

THE DROP ZONE

Vol. 2

The Saber Six Paper

July 2023

GROWING SABER SIX TWO BY TWO



Chase Jurgensen, Chris Kolenda and James Stevenson in Windsor, CA

Fifteen years since they parted in Afghanistan, two TF-SABER veterans joined Chris in wine country

THE REUNION

Windsor, California - Two days cycling in the wine country to benefit mental health was supercharged when Chris Kolenda and Dee Dee Kiesow, Saber Six Foundation ED, were joined by TF -SABER veterans Chase Jurgersen from Sacramento and James Stevenson from the Yosemite area.

Thanks to our friends at Specialized Bikes, Saber Six was invited to participate in The Levi's Gran Fondo cycling ride in April.

"I was nervous leading up to the meetup. I hadn't seen Chris or Steve-O for 15 years. It was surreal. Once I saw them, it was like time had never passed" said Jurgersen. "It was the greatest day I've had in a while!"

When asked if he was happy to connect with Saber Six, Jurgersen said, "YES! I'm especially interested in Professional Development opportunities as well as morale booster."

His new hopes? "POSITIVITY with Saber Six. It is something to look forward to setting a routine reminder to dedicate myself to being there for the moral encouragement."

Jurgersen went on to explain that during WWII, people left professions to join the war effort, now, soldiers tour first, then choose careers. "Seeing the progress in people's journeys is pretty amazing," he said. "It's great being back with people you know and love and to be able to share the hardships as a civilian and becoming an adult all over again."

Chase and his wife Dasie, homeschool their three children Levi and Violet (11), and Everett (8).

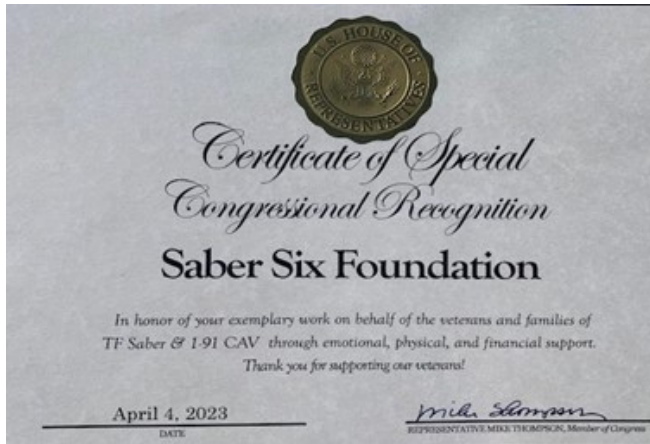
FINAL THOUGHTS:

Activities included a charity gala benefitting The King Ridge Foundation, VIP ride and dinner with Levi Leipheimer, 22-mile ride through vineyards and finally VIP treatment at a private tent. It was terrific to be reunited with these two, as well as James' family and trusted dog, Roosevelt.



SABER SIX RECEIVES CONGRESSIONAL RECOGNITION

We were surprised and honored to receive this Congressional Recognition from California Congressman Mike Thompson at the kick-off of the Levi Gran Fondo ride in Windsor, California on April 22, 2023



Team Specialized Bicycle Components and Leader of Operations, David Wood (tallest) supporting Saber Six in Morgan Hill, California with a ride in the countryside and commitment to our organization.





Pedals & Parachutes

PRESENTED BY



VETERAN'S DAY 2023

PETALUMA, CALIFORNIA
NOVEMBER 10 - 12, 2023

Join us for our **Second Annual Benefit Gala and Auction**, A friendly cycling adventure through the Sonoma Wine Country and Tandem Skydiving with veterans of TF SABER, 1-91 CAV.

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VIP Experience to include a Fireside Chat with former Democrat House Majority Leader **Dick Gephardt** and former United States Secretary of Homeland Security **Jeh Johnson**



TF-SABER REUNION COMING SOON

PEDALS & PARACHUTES

The 2023 Reunion in Petaluma, CA, includes cycling or running and, for the bold, tandem skydiving.

TIMELINE:

Friday, November 10, 2023

Fundraising Gala and VIP Fireside Chat
Petaluma Hotel, Petaluma, California

Saturday, November 11, 2023

Morning bicycle rides 25 and 50 miles through wine country

Grand Marshal of Petaluma Veteran's Day Parade: Saber Six Foundation

Recognition in Park and music from Chuck Briseño

Sunday, November 12, 2023

Tandem Skydiving with Task Force Saber veterans, Cloverdale Airport

CHUCK BRISEÑO TO PERFORM ON VETERANS DAY



Saber Six's Chuck Briseño will join us in Petaluma, CA to perform for the Pedals & Parachutes event.

ABOUT CHUCK BRISEÑO

2007-2008 The 173rd Airborne deployed to Afghanistan in support of OEF7 – OEF8. During that time the Brigade would participate in heavy combat throughout the 15 months and subsequently suffer 43 KIA's and many more wounded. "I never knew what kind of an impact this would have had on my future at the time, now I understand more than ever exactly what I was meant to do with music and telling the story of "Folded Flag".

Chuck Briseño's song, "Folded Flag", was released on Veteran's Day 2022. The song is written about a soldier writing a last letter home just in case he does not make it back from war.

This Veteran's Day he will be performing "Folded Flag" live as the headliner in Petaluma, California. This will commemorate TF Saber's Second Reunion at our "Peddles and Parachutes" event.

The song was Recorded and Produced at East Avalon Recorders in Muscle Shoals, by Charles Holloman, engineered by Colin Lott and mastered by Sol Philcox-Littlefield. A few of the notable musicians that tracked this record were Kelvin Holly, Little Richards guitar player for over 20 years, Clayton Ivey, an original swamper, as well as James LeBlanc and his wife Angela Hacker.

"I would like to dedicate this song to every Gold Star family, veteran, and loved ones that support our servicemen and women before, during, and after their service to our beautiful country. This dedication is depicted on the cover art for the record. All 43 servicemen killed in action from our deployment are subdued in the Flag. The flag is a photo of the American flag that was carried on the invasion of the beaches of Normandy."

In speaking with Chuck, it is clear he is dedicated whole heartedly to this mission and using his gifts. We are so very proud of you!

"I know I am blessed to be able to do the work I do and tell the story of The Folded Flag" he said.

CONTACT CHUCK

Booking / Publicity

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MONTHLY STABLE CALLS

Monthly stable calls bring camaraderie and useful tools. If you haven't checked out our monthly stable calls, you're missing out.

Dr. Mark Goulston, our partner psychiatrist, delivers tools that help us navigate daily life's emotional challenges.

AN EXERCISE TO CONTROL YOUR TRIGGERS

1. Notice when you feel triggered. Say to yourself "triggered" (labeling it lets you get control of your response).
2. Say DOWNSHIFT. Tell yourself to lower your emotions.
3. Tell the person, "could you please repeat that? The way you say it triggered me and I got distracted. What you said is important, and I don't want to miss it."
4. RINSE AND REPEAT

"PAIN IS INEVITABLE, SUFFERING IS OPTIONAL"