

The Blaster News

Third Quarter 2026

Upcoming Events and Retreats

Virtual

August - December: EOD Memorial Workout "EOD 345"

September

September 6: Carderock Charge 5k, 10k & Half: Potomac, MD

September 12: One Last Sweat for the 137 Memorial Workout, Eglin AFB, FL

September 12: From 9/11 to Today: Strength in Every Long Walk, The Island: Fort Walton Beach, FL

September 12: Dashing to Summer's End 5k & 10k: Alexandria, VA

September 26: 6th Annual Dworetzky Martinez Family Charity Event: Charles City, VA

October

October 16-17: Wreath Ceremony at Tomb of the Unknown Soldier and Flower Laying, Arlington National Cemetery

October 22-24: EOD Blast Day Retreat, Edgefield, SC

October 23-25: Songwriting With: Soldiers Gold Star Retreat, Smithville, TN

November

November 6-7: 2026 Rampart Ride, Tackitt Family Vineyards, San Miguel, CA

November 29: Fairfax Turkey Trot, Reston, VA

Honoring 25 Years of Service and Sacrifice

Commemorating the 25th Anniversary of 9/11

As we mark the 25th Anniversary of September 11, 2001, the EOD Warrior Foundation invites our community to come together on **Saturday, September 12**, for a day of remembrance, reflection, and fellowship honoring the sacrifices and service of the EOD Community throughout the Global War on Terror.

The day begins with *One Last Sweat for the 137* at the EOD Training Squadron, Eglin AFB, a memorial workout honoring the 137 EOD Warriors who gave their lives during GWOT. More than a workout, it is an opportunity for the EOD Community to stand together in remembrance, reflect on the sacrifices of those who never came home, and honor the legacy they left behind.

That evening, join us for *Strength in Every Long Walk*, a dinner and panel discussion at The Island Resort in Fort Walton Beach. The program will feature EOD Technicians and respected members of the EOD Community who served throughout the Global War on Terror. Through personal stories and shared experiences, the panel will reflect on the lasting impact of September 11, the challenges and sacrifices of military service, the resilience of the EOD Community, and the enduring bonds forged through service.

As we commemorate this significant milestone, we invite you to join us in remembering the 137, honoring all who answered our nation's call, and supporting the EOD Warrior Foundation's mission to serve EOD Warriors and their families.

Whether you participate in the memorial workout, attend the evening discussion, or help spread the word, your support ensures that the legacy of those we honor continues to inspire future generations.

We hope you'll join us for this meaningful day of remembrance and community. Reserve your spot by visiting our website or scanning/clicking the QR code below.






"EOD 345"

**EOD VETERANS · ACTIVE DUTY EOD · NAVSCOLEOD
STUDENTS AND STAFF · FAMILIES · EODWF SUPPORTERS**

*The Challenge is on..
August - December*

REGISTER NOW!




EOD MEMORIAL WORKOUT "EOD 345"

Registration is now open for the 2026 EOD Memorial Workout "EOD 345," a worldwide virtual fitness and fundraising campaign honoring the 345 Explosive Ordnance Disposal Technicians memorialized on the EOD Memorial Wall.

From August through December, participants can complete the challenge individually or as a team while raising funds to support the EOD Warrior Foundation's programs and services for EOD Warriors and their families.

New for 2026, participants may choose between the traditional gym workout or a new at-home workout, making it easier than ever to participate from anywhere.

Whether you're honoring a loved one, supporting the EOD Community, or challenging yourself for a great cause, every registration, workout, and dollar raised helps make a lasting impact.

Join us as we work toward our \$100,000 fundraising goal and turn remembrance into action.

Arlington National Cemetery Event

*As part of the EOD Flag Program, join us
October 16–17 at Arlington National Cemetery
to lay flowers at the graves of EOD Warriors and
participate in a wreath-laying ceremony at the
Tomb of the Unknown Soldier.*

*Details on our website or
click here to sign up:*



6th Annual Dworetzky Martinez Family Charity Event



Ride for a Cause

Proceeds Benefit the EOD Warrior Foundation

When: Saturday
September 26th, 2026

Where: Alan & Ann's home:
Charles City, VA



Register Here: <https://secure.qgiv.com/event/6thannualride/>

2026 RAMPART RIDE

RIDE. LIVE MUSIC. FOOD. BEER & WINE

NOVEMBER 6TH & 7TH



TACKITT FAMILY
VINEYARDS

6640 VON DOLLEN
ROAD
SAN MIGUEL,
CALIFORNIA 93451



EOD WARRIOR
FOUNDATION

FRIDAY, NOVEMBER 6TH

BIKE CLINIC, LIVE
MUSIC, & A FOOD
TRUCK!

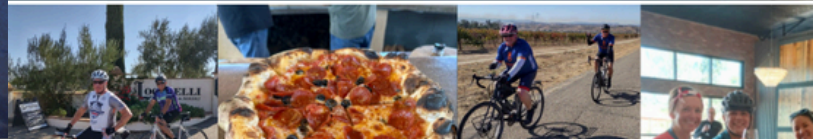


SATURDAY, NOVEMBER 7TH

RIDE CHECK IN: 9AM
RACE: 10AM
LIVE MUSIC AND ALL YOU
CAN EAT PIZZA AFTER!

REGISTER BELOW, OR SCAN THE CODE ABOVE

[HTTPS://SECURE.QGIV.COM/EVENT/2026RAMPARTRIDE/](https://secure.qgiv.com/event/2026RAMPARTRIDE/)



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.

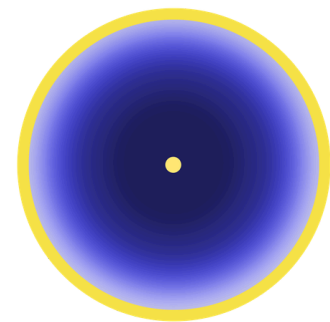
Transcendental Meditation (TM) offers a wide array of benefits for both the mind and body, primarily through its ability to induce deep relaxation and reduce stress. Regular TM practice can lead to improved sleep, reduced anxiety and stress, better emotional regulation, and enhanced brain function.

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>

For more information, email Michelle@eod-wf.org



DAVID LYNCH FOUNDATION



Investing in Their Future: EOD Warrior Foundation Scholarships



Education can open doors, create new opportunities, and help shape what comes next. Through the EOD Warrior Foundation Scholarship Program, we are proud to invest in the educational goals of EOD Family members as they pursue college, graduate education, and vocational training.

Our scholarship program supports a variety of educational paths. Undergraduate scholarships are available to eligible students pursuing a college degree or trade school education, while our graduate scholarship program supports students continuing their education at the master's or doctoral level.

Each year, the Foundation is also honored to award several special \$5,000 scholarships, including:

- **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.

Beyond applying for a scholarship, members of our community can also help create educational opportunities for future students. Donors have the option to establish a named scholarship in honor or memory of a loved one, an organization, or a cause that holds special meaning to them. The EOD Warrior Foundation team can help guide donors through the process of creating a scholarship and building a lasting legacy of educational support.

Whether a student is beginning their college journey, learning a skilled trade, or pursuing an advanced degree, the EOD Warrior Foundation is honored to support the educational goals of EOD families.

To learn more about the EOD Warrior Foundation Scholarship Program, eligibility, or establishing a named scholarship, visit eod-wf.org/support/#education or contact scholarship@eodwarriorfoundation.org.



2027 - 2028 Scholarship Dates

Undergraduate & Trade
School Scholarship
Applications

November 1, 2026 -
February 1, 2027

Graduate Scholarships

March 1, 2027 - April 27,
2027

GIVING TUESDAY

**2027 GOAL:
\$65,000**



EOD WARRIOR
FOUNDATION

What is GIVING TUESDAY

Giving Tuesday is a global day of generosity that inspires people to give back and make a difference. Celebrated each year after Thanksgiving, it's a powerful reminder that every act of giving—big or small—can strengthen communities and change lives.

Here's where your giving goes:

2027 EOD Memorial Livestream: \$30,000

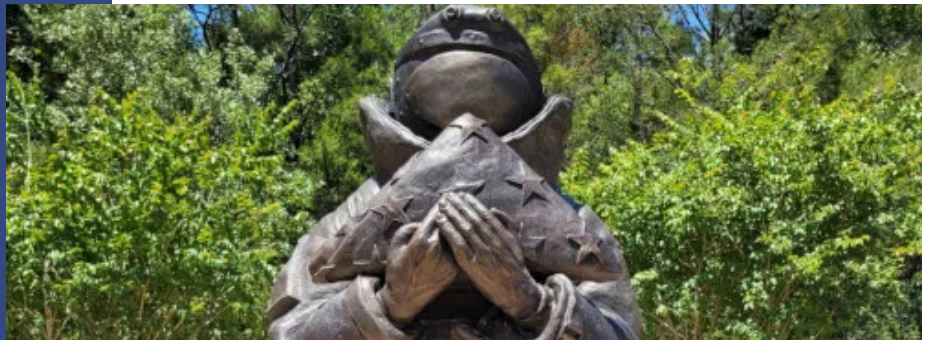
Nameplate Replacement: \$20,000

Brick Placement & Installation: \$5,000

Sod, flowers, plants, mulch, landscaping, and grounds improvements

Grounds Care & Beautification: \$10,000

Brick placement, pressure washing, cleaning, maintenance tools/equipment, minor repairs and preservation needs.



**Mark your calendars for
November 30, 2026!**

Understanding Suicide Risk in the EOD Community: What the Research Shows

In our previous newsletters, we introduced findings from our suicide research survey, led by Dr. David Wood, and began looking at the factors that may contribute to increased suicide risk within the EOD Community.

This research identified several important factors, including perceived burdensomeness, acquired capability, and moral injury. This quarter, we take a closer look at Moral Injury.

What Is Moral Injury?

Moral injury is a strong emotional or cognitive response that can occur when someone experiences something that conflicts with their moral or ethical beliefs.

For EOD Technicians, the nature of the job can involve situations where the stakes are incredibly high and decisions can carry consequences that stay with a person long after the mission is over.

The research identifies two forms of moral injury:

Self-directed moral injury involves feelings such as guilt, shame, or self-condemnation related to things someone believes they did, failed to do, or witnessed during their military service.

Other-directed moral injury can involve anger, betrayal, or a sense that someone who was trusted, such as a teammate or leader, acted in a way that violated deeply held expectations or values.

Sometimes, moral injury comes from what happened.

Sometimes, it comes from what someone believes should have happened differently.

What Can Moral Injury Look Like?

Moral injury can be difficult to recognize because it doesn't always look like traditional grief or trauma.

It may sound like:

“I can't forgive myself for what happened.”

“I should have done something differently.”

“I failed someone.”

“I can't stop thinking about what happened.”

“I trusted someone, and they let me down.”

“I'm angry about what happened, and I can't let it go.”

“I don't feel like the person I was before.”

These feelings can become especially difficult when they remain unresolved.

The research found that moral injury was significantly associated with suicide risk among EOD Technicians. In the study, the higher-risk group had substantially higher levels of total moral injury, as well as both self-directed and other-directed moral injury.

When the researchers examined the factors that predicted suicide risk, total moral injury remained a significant predictor, even when demographic factors were taken into account.

Why This Matters in the EOD Community

EOD work involves high-risk situations, difficult decisions, and significant personal responsibility. The researchers specifically noted that situations involving collateral damage, loss of civilian or military lives, or circumstances where a Technician's expertise was not enough to prevent harm may contribute to self-directed moral injury.

Moral injury can also develop when someone feels betrayed by a teammate or leader, particularly when those actions contribute to harmful outcomes.

This is important because not every difficult experience is something that can simply be “left in the past.”

**Sometimes the challenge isn't remembering what happened.
It's figuring out how to live with what happened.**

What Can Help?

If you recognize some of these experiences in yourself, you don't have to carry them alone. Talk to someone you trust. You don't have to tell the whole story. Start by letting someone know that something from your service is still weighing on you.

Give yourself permission to acknowledge the experience. Guilt, anger, grief, and shame can be difficult emotions to talk about, but acknowledging them is an important first step.

Consider what was within your control. Looking back with everything you know now can make past decisions seem different than they did at the time.

Reconnect with what matters to you now. The research found that life fulfillment, having a sense of purpose and meaning, is an important protective factor associated with lower suicide risk.

Consider professional support. The researchers specifically recommend that providers working with EOD Technicians be aware of moral injury and consider interventions designed to address it.

The Goal

Moral injury does not mean someone is weak.

It can be the result of caring deeply about your responsibilities, your teammates, your mission, and your values.

The goal isn't to erase the past or pretend that difficult experiences didn't happen. The goal is to process what happened, understand the emotions surrounding it, and find a way to move forward.

Asking for help doesn't change what happened. It can change what happens next.

You don't have to carry the weight of your service alone. Seeking support is not weakness. It is a protective action for yourself, your family, and the EOD Community.

Resources

If you or someone you know is struggling, confidential help is available:
988 Suicide & Crisis Lifeline: Call or text 988 for 24/7 confidential support.

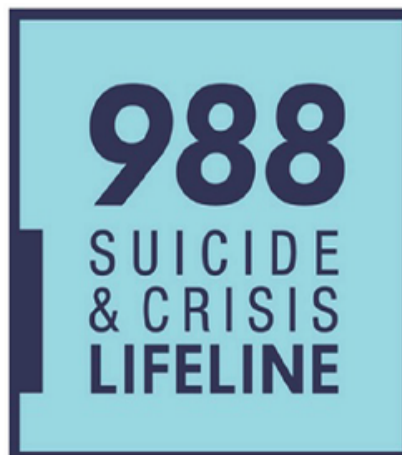
Veterans Crisis Line: Dial 988 and press 1.

After the Long Walk: EOD peer support available 24/7 at 1-888-412-0470.

Local behavioral health providers: A mental health professional can provide support in processing difficult experiences and emotions.

If you would like more information about this research or available support resources, please contact Michelle at michelle@eod-wf.org.

Source: Wood, D. S., Reeves, C., Larisch, I., Ikenoyama, M. K., & Ingerson, M-C. (2025). "Suicide Risk Factors Among Explosive Ordnance Disposal Technicians." Military Medicine.



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.

