



The Pamlico Rose Team

Coming together to serve those who served



Robert Greene Sands, PhD Co-founder, CEO/Chair, BoD. An anthropologist, Sands serves as Executive Director of Pamlico Rose Institute (PRI). He brings to PRI over 25 years of work in applying theoretical aspects of culture to a diverse set of practical applications to meet organizational and community needs. Dr. Greene Sands has worked for 15 years as an anthropology professor, researcher and educational designer in the design and development of critical culture and language learning programs for the DoD and other US Governmental organizations and institutions of higher education.

With colleague David Steckel, Robert started Pamlico Rose Institute (PRI) in 2016 with twin goals to rehabilitate Veterans and historic properties. PRI's mission evolved to promoting wellness and resilience for at-risk women Veterans. PRI purchased a historic house needing serious renovation and adjacent barn at 219 E. 3rd Street in Washington, NC's historic district in 2017 that has become the Rose Haven Center of Healing. Sands also worked with a variety of community groups, the City of Washington and neighbors to expand the footprint of the initial property to $\frac{1}{2}$ acres to make room for a healing and therapeutic garden. His vision of creating a safe and trusting space for women Veterans based on four pillars of wellness, nature, creative expression, movement and building community for at-risk women Veterans went from seed to concept.

In 2019, Sands developed a community-based wellness and prevention approach for women Veterans and PRI began offering multiday wellness retreats in the gardens even as the renovation on the house was in progress. COVID dramatically impacted such formal programs, but informal activities continued, such as yoga, an artist-in-residence program, woodworking and gardening. As of 2022, the Gardens are developed, the house is on the last stages of renovation and the barn, although in use, is next for renovation. In 2021, PRI received grants totaling \$180,000 from USDA Rural Development, the Cannon Foundation and a private donor to renovate the barn into a maker space and community center and purchase a HVAC for the house. That renovation is slotted to begin in Summer of 2022. PRI is anticipating offering a number of wellness and resilience program and activities as the full Center comes online in 2022, including multiday retreats.

Since 2019, Sands and PRI have also worked with a diverse array of eastern North Carolina and state-wide Veteran Service, community and governmental organizations and agencies to raise awareness of issues affecting women Veterans and the Veteran community at large while also exploring and initiating efforts with partners, such as the VA, Disabled American Veterans, Disability Advocacy Resource Center, North Carolina Works,

Vidant Community Health, Daughters of American Revolution, Bob Woodruff Foundation and others to ease problems that impact at-risk women and other Veterans. Robert Greene Sands sits on the Board, and PRI is the fiscal agent of, the East Carolina Veterans Coalition. In this role, Sands worked with Coalition partner DARC, DAV Chapter #48 and social work personnel in the VA Clinic's HUD/VASH program and the VET Center in 2021 to coordinate and distribute \$30,000 to food insecure Veterans.

Also in 2021, utilizing expertise from the gardening program, Sands and PRI submitted grant applications to the Public Health Corps, a partnership between AmeriCorps and the Center for Disease Control, to help alleviate effects of COVID on food security in at-risk populations including Veterans through a seed to table community gardening program. In April of 2022, PRI was awarded a \$341,000 grant for their proposal to bring on 12 Public Health Corps members, emphasizing women Veterans as the primary recruiting population, who will implement a comprehensive garden to table program called the PRI Health Corps. The program will build and maintain three community gardens provide nutrition education and distribution of healthy vegetables site clients and other at-risk community populations.

Under Sands' leadership, PRI and the Rose Haven Center of Healing continue to have positive impact on women Veterans in community of Washington, eastern North Carolina and beyond. A well published author and lecturer/presenter, Sands is also an adjunct anthropology professor at Norwich University where he teaches in the online Strategic Studies and Defense Analysis Department.

Shannon Standridge, Social Media/Outreach Associate & Pottery Program Director. From attending Yoga in the Gardens to now being a participant in the growth and development of PRI under the guiding wing of Rob, Shannon is now spending time creating informative social media posts to help boost the visibility of what the center has to offer for our Women Veterans and community. With 19 years and counting of service in both the Active Duty and Reserve realm of the Air Force, Shannon brings a Woman Veteran perspective to the table that can help open the door for other Women Veterans. Though busy as a fulltime mom of 3, Reservist and part time Registered Dental Hygienist, she thoroughly enjoys her time she is able to give to the PRI!

Betty G Beacham, PhD Senior Strategic Advisor. Betty serves as a senior advisor for the Pamlico Rose Institute. She is a retired educator and Executive Director, has more than 50 years of experience in instruction and administration in K-16 education, grant writing, program design, program management and program evaluation. For the past 25 years, she has worked at East Carolina University in the Dean's Office, College of Education, building school/university/afterschool partnerships that link national service programs, (AmeriCorps and VISTA projects), with the educational needs of disadvantaged youth. Her programs have been recognized at the state, regional, and national levels.

Melissa Anglemeyer, Yoga Program Director. Melisa grew up on a farm in upstate New York, and with trusting parents, she and her siblings were encouraged to go out and explore. This allowed Melissa to connect to nature and sparked a curiosity about the world around her. The balance she learned through nature is why she closes her practice with the gesture of no fear. Melissa began practicing yoga as a teenager, and having practiced daily for many years and seeing the benefits in her own life, decided to take a yoga teacher training to deepen her own practice and build the tools to share what she learned through yoga with others. Melissa completed her RYS 200-hour Teacher Training Program in 2016 with Open Studio in Wilmington, NC. In the fall of 2020, she completed Warriors at Ease Level 2 Training and currently she is on a journey towards an Advanced 300 Hour Therapeutic Yoga Teacher Certification with Guiding Wellness Institute in Fayetteville NC. She enjoys teaching a practice that moves through poses, using the breath to smoothly transition from one pose to another, linking the mind, body and breath together. It is through this breath that we are able to connect to the present moment. To Melissa, who we are on our mat reflects who we are in life. That is what makes yoga so challenging, and such a gift to her. Each time we step on our mat we are offered the opportunity to be fully present to who we are in that moment, a perfect human exactly as we are.

Scott Kreibaum, Woodworking Associate. Scott is an Air Force Veteran and moved to NC in 2021 specifically to join the PRI renovation efforts. Scott earned his B.S in anthropology in 2021 from University of Missouri, St. Louis. His future plans involve training toward a certificate to work as a counselor in rehabilitation and recovery centers.

Board of Directors

Kelly Earp, PhD BoD Vice-Chair. A public health anthropologist, Kelly brings extensive (17 yrs) and multidisciplinary (PhD, Public Health; MA, Medical Anthropology; BA, Psychology/Anthropology) skills and expertise to research, entrepreneurship, strategy, operations, implementation, and technical skill-sets. These efforts have included work across multiple sectors (corporate, government, non-profit, academic) and funders (i.e., private, government – NIH, USAID, CDC, etc.) while working domestically and internationally (Haiti, Tanzania). Her research specific work has focused on methods, implementation, process, behavior change and evaluation across the following focus areas: mental health, cross-cultural health, cultural models, cross-cultural methodologies, infectious disease, international health, and stigmatized conditions.

Shannon Landrum, EdD BoD Secretary. Shannon holds an EdD in Adult and Community College Education and a MS in Fisheries and Wildlife Science from North Carolina State University. Shannon is currently a biology professor at Gaston College.

Her tenure as an educator has spanned 17 years. She is an expert in military Veteran transitional processes into higher education, with a focus on transition into community college. Shannon served on the Board of Directors at Carolina Tiger Rescue for 10 years, before serving as the Executive Director for 2 1/2 years. She is deeply committed to aiding military Veterans in their transition from the military into higher education. She is part of a military family; her husband, father, stepfather, father-in-law, grandfathers, several great-uncles, and her great-grandfather all served. She was part of her husband's transitional journey from the Navy into community college, which made a lasting impression on her and helped hone a research focus on how to best develop practice and programming to facilitate the transitional process for all military Veterans.

Allison Greene-Sands, PhD BoD Treasurer. Allison is a senior policy leader for the Department of Defense, working across the areas of the Office of Force Resilience, sexual assault and harassment, diversity and inclusion and suicide prevention. She has been the Acting Director of the Office for Diversity, Equity, and Inclusion and Acting Deputy Director of the Office of Force Resiliency (OFR). Currently, she is the Chief Strategy Officer for the DoD's Sexual Assault Response and Prevention Office (SAPRO). She led/participated in task forces both in the DoD and other US agencies on resilience topics. Allison served for three years on the White House Task Force to Protect Students from Sexual Assault chaired by now President Joe Biden in the Obama Administration. She was the chair of DoD's Prevention Collaboration Forum Working Group. Before her work in the DoD, Allison was an assistant coach for Old Dominion University's (ODU) award-winning and perennial top 10 women's basketball team for a decade. She pioneered outreach and recruiting of international athletes while at ODU. Allison was a standout basketball player at Dartmouth College and played professionally in Europe. In 2016, Allison received the Secretary of Defense Medal for Exceptional Civilian Service, one of the highest honors a civilian can earn, for her work at SAPRO.

Greg Smith, BS BoD Member. Greg brings a wealth of experience in serving at-risk populations, including Veterans in the local community. Greg is a long-time resident (26 years) of Washington, NC. and has a BS in biology from East Carolina State University. He 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. He and his wife Kelly are also members of Civitan on the Pamlico. Greg and Kelly have been active as volunteers in Pamlico Rose projects and events since the beginning.

Litonya J. Wilson, MS, Col USA (retired) BoD Member. Colonel Wilson retired from the US Army after 26 ½ years of service. She has a BS in Packaging Engineering Management from Michigan State University and an MBA from Texas Southern University. During her time in the US Army, she held key leadership and staff positions at

all levels to include commanding a Battalion of over 750 Soldiers and Deputy Chief of Staff of a Division of over 30,000 Soldiers and family members. She deployed on three different occasions including a year to Saudi Arabia in support of Operation Desert Storm/Shield. Litonya's finished her career as culminating assignment was as Deputy Director for the DoD Sexual Assault Prevention and Response Office, working to promote military readiness by eliminating sexual assault. As part of her duties, she hosted workshops at the End Violence Against Women International (EVAWI) and Pennsylvania Collation Against Rape (PCAR) conferences, and delivered presentations on behalf of the DoD to the US Peace Corps, US Institute for Peace (Working Group on Women, Peace & Security), Congressional Members, and White House Staff. Since retiring Litonya has been active in her community. She joined and began volunteering through Sigma Gamma Rho Sorority, Inc. Sigma Gamma Rho focuses on improving the lives of women and children through "Scholarship, Service and Sisterhood." Litonya has chaired the Health and Wellness Committee implementing initiatives focusing on "Healthy Living, Healthy Choice and Healthy Generations", to include creating an annual "Women's Wellness Expo" and establishing a garden. Litonya was the co-facilitator on our first Women Veterans Discussion Series, "Issues affecting Women Veterans of Color."

Shawn Jones MBA, LCSW, MSW, SFC (USA Retired) BoD Member. Shawn served four years in the USAF and 16.5 in the Army. He earned a social work degree while serving in the Army and worked as a clinical social worker in the Fayetteville area during his transitioning phase back into the civilian world. He accepted the position of Program Director and later as the Interim Executive Director at Stop Soldier Suicide, a national 501(c)3, shortly after retiring. During Shawn's 4-year tenure, SSS grew to a nationally-recognized Veteran Service Organization providing "personalized care and continued case management to help identify each individual's specific needs." Shawn currently works as a military and family life counselor as well as providing briefings and presentations on resilience at Fort Bragg. Shawn was featured in Ep. 10 of our podcast, Rose Haven Chronicles, where we talked about the crisis of Veteran suicide in the aftermath of the Fort Hood investigation.

Darby (Arakelian) Sullivan, MS BoD Member. Darby is a Vice-President of Command Strategies, LLC, conducting defense and intelligence-related business development and customer engagement for industry and academia. Ms. Sullivan has over 20 years of experience supporting the US Intelligence Community. She is a former CIA Operations Officer. She also previously served with the Naval Criminal Investigative Service (NCIS) and with the Air Force Office of Special Investigations as a Senior Counterintelligence / Counterterrorism Specialist; former AFOSI Counterintelligence and Counterterrorism