

***2023 Annual Report***





*For the USAF Pararescue community,  
the Pararescue Foundation's mission  
includes, but is not limited to:*

- ◆ **Resiliency Services**
  - Proactive Mental Health & Wellness support
  - Purpose-built Retreats for PJs & CROs
  - Therapeutic services for Operator Syndrome
  - Operator & Spouses Retreats
- ◆ **Tragedy Readiness**
  - Immediate financial support as needed
- ◆ **Transition Assistance**
  - Military retirement and separation guidance
- ◆ **Gold Star Family Education Assistance**
  - Pre-collegiate tuition support for children
- ◆ **Legacy Preservation Services**
  - Support for ceremonial events
  - Honor the Pararescue motto:

*These Things I Do, That Others May Live”*



Dear Friends of the Pararescue community,

It's very humbling, year over year, to look back see how many generous people we've been lucky enough to call friends, sponsors, and donors. The Pararescue Foundation and this community we serve are so very appreciative. Thank you so much! We're grateful for every person that supports the Foundation and trusts us to do the very best we can to support our heroes that risk everything, every day, as USAF Pararescuemen!

There's a tradition among PJs, to get the "green feet" tattoo after graduation. It's a storied rite of passage. The origin of the green feet symbol came from Vietnam, when the HH-3E helicopter, also known as the Jolly Green Giant, would land in the rice paddies and grass fields, leaving huge impressions that looked like giant green footprints. This symbol, this impression, is a mark of the rescue community.

A Pararescueman travels the world performing rescue missions you may never hear about. The Green Feet symbol, that you may never witness, is one that represents saving lives in the most auspicious ways. Flawless execution is slated, no matter the obstacle or challenge from the circumstance or environment. That's the job. That's what it takes to live the Pararescue motto; "These Things I Do, That Others May Live."

The Pararescue Foundation delivers support for our PJ heroes with our Programs. From the purpose-built Retreat that supports their Health and Wellness, to immediate financial need when a Tragedy occurs. We're committed to them, and they need your continuous support.

You too can leave an impression, your mark, get tattooed so to speak, by supporting the Pararescue community anyway you can. Whether its volunteering at an event or donating to the cause, you can leave your mark.

From all of us, thank you for supporting the Pararescue Foundation's mission. Your gifts and monthly contributions are the lifeblood that enables us to serve this community and honor the sacrifice of those who live the Pararescue motto.

Leave your mark and get tattooed with PJF!

Ron Lennis  
*Executive Director*

**Board of Directors:**

Michael Jones, CMSgt, USAF, (Ret)  
Douglas Kestranek, CMSgt, USAF, (Ret)  
Anthony Negron, CMSgt, USAF, (Ret)  
Stephen Goodman, LtCol, USAF, (Ret)  
Tom Stephens, LtCol, USAF, (Ret)  
Dominic Luke, SSgt, USAF (sep)



## *Thanks to you, our commitment to the PJ community gets tattooed over and over and over again!*

Founded in 2016, the Pararescue Foundation (PJF) exists to support the USAF Pararescue community of Pararescuemen, Combat Rescue Officer service members, veterans, and their families. We do this through our Programs that offer a variety of benefits. Here are a few examples of our Mission support activity delivered in 2023.

### **Resiliency Services**

- 4 Health & Wellness retreats
  - High Country winter ski retreat serving 10 PJs
  - Got Your Six Equestrian retreat serving 10 PJs
  - Mountain Range summer hike retreat serving 10 PJs
  - Operators and Spouses Resiliency retreat serving 4 couples
- 3 RQS events, on and off base support
- 14 people served with Mental Health & Life Coaching sessions
- PTSD and Operator Syndrome therapy

### **Tragedy Assistance**

- Family medical financial support
- 7 separate situations supported

### **Gold Star Family Education Support**

- Pre-collegiate tuition support for a minor

### **Transition Assistance**

- Military retirement and separation guidance for 10 PJs

### **Legacy Preservation**

- PJU Graduation support
- Flags & Berets for memorials
- PJ reunion event support

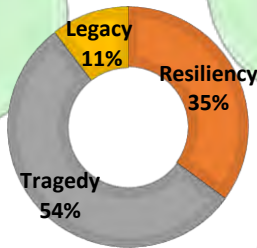
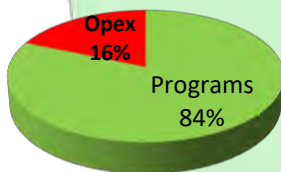


## *PJF's transparency year over year*

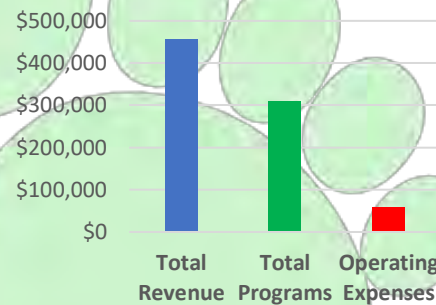
<i>Solid Year over Year Statistics</i>	<b>2023</b>	<b>2022</b>	<b>2021</b>
<b>Program expenses</b>	84%	83%	86%
<b>General &amp; Admin expenses</b>	7%	10%	10%
<b>Fundraising expenses</b>	9%	7%	4%

### *2023 Financial Review:*

#### *Total Expenditures*



#### *Functional review*



#### **Program transaction tracking**

##### Resiliency Program

76 entries  
52 individuals served  
3 RQS events supported

##### Tragedy Assistance

13 entries  
7 families served

##### Transition Assistance

1 event  
10 individuals supported

##### Gold Star Family Education Funding

2 entries  
1 family supported

##### Legacy Preservation

35 entries  
8 distinctive events supported

#### **Financial transaction tracking**

784 Online donations  
170 Check donations  
31 PayPal donations  
834 Orders from the PJF Store

## *Get your PJF tattoo!*

Metaphorically speaking you can get tattooed with PJF by either becoming a volunteer for an event or advocating for our mission and proudly support the services we provide our heroes. We're purpose built for the Pararescue community and grateful for your engagement. Your donation, whether it's time served at an event or a simple financial commitment, it helps drive our progress! With humble gratitude, we thank you!