



Warrior Day Programs: Highlights

Warrior Institute continues to offer a variety of day-long recreational outings for our local veterans and family members. This month we ventured to several new locations:

Climbing at the Gainesville Rock Gym



Although most of the time, our Florida weather is beautiful and sunny, there are days that we have to find an indoor activity. One such place is the local rock gym!

Paddling the lower Suwannee River



We continue to explore the many rivers and springs of North Florida; this month we checked out the Suwannee River!



WARRIORTM INSTITUTE

RESTORATION thru RECREATION

warriorinstitute.org

Warrior Institute **OUTPOST** Coffee Shop: Successful Campaign, Renovations & More!!

Last month Warrior Institute launched a fundraising campaign to raise the necessary capital for the **OUTPOST**; our goal was met, and our facility is now being transformed to create a space for **REVITALIZATION** thru **CAFFEINATION**



WARRIOR INSTITUTE™

\$15,020 USD

Raised of \$15,000 Goal

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Verified Nonprofit

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Warrior Institute continues to make progress towards the grand opening of the Outpost: a coffee shop that will employ veterans, create awareness of our mission, and generate funds to support our ongoing recreation programs. To raise the funds necessary to open the shop, Warrior Institute launched a fundraising campaign on the crowd-funding platform, indiegogo.com on February 5th. Our goal was to raise \$15,000, and as of

March 8th we successfully met that goal! Thank you to everyone who generously supported this initiative and helped us meet our goal! We are excited to announce that our grand opening will be on:

FRIDAY, APRIL 18th!!

To get ready for the big day, our team has been hard at work transforming our warehouse facility into a comfortable coffee shop space. We have some awesome volunteers who signed up to help us out- building a coffee counter, laying tile, creating custom signs, painting, cleaning and many other essential tasks!

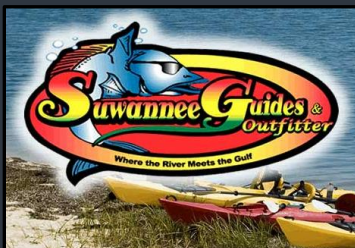


A trademark of Warrior Institute programs is an innovative approach to training; we are now doing our best to take an

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Donor Spotlight



The Suwannee Guides & Outfitters of Old Town, Florida generously donated use of a fleet of canoes for Warrior Institute's Suwannee River Paddle Outing. The owners of this outfitter, Kay & Russ McCallister are incredibly helpful people, and have also provided their knowledge and assistance to Warrior Institute as we continue to explore different rivers in North Florida. The McCallister's company offers various kayak and canoe rentals, wildlife and river cruises, and various guiding services. Check out their website: suwanneeguides.com or give them a call at: (352) 542-8331.



Kay & Russ McCallister of Suwannee Guild & Outfitters

innovative approach to the entire coffee shop initiative. For example, our talented president Jeff Zyburt, and volunteer Terry Koch, created a unique and beautiful counter for the shop using old shipping pallets, tin



roofing panels, and laminate wood flooring pieces.

The Outpost will be serving locally roasted coffee and espresso from the Gainesville based *Tree City Coffee Roasters*. Amongst the various coffee options served, a signature 'Warrior Blend' is being created by Tree City exclusively for the Outpost! We will also be offering various deals for the avid coffee drinker. Be sure to check us out (and follow our progress) on Facebook!



Warrior Institute Everglades Expedition

February 11-17th marked the 2nd annual Everglades expedition!

Warrior Institute and the North Carolina Outward Bound School (NCOBS) came back together to lead a collaborative week long canoe trip for 4 veterans *and* their partners through the Florida Everglades!

The crew of couples came from all over the South-east, and met at the Sunset Island NCOBS base, located just off the coast of Everglades City, FL. The group was



composed of an amazing mix of individuals: ranging in age from 21 to 76 years old! The first night was spent camping on the base where everyone was introduced to the basics of wilderness travel, biofeedback training, and water safety. The crew then packed up the canoes and took off for the first camp site located in the Everglades National Park. Rather than traveling in standard tandem canoes, the crew paddled two large canoes that are called either 'North Canoes' or 'Peace Canoes'. These particular boats are 22 feet long, can seat up to 12 people, and are traditionally used in the Northwest Passage. The crew of 8 participants and 3

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Warrior Institute is a 501(c)3 Florida based public charity that provides transitional and rehabilitative services for military service members, veterans & their families for no cost. The primary services provided at Warrior Institute are an innovative combination of recreational therapy and biofeedback training. Our programs are designed to enhance the quality of life in our program participants. Warrior Institute was established by father-daughter team Jeff and Tonia Zyburt in 2011. Any size donation to the organization will directly support our on-going programs.

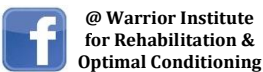
Donations can be made on the Warrior Institute website at:

www.warriorinstitute.org

Checks and money orders can also be sent to:

Warrior Institute
1911 NW 67th Ave. Suite 9
Gainesville, FL 32653

Be sure to follow us on:



instructors took out two of these big boats packed full with supplies necessary for the expedition!



The first two nights 'in the field' were spent at Tiger Key. The crew experienced some extreme rain and wind-which led to the team name of 'GALE FORCE'! After weathering the storm, the sun came back out and stuck with the group as they travelled into the 10,000 Islands National Wildlife Preserve, camping out at Gullivan Key and Camp Lulu Key.



As with every Warrior Institute program, biofeedback training became an integrated part of every day. Each couple trained together for 5-15 minutes every morning and night: learning about breathing techniques, methods to relax, and about how to better manage stress. To further this process of relaxation and feeling of well-being, the crew was also introduced to morning yoga practice: waking up the mind and body with a stretch session on the beach!

Days were spent paddling among the hundreds of beautiful mangrove islands that make up the outer edge of the Everglades. After arriving to the day's destination, setting up camp, and cooking food, evenings were typically spent around a campfire: sharing stories, building relationships, and overall enjoying one another's company.



Everyone learned a lot and had an amazing time. A huge thanks to the NCOBS team for helping make this trip happen!

In the Community

Warrior Institute was recently featured in a local news segment on WCJB TV 20. The segment can be viewed at: [Warrior Institute Outpost](#) (or on our Facebook page!) Thanks to reporter Stephanie Bechara for sharing our story!



*Comments or questions?
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