



# Saber Six Foundation

## The Drop Zone, Winter 2023 Edition

Dearest Supporters

I'd like to share what we've done in our [Saber Six Foundation](#) community since Chris Kolenda completed the Fallen Hero Honor Ride last year.

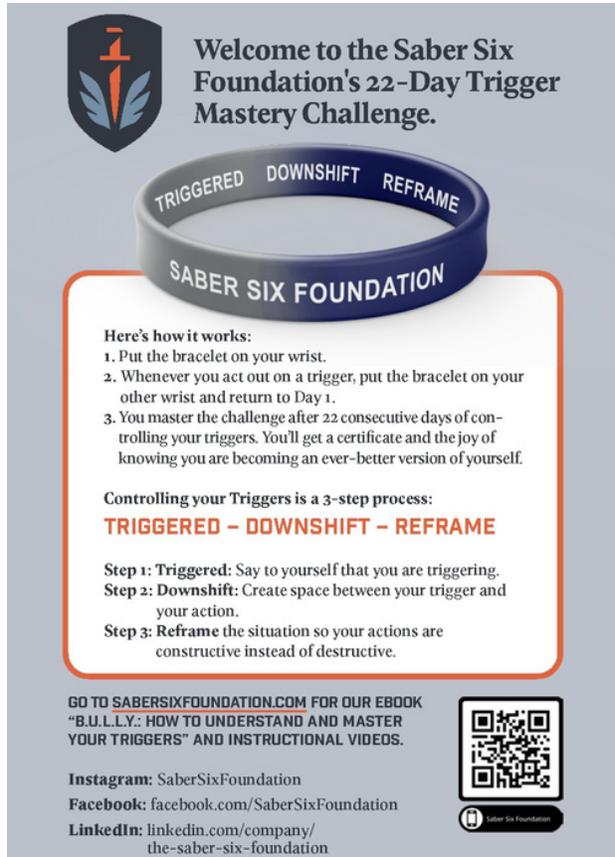
We kicked off 2023 by enrolling veterans and their families to participate in our monthly **Stable Calls and Mentoring Program**. These give us a chance to check in and boost purpose, belonging, and well-being.

We also kicked off several months of targeted courses to strengthen our mission: Fitness Coaching, Taking Back Your Emotional Health, Talent and Career Accelerator, Leading from the Middle, and Yoga. Participants enjoyed moving forward in a familiar community of people who love getting good at getting better.

By April, we selected our [Saber Six Foundation](#) Branding, Website, and Cycling Jerseys, and we were off to wine country for the first bicycle reunion to meet TF-SABER veterans Chase Jurgensen and James Stevenson; all courtesy of Specialized Bikes and world-renowned cyclist and philanthropist Levi Leipheimer. Specialized hosted Chris at their headquarters. They gave his bike a fine-tuning, and Chris received a behind-the-scenes tour. We received Congressional Recognition from Representative Mike Thompson for our work with veterans.

The [22-Day Trigger Mastery Challenge](#) made an instant impact, with over 100 people participating in this program. Sign up on our website, and you will see the difference.

*"I didn't realize how much anger I was holding in until I completed the challenge. Now I feel lighter and happier." said a 22-Day participant.*



The graphic features a blue shield logo with a red '1' and a blue leaf. Below it is a blue bracelet with the words 'TRIGGERED', 'DOWNSHIFT', and 'REFRAME' on its top edge and 'SABER SIX FOUNDATION' on its bottom edge. The text 'Welcome to the Saber Six Foundation's 22-Day Trigger Mastery Challenge.' is positioned to the right of the bracelet. Below the bracelet, a white box with an orange border contains the following text: 'Here's how it works:' followed by a three-step list: 1. Put the bracelet on your wrist. 2. Whenever you act out on a trigger, put the bracelet on your other wrist and return to Day 1. 3. You master the challenge after 22 consecutive days of controlling your triggers. You'll get a certificate and the joy of knowing you are becoming an ever-better version of yourself. Below this is the text 'Controlling your Triggers is a 3-step process:' followed by 'TRIGGERED - DOWNSHIFT - REFRAME' in red. Then, three steps are listed: Step 1: Triggered: Say to yourself that you are triggering. Step 2: Downshift: Create space between your trigger and your action. Step 3: Reframe the situation so your actions are constructive instead of destructive. At the bottom, it says 'GO TO [SABERSIXFOUNDATION.COM](#) FOR OUR EBOOK "B.U.L.L.Y.: HOW TO UNDERSTAND AND MASTER YOUR TRIGGERS" AND INSTRUCTIONAL VIDEOS.' To the right is a QR code and a small logo for the Saber Six Foundation. Social media links for Instagram, Facebook, and LinkedIn are listed at the bottom left.

GO TO [SABERSIXFOUNDATION.COM](#) FOR OUR EBOOK "B.U.L.L.Y.: HOW TO UNDERSTAND AND MASTER YOUR TRIGGERS" AND INSTRUCTIONAL VIDEOS.

Instagram: [SaberSixFoundation](#)  
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## **Pedals and Parachutes Reunion, 10-12 November 2023 Petaluma, CA**

Saber Six Foundation was joined by numerous **TF Saber unit members** as well as thousands in the Petaluma community. **Karen Pfeifer** gave her debut speech to a crowd at the welcome dinner. It was both touching and very professionally delivered. Well done, Karen!

## **Pedals and Parachutes Veterans Day Benefit Bike Ride and Parade, Petaluma, CA**

Congressman Mike Thompson (173rd Airborne, Vietnam) helped by kicking off the ride in the early morning. Olympic Cyclist Alison Tetrick supported us in recruiting cyclists; she attended our dinner the previous night and joined us during and after the ride.

**Pictured below, left to right: Joel Herman, James Stevenson, Karen Pfeifer, Dee Dee Kiesow, Chris Kolenda enjoying the bike ride.**



Chris represented by serving as Grand Marshal through the parade route with a friendly smile, a wave and calling out veterans and children in the crowd. And they loved it!



**Pictured above: Nick Armstrong, Lee Knight, James Stevenson, and Joel Herman (upper left); Joel Herman and James Stevenson (upper right), James Stevenson, Congressman Mike Thompson, John Page, Christina Krych, Joel Herman, Lee Knight, Marouf Sharifi, Nick Armstrong, Chris Kolenda, Alison Tetrick, Greg Kaplan, Karen Pfeifer (lower right); Chris Kolenda and John Page at the parade.**

TF Saber veterans and families passed out [22-Day Challenge](#) bracelets to the crowd. After lunch in the park, Chris spoke, and the townspeople lined up to personally thank our veterans, including Nick Armstrong, John Page, James Stephenson, Lee Knight, Joel Herman, Christina Krych, as well as Afghanistan Translator Maroof Sharifi and board member Greg Kaplan.

***“Being hugged and thanked by the community was a highlight of the entire weekend and a moment I will never forget.”*** said Joel Herman, TF SABER member and Afghanistan war veteran.

### **Pedals and Parachutes Veterans Day Benefit Concert, Petaluma, CA**

Finally, Saturday evening Chuck Briseno took us into the wee hours with a live country concert at Torches Restaurant in Petaluma. We did a raffle and auction for a few trips to Mexico while owner Alice Kilgore hosted the event, invited all her friends, and spoiled us with dinner and drinks. She even sponsored a birthday fundraiser for the Saber Six Foundation last month.



**Pictured above: Chuck Briseno, TF Saber member and Afghanistan war veteran performs at Torches Restaurant, Petaluma.**

## **Pedals and Parachutes Reunion - Jump Day, November 12, 2023**

Sunday morning found us up bright and early at Nor-Cal Skydiving with Tyler Wareham. Tandem skydivers were Karen Pfeifer, Nick Armstrong, and Steve Glavan. All went back to Torches to have a farewell luncheon with Alice Kilgore.



**Honorary Saber Six Member, Steve Glavan (pictured) joined us from Spokane, WA. He supported us through podcasts, photography, and videography throughout the entire weekend.**

### **Here's What's In Store for 2024**

- [22-Day Mastery Challenge](#)
- Ever-Better Program for Veterans. Coming in January 2024, It's a video-based program that you can take self- directed or with live coaching.
- Saber Challenge Adventure Experiences in National Parks. Our first one begins in April in the Ocoee National Forest near Chattanooga and is for 12 participants. A generous donor has underwritten the logistics!
- Annual Fundraising Gala in April in Washington, D.C.
- Pedals and Parachutes Reunion in the Midwest over Veterans' Day Weekend

Like all this? Following the QR code, you can make a joyful year-end gift to support our mission.



Sky Soldiers!  
Dee Dee

Dee Dee Kiesow  
Executive Director



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