

## 2<sup>nd</sup> Annual Healing Vets Weekend Marches Closer!

We are just around the corner from the 2<sup>nd</sup> Annual Healing Vets Weekend and the Ride for Rose Haven: Supporting Women Veterans, May 3<sup>rd</sup> and 4<sup>th</sup> in Washington, NC. This year, the two days are filled with events - something for everyone!

**Friday, May 3<sup>rd</sup>—Turnage Theatre**  
**Military Veteran (and active) Art Exhibit, 5:30-7:00 pm**  
**VET Talks—IBX, 7:15-8:15 pm**



Arts of the Pamlico joins Pamlico Rose in hosting the Friday lineup that includes the Military Veteran (and active) Art Exhibit opening at 5:30 pm at the Historic Turnage Theatre. This year's art exhibit brings work from Veterans and active military artists from Washington and Beaufort County, and state-wide and from as far away as Washington, DC.



Immediately following the opening at 7 pm is VET Talks – IBX, our TED-like event featuring noted speakers presenting topics that are relevant to Veterans, and the community at-large. This year's theme is centered on the importance of building resilience to help Veterans transition from the military to civilian life and reintegrate into their communities. US Navy Captain Kimberly Elenberg, DNP and Dr. Rachel Breslin, US Army Lieutenant Colonel, former active and now reservist, will draw on their own considerable military service, deployments, and academic experience to provide a compelling picture of the effect of service on transitioning Veterans. Each will highlight the importance of wellness and resilience on easing the impact of trauma on Veterans' lives.



Pamlico Rose CEO Robert Greene Sands, PhD will introduce the evening's topic and speakers, and Allison Greene-Sands, Pamlico Rose Board of Directors member will read Cheri Wilkens poem celebrating female Veterans, "The Hand that Rocked the Cradle." Cheri's poem was read in 1997 by Connie Stevens at the dedication of the "Women in Military Service to America Memorial."



Local artist John Groesser is this year's HVW's featured artist. His stirring original work painted for the HVW entitled "Crack of Dawn" will be exhibited at the Military Veteran Art exhibit starting May 3<sup>rd</sup> and auctioned off via a silent auction through the month of May. All proceeds from his painting will go to the rehabilitation of Rose Haven Center of Healing. Thank you, John,!

**Saturday, May 4<sup>th</sup>—Waterfront Festival Park**  
**Sunrise Yoga, 7 am**  
**Ride for Rose Haven: Supporting Women Veterans, 8 am**  
**Veteran Outreach Fair, 10 am**  
**Benefit Concert by Stoeckert, James and Adams , Noon**



**Healing Vet Weekend** activities moves to waterfront Festival Park on Saturday, May 4<sup>th</sup>. Everyone visiting and in the community is welcome to greet the new day with Sunrise yoga at 7 am in the Gazebo. Copper Canyon is hosting the event and providing the instructor.

Also starting at 7 am, just across the park is registration for the Ride for Rose Haven: Supporting Women Vets which pedals off at 8 am. Three options, a 30, 60 and 100 mile-ride take bicyclists through the scenic Inner Banks. Registration is still open: [www.pamlicorose.org](http://www.pamlicorose.org).



At 10 am, the Veteran Outreach Fair commences with vendors and Veteran organizations setting up information tables and welcoming Veterans, their families and the larger community, to discover services available to Veterans in eastern North Carolina and also exploring ways Veterans can give back to their communities. A free BBQ lunch for Veterans starts at 11:15 am; others are welcome to eat as well with donations gratefully accepted.

At noon, local and eastern North Carolina music favorites, Stoeckert, James and Adams kick off a free concert to benefit female Veterans from the Big Gazebo. All day, Ride for Rose Haven riders will be finishing and those who bike the two shorter rides will finish in time to enjoy some or all of the festivities.



The Healing Vets Weekend and Ride for Rose Haven offers opportunity to Veterans and the communities in which they live to explore how to heal together.

If you can't make the weekend or participate in the Ride, but still would like to support the cause, you can register for the ride and we will send you a 2019 Ride for Rose Haven tee-shirt! ([www.pamlicorose.org](http://www.pamlicorose.org)) Just let us know you won't be riding.

For more information on the 2nd Annual Healing Vets Weekend go to [www.pamlicorose.org](http://www.pamlicorose.org) or visit us on Facebook: [facebook.com/PamlicoRoseInstitute](https://facebook.com/PamlicoRoseInstitute)

We would like to thank all the sponsors that are joining us in making this Healing Vets Weekend possible: Arts of the Pamlico, ADMIX, Rod Cantrell, North Carolina Works, Eastern Carolina Veteran Coalition, DAV Chapter #248, the First Baptist Church of Chocowinity's Women Mission Union, the Original Three Percenters, St. Thomas Episcopal Church of Bath, Copper Canyon, Carryout by Chrislyn, and Acres Station Meat Farm.