



# NEWSLETTER

VetLife4Life was created in 2016, as a Facebook Private Group to help Veterans, their families, and supporters who were struggling, after finding out that his Army Battle Buddy, whom Shawn served with at Ft. Gordon, had committed suicide.

Having been injured serving, Shawn became addicted to pain killers, an unfortunate problem with many who have become injured. After seeking help and becoming clean and seeing that there was a PTSD/Addiction Problem amongst a multitude of other mental health issues with Veterans who were getting out of the military which resulting in committing suicide on a heartbreaking level. (Referred as the 22-a-day epidemic). He knew that the idea of creating a safe place was needed.

After a few months, of putting words into action and spreading awareness, the movement took off and soon became a place where many veterans, like-minded people, and those who support them got involved.

Today, VetLife4Life is a thriving certified 501c3 nonprofit out in our communities, on most social media platforms, and collaborating with multiple other organizations, creating positive changes, and saving lives. Through raising awareness, those struggling see that they are not alone.

VetLife4Life is about it. It's about putting in the work and helping those who need that resource or need that listening ear.

## VETERAN SPOTLIGHT

This newsletter Veteran's Spotlight is dedicated to Mike Orosz. He served in the Marine Corps as a 3521 - Motor Team Mechanic from 2007-2011. Mike deployed to Afghanistan from 2009-2010. There are times that he misses it. He said "I dealt with sand, sand, and more sand." Since getting out of the Marines he has been sober for twelve years and going strong! Mike enjoys riding his 2018 Harley if the weather is warm enough, he said, "Harley Davidson stands for hundreds of dollars", he enjoys spending time in his garage as well. He learned in three days how to repaint the hood of his vehicle and it turned out really great! Mike also enjoys live music and dancing, he has a diverse taste in music and enjoys different types of dancing as well. He loves coffee, his favorite coffee is a cold brew with sweet foam. Oh, and his favorite crayon flavor is green, but it has to be Crayola. In the future, Mike just wants to continue to support others through their struggles and be a listening ear. His best advice is "slow and steady wins the race". He said "we can learn so much more from life if we slow down and not always go full throttle." Thank you Mike for your service and being there for people who need an ear. We appreciate you so much.



In recent news January 3rd, 2025 the VA announced that if you're a Veteran who served at least two periods of service, there's a chance that you're eligible for additional G.I. Bill benefits. What does this mean? This means that under previous policies eligible veterans who served at least two periods of service were forced to choose between the Montgomery G.I. Bill and the Post 9/11 G.I. Bill for a maximum of 36 months of G.I. Bill benefits. Under the updated policy, Veterans will no longer have to make that choice when they apply for benefits, meaning they can qualify for up to 48 months of G.I. Bill benefits. Many Veterans are also now eligible for retroactive benefits, specifically, Veterans who served at least two periods of service—one that qualified them for the Montgomery G.I. Bill and a second that qualified them for the Post-9/11 G.I. Bill—may be eligible to receive up to 12 months of additional G.I. Bill benefits bringing them to a total of 48 months. <https://news.va.gov/137500/veterans-may-eligible-one-year-g-i-bill-benefits/>

## HIGHLIGHTS

VetLife4Life has been very busy this last month. Our Men's & Women's Mental Health Meetings have been thriving, as well as our Addiction and Recovery Meeting has continued to grow and those who attend seeing more and more success in their recovery.

Our outreach into the community is continuing to grow as more and more connections are being made. Soon, there will be regular recovery meetings held locally in SC with plans to branch out in the future.

To further carry out our mission, we will be hosting our 1st Annual "Healing In Nature" Camping Retreat in April. This will give our veterans and their family a chance to relax and heal in nature all while having valuable workshops and a variety of activities for the entire family.

Other major things are in the works and will be dropped in our next newsletter. VetLife4Life is taking it to the next level.



Our "Healing In Nature" Camping Retreat will be held on April 25-27th.

This is an amazing opportunity to come together and enjoy all this retreat and nature have to offer.

You can get your tickets and merch at [vetlife4life.com](http://vetlife4life.com)

Merch comes in.....  
T-Shirts  
Long-Sleeve Shirts  
Hoodies



**VETLIFE LIFE**

**HEALING IN NATURE**

**APRIL 25-27** *Camping Retreat*

VL4L's Healing In Nature Camping Retreat will give our veterans and their family a chance to relax and heal in nature all while having valuable workshops and a variety of activities for the entire family.

\$30 per adult \$10 (ages 17-11) Free (ages 10 & under)

- 5 Meals Provided  
Friday - Dinner  
Saturday - Breakfast, Lunch, Dinner  
Sunday - Breakfast
- Primitive Camping
- Workshops
- Hiking & Fishing
- Open Mic Night

**LOCATION**  
Sand Hills State Forrest Rec. Area  
near Sugarloaf Mountain  
16218 Hwy 1, Patrick, SC 29584

Sign Up & Pay at [www.vetlife4life.com](http://www.vetlife4life.com)

## OUTREACH

### ADDICTION & RECOVERY GROUP

Dear Friends,

Recovery is a journey, much like learning to ride a bike. When you're first learning to ride, you don't automatically know what to do. No one instinctively knows how to balance, push the pedals, and start going. There are steps involved, and usually, someone is there coaching you and cheering you on. They are there when you fall, encouraging you to get back up and try again.

No one says, "Aw man, I fell, and now I have to start all over from zero. Time to get the training wheels again." No one says that because you already have an idea of what to do. Just because you fall doesn't mean it's a complete start over.

Recovery is the same way. It's a process, and setbacks are part of that process. But remember, just because you stumble doesn't mean you have to start from scratch. You have already learned so much and made significant progress.

I'm here to be that person who encourages you to pick that bike back up and try again. And if you fall, I'll still be here to support you. And when you succeed, I'll still be here to celebrate with you.

Together, we can navigate this journey, one step at a time, knowing that each fall is just a part of learning to ride. Keep pushing forward, and remember, you are never alone in this journey.

With unwavering support,  
Taylor

**“Turn your mess into your message.”**  
-Shawn Laurie

### WOMEN'S GROUP

**I WANT TO TALK ABOUT CONFIDENCE. WE AS WOMEN STRUGGLE WITH OUR CONFIDENCE ALMOST DAILY IF NOT OFTEN. LEARNING TO BE COMFORTABLE IN OUR OWN SKIN IS ONE OF THE MOST DIFFICULT CHALLENGES WE AS WOMEN FACE ESPECIALLY THOSE WHO HAVE HAD CHILDREN & KNOWING THAT YOUR BODY IS NOT THE SAME AFTER GIVING BIRTH, I SEE THIS ALOT, MANY BEAUTIFUL WOMEN I KNOW HAVE HAD CHILDREN & NO LONGER FEEL BEAUTIFUL, SEXY, OR GOOD ENOUGH. I'M HERE TO TELL YOU THAT NO MATTER WHAT SIZE YOU ARE YOU ARE WORTH IT, YOU ARE BEAUTIFUL, & YOU'RE A BADASS. CONFIDENCE IS EMPOWERING & EVERY WOMAN DESERVES TO FEEL CONFIDENT. TRUST THE PROCESS & WHILE IT MAY BE A BUMPY ROAD I PROMISE YOU ARE WORTHY, YOU ARE BEAUTIFUL, YOU ARE SEXY, YOU ARE LOVED.**

### MEN'S GROUP

**Men struggle with their confidence just as much as women, often, & for some daily, Men deserve to know they are sexy, they are handsome & that they are worthy. Men hide their pain on a daily basis & it's not fair. Men deserve to be confident in their own skin, you all deserve to feel like the handsomest man in the room & own that shit. Men deserve to look in the mirror everyday & be able to love themselves! Men deserve to feel validated in their emotions, their feelings, their stories & their confidence. Every single one of you deserve to know that it doesn't matter if you got a dad bod or muscles, you are worthy & you are handsome! we at VetLife4Life are striving to break the stigmas surrounding mens mental health.**



# REPTAR'S SAFETY BRIEF

COMING SOON



## SOCIAL MEDIA

### WEBSITE

[www.vetlife4life.com](http://www.vetlife4life.com)

### DISCORD

<https://discord.com/in/vite/cVCyQy4P>

### TIK TOK

VetLife4Life  
(@vetlife4life22)\_|  
TikTok

### FACEBOOK

VetLife4Life | Florence  
SC | Facebook

### VETERAN MINDSET 2.0 BOOK

Amazon.com: Veteran  
Mindset 2.0: Warriors  
Think Differently:  
9798737121877: Laurie,  
Shawn: Books

Ladies and Gentles!

Gather around! It's time for this weeks safety brief.

It's a new month and thank Gawwwwd for that. January was the longest year ever. Now listen, it's been a long couple of weeks for most of us so some relaxation is always a good thing. While relaxing, make sure that you are taking care of you. Kat Williams said it best. You have to look out for your star player.

IF you are going to enjoy a frothy glass of sanity, do so responsibly but also in ONLY the best of company. Afterall, it's hard to make memories when you get plastered by yourself and no one remembers the hilarity that was the night before...including you.

Don't beat anyone up. This includes significant others, friends, friends kids or your kids. Even little Jake down the street who is constantly picking his nose, griping about the fact that he forgot how to Velcro his shoes and tends to whine when he doesn't get his way....it's not his fault he's special...even his own parents get confused. Leave him be.

While relaxing, make sure to take a few minutes and look in the mirror. Remember that while this world is crazy and at times, a complete pain...it's still awesome with you in it. So no subtracting from the population. That means anyone else or you.

Don't ADD to the population on accident either...unless you plan to and if that's the case, congratulations. Now go stock up on ibuprofen and adult water...you'll need it.

Make sure you take some time to hug your people. We all saw what happened week before last with the aviation accidents. Make no mistake, each soul on all 3 aircraft planned on going home to hug their family when they got to their destination. This world can be inherently cruel. So hug your people and never forget your I love yous.

Folks, no matter where you are or what you have planned there is absolutely NO REASON for anyone to hear about you being in the hospital getting treated for nether region burns because you thought it was a good idea to cook bacon naked. Literally none. So don't do it.

That's all for this week! Love, Peace and Hair Grease!

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**Check out our Discord where we have all the most up to date information, host our groups, as well as provide a safe and fun place to relax and chat with those who are like minded and always there. See you there!**

