



June 2020 Newsletter

You pledge to...



Follow social distancing guidelines and **maintain 6 ft apart** from others



Wash or sanitize hands before entering class



Limit personal belongings brought to class



Bring your own **mask** or one will be provided for you



Sign a COVID-19 consent form and complete screening questions for any face to face classes



All participants must have **their temperature taken with a touchless thermometer upon arrival**



Wait in car until 5-10 minutes before class begins

The Big Red Barn Retreat is opening back up!

The health and safety of our staff and participants are of utmost importance to us.

We are committed to ensure the safety of all staff and participants in The Big Red Barn Retreat activities.

All yoga and tai chi classes will begin to re-open via a phased in approach. Through the first two weeks of June, classes will continue to be broadcast via FACEBOOK live. Starting the Week of June 15th, classes will be available on ZOOM, so that participants can ask questions and interact with instructors. We will continue to monitor the COVID-19 situation in SC, but tentatively we plan to begin to offer some face to face classes' starting the week of July 6th.

In order to maintain healthy social distancing, class sizes will be reduced.

Drop in classes will no longer be offered for Yoga, Thai Chi, Healing Arts, and Equine Assisted Psychotherapy. All participants must register prior to coming to a class and sign a COVID-

19 consent form.

We pledge to...



Follow **social distancing and capacity** guidelines during programing



Provide **face masks, hand washing stations, and cleaning supplies** on site



Follow **CDC standards** for cleaning and sanitation



Wear **face mask** while interacting with participants for **scheduled activities**



Train staff on **COVID-19** safety procedures



Conduct **wellness screening** of service providers, volunteers, and staff

Please review our Standard Operating Procedures by clicking on this link [Standard Operating Procedures](#)

Forms to sign up for each class will be posted on our Facebook page along with specific guidelines for each class.

[Visit our Facebook](#)

We cannot wait to see you soon!

Preparations continue for the launch of Warrior PATHH in October.



Check out these photos showing the progress that

has been made on the Leon Irons Lodge which will be "home" to our Warrior PATHH participants during their 7-day Warrior PATHH. For more information about the Warrior PATHH program or to learn how you can help support this program, visit our website.

[Warrior PATHH](#)



The Arena...

This will be home to our equine assisted psychotherapy program. The Big Red Barn Retreat is a military designated EAGALA certified program. Learn more by clicking on the link below.

[Equine Assisted Program](#)

Check out some photos below!



Veteran Spotlight: Russel Smith

Meet another one of our Veterans who will be part of the culinary team at the BRBR for the Warrior PATHH program, Russell Smith, Operations Specialist Senior Chief Petty Officer (retired). A local of SC, he graduated from Brookland-Cayce High School in West Columbia, SC in 1986 and entered the service in May 1987 and retired honorably in 2007. Russell served during the Gulf War era, and was in the coordinated battle group attacks (Navy and Air Force) against Iraq in Operation Desert Strike in September 1996. After his retirement in 2007, Russell moved



back home to SC from Jacksonville, FL, and started his own business with FedEx Ground. During this business venture, he serviced Northeast Columbia, and Fairfield County.

During his career Russell was responsible for the advanced training of Naval Reserve Components, as well as shipboard rules of engagement and defensive postures. Russell was a Naval Instructor (NEC 9502) for over 16 years and ASW/ASUW Tactical Air Controller (NEC 0324) 13 years. He was awarded 4 Sea Service Deployment medals, 5-Navy Achievement Medals, Enlisted Surface Warfare Specialist designation,

and 2 National Defense Service Medals. While serving onboard USS Doyle (FFG-39), he was selected as Sailor of the Year (1995) and was Meritorious advanced.

While on active duty, Russell graduated from Southern Illinois at Carbondale in December of 2006, with a Bachelors in Workforce Education and curriculum development and in February 2007 moved back to SC to be closer to his son Dawson and Mother Mary Ann Eargle. Upon completion of FedEx Ground business, Russell and fellow veteran Terrell Harlan decided to attend culinary school in Charlotte, NC. Russell graduated with a Bachelor's in Culinary Management from The Art Institute of Charlotte with honors. Russell's mother and grandmother inspired his love for food, and he loves grilled and smoked proteins.

Thank you to Candace Aguiar and the CVMA for you generous donation to the BRBR Kitchen Stocking Party!!!

You're invited By Russel Smith to Join Our Kitchen Stocking Party!!



You're invited to The Big Red Barn Retreat's Kitchen Stocking Party!!

We need your help in order to stock our kitchen for Warrior PATHH starting this

October!

There are two ways you can assist, either purchase items off the Big Red Barn Registry or buy an item for yourself, and then a percentage of your purchase will go toward purchasing items for the BRBR kitchen.

[Kitchen Stocking Party](#)

Soldiers & Vets Charity Golf Tournament Rescheduled

SOLDIERS & VETS 2020 CHARITY GOLF TOURNAMENT



The Soldiers and Vets 2020 Charity Golf Tournament has been rescheduled for August 20th at the Golden Hills Golf and Country Club in Lexington, SC.

The Deadline for early bird registration is July 20th.

The format will be a Four person Captains Choice.

Sign up now by clicking here [Registration](#)

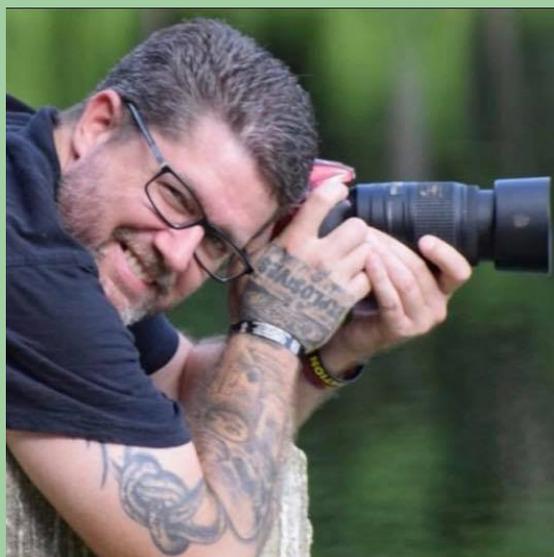
Departure of Jim Dukes:

It is with mixed emotions that we announce that effective June 1, Jim Dukes has accepted a position with the Charlotte Art League as Executive Director. It is one of the oldest and largest nonprofit arts centers in Charlotte founded in 1965 with over 200 member artist and 45 studios, classes, events, workshops, and online offerings. We Are thrilled for Jim, but we will miss him dearly at the Big Red Barn Retreat.

Jim always brought passion, unbridled energy, and one of a kind perspective to everything he touched at The Big Red Barn Retreat. Any Veteran will tell you, Jim was there to help.

With his innovative programming and empathetic ear, he touched a lot of lives during his time at the BRBR!

"I have a tremendous amount of pride in the creative energy every participant invested in one or more of our healing art programs. You opened up, looked inside, trusted me, and expressed some feelings in a way you may never thought possible. For that, I thank you. I will always appreciate the occasional healing art workshops where we didn't make anything for two hours but talked, listened, and supported each other. I loved watching the healing lens group grow their comfort level with being In public, taking photos and evolving doubt into pride in their captures. I am most proud of our drill sergeants who let their guard down with me cost, shared stories, laughed, played ridiculous games, and created inspiring art. I



remember all of your faces!" Jim said. " I look forward to watching The Big Red Barn Retreat grow and continue to provide needed services to our military family, much love, healing, and success!"

Join us in congratulating Jim Dukes on the next chapter of his career. We will be making plans later in the year to come together and celebrate his contribution at The Big Red Barn Retreat and do an in person goodbye!



THANK YOU!

We are truly humbled by the support we received from supporters this Midlands Gives! We raised over \$19,000, which is three times more than we raised last year.

This years donations from Midlands Gives will help fund therapeutic services that are provided at no cost to active duty service members and veterans.

Healing Art Classes Beginning June 8th!



We are excited to partner with Mary How for a 10-week art therapy program that teaches healthy ways to understand and navigate relationships by integrating vital emotional skills.

The group begins June 8th and meets Mondays from 6PM-8PM.

2019 Financial Audit is Complete



As you know, the Big Red Barn Retreat was selected as a Angel charity last year by South Carolina Secretary of State Mark Hammond.

To be selected as an Angel, the BRBR had to devote 80% or more of its total expenditures to charitable programs; been in existence for three years or more; must make good use of volunteer services; receive minimal funding from grants and must be in compliance with the South Carolina Solicitation of Charitable Funds Act.

In 2018, the Big Red Barn Retreat donates 94.2% of its total expenditures to programs that help veterans and active duty service members struggling with military or combat related stress issues.

We continue our commitment to fiscal responsibility into 2019, check out our financial audit by clicking on the link below.

[Visit our 2019 Audit here](#)

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