



### March/April President's Message:

Spring is in the air; this is a busy time for the Auxiliary with our District meetings. I am enjoying my visits as I attend district meetings. I always enjoy meeting new ALA members and spending time with old friends. I love to hear all the new and exciting ways that our units are working our mission. Recently, I have discovered a new way to serve our veterans. Every Tuesday morning, at my local K&W, I have the pleasure of serving coffee to our veterans. This has become one of the highlights of my week. I encourage you and your unit to look for ways to serve and make a personal connection with your local veterans.

Mid-Winter Conference was a wonderful event. Our National President Nicole Clapp inspired us to keep working and caring for our veterans and active military. President Nicole spoke about her travels and tours. We loved hearing about her experiences with adaptive sports from skiing, kayaking, and bicycling, to wearing a prosthetic leg. She was able to experience how veterans with disabilities can still participate in sports through adaptive sports equipment.

Thank you to everyone who has supported the President's Project. The money will be divided between the 4 VAMCs in NC for the PTSD units. I am proud to say that we have surpassed our goal of \$20,000. We are currently at \$20,068.00. The treatment that the VAMCs provide our veterans, who are suffering from PTSD, is costly. Some of the treatments use Virtual Reality Exposure Therapy. Others need to purchase sound machines to help with sleep disorders. Music therapy includes buying instruments and sending veterans on trips to Nashville to work with song writers. Recreational therapy includes day trips, arts, crafts, and gardening. All these treatments are expensive. I ask for continued support of the project, and I thank you for your generosity.

I am excited about our move into the new office; as of now, we should be in our new office by April 1, 2020. The address is 2940 Falstaff Rd. Raleigh, NC 27610. The building and office are beautiful. I am sure that you will be proud of our new home. I hope that you will all find time to visit our new office.

Amada McMillan will be assuming all secretarial responsibilities for our Department, except for our financial duties. We are currently in the process of looking for a qualified bookkeeper through a temp agency. Please welcome Amanda into her new role.

For God and Country,  
ALA Proud  
Julie Smith