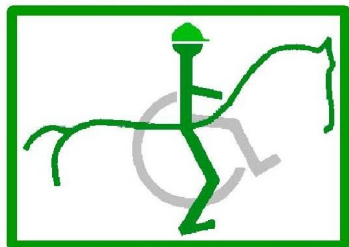


FREDERICK COUNTY



4-H THERAPEUTIC RIDING PROGRAM



**STUDENT REGISTRATION
MARCH 15**

**VOLUNTEER TRAINING
APRIL 16**

**TUESDAY 5,6, 7
April 19 and 26
May 3,10, 17,24,31**

**THURSDAY 5,6,7
April 21 and 28
May 5,12,19,26
June 2**

**SATURDAY 9 TO 3
April 23 and 30
May 7,14,21,28
June 4**

FREDERICK COUNTY 4H THERAPEUTIC RIDING NEWSLETTER

"All we need is a helping hand..."

WINTER 2021

PRESIDENT'S MESSAGE

Fall 2021 brought the TRP family together to provide 47 special need riders a fun and rewarding session. Six new individuals joined our family and they cannot wait until spring to do it all over again. During the fall session, more than 30 of our riders have been diagnosed with multiple disabilities, 8 of our riders live with epilepsy and seizures. Other disabilities that challenge our fall riders are autism, Angelman Syndrome, Down syndrome, Cerebral Palsy, Prader Willie, Retts, Traumatic Brain Injury, hearing impaired, bi-polar disorder, and many more. Yet, all of these riders have fun, learn to ride, and grow.

Riders learn basic riding skills – whoa and go; how to steer left and right. Without knowing it, riders develop improved core muscles, better posture, and learn how to be compassionate with their equine partner. Instructors Kim Pheobus, Amanda Lipan, and I develop goals for each of our riders. During each lesson, riders play games, such as building sparklers with noodles, filling a fruit basket, finding horse statues, completing a scavenger hunt; so they can improve on their goals.

Vicki Fried, Volunteer Coordinator assigned more than 56 volunteers, who amassed more than 2500 hours during the fall session. Working as horse leaders, side walkers, and barn crew; volunteers assisted their rider with achieving their goals; goals such as holding reins or maintaining good posture to complex goals such as riding at the posting trot independently. Volunteers play a BIG part and are the key ingredient to riders' success and fun time.

Tree Bowie, Amanda Lievandag and Bobbie Denn worked their therapy magic with many of our riders individually and for entire classes. Many of our riders worked on posture, steering, quieting their minds, strengthening their core muscles, following directions.

During the fall session, some of our riders required "the not so typical" saddle in order to be comfortable riding their horses; such as suede pads, bareback pad, western saddles, western saddles without horns. Our fall riders also used "the not so typical" reins; such as button reins, reins with beanie babies, reins wrapped in mylar, reins with loops, reins with little sticks. Whatever it takes to encourage and assist our riders in having a fun and productive adventure.

Debbie

SILENT AUCTION 2021 IS IN THE BOOKS

BIG NEWS! We just had the most successful Silent Auction yet. After skipping our auction in 2020 due to COVID-19, we came back with a flourish. Putting on a party like ours is a huge undertaking. We sold approximately 250 dinner tickets. It is a testament to our resiliency as a family and community that we are able to pull together and enjoy this fun evening. It takes a lot of people working hard, generous donations from our community and our outside supporters,. We appreciate everything that everyone did to help out.

If you missed it, you missed a fun and entertaining evening on Saturday October 23. For 21 years, we have been providing a wonderful dinner of spaghetti, meatballs, garlic bread and salad. The delicious dinner was cooked and prepared by therapeutic riding family members and volunteers. McCutcheons provided the marinara sauce and Fire House Subs provided sub rolls, which became garlic bread.



More than 600 items were available to bid on silently; such as area restaurant gift cards, magazines, theater tickets. In addition, art work, jewelry, vacations, toys, furniture were also up for bid. Hope you plan on attending our event next year. At the end of the evening, the live auction began with Auctioneer Dana Dudley, Double D Auctions volunteering her time and talent. Live auction items included an antique refrigerator, spinning wheel, signed and numbered art work, homemade cakes.

THE GOLDEN PITCHFORK AWARD

The TRP family presented the Golden Pitchfork Award to Joy Jenkins. This award is given in memory of Paul J. Cremer, past instructor and mentor. He was the visionary of what our program is today. Joy has volunteered since 2007, providing compassionate and firm assistance to our riders and their horses. When a rider is having difficulty grasping a new technique or idea, Joy will suggest new ways to help that rider learn.



NOAH'S STORY



Noah started riding with FC4-HTRP in the summer of 1999 when he was just two years old. In the beginning it was suggested that he try therapeutic riding to help him learn to walk. Little did we know that it would become such an important part of his life.

As Noah got older routine, structure, and consistency became crucial to his daily success. Throughout his teen years we started to see an increase in aggressive and challenging behaviors. At age 19, for the safety of everyone in our home, we decided the best option was for him to move into a group home. This was the most difficult decision that we had to make as parents.

As his mom, I was heartbroken. I had a plan for Noah and his future, and this was not it. The only opening that we could find that we thought was a good fit was In Rockville. To make Noah's transition easier we tried to keep many of his activities the same. We shared with the house manager that we would be taking Noah to Frederick County for riding, and they could not understand why we would not switch to a program in Montgomery County. I told them it was simple, no program near his house had a Ms. Patti or a Miss Debbie.

Noah is going on his fourth year in the same group home. He absolutely loves it there, and absolutely loves our Thursday afternoons. I pick him up in plenty of time to make a visit home, and then head to the barn, and then grab a bite to eat before heading back to Rockville. I cannot thank FC4-HTRP enough for all of the support and love for Noah over the past 23 years and for offering him consistency through this major life change.



GRANT FUNDING 2021

C. Rodman and M. Jean Ogle Myers Fund established at the Community Foundation of Frederick County provided our program with much needed funding.

Frederick County 4H Therapeutic Riding Fund established at the Community Foundation of Frederick County by an anonymous donor provides annual support to our program.

MONOCACY FOUNDATION has provided scholarships to many of our riders. They have also continued to fund new riding helmets, sand for the outdoor arena, gait trainer belts, saddle pads and saddle covers.

COMMUNITY FOUNDATION OF FREDERICK COUNTY is providing funding to assist two of our therapists with achieving their Hippotherapy certification. They are also assisting with payment of veterinary services for our retired horses and for the purchase of feed supplements; such as joint care; pain care; and disease stabilization.

OUR 2021 DONORS—THANK YOU

GOLD TO 5000

William E. Cross Foundation

Sandy and Ron Zobrist

SILVER TO 2500

The Saad Family

Lee Sayrs

Jennifer David

Mike King



COPPER TO 1000

Joanne Petersen

Andrew Nitz

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Joan Kruk

Judy and David Hechinger

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Melinda Lukhard

FADS Show – Leslie Raulin

Golden Gears Car Club

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Randy Rose Family

Joey Clune Family

Colleen Allen Family

Melissa Featherstone Family

Alicia Buntman Family

Claire Elias Family

THE GREAT FREDERICK FAIR YOUTH LIVESTOCK AUCTION BUYERS—2021

Karen and Tyler Nicklas

Harold Harshman

Karen McAfee

Frank Gardner—Bobcat of Frederick

Reifsnider Farm Supply

William Hems—Hems Meats

Kenny Keeney, South Mt Collision

Eric Troxell

Bud Mathews

Gerald Duvall, Sunland Farm

Gerald Duvall, CDL Farms

Todd Altmeyer, Altmeyers WesternWear

Jacqueline Kreh

Kiley Farmer, Clean Cuts Lawn Care

John Trout, Trouts Market

Josh Ruby, Wolfe Industrial Auctions

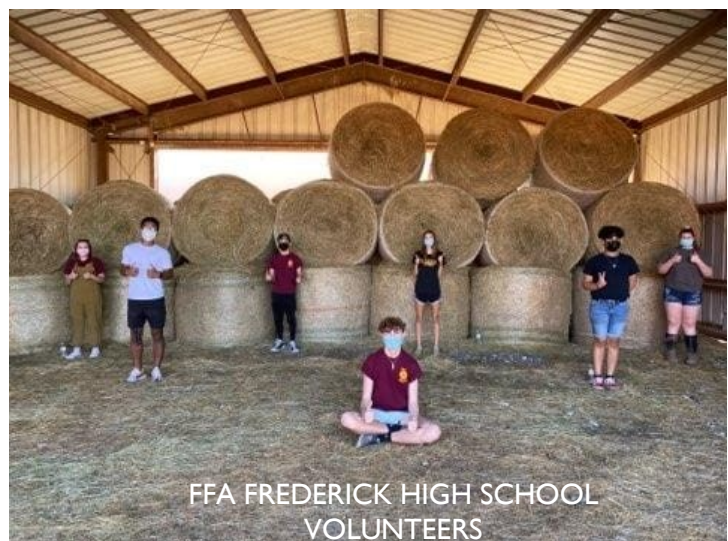
Wolfe Ag Auction

Jacob Shriver

Clifford Hevner

Larry Hurley, Mt View Lawn Service

Jay Mackenzie, Just Wait and See Farm





Happy Holidays

