



# FREDERICK COUNTY 4H THERAPEUTIC RIDING PROGRAM Horse Discovery Center



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

Issue 1

FAMILY NEWSLETTER

March 2024



## PRESIDENT'S MESSAGE

The Spring Session is right around the corner. Daffodils are popping up, and robins have arrived.



With that said, I have some sad news to share with you. Because of last year's events, and the fact that Cor and I are getting older, I need to downsize my workload with the Frederick County 4H Riding Program. I have been directing the program for 39 years and have enjoyed working with all our volunteers and riders.

Cor and I want to continue to operate our farm, board horses, and care for the retired program horses for their lifetimes.

At this time, I need volunteers to step up and take over the program if it is going to continue. I am sure you have seen how much work goes into therapeutic riding.

Many have already stepped up. For example, Kim, Lee, and Dave are working hard to ensure our survival.

Kim will continue to manage our Facebook page, which keeps everyone interested in our program and up to date with all our happenings. She will continue teaching and also become the new Student and Parent Coordinator.

Lee will continue as our Volunteer/Lesson Coordinator. She will be calling and/or texting messages to volunteers getting them ready for the next session.

Dave, our Barn Manager, assures us that our horses and ponies are ready to work – physically and emotionally. Dave will supervise the Barn Crew and ensure that horses and ponies are tacked up with appropriate equipment.

## VOLUNTEER OPPORTUNITIES

The following volunteer slots are available.  
Please consider helping.

### FAMILY NEWSLETTER – multiple issues yearly

1. Establish content – Before sessions start, new fund-raisers, horse show information, when we need extra help, horse story, volunteer story, etc.
2. Coordinate with key volunteers as to what needs to be included.
3. Ask individuals to photograph classes for stories.
4. Send content to Janet for formatting – review.
5. Send newsletter via Mailchimp.

### DONOR COORDINATOR OR COORDINATORS

**This is important for survival of TRP.**

1. Grant Writing and submissions, follow-ups – grants currently applied for: MHIB, G. Frank Thomas Foundation, The Monocacy Foundation, Community Foundation of Frederick County.
2. Annual Maryland Charitable Registration Application.
3. Maryland State Campaign and Frederick County Campaign.
4. Chestnut Hill Lamb – Great Frederick Fair.
5. Monitor Give Direct our website "Donate" button – credit card donations and receipts.
6. Fund Raisers – flyers, tickets, mailings, coordinate with Family Newsletter coordinator.
7. Raffle Permit – Frederick County annual and Annual Report.
8. Thank you Letters, update Donation List – keep the website and newsletter lists current.

*Continued on Page Two*

## PRESIDENT'S MESSAGE

### VOLUNTEER OPPORTUNITIES

*Continued from Page One*

9. Keep the Donor Mailing list updated.
10. Donor Newsletter creation – give to Janet to format.
  - a. Ask individuals to provide photographs for the newsletter.
  - b. Rose B. prints 480 newsletters.
  - c. Need parents to fold and stuff envelopes.
  - d. Print envelopes.
  - e. Complete USPS online application.
  - f. Take newsletters to Thurmont post office and pay.
11. Keep Candid updated – philanthropy groups.
12. Silent Auction – coordinate with Kim.
  - a. Food Permit.
  - b. Lewistown Fire Hall coordination.
  - c. Liquor Permit.
  - d. Alcohol Awareness individual.

### CIRCLE OF SPONSORS – Banners around the ring

1. Maintain correspondence with current sponsors regarding their banners, renewals, invoices, etc.
2. Work with Express Signs for printing new banners.
3. Ensure the newsletters and web site have the current banners.
4. Develop new prospects

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I'm grateful for the trust that has been placed in my leadership of the program for so many years. I plan to continue teaching student riders and training therapy horses and ponies as well as actively assessing riders, horses, and equipment needs. Watching our riders have fun and learn to ride has been greatly rewarding.

I hope that several individuals will come together to ensure our program will continue. Please let me know if you are interested in any of the tasks listed. I am happy to train anyone until they are comfortable with the job. However, jobs cannot be returned to me; anyone taking a job is responsible for finding their replacement if necessary.

Regretfully, if no one comes forward by the end of 2024, our program as we know it will closed.

It has been a pleasure to work with you—volunteers and riders.

*Debbie*

**MANY HANDS MAKE LIGHT WORK.**

## VOLUNTEER SPOTLIGHT

### LEE SAYRS



### Lee with Oden

Lee grew up all over the country, living in Colorado, Georgia, and Tennessee. Moving to a farm when she was 12, her mom got her a Shetland pony, whom she rode everywhere, even places too scary to think of. Her first riding lesson horse was Sparky, a strawberry roan Tennessee Walker. Sparky would eat her bologna sandwiches and then take Lee swimming in the lake.

Lee attended Emory University and studied for a Ph.D. in American Social History but found her calling in archive work processing and describing collections of papers. She found helping others research information from the archives fun and rewarding. So, technically Lee is a historian by training.

Lee's family consists of 13-year-old Aussie - Gabby, who she used to bring to the farm regularly, and her new puppy, Scout who is 9 months old. Lee loves to garden and dig in the dirt. She retired in 2011 and moved to Thurmont. Upon a visit to the Thurmont Library Volunteer Fair, she discovered therapeutic riding.

Having had horses most of her life, she thought our program would be a good fit. And lucky for us she's been with us ever since. Lee is often heard at community events saying, "Although I volunteered all of my life, volunteering at TRP has been the most fulfilling."

Lee will continue to coordinate our volunteers with their riders for the Spring 2024 Session. All volunteers contact her NOW and let her know you want to help.

Tell Lee what horse or pony you would like to lead; or what students enjoy working with. You can text Lee or email the office @ [fc4htrp@aol.com](mailto:fc4htrp@aol.com).

## BELTWAY COMPANIES CONTINUES TO AMAZE

Beltway Companies CEO Jack Saum invited our Team to their Annual Festivus Luncheon in December. The luncheon was held in their Frederick spotless service bay with all their Frederick employees.

Mr. Saum has a background and keen knowledge of therapeutic riding and was very inviting to our team.

Beltway Companies believes in corporate responsibility giving and gratitude. The luncheon was wonderful, and Mr. Saum presented our program with another donation so that we may continue into the future.

Words cannot express how much your donation means to us. We are so grateful for your partnership in making a difference in the lives of our students.



## 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 28, 30; JUNE 1.

**ANNUAL SPAGHETTI DINNER/ SILENT AUCTION** OCTOBER 26

## 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.**

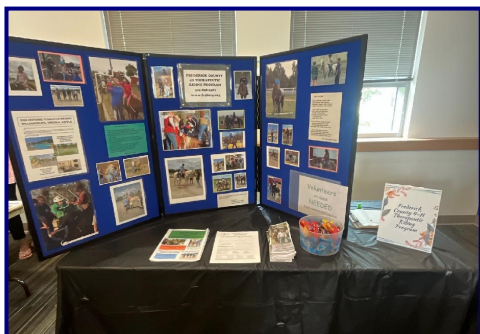
## REMINDER

I hope all of the riders have mailed in their forms or called the office to report they are coming back to therapeutic riding.





## COMMUNITY OUTREACH



In September, Frederick Community College's Wellness and Volunteer Fair invited the Frederick County 4H Therapeutic Riding Program to join in their annual Community Day Celebration. Through this event, FCC was excited to provide their students with the opportunity to learn about the wonderful resources available in the community.

Our volunteer, Angie Sotela, represented our program by setting up the display and answering questions from possible future volunteers.

Thanks, Angie. You're the greatest.

## TESTIMONIAL



**Jackson & Star**

Jackson started riding at our program in the fall of 2022. He enjoys riding *Star* and always looks forward to working with her. Jackson is learning to maintain his focus on riding skills – voice cues to walk on, reins to whoa.

He also enjoys all of Instructor Kim's learning games. Jackson is also learning the two-point position for trotting.

"Jackson has gained a new confidence and disposition since his time with *Star* during his therapeutic riding lessons. He is very focused during riding and has found a great balance. Riding *Star* seems to make Jackson very calm and happy." ~ Submitted by Jackson's parents.

## HORSE BUDDIES AT SILVERADO STABLES



**Saturday class leaving ring**



**Jocelyn riding**

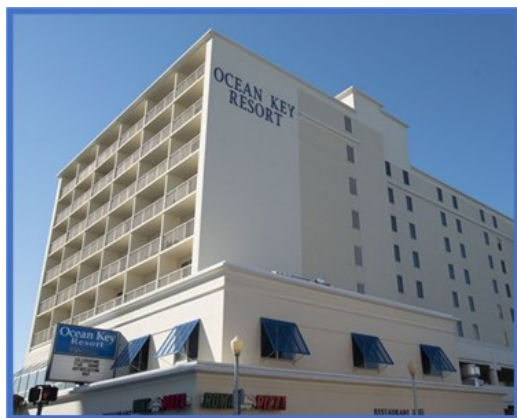


**Oden trotting**

# FREDERICK COUNTY 4H THERAPEUTIC RIDING PROGRAM

## 2024 SPRING RAFFLE

**Ocean Key Resort  
424 Atlantic Avenue  
Virginia Beach, VA**



**DATES: JULY 20 – 27, 2024**

If you're looking for a relaxing vacation,  
look no further.

**Ocean Key Resort has it all.**

**Located just one block  
from Virginia Beach's beautiful boardwalk and the  
Virginia Beach Fishing Center, this smoke-free  
property provides numerous extras.**

**This one-bedroom unit includes a mini-kitchen,  
cable television with premium TV channels,  
a DVD player, and a sofa bed.**

**On-site resort features include an indoor swimming  
pool and laundry facilities.**

**Nearby is the beautiful beach, boating, childcare,  
fishing, golf, and many more activities to make your  
vacation memorable and relaxing.**

**RAFFLE DRAWING WILL BE HELD  
ON APRIL 30, 2024, AT 6:00 P.M. AT SILVERADO STABLES.**

**TICKET PRICES: \$10 each or 3 for \$25.00.**

**Tickets may be purchased from any TRP family member,  
by emailing [fc4htp@aol.com](mailto:fc4htp@aol.com), or calling the office at 301-788-6418.**

**This vacation was donated by Rich and Susan Blickenstaff**



**Parents and Volunteers - you can pick up tickets at the farm or Kim's house - 7121 Linganore Road.**



## THE MONOCACY FOUNDATION

**THE MONOCACY FOUNDATION** was founded in 1995 to help provide opportunities for people who have intellectual and developmental disabilities in our community.

They provide funds to provide a path for these individuals to enrich their social and recreational opportunities. Over the years, The Monocacy Foundation has provided funds to our program for riding helmets, communication devices, special saddles, and gait trainers.

This year The Monocacy Foundation has provided 12 of our riders with grant funding so that they can continue to receive equine-assisted learning and have lots of fun throughout 2024.

The Monocacy Foundation also provided funds to purchase 7 ASTM-approved riding helmets which were highly rated by the testing labs at Virginia Tech, replacing helmets older than 12 years. These helmets will provide riders with a higher level of safety should the unthinkable happen.

We also were able to purchase 2 girths for our smaller horses and ponies, replacing ones that were beyond repair. Also purchased were 4 sets of much-needed stirrup leathers.

We thank The Monocacy Foundation for their continued support of our program.



**FC4HTRP purchases from THE MONOCACY FOUNDATION funds**



**Joedy with Rose**



**Oden—Halloween 2023**

## A 'RIDE IN TIME'

### Part One

#### **A little history and a few stories FC4HTRP over the years 1984 til.....**

In April of 1984, the first class of the Frederick County 4H Therapeutic Riding Program was held at a small farm outside of Woodsboro with one instructor, one therapist, sixteen students, five horses, and many volunteers. That fall the program moved to Silverado with fifteen students, most returning for the second session.

In the spring of 1985, the program grew to twenty-two students, most returning. That year brought the first fundraiser – a Coke sale, imagine \$1.49 for a six-pack. Of course, many fundraisers followed – everything and anything from raffles, sub sales, cookies, etc. The program grew again in the fall of 1985 but only by two students.

The instructor, Paul Creamer, continued as the only instructor until 1987. Paul was a stickler for safety, and of course, having fun – he taught us well!

Each year the program grew - more students, horses, and volunteers. The first newsletter, *The Helping Hand*, was published in 1986. The benefits of therapeutic riding were beginning to get recognized, and community organizations began to support us. Many still support us today.

The 4H Extension Service held classes/training for therapeutic riding program instructors presented by Jean Tebay, an accredited instructor and authority in 1987.

It was there that I met Debbie, Cor, Chyрил, and Paul. I intended to use that training to help at Camp Greentop's summer program, but as it worked out, I joined them at FCTRP first as a volunteer and eventually as an instructor.

This is just the beginning of the story – the next chapter will focus on riders, their horses, volunteers, and some fun stories – remember these stories are taken from memories and picture books – any contributions would be greatly appreciated.

By: V. Pearce



**First FC4HTRP class**



**Andy**



**Fun with a ball**