

# RIDING HIGH!

NEWS AND VIEWS FROM  
CHESAPEAKE THERAPEUTIC RIDING, INC.

## A RIDER'S STORY - "SMILING JACK"

Jack Collins is a therapeutic riding instructor's dream. Of course he has his off "days." Don't we all! From Jack's perspective, his time at CTR provides independence, freedom, fun and a lot of attention—his favorite!

From a mom's perspective, there is an additional joy. Trish Collins sees a struggling youngster happy, self-confident and very proud of his accomplishments. "I have seen improvements physically with the strength in his legs. He is now able to ride

a scooter and recently peddled his tricycle on his own for the first time!" Before riding, Jack would typically watch the other kids



play and run around a bit. He would go up and down the slide some. With his newfound self-confidence, Jack is trying all kinds of new things

and works on it until he "gets it."

Where anyone can see it is in Jack's face. His broad smile and radiant pride are unmistakable. "I feel riding has been a stepping stone for Jack's ability to grow emotionally and physically. The results are amazing! We are blessed to have found such a devoted, caring team of professionals."

Thanks mom—and especially thank *you* Jack for all the joy you bring to everyone, including the horses!

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## HOLIDAY PARTY BIG SUCCESS!

CTR's first ever holiday party provided lots of smiles, fun and smiles. **All our riders**, their families, volunteers and friends of CTR gathered December 16th at the YMCA Day Care Center at HCC's facility. Santa heard the ruckus and stopped by with a bag full of gifts, stories and

songs. It was a real hoot!

*Kelly Paduch* was honored as the "volunteer of the year" for her dedication and "most hours given" to our riders and horses. Cathy Schmidt presented her with a "classic" CTR jacket.

With a huge turn out,

the festive afternoon was slow to end. We can't wait for the new programs and offerings to start in 2007!

Happiness and blessings for the New Year!

*Ride on....*



**Santa, doing his magic!**

## THE BOARD-WALK - NANCY SPENCE

Nancy has been a horse lover for what seems like *forever*. She came to Chesapeake Therapeutic Riding after meeting Cathy Schmidt at Cool Spring Stable. Although it was the loss of Nancy's horse, Sundance, that enabled Cathy and Socks to come to Cool Spring when they did – the course of events became evident once Nancy met Cathy and learned about CTR.



*Nancy at her best!*

working with nonprofit organizations. She has

served on the Harford County YMCA Board of Managers for 15 years and has coordinated the Maryland Kidsave Summer Miracles Program for the past 4 years.

Nancy has had a varied work life which has encompassed higher education, public education, event planning, consulting & fundraising, and nonprofit management. Currently she is a full-time faculty member at Harford Com-

munity College. Her daughter Dasha (age 13), who also shares a love of horses and volunteers with CTR. Nancy's husband, Jerry, rides and races motorcycles instead of horses, so in her "off" time she accompanies her husband on his motocross racing trips.

Nancy is excited to be part of the Board of Directors and looks forward to her new role as **Volunteer Coordinator**.

## HORSING AROUND WITH TILLY

Tilly (short for *Chantilly*) was born on April 24, 1997. She came to Cool Spring Stable when her owner, Steve Hawkins, passed away. Tilly is now owned by Phyllis and Joe King, Steve's sister and her husband. Tilly is a registered Paint (*Hi Country Phantom*) and has had a foal!

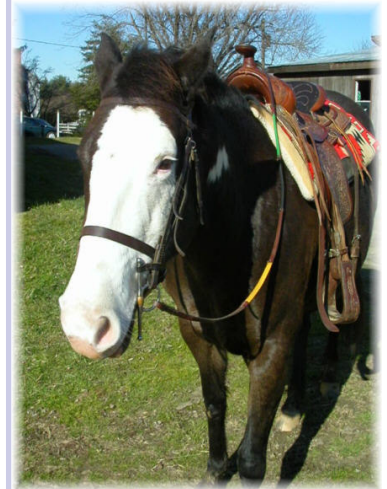
Phyllis loves Tilly and enjoys riding her, and always felt that she could

be doing a rewarding job. Phyllis offered Tilly's time and talents to CTR in the summer of 2006. We spent time with Tilly and saw her gentle and nurturing nature. We invested our efforts into working with her and helping her to become a therapeutic riding horse.

Tilly is a *natural* and does whatever you ask her to do. She loves the reassurance and attention

she gets from the volunteers as well as the riders.

Her gaits are very smooth and wonderful for therapeutic riding. She loves to go trail riding and enjoys visiting the other horses. Phyllis has told me that Tilly has been trained to drive (pulling a cart with "driver"). We hope one day to explore that talent!



## VOLUNTEER'S CORNER - KIM ANGUIANO

I'm from Northwestern Virginia. I moved to MD this summer with my husband David, and two children Kaitlyn (age 2) and Micah (age 1). David works as a nurse in the ER at Johns Hopkins Hospital in Baltimore. I am a Stay-at-home mom.

I became involved with Therapeutic Riding as a

teenager, interested in combing my love of horses with community service. I was so impressed with the miracles of horse healing I saw that I've been involved with it ever since. I think of how good I feel mounted on the back of such a large, strong, yet tender, feeling animal and wish everyone could feel that. When I

saw the students enjoying that feeling and so much more, I was hooked.

The students I've volunteered with have taught me so much about life, about the precious parts that are often taken for granted. ***I am thrilled to witness horses giving students legs to walk on and wings to fly!***



***Our riders, horses and volunteers come in all shapes and sizes!***

# PHOTO GALLERY



# HOLIDAY EXTRAVAGANZA 2006





**SHARING GIFTS TO  
ENCOURAGE  
HEALING AND  
CELEBRATE LIFE.**

**NEWS AND VIEWS FROM  
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**Why we are here, doing what we do....**

**Chesapeake Therapeutic Riding, Inc. is dedicated to providing a unique healing and fun experience.** Through the kindness of our horses and volunteers, CTR's riders and families can find hope, growth and compassion.

**We are committed to provide the best encounter possible in a healing and loving environment.** Our activities are carefully designed to challenge, draw out and encourage our riders, their families, and even our volunteers. Our aim is to cultivate self esteem and a sense of accomplishment all around.

**Our equine teammates are schooled in the nuances of their job as a therapeutic mount.** They love their work, and can provide us with insights beyond our expectations.

**Although many afflictions can not be "cured," nearly anyone may be healed.** It is our pledge to do our very best.

**THE FINAL WORD...FROM THE HORSE'S MOUTH**



*As the Executive Director as well as an Instructor, there is always something to monkey around with!*

As I look back at 2006, I realize it was a year of many "firsts." We just did it! We had our first lesson on February 11 with one rider (Sean) and one horse (Socks). We quickly grew to six riders after participating in Expo 2006 in March, a bi-annual showcase sponsored by the Harford County Commission on Disabilities. We had our first instructor-in-training (Meredith Forbes) volunteer with us, who became certified in the spring.

Two additional horses (Tilly and Crystal) services were donated to our program as well. Through recruiting ef-

orts at John Carroll School and others, our volunteer base grew to 30 volunteers! Over 500 hours were dedicated to Chesapeake Therapeutic Riding in 2006. We grew from one registered instructor (Me!) to seven registered instructors.

We even had our first opportunity to demonstrate the benefits of therapeutic riding to a national television audience. **Dr. Anna Marie of The Weather Channel** filmed our lessons in July for her nationally syndicated television show, "Your Life with Dr. Anna Marie." Thank you to Dianna Guthrie, one of our volunteers (and wife of Dion Guthrie, County Councilman District A), for introducing her friend and neighbor to CTR.

We formed our inaugural board of directors and began planning the future of our program with the experience and guidance

of Don Avery, Beth Cole, Melanie Meade, Carol Nielsen and Nancy Spence.

In October we held our first instructor/volunteer clinic on team building courtesy of two of our esteemed board members (Beth and Don) and the cooperation of two of our "girls of CTR" (Tilly and Crystal).

None of this would have been possible without the kindness, generosity and trust from **Sue and Jim Fradel**, owners of Cool Spring Stables. They gave us the perfect location to launch our program and have been wonderful advocates of therapeutic riding.

Looking ahead, 2007 will be another year of "firsts," as we build upon on accomplishments. We are embracing the talents of our first Head Instructor (Beth Cole) and first Volunteer Coordinator (Nancy Spence) to en-

hance what volunteer opportunities we have with CTR. Our program is currently 100% volunteer driven and the acceptance of these responsibilities is huge.

Our first ever **fund raiser** to benefit the CTR Ridership Fund will be held **February 8, at Applebee's in Bel Air** followed by an second fund raiser at **Outback Steakhouse in Bel Air on July 15**. Our goal is to raise our entire Ridership Fund for 2007. This fund has been established to offset the cost of therapeutic riding lessons for all riders. Though it has been proven effective in enhancing the emotional and physical well-being of our riders, this type of alternative therapy is not covered by health insurance.

Without question, everyone involved with CTR has my commitment to becoming the best therapeutic riding program in Maryland. My promise is that the best is yet to come! - Cathy