

What is LZ-Grace Warrior Retreat Foundation and LZ-Grace, LLC?

- *Non-profit, 501(c)(3) organization*
- *Formed for the sole purpose of funding a Retreat to provide respite and renewal for transitioning Special Operations Forces personnel (active and retired) and their families*
- *Founded and operated by Lynnette Bukowski, a 32 year Veteran Navy SEAL's widow and their daughter, Sheri Bukowski.*
- *LZ-Grace, LLC is a for-profit entity owned by the Foundation to help support the LZ-Grace mission.*

About us:

Lynnette Bukowski is an Author, Speaker, Artist, Founder and Executive Director of the LZ-Grace (Landing Zone Grace) Warriors Retreat, a place of rest built in memory of and born from her late husband's dream of providing a place where his SEAL and Special Operations Forces "brothers" from all branches of military can come home from war and decompress with support so they can reenter family and community life renewed. Master Chief Bukowski served as an active duty SEAL for 32 years. Lynnette and Steve were married for 31 years before his death. They have three children and fifteen foster children, now grown. Lynnette's formal education is in crisis management, psychology and paralegal family law.

For nearly three decades Lynn served as an Ombudsman and Volunteer Advisor to Families at myriad Naval Special Warfare and Global Commands, and had the privilege of providing guidance and support to many young Warriors and their families. Providing a safe space for our Special Operators to come home to is her "duty and privilege" going forward.

Sheri Lynn Bukowski, the Director of LZ-Grace, is an Author, Speaker, and Artist, and is currently completing her graduate studies as a Clinical Mental Health professional. She is the adult daughter of Steve and Lynnette Bukowski. Along with extensive experience in coordinating missions world-wide, her formal education is in political science, theology and psychology.

What is LZ GRACE WARRIORS RETREAT? – An ultimate retreat for our transitioning Special Operations Forces (active, transitioning and retired) personnel and their families

Highlights of LZG Warrior's Retreat – What makes LZG WRF different?

- *Confidential and Secure environment (physical and technological security provided on site to ensure a safe and protected experience)*

- *Individual and family-focused space where families can reconnect with their returning Warrior free of day-to-day pressures or responsibilities*
- *Peer support and access to confidential professional counseling and/or guided therapeutic activities*
- *Family/Peer dining and home cooked meals*
- *Quiet spaces (Meditation gardens, walking paths, Warrior fire-pit, fishing and kayak launching dock)*
- *Emphasis on fitness and proper nutrition*
- *Equine and Canine companionship*
- *Bunkroom equipped with canine companion access*
- *Creative work space (art, woodworking, chess, library, film)*
- *Guest speakers specializing in military to civilian job/life transitioning and family dynamics*

Background Statistics

- *Suicide is the second leading cause of death among U.S. military personnel*¹
- *Rising rates of suicide can be linked to the number of redeployments, combat injuries, extreme stress on marriage and family relationships, and disinclination of service members to seek help*²
- *Factors that can decrease the risk of suicide/ negative effects of PTS include positive social support, positive coping mechanisms, counseling, spirituality and renewed sense of purpose and/or responsibility*³

Philosophy

There is a small window of time where military personnel return from deployment faced with readjusting; this is called re-entry. Their experience in this time is important for each soldier returning from a mission; it is a time where he or she can mentally and physically reacclimatize to life outside of war and trauma. This time is strategic and proper resources- including family, accountability, nature and human connection in a safe place - can make the difference between health and well being during transition or an ineffective adjustment to so-called 'normal' life.

Everything comes with risk. But if a Warrior lives through war and lands at LZ-Grace, there is nothing that cannot be overcome or achieved. When men and women release what they have lived through and find connection with one another, souls are inspired to live on; to use their scars and roadmaps and to pass on strength and experience forward to be of service to the world.

¹ University of Utah News Release May 5, 2013

http://www.nlm.nih.gov/medlineplus/news/fullstory_136861.html* link effective through 8-13-2013

² NIH Medline Plus, Winter 2010 Issue: Vol. 5, No. 1, Page 5-6

³ PsychCentral, "Suicide and the Military" by Amy Menna, PH.D, <http://psychcentral.com/lib/2011/suicide-and-the-military/>

Vision

The goal of LZ Grace is to provide a secure and confidential setting, with support, to allow Warriors to heal (body, mind, soul & spirit), return to wellness and keep families whole. In five years, in ten years, if each visitor to the LZ Grace Warriors Retreat can say they are in a better position in life because they learned how to readjust, gain vision, and develop momentum in their active military jobs or in their transition from military service to civilian life, then any cost is well worth it. Healthy people with extraordinary capabilities and stamina contribute immeasurably to society. Sometimes it shows in the form of tangible goods and services developed, other times their contribution is simple motivation to press on despite extreme odds. We believe in our Warriors.

LZ Grace in the Media:

- Published on May 7, 2015 by Lancaster Farms Media Department
Our second season of Plant Pop begins with a visit to LZ-Grace, a family farm that has transformed into a place of healing and transition for soldiers coming home.
<https://www.youtube.com/watch?v=jogXuErwZr4&feature=youtu.be>
- <https://www.youtube.com/watch?v=KQcRNiaejCU&feature=youtu.be>
- <http://princessanneindy.com/2015/05/21/lz-grace/>
- <http://wtkr.com/2014/11/27/seal-widow-creates-veterans-retreat-in-pungo/>
- ***Lynn Bukowski: LZ-Grace Veterans Retreat
An Exclusive NRA News Cam & Co. Interview***
Lynn Bukowski operates the LZ-Grace Veterans Retreat, a place of rest, renewal and reconnecting for Veterans. She joins Cam & Co. to talk about the vital program with host Cam Edwards and guest Kurt Schlichter. In commemoration of Veterans Day, the show was broadcast from the NRA Range at NRA Headquarters in Fairfax, Virginia. Originally aired on NRA News Cam & Co. 11/11/13.

The entire interview can be seen here:

<http://nranews.com/home/video/lynn-bukowski-lz-grace-veterans-retreat>

- ***Powerful Peace Radio with Lynnette Bukowski Interviewed by Rob Dubois, author of Powerful Peace: A Navy SEAL's Lessons on Peace from a Lifetime at War, on Powerful Peace Radio Monday.***

The interview in its entirety can be heard here:

<http://www.powerfulpeaceradio.com/2013/03/19/powerful-peace-radio-with-lynette-bukowski/>.

- ***Blogs of War: Critical Perspective on Developments in National Security, Intelligence, and Technology – Featured:***
<http://blogsofwar.com/2013/09/12/lynette-bukowski-landing-zone-grace-veterans-retreat-preparing-special-forces-personnel-and-their-families-for-life-after-war/>

- ***Grace Beyond Grace Blog published by Lynnette Bukowski. Writings to provide inspiration and encouragement:***
<http://gracebeyondgrace.com/>
- ***Interview with Veteran Journal published April 4, 2014.***
<http://www.veteranjournal.com/bukowski-grace-veterans-retreat/>

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For General Information about LZ Grace and its progress please visit <http://www.lz-grace.com/>