

2022

End of Year Report

Warriors Mountain River Adventures

Healing Through Outdoor Therapy



WARRIORS MOUNTAIN RIVER ADVENTURES

MESSAGE FROM THE EXECUTIVE DIRECTOR

WMRA had an outstanding 2022. We hosted five outdoor therapeutic trips in Pagosa Springs, CO and two family style pot lucks and fishing events in Lake Conroe, Texas. We exceeded our fundraising goals by more than ten thousand dollars. Throughout our seven events, we interacted with more than one 150 plus veterans, caregivers and volunteers.

WMRA conducted several local outreach events by coordinating and having lunch with local veterans and alumni. We continue to be very active on social media keeping veterans informed and connected with the nonprofit. Our website is constantly changing and improving. We were very fortunate to pick up some big sponsors and donations like Apricity Foundation, Evans Williams Whisky, and the Ron Wheat Foundation. We appreciate all the veterans and supporters who elected to give monthly to WMRA. That is the foundation of our financial stability. We will continue to look for new sponsors and donors. We are excited for 2023 and all it has to offer for healing and helping veterans and first responders.

MISSION

Warrior Mountain River Adventures (WMRA) is a Veteran Led nonprofit and 501(c)(3) charity which seeks to empower and bring veterans and First Responders together for community and healing. The number one thing veterans miss about being in the military is the camaraderie. Our mission is focused on being together and experiencing outdoor adventures whereby we introduce and teach new skills that veterans can take home and incorporate into their daily lives. However, most importantly we aim to disrupt 22 veterans a day committing suicide. WMRA believes when you bring veterans together and venture into the great outdoors, healing begins. The two greatest injuries from America's twenty year plus war on terror is Traumatic Brain Injury and Post Traumatic Stress Disorder. Most combat veterans have experienced some type of trauma. The healing of trauma, TBI and PTSD is a lifelong endeavor. Healing isn't limited to outdoor adventures but rather it's a holistic experience including cooking meals together and then enjoying those meals around a dining room table or on the side of a mountain telling and listening to each other's stories and jokes.

VISION

The goal is to introduce warriors to an outdoor activity. Most trips will introduce the Veteran to the art of fly fishing. It is always exciting to watch when a Veteran catches their first trout on the San Juan river, or the streams and lakes of Southern Colorado. We have done excursions where the Veteran will hike to a remote mountain lake to fish for prized native Brook Trout or float the world-famous Gold Medal Trout waters of the San Juan River below the Navaho Dam. The founder's home sits on the San Juan River and allows the

veterans to get up early or stay up late fishing right out the back door. In addition to teaching Veterans how to fly fish we provide multiple other activities including woodworking classes where the Veteran can make their own fishing net or fly box. Every trip includes a team hike to a waterfall, lake or just a beautiful mountain overlook. In the winter, you will find Veteran's learning to snowshoe, snowmobile and even ice fishing. In the spring and summer, Veterans have experienced the exhilaration of river rafting, tubing, cycling, and hot air ballooning. In the fall, Veterans have enjoyed jeep 4x4ing on razor trails and learning about capturing that perfect photo of the fall colors.

PROGRAM ACTIVITIES

2022 was WMRA's first full year operating as a nonprofit. 2022 proved to be a full and rewarding year:

- ❖ Five trips were scheduled and completed. Each trip is six days in duration to include travel.
- ❖ February 2022 trip featured ice fishing with a local guide on private land. The guide and land owner donated their services.
- ❖ May 2022 trip featured white water rafting and we had the use of two additional homes that were donated for our use.
- ❖ June 2022 trip featured guided fishing on the lower San Juan river.
- ❖ October 2022 trip featured a guided 4x4 adventure donated by a local adventure company.

STORIES OF CHANGE

"This trip provided me the opportunity to try new activities I've never tried before. Ice fishing was a blast, I caught four rainbow trout. Fly fishing the San Juan River below Navaho Dam was scenic and fun and I caught four rainbow trout. I need this trip to relieve some stress and spend time with other veterans. I appreciate Robert opening his beautiful home to myself and other veterans. The home is beautiful, and Robert and Rick were very welcoming to all of us. I would love to attend another event in the future." Matt T, USA

"This trip touched me in so many ways. It's very peaceful, fun, adventurous, and a great get away. It relaxes the mind but also excites it. A great motivation to try new things and being around other vets in a big plus. Thank you WMRA, an amazing trip." Danny L, USA

"This helped me relax. I loved snow shoeing, hiking, fly fishing, and being with veterans who understand disabilities. This trip will help me be more kind to others I work with and help me smile more." Jose V, USA

"Needed to relax and get away from the hustle and bustle of life, work, mom, leadership role, etc. I am always the go-to person it seems. I never get a break. This was the break I needed to refresh. I tried three new things and I would like to bring my family back to experience these things with them." Penny P, USA

"This opportunity came out of blue for me and I am so very thankful... I was very refreshing for my mind and body. The amazing opportunities to experience and learn new sports/hobbies. I particularly being able to connect with other veterans who have similar backgrounds as me... It

made me think of my active duty days. I feel like my bucket has been refilled and I can go back to do all I need to do back at home." Claudia N, USAF

"Some of the greatest parts of a non-profit is not what they spend on you. Having common ground with other veterans and a love of the outdoors and woodworking made this experience exceptional. The home and location are tops in my book. I was able to take the knowledge of building top quality fly fishing nets and incorporate it to my wood working business. I highly recommend WMRA." Joseph P., SSG USMC

"I enjoyed being in the company of like minded individuals while experiencing new adventures. My time at WMRA gave me the confidence to try new things and goals to expand my knowledge." Chris B., US Army

"I am thankful to have participated in this event with WMRA (Warriors Mountain River Adventures) at Pagosa Springs, Co.

Robert, his wife Amy, Rick and all those who donate their time, money, or whatever else the Organization may need to support this endeavor have my utmost gratitude! The experience to myself was personally a great way to undergo some much needed relaxation and was very helpful in working through not only the stress from my PTSD, but also the added stress that has come as a result of COVID-19.





FINANCIAL STATEMENT

2022 proved to be a blessed year with many individual and corporate donations coming in to WMRA.

Contributions

- Donated goods and services
- Recurring monthly donations
- One time donations

Total Year End Donations Cash: \$60,251

- Donations via Facebook
- Donations via Bloomerang
- Individual Donations
- Corporate Matching Donations
- Donated Equipment

Budgeted Donations: \$50,000

In Excess of Budgeted Donations: \$10,251

Expenses

Total Year End Expenses: (\$22,952)

Travel: (\$2,900)

Groceries/Food: (\$2,878)

Lodging: (\$3,025)

Insurance: (\$3,091)

Activities: (\$8,402)

Promotional Items: (\$933)

Tech Support: (\$292)

Equipment: (\$431)

Uncategorized Expenses: (\$67)

Warriors Mountain River Adventures Annual Report 2022: *Healing Through Outdoor Therapy*



WARRIORS MOUNTAIN RIVERS ADVENTURES, Spending Report – Year End Report

Summary – January 1, 2022 to December 31, 2022 – All Payment Methods

| Category | Jan 2022 | Feb 2022 | Mar 2022 | Apr 2022 | May 2022 | Jun 2022 | Jul 2022 | Aug 2022 | Sep 2022 | Oct 2022 | Nov 2022 | Dec 2022 | 2022 Total |
|----------------------------------|------------|----------|------------|----------|------------|------------|----------|----------|------------|------------|----------|----------|------------|
| Money Out | | | | | | | | | | | | | |
| Auto/Transportation | \$149.52 | \$155.57 | \$0.00 | \$0.00 | \$447.22 | \$291.63 | \$0.00 | \$0.00 | \$534.14 | \$903.38 | \$0.00 | \$0.00 | \$2,481.46 |
| Gasoline | \$149.52 | \$155.57 | \$0.00 | \$0.00 | \$447.22 | \$291.63 | \$0.00 | \$0.00 | \$518.14 | \$903.38 | \$0.00 | \$0.00 | \$2,465.46 |
| Parking/Tolls | \$0.00 | \$0.00 | \$0.00 | \$0.00 | \$0.00 | \$0.00 | \$0.00 | \$0.00 | \$16.00 | \$0.00 | \$0.00 | \$0.00 | \$16.00 |
| Bills/Utilities | \$0.00 | \$0.00 | \$1,000.00 | \$0.00 | \$0.00 | \$0.00 | \$0.00 | \$0.00 | \$292.79 | \$0.00 | \$0.00 | \$0.00 | \$1,292.79 |
| Phone/Internet | \$0.00 | \$0.00 | \$0.00 | \$0.00 | \$0.00 | \$0.00 | \$0.00 | \$0.00 | \$292.79 | \$0.00 | \$0.00 | \$0.00 | \$292.79 |
| Other Bills/Utilities | \$0.00 | \$0.00 | \$1,000.00 | \$0.00 | \$0.00 | \$0.00 | \$0.00 | \$0.00 | \$0.00 | \$0.00 | \$0.00 | \$0.00 | \$1,000.00 |
| Business/Office | \$89.70 | \$219.41 | \$0.00 | \$0.00 | \$0.00 | \$0.00 | \$0.00 | \$0.00 | \$0.00 | \$0.00 | \$0.00 | \$0.00 | \$309.11 |
| Other Business/Office | \$89.70 | \$219.41 | \$0.00 | \$0.00 | \$0.00 | \$0.00 | \$0.00 | \$0.00 | \$0.00 | \$0.00 | \$0.00 | \$0.00 | \$309.11 |
| Cash/ATM | \$1,000.00 | \$0.00 | \$0.00 | \$0.00 | \$100.00 | \$1,500.00 | \$0.00 | \$0.00 | \$1,650.00 | \$1,775.00 | \$0.00 | \$0.00 | \$6,025.00 |
| Cash from Branch | \$0.00 | \$0.00 | \$0.00 | \$0.00 | \$0.00 | \$0.00 | \$0.00 | \$0.00 | \$1,650.00 | \$1,575.00 | \$0.00 | \$0.00 | \$3,225.00 |
| Wells Fargo ATM | \$1,000.00 | \$0.00 | \$0.00 | \$0.00 | \$100.00 | \$1,500.00 | \$0.00 | \$0.00 | \$0.00 | \$200.00 | \$0.00 | \$0.00 | \$2,800.00 |
| Food/Drink | \$52.79 | \$27.21 | \$0.00 | \$90.72 | \$202.18 | \$274.72 | \$0.00 | \$0.00 | \$449.81 | \$62.59 | \$0.00 | \$0.00 | \$1,160.02 |
| Groceries | \$52.79 | \$27.21 | \$0.00 | \$90.72 | \$202.18 | \$274.72 | \$0.00 | \$0.00 | \$209.28 | \$62.59 | \$0.00 | \$0.00 | \$919.49 |
| Restaurants | \$0.00 | \$0.00 | \$0.00 | \$0.00 | \$0.00 | \$0.00 | \$0.00 | \$0.00 | \$240.53 | \$0.00 | \$0.00 | \$0.00 | \$240.53 |
| Health | \$0.00 | \$0.00 | \$0.00 | \$0.00 | \$0.00 | \$0.00 | \$0.00 | \$0.00 | \$182.22 | \$0.00 | \$0.00 | \$0.00 | \$182.22 |
| Other Health | \$0.00 | \$0.00 | \$0.00 | \$0.00 | \$0.00 | \$0.00 | \$0.00 | \$0.00 | \$182.22 | \$0.00 | \$0.00 | \$0.00 | \$182.22 |
| Insurance/Financial | \$0.00 | \$0.00 | \$0.00 | \$0.00 | \$3,091.08 | \$0.00 | \$0.00 | \$0.00 | \$0.00 | \$0.00 | \$0.00 | \$0.00 | \$3,091.08 |
| Other Insurance/Financial | \$0.00 | \$0.00 | \$0.00 | \$0.00 | \$3,091.08 | \$0.00 | \$0.00 | \$0.00 | \$0.00 | \$0.00 | \$0.00 | \$0.00 | \$3,091.08 |
| Miscellaneous | \$0.00 | \$0.00 | \$0.00 | \$0.00 | \$950.60 | \$0.00 | \$0.00 | \$0.00 | \$0.00 | \$0.00 | \$0.00 | \$0.00 | \$950.60 |
| Other Miscellaneous ¹ | \$0.00 | \$0.00 | \$0.00 | \$0.00 | \$950.60 | \$0.00 | \$0.00 | \$0.00 | \$0.00 | \$0.00 | \$0.00 | \$0.00 | \$950.60 |

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| Category | Jan 2022 | Feb 2022 | Mar 2022 | Apr 2022 | May 2022 | Jun 2022 | Jul 2022 | Aug 2022 | Sep 2022 | Oct 2022 | Nov 2022 | Dec 2022 | 2022 Total |
|---------------------------------------|------------|------------|------------|----------|------------|------------|----------|----------|------------|------------|----------|----------|-------------|
| Money Out | | | | | | | | | | | | | |
| Shopping | \$0.00 | \$0.00 | \$0.00 | \$0.00 | \$724.06 | \$0.00 | \$0.00 | \$0.00 | \$257.96 | \$253.61 | \$454.34 | \$0.00 | \$1,689.97 |
| Sporting Goods | \$0.00 | \$0.00 | \$0.00 | \$0.00 | \$0.00 | \$0.00 | \$0.00 | \$0.00 | \$0.00 | \$0.00 | \$454.34 | \$0.00 | \$454.34 |
| Other Shopping | \$0.00 | \$0.00 | \$0.00 | \$0.00 | \$724.06 | \$0.00 | \$0.00 | \$0.00 | \$257.96 | \$253.61 | \$0.00 | \$0.00 | \$1,235.63 |
| Travel | \$0.00 | \$1,225.00 | \$0.00 | \$0.00 | \$1,800.00 | \$0.00 | \$0.00 | \$0.00 | \$0.00 | \$1,841.06 | \$0.00 | \$0.00 | \$4,866.06 |
| Airfare | \$0.00 | \$0.00 | \$0.00 | \$0.00 | \$0.00 | \$0.00 | \$0.00 | \$0.00 | \$0.00 | \$419.60 | \$0.00 | \$0.00 | \$419.60 |
| Lodging | \$0.00 | \$1,225.00 | \$0.00 | \$0.00 | \$1,800.00 | \$0.00 | \$0.00 | \$0.00 | \$0.00 | \$0.00 | \$0.00 | \$0.00 | \$3,025.00 |
| Other Travel | \$0.00 | \$0.00 | \$0.00 | \$0.00 | \$0.00 | \$0.00 | \$0.00 | \$0.00 | \$0.00 | \$1,421.46 | \$0.00 | \$0.00 | \$1,421.46 |
| Spending subtotal | \$1,292.01 | \$1,627.19 | \$1,000.00 | \$90.72 | \$7,315.14 | \$2,066.35 | \$0.00 | \$0.00 | \$3,366.92 | \$4,835.64 | \$454.34 | \$0.00 | \$22,048.31 |
| Outgoing Transfers¹ | \$170.00 | \$214.48 | \$0.00 | \$0.00 | \$0.00 | \$426.27 | \$0.00 | \$0.00 | \$93.90 | \$0.00 | \$0.00 | \$0.00 | \$904.65 |
| Other Outgoing Transfers | \$170.00 | \$214.48 | \$0.00 | \$0.00 | \$0.00 | \$426.27 | \$0.00 | \$0.00 | \$93.90 | \$0.00 | \$0.00 | \$0.00 | \$904.65 |
| Total Money Out: | \$1,462.01 | \$1,841.67 | \$1,000.00 | \$90.72 | \$7,315.14 | \$2,492.62 | \$0.00 | \$0.00 | \$3,460.82 | \$4,835.64 | \$454.34 | \$0.00 | \$22,952.96 |

Subtotals by Payment Method

| | | | | | | | | | | | | | |
|-------------------------|------------|------------|------------|---------|------------|------------|--------|--------|------------|------------|----------|--------|-------------|
| Credit Cards | \$0.00 | \$0.00 | \$0.00 | \$0.00 | \$0.00 | \$0.00 | \$0.00 | \$0.00 | \$0.00 | \$0.00 | \$0.00 | \$0.00 | \$0.00 |
| Debit Cards | \$1,292.01 | \$1,627.19 | \$0.00 | \$90.72 | \$4,224.06 | \$2,066.35 | \$0.00 | \$0.00 | \$1,716.92 | \$4,835.64 | \$454.34 | \$0.00 | \$16,307.23 |
| Other Checking Activity | \$170.00 | \$214.48 | \$1,000.00 | \$0.00 | \$3,091.08 | \$426.27 | \$0.00 | \$0.00 | \$1,743.90 | \$0.00 | \$0.00 | \$0.00 | \$6,645.73 |
| Bill Pay | \$0.00 | \$0.00 | \$0.00 | \$0.00 | \$0.00 | \$0.00 | \$0.00 | \$0.00 | \$0.00 | \$0.00 | \$0.00 | \$0.00 | \$0.00 |

¹ Note: This category may include payments to your Wells Fargo credit card. As a result, your total money out in a given month may be overstated because it includes both your Wells Fargo credit card transactions and payments. Please keep this in mind when tracking your overall spending patterns.

SPECIAL MENTIONS AND THANK YOU TO THE FOLLOWING INDIVIDUALS AND ORGANIZATIONS THAT GAVE \$1000 OR MORE TO GENEROUSLY TO SUPPORT VETERANS AND FIRST RESPONDERS FOR 2022:

- **Byron and Christi Bright**
- **Bill Nuttall**
- **NRG Energy**
- **VFW 4709, Conroe TX**
- **Eastex Detachment Marine Corps League**
- **Bellville Masonic Lodge**
- **Apricity Foundation**
- **Beth Baltmanis**
- **Sunshine Academy - Donation in Kind - Van**

THANK YOU TO THE FOLLOWING LOCAL PAGOSA SPRINGS BUSINESS THAT HAVE SO GENEROUSLY SUPPORTED WARRIORS MOUNTAIN RIVER ADVENTURES:

- **Rosies Pizza**
- **Pagosa Springs Barber Shop**
- **Pagosa Springs Hot Springs Resort**
- **Third Generation Outfitters Snowmobile and Back Country Tours**
- **Craig Butler with High Country Charters**
- **Chef Terri Moser**
- **Katie McCalley - Pagosa Springs Chiropractic**
- **Linda Lebo - Home Donation**
- **Shawn Prochazka - Local Volunteer and Fly Fishing Instructor**

FUTURE GOALS

With an eye always toward the future and how we can improve. We anticipate expanding our outdoor therapy to include a trip to fly fish the White River in Northern Arkansas in addition to our four scheduled trips to Pagosa Springs, CO. It is our intention to have one large trip each year where we can accommodate additional participants with the addition of a second home donated for our use in Pagosa Springs. These larger trips require additional resources and volunteers to ensure their success and the safe participation of everyone. We will continue to include woodworking projects that directly support fly fishing therapy as our situation will allow. We have observed this combination seems especially rewarding to participants.

2022 was a very successful year for fundraising and it is our goal to continue at that level of support. We received a full size passenger van as a donation and for 2023 it is our intention to have the van fully operational and able to transport Veterans and First responders on our outdoor therapy trips. The use of this vehicle will assist us in consolidating our transportation requirements and simplify logistics.

Volunteers and board members are the backbone of Warriors Mountain River Adventures. No one receives a salary and without them we would not be able to operate. For 2023 we anticipate expanding our sitting board members and capitalize on the addition of our Advisory Board members in trip planning and execution.

We know we are making a difference in the lives of Veterans and First responders and we look forward to continuing to make a difference. We are always here for our participants and they know they will always have someone to listen to them.