



**Humble Warrior Wellness & Yoga, Inc**  
**196 Alps Road**  
**Suite 2-228**  
**Athens, GA 30606**

Dear Grant Decision Committee,

January 12, 2021

Without reservation, our Board of Directors recommends Operation Appreciation (OpA) as a top-tier grant recipient. During this COVID pandemic, OpA's services fill critical support gaps for veterans and military families while remaining sensitive and highly responsive to growing demands. There are many nonprofits; however, those organizations that can both identify and fill immediate needs without having a complicated vetting process are the true Heroes! **OpA is a well crafted, highly credible, responsive, and an ethically run nonprofit that can adjust its sails quickly, act decisively, and provide resources to our most deserving population.**

Specifically, OpA's target market is our own Citizen Soldiers (U.S. military reserve component service members). These individuals and their families must balance maintaining a ready military capability with the needs of their own civilian careers and lives. They do not have the support structure found on active duty. That's where OpA **expertly steps in to bridge the gap.**

With aligned missions, our own 501(c)3 nonprofit—Humble Warrior experienced OpA's support and continues a mutually supportive partnership. We provide wellness experiences to women veterans and women first responders at no cost. However, we are a service and do not have a facility. Beth Waters, OpA President, provided us OpA's beautifully maintained **Red, White, and Bear Cabin** for Day of Wellness Programs. The cabin, nestled in the mountains, offered an enriching environment to teach and explore lifestyle wellness practices in a safe group setting. Every aspect of the cabin provided a restorative, caring, and patriotic vibe that nourished each woman's overall well-being. OpA ensured every detail was in place, from security and parking, to providing each person with a warm Southern hospitality-infused welcome.

I've known Beth and her fully supportive military husband for over 10 years. She is recognized at the local and state level as a leader in the community for military family support, especially for deployed Soldiers and their families. I find Beth to be a self-starter, a lifelong learner, and a leader who leverages her considerable experiences and social media network. OpA is a most deserving grant recipient and Beth will ensure the ethical stewardship of all funds.

**Thank you** for supporting this public charity and in turn saying 'thank you' to the Citizen Soldiers who serve our great nation. Your donation matters!

Sincerely,

Raquel Durden  
Co-founder & Director, Humble Warrior Wellness & Yoga, Inc  
Lieutenant Colonel (Retired), U.S. Army  
[Raquel@humblewarrior.org](mailto:Raquel@humblewarrior.org)  
[www.humblewarrior.org](http://www.humblewarrior.org)  
404.831.2409