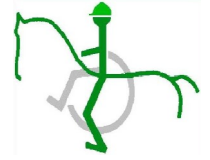




FREDERICK COUNTY 4H THERAPEUTIC RIDING PROGRAM Horse Discovery Center



“All we need is a helping hand...”

Issue #4

FAMILY NEWSLETTER

December 2023

PRESIDENT'S MESSAGE



HAPPY HOLIDAYS AND MERRY CHRISTMAS
TO EVERYONE.

HAVE A SAFE WINTER,
AND
WE WILL SEE EVERYONE IN THE NEW YEAR.



Debbie

HILDE

Hildur from Creekside Farm, known on our farm as Hilde, is almost 14 years old. She is an Icelandic horse. The *Icelandic* horse is a breed of horse developed in Iceland and is an original Viking horse. These horses are very hardy, easy keepers, and typically 13 to 14 hands (52” to 56”) tall. Even though this size is known as a *pony* in the United States, Icelandics are called horses. Icelandics are gaited, in other words, they walk, trot, canter, and have another gait – Tolt. The Tolt is a running walk and can be almost thirty miles per hour.

Our Hilde is small for an Icelandic as she is 12.2 hands or 50”. Hilde lived in Vermont where she developed arthritis and was constantly lame “sore.” Her new owner took Hilde to Pennsylvania where her veterinarian determined she needed a slower and smaller workload.

One of our volunteers, a friend of the barn manager at the farm where Hilde lived, recommended therapeutic riding as a new vocation. Hilde joined our Team in March 2022 and has been wonderful – learning to stand quietly while riders mount from the ramp or steps. Hilde adjusted quickly to balls, rings, and new games.

Hilde has been a great addition to our TRP Family.



22ND ANNUAL SILENT AUCTION/SPAGHETTI DINNER

On October 28 we held our largest yearly fundraiser--our 22nd Annual Silent Auction and Spaghetti Dinner. This year, as in every year, it is held in honor of a dedicated volunteer, **Carol Devibiss**, to keep her memory alive.

We served 280 spaghetti dinners. **McCutcheon's** once again generously donated our spaghetti sauce as they have for many years. It was delicious as usual. Local grocery stores donated supplies for us to prepare our meals. This year parents and volunteers gathered 19 gift cards which amounted to \$710. **Joy Jenkins** then went shopping to provide what we needed to put our food on the table. We greatly appreciate the help of all who stopped into the stores to pick up the gift cards.

Rose Bartz once again sponsored the purchase of beer and wine. Our Alcohol Monitor/Bartender was **Tary Clary**. In public events where alcohol is served, you must have a person who is certified in alcohol awareness present to responsibly monitor consumption. Tara helped us out, and we appreciate her spending the evening with us. **Rose Bartz** served as our Chef, and **Andrew and Hannah Glazier** came back to support her again in the kitchen. They worked tirelessly behind the scenes in the kitchen.

On Friday night we started at 5 p.m. and with the help of twenty-one hard-working volunteers, parents, siblings, friends, and our super dedicated **Kiwanis** club members we were able to transform the Lewistown Firehall into our auction site in three hours. That work included setting up tables and chairs, applying paper to the tables, hauling all our auction items from the farm to the hall, unpacking the items, placing bid cards on the items, and then fluffing for the sale. Then on Saturday at noon, several returned to continue to "fluff" and make everything ready by 4:30. It is always an amazing feat. It is a testament to how much a TRP gang can do. We work well together. Thanks to **Melissa McLearen** for keeping us moving in the right direction and on track.

Jeremiah Herbst, Sarah Steelman, Pat Herbst, and coworkers from **Herbst Auctions** once again donated their professional auctioneer services for our auction. They are family members of one of our students, **Cyrus**. Herbst Auctions also made it possible for us to provide for credit card purchases. They are a first-class auction company. If you find yourself in need of auctioneer services, please consider giving them a call or a recommendation to friends. We are truly grateful for their contribution of time and expertise that has helped make our auction a success for 3 years now. We are happy to have them as part of our TRP FAMILY. Our Auction items totaled \$8,447 this year. We had 562 lots.

We sincerely thank everyone who contributed items for purchase. A special shout-out thank you goes to **Connie & Lyman Myers**. Every year they contribute a huge amount of high-quality merchandise. We very much appreciate their annual support of our program. Pat Herbst spent many hours soliciting and gathering business-provided gift cards and donations.

A special treat this year was a performance by our own **Holly Feather** and her band, **AJ's Jazz Band**. They were great and added a festive vibe to our evening. **Debbie** designed our table pamphlets. **Connie Richardson** provided the cute aloe plants as door prizes that some of our attendees received. **Brook Hill Farms** once again provided our beautiful and unique pumpkins.

Every year we enjoy seeing our special friends from Kiwanis who come out to help us with our event. They are **Sue Vona, Dr. Bob Kauffman, and Diane and Richard Reba**. They help set up, serve food, and hang in there to help clean up. Sincere thanks to them again this year. Also, thanks to everyone who contributed desserts and to our servers as well. For extra added fun we had a 50/50 raffle. Thanks to the friends who worked the crowd and sold the tickets and to those who bought the tickets.

We are grateful to **Rose Bartz** and **Chuck Parker** for donating vacation weeks at Williamsburg and Hilton Head respectively. We appreciate all those who serve as table monitors making sure everybody gets everything they purchased. Last but not least, when we get to the end of the evening, there is a special thanks in our hearts for those people who stick around, help clean up, pack, sort, and haul the stuff that goes back to the farm for the next day's pick up. So many contributions from so many people.

So many people who help us present this fun evening every year. From the beginning of August to the 9 p.m. hour on Saturday night, including all those people who every year buy tickets and come, The Frederick County 4H Therapeutic Riding Program continues because of you. Our Program is very special to many people, including our amazing riders. We could not continue "walking on" without the support of our generous community.

*Thanks, everybody.
I hope to see you all next year.*



SALUTE TO YOUNG VOLUNTEERS

The success of the TRP program depends on our volunteers; Fall 2023 was no exception. This session's success can be largely attributed to a group of young volunteers who came out of a program called *Horse Buddies*. This program was established to keep our horse "therapists" fit and well-groomed during winter and summer breaks. Designed to accommodate young volunteers, Horse Buddies' ages can range from twelve-years-old to adult.

Our Horse Buddies instructors quickly learned that many new Buddies wanted to know more than basic grooming techniques. They also wanted to know how to tackle the horses and work in the ring as leaders and side walkers.

We want to celebrate some of our young volunteers who participated in Horse Buddies and highlight their contributions to TRP's success in serving the community.

Recent participants in Horse Buddies include **Hannah Mosiychuk, Jady Aupal, Kora Brockman, Paige Riggs, Sky Shaffer, Emmie Main, Angie Solela, CJ Endlich and Kaylin Waltz**. Each brought skills in grooming and managing horses to this year's Fall Session and helped ensure its success.

Hannah Mosiychuk, with calm competence and willing hands, performed a range of activities including grooming, side walking, and leading horses. Living in the nearby community of Thurmont, she readily responded to many last-minute calls for assistance. A shout-out to **Hannah's mom, Rachel**, for making it possible for Hannah to respond to these calls. Hannah is not yet old enough to drive, so her family's support was critical. Hannah's interest in working with horses stood out, but despite misgivings, she also worked during the annual fundraiser selling tickets. Uncertain at the beginning about how to move through the dining area offering tickets, she quickly developed confidence and at the end of the evening confessed that she had had fun.

Cheerful and capable, **Jaydyn Aupal** helped many riders work toward and achieve their individual goals. **Kora Brockman** often responded to last-minute pleas for help in the barn preparing horses for their classes. This work often required Kora to show up for early morning duties. With immense confidence in his ability to manage the horses, **CJ Endlich** worked in the ring and helped untack the horses after class. **Kaylin Waltz** and **Paige Riggs** eagerly assisted our riders with encouraging words and supporting hands.

Key members of our volunteer corps include **Angie Solela** and **Emmie Main**, both participants in Horse Buddies in past years. Each is reaching the point of embarking on the path to adulthood. Angie, an eager supporter of Future Farmers of America, has been a mainstay of our TRP program for several years. Capable of handling our most restive horses, she commits to volunteering throughout the session while at the same time preparing for her adult career. Her steady hand and ready smile make her a standout volunteer. Like Angie, Emmie is on the cusp of adulthood. A serious student, she still finds time to come out to support TRP riders.

Thanks from all the TRP family to these remarkable young volunteers.

Horse Buddies 2024 launches on Thursday, January 4. Each session runs from 4 to 6 p.m. every Thursday.

If you are interested, please contact Holly Feather by texting 301-471-8627 leaving your name and phone number.

WHAT IS THERAPEUTIC RIDING THERAPY?

Therapeutic riding is an equine-assisted activity for the purpose of contributing to the cognitive, physical, emotional and social wellbeing of individuals with special needs. Therapeutic activities are often recreational and may cause someone to feel happier and more relaxed.

As horses use mostly non-verbal communication, and are in tune with human behavior, they can help participants learn a heightened sense of self-awareness. This, in turn, can reveal patterns of behavior while also providing the opportunity to think in a new way, enhancing self-confidence and self-esteem.

Please contact Debbie at 301-898-3587 if you know of someone who would like to volunteer.



2024 DATES

SPRING

CLASSES:

TUESDAY APRIL 9, 16, 23, 30; MAY 7, 14, 21.
5 P.M., 6 P.M., 7 P.M.

THURSDAY APRIL 11, 18, 25; MAY 2, 9, 16, 23.
5 P.M., 6 P.M., 7 P.M.

SATURDAY APRIL 13, 20, 27; MAY 4, 11, 18, 25.
9 A.M., 10 A.M., 11 A.M., 12 P.M., 1 P.M., AND 2 P.M.

MAKE-UP DAYS MAY 18, 30; JUNE 1.

WISH LIST



#10 Envelopes

Leather cleaner for tack

Leather conditioner for tack

Apples and Carrots for horses

20" English Saddle

15.3 hands horse suitable for therapeutic riding

14 hand large pony suitable for therapeutic riding

Donated items can be dropped off

or

shipped to the farm anytime.

FUN AT SILVERADO STABLES



Saturday class leaving ring



Jocelyn riding



Oden trotting