

# RIDING HIGH!

NEWS AND VIEWS  
FROM  
CHESAPEAKE THERAPEUTIC RIDING



CHESAPEAKE THERAPEUTIC RIDING

## A RIDER'S STORY — ETHAN

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I would like to take this opportunity to let you know how my 5 year old son, Ethan, is doing with his therapeutic riding at CTR. Ethan has now been riding in the program since November 2008. This is an activity that is positive for him in so many ways.

First, by seeing him each week get on this huge animal with no fear and see the huge smile that comes on his face

is priceless. He loves watching the horses walk around the ring. He is so happy to know when we are coming to his riding lesson. We start talking about it on Fridays. When riding on the horse is brought up, a huge smile comes across his face. Since Ethan is non verbal, this smile tells us he enjoys this part of his life. When he starts smiling it is contagious to those around him.

Second, Ethan is fortunate to have his teacher from school also be his instructor during his riding lesson. This is great for the fact that his instructor already has experience on how to deal with Ethan in a learning situation. This also allows Ethan to relate with something outside of school. We are very fortunate in this manner. I think this also made the idea of riding a horse that much easier for him. At times Ethan has trouble transitioning from one situation to another. She definitely makes this transition easier. She does a wonderful job working with him through his lesson.

Another way Ethan has benefited from riding is by what he is able to do in his daily life physically. You can see Ethan is getting stronger. Ethan has several disabilities, one being low muscle tone. You can see him getting stronger and I know part of this has to do with the riding that he does weekly.

This list could go on and on. I just want to say as a parent that I am thankful that there are wonderful people volunteering their time and energy to this program and these wonderful kids. — *Mike, Ethan's dad*

## **SALLY DÉBUTS IN THE RING...**



***Sally with David astride in his hippotherapy session with Caitlyn McSorley (l) and Amy Krebs, PT (r)***

***After consistent training and lesson exposure, CTR is proud to announce:***

***Sally's debut as CTR's hippotherapy pony!***

A dedicated team of volunteers who call themselves Team Sally, worked with leading, side-walking, sitting astride and desensitizing Sally to all of the rigors of working as a therapy horse.

Sally's sturdy frame and height make her the perfect candidate for hippotherapy. And anyone who has side walked for three straight hours can attest to the fact that height is important!

Her cute face and willingness to learn made training so much more fun.

## **AETA SUPPORTS CTR!**

The American Equestrian Trade Association ([www.aeta.us](http://www.aeta.us)) made a \$2000 donation to CTR at the semi-annual trade show in Oaks, PA in January. AETA is a not-for-profit trade association providing a strong voice for all stakeholders in the equestrian industry.

Members of AETA are encouraged to become actively engaged in the Association's activities to reap the full benefits of membership. AETA has reached out to other industry associations and our industry partners in the media to encourage and nurture interest in equestrian activities in the United States. In addition, the Association will reinvest profits from its activities into benefits for its members and the industry.

Volunteers from CTR assembled hundreds of vendor bags for attendees in support of partnering with horse related organizations. Thank you to Carla Perri, President, Perri's Leather for making the introduction!



***(From l to r) Shirley McHenry, Sherry Hawkins, Cathy Schmidt, Brenda Jolly and Diane Jones***

## **WELCOME DIANE JONES AS CTR'S NEW VOLUNTEER COORDINATOR**



***Diane leading Sally in a hippotherapy session with Charlotte***

As you know, volunteers are the back bone of any nonprofit organization. Without volunteers, Chesapeake Therapeutic Riding would be a very quiet and subdued place! As we began the 3rd Session, we made an important transition in Volunteer Coordination.

Brenda Jolly stepped up to help CTR when we moved to Tuckaway Farm in September 2008. Brenda was the enthusiastic director of another therapeutic riding program and happily stepped into the drama free zone when we asked her if she knew of anyone who could help us. She took on the task of organizing and communicating with our volunteers, making a difficult job look easy. Brenda put systems into place that made managing the volunteers a whole lot easier. Managing volunteers is one of the toughest jobs anyone can take on and she has done it as a volunteer. And she has done it with a big smile and great sense of humor.

Brenda's real estate business has picked up considerably and she is passing the baton to Diane Jones who has been volunteering with us since March 2009. Diane is a life long horsewoman who brings her organizational skills and experience to CTR, continuing the commitment to excellence to our volunteers.

We are grateful to Brenda for her expertise and good nature. We wouldn't be able to offer a quality volunteer experience without her input. And we are grateful to Diane for dedicating additional volunteer time to CTR. Please welcome Diane in her new role. I know she is committed to carry on the fun our volunteers have created.

*Stay tuned for upcoming volunteer opportunities and volunteer events.*

As always, thank you for making CTR one of the best places to enjoy the horse/human connection, while giving people who may not otherwise have the chance, a place to ride.

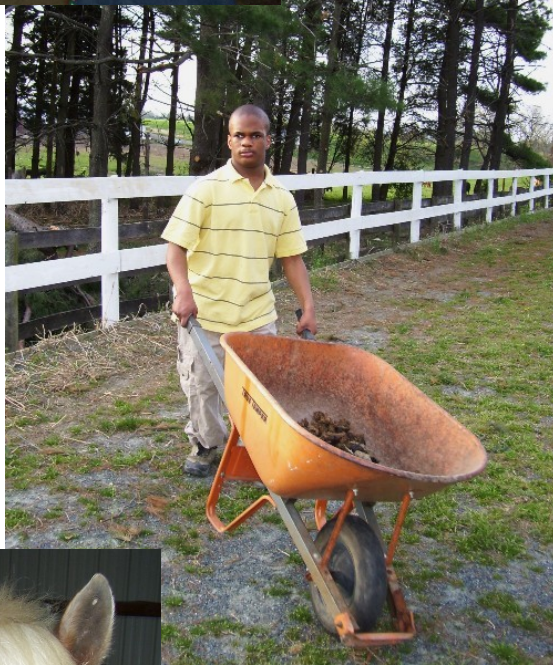
## **RIDERS FROM THE MARYLAND SCHOOL FOR THE BLIND**

Five students from the Maryland School for the Blind and their staff came back to CTR in March 2010. In this session, A.J., Lisa, Jackie, Samantha and Rogina were able to make new friends with the horses and spend some quality time in the saddle. Each student learned and had a unique experience with their horse and the CTR staff. Lessons included grooming, tacking, riding and horsekeeping. We look forward to meeting new students in the Fall 2010!



***Crystal with her friend, Samantha***

**PHOTO GALLERY - BOOTS ON!!!**



## SNOW ANGELS



**Linda and Gayle letting it fly....**

Now that the warm weather is here, it's easy to forget that we endured unprecedented amounts of snow in early 2010. That includes the snowstorms the forecasters missed on January 30 and the back to back blizzards in February. Our farm was covered with *four feet of snow* and the pastures were covered for *six weeks*.

The horses spent many nights in the indoor arena so they could stretch their legs and stay active. Our herd got along just fine, though they were pretty happy to get back to spending time in their respective pastures when they could. Our buildings withstood the weight of the snow and the forceful winds with only a couple of bent gutters. It takes a lot of physical

work to maintain our farm without adding all of the snow.

My never-ending gratitude goes to our team of volunteers who came out to the farm after digging themselves out of the snow to help clear walkways and doorways (not once, but twice!) so that we could safely navigate the farm and try to return to some semblance of normalcy.

**Thank you** to Linda and Bill Lammeree, Julia and Robert Clark, Gayle Zorbach, Ellen McLaughlin, Emily Jefferson, Jean Seiler, Diane Jones, Amy Krebs and her neighbor, Justin

## A SPECIAL THANK YOU'S...



Thank you to everyone who sold and/or bought **2010 Harford County Best Cards**. Not only did you help CTR “weather” the winter months, but you helped CTR sell 708 decks of cards, allowing CTR to be featured on a sponsor card in the 2011 deck!

Thank you to those who bought and/or sold raffle tickets supporting the **Arc Northern Chesapeake Region's After d'Arc** event held on March 27, 2010. The Arc donated back \$858 to CTR for your efforts. Carrie Norman, one of CTR's super volunteers, sold the winning ticket!





## **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**

- ◆ Hay – 40 bales delivered – \$180
- ◆ Farrier - \$200 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

## HOOFBEATS AT TUCKAWAY

### **ANYTHING IS POSSIBLE!**



Not a day goes by that we are reminded about how the economy is affecting everyone personally and professionally. It's easy to get caught up in the doom and gloom if we let ourselves. Yet, I am constantly reminded of the power and influence of the work that we do here at CTR. Just ask the parents of the children who received hippotherapy weekly about what a difference the consistent sessions have made in their child's physical and emotional well-being. Or ask those who have experienced the powerful connection between horses and humans in ground-based therapy sessions while moving forward in their own lives. Watch one of our riders in a therapeutic riding lesson and try not to smile.

Though we are far from living the easy life without financial worries, we have made great progress in the 18 months that we've been at Tuckaway Farm. Two key factors are having an indoor arena that allows us to operate year round and not having typical horse operations such as boarding and training that distract our special riders and compromise the privacy of the clients we serve. This is also a detriment as well. Typical horse operations, though not part of CTR's mission, also help programs stay afloat in tough economic times. But, then CTR would not be the only therapeutic riding program in Harford County and the surrounding area that can claim that all services are geared toward healing and therapeutic services.

Residual benefits include providing a safe, nonjudgmental environment for people to learn and grow as they volunteer, and provide special horses a new and challenging career path to follow.

Our theme in 2010 is **"ANYTHING IS POSSIBLE!"** As we continue to focus on growth and sustainability, we count on your support and generosity to make sure CTR continues its mission that everyone can experience healing and can accomplish a level of independence, dignity and success. Thank you.

Boots on!

*Cathy*

SHARING GIFTS TO  
ENCOURAGE HEALING  
AND CELEBRATE LIFE



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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:

**Cancer Survivor Workshops** – Friday, July 9 & Sunday, July 11 from 9:00 a.m. – 2:00 p.m.; Fee \$75

{Please be sure to check the website for upcoming workshops on Grief and Bereavement, Women Empowerment and Bullying: A Herd Perspective}

**Diverse Explorer Camp** – Tuesday, August 3 & August 10

Contact Harford Community College Kids Camps

**AETA Trade Show**, Oaks, PA – August 12-13; looking for volunteers to help stuff vendor bags

**EAGALA Part 1 Training** – August 19-21 at CTR; [www.eagala.com](http://www.eagala.com) to register

**Baltimore County Horse Show Association Horse Show** sponsored by The Mill – August 22; mark you calendar and watch for details

**Mindfulness and Horses** – Wednesdays starting September 1 through October 6 from 6-8 p.m.  
Harford Community College Non-Credit Course Catalog, Fall 2010

**EAGALA Part 2 Training** – October 21-23 at CTR; [www.eagala.com](http://www.eagala.com) to register

**2010 Volunteer Orientations** – July 3, September 18, and October 30; at 2:30 p.m.