



HOOFPRI^NT^S

A Publication of

The Therapeutic and Recreational Riding Center, Inc.

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2020 GOLF EVENT FUNDRAISER-- CONNTINUES TO LIGHT UP TRRC!



But now we can weather the storm, thanks to several hundred golfers who played in the much-changed golf event at **Queenstown, September 15th**. Chairman **Ken Varney** had to deal with new Covid regulations, which changed the tournament in to a totally different experience from past years. His planning team was really looking forward to a blast for our **30th Anniversary Golf Event Celebration** to honor golfers, especially those, who have played every year for 30 years in a row! A tip of the hat to all of you! But, sadly to report, that did not happen, **BUT SUCCESS DID!** Because of these several hundred dedicated golfers, TRRC will be installing **generators** to keep the lights on during severe weather, along with personal donations and cooperation from our mortgagor, **MIDATLANTIC FARM CREDIT, A SUBSTANTIAL DISCOUNT REWARD FROM BGE, and SOUTHERN STATES!** This planning occurred over a period of two years with the safety of our riders as the top priority--being sure wheelchair-users could navigate to their family vehicle in the dark! Getting water to the fields for all the TRRC equines, returning equines to safety, providing safe exit for the families, volunteers, and staff. This investment will be worth every penny!



RSVP now for an “Ear Raising” and Interactive Event

October 13, 2020

Tuesday 6:00 – 8:00 PM

**Due to concern for the health and
safety of everyone**

**we will be making this a *virtual event*
only**

Please RSVP at

www.facebook.com/TRRCMd. Choose
“going” under the “interested” tab.

Join the Zoom meeting on 10/13 at 6:00:

<https://umuc.zoom.us/j/95741005985>

- Active Military and Veterans** **First Responders**
- Agriculturalists** **School Staff**
- Families**

At our interactive event, learn about health and wellness from the following medical, school safety, farm stress intervention, and equine-assisted therapy professionals:

Samuel Nokuri, MD, MBA, FACP, Lieutenant Colonel Air Force Flight Surgeon, Medical Director Premier Health Express

Jeff Allison, FBI Special Adviser for School and Campus Safety (ret.)

Michele Gay, Executive Director of Safe and Sound Schools, Sandy Hook Parent

Chuck Schuster, Senior Agent Emeritus, Retired Extension Educator, College of Agriculture and Natural Resources

The event will include a hands-on demo of equine assisted therapy by **Barbara Malavite, Licensed Clinical Professional Counselor** and **Lisa Sowers, PATH Certified Equine Specialist in Mental Health**

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SPONSORED BY A GRANT FROM THE HORIZON FOUNDATION

"I believe that the greatest thing I can do as a leader is to create more leaders. I believe that when individuals are given permission to fail forward, magic happens. I promote a culture of taking risks and stepping out of your comfort zone."

(Kate Fritz, Executive Director, Alliance for the Chesapeake Bay)

POETRY ON THE FARM!

By Teresa Girod

September 19, 2020 started off as a beautiful day. The weather was perfect for an indoor/outdoor event. After 9 months of planning, the **Glenwood Grace and Gallantry Arts Show and Auction(s)** had finally arrived. The **Howard County Times** had published an article on the events titled, *"Two poets will share their unique words and power at Howard County events with featured Maryland Poet Laureate, Grace Cavalieri."* Grace's gifts and talents flowed through the Zoom connection and filled the Bank Barn. Grace captivated her audience with readings of the poetry she had written to share her experiences and set the tone for the participants to explore creations of poetry first hand. Grace had three writing exercises she used. One by one, each writer stepped up before her and read their thoughts in poetry. Each one was different and unique. The third exercise was where each participant had to close their eyes for a few minutes, imagine themselves when they were 5 years old, and open their eyes and describe what



"Mister Twister"

they saw. She was so encouraging and inspiring that I sent "My Story" to her at 4:00 in the morning the next day! One hour passed, and the participants were saying, **"Until next time"** to the woman who had captured their hearts and spirits. **Orlando Cotto** entertained the participants with his musical talents on his percussion instrument. By the end of his performance, he had the audience participating in his percussion composition. There will be another planned session for **"Poetry on the Farm"** scheduled for the December time frame in the poetic environment of the **TRRC Bank**



Barn.

"Serenity"

Two beautiful horse portraits that are still for sale from the art exhibit. Inquiries should go to **Helen Tuel** (trrc01@aol.com) or **Teresa Girod** (mtagirod@gmail.com).



Dr. Michael J. Martirano, Superintendent, Howard County Public School System: A child of poverty; his mother died when he was 10, and he was placed in foster care for a time. Education became the great equalizer for him. According to Martirano, “When working with children, who have the greatest need, I actually see myself and knowing, if I didn’t have someone in my corner to work with me, maybe I would not be in the position that I am today. I am their voice; the voice of the children, who are the underdogs, underserved by our community and our nation, and I work every day tirelessly to provide those supports to the students, who need those supports. I think that sensitivity is most important, as so many of our students are marginalized in life, with no voice to be heard, regarding their feelings.”

STILL ROLLING!



Clarksville native **Tatyana McFadden**, a World-Class wheelchair-racing competitor at the Rio 2016 Paralympics Games in Rio de Janeiro, Brazil, and winner of 16 Paralympic medals, and 4 gold medals, is featured in the documentary *“Rising Phoenix.”* A Russian-born native, living life in an orphanage and not having a wheelchair available and then coming to the United States with all its sports opportunities. “Sports became an opportunity to become healthy and normal,” reveals Tatyana, who is the producer and profiled in this documentary, a chance “to advocate for others in the disability community,” Tatyana insisted that there be, “as many people with disabilities featured in the film and just as many behind the camera, so 16% of the people working on this film have disabilities.” Bravo, Tatyana, Bravo!

90 MINUTES OF MY TIME AWAY FROM THE TRRC PROPERTY!

My name is **Barbara Cook**. I have been a staff member at TRRC since 1984. In 2015 I introduced a money saving program to TRRC known as “**SHOW**” which is a program by **Southern States** to allow organizations and **Horse Clubs** to save money by clipping the “**Proof of Purchase**” tags found on every bag of food purchased from **Triple Crown** and **Southern States** feeds. These tags should be collected and submitted back to the feed company (**Triple Crown or Southern States**) and be worth **\$0.25** per tag. I have been collecting and submitting these tags to the companies since 2015. In 2018, Triple Crown broke away from the “**SHOW**” program and the tags are now sent directly to them and their price was raised to **\$0.35** per bag. At the beginning of 2019 I became aware of another savings program by Triple Crown that made it possible to use a portion of Triple Crown’s tags to receive one **FREE** bag of feed per month for a total of **12 FREE BAGS OF FOOD!** AMOUNTING TO A SAVINGS OF \$287.88. TO SUM IT ALL UP IN THE LAST 5 YEARS TRRC HAS COLLECTED A SUM OF **\$1,170.10 PLUS 12 FREE BAGS OF FOOD.** NOT BAD FOR ONE AND A HALF HOURS PER MONTH—RIGHT?

UPDATE: LETS ADD THE SAVINGS FROM 2020 (JAN THRU AUG) TO THE ABOVE SAVINGS AMOUNT

(12 BAGS FREE FOOD (\$287.88) PLUS ADDITIONAL FEED TAGS (\$167.00) IN SIX YEARS TRRC HAS NOW SAVED \$1624.98

FOR SALE



TruXedo LO PRO QT Tonneau Cover (MUST SELL) fits **Chevrolet Long Bed Pickup trucks from 2007 to 2013 ONLY.** Unfortunately it will not fit my current truck. The cover is in excellent condition. **ASKING \$275.00** or make me an offer If you call me please leave message indicating your interest in cover as I do not return calls to numbers that I don't recognize.
Barbara Cook (410) 746-5297

