



SEPTEMBER 2020 NEWSLETTER



GET TICKETS NOW FOR THE THIRD ANNUAL SUMMER JAM!!!

The Big Red Barn Retreat's 3rd Annual Summer Jam presented by Sonic Drive-In will be held on Friday, September 18, 2020 from 7-10:30 p.m. at the Palmetto Citizens Amphitheater in the Doko Meadows Park in Blythewood. Gates will open at 5 p.m. The concert will feature a live acoustic performance by country music legend, John Anderson. Keeping with a Summer Jam tradition, Carter Lybrand, a member of the military and a local country music performing artist, will open for John Anderson.

John Anderson is a country music icon with one of the all-time great voices in country music. Anderson's four-decade career has produced 23 albums, more than 60 singles (20 reaching the top 10), and a wealth of industry awards including induction in the Nashville Songwriters Hall of Fame. His No. 1 hits include "Seminole Wind," "Wild and Blue," "Swingin," "Black Sheep," and "Straight-Tequilla Night." Anderson has a new album, *Years*, produced by Dan Auerbach of The Black Keys, released on April 10th, 2020.

There will be a variety of food vendors on site. Beer and wine sales will benefit The Big Red Barn Retreat. NO COOLERS will be allowed. Attendees are encouraged to bring blankets and chairs. All event proceeds will benefit programs, classes, and

workshops provided at no cost to veterans, active duty military and their families that are struggling with military and combat-related stress issues, like PTSD.

For more information, click [here](#)

Tickets:

General admission || \$20 online in-advance

Military || \$15 online advance ONLY *military ID checked at gate*

Gate || \$30

Children 12 and under are FREE.

Cash and credit/debit will be accepted at the gate.

Rain or Shine- NO REFUNDS.

[Purchase Tickets Here](#)

In compliance with South Carolina DHEC, we will be enacting COVID 19 safety procedures for this event. We are taking reasonable precautions to prevent contamination, however there is always a risk of being exposed to COVID-19 anytime you come in contact with another individual. Click the link below to see all guidelines for the Big Red Barn Retreat's Third Annual Summer Jam.

[COVID-19 Protocol](#)

Veteran Spotlight: CARLA WALTERS

Our first Warrior PATHH session is just a month away! We are excited to be apart of the effort to help Veterans and First Responders begin their journey of turning struggle into strength. Meet one of our PATHH Guides.... Carla Walters!

Carla was born in 1968 in Atlanta, Georgia. She is the oldest of three, with two younger brothers, John and Jeffery. After graduating from Walker High School, she joined the United States Army on the delayed entry program.

She joined the United States Army as a way of giving back to her mother who had wanted to be in the military but placed motherhood above that dream. As well, Carla's father served in the military at the time of her birth, so serving was in her blood. Carla was stationed at Fort Eustis, VA and served in the Gulf War in 1991. She also served in Iraqi Freedom Operation in 2003. In total, Carla served a total of 14 years.



After leaving service, Carla became a dental assistant, mother, wife, and a student. All of this eventually led to her joining the Army Reserves to serve more.

After loosing both her mom and husband in 2018, a nurse at the Veterans Hospital Hospice Center introduced her to Warrior PATHH. Carla met CMS (Ret) Christian,

BRBR PATHH Director, through a mutual friend and fell in love with the concept of bettering herself while helping others.

Carla has a deep passion to serve using her time and love; committed to giving back to her church, family, and community. She sees Warrior PATHH as an opportunity to continue service and give back to those who understand struggle as she does. After attending Warrior PATHH herself, she realized she can help so many in a way that aligns with her passions in life.

Carla currently lives in Atlanta with her friend and “Battle Buddy” of 30 years. After finishing the PATHH program, she decided to reenroll in school to complete her Bachelors Degree. She is an empty nester and learning what life looks like with no children at home.

OUR DOORS
ARE OPEN



Come, Join us at the Barn!!

We are still offering in-person classes at the barn! Veterans, Active Duty Service Members, and Spouses, sign up NOW for in-studio and outdoor classes! During COVID-19 times, it is more important than ever to give your body the tools it needs to turn the struggle of life into strength. Click the link below to sign up for FREE classes!

Mindful Movement with Jessica
Monday, 6:30 PM, Pond Pavilion

Yoga Nidra with Vicky
Tuesday, 7:00 PM, Pond Pavilion

Tai Chi with Bill
Wednesday, 6:30 PM, Barn Lawn

Flow & Restore Yoga with Liza
Thursday, 5:30 PM, In-Studio

Meditation Walk with Vicky
Friday, 8:15 AM, BRBR Trails

Yoga & Tai Chi Sign-Up

Veterans and Active Duty Service Members, Come Join a Peer to Peer Group!



"When we think of improving our health and living a long life, we typically think of eating a better diet or getting more exercise. But here is another simple-- and perhaps more enjoyable-- way to ensure a long and healthy life. Just what is this magic method? Human connection. Socializing is more than just a way to spend out leisure time or have a little fun-- it's important for our health. This is something researchers have discovered as they study people who age well and live the longest." [Click](#)

[here to read more more..](#)

We know that the impacts of COVID-19 have made it difficult to maintain human interaction. However, we know how crucial it is for all of us. As we take precautions, come and join us for Peer to Peer at the barn on Friday morning's, 9:30 AM.

An Opportunity for YOU!!



Warrior PATHH is just a month away, and we cannot WAIT! Warrior PATHH is a program for struggling veterans and first responders to begin turning their struggle into strength. The program begins with a seven day on-site intensive, followed by an 18-month follow up.

Participants will be staying at the Leon Irons Lodge during their seven day intensive, and we would

LOVE for you to be apart of their stay at the lodge.

As a way of honoring a loved one who may have served in the armed forces and help support our newest Warrior PATHH program, each guest rooms will be available to name in honor of someone who has served! That way, the participants in the Warrior PATHH program will feel both the connection to the sacrifice and honor of previous heroes, more importantly the memory of your loved one will live on in the hearts of those attending the program. Along with the outside placard identifying the name of the room, inside will be a photo with a story of your loved one and their time in service.

There are eight rooms, each decorated to represent a different region in South Carolina and highlight what makes our state so special. More information on that to follow in next month's newsletter.

If you are interested in naming a room, please contact info@thebigredbarnretreat.org for more information!

THANK YOU TO ALTAR'D STATE!!!

Thanks to ALTAR'D STATE in Columbiana Mall for their generous support of the Big Red Barn Retreat as part of Mission Mondays! Altar'd State gives 10% of net proceeds on Mondays to local charities and this summer their focus was dedicated to helping servicemen and women! Thank you Altar'd State!! PS: ALTAR'D STATE has baby clothes too, check out this cute Drool Sergeant Onesie!



The Big Red Barn Retreat
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