

Hello District 9 Auxiliary Members!

It was great to see you at the 2024 Department Convention in Bismarck where we had four District 9 units represented. Let us make it a goal to have each of our 12 units represented next time. It would be great to have at least one person from each unit at both the Winter Conference in January and the 2025 Department Convention next June. We can do it!

LoAnn Dick and her husband brought their soft-side hyperbaric chamber to Department Convention so our veterans and spouses could get more information about mild hyperbaric oxygen therapy (mHBOT). Hyperbaric oxygen therapy is used to treat wounds and other medical conditions by supplying oxygen in a pressurized environment. Several attendees experienced the benefits and said that they felt well-rested at the end of their time in the chamber. One of President LoAnn's goals is that each American Legion Post would have a hyperbaric chamber for veterans and families to use. What a benefit that would be to the health of our veterans and families.

A Homecoming Event for Department Commander Mamie Havelka and Department President LoAnn Dick will be held on September 28 at the Bismarck Amvets Club.

District 6 and District 9 will have a joint Fall Meeting on Saturday, September 14, at the American Legion Family building from 2:00 pm to 6:00 pm. More information can be found elsewhere in this publication. I look forward to seeing everyone there!

May God bless you and our American Legion Family.

Ronda Rudnik

District 9 President