

February 13th, 2020

Pamlico Rose News

<http://pamlicorose.org>



2019 in Review: the Promise of 2020

We usher in 2020, a new year and decade, with the first newsletter of the year. Every workday in the gardens in 2019, each window repaired, every outreach event or presentation we hosted/sponsored or attended, every opportunity we had to support our community, and all the work done to bring our Total Life Fitness (TLF)



retreat program to life in 2019, moved us closer to the day our mission of advancing wellness and resilience-building programs for female Veterans would find a complete Rose Haven Center of Healing as its home. We are more excited and hopeful at the start of this year than ever before. ***Please support us in 2020 to help us realize our vision and advance our mission.***

Robert Greene Sands, CEO



And don't miss our just-released video, "Introduction to Rose Haven Center of Healing—dedicated to serving Female Veterans," on Pamlico Rose's [YouTube channel](#).

2019 in Retrospect

By Pamlico Rose Staff

Headlining 2019 was the start of our wellness and resilience-building program with our first Total Life Fitness Reintegration Retreat, October 6–8, 2019. Throughout 2019 we advanced events and activities that supported Veterans, starting out with our co-sponsorship of the Beaufort County Veteran Stand Down for at-risk Veterans in February. It continued with events at our 2nd Annual Healing Vets Weekend, Veteran (and active duty) art exhibit, VET Talks- IBX, and Veteran Outreach Fair in May.



Our Garden Party in July commemorated those who had given to the gardens, including Lucas Wood, the builder of our raised beds. We co-sponsored with Arts of the Pamlico *Opportunities of Expression: Art in the Gardens*, the beginning of our military Veteran art program from a grant we received from the Veteran Support Foundation. The exhibit reached its final resting space in October 2019.



That same month, Rose Haven hosted the last monthly On Common Grounds event for the year, our Sunday morning coffee experience that benefits local nonprofits. In early November, we hosted a garden pARTY with local artists exhibiting their works of art. And finally, we ended the year with a Veteran's Day Barbeque at Rose Haven, co-sponsored with the Disabled American Veterans (DAV) Chapter #48. For us, 2020 will be the year in which our Center catches up to our programs and efforts to support Veterans and our local community.

Our Total Life Fitness Program

By Robert Greene Sands

Our primary mission is to advance wellness and resilience-building programs for Veterans. Currently, our program is geared towards female Veterans who may be struggling with reintegration and the effects of trauma. We approach this mission through an overall program we call Total Life Fitness (TLF), which promotes healthy living, and this, in turn, makes one better able to deal with ongoing problems due to past military experience or an uncertain future. TLF works across mind, body, and spirit, and promotes community involvement through meaningful and persistent attention to daily activities and events that feature nutrition, exercise, meditation, attention to health and the environment, and engaging with nature. Developing behavioral skills such as mindfulness and anxiety management, as well as interpersonal competence adds benefit to TLF activities, promoting healthy living and managing symptoms of trauma. TLF is modeled on the Department of Defense's Total Force Fitness and the Department of Veteran Affairs' evolving Whole Health approach to serving Veterans.



Upcoming Retreats/BCCC offering CEU

Moving our Total Life Fitness program forward in 2020, we are offering two wellness and resilience-building retreats in early spring, a second retreat based on our general introduction that was offered March 6–8 and an art-themed TLF retreat April 3–5. We hope to offer at least six TLF retreats per year at Rose Haven Center of Healing. Until the rehabilitation of the Haven House is completed, the gardens and grounds will host several of the retreat sessions/activities while lodging will be provided "off-site." Critical to TLF are those activities that utilize elements of both mind and body to transcend the self and the ordinary to a unique space defined by the moment. These activities include rhythmic and patterned movement, connectedness to nature and the natural world, and creative expression, such as art, music, and writing, woodworking and other features that Diane Ackerman has labeled deep play. We anticipate offering specially themed TLF retreats, in addition to art, that combine elements of TLF around activities such as gardening, nature-based hiking, and more.

Healing Vets Weekend

By Kaitlyn O'Donnell

In 2019 we at Pamlico Rose expanded on the template for the Healing Vets Weekend established in 2018 which included bringing Veterans and non-Veterans in Eastern North Carolina together in an event that promoted healing and a sense of community. We continued the tradition both of having it in May in Washington, NC and featuring events and activities reinforcing our goals we find important in the healing process: an art exhibit, talks that spoke to issues of healing in Veterans and adding a concert and food. In 2020 we aim to make it bigger and better, reaching more Veterans and the communities where they live in Eastern North Carolina and beyond while adding more to the weekend to make it family friendly. The weekend of May 1st and 2nd, 2020 literally will have something for everyone to enjoy while supporting our healing Veterans.

Events

Friday May 1st — Military Veteran Art (and active duty) Exhibit Opening from 6:00pm to 9:00pm at the Historic Turnage Theater

VET Talks-IBX beginning at 6:30 pm

Saturday May 2nd -- Sunrise Yoga (sponsored by Copper Canyon)

The Ride for Rose Haven: *Supporting Women Veterans*. Bicycle ride beginning at Festival Park at 8:00am, [register for the bicycle ride](#). Order a Ride for Rose Haven bike jersey at the following link. The motorcycle Ride will begin at Boneyard Harley Davidson in Winterville at 9:30am and end in Festival Park [register for motorcycle ride](#).

The Rose Haven Spring Festival will begin at 10:30am. The Festival will include: a Veteran Outreach Fair, vendors and food trucks, tours of the Rose Haven facility, a Fun Bike Ride for kids and parents, and activities for kids.



Contact Robert Greene Sands, robert@pamlicorose.org for more about the Art Exhibit For more information about Healing Vets Weekend events (vendors, schedules, etc.) or the Ride for Rose Haven, contact Kaitlyn O'Donnell at Kaitlyn@pamlicorose.org

Haven House Rehab

By Robert Greene Sands

Rehabilitation efforts on the Haven House in 2019 lagged due to contractor availability, but some work was accomplished (see below on window work). We contracted with AG Home Solutions in early January to help us complete the rehab. They have a good deal of experience in historic renovation and we are excited about beginning to see progress soon. We have many ways to help us fund the cost of the rehab. A large amount of never-used cypress clapboards

were donated in 2019 by Marshall Taylor, which will help us cut costs on the exterior work. To help defray the cost of the rehab, we will be looking to businesses to help fund large-ticket expenses such as the HVAC system and a non-demand water heater. We will be helping with interior painting and restoration work on the floors (our Giving Tuesday campaign raised over \$4000 for that). Our efforts will extend also to furnishing the house, so we will look to those interested in the community to help us furnish the house with new or like-new fixtures, appliances, and furniture. To donate to the rehabilitation effort, contact Kaitlyn O'Donnell, AmeriCorps VISTA Community Resource Associate, kaitlyn@pamlicorose.org, or go to our donate page on our website. For more information about the rehab, contact Robert Greene Sands, robert@pamlicorose.org.



Restoring the Windows

By David Steckel

This is the Chinese Year of the Rat. For me, 2019 was the Year of the Window. I completed the restoration of 21 sashes to be used in the Rose Haven house, with 13 sashes remaining. The remaining sashes are mostly the worst of the worst. It will take a few more hours to complete these. But having the completed sashes ready for the contractor to install is a big time (and money) saver. These photos show the NUMEROUS layers of paint on the muntins that have accumulated over the years.

Using a heat gun and a shaper scraper, that paint was removed. They'll be hand sanded smooth before being primed and painted.



Garden Update

Robert "Sabi" Greene Sands, Gardens Designer/Director

The year 2019 literally and figuratively saw the healings gardens grow and take shape. By year's end, the infrastructure of bridges, walkways, council ring, bioswales, arbors and archways, and raised beds, and the landscaping of shrubs and perennials reflected a commitment to make the Center a place of natural beauty where art and the gardens, and gardening, promote healing. Donors like Doug McVeigh—who gave over \$4000 worth of plants and shrub, Mike and Bella Reynolds—who donated over 4000 bricks, and Eagle Scout Lucas Wood—who designed, raised funds for materials and built our raised beds, all contributed to the design and look of the gardens. It wasn't just the materials that went into the infrastructure that will make it a unique and special place, it was the army of volunteers that gave their time and efforts—from the chill of late winter and early spring to the heat and humidity of the summer and early fall—to make our gardens come alive. Jensen Burbules (bridges, walkways), Herb Pierson (council ring), and Lucas Wood (raised beds) all played a role in infrastructure development. Emily Carefoot, Edna "Wabi" Waldrop, Sisters Barret and LuBean, Nancy Scoble, Becky Hinsey and others worked when they could to make our gardens come alive. Spring of 2020 promises an explosion of color, texture, and the scent of wonder while our raised-bed garden, after a test season last fall, assures a bounty of harvest.



Coming Soon - Website Overhaul and Rose Haven Chronicles video/podcast

In the coming weeks, we will be showcasing a new web look for greater ease and clarity for visitors to our website. We will enlarge our social media presence with the premier of the Rose Haven Chronicles, a collection of videos and podcasts that follow the many events, activities, and people that support and contribute to our mission and programs serving Veterans. The Chronicles will also offer perspective and insight on issues that affect and approaches that offer relief and aid to Veterans in need.

Recent and Upcoming Events

Pamlico Rose welcomed Assistant Dean for Curricular Enrichment Tya M. Pope from Washington College, Chestertown, MD on February 6th and 7th. Dean Pope's visit is part of the College's exploration of a potential summer internship program with Pamlico Rose. The first TLF retreat of 2020 is March 6–8 at Rose Haven. Students and advisors



from East Carolina University's Women and Gender Program will travel to Rose Haven on March 11 for a workday as part of their 2020 Spring Alternative Break Experience. The art-themed TLF retreat will occur April 3–5 at Rose Haven. Healing Vets Weekend and Rides for Rose Haven set for May 1 and 2!



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Pamlico Rose Family

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

Kaitlyn O'Donnell – VISTA Community Resource Associate

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Designated Support Canine

Bella Marie

