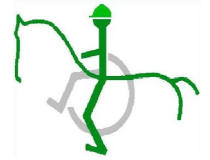




FREDERICK COUNTY 4H THERAPEUTIC RIDING PROGRAM Horse Discovery Center



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

Issue #1

FAMILY NEWSLETTER

April 2023

CLASSES BEGIN SATURDAY, APRIL 22; TUESDAY, APRIL 25; AND THURSDAY, APRIL 27!

PRESIDENT'S MESSAGE



Its springtime and the flowers are blooming!

Hello TRP Family Members:

Therapeutic riding classes will begin in just a few short weeks. We have several riders who are switching class days or times, and a few riders are coming back from surgeries.

Volunteers have been busy getting our rusty/trusted steeds in tip-top shape for classes. Each year our horses' body shapes change, just like us. Some of us get fit, some of us get fat, and some of us just gimp along.

Horses are losing their long winter coats, and hair is everywhere. In addition, every horse must have their saddles rechecked to make sure they still fit properly.

Come on an adventure and volunteer with us. Helping a special-needs rider enjoy life on a horse will make you smile, and the fresh air will help you sleep at night.



We are the TRP family.

Debbie

SPRING FUN HORSE SHOW — IT'S WESTERN DAY

Our Spring Fun Western Horse Show and Open House is scheduled for Saturday, June 10, from 9 a.m. until 3 p.m.

All 12 of our classes will be showing that day. Riders will visit different *Western Themed* stations, such as roping a steer and flag race. Students will be showcasing their riding skills learned during the spring session.



Parents and volunteers will be busy rustling up a lunchtime feed while sizzling hamburgers and hot dogs on the grill.

There will be plenty of cowboy boots and cowboy/cowgirl hats on display.

Come watch our riders' smiles and enjoy the day.

**WE LOOK FORWARD
TO SEEING YOU ON JUNE 10TH!**

VOLUNTEER COORDINATOR NEWS

Amazing TRP Volunteers,

I believe you've all heard the saying "The old gray mare ain't what she used to be." That might be my new go-to saying. While my heart tells me I can do the same things I did ten years ago, my body tells me, "Hmmm, you might want to rethink that."

With that in mind, I want you to know I appreciate everything you all do, but please let me know if you are not up for trotting or need a break. I do not want to overwork anyone.

As I am trying my best to recruit new volunteers (especially those younger than me), please spread the word in your community that we could use more help. Share with friends and family how volunteering with TRP makes you feel and how rewarding it is to help our riders improve their skills and have fun. Volunteer Training will be held on Saturday, April 15 from 9 a.m. until noon. Volunteers must be at least 14 to work in the ring.

You all are an incredible team. TRP could not function without you. You each have a very special place in my heart.

See you soon.

Vicki

PEPPER



In July 1996, Colonel Pepper, aka Pepper, was born in California and is a purebred Arabian with well-known sires and grandsires.

Pepper joined our TRP family in February 2020 after the death of his owner, Pat Olivia. Pat and Pepper completed over 4000 endurance miles all over the United States.

When Pepper came to us, he was quite depressed having lost his long-time companion. After moving to our large farm with LOTS of horses, he began to heal. With time and patience, Pepper has become a beloved member of our family.

Many of our riders enjoy his company.



COMMON MARKET GIVING BACK



Each quarter the Common Market Co+op selects four community non-profits to receive contributions from their "Bring a Bag for Change" program. Frederick County 4H Therapeutic Riding Program has been selected as one of the non-profits this quarter to receive contributions from this program.

"Bring a Bag for Change" encourages shoppers to reuse bags and reduce waste by offering a 5¢ charitable donation for each reusable bag used at checkout. This program is a win-win—it keeps single-use bags out of the waste stream and gives back to organizations in our community. In addition, the Common Market contributes 1% of sales from one day in that quarter.

Please remember Frederick County 4H Therapeutic Riding Program when shopping at the Common Market and reuse those bags at the check-out. Thanks!

2023 DATES

SPRING

VOLUNTEER TRAINING APRIL 15 9 TO NOON

CLASSES:

SATURDAY

APRIL 22, 29; MAY 6, 13, 20, 27; JUNE 3
9 A.M., 10 A.M., 11 A.M., 12 P.M., 1 P.M., AND 2 P.M.

TUESDAY

APRIL 25; MAY 2, 9, 16, 23, 30; JUNE 6
5 P.M., 6 P.M., 7 P.M.

THURSDAY

APRIL 27; MAY 4, 11, 18, 25; JUNE 1, 8
5 P.M., 6 P.M., 7 P.M.

SPRING FUN SHOW JUNE 10 — ALL CLASSES

MAKE-UP DAYS JUNE 13, 15, AND 17

FALL

VOLUNTEER TRAINING AUGUST 26 9 TO NOON

CLASSES:

TUESDAY

SEPT 5, 12, 19, 26; OCT 3, 10, 17
5 P.M., 6 P.M., 7 P.M.

THURSDAY

SEPT 7, 14, 21, 28; OCT 5, 12, 19
5 P.M., 6 P.M., 7 P.M.

SATURDAY

SEPT 9, 16, 23, 30; OCT 7, 14, 21
9 A.M., 10 A.M., 11 A.M., 12 P.M., 1 P.M., AND 2 P.M.

MAKE-UP DAYS OCT 31; NOV 2 AND 4

SILENT AUCTION/ SPAGHETTI DINNER OCTOBER 28

THE MONOCACY FOUNDATION

The Monocacy Foundation, founded in 1995, provides grants for people with intellectual and developmental disabilities in our community. These grants help enable these individuals to receive social and recreational opportunities.

Over the past few years, Frederick County 4H Therapeutic Riding Program has benefited from these generous grants allowing us to purchase riding helmets, communication devices, special saddles, and gait trainers.

This year 12 of our riders applied for and received the Monocacy Foundation grants enabling them to receive equine-assisted learning at Silverado Stables and have loads of fun.

Go to themonocacyfoundation.org for more information.

8 Ways Your Horse Says "I Love You"

- #1 - Whinnying when they see you.
- #2 - Nuzzling you as if to say, "I'm here for you."
- #3 - Horse hugs.
- #4 - Resting their head on your chest as if to say, "I'm glad you're here."
- #5 - Kisses.
- #6 - Trusting you to get them across obstacles.
- #7 - Running to you when you call their name.
- #8 - Watching at the gate as you leave - they'll always be there, waiting for you.

WISH LIST



Paper Towels
Bottled Water
#10 Envelopes
Copier Paper
Fly Spray
Leather cleaner for tack
Leather conditioner for tack
Apples and Carrots for horses
Individually wrapped snacks for volunteers

**Donated items can be dropped off
or
shipped to the farm anytime.**

