



La Crosse Vet Center
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December 31, 2019

To All Who Seek Hope:

This letter is to provide a heartfelt thank you to Michael Orban for all that he is doing to increase awareness of the mental health issues that Veterans experience. I was so happy to learn that he established a foundation to help Veterans, and I know that The Orban Foundation for Veterans will be a legacy that will carry forth his passion and desire to assist those in need.

I first met Michael in the Spring of 2018 when I was in the process of assembling a one-day retreat for Vietnam Combat Veterans that summer. I had read his book, *Souled Out*, and by the grace of God saw his phone number following his bio on the final page of the book: my sign to call. After speaking with him, I knew immediately that Michael was the gift that these Veterans needed to meet, and that he indeed was the companion that could take them on a journey to realize that they need not suffer silently or alone when experiencing Post Traumatic Stress symptoms. Not only did Michael agree to speak as the keynote, but he provided guidance to me throughout the process of creating the agenda for the retreat.

The message that Michael provides is powerful and speaks to all Veterans. He uses his vulnerability and personal journey to connect with the universal experiences that all combat Veterans experience, and he provides hope that the remainder of *their journey* can be different. For the first time, several Veterans attending the retreat had the self-actualization that wartime experiences were affecting them in other ways and that life could be different. This was both overwhelming and exhilarating for them, and Michael recognized this immediately, becoming very gentle with them and assisting as needed.

Michael is a dynamic and charismatic speaker who relates to combat Veterans because he is one and has walked in those scary places. His message also reaches to the tender and sensitive part of our souls, and addresses the ache that we face when we suffer from extreme loss. For these reasons, I encourage those who care, to trust that The Orban Foundation for Veterans will work tirelessly to serve those who have served our great country.

Sincerely,

A handwritten signature in black ink that reads "Mary Kay Haupt".

Mary Kay Haupt, LPC, SAC
EMDR Therapist
La Crosse Vet Center, Department of Veterans Affairs

"Keeping the Promise"