



# Hoof Beat

2021

## **A note from Susie. . .**

Several years ago I asked a teen, "What does having hope mean to you?" A few days later this was on my desk. . .

One of God's most beautiful creations is the horse. Horses see our heart and our armor. They reflect our true feelings. They teach us how to connect.

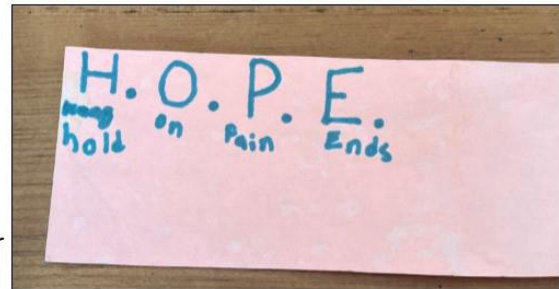
While sharing my love of horses, I am truly honored to walk alongside those on a path of healing and moving forward to having hope with each day.

As COVID restrictions change how we do things, what remains unchangeable is the dedicated and resilient Freedom Farm staff. We did not greet each day with angst about the unknown but gave thanks for the fact that love is the greatest gift. This allowed us to adjust.

We are able to offer programming for those who have endured significant trauma, continue to greet our Freedom Academy students every day with encouragement, and honored to have Veterans choose Freedom Farm as their place to connect and learn horsemanship skills.

Thank you for your unwavering support. Your prayers and financial donations are truly making a huge difference.

It is never too late to have hope.



## What has Freedom Farm been up to?

### **16 girls who have experienced significant trauma are on their journey of hope & healing with the help of the Freedom Farm Horses**

Hope and Healing compliment each other. While a person is on the path of healing, they can start having hope for their future and this hope promotes deeper healing.

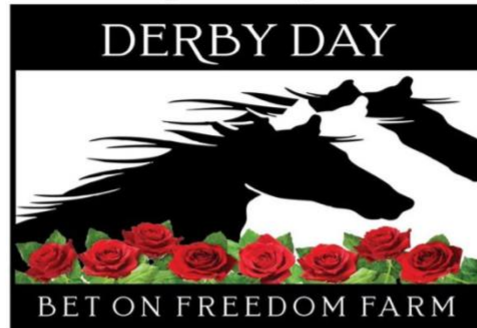
Horses so beautifully teach, in a way that can be felt to the root of the issue. Horses mirror our feelings and reveal truth to an angry, broken heart in a way that is understood and life changing.

The girls have begun their journey of healing. The work is extremely difficult. They are brave to be willing to feel. Brave to learn a new way. Brave to allow themselves to trust, some for the first time.

The girls connect with their horse as they learn about horse behavior, grooming, leading, and for some riding. It is through this connection that the horse shows each girl their strengths and brings awareness to areas that need to be felt, need to be looked at, need to make changes.



*Saturday, May 6th, 2023*



BlackBerg Ranch 1980 Sally Ave. Watertown, MN  
Event is held outside under The Canopy



**3-4 PM**

*Derby Day Warm Up*

Parade of Breeds ~ Live Screen Coverage  
Kentucky Lemonade Bar & Hors D' Oeuvres



**4-5 PM**

*Walking Ring*

Freedom Farm Presentation ~ Live Auction  
Best Ladies Hat, Best Dressed Gentleman  
& Best Dressed Couple Contest



**5-6 PM**

*Receiving Barn - Take a Seat*

Dinner ~ Place Your Bets!  
Live Screen Coverage



**6 PM**

*And They're Off!*

Kentucky Derby Race Live on the Big Screen  
Bet Payout ~ Run for the Roses Celebration



***Derby Day Tickets***

WIN: Table for 10	\$3500
PLACE: Table for 8	\$2500
SHOW: Table for 6	\$2000
Individual Ticket	\$250

\*Reserved WIN, PLACE, & SHOW Tables include a bottle of champagne and will feature Company/Family Name prominently displayed on the stage.

***Derby Day Sponsors***

Garland of Roses	\$5000	Mint Julep	\$2000
Kentucky Lemonade Bar	\$1000		

Limited Seating ~ 250 Capacity  
Purchase your tickets online at  
[www.freedomfarmMN.org](http://www.freedomfarmMN.org)

OR

Send a check to:  
Freedom Farm  
11500 Ferman Ave. SW  
Waverly, MN 55390



## Freedom Academy & Succeed with Horses

Freedom Academy is an on-site Accredited Public High School for students in grades nine through twelve. Along with their core academics, students learn through hands-on, project-based approach that seeks to bring real world problem solving into the classroom. Each learning experience incorporates several different content areas and offers the flexibility to individualize learning for each student.

In addition to supporting the students academically, Freedom Academy seeks to support each student's emotional, mental, and physical health. Students are able to learn skills to help them thrive, not just survive, with barriers such as anxiety and depression. At Freedom Academy we believe that each student is beautifully and wonderfully made. We are inspired by all that the students can accomplish; mind, body, and spirit. In partnership with Freedom Farm, students are in the barn everyday for their class, Succeed With Horses. While partnering with the horse, the students experience success as they gain horsemanship skills.

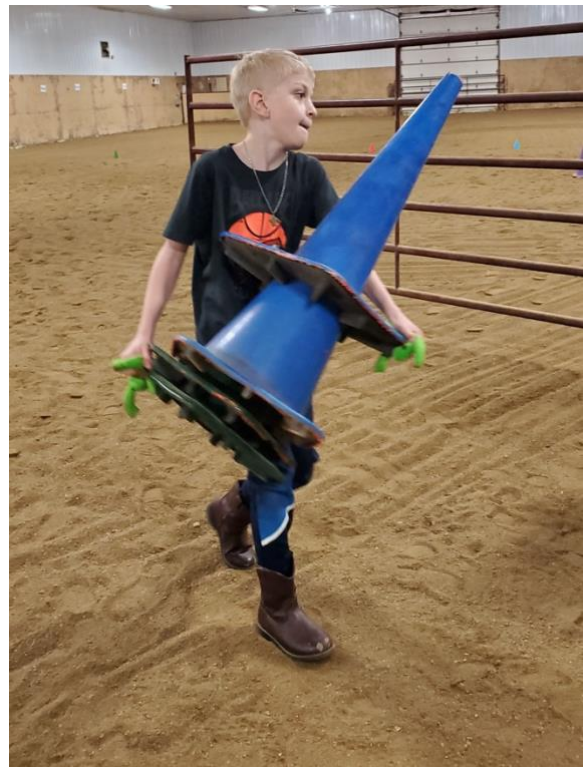
Students are learning to trust and be trusted, become a positive team member, improve communication skills and gain confidence all while building positive relationships. When an individual chooses to connect with a horse, they are opening their heart and mind to freedom.



**Freedom Farm, in conjunction with an occupational therapy college student, piloted a barn chore-based program for children with sensory processing deficits.**

Sensory processing refers to how our bodies take in sensory information from the environment around us, process that information and use it to create an appropriate response to that situation. Children with sensory processing deficits may respond too little or too much to harmless sensory information from their environments. These inappropriate responses and poor body awareness may result in behaviors that interfere with self-care tasks, social environments, or school.

Often sensory processing deficits are treated in a clinic or school setting. Why the barn? Heavy work (lifting, carrying, pushing or pulling) is neurologically organizing and desensitizing, it promotes optimal regulation to improved performance in tasks. Chores such as carrying water buckets, sweeping, or pulling a muck bucket are some examples of heavy work. Grooming horses provides a variety of texture input including the thickly feeling of stray horse hairs touching one's hand or arm; and feeling the textures of horse's body/mane. Lastly, leading a horse encourages body awareness since one uses their own body movements to help communicate instructions to the moving horse.



## Mount Up ~ Walk On

Our Veterans continue to ride weekly and our search continues for horses and leaders for this program.

Freedom Farm is looking for horses:

- 15 hands and up
- Preferably retired show or ranch horses
- Can be ridden at walk and trot
- Have been ridden in an indoor arena

If you have a horse that fits this description, visit our website and submit a horse donation form or call 952-955-2505 or email [info@freedomfarmMN.org](mailto:info@freedomfarmMN.org) with information about your horse.



### **Volunteer Training Dates: Leaders only – Horse experience required**

**Thursday, April 15<sup>th</sup> from 9-10:30 AM**

**Tuesday, May 11<sup>th</sup> from 5-6:30 PM**

Please choose one training and register by calling 952-955-2505 or email [info@freedomfarmMN.org](mailto:info@freedomfarmMN.org)