

RIDING HIGH!

NEWS AND VIEWS
FROM
CHESAPEAKE THERAPEUTIC RIDING



CHESAPEAKE THERAPEUTIC RIDING

A RIDER'S STORY — ELIZABETH



Elizabeth enjoying a ride on Crystal, with Linda Lammeree and Gayle Zorbach

Our daughter, Elizabeth, is 15. She attends Perry Hall Middle School in Baltimore County. She started riding with Chesapeake Therapeutic Riding in May of 2009. She thoroughly enjoys each riding lesson and looks forward to coming to them each week.

Beyond that, the riding lessons have helped her tremendously. Her overall confidence has improved. In the past year, she has

felt more confident to try new and harder things. She has become more confident in her relationships with others and has become more social. When she started riding, she would barely speak to the instructors. Now, she initiates conversation.

Elizabeth has Kyphosis in her spine – it is a “C” curve – like a hunchback. She has spent 4 years in a brace trying to correct her kyphosis. Since riding, her posture has improved. The natural position of sitting on the horse in itself is emphasizing correct posture. We have never seen her sit so straight as she does on “her” horse Crystal!

I did not imagine that riding would have all of these benefits for her. Although I knew when I met Cathy, I had found the right place for her to try therapeutic riding. To me, Cathy is the type of person that does not see anyone in a box – that box being his or her disability. No one has a limit. Everyone is capable. The instructors at CTR are the same.

In this past year Elizabeth has gone from being led on her horse to riding off lead on her own! She feels success and is proud of herself! And we are proud of her too!!

Thank you, *Chuck and Sherri Handley*

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MARYLAND SCHOOL FOR THE BLIND — BOOTS ON!



Benjamin Waldman greets Tilly

MSB sent seven students to ride in the Fall Semester of 2010. Some of the students were around horses for the first time in their lives. Samantha, Shaun, Benjamin, Donald, CJ, Malcolm and Tim learned riding skills and basic horsemanship during their five weeks of instruction. And our horses made new friends with this enthusiastic team!

Thank you to Norene Hinson at MSB, the MSB staff and our CTR volunteers who made this experience unforgettable!

HARFORD COUNTY BEST CARDS

The 2011 Harford County Best Cards are available soon! Once again over 50 Harford County merchants are offering their best deals. The decks are \$20 each and using two or three of the cards pay for the deck.

CTR is selling the decks as a fund raiser to help our herd through the winter months when the lesson schedule is light and the weather can be extreme. Last year CTR raised over \$7000 through the efforts of our volunteers, families and friends!

The cards are terrific stocking stuffers and appreciation gifts. Consider helping CTR exceed last year's accomplishment and help sell the decks. There is no financial obligation.



CAMPS, WORKSHOPS AND COURSES — OH MY!



Diverse Explorer Camp Crew

CTR had a very busy summer and fall schedule. Diverse Explorer Camp was offered in August through Harford Community College. Over 20 campers experienced what it takes to care for horses. Campers were divided into horse teams and learned all about their horse, its needs and how to properly care for them. Diverse Explorers Camp offers children with special needs and other children outdoor educational experiences.

CTR hosted its first ever EAGALA Part 1 and Part 2 trainings in August and October with more than 80 people visiting the farm in pursuit of their certification. All hooves were in the arena as mental health professionals and aspiring equine specialists immersed themselves in the nuances of this experiential modality. CTR now has four certified equine specialists on its volunteer staff.

“Bullying: A Herd Perspective” is accepted by the Maryland State Department of Education and was offered through Harford County Public Schools in July. Nearly 20 educators and administrators attended the two day course, learning how to identify bullying behavior, develop ways to prevent it and create a safe environment at school. The course was taught by Patti Schlough and Christle Henzel of PEACE, LLC. This course provides one CEU for teachers and follows the EAGALA Model Program for unmounted experiences with horses.

CTR offered several workshops this year dealing with grief and bereavement as well as coping with cancer. The workshops were titled, *“Life with Loss ~ A Journey with Horses”* and *“Sometimes the Journey through Cancer Leaves Hoofprints.”* We look forward to offering these workshops again in 2011.



No Bullies, Please!

PHOTO GALLERY - BOOTS ON!!!



Linda Pecone and Captain



MRS. BIGGLESWORTH....



Mrs. B and Jackie

In July, we said goodbye to our beloved barn cat, Mrs. Bigglesworth. She suffered kidney failure due to complications from FIV (Feline Immunodeficiency Virus) and was humanely euthanized.

Though she was a domestic feline, she had the heart of a lioness. She took her job very seriously at CTR. She was the official greeter, catcher of mice and birds, and Victor's BFF. She is buried in the pine grove where she can still be with her horse friends.

...AND TUCKER, THE CAT WITH THE "PERMANENT" WINK!

Tucker was found on a heavily traveled road and was missing an eye. The young woman who found him made sure he had a veterinary exam and a rabies shot, but couldn't keep him because her brother is very allergic to cats. Through the kindness and generosity of donors and Dr. Lindsay Rowland at Churchville Veterinary Clinic, Tucker had what was left of his right eye removed and was neutered.

Tucker is approximately 1 ½ years old and has a laid back, friendly personality. He loves interacting with our volunteers and riders. He also provided an opportunity for our Diverse Explorers to ask questions and gain insight on what Tucker experiences with only having one eye. The riders with Maryland School for the Blind have embraced Tucker as their farm mascot on lesson nights.





SPONSORSHIP

- ◆ \$300 sponsors one rider for a session
- ◆ \$2100 sponsors one rider for one year ~ seven sessions
- ◆ \$250 sponsors a horse for a month
- ◆ \$3000 sponsors a horse for a year

FACILITY

- ◆ \$180 provides 40 bales of hay
- ◆ \$200 Farrier per visit (trim 5 horses)
- ◆ Small farm tractor with front end loader and mower
- ◆ Snow blower
- ◆ Run-in sheds



GIFT CARDS – CTR has limited “Critter Free” storage and gift cards allow us to buy what we need, when we need it. Following are retailers where we have Sales Tax Exempt status established:

- *Lowes * Staples * Wal-Mart * Target
- *Mill of Bel Air * BJ’s * Home Depot

*And not all service opportunities require horse experience or being at the farm. You can chair or join the Executive Committee, Finance Committee or Fundraising Committee. **MAKE A DIFFERENCE TODAY!***

HOOFBEATS AT TUCKAWAY

ANYTHING IS POSSIBLE!



As CTR enters into our third holiday season at Tuckaway Farm, I am reminded of how we are able to do what we do because of the hard work, determination and the generosity of our benefactors. They range from volunteers who spend hundreds of hours working in lessons, caring for horses and making sure our riders have a safe, fun experience to the people who donate money and provide funding so that CTR may carry on its mission of providing healing with horses.

Thank you all for caring for and supporting CTR!

Boots on!

Cathy

SHARING GIFTS TO
ENCOURAGE HEALING
AND CELEBRATE LIFE



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WE'RE ON THE WEB!!!

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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.

ET CETERA....

Calendar of Special Events:

HOLIDAY CELEBRATION – Saturday, December 11, 2010 – Darlington Volunteer Fire Company; details to follow

"TOOLS FOR THE TRAIL - PACKING FOR YOUR EAP JOURNEY" – EAGALA Approved workshop, Friday, December 17 and Saturday, December 18, 2010, 8:30 to 4:30 – Cost: \$450

AETA TRADE SHOW – January 27-28, 2011, in Oaks, PA – CTR will need volunteers to stuff vendor bags; carpooling available.

BULLYING: A HERD PERSPECTIVE - April 2-3, 2011; HCPS educators and administrators can earn a CEU by taking this unique course.

EAGALA PART 2 TRAINING – April 28-30, 2011; www.eagala.com to register

MINDFULNESS AND HORSES – Wednesdays from April 20 to May 18, 2011; Harford Community College Spring 2011 catalog