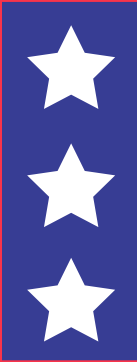


VETS' RETREAT VIRGINIA, INC. DECEMBER 2022 FOUNDER'S CORNER



Welcome friends! This has been a long time coming and we are excited to bring you the Vets' Retreat Virginia, Inc. Newsletter. We are proud to have you join our mission as we honor, connect, and assist those who serve America, past or present, at home or away, through providing peer support, activities and events, resources and referrals.

SEPTEMBER/OCTOBER/NOVEMBER EVENTS

- * VRVI Group Campout at The Cove Campground
- * Ruyts Foundation of Veteran Suicide Prevention's Annual Race to End Vet Suicide & Freedom Fest
- * CJ3 Foundation's Charity Golf Tournament
- * Army Ten Miler Race
- * Bear Chase Brewery Firefighter Appreciation Day
- * Bear Chase Brewery Military Appreciation Day
- * Nominated four veterans to participate with Operation Warrior Wishes and attend a Washington Commanders game
- * Attended 007 Foundation Gala to benefit the Ruyts Foundation of Veteran Suicide Prevention
- * Veterans Day walk on the National Mall in Washington, D.C.
- * Founder's Birthday Bash Charity Event at Patriots Pub & Grill, with musical guest RadioNV

UPCOMING EVENTS CALENDAR

- *December 17 - 2022 Pohanka Christmas Tree Challenge
- *Spring 2023 - Operation Mercury III, 5K Ruck to end Military/Veteran Suicide (Fredericksburg, VA)
- * Spring 2023 Veteran/First Responder-owned Business Showcase and Music Shindig (Louisa/Lake Anna, VA)



THINGS TO LOOK FOR

- * MONTHLY PODCAST NOW AVAILABLE ON SPOTIFY
- * MONTHLY FACEBOOK LIVE BUDDY CHECK VIDEOS ON THE 22ND OF EVERY MONTH