



# October newsletter

## October 2022 Newsletter

Dear BRBR Family,

Due to your support, our Fall Jam at the Ballpark featuring Chris Lane was a complete success! We are so thankful for all of you who came out to support our event. As the weather cools, we have a lot coming up, including Gardening Days, Warrior PATHH Volunteer opportunities, TM Training, and a special Veterans Day performance by The Old Warhorse Artistes! Make plans to join us!!!

Sincerely,  
The Big Red Barn Retreat

[Event Calendar](#)

### A Few Fall Jam Highlights...





Photography by Angela McDuffie,  
BRBR Communications Intern

## Upcoming Events

### The Uof SC Veterans Day 5k Race

CALLING ALL RUNNERS!! The annual UofSC Veterans Day 5k Running Race is back on November 13th, 2022, and the BRBR is this year's chosen beneficiary! The 5k will go through downtown Columbia, where you will be able to see many famous and beloved historical sites and landmarks. You may also get the chance to meet Cocky himself at this event!



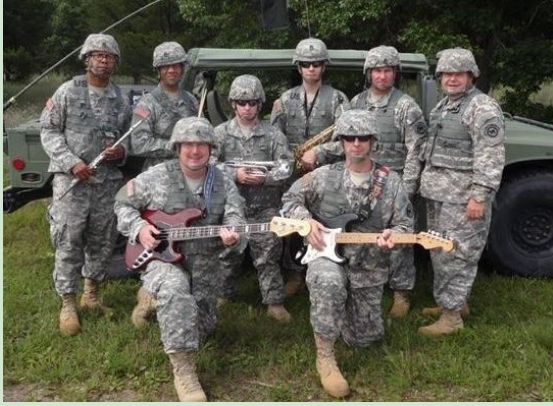
Whether you like to run, jog, or walk, this race is open to all! Friends, family, and dogs are all welcomed to participate in this energetic event benefitting our Veterans and Military Service members. Use the button below to register today!!

[REGISTER TO RUN HERE](#)

### Join us for a Veterans Day Celebration Concert at the Barn!

The Old Warhorse Artistes will be performing at The Big Red Barn Retreat on Friday, November 11th, 2022 from 9:30 AM to 10:30 AM for the weekly Peer-to-Peer Vet Coffee Group. 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 Veterans Day Concert](#)

## Giving Tuesday

Giving Tuesday was created in 2012 to encourage people around the world to do good near the holiday season. It is a global generosity movement unleashing the power of radical generosity.

# GIVING TUESDAY

On November 29th, show up for the issues and people you care about, and consider supporting the BRBR on our mission to "Help Warriors Thrive on the Homefront". Here at the BRBR, we wish to help our nation's heroes change their legacy and transform their lives. Use the button below to donate to the BRBR today.

[Donate Now](#)

## ENTER TO WIN

A ZRO DELTA READY SERIES .223 WYLDE



**RAFFLE DRAWING  
OCTOBER 21**



**BIG DADDY GUNS**  
285 COLUMBIANA, DR SUITE J,  
COLUMBIA, SC 29212



**BIG RED BARN RETREAT**  
8024 WINNSBORO RD.  
BLYTHEWOOD, SC 29016

**RAFFLE TICKETS AVAILABLE FOR  
\$20 EACH AT THESE LOCATIONS**

THE BIG RED BARN RETREAT IS A NON-PROFIT CENTER WHICH SPECIALIZES IN TRANSFORMATIVE, LIFELONG, PEER-BASED TRAINING FOR SOLDIERS, VETERANS, AND FIRST-RESPONDERS WITH THE GOAL OF POSTTRAUMATIC GROWTH. BIG DADDY GUNS IS HOSTING RAFFLE TO RAISE MONEY FOR THIS GREAT ORGANIZATION.

## Big Daddy Guns Raffle

Enter for your chance to win a ZRO Delta Ready Series .223 Wylde! Big Daddy Guns, located at 285 Columbiana Dr. Suite 3, Columbia, SC 29212, is hosting a raffle opportunity to benefit The Big Red Barn Retreat. 50% of the sales from the raffle will go towards funding the BRBR's programs and services. Raffle tickets are \$20 each and are available for sale at the Big Daddy Guns store, The Big Red Barn Retreat Welcome Center (8024 Winnsboro Rd.), and through Venmo.

### How to Pay through Venmo:

Search @BigDaddyColumbia on Venmo, then enter your name and phone number in the note to enter online.

**This raffle is open until Oct. 21, 2022**

# Programs and Services

## November TM Training Sessions



TM is a form of meditation that removes distracting thoughts and produces a state of restful alertness to help alleviate symptoms of depression, anxiety, PTSD, and other mental disorders/illnesses. It's not a religion or philosophy. Instead, it is simply a method of stress relief to improve your health and wellbeing, starting with the mind.

Normally, TM Training can cost thousands of dollars. Here at the BRBR, we offer this life-changing course completely for FREE for our Veterans, Active-Duty, First Responders, and their families. Please message us at [info@thebigredbarnretreat.org](mailto:info@thebigredbarnretreat.org) if you're interested in filling this spot, or use the button below to sign up today!

**November 17th - 20th TM Training**

## 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!



**October 21st Form Up Fridays**

**November 18th Form Up Fridays**

## Farm-to-Table Cooking Classes

Come join us at The Big Red Barn Retreat, with Chef, Army Veteran and Warrior PATHH Guide Jason N. Dersch for our new and exciting Farm to Table Cooking experience. 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 someone will be in touch with you regarding your registration.

[Farm to Table Interest Form](#)

## Warrior PATHH Food Prep Volunteers

We are always in need of reliable, eager, and motivated volunteers to help us out. Warrior PATHH food preparation volunteering involves assisting our chefs with making, preparing, and serving meals for our program participants during their 7-day on-site stay in our cabin lodge. Being even a small part of our Warriors journey on their path to post-traumatic growth goes far beyond simply serving a meal, its giving back to those heroes who have repeatedly served and sacrificed their lives for us.



Right now, we are accepting volunteers for our November and December classes, please click the buttons below to sign up today. Please keep in mind, you are not assigned a volunteer spot until you have received a confirmation text from the BRBR.

**November 4th - 10th  
Warrior PATHH  
Volunteering**

**November 11th - 17th  
Warrior PATHH  
Volunteering**

**December 9th - 15th  
Warrior PATHH  
Volunteering**

## Meet our New Gardener, Hannah!

Join us in welcoming our new gardener, Hannah! A lifelong gardener since age 3, Hannah has traveled far and wide to share cultural farm and food stories. She will be joining the BRBR just in time for our Fall Planting this season, and you have the opportunity to meet her yourself! On October 18th from 2 PM to 4 PM, you can help Hannah prepare the garden for



planting, and on October 22nd from 10 AM to 2 PM you'll have the opportunity to help Hannah begin Fall Planting at the Barn. Please use the buttons below to sign up today!

[Garden Prep Day Sign-Up](#)

[Fall Planting Day Sign-Up](#)

[Follow Hannah on Instagram!](#)

Follow us on Social Media!

