement from the charity or non-profit
- Email confirmation from the organization
- Written acknowledgment for vehicle donations
- Itemized list of the items you donated

- Vehicle identification number for vehicle donations
- Signed over vehicle title
- Phone bill, if you gave a donation through a text message
- Valuations of stocks, real estate, art, or jewelry donated to a charity

There are some pieces of information that may be included in receipts and giving statements:

- Name of the organization
- Date of the donation
- Amount of the donation
- Statement that no goods or services were provided by the charity in return for your donation (if that was the case)
- Vehicle identification number (VIN) for vehicle donations



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Since 1991 Fisher Houses have been serving military families during times of medical crisis. Fisher Houses enables families to stay together and relax in a “home away from home” atmosphere. In 2017 we served 3,213 families, providing 46,300 nights of lodging at no cost to the families. Thanks to our Volunteers and Supporters. Fisher Houses—a gift of love!

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St. Jude Children's Research Hospital®

St. Jude Treats Army Sergeant's Daughter, 'Princess Cowgirl', for a Type of Brain Cancer

Addy is a pint-sized cowgirl. Horses are her favorite animal, and she won't go anywhere without her boots. When her mom calls Addy's name, the little girl corrects her. She tells her mom she wants to be called "Cowgirl," "Princess," or a combination of the two—"Princess Cowgirl." She's undergoing treatment for anaplastic astrocytoma, a type of brain cancer, at St. Jude Children's Research Hospital.®

Addy had been having seizures on and off since she was six months old, because of what appeared to be an abnormality on her brain. Eventually, in July of 2017, her doctor found a tumor in the very spot of the abnormality. She underwent surgery to remove the tumor, and her family received a referral to St. Jude.

At St. Jude, Addy has received proton radiation therapy and is still receiving chemotherapy. Treatments invented at St. Jude have helped push the overall childhood cancer survival rate from 20 percent to more than 80 percent since it opened more than 50 years ago. St. Jude won't stop until no child dies from cancer.

Tanner, Addy's dad, is a staff sergeant in the Army. He always donated to St. Jude via the Combined Federal Campaign (CFC), but never thought he'd need St. Jude for his own family. "We've been thrown a lot of curve balls with Tanner being in the military," said Linsie, Addy's mom. "But I've never gone into a medical facility and felt as good as I do about St. Jude. We've left here feeling like it was family. They've made everything that we've gone through, even cancer, as easy as possible."


Addy amazes her family with her resilience. She's had her hard days during treatment, but not too many of them. She's just always her happy self," admired Linsie. "Same old strong girl. She's a very strong girl." St. Jude Children's Research Hospital participates in the Combined Federal Campaign (CFC) as a member of the Community Health Charities federation.



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ST. JUDE PATIENT ADDY with her dad, Tanner a Staff Sergeant in the U.S. Army.

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NORMANDY THROUGH THE EYES OF A SOLDIER'S MOTHER

I hear the sounds of a military march in my mind every time I see my son in uniform. I have been proud of my son from the day he was born, but I experience a different kind of pride now. I thought that I understood what serving your country and freedom meant ... and then my son became a soldier and went to France.

*By Christian Taylor and Lars Ullberg
Courtesy of the Normandy Project*



In 2015, my son, Hunter Taylor, was sent from Fort Campbell, Kentucky to Normandy, France to represent the 101st Airborne Division, at the annual D-Day commemoration ceremonies. As a proud mother, I decided I had to go there myself to support him and share his experience. Like others, I knew the D-Day story from school books, and movies. However, after my experience in Normandy, I realized that I knew only the facts.

Nearly seventy-five years after June 6, 1944, the French still honor D-Day in a different, more personal way than I think many Americans do. Perhaps it is understandable. While D-Day was "over there" for Americans, it was "there" for the French in Normandy. It was in their villages and homes, and on their streets and fields. It was—and still is—real to them in a way I could never have understood before my visit.

I was fascinated by the way the French honored the veterans and the soldiers of their modern-day units. Celebrations and memorial services, were held side-by-side. One minute, I was watching a parade, fireworks, or a sky full of parachutes falling on fields. Moments later I was listening to a speech about the sacrifices that had been made or taking a tour of scarred buildings and vast cemeteries.

I watched French citizens ask soldiers from the 101st Airborne Division to take photos, sign autographs, hold babies, and more. Both groups thanked and touched each other through these interactions. Watching these genuine expressions of gratitude filled my heart with love for my country and for my son, the soldier.

It was an eye-opening experience for Hunter, his fellow soldiers, and me. We put our fingers in bullet-holed and blast-scarred walls, walked amongst bloodstained pews in a local church, and learned truths about World War II that none of us had ever known.



It moved me profoundly. It changed me.

On my first day in Normandy we met Dany Patrix-Boucherie, who enriched our visit with personal memories and experiences. Dany was born in the tiny village of Ste. Marie du Mont on the road between what would become known as Utah Beach and the prime Allied objective of Cherbourg. Dany's first memories are of the German occupation and the hardships her family faced during that time. She vividly remembers falling asleep to the sound of German boots one night and awaking the next morning to different sounds ... the sounds of the D-Day invasion and the liberation it promised.

To celebrate the first commemoration of the Allied troops' liberation of Normandy, Dany's mother Cecile, crafted six-year-old Dany a dress out of American GI parachutes that were scattered in the streets of her town. Cecile designed the dress to emulate the stars and stripes of the American flag. Many historic photographs of the liberation ceremonies show Dany wearing this dress, a symbol of newfound freedom for Normandy.

Today, seventy-nine-year-old Dany

still has the same heart-melting smile and the dress she wore as a child. She took care of us in Normandy, making sure we went to events and immersing us in her history. For me, Dany embodied the French spirit of love and gratitude toward Americans that I felt from everyone during my time there.

Upon returning to the U.S., I vowed to start a project to tell Dany's story and the story of D-Day from the French perspective. Dany has since introduced me to many French citizens who survived the occupation and shared their stories and memories of the Allied liberation.

I believe that these stories, along with those of American veterans, who played a vital role in the liberation, need to be heard by all Americans.

As we lose more eye-witnesses every year, it is imperative that we document and share these harrowing and emotional stories, like the French do, before they, and the lessons they hold, are lost forever.

Our project has already accomplished great things. American Easy Co. veteran Brad Freeman, on his first trip back to Normandy since he



jumped into Normandy on D-Day in 1944, was introduced to Dany, who he personally helped liberate in Ste. Marie du Mont. The moment Dany threw her arms around him was unforgettable and brought our project team to tears.

In Carentan, we discovered a secret American radio signalman's nest high in a remote corner of a farmhouse attic. Prior to D-Day, Sgt. Robert Miller of the US Army Signal Corps infiltrated occupied Normandy and took up station in the attic with his radio to observe the Germans and report on their activities in advance of the invasion. More than seventy years later, Jean-Marie Calliard and his son, Gregoire, found bundles of letters in the floorboards of his observation post. Letters written to Sgt. Miller by his family and friends from the United States. With the help of Mr. Randall Underhill, Executive Secretary of the 101st Airborne Division Association and Breein Sover, County Deputy Clerk of Watseka, IL we found Sgt. Miller's family and reconnected his daughter, Janine Perry, with the hidden letters.

This film, *The Girl Who Wore Freedom*, will premiere in Normandy

next summer in conjunction with the 75th anniversary of D-Day.

As an independent female filmmaker, I started this documentary on my own. I've invested my own money to bring these stories to life. This past summer I brought a production crew to Normandy to record interviews with French survivors of the occupation and WWII Veterans and to film celebrations, memorial services and parades. I will return to Normandy this November for more research and filming.

Currently, I am raising funds in order to finish the film. All donations are tax-deductible. I am seeking donations from individuals, corporations, foundations, and organizations who are passionate about honoring those who served in WWII and preserving their eye-witness accounts. Our current crowdfunding campaign is taking place with the help of our non-profit 501(c)(3) fiscal sponsor, IFP Chicago.

If you'd like to donate and share stories of friends or family who fought in France during WWII please visit our website: www.normandystories.com or email me, Christian Taylor: christian@normandystories.com. You can follow the making of our documentary through our social media platforms below.

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www.facebook.com/thegirlwhoworefreedom

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JDRF. Improving Lives. Curing Type 1 Diabetes.

Lt. Marc Luley Flying Under the Radar with Type 1 Diabetes

For eight years, Lieutenant Marc Luley flew F/A-18 Hornets for the United States Navy. After his second deployment to Iraq, he and his wife, Heather, were headed to France as part of a Navy exchange program, when a diagnosis of type 1 diabetes (T1D) changed their course.

“It’s hard to describe what a gut punch the initial diagnosis was. When I was five, my grandpa took me to an air show. I saw this beautiful A4 and said to the pilot, ‘Some day, I’m going to have your job.’”

And he did. Lieutenant Luley planned his life around a military career and becoming a fighter pilot in the Navy. A member of the BFA-83 Squadron “Rampagers,” Luley took to flying naturally, possessing the “monkey skills” that made him successful. His diagnosis of T1D came out of the blue and grounded him, earning him an honorable discharge.

Like many adults who are diagnosed with T1D, formerly called “juvenile diabetes,” Marc’s diagnosis was delayed because nobody was looking for it. There’s no family history and he was too old. Although his father worked in T1D research and his mother was a nurse, doctors tested for type 2 diabetes and can-

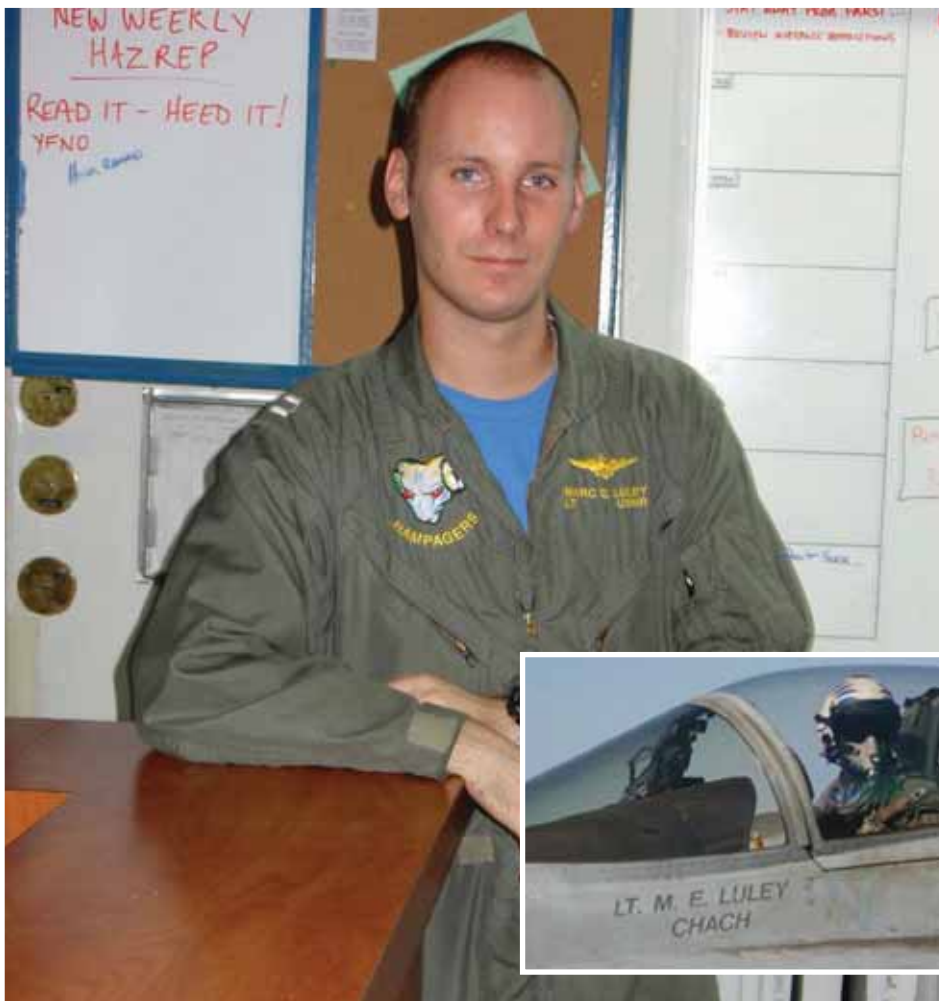
cer before they recognized T1D.

Marc’s diagnosis was a surprise; although looking back, some of the symptoms of T1D were evident. Luley experienced blurry vision, disorientation, fatigue and weight loss, but attributed them to the conditions of his Iraq deployment. However, when his son Charlie exhibited similar symptoms a year ago, Marc and his wife recognized T1D right away.

Luley applies the same skills that propelled his military career to supporting JDRF (formerly called Juvenile Diabetes Research Foundation), citing “Time, Talent and Treasure” as his guiding principles. As a JDRF mentor on the nominating committee for the Southwest Ohio Chapter, Luley ensures future JDRF leaders will continue the commitment to T1D’s greatest innovations.

An executive at GE Aviation, Luley’s life still circles around flight. He applies his business skills, contacts and passion in advocating for JDRF’s mission and the research it funds.

JDRF participates in the Combined Federal Campaign (CFC) as a member of the Community Health Charities federation.



JDRF
NAVY LT. MARC LULEY dreamed of being a Navy fighter pilot from age 5, and successfully reached his goal until he was diagnosed with T1D formerly referred to as Juvenile Diabetes.

JDRF is committed to accelerating life-changing breakthroughs to
CURE | **PREVENT** | **TREAT**
type 1 diabetes and its complications



JDRF is a proud CFC participant. CFC #10569



jdrf.org

Ducks Unlimited

Philadelphia Flyers Honors Ducks Unlimited Director



Ducks Unlimited, Inc.

BEN VAUGHN, center, wearing a tan/beige military-style jersey, gathers with friends and relatives at a Philadelphia Flyers Hockey game to celebrate and honor Vaughn's commitment to country serving two tours of duty in Iraq.

Ben Vaughn, Ducks Unlimited (DU) regional director for Delaware was recognized for his military service by the Philadelphia Flyers hockey team

in November 2017. Ben, a U.S. Marine Corps Corporal, served two tours of duty in Iraq. His special recognition was part of the Flyers' Hometown Hero

program, which honors veterans and first responders during home hockey games.

During the ceremony, the

Flyers displayed photos of Ben during his tours in Iraq and made a statement about his service in the Marine Corps. Ben and his family were featured on a live feed on the arena's video screens, and the Flyers gave him a military-style jersey bearing his name.

"Ben received a standing ovation from the crowd," said Delaware DU State Chair Jim Vachris, who nominated Ben for the honor. "We are very happy to have Ben as our regional director. He's very humble and he deserved this recognition."

Several Ducks Unlimited volunteers and staff rented an arena suite together to celebrate the event with Ben and his family. "It was a big surprise when I found out it was going to happen. The night was pretty incredible," Ben said. "It was amazing to have my family and volunteers from across the state come to the game. What really made the night special was having so many of the Ducks Unlimited family there to support me."

Ducks Unlimited participates in the Combined Federal Campaign (CFC) as an unaffiliated agency.

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A CFC participant - provided as a public service



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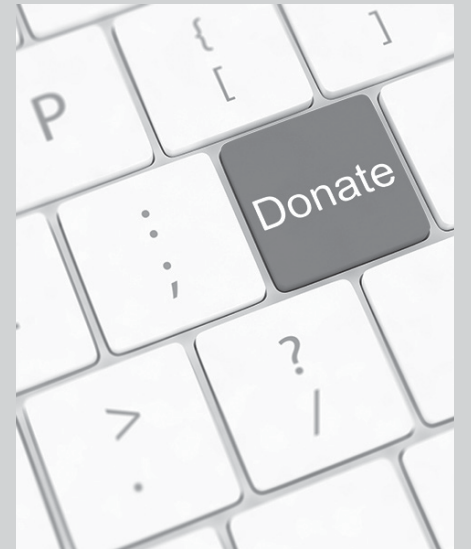
CFC#10986 feedthechildren.org TAX ID/EIN #73-6108657

How Much to Give to Charities

The Numbers Game: Although traditionally, churches recommend giving a 10 percent tithe to charity, the average American gives at the level of 3.2 percent of his or her income (pre-tax). The average household donates \$1,620 a year, which translates into less than five dollars a day. However, some organizations, such as the Twin Cities-based One Percent Club (<http://www.onepercentclub.org>), ask Americans to consider donating 1 percent of their net worth each year to charity. Calculate what this could mean for you:

The Most Generous: The category of people who gives the most — an average of 5.2 percent of their annual income to charity — actually make the least, earning below \$10,000 a year, far below the poverty line. Follow their example! Although this may seem idealistic, if everyone gave this much to charity, perhaps many of the world's problems would be eliminated.

$$\begin{aligned} & \text{Income } \$ \underline{\hspace{2cm}} \\ & \times \\ & \text{Average donated (.032)} \\ & = \$ \underline{\hspace{2cm}} \\ & \text{or:} \\ & \text{Net Worth } \$ \underline{\hspace{2cm}} \\ & \times \\ & \text{1% donated (.01)} \\ & = \$ \underline{\hspace{2cm}} \end{aligned}$$



Tax Benefits: Visit the tax benefits page at http://www.smartgivers.org/Taxes_and_Giving.html to see how your tax-deductible donations will benefit you when April 15 rolls around.

Volunteering: Another way to help charities of your choice is by volunteering. If you feel that charitable donations don't fit into your household budget as well as you'd like, volunteer your time with a nonprofit organization: Visit the Hands on Network at <http://www.handsonnetwork.org/> for listings of volunteer opportunities in your area.

— Source: The Charities Review Council

How to donate wisely and avoid charity scams

When you decide to support a cause you care about, you want your donation to count. Doing some research and planning your giving can help ensure your donations get where they'll do good. Here are tips to help you plan your donation— and avoid scams.

Courtesy of the Federal Trade Commission

Do some research online

Looking for a charity to support? Search for a cause you care about – like “hurricane relief” or “homeless kids” – and phrases like “best charity” or “highly rated charity.”

When you consider giving to a specific charity, search its name plus “complaint,” “review,” “rating,” or “scam.”

Be careful how you pay

If someone wants donations in cash, by gift card, or by wiring money, don't do it. That's how scammers ask you to pay.

To be safer, pay by credit card or check.

It's a good practice to keep a record of all donations. And review your statements closely to make sure you're only charged the amount you agreed to donate – and that you're not signed up to make a recurring donation.

Before clicking on a link to donate online, make sure you know who is receiving your donation.

Keep scammers' tricks in mind

Don't let anyone rush you into making a donation. That's something scammers do.

Some scammers try to trick you into paying them by thanking you for a donation that you never made.

Scammers can change caller ID to make a call look like it's from a local area code.

Some scammers use names that sound a lot like the names of real charities. This is one reason it pays to do some research before giving.

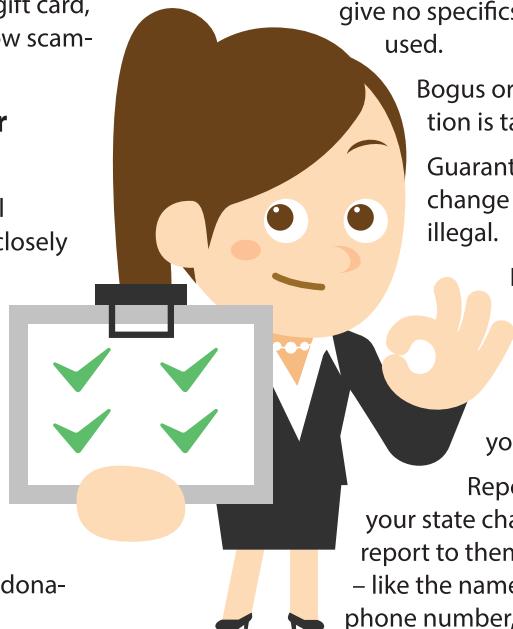
Scammers make lots of vague and sentimental claims but give no specifics about how your donation will be used.

Bogus organizations may claim that your donation is tax-deductible when it is not.

Guaranteeing sweepstakes winnings in exchange for a donation is not only a scam, it's illegal.

If you see any red flags, or if you're not sure about how a charity will use your donation, consider giving to a different charity. There are many worthy organizations who will use your donation wisely.

Report scams to FTC.gov/complaint. Find your state charity regulator at nasconet.org and report to them, too. Share any information you have – like the name of the organization or fundraiser, phone number, and what the fundraiser said.



ORGANIZATIONS THAT CAN HELP YOU RESEARCH CHARITIES

These organizations offer reports and ratings about how charitable organizations spend donations and how they conduct business:



www.give.org



www.charitynavigator.org



www.charitywatch.org



www.guidestar.org

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CFC #11872 | nrafoundation.org



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Find us in the National/International Unaffiliated Section of the CFC booklet. The CFC is the only campaign authorized to solicit and collect contributions from federal employees in the workplace on behalf of charitable organizations.

The holidays are right around the corner, start thinking about charitable donations now!

By Tim Grant
Pittsburgh Post-Gazette

There is a first time for everything, including a first-time donation to a charitable cause or organization.

The holidays tend to bring requests from nonprofit organizations for charitable gifts, but people who have not donated to charities in the past may be unsure of which ones to choose, how much to give, or how they will benefit from giving money away.

"If Ebenezer Scrooge were alive today, he would do charitable giving because he would understand the tax benefits involved," said Robert Fragasso, chairman and chief executive of Fragasso Financial Advisors in Pittsburgh. "There are several ways to give, all of which involve a potential tax deduction if you itemize your tax return and meet some other criteria. That means most middle class individuals and couples can gain a tax benefit."

Americans gave \$410.02 bil-

lion to charity in 2017, according to Giving USA Foundation and the Indiana University Lilly Family School of Philanthropy.

It has long been assumed that people make most of their donations between Thanksgiving and New Year, but researchers from the two organizations have found that donors give only slightly more during that period than they do the rest of the year.

Large national organizations such as the Red Cross and Salvation Army have name recognition, but donors may want to consider a charity based in their region.

Chris Chaney, vice president and a financial adviser at Fort Pitt Capital Group in Green Tree, Pa., said a successful giving experience relies on a donor's interest in helping a charity – both in supporting the cause and the overall mission.

"While there are financial benefits to donating, this element is always secondary," Chaney said. "That's because the financial

benefit you will receive is only a portion of the dollars given.

"The most satisfying gifts are those given to causes that you deeply value, since a charitable donation is ultimately an investment in your values."

For example, donors who love animals could choose to contribute to an animal shelter.

The next step is to determine how much to give.

"We believe that the amount should reflect the level of your commitment," Chaney said. "If that commitment is significant, make sure that the amount of your gift does not jeopardize your financial goals. Sizable donations should be discussed with both your tax and financial adviser(s), who can ensure that the gift will not upend financial obligations or objectives."

Although cash is welcome, donors may wish to consider

giving a highly appreciated asset, such as shares of publicly traded companies. This approach offers three potential benefits: avoiding capital gains tax, receiving a tax deduction, and reducing company-specific risk in a portfolio.

Fragasso said that if a donor gives an appreciated security, that person can save the tax that was due on the gain as well as maintain the full ordinary income deduction of the gift.



Large national organizations such as the Red Cross and Salvation Army have name recognition, but donors may want to consider a charity based in their region.

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K9s For Warriors - Because Together We Stand



K9s For Warriors veterans walking with their service dogs.



Service dog gazing up at veteran.

Courtesy of ConsumersAdvocate.org
By Bridgett Cassidy and Scott Smith

THE PROGRAM: K9S FOR WARRIORS

K9s For Warriors is a BBB accredited charity organization located in Ponte Vedra, Florida, that has been pairing rescue dogs with traumatized soldiers since 2011. The dogs are trained to be service dogs, specifically performing tasks to quiet the symptoms of war trauma disabilities in soldiers.

"The skillsets our dogs learn help these warriors with anxiety, isolation, depression, and nightmares," says Shari Duval, the founder of K9s For Warriors. "So, the warriors can function again in public."

Specifically, the dogs are trained to deal with symptoms of Post-traumatic Stress Disorder (PTSD), traumatic brain injury (TBI), or military sexual trauma (MST), as a result of military service on or after 9/11.

Duval started the program after watching her son Brett Simon suffer from PTSD after he returned from Iraq. Simon did two tours, developing PTSD during the first one. Watching her son suffer from the debilitating condition motivated Duval to research alternative treatments to the standard talk therapy and medication, neither of which worked for her son.

"On average, soldiers take 14 meds a day to treat PTSD, TBI, or MST," says Duval. If treatment is not working, she says veterans are prescribed more and more drugs. "I even knew one soldier who was taking 44 meds per day."

After two years of researching alternative PTSD treatments, Duval came upon a program that paired service dogs to alleviate their PTSD symptoms in veterans.

According to Simon, "Mom was the one that suggested I use a service dog to deal with my PTSD when nothing else worked."

Duval saw her son's symptoms begin to improve. She then wanted to help other veterans do the same.

Thus, the K9s For Warrior program was born. With her son's background in training dogs, including 13 years as a canine police officer, Duval convinced Simon to start the nonprofit together.

To date, the program has rescued more than 850 dogs and 440 military service members, with an astounding 99% program success rate.

Based on a recent Purdue study, the organization's mission seems to be making a difference in the lives of warriors.

PILOT STUDY AFFIRMS ANTICIPATED OUTCOME

K9s For Warriors recently partnered with Purdue University College of Veterinary Medi-

cine on a pilot study testing the effectiveness of service dogs as a complementary treatment for military members and veterans who suffer from PTSD. Dr. Maggie O'Haire, assistant professor of human-animal interaction, along with Kerri E. Rodriguez, research assistant, conducted the study and published the findings earlier this year.

The study had a total of 141 participants from the K9s For Warriors' program or individuals on the program's waiting list. Half of the program's participants had service dogs; the other half did not.

The study found that PTSD symptoms were significantly lower in veterans with service dogs, demonstrating that service dogs are associated with lower PTSD symptoms among war veterans. "The initial findings showed lower depression, lower PTSD symptoms, lower levels of anxiety, and lower absenteeism from work due to health issues," says Dr. O'Haire.

Each morning, she measured levels of cortisol - a stress hormone, in each participant; an increase of the hormone in the morning is indicative of a healthy level or curve. We tend to see a rise in cortisol immediately after waking up. "We call it the morning rise," says Dr. O'Haire.

Dr. Anantha Shekhar, Director of Indiana Clinical and Translational Sciences Institute, and professor at Indiana University School of Medicine was the lead researcher on the grant at the university. "Service dogs are a great resource for veterans to modulate their own reactions and to cope better with symptoms of PTSD," says Dr. Shekhar.

Dr. Timothy Hsiao, a Yale graduate, as well as the Program Director of the National Center for Advancing Translational Sciences (NCATS) at the National Institute of Health (NIH) awarded the NCATS award to Dr. O'Haire as a KL2 Scholar under the CTSA Career Develop-

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“This is an innovative approach to a serious medical issue,” said Dr. Hsiao. “This study highlights the unique skills that the CTSA Program Hubs and their KL2 Scholars bring to address difficult conditions like PTSD.”

Other key findings (in a related study) included a significant reduction in suicidal thoughts, required medication (not suggested by K9s For Warriors), night terrors, and an increase of three to four more hours of sleep per night. That is, in part, due to the fact that the service dogs are trained to wake up the warriors

when experiencing night terrors. Purdue University is currently studying this behavior and although it hasn't been substantiated scientifically, it has been reported by K9s For Warriors anecdotally.

Dr. O'Haire has been granted additional funding from NIH to perform a large-scale study on the efficacy of service dogs as a complementary treatment of PTSD symptoms in military members and veterans. The study is scheduled to be completed in 2019.

I GOT YOUR 6

The K9s For Warriors program trains rescue or shelter dogs to perform four specific tasks: averting panic attacks, waking warriors from nightmares, creating personal space comfort zones in public situations by standing in front of the veteran (barrier) and reminding warriors to take their medications.

Dogs also learn two other commands: brace and cover. Many warriors suffer physical disabilities as well, so the brace command prepares the dog to assist the warrior with standing, sitting or kneeling. The cover command is

used to cover the warrior's back.

Many soldiers with PTSD do not like people coming up from behind them. In the field, soldiers say to one another, “I got your back” or “I got your 6.” The cover command does just that. The service dog literally becomes the warrior's sixth sense, by sitting and facing the opposite way the warrior is facing. When someone approaches from behind, the dog wags its tail.

According to Moira Smith of the ASPCA, service animals can also boost the handler's social and emotional life, in addition to providing safety and autonomy in public. “The dog acts as a bridge for social interaction,” says Smith. She explains that most Americans can't relate to war experiences, but they are familiar with taking care of a dog as a pet. “It also adds another dimension to their identity.”

*Dogs and Warriors Together:
Let the Healing Begin*

The three-week program is open to veterans or military members who became disabled while serving in the U.S. Armed Forces on or after 9/11. The program costs \$27,000 per participant but at no cost to the warrior. If one cannot cover travel costs, K9s pays for travel to and from the facility. To Duval, every military member or veteran who walks through her door is family and is treated with honor and respect. “We bring the warrior home to heal, to a place to regroup, to hit the reset button,” says Duval.

To qualify, a warrior must submit

an application and have a verified clinical diagnosis of PTSD, TBI, or MST. All applications go through a full vetting process that takes 2-4 weeks to complete. During that time, a trained service dog is identified that matches the applicant's specific situation and needs. The organization stays in constant contact with applicants throughout the entire application process, including after approval or while a warrior is put on the waiting list. The waiting period is currently one year.

If accepted into the program, the warrior must reside at Camp K9, the organization's Florida facility, for three weeks. There is one program per month with 12 warriors in attendance. Warriors arrive on a Sunday and are introduced to their canine warriors within 24 hours. “After that, you go nowhere without your dog,” says Simon.

K9s For Warriors believes their program is unique. In addition to matching warriors with service dogs and providing training, certifications, seminars, legal instruction, and housing, they also offer what Duval calls “wrap-around services.” These include lifelong health care and food for the service dogs and ongoing unconditional love and support of the warrior pair.

STANDING TOGETHER FOR A BETTER TOMORROW

There are good things in K9s For Warriors' future.

As previously stated, Dr. O'Haire is partnering again with K9s For Warriors on a more extensive study

funded by NIH. The findings will be published in 2019.

The VA is also running a Congressionally-mandated PTSD service dog study that will be completed in 2019. A total of 180 veterans have received either a service dog or an emotional support dog as part of the study. According to a VA spokesperson, after peer reviews, the VA will submit the study and results to the National Academy of Sciences for review, as required by the authorizing legislation (Section 1077 of the 2010 National Defense Authorization Act).

On the legislative side, Simon is working to secure public access identification from Service Dog Credentials, so K9s For Warriors' service dogs will be recognized by airlines, hotels, and restaurants, bypassing the need for the warriors to provide paperwork or visit the disability office.


The future for K9s For Warriors looks promising as Duval and Simon continue to fight to save lives, both of soldiers and their canine warriors.

Because together, they stand.

For more information on PTSD treatment options, visit the U.S. Department of Veterans Affairs, PTSD: National Center for PTSD or the DoD, which encourages service members to ask for help by affirming that seeking help is actually a sign of strength.




Shari Duval, Founder, with her son, Brett Simon, President of K9s For Warriors.



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