



January 2023 Newsletter

Thank you for being a champion for the Big Red Barn Retreat in 2022. Without your support, our mission would not be possible. Thanks to all your generous support through volunteer efforts, supporting our events, and donating, we were able to achieve many of our goals in 2022!

In 2022 we accomplished...

- \$1.2 million raised through donations, fundraisers, and grants!
- The opening of our Welcome Center Office - Come visit us any Mon.- Fri. 9 AM to 5 PM!
- The hiring of our new Executive Director: David Williams, our new Director of Development: Mary Wright, and our new accountant: Lydia Divis Edmonds. The BRBR's founder, Sutton Shaw, has moved from her position as Executive Director and will now be the BRBR's Chairman of the Board. We're so happy to see our BRBR team growing!
- The installation of our brand new Yoga, Tai Chi, and TRX Building - now fully operational
- Introducing our new Farm to Table program, it has been a great success so far!
- Welcoming our new Garden Manager, Hannah Monroe, and introducing special and informative garden volunteer days
- 13 Warrior PATHH Classes completed with 85 total participants
- 52 law enforcement officers completed Struggle Well sessions

Again, thank you for an amazing year. Let's make 2023 even better, together! See the latest on our events, programs, and services using the button below.

[Event
Calendar](#)

[Upcoming Fundraising
Events](#)

The Big Red Barn Retreat partners with the SC Dept. of Veteran Affairs

The Big Red Barn Retreat (BRBR) is proud to announce that our organization has officially partnered with the SC Veteran Coalition, comprised of SC Dept. of Veteran Affairs leaders, to provide Veterans and their families with access to resources they need in the state of South Carolina.



The SC Veterans Coalition exists to connect Veterans with organizations that can assist them in accomplishing their personal and professional goals in order to thrive after military service. This partnership with the BRBR will result in many more Veterans and their families thriving as valued contributing members of the South Carolina community! Thank you again to the SC Dept. of Veteran Affairs for this wonderful opportunity to assist more Veterans in our state! Learn more at: scdva.sc.gov/south-carolina-veteran-coalition



Upcoming Events



PRESENTED BY: FN AMERICA

Buy your tickets for The BRBR's First Oyster Roast on the River!

On March 17th, 2023, St. Patrick's Day, our organization will be hosting its first ever Irish Oyster Roast at Stone River. With live music, entertainment, raffles, and plenty of beer and oysters, you'll definitely want to make sure you've reserved your ticket to this unique and lively fundraising event supporting our Heroes. All proceeds from this event will go towards benefitting the BRBR's programs and services so our organization may continue to offer them for FREE to Veterans, Active-Duty service members, and First Responders.

We are currently taking sponsorship commitment forms for this event (see button below).
Tickets are on sale NOW!!! Use the button below to snag your spots today!

[See More Information
Here](#)

[BUY YOUR TICKETS
TODAY!](#)

Financial Wellness Training

As we start the new year, many make new year's resolutions to change their financial picture... hoping to recover from Christmas spending, pay off debt, save for the future, and in general, get a handle on where their money is going. Research shows that Financial Problems rank at the top of list of things that cause problems in marriage. It can be a huge source of stress, especially with inflation and economic uncertainty.



The Big Red Barn Retreat is proud to offer a **Financial Wellness Training Program** for Veterans, Active Duty and First Responders. Presented in 2-hour modules, we will address: Principles of Financial Wellness, Common Mistakes people make, Building a Solid Budget, Getting out of Debt, Short-term and Long Terms Savings, Understanding Interest and Debt, Military Benefits, Insurance, Legal Documents (Wills and Power of Attorney) and Long-Term Planning (Retirement, College Funds and Wealth Management).

Join us on **Tuesday, February 28 from 6-8pm** for Session 1 addressing **Principles of Financial Wellness and Common Mistakes People Make**. Presented by Stephanie Czeresko, Director of Programming and former CPA, and Scott Mewborne, LTC, US Army retired, MBA, Financial Advisor with First Command. This class session will be held at the BRBR Log Cabin; please see registration form or contact info@thebigredbarnretreat.org for more information.

[Register for Financial Training
Here](#)

Garden Volunteer Days

Our Garden Manager, Hannah Monroe, is going to be hosting informative garden volunteer days throughout the year! These volunteer teaching days are great for those interested in learning more about taking care of a beautiful and bountiful garden themselves! See dates and topics below...

- **March 4th:** Planning your Garden and Planting day: come to the garden and help us plant spring crops. You will learn why we plant

each vegetable where we do, location matters!

- **April 1st:** Planting Day: Help us get our summer crops started!
- **April 29th:** Why Plant a Pollinator Garden and Planting Day: Peppers, corn, all your summer favorites! Help us plant the rest of our summer produce and learn why we plant so many flowers in the garden.

More garden volunteer days will be announced soon, but for now **plan on seeing Hannah in the garden on the first Friday of each month from 11 AM to 2 PM.** See sign up links for informative garden days by using the buttons below.

March 4th Garden Volunteering

April 1st Garden Volunteering



April 29th Garden Volunteering

Register for the Pickle Ball Tournament benefitting the BRBR!

On Saturday February 18th, join the BRBR at the indoor Barr Sports Complex for a charity pickle ball tournament! Pickle ball is the new rage in casual sports, combining elements of tennis, badminton, and ping-pong. Proceeds from the event will benefit the programs and services provided to our heroes at the BRBR! **Be sure to sign up today, as space is limited and spots are filling up fast!!**

This event will be held at the Barr Road Sports Complex, Lexington SC located at 213 Barr Rd,



Lexington, SC 29072. Registration fees are \$30.00 per person/\$60 per team and includes one event. MIXED DOUBLES ONLY! Special thanks to **Dems Fine Jewelers** for sponsoring this event!!! Click the buttons below to learn more and sign up today!

[See More Information Here](#)

[REGISTER TO PLAY HERE!](#)

Programs and Services



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.

Form Up Fridays

Form Up Fridays allows Veterans and First Responders to learn and apply skills through Equine Assisted Learning (EAL) and is based on the principles of posttraumatic growth. EAL is an experiential approach to learning that leverages the unique qualities of horses to enhance self awareness, facilitate emotional regulation, and improve interpersonal relationships. The goal is to facilitate personal growth and develop life skills that enhance relationships in all areas of the participant's life.



Veterans who participate in EAL programs experience noticeable improvements in physical, mental and emotional health. Use the buttons below to sign up for our upcoming Form Up Fridays class sessions!

[January 27th Form Up Fridays](#)

[February 24th Form Up Fridays](#)



Warrior PATHH Volunteer Opportunities

We are excited to announce our Warrior PATHH volunteer opportunities for 2023! When you volunteer with the Warrior PATHH program, you take part in preparing and serving meals at breakfast, lunch, or dinner for our Warrior PATHH participants during their 7-day initiation. By volunteering regularly, 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 and create positive transformations in their lives. Be sure to sign up ASAP, these volunteer opportunities get taken quickly!

We always try our best to make sure everyone receives a volunteer opportunity, but we cannot promise you will be schedule. Spots are first come, first serve. Please note, you are not guaranteed a volunteer spot until you have received a confirmation message from the BRBR. Please use the buttons below to sign up for this year's first three classes!

**February 9th - February 15th Volunteering Sign Up
Link**

**February 17th - 23rd Volunteering Sign Up
Link**

**March 10th - 16th Volunteering Sign Up
Link**

Transcendental Meditation Training

Transcendental Meditation is back for 2023! Transcendental Meditation, TM, is a cornerstone activity for those at Warrior PATHH, and is a technique that allows those struggling with stress and anxiety to calm their nervous system and reconnect the

mind, body, heart, and spirit.

A number of research studies have shown powerful, positive results from TM practice. These findings are corroborated by the hundreds of published peer-reviewed research studies on TM over the last 45 years showing its effectiveness at reducing stress and stress-related conditions. Because TM works by reducing stress, it simultaneously reduces all stress-related conditions including alcohol use, depression, emotional numbness, insomnia, and PTSD. It is easy to learn and practice, has no ties to any religion or philosophy, has no negative side effects, can be practiced anywhere, and greatly improves resiliency.



This class is only for Veterans, Active Duty service members, First Responders, and their immediate family members/spouses. Participants must commit to four days consecutively of instruction. Class is limited to 6-8 participants. To register, please use the button below.

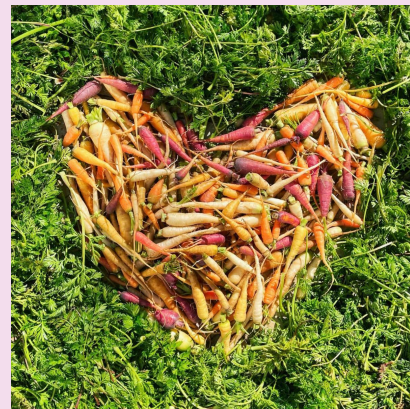
**February 23rd - 26th TM
Training**

Gardener's Corner



Love being outdoors, want to get outside more, or just love to garden? Join us for our upcoming garden volunteer days with our new Garden Manager, Hannah Monroe!

Our Gardening program can include soil cultivation, digging, mulching, watering, raking, weeding, edging, pruning, bed preparation, seed sowing, and planting. The use and maintenance of hand tools and basic light machinery may be required depending on the activity. Duties will be assigned upon arrival. Once you sign up, the BRBR will contact you to



Garden Tips from Hannah:

1. Order your seeds before mid-January if you want the best selection and want to get your hands on unique heirloom varieties.
2. Start seeds indoors. Many plants like tomatoes, peppers, and eggplant can be started indoors during the winter months to give them a longer production period
3. Maintain garden tools (sharpen, clean, etc.), build any new trellises or archways, and take inventory of what you have, what may have gone missing, and what you need

confirm your registration. Use the buttons below to sign up for our first Friday of the month volunteer days today!

Feb. 3rd Garden Volunteering

for the busy season.

Please use the buttons below to sign up today!

March 3rd Garden Volunteering



The Big Red Barn Retreat | 8024 Winnsboro Rd., Blythewood, SC 29016

[Unsubscribe info@thebigredbarnretreat.org](mailto:info@thebigredbarnretreat.org)

[Update Profile](#) | [Constant Contact Data Notice](#)

Sent by info@thebigredbarnretreat.org in collaboration with



Try email marketing for free today!