



January 2020 Newsletter

**Wishing you good times, good cheer
and a memorable new year.**

All of us at the Big Red Barn Retreat want to thank you for your loyalty and support this past year. We are excited for all the things to come in the new year!

Rock N' Roll meets Yoga this month!



Want some Def Leppard and Doors with your downward-facing dog? Does your brand of zen have some Zeppelin in it? On Saturday, January 4, come join us from 10 a.m.-noon for yoga and classic rock!

This fun class will be taught by BRBR Yoga Instructor and music freak, Vicky Saye Henderson.

This class is open to the community with all levels of experience encouraged to

attend. No registration needed.

Questions? For more information, contact Vicky Saye Henderson, Yoga Programs Coordinator at vickysaye@gmail.com.

Ever wanted to learn how to quilt? Here's your chance!

Back by popular demand, join Jeannie Hurlbert, Veteran and experienced quilter, for a day quilting at the Big Red Barn Retreat on Wednesday, January 29, from 10 a.m.-4 p.m.



Along with being fun, quilting has health benefits as well. The health benefits of quilting are:

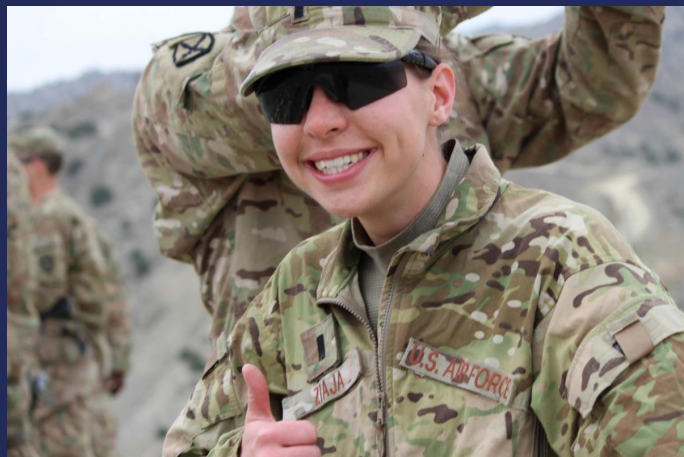
1. Stress Reduction: When quilting, the mind concentrates on completing the task at hand.
2. Improved Hand-Eye Coordination
3. Lowers Risk of Dementia
4. Lowers Blood Pressure
5. Boosts Self-Confidence

This quilts made from this event will be donated to veterans who are in the hospital at Dorn VA Medical Center.

Interested? Contact Jeannie Hurlbert with questions at mhurlbert@sc.rr.com

Veteran Spotlight: Sarah Ziaja

Major Sarah E. Ziaja served in the Air Force from 2009-2018. She was a Civil Engineer Officer (32E3G) and was stationed in Montana, California, and Charleston.



During Major Ziaja's 8.5 years of service she supported two base infrastructures and assets totaling \$12.1B and was deployed three times. In 2012, Major Ziaja deployed with the Army as the lead engineer for Provincial Reconstruction Team in Paktya, Afghanistan in support of Operation Enduring Freedom (OEF). While there she also led the PRT's Female Engagement Team and numerous key leadership engagements with government officials in order to revitalize and stabilize the local infrastructure. From 2013 to 2015 she was selected for a special duty assignment with the Navy SEABEES where she deployed twice with them to Rota, Spain and Okinawa, Japan as a Company Commander in support of OEF and Major Combat Operations (MCO) response in the Pacific, European, African and Central Command Theaters. Even though she had a short career, it was the

people she worked with, lead and helped that made her career fulfilling and her greatest achievement. Since retiring, she desired to continue to serve in some capacity so when she was afforded the opportunity to bring the Warrior PATHH program to South Carolina it was the opportunity she had been waiting for. It has always been the people that have meant the most to her. It is an honor to her to be able to continue service to our military and utilize the experiences she's gone through to help them through their healing process.

Sarah will be one of our Warrior PATHH Guides. The program will launch in October of this year. To learn more about Warrior PATHH, click the following link: [Warrior PATHH Information](#)

Looking Ahead... Beekeeping!



Beekeeping is BACK! Join us in February for our first beekeeping event of 2020.

Whether you're keen to learn all of the basics to get you started, or extremely interested in the idea of keeping bees, this 1-day interactive course taught by Scott Derrick, a Navy Veteran and Owner/Operator of the Blythewood Bee Company, will

teach you the fascinating secrets of the honeybee and how to care for and keep bees in an environmentally friendly and sustainable way. This Beekeeping workshop is packed full of essential information to leave you confident about one of the most enjoyable (and oldest!) past times.

This event is free for veterans and active-duty service members. Registration is required for this event. For more information, you can contact Scott Derrick with Blythewood Bee Company at (803) 754-7577

Check out the Blythewood Bee Company's website here: [Blythewood Bee Company](#)

Stay Tuned...



We're excited to announce some new workshops we've got planned for this year! Be sure to follow us on Facebook and Instagram (linked below) for more information soon about the special workshops we will be offering in 2020!

The Big Red Barn Retreat
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