7/24/16

To Whom It May Concern:

I am writing this letter of support for the Veterans Rowing and Kayaking Organization because of the many ways in which I have personally benefited from it. I am a veteran with low vision, and prior to joining this group, there were not many things that I could partake in to keep me fit. This group has helped me in many ways, such as achieving weight loss and increasing muscle tone. I have also noted a benefit to my vision. My retina specialist feels that the exercise increases the blood flow to my eyes which has had a positive result. Lastly, the camaraderie I enjoy with other vets who have problems like mine goes a long way in keeping a good mental outlook. So the benefits of belonging to this organization are many.

Sincerely yours,

Fred Chidester

Frederick L. Chidester