

# RIDING HIGH!

NEWS AND VIEWS FROM  
CHESAPEAKE THERAPEUTIC RIDING



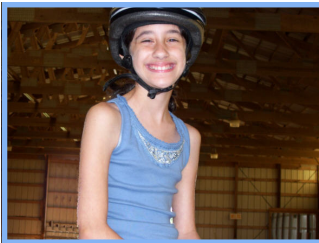
CHESAPEAKE THERAPEUTIC RIDING

## A RIDERS' STORY - SEEING DOUBLE

VOLUME 1, ISSUE 4

NOVEMBER 2007

### TORIE FORRESTER



CTR makes me feel happy because I get to see a lot of horses and see all the people who volunteer there. CTR makes me feel excited because you get to play games and learn new skills. I think CTR has helped me increase my confidence and strength.

My favorite thing about CTR is mostly to see Miss Cathy and all the other volunteers. I love the horses and am glad all of the horses belong to CTR!! I also like that when I am in my lesson I get to make up what I want to do. I love all the horses there and love CTR and think it is very fun too!!!!

***CTR has helped me know that I am not alone and that I can do what everybody else can.***

### ALLIE FORRESTER



CTR makes me feel like I don't have to be scared to be me and I don't have to be scared to say I have CP. It also makes me feel like I am a part of something and that I am not the only person with a disability.

CTR means that I get a chance to be with people who are nice, caring and who want to help people like me. CTR has helped me know that I am not alone and that I can do what everybody else can.

### What's Inside....

THE BOARD WALK 2  
**NEW MEMBERS**

**JUNK MAIL** 2  
FOCUS YOUR GIVING

VOLUNTEER'S CORNER 2  
**AMY MANGOLD**

INSTRUCTOR PROFILE 3  
**SARAH WHITAKER**

HORSING AROUND 3  
WITH: **BUDDY**

**PHOTO GALLERY** 4

**FINDING FUNDING** 5  
A "MUST DO"

**FACT OF LIFE....** 5

**FROM THE HORSE'S** 6  
**MOUTH**

## CELEBRITIES IN THE NEWS....

You may remember a "friend of CTR," Kim McCutcheon volunteering this year. Kim was told about CTR from someone at her church and wanted to learn our process as she was building a program utilizing equine assisted activities for at-risk youth in Western PA.

Well it turns out that she and

Cathy Schmidt graduated from Indiana University of Pennsylvania (who'd a thunk it!). And they are both passionate about sharing the healing power of horses. CTR (with Kim and Cathy) was featured in IUP's Alumni Magazine. What a thrill for them both! Here is the link:



<http://www.iup.edu/publications/iupmag/backissues/Fall07/hereandthere.shtm>

## THE BOARD-WALK - SOME NEW FOLKS

**Harold "Doc" Burton** is a retired veterinarian and very active in the local community. His passion and drive to support therapeutic riding comes in relation to his adult son, Paul, who lives in a special needs residential facility in Hagerstown. Doc is a WWII veteran and is passionate about providing much needed healing resources to veterans of all ages.

**Mary Leavens** has also joined us and is a Harford County native. She is the Director for College and

Alumni Development for the HCC Foundation at Harford Community College. She brings talent and expertise in fund raising. Mary had horses as a girl and owns a horse that her daughter rides in shows. She has seen first hand and believes in the healing power of horses. What a great asset we have in Mary!

Finally, CTR welcomes **Tim Hopkins** also a Harford County native. Tim is very busy within his family's real estate business. He is also involved in the Maryland

thoroughbred racing industry and loves horses. He is Past President (2005) of the Harford County Association of Realtors Board of Directors as well as Past President of the Homebuilders Association of Maryland, Harford County Chapter. Tim serves as a member of the Harford County Environmental Advisory Board. He is one busy guy!

CTR is grateful to have such accomplished community members join our board as active participants to shape and guide our future!



## JUNK MAIL ? FOCUS YOUR GIVING....

This is the time of year when appeals for giving start *filling* our mailboxes. Supporting CTR by sending a monetary donation is *ALWAYS* appreciated. Although we will be going on our winter break soon, the horse's board still needs to be paid, the farrier still comes on a regular basis to trim and shoe the horses and routine veterinary care is still required. A portion of these costs are covered

by lesson fees with monetary donations making up the rest.

There are other ways to contribute and support CTR. Please consider joining **iGive**. It takes about 30 seconds to join and they do not sell your e-mail address. iGive sends out reminders periodically announcing new retailers who are contributing a percentage to the nonprofit of your choice, as well as the

amount donated. They have even started sending checks out on a monthly basis to the nonprofit members. The check I received was for \$16.16. It's not much, but it will pay for two tubes of wormer. We buy all of CTR's office supplies through Staples and horse supplies through Jeffers Equine. Simply clicking on iGive's website - [www.igive.com](http://www.igive.com) - then clicking on the retailer to



make purchases.

You can also designate CTR as a recipient of your contribution through the **United Way**. Chesapeake Therapeutic Riding is a 501(c)(3) nonprofit organization, recognized by the IRS. Thank you all for helping us help our riders!

## VOLUNTEER'S CORNER - AMY MANGOLD

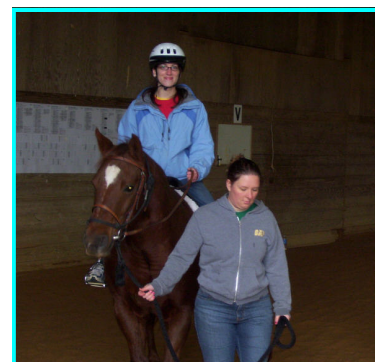
I got involved with therapeutic riding to work with children in a different capacity than I am used to as a (special education) teacher. Participating in therapeutic horse riding has been such a wonderful experience for me. It is something I look forward to.

I have learned so much during the short time that I have been volunteering. I

love interacting with the children and learning about different aspects of horse care and training. It never ceases to amaze me how the horses interact with the children and how the children interact with the horses. I have really enjoyed learning the different personalities of the horses. A confession I have about therapeutic horse back riding - I think I have

more fun than the kids!

*{Editor's note - Amy Connor married Josh Mangold this summer and in lieu of wedding favors, the couple made a generous donation to CTR. Amy has also become an Instructor-In-Training with us. We are truly grateful for the commitment and dedication of our volunteers and their families.}*



Amy taking an opportunity as a Therapeutic Rider

## INSTRUCTOR WATCH – SARAH WHITAKER

I started volunteering in therapeutic riding not long after I started teaching in the public school system. The mother of one of my students raved about how wonderful the program had been for her daughter. That and my first time in a lesson, was all it took to be hooked.



I'd like to say that my reasons for volunteering if not more, than I get out of working with the amazing riders and horses. I have learned and grown so much as a teacher through my work with therapeutic riding programs. I am in awe of what our riders can achieve and it keeps me inspired as an instructor.

were totally altruistic, but the truth is I get as much,

### ***DID YOU KNOW....***

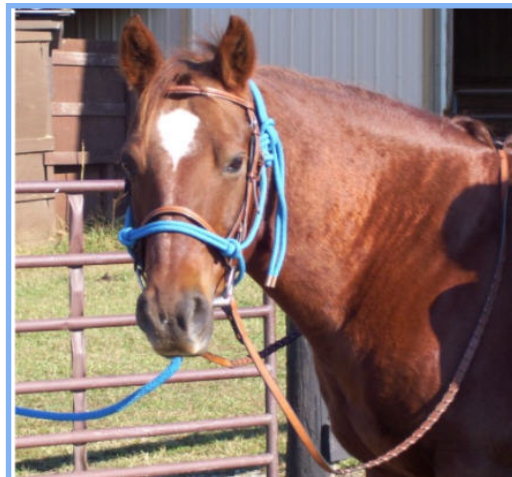
- The certifying authority for instructors is the North American Riding for the Handicapped Association.
- It takes typically 2+ years to become certified, after rigorous training and testing!
- CTR is blessed with six certified instructors and one in the training pipeline - more instructors per student than nearly any other center!

## HORSING AROUND WITH BUDDY

Buddy, as his name implies, is a special buddy and friend to his owner Nancy Spence Casciero. He is an 11 year old pure quarter horse. He has been Nancy's "buddy" for two years. She looked long and hard to find a special friend after losing her longtime horse and mare companion who died at the age of 33.

Being the special horse that he is, he caught Nancy's attention and ultimately won her heart as well. He is a very kind and loving horse. He is smart and eager to please. Buddy was trained as a reining horse. This means he is very strong and can quickly and easily spin on

his hind legs. He also responds almost immediately to "whoa." Buddy competed as a western



***Buddy at work....***

reining horse in his life with prior owners. Although he may have

been a competitor, when Buddy first came to Cool Spring Stables as Nancy's horse he had to learn to be a pet, friend and companion. He was simply not accustomed to lots of attention, grooming or loving. He actually had to learn to eat carrots and apples. That is hard to imagine! He has now mastered that talent and enjoys all the love and attention he can get.

Nancy knew Buddy had the heart to be a therapeutic riding horse when he did not shy away from Jordan's wheel chair the very first time he saw her which was saying a lot since he tends to be unsure about unfamiliar things. Buddy allowed Jordan to motor over to him and he lowered his head so she could pat him and give him a kiss. This was a big step for him but one that he took willingly.

Buddy may be relatively new to therapeutic riding but he's working hard to do a good job for all our CTR riders.

## ***PHOTO GALLERY—RIDE ON!***



### ***UPCOMING EVENTS***

**DECEMBER 15, 2007 – HOLIDAY PARTY** – 11 to 1 at the YMCA Day Care Center located on the Harford Community College Campus

**FEBRUARY 7, 2008 – RIDERSHIP FUND RAISER** – Celebrity Service Night at Applebee's in Bel Air

## FINDING FUNDING – A “MUST DO!”

On August 26, 2007 CTR had *Lunch Down Under* and silent action at the **Outback Steakhouse** in Bel Air. This event was focused on benefiting our Ridership Fund and raised **\$3200**.

The Ridership Fund provides financial assistance to qualified riders in order to offset the cost of therapeutic riding lessons which

are not covered by health insurance at this time.

Additionally, Monica and Dave Worrell, owners of **Charley’s Grilled Subs** in Edgewood, sponsored a fund raiser to benefit CTR on Friday, October 26, 2007. A special thanks to the Worrell’s for believing in the mission of CTR by donating a percentage of the receipts and to all of

those who came out in the pouring rain for delicious hot subs in support of CTR!

Creative and effective fundraising is a continual challenge for CTR and every charitable organization out there. We rely on heavily on your commitment, passion and generosity. We are grateful for your heartfelt *knowing* that

CTR provides healing in the face of seemingly insurmountable challenges. Don’t forget— *volunteering time* is also a cherished gift!

Your continued support with ideas, introductions, or gifts of any type and size are genuinely appreciated. Just look at the smiles on our riders’ faces!

## SOME FACTS TO CONSIDER....



We’ve all felt the pinch in our wallets at the gas pumps lately. Those increased prices have been translated into higher costs to care for our horses. Since everything involves transportation, costs have gone up incrementally over the past two years. Another increase in board is coming in the spring. These horses have the finest care and are truly members of a larger family. We have committed sponsorship for Crystal and Socks and are **SEEKING SPONSORSHIP FOR TILLY**. Your donation is tax deductible and a donation statement will be mailed to you at the end of the year. Without our four-legged friends, we would not have a program.

CTR is also evaluating opportunities to develop a state of the art facility in Harford County. Funding and gifts in kind will be necessary to accomplish this challenge. Our vision is that CTR will be the ultimate destination in Maryland for therapeutic riding, equine assisted activities, volunteering, instructor certification, etc.

### DONATION CERTIFICATE

Yes, I support therapeutic riding and the benefits the riders receive in a safe and non-judgmental atmosphere. Please accept my donation to CTR, to be used in the best way possible.

\$\_\_\_\_\_ Horse sponsorship

Please mail to:

\$\_\_\_\_\_ Ridership Fund

Chesapeake Therapeutic Riding

\$\_\_\_\_\_ General Operations

P.O. Box 475

Abingdon, MD 21009

\$\_\_\_\_\_ Capital Campaign

Name: \_\_\_\_\_

Contact Info: \_\_\_\_\_

\_\_\_\_\_



*Sharing gifts to encourage healing and celebrate life.*



**CHESAPEAKE THERAPEUTIC RIDING**

Box 475  
Abingdon, MD 21009

Phone: 410.569.4983  
Fax: 410.569.4984  
info@chesapeaketherapeuticriding.org

**WE'RE ON THE WEB!!!**  
[www.chesapeaketherapeuticriding.org](http://www.chesapeaketherapeuticriding.org)

**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.**

**AND FINALLY...FROM THE HORSE'S MOUTH**

**CHARACTER** – a distinguishing feature or attribute; the moral and ethical structure of a person or group; integrity; reputation. CTR is comprised of some of the most admirable people I've ever met. That includes our riders, their parents and guardians, our dedicated volunteers, instructors and board members. The most admirable attribute is passion.

Many of the people involved in CTR have had "not so good" experiences with other organizations. Yet, their desire to make CTR the best therapeutic riding program allows them to learn something from past experiences and still drives them to support the mission

of our program. How often do you get you try to



turn negatives into posi-

tives? How often do you choose to learn from the past in order to make the future better? How often do you set aside your own agenda and try to make a difference in someone else's life?

I am very fortunate to be surrounded by people who are wonderful role models. To me it is a given that a therapeutic riding program is a reputable organization that embodies integrity in every aspect. No exceptions.

For CTR, **CHARACTER** defines all the stuff

that goes on behind the scenes and in public in order to serve our riders. And I am grateful for every person dedicated to sharing their gifts to encourage healing and celebrate life! - *Cathy*



**Rider Jordan**

*The model for positive thinking!*