



# Lucketts Ruritan

**Board of Directors:** Peter Gustafson, Past President; Jim McKenzie, President; Doug Kemp, Vice President; Elizabeth Penaranda, Secretary; Craig Bond, Treasurer; Fred Nassauer. Conrad Falk, Tom Small: Three-year Directors

## General Membership Meeting Minutes-Feb. 9th, 2016

**Attending:** Adams, Baker, Bond, Fabboli, Falk, Fisher, Gustafson, Hart, Hillebrand, Kemp, McKenzie, Menendez, Moffett, Nassauer, Penaranda, Quitter, Siebentritt

Pres. McKenzie called the meeting to order at 7:36 PM.

Due to inclement weather, this was a General Business meeting only; no dinner was served.

### Program

Katie Fallon of Bridle Paths Therapeutic Riding was our speaker for the evening. Her early background was in International Relations, but after her daughter underwent four brain surgeries and needed assistance, she learned about therapeutic riding and became a volunteer coordinator. She started the program for the Bridle Paths organization in 2010, and established it here in Loudoun County on Spinks Ferry Road two years ago. Bridle Paths is a nonprofit organization that offers assistance to individuals and families through equine-assisted activities and therapies. The program is a little different from others in that it combines therapeutic horse riding skills that are adapted to the rider and equine assisted psychotherapy. Focus is on the relationships between clients and horses and volunteers and all members of the clients' families. Because of the prevalence of anxiety and depression in Northern Virginia, especially among teens, a major program goal is to develop skills at the farm that are transferable to daily life.

The program serves those with a wide variety of needs and diagnoses, including brain injuries and physical disabilities, cognitive impairments, post traumatic stress, anxiety and depression. Bridle Paths combines work on the ground with the horses and equine assisted psychotherapy (as opposed to talk therapy) to build problem solving and leadership skills, regain trust and focus, and enhance self-esteem, self-confidence, and patience. Katie pointed out that because horses are prey animals, they are especially sensitive and non-threatening and offer opportunities for non-verbal communication and emotional connection.

### Next Meeting

March 8th, 2015 • 7:30 P.M.  
Lucketts Community Center

### PROGRAM HIGHLIGHTS

**Program:** Our speaker will be Norina Treanor from the Girl Scouts. She will discuss current programs and activities of our local troop.

From these experiences, clients learn both physical and cognitive skills.

At Bridle paths, all lessons are private. Clients spend one half hour on the ground to prepare the horse and the rider for the session, and one half hour riding. This approach emphasizes multiple sensory inputs, resulting in physical, speech and language, and emotional and social benefits. Each of the eight horses in the program has the temperament and personality to work with clients with special needs; each client gravitates to the horse most like them, which decreases anxiety, increases confidence, and fosters emotional connection. Clients can "borrow calm from the horse" by listening to the horse's heartbeat, trusting in a safe environment, and increasing mindfulness in the moment. These results enable the clients to take direction and allow them to be authentic, both powerful methods for healing.

Bridle Paths partners with Boulder Crest Retreat in Bluemont, the Wounded Warrior Project, and the Gil Institute for Trauma Recovery and Education. They offer programs for trauma survivors (such as victims of human trafficking); work with Loudoun County Department of Family Services and Loudoun County Public Schools; and provide camps for volunteers to teach barn and therapeutic skills. Bridle Paths welcomes the involvement of the community and is always looking for volunteers, especially those who can work during the week. The organization leases its facility from the owners of Stone-Horse Farm, but is responsible for funding its programs and for maintaining the horses.

Bridle Paths website: [www.bridlepathsva.org](http://www.bridlepathsva.org)

Contact them at: 571-216-9089

John Adams bought get well cards for our members currently in ill health for our club members to sign. He will send cards to Chet Martin, Jim Rocks, and Tom Howder.

Sec. Penaranda summarized the minor corrections to the January minutes. The minutes were approved as corrected.

Treas. Bond presented the Treasurer's Report as reflected on January 31, 2016 in the new QuickBooks format as a profit and loss statement and balance sheet. Receipts were \$5,494.35; disbursements were \$3,568.39, for a net income of \$1,925.96. Our bank balance is \$6,256.09; total investments are \$153,445.53, for a total current assets amount of \$159,503.62. The Membership Dues Report was shown in months within the yearly quarter. Bond will work on changing the column headings to be more understandable. The Treasurer's report was approved.

### New Business:

*Conversion to Quick Books:* D. Kemp noted the transfer to Quick Books has been finalized. We still need ideas for new or other donations to be incorporated into the 2016 budget. J. Adams asked about a backup and security system for our financial information. We are backing up our data each month on an external hard drive.

*Finance Committee:* D. Kemp noted that, due to the resignation of S. Scheiblhofer, we need volunteers to serve on the Finance Committee.

*Membership:* P. Baker stated that he and S. Sorrell will soon meet to discuss ideas for increasing club membership. We have a line item in the budget of \$1,000 for an Open House to encourage new community participation. S. Hillebrand noted that we should consider entertainment and activities at this event to attract families, and that we should advertise to the community.

*Parking:* I. Moffett reported Bob Carr's idea to form a parking committee of all Loudoun County Ruritan Clubs that would organize and provide parking services in the County and in Leesburg. (See full report in Board Minutes in January 2016 minutes). This idea was favorably received by our club members, who approved going forward with this cooperation with the Lovettsville/Waterford club as the primary Point of Contact.

### Old Business:

*Committee Assignments:* No new information.

### Announcements:

Member Steve Scheiblhofer submitted his resignation from the club, due to personal reasons, effective immediately. We wish him well going forward.

J. Adams attended the Jefferson Ruritan Club breakfast, typically held twice a year in spring and fall.

S. Hillebrand reported that part of the arrowhead collection of the Loudoun Farm Museum (pieces that are not currently displayed there, due to space limitations) could be brought to Luckett's for display at the Community Center. One item is 8,000 years old. Funding is needed for a case in which to display the artifacts. The club approved \$1500 for this purpose, if needed, and that we would gather more information to determine whether Ray Wagner would be the appropriate person to build the cabinet.

The trash schedule can always be found on our website at: <http://luckettsruritan.org/for-members>, then click on the "Compactor/Recycling Assignments" link.

Pledge of allegiance was said and meeting adjourned at 8:55 PM.

*Submitted by Elizabeth Penaranda, Secretary*

## **Board of Directors' Meeting Minutes**

February 23rd, 2016

Attending: Baker, Bond, Falk, Gustafson, Kemp, McKenzie, Nassauer, Penaranda, Quitter.

Pres. McKenzie called the meeting to order at 7:35 PM.

**Review of Minutes:** The Board approved the draft February General Meeting minutes with a few minor corrections. Minutes were approved.

P. Baker reported on a meeting attended by Baker, Gustafson, Sorrell, and Moffett to discuss a potential Open House community event, to be held on a Saturday in May, to advertise the club and encourage new members. The consensus was that we might get better results and response if we combined the event with several groups, such as the PTA, Rudy Club, the LCCAB, the Boy Scouts, and perhaps local HOAs and other Ruritan clubs. Activities could include games, awards, and recognition of our service partners. We could also invite food trucks to attend the event that would provide food and snacks. From the attendees, we would start a list of potential volunteers and/or prospective members, upon whom we could call if we needed assistance on parking or other projects. Another idea was to combine the Open House with the Boy Scout Yard Sale at the end of April, but the Board decided that it would be difficult to get people to stay long enough after the sale to attend the Open House. The subcommittee has scheduled another meeting to discuss further and will present ideas at the next General Meeting on March 8<sup>th</sup>.

P. Baker presented the required paperwork to remove S. Scheiblhofer from signature authority for our investment account, due to his resignation from the club. The Board moved and approved to place S. Sorrell as a signature authority.

P. Baker brought a new wooden box to hold the money collected at trash and recycling, as the old box was broken and worn out.

**Treasurer's Report:** Treasurer C. Bond provided the January financial reports, now shown in the new cost accounting Quickbooks format as a profit and loss statement. Receipts were \$3,055.97, disbursements were \$2,930.09, for a net income of \$105.88. Total investment assets were \$151, 670.10; checking account showed \$7,459.97. the amount of membership dues owed was down, but

Bond noted that many members have not yet paid for the first quarter of 2016. He also noted that we still have not received the check from Roy for our BBQ concession at the Lucketts Fair. The Treasurer's Report was approved by the Board.

### **New Business:**

*Finance Committee Report:*

*Donations Plan for 2016:* D. Kemp reported that the committee reviewed the 2015 financials and that all was in order. When we receive the check for the BBQ at the Fair, we will show the amount as income for 2016.

*Budget for 2016:* Donations totals: in 2015, we budgeted \$16,300 and expended \$22,641.30. For 2016, we will budget \$23,050. We will increase our donation to the Point of Rocks Club for scholarship application evaluations, add \$1000 to the FOP for contingencies for First Responders or other needs, contribute to Ruritan National for Operation We Care, and donate \$2500 each to LES PTA and LES for parking partnership, if they participate this year. Due to the closing of Faith Chapel, the Board decided to donate the \$500 previously allocated to this church to the Bridle Paths Therapeutic Riding organization. The Board approved the 2016 Budget Plan.

Discussion of our investments was tabled until the General Meeting on March 8<sup>th</sup>.

### **Unfinished Business:**

*Arrowhead Collection for Community Center:* We will check again with Hilary Cooley at LCC to make sure that she approves the display of the surplus arrowheads at the LCC. We need to investigate further the need for insurance, whether we need a new display case, and whether there is enough space at LCC for this display. Another idea was to display the arrowheads at LES, where it would be more accessible to the students. F. Nassauer will inquire whether this is a possibility.

*Committee Assignments:* We added A. Menendez to Programs and Finance and Audit committees, and J. Adams to Citizenship committee. We will put committee assignments on our website.

*Scholarship Applications:* P.G. will design a poster for display at trash.

### **Announcements:**

1. P. Baker announced details for Chet Martin's funeral, which was scheduled for Saturday, February 27<sup>th</sup> at 5:00 PM at the

First Presbyterian Church, 220 S. Queen St., Martinsburg, WV 25401. The service will be followed by a dinner at the Purple Iris Restaurant. Directions to the restaurant are available at the church. Our club will send flowers in remembrance.

2. C. Falk announced that the LAWS house has items to haul away. We will provide a truck and assist them in removing this material from the back of the house.

Meeting adjourned 9:00 PM.

*Submitted by E. Penaranda, Secretary*