



## February 2023 Newsletter

We hope everyone's year is off to a great start so far. Here at the Big Red Barn Retreat, we've got a lot going on including programs, services, volunteering, and fundraising/events.

As always, we sincerely appreciate your support and we hope to see you soon at the Big Red Barn Retreat!



### 2023 Platinum Status

Our organization has received its Platinum Transparency Seal from GuideStar Candid for 2023! The Platinum Seal of Transparency indicates that the Big Red Barn Retreat shares clear and important information with the public about our goals, strategies, capabilities, achievements and progress indicators that highlight the difference our organization makes in the world and the lives of our Veterans, Active-Duty service members, and First Responders.

**Check This Out!**



PRESENTED BY: FN AMERICA

## The BRBR St. Patrick's Day 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, ActiveDuty 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!

[Sponsorship Opportunities](#)

[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 service members, First Responders, and their spouses (couples are encouraged to attend! 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](mailto:info@thebigredbarnretreat.org) for more information.



**Register for Financial Training  
Here!**



## **Music Therapy with Laura Theismann,**

This spring the BRBR is excited to introduce a new music therapy class taught by Laura Theismann, MT-BC, Basic Guitar and Songwriting! This course will teach you basic and foundational skills on the guitar as well as how to use the skills learned in this course to write songs.

Guitars will be available for this course, but you are welcome to provide your own instrument as well. Veterans and First Responders are eligible to participate. If you are interested in this 8 week course, please use the button below to sign up! We will be in touch with you with dates and more information soon.

**Basic Guitar and Songwriting Music Therapy  
Registration**

## **Join Hannah in the Garden!**

On Saturday, March 4th from 12 PM-2 PM, join us in the garden for a beginner gardeners class. Our garden manager, Hannah, will be teaching us how to set up a garden, where to plant each crop in relation to others, and how to space out everything to help kickstart a successful growing season! We will put our new knowledge to action by setting up the BRBR garden for spring, removing winter plants, and planting some spring seeds!



Come with questions, and leave with fresh greens and a garden guide to help with your gardening at home! Snacks will be served! Use the button below to sign up.

**March 4th Garden Volunteering**

## **Yoga and Tai Chi Schedule**

Restore your feeling of well-being and build confidence within the mind and body to make you feel better and live a full life, try our FREE



Meditative Yoga & Tai Chi classes for Veterans, Active Duty Service members, and First Responders and their immediate family members.

Registration is NOT required at this time, Please note time, location, and instructor of classes. Arrive at least 10 minutes to 830 Lorick Road, Blythewood, SC 29016, and sign in before class time to participate.

**Mondays Mindful Movement**

6:30PM at the Cabin Garage  
Jessica Barnes Smith

**Tuesdays iREST Yoga Nidra**

5:30PM at the Cabin Garage  
Vicky Saye Henderson

**Wednesdays Tai Chi**

5:30PM at the Cabin Garage  
Bill Patterson

**Thursdays Flow and Restore Yoga**

5:30PM at the Cabin Garage  
Liza Estes (sub Vicky)

[More Information on Yoga and Tai Chi Here](#)

## Transcendental Meditation Training: Openings for February

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.



We have openings for our February 23rd - 26th TM Training Session. 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.

[Sign Up for February TM](#)

## TM Refresher (for those who have already been trained in TM)



Whether your TM practice has been consistent, or you want to get back on track, it can be helpful to connect for a refresher. Here are some dates our TM Instructor Donielle Freeberg will be offering small group TM checking sessions this month at the barn and over zoom.

### In-Person Session at Barn Lounge:

- Saturday, February 25th at 12:00 PM

### Zoom:

- Friday 2/10 at 11am EST
- Wednesday 2/15 at 6pm EST
- Tuesday 2/28 at 7pm EST

If you have already taken TM with the BRBR and are interested, please email Donielle at [dfreeberg@tm.org](mailto:dfreeberg@tm.org) for more information to sign up.

## Programs and Services



### Combat Veteran Peer to Peer 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!

**February 24th Form Up  
Friday**

**March 24th Form Up  
Friday**



## 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!

**March 10th - 16th  
Volunteering**

**March 24th - 30th  
Volunteering**

**Farm to Table Cooking Classes: March 18th**

## Interest Form



Our Farm To Table cooking classes, taught by PATHH Guide Jason Dersch, are helping the Warrior community connect with each other through the power of nutrition. These classes give participants 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 by tapping into old memories to create new ones.

Veterans and First Responders are eligible to participate in this class. 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 cooking classes fill up quick, so please be advised that you may be asked to participate in a later course due to capacity.

March 18th Farm to Table Cooking Class  
Registration



*This Farm to Table program is thanks to the support and grant funding from Colonial Life. Thank you!*

## Gardener's Corner - Tips and Tricks from Hannah!



**From Hannah:** "We just harvested broccoli this past volunteer day and everyone thought it was super interesting that broccoli can produce multiple heads! Unlike cauliflower that typically only produces one head, broccoli can continue



Be sure to sign up for garden volunteering today and be on the lookout for your volunteer confirmation email! As we move into warmer months, the garden will become more and more bountiful, and is a great way to relieve stress

producing offshoots for several months.

This past volunteer day, our volunteers got to take some broccoli shoots home, and our kitchen staff will get to use them for upcoming BRBR events as well! Even though the main heads may be gone, we plan on continuing to harvest broccoli plants over the next month. Both broccoli and cauliflower leaves are edible, so there's even more to enjoy from these plants we've worked hard to care for all winter!"

and anxiety! Please use the buttons below to sign up for our next Friday garden volunteer day.

Our Friday, March 3rd Garden Volunteer date has been cancelled due to the March 4th Garden Volunteer date (sign up for that above^).

**Friday, April 7th Garden  
Volunteer Registration**



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

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