

REAL STORIES FROM REAL HEROES

PETE HEGSETH



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$\begin{array}{c} \text{APPENDIX OF MODERN WARRIORS} \\ -- \star \star \star -- \end{array}$

\star STAFF SERGEANT DAVID BELLAVIA, UNITED STATES ARMY \star

- * Awards and Honors
 - * Medal of Honor
 - * Bronze Star
 - * Army Commendation Medal (2)
 - * Army Achievement Medal (2)
 - * New York State Conspicuous Service Cross
 - * New York Veterans' Hall of Fame inductee
- Units served with: 2nd Battalion, 2nd Infantry Regiment, 1st Infantry Division
- * Years of service: 1999-2005
- * Combat deployments: Iraq War
- * Co-founded Vets for Freedom, a political advocacy group.
- * Authored the memoir *House to House: An Epic Memoir of War in 2007.*
- After retiring from the military, briefly served as an embedded reporter in Iraq.
- * David is a longtime Buffalo Bills fan.

\star sergeant mat best, united states army \star

- * Awards and Honors
 - * Ranger Tab
 - * Army Commendation Medal with Valor (3)
 - * Army Achievement Medal (2)
 - * Combat Infantryman Badge
 - * Parachutist Badge
- * Units served with: 2nd Ranger Battalion, 75th Ranger Regiment
- * Years of service: 2004-2008
- * Combat deployments: Iraq War (5), War in Afghanistan
- Served for five years as a private contractor in hostile areas around the world.
- * Earned a bachelor's degree in liberal arts with magna cum laude honors.
- Post-military, Mat and fellow veteran Jarred Taylor co-founded Article 15 clothing brand.
- Mat also serves as executive vice president of Black Rifle Coffee, an enterprise he co-founded with former Green Beret Evan Hafer.
- Matt has more than three million subscribers across social media platforms, with all his channels hitting nearly a billion views combined.
- * Mat's father and two brothers all served in the US Marine Corps.
- Mat's groundbreaking memoir, *Thank You for My Service*, became a *New York Times* bestseller in 2019.

\star lieutenant commander (ret.) Daniel Crenshaw, united states NAVY \star

- * Awards and Honors
 - * Bronze Star with Valor
 - * Bronze Star
 - * Joint Commendation Medal
 - * Army Achievement Medal
 - * Combat Action Ribbon (2)
 - * Purple Heart
 - * Navy and Marine Corps Commendation Medal with Valor
- Units served with: United States Navy SEALs, SEAL Team 3, Special Reconnaissance Team 1
- * Years of service: 2006-2016
- * Combat deployments: Iraq War (2), War in Afghanistan
- While serving in Helmand Province, he lost his right eye in an IED explosion.
- He returned to complete tours of duty in South Korea and Bahrain following his recuperation from those severe injuries.
- * He was medically retired in 2016.
- In 2017 he earned his master's degree in public administration from Harvard University's Kennedy School of Government.
- He is a proud sixth-generation Texan and currently is a member of the US House of Representatives serving the people of Texas's Second District.
- * He recently released the book *Fortitude: American Resilience in the Era of Outrage,* which became a *New York Times* bestseller.

\star captain (ret.) chad fleming, united states army \star

- * Awards and Honors
 - * Bronze Star with Valor with Oak Leaf Cluster (2 Bronze Stars)
 - * Purple Heart with 2 Oak Leaf Clusters (3 Purple Hearts)
 - * Meritorious Service Medal
 - Army Commendation Medal with Valor 5 Oak Leaf Clusters (6 ARCOMS)
 - * Army Ranger Tab
 - * Combat Infantryman's Badge
 - * Senior Parachutist Badge
 - * Air Assault Badge
 - * Expert Infantryman's Badge
- * Units served with: 4th Infantry Division, 3/75th Ranger Regiment, 3/75th Ranger Reconnaissance Platoon, 75th Ranger Regiment HHC
- * Years of service: 1998-2011
- * Combat deployments: Iraq War (6), War in Afghanistan (5)
- He was wounded three times and endured more than 20 surgical procedures including the trans-tibial amputation of his left leg.
- Captain Fleming redeployed 5 times after his injuries, each time going right back into the fight. He is one of the few amputees who have been able to redeploy into combat as an amputee.
- After receiving therapy and rehabilitation at the Center for the Intrepid in San Antonio, Texas, he has competed in 5K runs, triathlons and a 360-mile bike ride from San Antonio to Dallas, Texas, all as an amputee. He rode his Trek bicycle from San Francisco to Los Angeles (480 miles) in October 2008 and completed the New York City Marathon in 2009.
- After Captain Fleming retired from active duty he continued to serve our country in other capacities.

\star sergeant major (ret.) Eric Joseph Geressy, united states army \star

- * Awards and Honors
 - * Silver Star
 - * Bronze Star with 2 Oak Leaf Clusters (3 Bronze Stars)
 - * Meritorious Service Medal with 2 Oak Leaf Clusters
 - * Army Commendation Medal with Valor with 4 Oak Leaf Clusters
 - * Defense Superior Service Medal
 - * Iraqi Campaign Medal (5)
 - * Valorous Unit Award
 - * Combat Infantryman Badge
- * Units served with: Bravo Company, 2nd Battalion, 187th Infantry, 101st Airborne Division (Air Assault); Charlie Company, 3rd Battalion, 187th Infantry, 101st Airborne Division (Air Assault); Eagle Company, 2nd Squadron, 2nd Stryker Calvary Regiment; HHC Recon Platoon, 1–506th Infantry (Air Assault), 2nd Infantry Division; Charlie Company, 1–504th Parachute Infantry Regiment, 82nd Airborne Division; Charlie Company, 2nd Battalion, 27th Infantry, 25th Infantry Division (Light); HHC Recon Platoon, 1st Battalion, 509th Parachute Infantry Regiment; United States Southern Command
- * Years of service: 1988-2014
- * Combat deployments: Iraq War (3)
- * 26 years of active federal service in the US Army with more than 11 years of overseas service.
- * After his retirement from the army, Eric earned a master's degree in intelligence studies from American Military University.
- A proud New Yorker from Staten Island, Eric's father worked for the New York Police Department.

- * Several members of his family served in the US Army with distinction, including a great-uncle, Rosario Squatrito, who also earned a Silver Star as a member of the OSS.
- * Eric's story is featured in the book American Warfighter: Brotherhood, Survival, and Uncommon Valor in Iraq, 2003–2011 by J. Pepper Bryars.
- * Eric now works as a contractor for the Department of Defense.

\star sergeant Nick "the Reaper" irving, united states army \star

- * Awards and Honors
 - * Ranger Tab
 - * Army Commendation Medal
 - * Afghanistan Campaign
 - * Joint Service Achievement Medal (JSAM)
 - * Joint Commendation Medal
 - * Army Achievement Medal
 - * Army Commendation Medal with Valor
- * Units served with: 75th Army Ranger Regiment, 3rd Ranger Battalion
- * Years of service: 2004–2010
- * Combat deployments: Iraq War, War in Afghanistan
- Recognized for having 33 enemies killed in action in a 3.5-month span in Afghanistan.
- He was the first African American to serve as a sniper in 3rd Ranger Battalion to deploy to the Global War on Terrorism.
- Nick now works on various TV and movie productions, as well as writing and publishing under his own company.
- * He is the author of the *New York Times* bestselling memoir *The Reaper* and its follow-up, *Way of the Reaper*.
- * He is also the author of a successful series of military novels: *Reaper: Threat Zero, Reaper: Ghost Target,* and *Reaper: Drone Strike*.
- Nick served as a coach on the reality TV show American Grit with John Cena and as host of Master of Arms on Discovery.
- * Nick is a recurring guest on the YouTube channel *Demolition Ranch*.
- * He worked as an on-set adviser for the 2017 sniper movie *The Wall*.
- Born in Maryland, he now resides in Texas and continues to be a Dallas Cowboy fan.

★ LIEUTENANT COMMANDER CAROLINE JOHNSON, ★ United states Navy

- * Awards and Honors
 - * Navy Marine Corps Commendation Medal
 - * Navy Marine Corps Achievement Medal
 - * Air Medal with Strike Flight Award (2)
 - * Navy Meritorious Unit Commendation
 - * Afghanistan Campaign Medal
 - * Global War on Terrorism Expeditionary
 - * Navy "E" Ribbon
 - * Sea Service Deployment Ribbon
 - * Global War on Terrorism Service Medal
- * Units served with: VFA-213 The World-Famous Fighting Blacklions, United States Naval Academy Leadership Ethics and Law Division
- Years of service: USNA 2005–2009, 2009–2019 Active Duty; 2019– Present Selective Reserve
- * **Combat deployments:** Iraq War, War in Afghanistan
- * Caroline is a 2009 graduate of the US Naval Academy.
- Caroline was a Weapon Systems Officer flying in the F/A-18F Super Hornet.
- She finished at the top of her class at flight school and was awarded the Paul F. Lawrence award as the number one strike fighter graduate.
- At the Blacklions, Caroline completed her Strike Fighter Weapons and Tactics level II, III, and IV qualifications, she earned her Combat Mission Commander designation, and she also graduated with honors from the University of Oklahoma with a Master of Arts in Administrative Leadership.

- Executed 42 combat missions in direct action against ISIS and Taliban forces in Iraq, Syria, and Afghanistan, and accrued more than 990 flight hours in the F/A-18F.
- * She returned to the US Naval Academy to serve as a Senior Leadership Instructor and Aviation Operations Officer.
- * She is the author of Jet Girl: My Life in War, Peace, and the Cockpit of the Navy's Most Lethal Aircraft.
- Today, Caroline, aka "Jet Girl," is a much-in-demand public speaker and lecturer at University of Chicago Harris School of Public Policy.

★ STAFF SERGEANT (RET.) JOHNNY "JOEY" JONES, ★ UNITED STATES MARINE CORPS

- * Awards and Honors
 - * Purple Heart
 - * Navy Commendation Medal with Valor
 - * Combat Action Ribbon
 - * Presidential Unit Citation
 - First annual Active Duty Congressional Fellow for House Veterans Affairs Committee
 - * Georgetown University Class of '14 Utraque Unum Spirit of Service
- Units served with: 1st Marine Division, 1st Explosive Ordnance Disposal Company; 3rd Marines, 1st Battalion; 2nd Marines, 2nd Battalion
- * Years of service: 2005–2012
- * Combat deployments: Iraq War, War in Afghanistan
- * He was the first member of his family to graduate from high school.
- * He graduated first of his class from the Marine Corps Communication-Electronics School.
- * He served as a member of an Explosive Ordnance Disposal unit.
- * Wounded by an IED in Afghanistan in 2010, he lost both legs.
- * He appeared in the Academy Award–Winning film *Lincoln*.
- Through NASCAR and various charities he's gotten behind-thescenes glimpses of stock car racing.
- * Joey is a die-hard follower of his home-state Georgia Bulldogs.
- * Joey currently works as a contributor for the Fox News Channel.
- * He served as CEO of the Boots Campaign.
- * He married his high school sweetheart.

\star LIEUTENANT COLONEL ADAM KINZINGER, UNITED STATES AIR FORCE \star

- * Awards and honors
 - * United States Air Force Airman's Medal (6)
 - * Meritorious Service Medal
 - * Humanitarian Service Medal
 - * Meritorious Unit Award
 - * Air Force Outstanding Unit Award (6)
 - * National Guard's Valley Forge Cross for Heroism
 - * Southeastern Wisconsin American Red Cross Hero of the Year
- * Units served with: Air Force Special Operations Command, Air Combat Command; Air Mobility Command, Air National Guard, 128th Air Refueling Wing, 115th Fighter Wing; 45th Expeditionary Special Operations Squadron
- * Years of service: 2003-present
- * Combat deployments: Iraq War, War in Afghanistan
- In 1998, while a student at Illinois State University, he ran a successful campaign for a seat on the McLean County board.
- * He resigned from that position to join the United States Air Force.
- * He was twice deployed to and flew missions in Iraq.
- * He continues to serve in the Air National Guard.
- * Adam is currently serving his fifth term in the United States House of Representatives from Illinois's Sixteenth District.
- * He is a member of both the Energy and Commerce and Foreign Affairs Committees.
- * He is an avid fan of historic military aircraft, aka warbirds.

\star lieutenant (Ret.) Morgan Luttrell, United States NAVY \star

- * Awards and Honors
 - * Combat Action Ribbon (2)
 - * Navy Expert Rifle Medal
 - * Navy Expert Pistol Medal
 - * Sea Service Deployment Ribbons
 - * Good Conduct Medals (2)
 - * Operation Iraqi Freedom/Operation Enduring Freedom Medal
- * Units served with: SEAL Delivery Team 1, ST-5, ST-8, ST-10 NSWG-4
- * Years of service: 2000-2014
- * Combat deployments: Iraq War, War in Afghanistan
- * He earned an undergraduate degree from Sam Houston State University in psychology and philosophy.
- * Experienced multiple combat deployments.
- In 2009 he suffered severe injuries in a helicopter crash during a training operation off the coast of Virginia Beach, Virginia.
- * Injuries: Multiple spinal fractures, Traumatic Brain Injury.
- Because of that experience, upon retirement after 14 years of service, he pursued an advanced degree in applied cognition and neuroscience from the University of Texas at Dallas and graduated with honors.
- After graduation he worked as a research scientist at the Center for Brain Health at the University of Texas at Dallas.
- In 2017 Morgan received his appointment to the Department of Energy as senior adviser to the secretary.
- * He recently completed his executive education at Harvard Business School focused on professional leadership development.

\star lieutenant colonel (ret.) Scott Mann, united states army \star

- * Awards and Honors
 - * Bronze Star
 - * Meritorious Service Medal
 - * Combat Infantryman's Badge
- * Units served with: 7th Special Forces Group
- * Years of service: 1991–2013
- * Combat deployments: Iraq War, War in Afghanistan
- * He is a 1990 graduate of the University of Central Arkansas.
- He earned his master's degree in 2005 from the Air Command and Staff College.
- From 1996 to 2006, he served with the 7th Special Forces group in Ecuador, Colombia, Peru, Panama, and Afghanistan.
- In 2015 he founded The Heroes Journey, a nonprofit organization dedicated to helping veterans share their stories as an act of healing and to connect veterans and civilians at a community level to better America.
- In 2015 he founded Rooftop Leadership as a way to help others learn how to establish trust and build relationships in high-stakes, competitive environments.
- * He is the author of the book Game Changers: Going Local to Defeat Violent Extremists.
- He wrote and performed in the play Last Out: Elegy of a Green Beret. The play features veterans and members of veterans' families in the cast, and has had production runs in Florida and New York City.

★ CAPTAIN (RET.) SEAN PARNELL, UNITED STATES ARMY ★

- * Awards and Honors
 - * Bronze Star with Valor
 - * Purple Heart
 - * Combat Infantryman Badge
- Units served with: 3rd Platoon, Bravo Company, 2nd Battalion, 87th Infantry Regiment, 3rd Brigade Combat Team, 10th Mountain Division
- * Years of service: 2004–2010
- * Combat deployments: War in Afghanistan
- * Was medically retired from the military due to his injuries.
- * Post-military, he co-founded the American Warrior Initiative.
- * He authored the New York Times bestseller Outlaw Platoon: Heroes, Renegades, Infidels, and the Brotherhood of War in Afghanistan.
- * He is also the co-author of the Eric Steele series of novels: Man of War, All Out War, and One True Patriot.
- He worked to pass the Mission Act, which President Trump signed into law in 2018, and which helps give veterans greater access to health care in VA facilities and the community, expands benefits for caregivers, and improves the VA's ability to retain and hire the best medical professionals.
- In the November 2020 elections, he is running to represent Pennsylvania's 17th District in our nation's House of Representatives.

★ SERGEANT FIRST CLASS (RET.) JOHN WAYNE WALDING, ★ United states army

- * Awards and Honors
 - * Silver Star
 - * Bronze Star
 - * Purple Heart
 - * Army Commendation Medal (3)
 - * Army Achievement Medal (2)
 - * Combat Infantryman Badge
 - * Airborne/Air Assault
 - * Special Forces Tab
- Units served with: 3rd Special Forces Group; ODA 3336; 3rd Special Forces Group Sniper Detachment
- * Years of service: 2001–2013
- * Combat deployments: Iraq War, War in Afghanistan
- * On April 6, 2008, he lost his leg to an enemy sniper during the Battle of Shok Valley. That harrowing battle was recounted in the book No Way Out: A Story of Valor in the Mountains of Afghanistan by Mitch Weiss and Kevin Maurer.
- Post-injury, he attended the Special Forces Sniper Course and upon graduation became the first amputee ever to become a Green Beret sniper.
- * He lives his life by the motto "Lean forward, fight hard."
- Today he is the CEO/founder of Gallantry Global Logistics, a service-disabled veteran-owned logistics company whose mission is to hire veterans. He is also co-founder of Live to Give, a bottled water company that gives 50 percent of its net profits to veteran and first-responder charities.

- * John continues to compete in endurance events. He has:
 - finished 4th overall in the Boston Marathon in the hand-crank division.
 - * finished in the top 10 in the New York City Marathon.
 - * run the Army Ten-Miler.
 - completed 2017 and 2018 Bataan Memorial Death March with 45-pound rucksack. This was dubbed one of the hardest marathon routes in North America.
 - ran the 2017 and 2019 Dallas Half Marathons and 2018 marathon.

* LIEUTENANT COMMANDER (RET.) JOHN "JOCKO" WILLINK, United States Navy

- * Awards and Honors
 - * Silver Star
 - * Bronze Star with Combat Distinguishing Device
 - * Meritorious Service Medal
 - * Navy and Marine Corps Commendation Medal
 - * Combat Action Ribbon
 - * Navy Unit Commendation Ribbon
 - * Navy and Marine Corps Achievement Medal
 - * Navy Meritorious Unit Commendation Ribbon
- Units served with: United States Navy SEALs, SEAL Team 3, SEAL Team 2, SEAL Team 7; Commanded SEAL Team 3's Task Unit Bruiser
- * Years of service: 1990-2010
- * Combat deployments: Iraq War
- * Graduate of BUD/S class 177.
- * Graduate of Officer Candidate School in 1998.
- Post-retirement, he co-founded Echelon Front, a leadership consultancy firm.
- * He co-authored, with former SEAL team member Leif Babin, the bestselling book *Extreme Ownership: How U.S. Navy SEALs Lead* and Win.
- * His other books are:
 - * Discipline Equals Freedom: Field Manual
 - * The Dichotomy of Leadership: Balancing the Challenges of Extreme Ownership to Lead and Win
 - * Leadership Strategy and Tactics: Field Manual

- * The Code. The Evaluation. The Protocols: Striving to Become and Eminently Qualified Human
- * *Mikey and the Dragons* (for children)
- * Way of the Warrior Kid children's series
- * He is also the host of *The Jocko Podcast*.

* STAFF SERGEANT (RET.) JEREMIAH WORKMAN, * United States Marine Corps

- * Awards and Honors
 - * Navy Cross
 - * Member of the Ohio Military Hall of Fame
- * Units served with: Weapons Company, 3rd Battalion, 5th Marine Regiment
- * Years of service: 2001–2010
- * Combat deployments: Iraq War
- * He is a strong advocate for honesty about and treatment of posttraumatic stress disorder.
- Previously served in the Marine Corps' Wounded Warrior program serving injured veterans.
- * He is the author of Shadow of the Sword: A Marine's Journey of War, Heroism, and Redemption.
- * Today he works as a military services coordinator for the Veterans Administration at a Naval Health Clinic.

RESOURCES AND ORGANIZATIONS FOR VETERANS $- \star \star -$

The Pipe Hitter Foundation https://pipehitterfoundation.org

Mission: Our mission is simple: Serve those who serve us. The Pipe Hitter Foundation is committed to defending the rights and freedoms of our men and women in uniform—the same rights and freedoms they risk their lives to uphold. To fulfill this mission, The Pipe Hitter Foundation has the following broad goals:

- Financial support and legal defense
- Advocacy
- Public affairs

The Heroes Journey: Warriors Finding Their Voice and Telling Their Story in Transition https://www.theheroesjourney.org

Mission: Every year, hundreds of thousands of veterans and first responders transition from service into civilian life. It's a challenging time that often results in loss of identity and changes so significant it seems like they are changing planets. For our warriors to live the life of prosperity they deserve, they must rediscover their voice and tell their story.

Boot Campaign https://bootcampaign.org

Mission: At Boot Campaign, our mission is to unite Americans to honor and restore the lives of veterans and military families through individualized, life-improving programs.

Among its many programs, Boot Campaign assists veterans to help them reclaim health and wellness, restore families, restart careers, reduce suicide, and reinforce communities.

Sentinels of Freedom https://www.sentinelsoffreedom.org

Mission: Our mission is to provide severely wounded post-9/11 veterans with comprehensive personal support and financial assistance as they complete their higher education and achieve success in their post-military careers.

Green Beret Foundation

https://greenberetfoundation.org

Mission: At the Green Beret Foundation, we honor our commitment to Green Berets past and present by providing Special Forces soldiers and their families with emergency, immediate, and ongoing support.

Warrior's Weekend https://www.warriorsweekend.org

Mission: Founded in 2007, Warrior's Weekend is a non-profit, 501 (c) 3 Corporation dedicated to the support of veterans of the United States of America with an emphasis on those wounded in the Global War on Terrorism. This is accomplished through holding an annual fishing event for wounded military personnel in May in Port O'Connor, Texas, as well as donations to veterans and veterans-based causes.

Team Never Quit https://teamneverquit.com

Mission: Team Never Quit embodies the heart of a warrior, men and women in all walks of life who have faced incredible hardship but have chosen not only to survive, but to learn from the experience and make themselves and those around them stronger for it. Our commitment is to honor those who have fallen, stand with those who have survived, and share their stories that we might inspire others to never quit.

Our brand supports these three pillars:

- 1. Learning from hardship
- 2. Becoming stronger ourselves
- 3. Making others stronger

Camp Southern Ground

https://www.campsouthernground.org

Mission: At Camp Southern Ground, we are dedicated to serving veterans struggling with transition from active service to civilian life, and those struggling with post-traumatic stress.

Our veteran programs, Warrior Week and Warrior PATHH, are founded on the premise that when men and women enlist to protect our country, we have an obligation to honor their service and sacrifice, and care for them upon their return home.

Stay In Step Brain and Spinal Cord Injury Recovery Center https://www.stayinstep.org

Mission: We are a veteran-founded and -run organization that provides long-term rehabilitation and therapy to both veterans and civilians that suffer from a spinal cord and/or traumatic brain injury, or any other neurological disorder resulting in paralysis.

Travis Manion Foundation https://www.travismanion.org

Mission: TMF empowers veterans and families of fallen heroes to develop character in future generations. Our vision is to create a nation of purpose-driven individuals and thriving communities that is built on character.