

November 13, 2019

Pamlico Rose News

<http://www.pamlicorose.org/>



Welcome

It was a long, hot and occasionally wet summer and much has happened at Pamlico Rose. Gardens continue to grow and grow, programs get launched, and the house gets a back roof, some work on the south wall, and a little bit of repair to the foundation. Cooler weather lies ahead, and so does more work, getting the Rose Haven Center of Healing 100 percent operational and advancing our mission of wellness and resilience programs for female Veterans. We want to get you caught up on our progress, so enjoy this newsletter!

Robert Greene Sands, CEO

Pamlico Rose delivers its first Total Life Fitness Retreat

Pamlico Rose welcomed seven female Veterans to its inaugural three-day Total Life Fitness (TLF) Reintegration Retreat held October 4–6, 2019 at Rose Haven Center of Healing. The retreat promoted wellness and resilience to help ease transition and reintegration issues that plague many Veterans after they leave the military and can linger for years, perhaps a lifetime. Female Veterans encounter similar post-service issues as their male counterparts, yet also face unique challenges that can impact their quality of life.

Total Life Fitness (TLF) is a holistic and integrated approach to healthy living that utilizes the concept of fitness to engage the Veteran's mind, body, and spirit while also building community.



At the core of TLF is meaningful and persistent attention to daily activities and events that incorporate healthy eating, movement and exercise, mindfulness, anxiety/stress management, social connectivity, creative expression, and self-transcendence—all building resilience to overcome the effects of trauma and an uncertain future.

The weekend included multiple sessions on developing behavioral skills, such as anxiety management and mindfulness that are critical to easing anxiety and stress. A session on Veterans starting or returning to college offered suggestions to ease Veteran reintegration into the classroom. Daily sessions included early morning yoga on the waterfront, afternoon group walks on the promenade, instruction on nutrition/ meal preparation/cooking, and creative expression sessions that provided an opportunity to apply those same behavioral skills and model possible TLF activities to engage participants on the post-retreat road to wellness.

Said one participant about the retreat, "It was intense and exhausting at the same time, but in a good way. I have been boasting about this experience to my female colleagues. It was enriching and informative and I enjoyed the discussions and camaraderie."

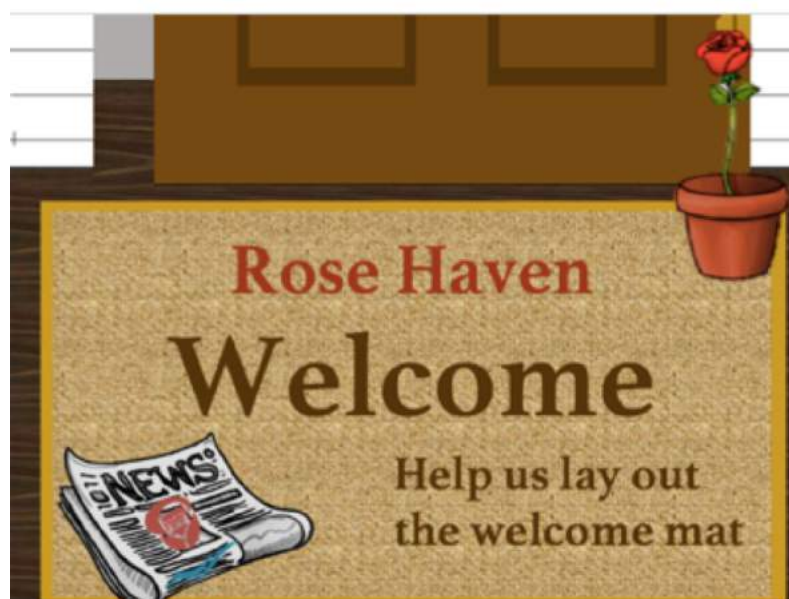
Robert Greene Sands, Pamlico Rose CEO and retreat director, thought the retreat went well for a pilot. "We had some great sessions and discussions over the three days. The Veterans were artists, chefs and mindful walkers and enjoyed being a part of a community of female warriors."

Pamlico Rose anticipates offering TLF retreats in 2020.



More on the retreat can be found here: <https://www.pamlicorose.org/wp-content/uploads/2019/11/2019-Pamlico-Retreat-Article.pdf>

GivingTuesday Campaign



Online donations are always accepted at <https://www.pamlicorose.org/contact-us/#donate> and checks can be mailed to our PO box 264, Washington, NC.

Pamlico Rose has identified our giving campaign for the end of this calendar year. This year GivingTuesday, the World Wide Giving Day, is on December 3rd. Our goal is to raise \$6,000 in order to refinish all the floors in our 1892 rustic farmhouse. The floors give us a sturdy foundation on which to stand, just as completing the house will give us a stronger foundation as an organization.

Our mission is to help female Veterans to strengthen the foundations in their life to ease reintegration. In our retreats we help female Veterans create a foundation in Total Life Fitness, by engaging mind, body, spirit and community—Vet by Vet.

There but for the grace of volunteers our gardens grow

Volunteers

Fortunate is an understatement describing the passionate help we have received in 2019 from folks who enjoy digging in the dirt, pulling weeds, pruning roses and laying brick, among other garden chores. We know as a nonprofit the time and effort of volunteers is like finding money in your pockets after you have done your wash and dried it. All of us lead full lives. We welcome those dedicated gardeners each day one or more find a hole in their schedules and elect to spend it in our healing gardens. It is indeed like finding those crumpled bills and gleaming silver falling from or stuffed in pockets when least expected. In other words, we never take their support for granted and are always so gratified to see each and every one with gloves ready and gardening shoes on. And when those holes are no longer there, we are thankful they once were.





This summer was hot. Not that every summer isn't, but we were pushing garden hardscape development daily, trying to get the healing landscape ready for our retreats and community use by the fall. We planted a lot, which meant through many of the dry periods we also watered a lot. Dry also meant baked ground, so digging to plant, or to put walkways in, and shoveling gravel and mulch, required hard work. In the heat of the summer that meant early to the gardens and knocking off by lunch, with our clothes heavy with sweat, and the gardeners wiped out for the rest of the day.

You see why we cherish our garden volunteers?



The Betty Ann Sands Healing and Artful Gardens

The gardens that greeted those who came to our Annual Garden Party on November 3rd were nothing like the gardens that greeted the New Year, 11 months before. The Louis Randolph Memorial Gardens were just a concept. The Seed Produce garden was little beyond an idea: the sturdy and aesthetic raised beds not a plan yet; two bridges over the rock channel "Kwai" still awaiting the inspiration to be designed; our many arbors not yet up, especially our grape arbor; the council ring had the granite stones down, but the bricks now gracing it were still buried in someone's yard; and the meditation gardens in the rear were just hewed out of the lush foliage, the Tree of Life shrouded in shrubs and vines. There was neither art nor small and large donations of plants.

But today, due to Jensen, Nancy, Lucas, Emily, Herb, the Sisters' Barrett, LuBean, Edna and others, lending big hands, there is all of that and more! We just keep finding more coin in our pockets.



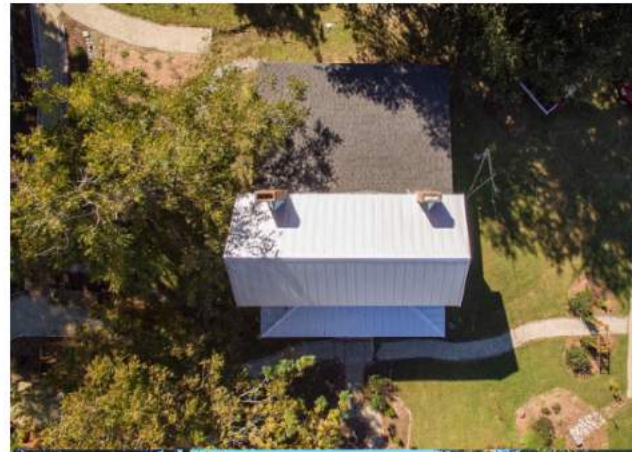
House Update

We slowly but surely are making progress on the rehabilitation of our rustic farmhouse, a critical component of the Rose Haven Center of Healing. Within the last four months, our General Contractor has replaced the back roof and started on the south wall, framing up windows, stripping the clapboards and replacing them with reused clapboards. He has also replaced the back sill and stabilized structural issues under the kitchen.

As for our ongoing preservation work, David Steckel is hard at work repairing and rebuilding rather than replacing, per the guidelines of our historic district, the 22 windows, or 43 sashes. Most if not all windows in the house need some repairs to components of the sashes, especially the wooden parts of the window which have rot or degradation of the wood. David spends on average 20 to 25 hours on each sash, and besides the attention to the wood, he has had to replace a lot of the glass, carefully removing the old glaze, applying new glaze, and then sanding and priming the sash. David is Merlin, the window magician who is able to bring old and tired windows back to life.

Those with experience in rehabilitating their own historic homes know it is a slow and often painful process, with hidden surprises that don't necessarily make you happy. Not everyone's old house can become the focus of a HGTV or PBS show and have the rehabilitation done free by historic preservation experts, even though some of us are becoming more knowledgeable, at least. We continue to make progress on bringing our house back to life. We have plans for the barn, with its tired old tin skin and dirt floor, beyond its current use as storage for garden equipment and a growing collection of old windows, doors, clapboards and our donated dinghy. We envision a multipurpose facility to support our mission and programs.

Our existing funds can get us more than halfway through the rehabilitation, so we continue to raise funds for specific projects or systems, such as the floors (see our Giving Tuesday efforts) or the HVAC system, to get us to the finish line, where we will then turn our attention to the barn. We have always considered preservation and reuse of the old house and the barn and developing healing gardens as a way to promote a new vitality to the surrounding community.



The 3rd Annual Healing Vets Weekend, May 1st & 2nd, 2020

We are looking forward to an expanded Healing Vets Weekend (HVW) for 2020! We are folding in new events and attractions that can appeal to the whole family. This year we are expanding Saturday's events into the Rose Haven Spring Festival and creating more family-friendly activities. We are excited to announce that we will have a fun bicycle ride around Washington for parents and kids. We are also adding a motorcycle ride to go along with the bicycle portion of the May 2nd (Saturday) Ride for Rose Haven: Supporting Women Veterans. The two rides will feature different routes (the bicycle event will again feature three different courses) and all will begin at Festival Park.

Registration for both motorcycle and bicycle rides is now open. Registration includes Ride for Rose Haven T-shirts for bicyclists, and a Ride for Rose Haven patch for motorcyclists. Additional T-shirts and patches can be purchased online or at the event. We are also offering the first official Ride for Rose Haven bicycle jersey that can be purchased online and picked up the day of the Ride.

The Festival will include our continued effort to bring Veteran Service organizations, businesses, and agencies to provide information, awareness and services to Veterans and their families. We will also be inviting

artisans, other merchants and vendors, and food trucks from around North Carolina to help us bring veterans and non-veterans and their families together to support Veteran healing. And to have an enjoyable day on the waterfront while also having access to the many Main Street businesses just a few footsteps away. AND we will be providing tours and events all day Saturday in the Gardens at the Rose Haven Center of Healing that is three blocks away.

The weekend will also feature the 3rd Annual Veteran (and active military) Art Exhibit opening and our own TED-like VET Talk- IBX on Friday evening at the Historic Turnage Theater. The theme for 2020 is wellness which continues exploring dimensions of

healing for Veterans and others who may also experience the effects of trauma. Earlier themes of the first two HVW were what healing means and resilience. The evening kicks off at 6pm with the Exhibit opening and a 7pm VET Talks. We will be announcing the featured HVW artist shortly and anticipate the artist's work to be displayed during the exhibit and available for purchases through a silent auction. All registration fees and revenue from purchases go directly to support Rose Haven's programs and services to female Veterans.

<https://event.racereach.com/ride-rose-haven/register/>

<https://event.racereach.com/mr-rosehaven/register/>



Veteran's Day BBQ

"True heroism is remarkably sober, very undramatic. It is not the urge to surpass all others at whatever cost, but the urge to serve others at whatever cost."

---Arthur Ashe

Pamlico Rose and DAV Chapter #48 hosted its first annual BBQ for Veterans at Rose Haven Center of Healing yesterday. Men and women Veterans spanning 78 years (that's an amazing stretch of time of service to their country and to all Americans), their families and friends came together to share their experience and to honor those who did not make it back from war, or those had passed on since.

Of course, we also talked about snakes, fine wines, mushroom hunting and other topics, and why not, BBQs are for that too! Visitors had the chance to tour the gardens and all had the opportunity to enjoy and savor the moment and another Veteran's Day.



Opportunity for Expression Art Dedication



A new addition to the Rose Haven Garden features the art of local Disabled American Veterans chapter #48. The Veterans-created plaster facemasks attached to painted tin plates, with the mentoring of local artists William Aley and Maryalice Johnston. Opportunities for Expression was the result of a 2018-2019 Veteran Service Foundation grant awarded to The Arts of the Pamlico and Pamlico Rose and will hopefully lead to additional art programs for Veterans.

Rose Havens Annual Garden Party – Sunday, November 3rd

On Sunday November 3rd Pamlico Rose hosted its 2nd Annual Garden Art Party in the beautiful Rose Haven Healing Gardens. This year we had some spectacular artists in the gardens to sell their work. We love to see our artful gardens bustling with happy people.



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To donate to Pamlico Rose, visit our website:

<https://www.pamlicorose.org/myrtlebeach/>

or send to: Pamlico Rose, PO Box 264, Washington, NC 27889.

Pamlico Rose Family

Staff

Robert Greene Sands, PhD
– CEO and Chair, BoD

David Steckel (Veteran, US Army), MRSP – Project Engineer

Kaitlyn O'Donnell – VISTA Community Resource Associate

Marie J. Coriel, PhD – Editor

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Designated Support Canine

Bella Marie

