

LOCKLEED NEWS



Every Third Saturday: (pictured left to right* Jessi McKenna, Tom McKenna, Jon Engfer)

Every Third Saturday New Veteran Center

Minneapolis, Minn. (Star Tribune, Every Third Saturday)- Co-founders of Every Third Saturday (a veteran's support center and company), Jessi and Tom McKenna, are in the progress of building a new headquarters that will be designed for the use of veterans and other community members. The ultimate purpose of the building is to provide a safe, welcoming, and comfortable environment for all veterans, but especially those who struggle with their mental health, PTSD, and homelessness. This mission is especially important to co-founder Tom

McKenna as he has his own experiences with PTSD after serving in the Marine Corps. McKenna touches on the effects that serving can take on your mental health and how ultimately the effects can often lead to suicide within the veteran community, which is exactly what he intends to combat by building the new Every Third Saturday headquarters. The building will be equipped with a coffee shop that will be open to the public as well as named "Rick's Coffee Bar" in commemoration of a veteran who died by suicide, additionally there will be a patio which will be able to be used privately by veterans and their families. Veterans will also have private access to a fitness center that will remain closed off to the public.

McKenna explains that the fitness center will remain privately utilized by veterans only to allow for certain accommodations that go hand-in-hand with the PTSD that vets experience, like for instance, not being completely comfortable in an environment with unknown people dropping weights and making startling noises.

Other current projects that ETS has been working on include a Warriors Path course. This program is designed to offer soldiers that deal with PTSD a path of healing for the betterment of one in all aspects from mental to physical well-being. As the course is an intense 12-week process, a veteran that is enrolled may not be able to commit their time to wherever their place of work is, ETS agrees to pay the enrolled veteran a salary matched to what the veteran's employer would pay so that financial necessity does not get in the way of a veteran that wants improve their quality of living, especially if living with PTSD.

To cover the cost that it takes to keep the Warriors Path running, a golf tournament was had solely for fundraising purposes. Proceeds raised from the golf tournament will specifically go to the financial



ETS Golf Tournament: Pictured ETS team with LockLeed team



support that ETS offers to those who enroll in their Warriors Path course. LockLeed International had the honor of being participants and sponsors in the ETS golf tournament fundraiser. There was not only an impressive silent auction, but also delicious lunch and dinner donated to participants of the golf tournament by ETS. 164 golfers enjoyed food, golfing, games, and a silent auction.

Post golf tournament, Tom McKenna shared the history of Every Third Saturday and how the non-profit came to be. He shared that it started nearly 11 years ago (as of 2021) and began with passing out necessities to veterans that fall victims to homelessness. The McKenna's would do this 'every third Saturday' which is where the organization's name originated. As Tom and Jessi focused on the growth of ETS, by 2016 they became an official non-profit organization. In 2017 they ran the company from their current location just blocks away from the Veteran's hospital, which is also not far away from the new (and will be permanent) location ETS is in the process of constructing. Tom was asked how 2021's 2nd annual golf tournament differed from 2020's 1st, he shared that this year was much bigger- there were more players, sponsors, and money raised.

Conclusively, if you or a veteran you know struggles with PTSD, they are encouraged to utilize the ETS facility and support system- especially if post traumatic stress disorder is affecting one's productivity and effectiveness in the workplace.

For more information visit everythirdsaturday.org

| 50 pushups, 50 states, 50 days

St. Paul, Minn. (Fox 9)- Darren Hafford, a U.S. Army and Marine Corps veteran, adds miles (quite literally) to his mission of raising awareness and mental health advocacy regarding veteran suicide. On Independence Day of 2021, Hafford began to execute his plan for raising awareness by intending to travel to all 50 states and their capitals within fifty days and upon arrival, performing fifty push-ups. By July 19th he had reached Minnesota, which at that point, was a near 7,000 miles and two weeks into his journey.



After Hafford's three deployments between 1996 to 1999, he describes the intentions of his involvement to raise awareness about "the war that comes after war," describing the mental health issues that many soldiers often resonate with on a post-traumatic level. Hafford says, "it's got to stop. We've got to let people know there's help out there for you." Hafford acknowledges that the veteran suicide rate is consistently increasing and has claimed that it has taken more lives than Afghanistan and Iraq. Hafford wants all of those who have served to know that there is still hope and support for all vets despite the battles that are fought physically and mentally.

