

I have been volunteering at the Travis Mills Foundation throughout the year on weekends and I spent Memorial Day morning volunteering at the Miles for Mills event. Just recently, I was able to spend another day at the Travis Mills Retreat.

I started the day volunteering for breakfast. It is a shift that starts at 6am and ends at 10am. I am an early bird, so the 6 o'clock start works for me. Usually they have a tough time filling this spot, they like to have 3 volunteers who help the cook that works for the TMF. We set up for breakfast, then serve the food to recalibrated veterans, their families and care givers. After the breakfast, there is cleanup then prepping for lunch.

After breakfast, I volunteered for the outdoor activities. This can include snowshoeing, cross country skiing, ice fishing and sliding. This day was about sliding. It's not just for kids! The adults participated as well. It was fun to see the families enjoy this activity together. There was a four year old girl with no fear, going fast down the hill at the retreat. Then she would make her way up the hill for another trip. Her mom expected her to take a very good nap after sliding! Other children were playing in the snow and making jumps for their trips down the hill. Then there were two young brothers from Alabama that were enjoying their time so much. The smiles on their faces, as they quickly went down the hill were fun to witness.

This year, the TMF have increased the number of weeks that they are serving recalibrated veterans, their families and caregivers. It is a testament to their commitment to the ones that have given so much to our country. Please take the time to visit their website: <https://travismillsfoundation.org/>. I believe that you will be inspired by the work that is being done to help this well-deserved group. If you are interested in volunteering, please email John Romac at [john@travismillsfoundation.org](mailto:john@travismillsfoundation.org).

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