

To: C4 Board of Directors
From: Mike Thomas
Subject: Nomination for \$250 C4 donation to Ride 2 Recovery for 2017
Date: Oct. 2, 2017

Founded in 2008, Project Hero is a groundbreaking national non-profit organization dedicated to helping Veterans and First Responders affected by PTSD, TBI and injury achieve rehabilitation, recovery and resilience in their daily lives and increasing awareness to combat the national mental health emergency posed by PTSD and TBI.

Project Hero programs including Ride 2 Recovery events and Project Hero Community Centers work by producing positive outcomes at lower costs and reducing drug-based therapies. The organization also builds and provides adaptive bikes to physically-challenged and injured Veterans and First Responders and founded the Project Hero Research Institute for Mental Health to support clinical research programs in 2016.

Project Hero has helped tens of thousands of our Healing Heroes at no cost to participants through Ride 2 Recovery cycling events, community-based programs in more than 50 cities throughout the US and by supporting research.

These are the C4 members that have participated in Ride 2 Recovery cycling events:

Bob Miarer	Dane Pilon	Dexter Durrante	Jason Kimball
John Masson	Pat Davenport	Scott McGuire	Eric Jensen
Arod Rodriguez	Stephano Porter	Marty Martinez	Steven Walker
James McKee	Bryan Lockwald	Richard Kirby	Nerea Cal
Andrea Graham	Javier Colon	Mike Thomas	Luke Thomas

If approved, I will personally match the C4 donation, up to \$250, to Ride 2 Recovery (donation made in 2018).

To: C4 Board of Directors
From: Mike Thomas
Subject: Nomination for \$250 C4 donation to the CARE Clinic for 2017
Date: Oct. 2, 2017

The CARE Clinic Charity Profile; Compassion, Assistance, Referral and Education

In 1986, Richard Barbaro, DDS, Don DeCort, Attorney at Law, and Skip Whitman, MD, approached Catholic Social Ministries (CSM) of the Diocese of Raleigh and expressed desire to use their talents to help serve the poor. They suggested setting up a free medical clinic. Concurrently, Charles Hoffman, MD, had also spoken with CSM about the need for a clinic for pregnant women.

“The CARE Clinic provides free quality health care to eligible uninsured, low income adults who live in Cumberland County and surrounding areas. We rely entirely on the generosity of donors, grants from foundations and annual fund raising events to continue providing health care services in our community. We could not do this without the gift of time provided by our volunteer staff: Doctors, Physician Assistants, Nurse Practitioners, Pharmacists, Dentists, Dental Assistants, Nurses, Pharmacy Assistants, Chiropractors, Social Workers and Nutritionists. They treat our patients with the compassion and care they deserve. We also rely on the help of our numerous non-clinical staff who help our small staff to do the tasks needed and by serving on our board and committees.”

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From: Mike Thomas

Subject: Nomination for \$250 C4 donation to American Red Cross for 2017

Date: Oct. 2, 2017

Four weeks after Hurricane Harvey caused the largest flooding event in U.S. history, the American Red Cross continues to provide shelter, food, relief supplies and other support to help people whose lives were turned upside down. Thousands of people remain in emergency shelters and the Red Cross is there, making sure people get the help they need as they plan their next steps.

About the American Red Cross:

The American Red Cross shelters, feeds and provides emotional support to victims of disasters; supplies about 40 percent of the nation's blood; teaches skills that save lives; provides international humanitarian aid; and supports military members and their families. The Red Cross is a not-for-profit organization that depends on volunteers and the generosity of the American public to perform its mission. For more information, please visit redcross.org or cruzrojaamericana.org, or visit us on Twitter at @RedCross.