



2022

December

NEWSLETTER

December Newsletter

We hope this newsletter finds you doing well and looking forward to a peaceful Holiday Season with Family and Friends. We are eternally grateful for your support throughout the year and look forward to 2023! In this month's newsletter, we wanted to share some success stories to bring joy to your day. All that we do is only possible due to your kindness and support!

Happy Holidays from everyone at the Big Red Barn Retreat! Please use the button below to see our holiday hours and upcoming events, programs, and services.

[Event Calendar](#)

Events

Good for the Soul

Terrell Harlan's Story

U.S. Army Veteran, Terrell Harlan, began attending the weekly Peer-to-Peer coffee groups at the BRBR after he retired from the military.

Though he had no intention of working again, after hearing about the (then) upcoming Warrior PATHH program and its mission to promote posttraumatic growth in Veterans, he decided he was all in.

Terrell has been a part of the BRBR team since the first PATHH class in 2020. Since then, he has seen many PATHH participants change in many positive ways from day to day as he serves them

meals and shows them how good food can be good for the soul.

Click the button below to read his full story today!



[Read Terrell's Full Story Here](#)

Find Healing through the Warrior PATHH Program - Lyle Hendrick's Story

Lyle Hendrick is a former U.S. Army officer and Special Forces operator. For the previous 30 years, he has worked in diverse investigative and security positions around the world involving critical infrastructure protection. Hendrick currently is the owner and chief investigator of 2020 Investigations and Asset Protection, LLC.

Lyle explains the importance of the Warrior PATHH program for Veterans and First Responders. He describes himself in search of a better life, when he was suddenly introduced to the Warrior PATHH program at the Big Red Barn Retreat. In this article, Lyle goes on to describe the support, kindness, and understanding he felt during his time on-site with the program. Read his full story by using the button below! (see page 17)



[Read the Full Article Here](#)

End of Year Giving Season

To all of our champions, thank you for all your support during Giving Tuesday! Giving Tuesday was the first day to kick off the end-of-year giving season. This year, consider giving back to the Big Red Barn Retreat and supporting the lives of our local heroes, our Veterans and First Responders.

No donation is too small, every contribution to our organization goes directly towards funding our transformative programs and services so that we may continue to provide them for FREE for our "Warriors". Spread generosity this season, click

the button below to donate to the BRBR today!



[Donate to the Big Red Barn Retreat Here!](#)

Yoga and Tai Chi Updates

Join us for FREE weekly Yoga and Tai Chi classes for Veterans, Active-Duty service members, First Responders and their families! Our Veteran-based yoga classes are focused on improving mental wellness and regulation techniques for a more rested mind and body.

We will no longer be using pre-registration for Yoga and Tai Chi. In the meantime, please arrive to Yoga and/or Tai Chi about 10 minutes before the scheduled class time to participate. You will be asked to sign in and sign a liability waiver upon arrival. Please see the info to the right if you are interested in Yoga or Tai Chi with the BRBR.

[View Yoga and Tai Chi Schedule Here](#)

FREE Service Member

Yoga Classes

Mondays: Mindful Movement

6:30PM Cabin Garage
(830 Lorick Road, Blythewood, SC 29016)
Jessica Barnes Smith

Tuesdays: iREST Yoga Nidra

5:30PM Cabin Garage
(830 Lorick Road, Blythewood, SC 29016)
Vicky Saye Henderson

Wednesdays: Tai Chi

5:30PM in Cabin Garage
(830 Lorick Road, Blythewood, SC 29016)
Bill Patterson

Thursdays: Flow and Restore Yoga

5:30PM in Cabin Garage
(830 Lorick Road, Blythewood, SC 29016)
Liza Estes (sub Vicky)

Are You A Veteran Considering Starting A Business?

USC's Faber Entrepreneurship Center is now enrolling applicants for January 2023. STRIVE, a program for veteran entrepreneurs, is a good fit for any veteran, active-duty military, or military family member who is considering starting their own business. Working with ideas, side hustles, and fully baked businesses, the STRIVE program works to meet entrepreneurs where they are.

The application closes on January 8th, 2023. There is no cost, as the STRIVE program is fully funded by Syracuse IVMF and the Faber Entrepreneurship

Center. Get an early start and APPLY TODAY using the button below.

VETERANS, ACTIVE DUTY,
AND MILITARY FAMILIES:

**LET'S GROW
YOUR BUSINESS
WITH STRIVE**

Entrepreneur Education
for your "What's Next?"

Course runs:
January 9-Feb 13
Mondays online
Saturdays onsite
Free to Attend



Scan, click Menu and + next to Faber. Select STRIVE to Learn More & Apply

Uof SC Faber Entrepreneurship Center
Darla Moore School of Business

APPLY TODAY

Programs and Services

Warrior PATHH Food Prep Volunteers

We are excited to announce our 2023 Warrior PATHH volunteer opportunities! When you volunteer with the Warrior PATHH program, you take part in preparing and serving meals for our Warrior PATHH participants during their 7-day initiation. By volunteering often, you will be able to see the extraordinary day-by-day changes that happen within in our PATHH participants as they advance through the program.

We always try our best to make sure everyone receives a volunteer opportunity, but we cannot promise you will be scheduled just from signing up. **Please note, you are not guaranteed a volunteer spot until you have received a confirmation message from the BRBR.** Please click any of the buttons below to sign up for next year's first two classes!

Warrior PATHH 2023 Dates

- January 13th - January 19th, 2023 (All Female)
- February 17th - February 23rd, 2023 (All Male)
- March 10th- March 16th, 2023 (All Female)
- April 7th - April 13th, 2023 (all Male)
- April 21st - April 27th, 2023 (all Female)
- May 12th - May 18th, 2023 (all Male)
- June 2nd - June 8th, 2023 (all Female)
- September 8th - September 14th, 2023 (All Male)
- October 6th - October 12th, 2023 (All Female)
- October 20th - October 26th, 2023 (All Male)
- November 3rd - November 9th, 2023 (All Female)
- December 1st - December 7th, 2023 (all Male)

January 13th-19th 2023

February 17th-23rd 2023

Garden Volunteering

Come help out our new garden manager, Hannah Monroe! On the first Friday of each month, willing volunteers have the opportunity to help Hannah tend



to our beloved BRBR Garden. The BRBR Garden helps partially feed the participants of the Warrior PATHH program during their 7-day on-site initiation and supports the Farm to Table program.

The act of gardening has been found to release cortisol in the brain, which can greatly benefit your mental health. Gardening has been found to improve focus, concentration, and strengthen overall emotional regulation. In the BRBR Garden, volunteers describe enjoying the beautiful colors around them and hearing the sounds of nature as they peacefully tend the plants together as a group on our property. Please use the link below to sign up for garden volunteering today!

January 6th Garden Volunteers

Combat Veteran Peer to Peer Support Groups

Are you a Veteran who has seen Combat? Do you miss the camaraderie you once felt when deployed? Do you struggle with things you have seen and done during wartime? Do you feel isolated and alone? The Big Red Barn Retreat is pleased to announce the start of a new Peer-to-Peer Combat Veterans group.

This group is specifically targeted for Veterans who have seen or been in Combat. It will be confidential and limited to Combat Veterans Only. The Combat Veteran Group will meet on the 2nd and 4th Monday of the month from 6 – 7 P.M. at the Big Red Barn Lounge.

This is a Peer-to Peer group, meaning there are no psychologists or psychiatrists, only other Veterans who have struggled with similar experiences. The meeting will be facilitated by Combat Veterans and will focus on communication, sharing, and practices geared to assist with struggling well.



Farm to Table Interest Form



They say that taste and smell are the senses most closely tied to memory. In essence, food can act as a time travel device that can transport us back to a positive memory in our lives. This could mean preparing a specific meal that takes us back to Grandma's dinner table as a child, a special meal spent with friends and using these memories to pull ourselves out of that negative spiral we sometimes find ourselves in. Eating that special meal with friends and family or preparing a meal together

is an amazing way that we can begin to connect with those who mean the most to us.

Our Farm To Table cooking classes are helping the Warrior community connect with each other through the power of nutrition and meals by tapping into old memories and helping

to create new ones that they can use in the future as well as giving them a wellness practice that they can take home and use to strengthen the bonds and deepen the relationships within the walls of their own homes. Non-veteran spouses may also attend, as long as they fill out their own registration form and attend the class with the Veteran or First Responder. If you are interested in signing up, please fill out the form using the button below, then we will be in touch with you regarding your registration.



[Farm to Table Interest Form January 28th](#)

[Farm to Table Interest Form February 25th](#)

Gardener's Corner

Gardening Tips from Hannah:

1. **Water your plants very early in the morning!** Almost all garden veggies contain more nutrients and sugars when harvested in the morning.
2. **Fall and Winter gardens often have fewer problems to tackle,** fewer pests, etc. So, more people should grow in colder months!



[Sign Up for Garden Volunteering Here](#)

Follow Us on Social Media!

