

Enter 2019—The Year Rose Haven Blooms

We start 2019 on a mission - to complete the rehabilitation of the reintegration home for women Veterans and bring the meditation and produce gardens to life to be enjoyed and maintained by the residents and willing Veterans in the community. The hardscape grows weekly. New walkways meander, but are never lost, through the grounds. The landscape is shaped



and molded to better handle runoff fed by storms that dropped historic -level rains for 2018. Below ground drainage crisscrosses front, side and back garden areas while above ground bioretention areas helps direct runoff from foundations. Innovatively designed benches take shape to circle the council ring and foot bridges go from design to reality. March awaits the development of a Japanese Zen Garden – and it is only the end of February. Spring is just around the corner.



This month we brought on Turning Point Inc. as our General Contractor and a plan of attack now awaits the new building permit. The 1892 structure withstood monsoon-like and hurricane rains that pelted it since late Fall. The south wall and back roof were not spared the elements, however. First up for repairs - the back roof will get a new hat and flashing, and the south second-story wall will get new clapboards with repaired windows. Once sealed from the weather, rehab attention turns



inward. Soon, the interior as well as exterior will be addressed so visible progress will be more noticeable from the outside. Fall is not that far away. Stay tuned for more progress reports, or better yet if in the area, stop by when you see us working. We'll gladly put down the rake, shovel, hammer or drill and show you around.



**ROSE HAVEN
SUPPORT RAFFLE**

Grand Prize: Week-long timeshare vacation at Shore Crest Villas in North Myrtle Beach, NC
Aug 10-17, 2019 - \$2,400 value

Runner Up Prizes:
Lady Trek Hybrid Bicycle (like new)
A Signed UNC Women's 2016 Championship Lacrosse Jersey

Tickets \$10.00



A Spring Raffle to help fund the Year Rose Haven Blooms— Buy a ticket or 100!

Pamlico Rose announces a Spring raffle to get you in the mood for summer, sun, beach and relaxation! The centerpiece of our raffle is a week-long timeshare vacation, August 10-17 at the Shore Crest Villas on the Atlantic in North Myrtle Beach, SC. Runner up prizes include a practically new and tuned up Lady



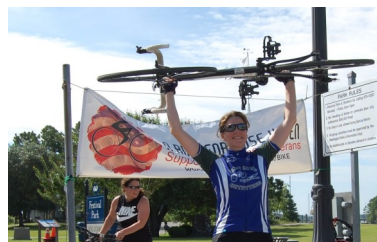
Trek Hybrid Bicycle, and a signed UNC Women's 2016 Championship lacrosse jersey. Tickets are \$10 apiece, or 10 for \$90 and there is no limit on how many you can buy! The street value on the first prize vacation is \$2,400. The drawing will be held March 29th at 6:30 pm at a raffle celebration at Rose Haven, 219 E. 3rd Street, Washington NC. The winner does not need to be present to win, but if we had a chance to win a vacation, we would want to start our celebrating early and not wait to be notified by phone and email. Since all Pamlico Rose staff and Board of Directors are exempt from participating, we can at least help the winner celebrate. Contact robert@pamlicorose.org to get more info or buy tickets!

Calling all Bicyclists! The 2nd Annual Ride for Rose Haven: Supporting Women Veteran, May 4th

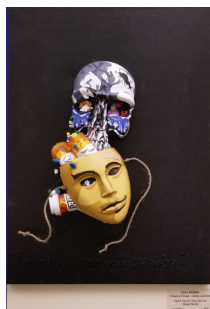
Starting at Washington's waterfront Festival Park, the 2nd Annual Ride for Rose Haven offers a 30-, 60-, and 100-mile ride through the Inner Banks of North Carolina. The Ride beckons serious and recreational riders, Veterans and non-Veterans alike, to ride for health and well-being while supporting Pamlico Rose's Rose Haven Center of



Healing that includes a reintegration home for women Veterans in Washington, NC. The ride has a common start at 8 am and riders will be escorted out of town by Veteran motorcyclists. Registration is just \$50 and includes a tee-shirt, fully-loaded rest stops, and SAG



support for riders. Registration link is: <https://event.racereach.com/ride-rose-haven>



Healing Vets Weekend, May 3rd—May 4th

The Ride for Rose Haven is part of the Healing Vets Weekend (HVV), May 3 through 4. The weekend offers opportunity to both participate and enjoy a host of events and activities that showcase healing. There is an event or events for everyone and a chance to learn more about healing and Veterans while being part of a community to support Veterans.

May 3rd

May 3rd features the [Military Veteran Art Exhibit](#) and [VET Talks – IBX](#), at the historic Turnage Theatre, co-sponsored by Arts of the Pamlico. The art exhibit starts at 5:30 p.m. and VET speakers begin at 7:15 p.m.

Healing Vet Weekend (cont)

May 4—Veteran Outreach Fair

Saturday, May 4th brings a host of activities related to Veterans. There are two key events that morning. The first is the signature event of the HWW, the Ride for Rose Haven. The second event is the Veteran Outreach Fair. Starting at 10 am, while the riders are pedaling through the Inner Banks, non-riding Veterans, their families, friends, and the community are invited to Festival Park to visit with vendors, businesses, Veteran Service Organizations, nonprofits and organizations who support Veterans in need of services, enjoy food and refreshments and listen to music in the Park. The Fair is free but donations are gratefully accepted and will go to fund Pamlico Rose and partners efforts to provide for Veterans in need in Beaufort and the surrounding counties. More on the Veteran Outreach Fair and the HWW can be found [here](#).

Total Life Fitness Retreat

Pamlico Rose is sponsoring a 5-day *Total Life Fitness Retreat* for women Veterans moving through reintegration, May 20-24. Women Veterans face a jarring transition into post-service life because of socially conflicting expectations of women as mothers and warriors, often coupled with being a single parent. Some may struggle with the adverse influence of their prior service, often different and more debilitating than their male counterparts. Many women Veterans reintegrate without a support network. *Total life fitness* is a holistic approach to wellness that encourages an individual through mind, body, spirit and healthy relationships to focus on one's whole self. *Total life fitness* builds a strong foundation to help move through the reintegration experience. The retreat will mix introductions to behavioral and social resilience skills with activities such as gardening, art, kayaking, and lessons on nutrition and eating healthy. Community partners in the retreat are Pamlico House, Arts of the Pamlico, Inner Banks Outfitters, Copper Canyon, Vidant Beaufort Hospital, and Carryout by Chrislyn.

Pamlico Rose Events in Early 2019

Beaufort County Veteran Stand Down—February 15

Twenty Veteran service organizations, including government, non-profit and others supported the first Beaufort County Veteran Stand Down yesterday at First Christian Church. Pamlico Rose, NC Works, DAV Post #48, On Common Grounds and Eastern Carolina Veteran Coalition sponsored the event. At-risk Veterans had access to a variety of services, opportunities, hair cuts by Great Clips, clothing and a free health screening by Vidant, and enjoyed a hot lunch from Carryout by Chrislyn. TV's WCTI covered the event.

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Pamlico Rose Board of Directors Appoint Three New Members

The Board of Directors welcomed three new members at their January 2019 meeting. Greg Smith and Pamela Anderson from Washington, NC and Shannon Landrum from Raleigh, NC joined the Board of Directors for 2-year terms. **Greg** is a career advisor for North Carolina Works and is active in serving marginalized and under-represented populations in Washington, Beaufort County and in eastern North Carolina. Through his work, Greg is a member of the BC 360 Housing and Homeless Task Force, Beaufort County Housing Committee, and Beaufort County Economic Board, to name a few groups and organizations.



Pamela Anderson is owner of Admix Advertising Agency in Washington NC, which is an ADDY Award recipient, and has worked in television, radio, and print for over three decades. Other awards include Business Woman of the Year, the Medal of Distinction for leadership in business, and the Ronald Reagan Gold Medal for community service. Pam is a Kentucky Colonel and a Paul Harris Fellow. She is devoted to community service, including service to Veteran populations in need, on a multitude of levels. She has served on numerous board of directors including the Beaufort County United Way, the Washington Yacht & Country Club, Carolina Coastal Classrooms, the Humane Society of Beaufort County, Literacy Volunteers of Beaufort County, and the local chapter of the Red Cross.

Shannon is a biologist by trade and teachers at Gaston College. She recently completed her Ed.D with a focus on military veteran transitions into higher education. Her research and dissertation focused on the impact of Veteran transition on success in higher education. She is a spouse of a Navy Veteran.

More on the Pamlico Rose Board of Directors can be found [here](#).

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