

Like most people, I have been thinking about volunteering, but I delayed the decision for a while. Finally, I registered for volunteering at the Travis Mills Foundation (TMF). Hopefully, most of you have heard about the organization, but if you haven't, please take the time to visit their website: <https://travismillsfoundation.org/>.

On February 1st, I attended a volunteer orientation at the Travis Mills Foundation located in Rome. I met John Romac, the Volunteer Coordinator and he provided a tour of the beautiful retreat and spoke of their mission. Their retreat supports post 9/11 recalibrated veterans and their families by providing restful time away and many adaptive activities for the whole family to participate. I was impressed to hear that volunteers come from all over the United States and just recently a lady donated money from her lottery winnings to the TMF and it was announced on the Ellen show. This speaks to the far reaching affect the TMF is having nationwide.

On February 10th, I helped clean the retreat after the first families of 2019 finished their time. TMF has some experienced volunteers that are willing and able to show a "newbie" what needs to be done. Everyone was very helpful and friendly with a great appreciation for the Veterans and their families. In each room, there is a journal for the families to share their stories. Some of the testimonials are on their website. Please take the time to visit this site and read the affect that this local foundation is having on the Veterans and their families. It makes you more appreciative of their sacrifice and hopeful that you are making a difference in their lives.

I choose to volunteer for the TMF because I have family that have served our country and realize the sacrifices that they make. After volunteering, I realized that it was more of a gift to me than to the Veterans. I will continue to volunteer for the TMF and if you are interested, please email John Romac at john@travismillsfoundation.org.

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