

The Blaster News

Third Quarter 2025

Upcoming Events and Retreats

September

Salute in Motion: One Workout, 345 Reasons - runs through December 31

Sept 5 - 7: SongwritingWith:Soldiers Retreat - Smithville, TN

Sept 6: Dashing to Summer's End 5K & 10K - Alexandria, VA

Sept 13 - 20: EODWF Surf Camp Retreat - Tamarindo, Costa Rica

Sept 20: Carderock Charge 5K, 10K & Half - Potomac, MD

Sept 27: O2X Workshop for EOD Spouses - Niceville, FL

October

Oct 17 & 18: Wreath Ceremony at Tomb of the Unknown Soldier & Flower Placement - Arlington National Cemetery, VA

October 19 - 24: Annual USN EOD Vietnam Veterans Rendezvous - San Diego, CA

Oct 23 - 25: EOD Blast Day Retreat - Edgefield, SC

Oct 25: 9th Annual EOD Charity Pistol Match - Holt, FL

Oct 31 - Nov 3: Barksdale Hunt Retreat - LA

November

Nov 1: EODWF Undergraduate & Trade School Scholarship Application Opens!

Nov 6 -9: Wake for Warriors Retreat - Parker, AZ

Nov 7 & 8: Rampart Ride - San Miguel, CA

Nov 4 - 7: Track Heroes Retreat - Spartanburg, SC

Nov 30: EOD Warrior Holiday Dash - Washington, D.C.

Empowering Education: The EOD Warrior Foundation Scholarship Program

The EOD Warrior Foundation is proud to support the educational dreams of our EOD dependents through our Scholarship Program. Designed to serve a wide range of academic paths, our scholarships are available to both undergraduate and graduate students, and our undergraduate program also welcomes those pursuing trade school education.

In addition to our regular awards, we are honored to offer several special \$5,000 scholarships each year:

- **Master Blaster Scholarship** – Recognizing excellence and commitment in education.
- **Initial Success Scholarship** – Celebrating students embarking on their academic journey.
- **John Haynes Memorial Scholarship** – Honoring the legacy of Major John Haynes through support of future leaders.

Our graduate program is designed to help those furthering their education at the masters or doctoral level, while our undergraduate and trade school program provides opportunities for students entering college or pursuing vocational training.

We also invite donors to make a lasting impact by creating a named scholarship in honor of a loved one, an organization, or a cause close to their heart. The Foundation team is here to guide you through the process of establishing your own scholarship.

Mark your calendar: The 2026 Undergraduate & Trade School Scholarship Application will open on November 1.

To learn more about our programs or to explore starting your own scholarship, visit <https://eod-wf.org/support/#education> or contact our team at scholarship@eodwarriorfoundation.org.



Scan code to register

Salute in Motion: One Workout, 345 Reasons

The EOD Warrior Foundation proudly introduces Salute in Motion, a reimagined international fundraising effort that honors the 345 EOD Technicians that are memorialized on the EOD Memorial Wall. Their sacrifice will never be forgotten.

Formerly known as the “137 Memorial Workout,” this annual tradition has grown in scale and impact, prompting a new name to reflect its mission more powerfully. Now called Salute in Motion, the campaign invites individuals and teams across the country to complete a meaningful workout in tribute to the fallen.

The event runs from August 1 through December 31, 2025. Participants are encouraged to dedicate their workout to one of the 345 EOD heroes whose names are etched in stone, symbolizing “345 Reasons” to move with purpose. Aimed at raising critical funds for the EOD Warrior Foundation, the campaign supports programs that offer financial relief, scholarships, wellness services, and support for EOD personnel and their families. We Remember.

Excellence Recognized: EOD Warrior Foundation Earns Top Ratings

We’re proud to announce that the EOD Warrior Foundation has received the highest honors in nonprofit transparency and accountability: the Platinum Seal of Transparency from Candid (formerly GuideStar) and a 4 Star rating from Charity Navigator. These distinctions reflect our steadfast commitment to openness, impactful programming, and strong governance. The Platinum Seal underscores our detailed reporting of mission goals, strategic plans, and measurable outcomes, while the 4 Star rating from Charity Navigator speaks to our excellence in financial health, transparency, and leadership. These recognitions reinforce that donations to the EOD Warrior Foundation are managed responsibly and effectively and highlight our dedication to serving EOD families with integrity and impact.



— POWERED BY —



Thank you, Wounded Warrior Project! We are proud to once again be part of @Wounded Warrior Project's Community Partnership network. This partnership embodies the strength of community and our shared commitment to addressing the most pressing needs of service members, veterans, caregivers, and their families. With our shared dedication, we can go #FurtherTogether in our mission to make a meaningful difference in the lives of those who've served our country.

Recently, Ashley Bunce, Director, Community Partnerships & Investments – Wounded Warrior Project said, "We recognize that no single organization can meet all the needs of our nation's heroes—but together, we can make a lasting impact. That's why we proudly invest in and collaborate with organizations like EOD Warrior Foundation, whose direct financial relief provides critical support to EOD warriors and their families in times of need. By uniting our efforts, we expand resources, close gaps in care, and ensure every warrior receives the support they deserve."

WWP empowers and serves post-9/11 wounded, ill, and injured veterans, along with their families and caregivers, through life-changing programs and strategic partnerships. Since 2012, WWP, the nation's largest nonprofit funder of veteran-serving organizations, has given more than \$436 million to 221 military and veteran organizations.

We are proud of this partnership and the joint effort to serve the EOD Community. This WWP Grant for 2025-26 partially funds our grants program and is earmarked to help ensure that post 9/11 Warriors and their families have the resources they need. All grants for pre 9/11 Warriors and their families are funded through our other generous donors.

Thank you!

Behind the Warrior

Podcast

As some of you may have noticed, we have taken a pause on our podcast series 'Behind the Warrior'. There has been a lot of change in this past year, and we have been busy behind the scenes making a lot of improvements to include securing a new podcast platform! Keep your eyes peeled for Maria's first interview of the year this fall, featuring one of the biggest changes of all. Can you guess who she'll be interviewing?



Listen to *Behind the Warrior* on your favorite streaming platform.

Honoring Brotherhood: EOD Vietnam Veterans Gather Again in San Diego



We're proud to support the U.S. Navy EOD Vietnam Veterans Rendezvous, taking place October 19–24, 2025. This annual gathering, now more than 20 years strong, offers Vietnam-era EOD Warriors & their families the opportunity to reconnect, reflect, & celebrate the bond they've shared for over half a century.

Hosted at Humphreys Half Moon Inn on Shelter Island, a tropical location reminiscent of R&R days, the five-day event includes tours, group dinners, and most importantly, time together with friends. For many of these veterans, the relationships formed during and after their service have become an unshakable foundation of strength and support.

The EOD Warrior Foundation is honored to partner again with the Navy EOD Association to help make this special reunion possible. These moments of connection are more than a tradition, they are a vital expression of what it means to be part of the EOD Family.

To the sixty EOD Vietnam Veterans and families attending:

Welcome Home.

EODWF Spouse Support Survey



The EOD Warrior Foundation is dedicated to supporting EOD Families. Your feedback will help us create programs and services that best meet your needs. Please scan the code above or go to the link below and take a few minutes to share your thoughts.

<https://forms.gle/KrLHr6rZQ9976mpY9>



Stories of Impact

"My family and I would like to thank EOD Warrior Foundation for their generous support during a difficult and confusing time for our family.

My family had a last-minute surprise change of location for an extensive brain surgery for my daughter that would have put my family out of thousands of dollars. I reached out to a great friend of mine (an EOD tech) who had mentioned the incredible support he received from EODWF. I decided to contact EODWF and explained to them what was happening. The EODWF was quick to answer and inquire as to how they could help and were able to assist my family with our needs and put together a grant to cover the last-minute costs that my family would have otherwise had to cover.

The process was quick, minimal stress, and I could tell that EODWF cared. Your support during my families time of need is much appreciated and will never be forgotten.

Thank you so much,"

- Daniel C. and family



27 SEPTEMBER 2025

1-DAY EOD SPOUSES WORKSHOP

Join us for a dynamic session designed specifically for EOD spouses, focused on building strength and support - 1% at a time. This event is all about building your toolkit - small, intentional steps that add up to lasting resilience and well-being for you and your family, with a focus on Traumatic Brain Injuries. We'll cover key tools for navigating these challenges including:

Understanding TBIs

Learn to recognize the signs and symptoms of traumatic brain injuries in your spouse.

Resilience Skills

Gain practical strategies to manage stress at home, specifically during your spouse's deployment cycles or recovery from a TBI.

Relationships & Communication

Develop skills to improve your connection, support, and understanding of one another.

Nutrition for Wellness

Learn precautionary nutrition measures for high-risk TBI environments and tactics for post-TBI recovery.

WHEN

Sep. 27, 2025

WHAT TO BRING

We will provide a notebook, coffee, and lunch! Please bring a water bottle.

TIME

0900 - 1600 CST

WHAT YOU'LL GET

O2X App, O2X Book & O2X T-Shirt

WHERE

716 Crestview Ave,
Niceville, FL, 32578

Register Here!



This workshop is free to attend.



This program is made possible thanks to the generous support of Impact100 – Emerald Coast!



Questions?

Reach out to Sara Davidson at
sara.davidson@o2x.com

ABOUT O2X

O2X is comprised of hundreds of Human Performance Specialists who are experts and leaders in their respective fields. Our clients include professional sports teams, public safety departments, the military, college athletic programs, and federal agencies. O2X's mission is optimizing every aspect of your organization's most valuable resource - people.



The 2025 Rampart Ride cycling event is set to unfold over Veterans Day Weekend - November 7–8, at the Tackitt Family Vineyards, just east of Paso Robles. The event benefits EOD Warrior Foundation's programs and honors all those who served.

Friday evening, November 7, riders are invited to a bike clinic and welcome party at Tackitt Family Vineyards. The event includes bike tune-ups, music, food trucks, wine, beer, and a chance to connect before the ride on Saturday. On Saturday, registration opens at 9 AM, & the ride starts at 10:15. Cyclists will enjoy quiet country back roads winding through the Paso Robles wine country. With two scenic routes (23 mile and 46 miles), the event welcomes riders of all levels.

Not a rider? No problem! There is offering a separate ticket, which will offer pizza, a wine or beer, a commemorative wine cup, and live entertainment during Saturday's post-ride festivities! Visit here to secure your non-rider ticket! <https://tackittfamilyvineyards.orderport.net/wines/TFV>

Interested riders and supporters can register through the event's official page at <https://secure.qgiv.com/event/2025rampartridge/>

Get your wheels ready, gather some friends, and ride for a cause this November in Paso Robles.

5th Annual Dworetzky/Martinez Charity Ride

Join us Saturday, September 13, 2025, for the 5th Annual Dworetzky/Martinez Charity Ride in Charles City, VA! Starting and ending at Alan & Ann Dworetzky's home, cyclists of all levels will enjoy a 27-mile ride along the Virginia Capital Trail with a rest stop at 5 Fields Brewery & Indian Fields Tavern.

Check-in is at 9:00 AM, ride begins at 10:00. Afterward, relax at a post-ride reception hosted by the Dworetzky family. For every registered rider, the Dworetzky family will donate \$100 and the Martinez family \$50 to the EOD Warrior Foundation.

Registration is FREE—donations welcome. Ride for the views, the community, and a cause that matters!

Sign up here:

<https://secure.qgiv.com/event/5thannualdworetzky-martinezcharityride/>

J.



EODWF Flag Program and Arlington National Cemetery Event

For the 5th year, thanks to a generous gift from Crescent City Charities, we are working with hundreds of volunteers to place EOD flags on the graves of over 3,000 EOD Technicians across the country. In addition to placing flags individually or in small groups, we invite you to join the entire EOD Community for a special gathering at Arlington National Cemetery:

October 17–18, 2025

A wreath honoring the 80 MIA and buried or lost at sea Technicians will be placed at the Tomb of the Unknown Soldier at 12:15 PM on October 17. Flowers will also be placed on the graves of the 320+ buried EOD Technicians on October 17 and the morning of October 18.

To RSVP, please follow this link or contact Patricia at patricia@eodwarriorfoundation.org for more information: RSVP and details: <https://shorturl.at/M2zL3>

You can also participate from your own community by placing flags in your area. Instructions and sign-up details are available here: EODWF Flag Program: <https://eod-wf.org/flag-program/>

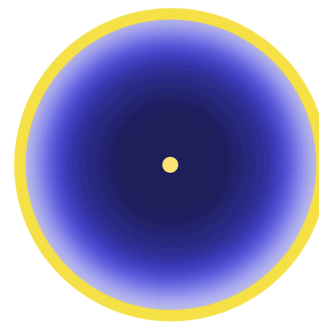
Flags are ready and waiting for volunteers across the country!

Silent Strength: Free Transcendental Meditation for EOD Techs and Loved Ones

We are honored to partner with the David Lynch Foundation to continue to offer TM scholarships to EOD Technicians (active duty, retired, veteran) and family members to learn this valuable practice at no cost to you.

Transcendental Meditation (TM) offers a wide array of benefits for both the mind and body, primarily through its ability to induce deep relaxation and reduce stress. Regular TM practice can lead to improved sleep, reduced anxiety and stress, better emotional regulation, and enhanced brain function. It also positively impacts heart health, cognitive abilities, and overall well-being

Check out our PSA: Overcoming Trauma Through TM
<https://vimeo.com/1046492535/f657a7143e>



DAVID LYNCH FOUNDATION



Courage and Civility Award

In 2024, the EODWF was the proud recipient of a generous gift earmarked for Scholarships for Gold Star Children. Thanks to this generous donation recommendation by Admiral McRaven, the Foundation was able to expand and continue its support of Gold Star Children and their educational needs for the 2025-26 School year. This generous gift is made possible through the Bezos Courage and Civility Award received by the Admiral from Jeff Bezos and Lauren Sánchez Bezos. Distribution of these funds and the proceeds from this endowment will continue this support into the future.

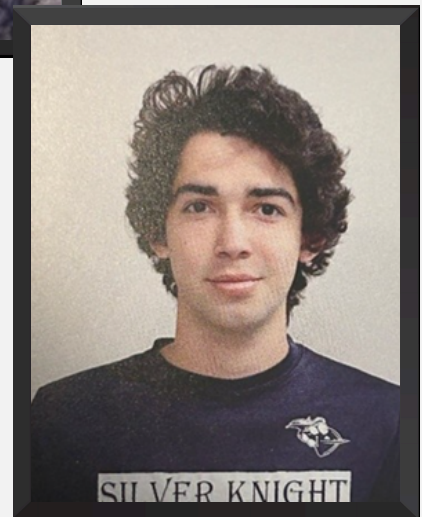
During the 2024–2025 academic year, the EODWF distributed \$28,500 in scholarships to nine Gold Star students— seven undergraduates and two graduate-level students. Scholarship funds supported tuition, fees, books, housing, transportation, and technology—critical needs often not covered by other sources. These students will continue to receive support throughout their college careers, and distributions for the 2025–2026 academic year are currently underway. Testimonials from two of this year’s recipients, highlighting the wonderful impact this gift has made in the EOD Community and these Gold Star Families:

Steven Eckard

Son of Gunnery Sergeant Christopher Eckard,
USMC – KIA February 20, 2010, Helmand
Province, Afghanistan

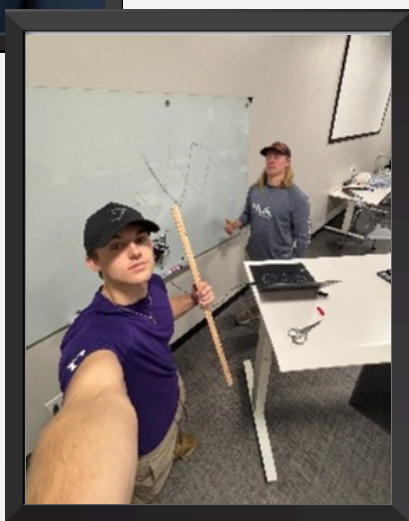
“I am currently pursuing a Computer Science major with a minor in Meteorology at the University of Northern Colorado. With the scholarship given and thank you so dearly for providing it for me, I plan on buying textbooks and other schooling supplies for my classes. I will also intend to use it for any additional fees on my student bill that aren’t covered by the VA.

With the additional amount, I plan on putting in a savings account and using it should I have to buy any more textbooks for future classes or potentially have any additional fees on my student bill for future semesters. Once again thank you so dearly for helping me with my schooling and providing the scholarship!”



Kaiden Myers

Son of Technical Sergeant Phillip Myers,
USAF – KIA April 4, 2009, Helmand Province,
Afghanistan



“Thank you very much, I appreciate it a lot, and it will help out a ton! My recent school year was also my first year in college, so it was special. It was a big change, although I was only moving a few minutes away from home. I thoroughly enjoyed the year and had a lot of fun meeting new people, especially those that I share interests with. Found a good group of guys that I have now stuck with, and I am actually rooming with two of them this upcoming year.

I am studying mechanical engineering, and I actually would love to do prosthetics when I am out of school if possible. The schooling itself was very tough, and I only expect it to get harder, however, I enjoy the challenge!

This extra support from y'all can do a lot for me. I am moving into a townhouse and will need some new equipment such as furniture. I plan to put this money towards that! If I have any leftovers, it will go back to any other funds needing to be paid at the school.”

In the notification letter, Admiral McRaven said, this gift is being given “owing to the remarkable work being done by the EOD Warrior Foundation in providing education for the children of the fallen.” It is the Foundation’s deep honor to continue to care for all Gold Star families and ensure that the sacrifice of their loved one is never forgotten.

For the 2025-26 School year, the Foundation will distribute more than 145 Scholarships, valued at \$350,000. These gifts, made possible through generous support, make a lasting and positive difference in the lives of all who receive this valuable educational support.

Thank you again, Admiral William McRaven, Jeff Bezos and Lauren Sánchez Bezos for your support of both the EODWF’s Scholarship Fund and the entire EOD Community!

Meet our Staff!



JT Crocker


EOD Liaison &
Memorial Care Coordinator

Get to know the friendly faces behind the EOD Warrior Foundation! Each quarter, we'll introduce staff or board members who help support our mission.

Meet JT Crocker!

You all know and love him— JT Crocker is a familiar face in the EOD Community. As a retired Army EOD First Sergeant, he brings a lifetime of service, sarcasm, and steady leadership to the EOD Warrior Foundation.

With 22 years of federal active service with 18 years of combined Active Duty and Civilian EOD/UXO experience, Crocker is the real deal when it comes to living the EOD mission.

✈ For nearly a decade, he's been fiercely committed to suicide awareness and intervention in the EOD world—a mission that continues to drive his work every day.

🕯 Today, he serves as the EOD Liaison and Memorial Care Coordinator. Whether it's honoring the fallen or showing up for those still fighting, Crocker makes sure our EOD Family is always supported.

🐾 Off-duty (and let's face it, even sometimes on-duty), Crocker is accompanied by his tiny but mighty sidekick, Pickles the Pomeranian. Pickles is his pride and joy—and quite possibly the only living creature Crocker would willingly share a blanket with.

💬 If you've ever heard him drop a one-liner so dry it needed a glass of water, you already know: Crocker's humor is part of the brand.

🏠 He lives in Florida with his awesome wife Heather, and is a proud dad to his daughters Emmersyn and Avery

✨ Crocker-isms ✨

- ✓ Honors the EOD Memorial with unmatched dedication.
- ✓ Somehow balances being salty and compassionate.
- ✓ Has a Pomeranian and a Kia Soul, and refuses to explain either.

EODWF Hope & Wellness Retreats

The EOD Warrior Foundation has several incredible retreats lined up just for EOD Technicians and their families; opportunities to relax, reconnect, and recharge.

Whether you're seeking adventure, healing, or connection, we've got something for you.

Apply now: <https://eod-wf.org/retreats-calendar>



Mental Health Pillar

The Hidden Effects of TBI and Blast Exposure: Why Your Hormones Matter

For EOD Technicians, TBIs and repeated blast exposures are unfortunately common. While we often focus on the more visible effects like memory issues, irritability, or mood swings, there's another serious consequence that often goes unrecognized: damage to the endocrine system, which regulates the body's hormones.

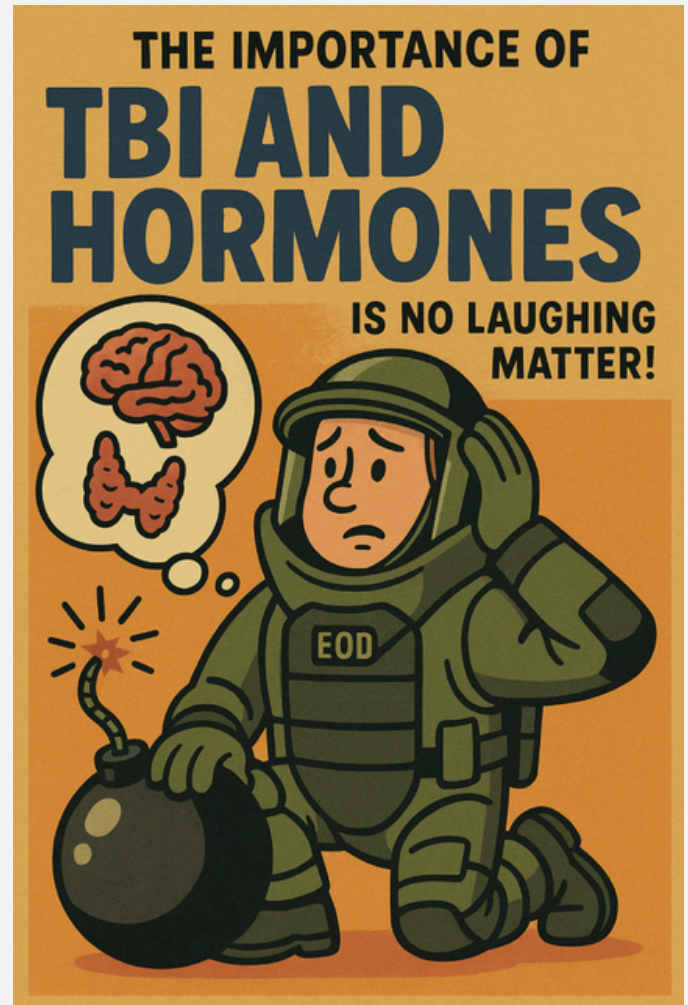
At the base of the brain lies the pituitary gland, sometimes referred to as the "master gland." It plays a key role in producing and regulating hormones such as testosterone, cortisol, thyroid hormones, and growth hormone. This small gland is particularly vulnerable to damage from blast waves and head trauma.

When the pituitary gland is impaired, it can result in hypopituitarism, a condition in which the body doesn't produce enough essential hormones. Symptoms of this hormonal imbalance can include:

- Chronic fatigue
- Low libido
- Unexplained weight gain or muscle loss
- Depression or anxiety
- Difficulty concentrating

Unfortunately, these symptoms are often mistaken for PTSD or general stress, leading to misdiagnosis and missed opportunities for effective treatment. Research shows a significant number of veterans with TBI or blast exposure experience long-term hormone dysfunction, but it's frequently overlooked.

If you've experienced TBI or repeated exposure to blasts, it's important to advocate for yourself. Talk to your healthcare provider about the possibility of hormone testing. With the right diagnosis and treatment, including hormone replacement therapy when appropriate, many individuals see dramatic improvements in energy, mood, and overall quality of life.



For more information or support, feel free to contact: michelle@eodwarriorfoundation.org

Your health matters—don't hesitate to speak up!

“Initial Success or Keep Trying”

Former Army EOD Tech Ray White has put a new twist on the proverbial EOD saying, “Initial Success or Total Failure”. Ray believes that the saying instilled in EOD Techs at NAVSCOLEOD, is helpful on Active Duty to keep techs safe in a critical mission set, the standard of perfection can actually be detrimental in the transition to the civilian world.

Ray enlisted in the Army in 1996 as a MLRS (Multiple Launch Rocket Systems) crew member at Ft. Sill, OK. He re-enlisted for EOD in 1999. His EOD career saw him stationed at Ft. Carson, CO (761st EOD), Kirtland AFB, NM (21st EOD WMD), Ft. Polk, LA, and then back to Ft. Carson, CO (764th & 749th), where he retired in 2017 as a 1SG. Ray is no stranger to combat, and his EOD career included 5 deployments to Afghanistan from 2002-2014.



Ray is passionate about encouraging EOD Warriors to take care of their mental health in order to reach their optimal potential, and he likes the sound of “Initial Success or Keep Trying”.

Since 2022 the EOD Warrior Foundation has hosted seven events aimed at removing the stigma surrounding mental health in the EOD community, featuring well respected EOD Techs from the community sharing their personal stories and how they went from surviving to thriving. These EOD Techs have continued to serve their community as mental health ambassadors for the EOD Warrior Foundation.

Our ambassadors understand how challenging it can be to ask for help and that most EOD Techs will sacrifice their own health for their brothers or sisters. However, they insist that asking for help is a sign of strength and is sometimes the first step in improving you and your families quality of life drastically and reaching your Optimal Potential!

Ray believes that “Initial Success or Keep Trying” is a great little reminder that after service, that all or nothing mentality doesn’t have to apply to everything and every situation



We are looking forward to sharing interviews with our Mental Health Ambassadors this fall!

EOD HOME BUYING

We are so excited to be working with EOD Home Buying! Between offering unmatched referral & lending services, they have it ALL to get you through the home buying/selling process! In addition to assisting EOD families across the country with their real estate needs, the Hamiltons generously donate 5% of their PERSONAL commission to the EOD Warrior Foundation.

Whether you need an agent to help you buy or sell your home, OR you need access to one of the nation's TOP lenders, they can assist you. Learn more about their nationwide network by visiting www.eodhb.com or call them directly!

EOD Home Buying 850-366-3370
The Hamilton Team 815-908-9363



Giving for Tomorrow

EOD has been part of your life for years and EODWF is there for you and your family every step of the way. From support to new graduates and their families to scholarships for the grandchildren of Vietnam-era EOD Techs and everything in between, we fully embrace the belief that the EOD Community is for life. We are here for you and are grateful that you are here for us! Ensure your legacy and support to the EODWF and EOD Community continues by including EODWF in your Will or living trust. For more information, please contact Patricia Adelman, Development Officer, at 770.655.4028 or patricia@eodwarriorfoundation.org or speak with your financial or legal advisor. The process is simple, quick, and completely confidential.

Gift Donation of Stock & Wire Transfers

We welcome your gift of appreciated stock and wire transfers!

Please contact Patricia Adelman, Development Officer for Broker and Account numbers. It's easy, quick, and great way to add your support!

EOD Warrior Foundation Phone: 850.729.2336
EOD Warrior Foundation Address: 716 Crestview Ave. Niceville, FL 32578
Nonprofit EIN#: 20-8618412

Thank you again for making such a positive and lasting difference in the lives of EOD families.

Monthly Giving

Giving can be easy, painless, and still make a major impact! Just sign up for a recurring gift and we will be happy to charge your card a set amount on a set schedule until you tell us to stop! Your small (or large!) gifts add up quickly and make a big difference in the lives of EOD Techs and their families.

Check out the Recurring option under the Donate button today.

