

# Charitably



# Speaking

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**A PUBLICATION OF THE MASSACHUSETTS CHARITABLE MECHANIC ASSOCIATION**

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## President's Message

Where did the summer go? I know it is almost drawing to a close because my grandkids are reporting back to college. And this has been a good summer because as an association we have moved together as one.

Our building committee has come to a solution regarding a new tenant; our function committee has had two successful activities; and the membership committee has created a new list and system to communicate with the membership and with new prospective members. Keep up the good work! **Thanks – Arthur.**

## Recent Happenings

Our Summer Quarterly Meeting was held on July 19 at the summer home of trustee Paul Lohnes in Gloucester, and once again it was attended, at the invitation of Paul and his wife, Jessica, by both members and guests.

Vice President Peter Lemonias chaired the meeting, and he opened it with a thank-you to Mr. Lohnes for his generous hospitality. Membership Committee Chairman Chuck Sulkala then reported favorably on the membership application of Mr. Robert Fuller, who was voted to associate membership, and he announced the receipt of three new applications that will be investigated by the committee prior to our next meeting.

Secretary Joyce reported that the Planning Committee completed their review and consideration of 2017 requests for MCMA grants and voted to approve just over \$230,000 in grants. And copies of our 2016 Annual Report were on hand and made available for members.

In August both members and guests visited the Collings Foundation in Stow to enjoy lunch and view the extensive collection of historic military aircraft and other military equipment and artifacts displayed there. This outing was planned and coordinated by our Functions Committee, and we thank Tom Crowdis III and Rick Ryan in particular for their efforts in making it a success.



## Helping Others

MCMA has been a longtime supporter of the following organization, and it came as a surprise to us that a review of our *Charitably Speaking* articles over the past 10+ years showed we had yet to highlight their work ... so we'll correct that right now. **Challenge Unlimited** at Ironstone Farm in Andover was established in 1983 as a non-profit charitable organization to provide therapeutic riding to individuals with disability. In this type of therapy, for a person straddling a walking horse, the movement of the horse provides the sensation of walking and moving forward through space, and the rider needs to respond to these movements. This means that a person who cannot walk or who has difficulty walking can experience the sensation of walking and

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respond to those movements simply by riding a horse. Therapists use this unique motion to help clients improve balance and coordination, increase muscle tone, and make gains in strength and stamina – all of which are difficult to achieve in the classroom or clinic. For the client, therapy is fun while also being effective. The therapy serves people with a wide range of disabilities, including many (such as autism, visual impairment, developmental disability, epilepsy, and traumatic brain injury) that would not immediately come to mind. Clients are often referred because the therapy can lead to improved social interactions and self-confidence in addition to improved physical condition.

Ninety percent of therapy clients at Ironstone are children. Following referral, a therapy evaluation is conducted and a plan of care determined. Progress is carefully monitored, documented and sent to the referring physician or agency monthly. If a child achieves predetermined goals, recommendations are made for more extensive therapy or discharge, in which case the decision can be made for the client to continue riding horses as a recreational therapy. And coming to this 19-acre horse farm, rather than to an impersonal clinic, makes this therapy a “want to” event rather than a “have to” session for the kids.

MCMA support to Ironstone has focused on customized saddles, leathers, and specialized equipment to support their therapeutic riding program. Last year we expanded this support with the purchase of two pregnant Haflinger mares to initiate a “foaling” program at the farm whereby they will be able to raise and train horses from birth, employing veterans and others in their care. *[Two-thirds of Ironstone’s horses are Haflingers, an attractive Austrian breed, relatively small, that has proven to be safe and reliable.]* The first of the foals, named “Elliot” following a naming fund-raiser, was born on June 12 (the photo shows the newborn), and the second foal is due this fall. Needless to say, Elliot has become a sensation with the kids. This program is off to great start, looks to be promising in many ways, and we’re pleased to have been involved.

Ironstone Farm found additional ways for their horses to benefit people by developing “Equine Encounters” or retreats that they offer to a variety of groups, from survivors of cancer, to elders with Alzheimer’s and other memory impairments, to veterans who have experienced trauma. These encounters allow people unusual opportunities to address personal issues in new ways, and professional facilitators at each equine-assisted therapy session use the special relationship between people and horses to build a renewed sense of self, confidence, trust and support.

This year, 2017, marks the ninth year that Ironstone Farm has offered one-day retreats for cancer survivors, using the power of horses to remind survivors of their own strength. And it is five years since Ironstone offered its first retreat for elders with dementia or impaired memory. That pilot program was created at the suggestion of a volunteer who had a relative with memory issues living at the nearby Atria Marland Place, an assisted living facility. *[As many as 200 volunteers a week – people of all ages – give their time to help Ironstone Farm’s programs.]* An Atria professional concluded that interacting with the horses for just a short time made a



difference for residents who participated, and pointed to two examples of very significant improvement. The Inn at Fairview, a memory care assisted living facility, brings seniors on Fridays to groom the horses. Fairview representatives say residents begin asking about Ironstone on Monday, are always in a good mood when they know they’re going to see the horses, and some have family who join them on the trips.

In 2013 Ironstone began a two-day retreat for veterans who had experienced trauma, and veterans have said the program at Ironstone with horses has been better therapy for them than anything else. (Two of them have become weekly volunteers at Ironstone, helping other clients at the farm.) The free Veterans Experience was developed by professors from two universities and adapted by a U.S.



Navy Seal, and Ironstone is able to tailor it to fit small groups, whether they are veterans about to become first responders, veterans struggling with homelessness and other issues, or new combat veterans trying to reintegrate to civilian life. Programs vary in length, with veterans brushing, walking, and riding the horses. The new “foaling” program is proving to add another meaningful layer to those therapeutic experiences as they help care for the mares and the foals.

Ironstone Farm also offers therapeutic riding programs for teens-at-risk, arranged through their schools. Many of these students are considered “bad kids” in their communities, but the program compels them to manage their feelings and behaviors while at the farm, knowing that the horse will “feel” it if they are out of control, angry, loud, etc. Participants tend to develop relationships with the volunteers at the farm that lend a positive influence to their lives.

In yet another example of the ways this organization helps people, Ironstone, in partnership with the Massachusetts Adoption Research Exchange (MARE), hosts an annual adoption party each August for children with special needs. These one-day parties allow families considering adoption to meet children in a fun, relaxed environment that younger children see as a special day of pony rides and games. Of the 79 children who have visited Ironstone Farm for these parties (some have attended multiple times) 44 have been matched and able to move into a new home. MARE credits Ironstone with helping them find families for some of their hardest-to-place children with mental or physical impairments.

There are other programs at Ironstone Farm we have not covered, and still others in development, but those we have described help explain why Challenge Unlimited has received and continues to receive our wholehearted support.

### MCMA History

We write often about past members of this association who had a direct impact on the history and development of this area, or even the country as a whole. And we occasionally point out tangential connections our members had to other important, or at least interesting, events or people. This article touches on both as it delves into the history behind two of our treasured artifacts and the man who gave them to us.

Those above-mentioned artifacts are the two colored prints hanging in our offices that were made from engraved plates created by Paul Revere. One depicts the Boston Massacre of 1770, while the other shows the landing of British troops in Boston in 1768. Both prints were presented to MCMA in 1855 by Dr. John C. Warren, who borrowed the deteriorated plates from the office of the Secretary of State, had them restored, and “took off a number of impressions” before returning them to the office.

Dr. John C. Warren (1778-1856) was the first dean of Harvard Medical School, and a founding member of Massachusetts General Hospital, where – as its first surgeon – he performed the first operation on a patient under ether anesthesia. He also played a leading role in establishing the medical journal that evolved into today’s *New England Journal of Medicine*. The following is an excerpt from Dr. Warren’s letter of presentation of the prints:

“I hope the Massachusetts Charitable Mechanic Association will take an interest in preserving them, – first, because they are valuable illustrations of historical facts: and second, because they are the productions of one of its most distinguished members. Colonel Revere was a friend of my father and of my uncle. The latter he aided in an especial manner, by carrying from him a message to alarm the country on the evening when the British troops



marched out of Boston, at the risk of his life – spreading the news – for the impending irruption from Boston to Lexington, and thus preparing the country for a resistance which would not have been made without this notice; so that, but for this action, there might not have been any Battle of Lexington.”

He refers in the letter to his father, Dr. John Warren (1753-1815), himself a well-known doctor, a professor at Harvard and a founder of Harvard Medical School, and to his uncle, Dr. Joseph Warren (1741-1775), the famous patriot who died in the Battle of Bunker Hill. (His father, Joseph’s youngest brother, served as a surgeon at the same battle and throughout the rest of the war, but the uncle was particularly noteworthy.)

Dr. Joseph Warren was president of the Massachusetts Provincial Congress, the highest position in the revolutionary government, and he twice delivered impassioned orations in commemoration of the Boston Massacre, the second time in March of 1775 while the town was still occupied by British troops, several of whom looked on menacingly. And it was indeed Dr. Warren who had sent William Dawes and Paul Revere on their famous “midnight rides” to Lexington after he received word from an informant that the British troops had orders to arrest Samuel Adams and John Hancock there. Just days prior to the Battle of Bunker Hill, Warren was commissioned a major general, but when he joined the troops there he declined to “pull rank” over General Israel Putnam and Colonel William Prescott whom he believed to be far more experienced in war, and he fought in the battle as a private. Warren was killed in the final British assault (and later immortalized in John Trumbull’s famous painting), his body was badly mutilated by the British afterward, and he was buried by them on Breed’s Hill. Months later his body was exhumed for reburial in the Granary Burial Ground by his brothers and by Paul Revere, who identified the remains by a set of false teeth he had fashioned for him. *[The body now resides at Forest Hills Cemetery.]*

Revere created the engraving he titled *Bloody Massacre* just three weeks after the event had occurred. Historians point out inaccuracies, but Revere, in exaggerating the aggression of the British troops and the defenselessness of the colonists, used it as a propaganda piece (in addition, of course, to profiting from the sale of prints). It elevated a tragic event into a politically motivated action, agitating the colonists’ negative view of British occupation and promoting outspoken anti-British opinion. Revere even added, at the bottom of the engraving, a poem full of outrage that read, in part:

“Like fierce barbarians grinning o’er their prey  
Approve the carnage and enjoy the day.”

The success of the *Bloody Massacre* print was soon followed by the publishing of his other propaganda print, *Landing of the British Troops in Boston in 1768* (which Revere called “an insolent parade”).

We can easily appreciate the value of these artifacts to MCMA because of their at-least-indirect connection to Paul Revere, but there is obviously much more to them when you look at how the original prints were used to further the cause of independence, and consider the history of the man who gave us these copies and the reasons he did so.



*Landing of the British Troops. ~ 1768*  
engraved by Paul Revere  
Presented by Dr. John C. Warren



*Boston Massacre, March 5th 1770*  
engraved by Paul Revere  
Presented by Dr. John C. Warren