



Refuse to Sink, Inc.

1504 Marianela Manor, Lake Placid, FL 33852

Dear Friend:

We would like to thank you for taking a moment of your valuable time to consider this communication. This letter comes as a part of a greater effort to raise awareness of a critical and underrepresented issue facing not only our local community but also one that continues to plague our nation at large. We are a newly formed nonprofit born from circumstances of our mutual survivorship of suicide losses of our beloved family members. We are reaching out to you for support of our work on behalf of this public health crisis in an effort to destigmatize mental health illness, educate, and provide increased access to services in underserved and rural areas like our Glades and Hendry communities.

Refuse to Sink, Inc. began as a healing journey of a mother wading through unimaginable loss when on February 23, 2018, her son JD Moss, a young man with a bright and infectious smile lost his long waged, silent battle with mental health conditions. JD left testimony for his loved ones and the world. Among these was a message found in JD's bible, his handwritten prayer that God might use him to help others. While JD faced inner battles with his mental health that he was silent about, he was not shy about his faith; he made public his profession and was baptized in Christ.

On January 26, 2019, Sgt. Max VanD'Huynslager, a 17-year law enforcement officer with the Highlands County Sheriff's Office, arrived for a scheduled shift, drove to a remote location in his district and ended his life. Max had no prior mental health diagnosis and showed no outward signs of crisis in the days leading up to his death. He left behind a spouse of 13 years, an eight-year-old daughter, many family members, an extended church family, and many friends and colleagues. Max's death sent waves of grief throughout an entire community where he served faithfully for more than a decade and exemplified the growing **crisis of police suicide, which outpaces all line of duty deaths annually**, highlighting a nationwide crisis of untreated stress, injury, and lack of mental health support in public safety professions.

Max and JD did not know each other in life. There is no question that the intersection of their lives and stories are tied inextricably to their personal testimonies of faith, the tragedies of their deaths and the unique experiences of loss experienced by their surviving family members, loved ones and friends.

Statistics on mental health and suicide leave no room for doubt of the critical nature of these issues nationwide, that leave no community or demographic untouched. **Suicide is the 10th leading cause of death in the United States, claiming more than 48,000 lives in 2018** alone, according to the National Alliance for Mental Illness. **It is estimated that 135 people are significantly impacted by one suicide death. And an estimated 285,000 people become suicide survivors annually (CDC).**

While statistics on suicide are startling, at Refuse to Sink, we understand these impacts in a different and highly personal way. We are called to a mission to create change by providing resources and education and by reducing the stigma of sufferers so that more might seek help before reaching the crisis point of no return. We base this understanding on a founding principal, that purpose for every life is revealed according to God's plan and that purpose for every life is revealed according to God's plan and all things work together for good, for those who are called according to his purpose. (Romans 8:28)

Your donation to Refuse to Sink is tax deductible and designated exclusively for other nonprofit service providers who support mental health access in rural areas like the ones JD and Max lived in, loved and served in. To date, Refuse to Sink has provided over 70 individualized services which included crisis support and counseling to individuals in our local communities. We believe we are limited only by the generosity of our supporters and we are humbly asking you to stand with us and other survivors to be the catalyst of change in this mission.

Warm regards,

Abby Moya-Garcia
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Refuse to Sink, Inc. Annual Fundraiser Memorial Bass Tournament and Fish Fry September 11, 2021

We chose this date because September is National Suicide Awareness Month and September 5th – 11th is National Suicide Prevention Week. There are several areas in which you can donate your tax-deductible contribution for this worthy cause.

Your support and donation will make it possible to provide resources for those who need mental health care in rural local communities of Hendry, Glades, Okeechobee, Highlands, and Western Palm Beach County.

Your donation will also support awareness and education for suicide prevention.

Below are listed sponsorship options for our upcoming Bass Tournament. We have also listed other areas where you can contribute.

Bass Tournament Sponsorship Tiers

Sponsorship will include your level of sponsorship on our event banner, on the T-shirts that will be sold the day of the Bass Tournament and at other events we hold throughout the year. Deadline for Sponsorship is August 20, 2021. All proceeds will directly benefit Refuse to Sink's mission.

Platinum Lure Sponsor	\$5,000.00
Gold Lure Sponsor	\$3,000.00
Silver Lure Sponsor	\$1,000.00
Bronze Lure Sponsor	\$ 500.00

We recognize that everyone is not able to give or donate at the above levels. Below is a list of ways you can contribute and be a part of this day.

- Raffle: We will have a raffle the day of the Bass Tournament and are in need of raffle items of any value. For your convenience, we can pick up your raffle item prior to the event. Raffle tickets will be sold for \$5 donation each or 5 tickets for \$20. Need not be present to win.
- Fish Fry: The Elks Club has kindly agreed to host a Fish Fry which includes catfish, french fries, baked beans and hushpuppies.
 - Tickets are \$10.00 donation each and may be purchased ahead of time or the day of event.
 - Fish fry will be held from 11 am to 2 pm at the Clewiston Elks Lodge, 216 North Francisco Street, Clewiston, FL 33440.
- Donations: No amount is too small. All donations are greatly appreciated.

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Name of Donor: _____ Amount: _____

Raffle item: _____ Value: _____

Fish Fry Tickets: _____ No. of tickets: _____

Make checks payable to: Refuse to Sink, Inc. and mail to 1504 Marianela Manor, Lake Placid, FL 33852, or for pickup arrangements, call Abby at 863-233-9973. If you have any questions, feel free to call her or email abbyalexgarcia@gmail.com.



JD Moss

REFUSE TO SINK MEMORIAL BASS TOURNAMENT



**Max
Vandhuynslager**

Saturday, September 11, 2021



Roland & Mary Ann Martin's Marina

920 E Del Monte Ave, Clewiston, FL



- **Guaranteed \$3,000 First Place**
- **Safe Light to 3 p.m.**
- **Field limited to 150 boats**
- **1 Place paid for every five (5) boats**
- **\$80.00 ENTRY FEE**
- **100% Paid Back**
- **5 fish limit**
- **.25 lb. dead fish penalty**
- **Big Fish 100% Pay Back**
- **No Size Limit**

TEAM REGISTRATION FORM			\$80.00 CASH / BOAT TEAM ENTRY (INCLUDES BIG BASS)		
ANGLER 1:			ANGLER 2:		
ADDRESS:			ADDRESS:		
CITY:	STATE:	ZIP:	CITY:	STATE:	ZIP:
PHONE:			PHONE:		
<div> <div></div> <div></div> </div>					
SIGNATURE:			SIGNATURE		
<p>The signatures above release and hold harmless all sponsors and tournament officials and committee members from any and all liability before, during or after tournament. Also allows for publication of any and all photos taken at this event.</p>					

Refuse to Sink is a local nonprofit organization whose mission is to promote mental health education and awareness and suicide prevention.

***For more information, call or email Abby Garcia
M: 863-233-9973 or email abbyalexgarcia@gmail.com***

TOURNAMENT RULES

1. Contestants register the morning of the tournament one (1) hour before safe light. CASH ONLY.
2. Tournament waters are Lake Okeechobee only. NO LOCKING.
3. Safe boating must be observed at all times. Each competitor is required to wear a Coast Guard approved flotation life vest securely fastened whenever the combustion engine is running.
4. No alcoholic beverages or other stimulants are allowed on boats. No hole sitting by non-competitors allowed.
5. Protests must be filed in writing and signed by the competitors making the protest. Protest must be made before final boat is weighed. \$100 fee. (Refundable if protest is upheld.)
6. Only artificial baits may be used. All bass must be taken in a sporting manner. Trolling is prohibited. Fly rods may not be used.
7. Each boat must have a functional kill switch. Boats must have an operating livewell system. Coolers with air pumps are permitted.
8. Five (5) bass limit. NO SIZE LIMIT (.25)lb. DEAD FISH PENALTY. More than five (5) fish brought to scales AUTO-DISQUALIFICATION. Any bass that appears to be mangled, mauled, mashed, or altered in any way will be disallowed. No PENALTY on BIG FISH. Check in 3:00 p.m. One (1) pound per minute late penalty. Fifteen (15) minutes late is total disqualification. NO CULLING AT WEIGH-IN OR DOCKS.
9. In case of boat or motor failure, one (1) member may be brought in on another teams boat. Fish must be separated at all times.
10. Interpretation of these rules shall be left exclusively to the tournament officials. Decisions of the officials are FINAL.