



November Newsletter

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Greetings BRBR Family,

As we move deeper into the Autumn season, we have so many exciting events and programs coming up. Join us for our Veterans Day events, such as the USC Veterans Day 5k Race on Nov. 13th, and come out to the property to enjoy a special Veterans Day concert at the cabin featuring The Old Warhorse Artistes on Nov. 11th! Also coming up is the giving season, which kicks off with Giving Tuesday on November 29th. Be sure to choose the BRBR as one of the organizations you choose to support this holiday season!!

Please see our volunteer opportunities available, free weekly yoga classes, and our weekly Peer-to-Peer Coffee Group on Fridays and our Combat Vet Peer to Peer group on the 2nd and 4th Monday of each month. Follow our event calendar for the most updated information.

Sincerely,
The Big Red Barn Retreat

[Event Calendar](#)

Veterans Day 2022

At the Big Red Barn Retreat, honoring our Veterans goes farther than offering discounts, free meals, and saying "Thank You For Your Service". To the BRBR, Veterans Day is another opportunity to commemorate, acknowledge, and wholeheartedly understand the contributions of living veterans and to show appreciation toward them. By listening to their stories and offering our heroes a safe place of comfort and understanding, we are able to truly understand the service that we are thanking them for.

From the bottom of our hearts, the BRBR would like to honor you this Veterans Day, and we thank all who have sacrificed everything so that we can live freely.



Lamont Christian honored as Military Advocate of the Year

Lamont Christian, Veteran and Director of the Warrior PATHH program, was honored with the 2022 Military Advocate of the Year Award! This award recognizes and honors an individual in the Greater Columbia region who advances the mission of making Columbia “the Most Military Friendly Community in America” through striving to provide opportunities to enhance military benefits.



The nominee must reside in the Greater Columbia region and be employed by a Columbia Chamber Partner in good standing.

This event was celebrated at the 119th Annual Gala on October 6, 2022, but you can watch the awards ceremony by clicking the button below!

[Watch the Ceremony Here](#)

The 75th Anniversary of the SC Army Aviation Heritage Celebration

Come celebrate the 75th Anniversary of the SC Army Aviation Heritage Celebration on November 4th, 2022 from 6 to 10 PM at the McEntire Joint National Guard Base! Hosted by Miss Liberty Belle, The South Carolina



more information, please contact Miss Liberty Belle at (864) 735-8180 or info@misslibertybelle.org

Army Aviation Heritage Foundation, and The Jimmy Doelittle Chapter (AAAA), this event will be a 1940s themed event featuring helicopters, photo-booths, Big Band music, dancing, dinner, and cocktails.

Tickets are \$30 per person and \$50 per couple; tickets include dinner, Big Band music, and dancing. For

Events

Veterans Day Concert at the BRBR featuring The Old Warhorse Artistes!



The Old Warhorse Artistes will be performing at The Big Red Barn Retreat's Cabin on Friday, November 11th, 2022 from 9:30 AM to 10:30 AM. Retired Army musicians from the 108th and 208th Army Band formed a group called The Old Warhorse Artistes. The group plays a variety of music from military marches to jazz combo favorites.

Military members tend to form together in family situations as a "Band of Brothers and Sisters" that make a

lifetime connection, if not totally in person, at least in spirit. Army musicians are no exception and are literally a "Band" of Brothers. Come out and join with your military family and celebrate Veterans' Day with your military buddies by signing up using the link below!

[RSVP for the Concert Here!](#)

UofSC Veterans Day 5k Race

Join the UofSC Department of Veteran and Military Affairs and The Big Red Barn Retreat (BRBR) on Sunday, November 13th for the 5th Annual UofSC Veterans Day 5k! Over the past four years, this event has raised over \$52,000 for veteran nonprofits and has seen over 1,200 Midlands residents participate in the event with their family, friends, and dogs. This year, all funds raised from this event will benefit The Big Red Barn Retreat's

programs and services for veterans, military service members, and their families.

The race will start at 2 p.m. from Lincoln and Greene streets (in front of Colonial Life Arena and 1801 Grille) and the race route will take participants through downtown Columbia and the UofSC campus. Click the link below to register to run today!!



[Register to Run Here!](#)

Helping Heroes on the Homefront | #GivingTuesday



#GIVINGTUESDAY

When we ask men and women to dedicate their life in service to defending us both abroad and at home, we believe there is a special covenant made with them. In exchange for their service and sacrifice, we pledge to help them come home and live the life they desire. But oftentimes in the aftermath of their service, they struggle more with the everyday challenges and difficulties of life.

At the Big Red Barn Retreat, we are dedicated to providing our heroes an opportunity to receive services and training that can help them become the version of themselves they desire to live great lives and thrive on the home front.

With that, our #GivingTuesday '22 mission is focused on "Helping Heroes on the Homefront". Click the button below to learn more, and consider donating to our organization this upcoming giving season!

[Click Here to Learn More and DONATE](#)

Garden Volunteer Days

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.

Use the button below to sign up today, and scroll down to learn more about our new garden manager, Hannah!



Programs and Services

Warrior PATHH Volunteer Opportunities



We are in our final two Warrior PATHH classes of the year and have a few spots left for 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, you get to see the wonderful changes that take place inside of each participant with each day of the program.

We always try our best to make sure everyone who signed up receives a spot, but we cannot promise you will be scheduled just by registering. 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 our remaining PATHH classes of the year.

Nov. 11th-17th

Dec. 9th-15th

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 selfawareness, 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!

November 18th Form Up Fridays

December 16th Form Up Fridays

Farm to Table Cooking Classes



Thanks to a grant awarded by Colonial Life, we are excited to continue our Farm to Table Cooking Classes with Veteran and PATHH Guide Jason N. Dersch. Jason will show you how to plan and execute simple everyday meals, meals on a budget and fancier, special occasion dishes that will turn any night into a special night for you and your family. Activities will include recipe reading/writing, basic knife skills and cooking techniques, presentation of food, and of course a family style dinner at the end of each event.

Incorporating the principles of Post Traumatic Growth (PTG), turning deep struggle into profound strength, Jason will share the positive effect that cooking has made in his life as he travels his path from PTSD to PTG. You will learn how to eat healthy for your body and physical wellness as well as for your mental wellness.



We are currently taking Farm to Table interest form applications. 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](#)

Combat Veterans Coffee Group

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.

Gardener 's Corner



We are proud to introduce our new garden manager, Hannah Monroe, to the BRBR family! Hannah has owned and operated her own farm for two years now with 12 pigs, hundreds of chickens, 8 sheep, about 60,000 honey bees, and her trusted guardian dog. She says her favorite thing about gardening/farming is getting to know the people who eat her produce and educating them on the value of supporting local farmers.

Hannah grew up traveling the world and spent much of her time visiting farms in other countries. She noticed that the U.S. is one of the most disconnected countries in regards to knowing where their food comes from, and decided to bring those experiences back home to share with her community in a meaningful way. She hopes to spend her future traveling the world, sharing about food and farming and continuing to build local relationships to support

our South Carolina communities.

Some Gardening Tips from Hannah:

- "Fall and Winter gardens often have far fewer problems to tackle, fewer pests, etc., so more people should grow in colder months!"
- "The same plant should not be planted in the same spot year after year. For example, if you plant a tomato plant in the left corner of your garden this year, you should plant tomatoes in the right corner of your garden next year. We don't return a plant to its original spot until a minimum of four years later."

Hannah will be working in the garden on November 4th and December 2nd from 11 AM to 2 PM. If you are interested in helping her tend to the garden, please use the button below to sign up to volunteer today!

[Sign Up to be a Garden Volunteer Today!](#)

[Visit the Kingdom Gardens Website Here](#)

Follow us on Social Media!

