



# HORSEPOWER

## July 2023

### No Lazy Days of Summer at LTR!

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"Summer means happy times and good sunshine."

~ **Brian Wilson**

We have been busy at LTR during the change of season! During the break week between spring and summer session while our horses got some much deserved rest, the humans did some tidying up!

Thank you to our friends at **TNT Tree Service** for pruning and removing stumps in two of our paddocks to make it safer for our horses!

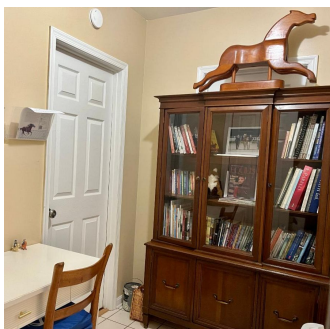
Our staff had great fun with our "paint by color" barn quilt designed by Tatiana and we put the finishing touches on one of our run-in sheds!

We also launched our **LTR Learning Library**, and would love for you to come check it out next time you are in the barn! Thank you to **PJ Fugate** and **Ryan Green** for moving the furniture which helped us to set the room up.

PJ and Ryan also assisted us with shed painting and hanging fans for the stalls, we are so grateful!

**Yogi** updated the herd "wish list". Click his image below to see what's listed on Amazon.





## Event Preview



The 3,500-pound Secretariat bronze monument created by sculptor Jocelyn Russell will be returning to its home state of Virginia on August 8.

To celebrate, Loudoun Therapeutic Riding will be partnering with the Town of Middleburg to host a pre-movie exclusive reception in the Middleburg Community Center's beautiful library room with refreshments provided by Greenhill Winery and an opportunity to meet Kate Tweedy, daughter of Secretariat's owner, and Jocelyn Russell.

Immediately following the reception will be a free-to-attend Disney Secretariat movie showing and Q&A with Kate about her experiences growing up in such close proximity to the legend and her role in the filming of the movie. To register for the reception, please visit [Secretariat Reception](#)

To RSVP for the free movie showing, visit [Secretariat Movie](#). A donation is suggested, but can be bypassed.










**Space is limited at the Middleburg Community Center, please register early!**



# Going...Going...Get them before they're Gone!

We have a few auction items left from our Barn Dance! Check out these gems below and take advantage of another way to support LTR!

## Barn Dance Auction Items

 <p><b>Lubin Photo Portrait</b> Known for creating timeless heirloom portraits for families and individuals, a Lubin Portrait is a treasure of captured elegance, talent and exceptional beauty. This package covers costs associated with an 11" x 14" Imperial Portrait with full artwork. Original Price: \$2,000 Buy it Now: \$300</p>	 <p><b>Missing Link Physical Therapy Session</b> Missing Link Physical Therapy was created to help you regain your mobility and take back your life. We will work and listen to you, then tackle the root problem of your symptoms head-on. Use this Certificate for a free evaluation and follow-up session just in time for Summer. Original Price: \$600 Buy it Now: \$100</p>	 <p><b>Empower Adventures Zipline Tour</b> Life is meant for great adventures so enjoy Empower Adventures' Zipline 20 Tour, which will take you into a canopy of trees in a fully-guided experience. Adventure Guides will help you traverse five (5) feet and two suspension bridges through the treetops in the historic Virginia countryside. *restrictions may apply Original Price: \$400 Buy it Now: \$80</p>
 <p><b>Bruce Smith Estate Planning</b> This package includes drafting a Will, General Durable Power of Attorney, and Advance Medical Directive. Package can be used for individual or couple. Original Price: \$2,000 Buy it Now: \$300</p>	 <p><b>Victory Martial Arts Uniform, Classes and Party</b> Victory offers programs for all ages and skill levels. Learn self-defense and fitness from experienced instructors while using this package: 3 months of Martial Arts, a Birthday Party and 2 Uniforms to get you started. *Restrictions may apply Original Price: \$600 Buy it Now: \$100</p>	 <p><b>Zazu Horseshoe Bracelet and Earrings</b> From John Medeiros' Equine inspired collection, a gorgeous Two Tone, 4 Wire Magnetic Clasp Bracelet and beautiful, matching French Wire Earrings, made in the USA. The John Medeiros Jewelry Collections are handcrafted, made with medium and gold, which makes them original and very special. Original Price: \$340 Buy it Now: \$80</p>
 <p><b>Essentially Jodi Oils, Reiki, and Energy Healing Session</b> Enjoy a 50 minute online Usui Reiki and Energy Healing Session with Reiki Master Teacher Jodie Howard. Use this basket of Certified Pure Essential oils to help support mental and physical health and wellbeing. Original Price: \$522 Buy it Now: \$100</p>	 <p><b>Signed Commander Football</b> Get a head start on the football season with this signed football from The Washington Commanders! Check out signatures from Will Terry, Matt Austin, Will Jaxson, Christian, TE Logan Thomas, DE James Smith, Williams, QB Jockley Brissett and QB Sam Howell. A future personalized piece of Sports Memorabilia just for you. Original Price: \$600 Buy it Now: \$100</p>	 <p><b>Mon Amie Amy Consuela Classic Tote</b> This Mid Classic Tote is perfect for life on-the-go and it packs a statement in ConsuelaCade™. Tipped with comfortable woven handles, this multi-functional tote is formed in natural leather and crafted to hold its shape. Our tote features a roomy interior and pockets, ideal for carrying your laptop, keys, and phone. Original Price: \$175 Buy it Now: \$45</p>

## LTR in the Community

### Equine Services for Heroes Grant Awards

We are extremely happy to report that we recently received two grants to go toward our Equine Services for Heroes program.

First, we want to thank **100WomenStrong** for their grant award of \$12,000. This funding allows us to provide equine-assisted services to veterans in need without compromising funding for our other programs. LTR absorbs 100% of the lesson fees for Veterans so there is never a direct cost to them or their families.

We also received funding from **BAE Systems** in the amount of \$5,000 for the same program.

We extend our greatest thanks to these organizations. If you would like to contribute to our programs and help fund the services that many individuals, including our veterans, rely on, you can do so at this link:

[LTR Donate Form](#)



**BAE SYSTEMS**

# IN STRIDE SOCIETY



## Are you In Stride with LTR?

Join us *In Stride* by pledging a monthly recurring donation, and we take it from there! No matter the size of your contribution, it makes a difference in the lives of our participants.

We greatly appreciate the generous support of everyone in our community that gives what they can and keeps LTR flourishing.

We are up to 18 monthly contributors! From the bottom of our hearts, thank you to ***Ken & Kathy Blaine, Roberta Saborsky, Michael and Christine Cummings, Susi Friedrich, Nancy Russell, R Scott Pollard, Ray & Gayle Pollard, Kathleen Giusti, Keegan Stone, Karen Rarick, Rosemarie Hamm, Carolyn Brandon, Chris Walton, Sheila Stevens, Scott Fuller, Laura Smith, Allan Leach, Alison Howard***

[Join the In Stride Society today](#)

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## Program Spotlight

The summer session is well underway with 19 new students joining us for adaptive riding and driving lessons each week!

Welcome - *Tim, Linda, Elyne, Oliver, Kaitlyn, Jessenia, Naya, David, Olivia, Giuliana, Stella, Noah, Emma, Diana, Soren, George, JR and Rachel*. We are so happy that you have joined the LTR family and can't wait to see your progress!





Watch for the Fall Session Lesson Registration information in your inbox in the next couple of weeks. Also, plans are in the works for a **Horse Power Social Hour** series!

Taught by certified professionals, each Social Hour combines hands-on farm and horse activities with a wellness theme on Tuesday and Friday evenings starting in September for groups of 4-6. Stay tuned or reach out with questions!



## Coming Soon!

Speech Therapy using Hippotherapy (HPOT) as a treatment strategy is coming this fall! We are very excited to let you know that **Catherine B. Coleman, M.S. CCC-SLP Speech-Language Pathologist** will be providing this new service on Saturday afternoons starting in September.

*Not sure of the difference between adaptive (therapeutic) riding lessons and Hippotherapy? In HPOT, occupational therapy, physical therapy, and speech-language pathology professionals use evidence-based practice in the purposeful manipulation of equine movement to engage sensory, neuromotor, and cognitive systems to achieve functional outcomes. In conjunction with other treatment strategies, Hippotherapy is part of a patient's integrated care plan. Learning to ride, as in adaptive riding, is not the goal in HPOT.*

Please reach out with any questions regarding speech or physical therapy (hopefully returning in 2024). Interested in volunteering during treatment sessions? Let us know!

## Word from the Herd!

Did you know that LTR is an EQUUS Foundation Guardian & Mentor organization?

**EQUUS**  
FOUNDATION

We are committed to best practices in managing the horses & ponies entrusted to our care. "At the core of the EQUUS Foundation's mission is safeguarding the comfort and dignity of America's horses throughout their lives and sharing their ability to empower, teach and heal with as many people as possible. We are

committed to ensuring that horses involved in any role and in any capacity - as athletes, companions, teachers and healers - are safe, protected, and treated with dignity as partners."

Check out this recent article in the [US Equestrian Magazine](#) for more information on the EQUUS Foundation and to see one of the featured photos of an LTR student, instructor & horse "Viva". A great & informative read!

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## Volunteer Spotlight

During the break between the Spring Session and the Summer Session, the horses got some much deserved rest but the humans continued to work hard! We took the opportunity to train a great group of new volunteers as well as offer a Horse Handling Enrichment class to new and returning volunteers. Lots of great learning and sharing!! We welcomed a dozen new volunteers to the LTR

family and they have jumped in boots first to help wherever they can for the summer session. It has been a joy to see so many new faces in the barn. We thank all of you that continue to support LTR on some of the warmer days so that our students can continue to ride, learn, drive and THRIVE.

If you are interested in volunteering, please reach out via the button below!

LTR Volunteer Program

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## Upcoming Events/Save the Dates

**Tuesday, August 8 - 7 pm:** Free Movie night, Disney's Secretariat, at Middleburg Community Center

**Wednesday, August 9** - Save the date! Bronze Secretariat Sculpture comes to National Sporting Library and Museum in Middleburg. Kate Tweedy, (author Secretariat's Meadow) will discuss the Golden Anniversary of Secretariat's Triple Crown and Jocelyn Russell will explain how she made the 1½ times life size sculpture of the horse.

**Sunday, August 13** - Therapeutic Riding Association of Virginia (Trav) Education Day (details to follow)

**Sunday, September 17 - 2:00 pm - 5:00 pm:** Heroes First Fair

**Saturday, October 28** - LTR's Ride-A-Thon

**Fall Volunteer Training** - Coming in September TBD - details to follow!

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Thank you to our generous sponsors of the 2023 Boots & Bridles Barn Dance and Putt for Ponies!



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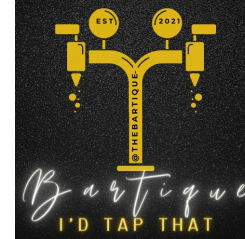


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