

# River Deep Foundation Outing Report



## Healing Lives One Adventure at a Time

The River Deep Foundation is dedicated to helping military veterans and other individuals who have experienced physical, emotional or psychological trauma—and those who assist them—to heal and re-engage in life through adventure, recreation and a network of support.

[www.riverdeepfoundation.org](http://www.riverdeepfoundation.org)

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**Date:** September 4, 2021

**Location:** Kilroy's Workshop, Colorado Springs

**Hosted by:** River Deep & SCIHOP

**Participating Groups:** Operation TBI Freedom & Ft. Carson SRU

## Blacksmithing

This blacksmith outing began with an interesting explanation of the history of blacksmithing! Ron Hardman, our Master Blacksmith, told the group of four veterans about how the first traces of the craft were from as early as 1500 BC. The group then had the opportunity to learn about how the process evolved into the blacksmithing skills Master Blacksmith Ron was showing them today! Everyone was excited to learn this new skill and apply it in the workshop with the help of Ron. The veterans participating in this outing successfully created a knife to take home! Everyone had a wonderful time.

Jesus Guerra, CBIS

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