

Dear Lynne Ruffin-Smith Charitable Foundation:

Through the generosity of the Lynne Ruffin-Smith Charitable Foundation WITH Performance has made a difference in the lives of many veterans. This was the catalyst for change that many veterans needed. For some it has been a life changing event, and for others it has put them on the road to better health that will lead to longer and more productive lives.

Active military and veterans are the brave men and women, who, through a sense of patriotism and duty, raise their right hand and take an oath to “...*defend the Constitution of the United States against all enemies, foreign and domestic* ...” A very small percentage of our citizens ever take this oath. This is the blank check that each of them writes to the United States of America. It is backed by the knowledge that our country needs them for military service.

Veterans, active duty military, guard and reservists put their civilian lives on hold when called to serve. They put their lives on the line to defend our country. Every one of them agreed to do whatever was needed whether they served in times of peace or war. For some the duty to serve our country resulted in physical and mental injuries.

Each of us has a book of our own life being written chapter by chapter with each new day. Everyone has an opportunity to write a new chapter every day. Many look forward to writing that new chapter as it leads to a purposeful, meaningful and fulfilling life.

But for some of our veterans this is not the case. Their daily chapter is a replay of previous days that are filled with negativity, self-doubt, and for some, images of traumatic combat events. They become trapped in this constant replay. They are unable to breakout of this destructive pattern of thought and behavior on their own.

WITH Performance is a place that has given veterans, young and old, the opportunity to challenge themselves to change and to write a new chapter. It has been shown that when someone gains a higher level of fitness that their mental and, emotional wellbeing and self-confidence increases.

Since starting the Lynne Ruffin-Smith Veterans Program there are many examples of individuals that have gone from homelessness to having a roof over their heads, along with having a job that provides them with a way to become a productive part of society. For others it has been a chance to increase their physical fitness so that they can live a happier, healthier and more productive life, while contributing to the community. WITH Performance has played a key part in each of these individual success stories. To participate requires an individual veteran’s commitment, dedication and accountability.

I am thankful for the Lynne Ruffin-Smith Veterans Program coming to our community and look forward to its expanding and serving as a model for other communities around the country.

Sincerely,

*Lew Allert*

Lew Allert  
Vietnam Veteran  
United States Marine Corps