



Riding Times

The Newsletter of the Northern Virginia Therapeutic Riding Program, Inc.

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NVTRP BUYS THE BACK FIVE!!!



That's right we've done it! NVTRP now owns the back 5.5 acres of Little Full Cry Farm! This marks the achievement of a major milestone for NVTRP. Thanks to all of you who have helped to make it happen with your hard work and contributions.

For the past year, all of us have been working to make Little Full Cry a great place for NVTRP – painting fences and sheds, moving and organizing equipment, renovating and furnishing the office. The amount of love and sweat equity that the staff and volunteers have poured into Little Full Cry is immeasurable!



Our horses are happy with the move too – each time one of them lays in the field fronting Clifton Road, basking in the noonday sun, we're reminded how much each enjoys the expanse of the open pastures at Little Full Cry. It's Home!

So now the journey continues. No time to rest on our laurels. Our goal now is to raise enough money in the next two- to-three years to buy the remaining 11.5 acres of the farm and build an indoor arena.

The Board has developed a wonderful vision for what NVTRP can be once the program owns the entire farm.

Continued on next column

"The amount of love & sweat equity that the staff and volunteers have poured into Little Full Cry is immeasurable!"

"So now the journey continues"

One day:

- NVTRP will offer not only therapeutic riding and hippotherapy, but also aquatic therapy with an office and therapy room for a full time physical and occupational therapist
- There will be an indoor arena so that lessons can be provided throughout the year
- Siblings and riders will be able to play on a playground equipped for use by children with disabilities
- Some of our teen riders will be able to have an internship with NVTRP to gain valuable work experience in a supportive environment
- Parents will have an indoor sitting room to share conversation, have a coffee or just a quiet moment
- NVTRP will host special workshops and conferences on issues of interest to our rider families, our staff and volunteers

These are all big plans that can happen when NVTRP owns all of Little Full Cry. You all have been just fantastic in your support of the program so far. Once again we need to rally everyone's support to meet this next milestone. And we can have some fun as we meet our goal by celebrating Peachy Keen's (AKA Peaches) 30th Birthday! See related stories on pages 2 and 3.

A Letter from the Executive Director

Breeana's Call to Action

Every individual brings a unique gift to this world. So often these gifts are lost among the hustle and bustle of day-to-day life. For me, therapeutic riding (TR) is the personal way that I have chosen to acknowledge people for who they are and their contributions to our community.

My journey began as a young girl in LOVE with horses. I was just drawn to them and didn't know how to explain it. I rode on-and-off throughout my younger years but it wasn't until I was a teenager and my family and I began to volunteer for a local therapeutic riding program that I began to see a bigger picture. I experienced a caring environment where people came together in a common purpose - helping people with disabilities ride horses. I saw not only the changes in the riders but the volunteers as well. The TR barn was an environment that inspired a connection and acceptance between everyone who was involved. I knew that TR could be a way for me to model my beliefs, so I decided to commit my life to it.

I was blessed to find a four-year degree program in TR right in North Carolina and went to pursue my passions. After completing my degree I was ready to use my newfound talents in the "real world". That was when I found the Northern Virginia Therapeutic Riding Program (NVTRP). While NVTRP as an organization was established in 1980, it was undergoing some challenges since the head instructor of 20 years had retired. The program was small at that point, but what I found was that the personality of the organization was larger than life. The riders and volunteers were fantastic! And the Board had a beautiful vision for the future. The Board had a dream of turning NVTRP into a community institution that would burn bright for the years to come. I knew that I could help NVTRP become an organization that brought people together and changed their lives.

I have worked with NVTRP for almost eight years now and it has been a tremendous journey. When I am explaining what TR is, the basic explanation is usually "TR is teaching people with disabilities how to ride horses." TR is so much more. TR is an opportunity for each person to be accepted and valued. Our community is enriched because by helping others, we are making the world we live in a better place.

Horses are fantastic mentors. They are accepting, honest and true to themselves. They are intelligent but simple animals who do not judge. We can all learn from the way that horses approach their relationships with each other and humans. Our vision is that NVTRP will, for many years to come, give people the opportunity to learn from our large, gentle friends and build strong relationships with people in our community.

So, now I need your help. NVTRP has an opportunity to buy Little Full Cry Farm and become a permanent part of your community. I believe in our mission; the program must continue to serve our riders and volunteers. By coming together and joining our NVTRP family, you can make a difference in so many people's lives. Please join me in supporting this community family and pledge your support to the purchase of Little Full Cry. There are so many ways to help. And, every contribution makes a difference.



How You Can Help Our Journey Continue

You can help us achieve our goal of owning Full Cry, and giving Peaches a forever home for her 30th birthday (see related article on page 3).

Here are some ways you can help us celebrate Peaches' birthday and raise money for NVTRP:

1. Make a contribution or send in a Pledge to Peachy Keen's Birthday Wish Campaign.
3. Volunteer to organize one of Peachy Keen's Birthday events
4. Organize a fundraiser in your neighborhood or church (have a party for Peachy Keen)
5. Invite Peachy Keen to speak at your school or other community event (she loves to talk about therapeutic riding and all of her amazing riders!)
6. Introduce Bree and our Board Members to your friends and family who may want to support our campaign
7. JOIN FACEBOOK and spread the word about Peachy Keen's Birthday Wish to your friends, family, neighbors and colleagues (see the details in the article on page 3).

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For our Parents:

In 2010 we will be celebrating the 30th birthday of Peaches and NVTRP. This is such a momentous occasion that our celebration will last all year long! Part of the celebration will be hosting three forums with speakers to talk about the issues that are important to you. We need your input! Please e-mail Bree with your suggestions of topics. Send your ideas by March 15 to: info@nvtrp.org. Or help organize the events! Stay tuned for more news about our 30th Anniversary celebration.



NVTRP Board of Governors

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Peachy Keen is Turning 30: Make Her Birthday Wish Come True!



Can you believe it – Our Peaches, show name Peachy Keen, will be 30 years old just one year from now!!! Reaching this age for a pony is quite an accomplishment and is a testament to all the love and care that Peaches receives from everyone at NVTRP. And not only Peaches is turning 30 – NVTRP turns 30 next year too!

Peaches has just one wish: to make Little Full Cry her forever farm, where she can live out her life with Chet, Harmony, Cinder and all of her other Pony Pals. That Peachy Keen is a wise one! She knows that if Little Full Cry is her forever home, NVTRP can be around forever too!!

You can help spread the word to people who may be interested in helping. How? JOIN FACEBOOK! That's right join Facebook! Peachy Keen has a Facebook page and she wants everyone in the NVTRP community to link to her as a friend. NVTRP is her cause. Please send Peachy Keen's page to all of your friends. Tell your friends about our wonderful pony Peachy Keen and ask them to help make Peachy Keen's Birthday Wish come true.

Let us share a story. We have been working on Peachy Keen's Facebook page for a few weeks now. She already has 45 friends and we have not even announced she's there! And, we received a \$10.00 donation from one of Peachy Keen's former fans now living in Michigan. She wrote:

"Peachy Keen! I read her name in a recent NVTRP e-mail and thought back to 1996 when I used to ride her back from the riding arena through the woods to her home stable. What a sweet pony she was! Also in honor of Sugar Daddy, another wonderful NVTRP horse that I'm sure is long gone but still lives in my memory."

We were just thrilled –not just to receive the contribution, but also to have someone share another great memory of our beloved Peachy Keen.

So, join the fun and help us meet our campaign goal too! Every dollar counts. If everyone reading this newsletter shares the NVTRP story with everyone they know, think how many people we can reach! Over the next year, we'll post new stories about Peachy Keen and her experiences as a therapeutic riding instructor. As you know Peachy Keen has opinions about all things riding – you never know what she might come up with next!

Peachy Keen's 30th Birthday in 2010 will be the best year ever for NVTRP!

NVTRP Calendar of Events

March 1 - June 21, 2009

Spring Session

May 1, 2009

Heritage Hunt Golf & Country Club

Tee Off for Therapeutic Riders Golf Tournament

June 7, 2009

Frying Pan Farm Park

Horse Show and Family Picnic

October 3, 2009

Summerhill Farm

Ride to Thrive Polo Classic

October 10, 2009

Clifton Day

**For more information or to register,
please visit www.nvtrp.org.**



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For our Volunteers

Important Dates:

Intro Sessions:

March 15, 2009
March 29, 2009
April 15, 2009
May 17, 2009
June 16, 2009

Leader Training Sessions:

March 8, 2009
April 5, 2009
May 12, 2009
June 16, 2009

Leader Practice Sessions:

March 15, 2009
March 17, 2009
April 14, 2009
April 26, 2009
May 17, 2009
June 21, 2009
June 30, 2009

For more information, or to register please e-mail Linda at Info@NVTRP.org.

United Way Campaign 8400
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Horses Leave Hoofprints
on the Heart

