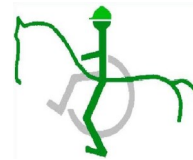




# FREDERICK COUNTY 4H THERAPEUTIC RIDING PROGRAM Horse Discovery Center



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

Issue 2

FAMILY NEWLETTER

May 2024

## PRESIDENT'S MESSAGE



### SPRING IS HERE, MAYBE SUMMER, OR IS IT FALL?



We are almost done our Spring 2024 Session, and everyone can probably agree that we have been in the indoor arena too many times this session. The rain has made everything grow.

We welcomed three new riders this session to our TRP family - Addy is 8 years old and joined our Saturday morning group; Abby is 16 years old and joined our Tuesday evening class; and Bryce is 8 years old and joined our Thursday afternoon group. Welcome to our family.

We also have one new horse, Rusty, working in our classes. Rusty is a 25-year-old Tennessee Walker. The woman who donated him did extensive trail riding and adventures.

A heartfelt thank you to all the wonderful individuals who have stepped up to provide much-needed support. Your willingness to contribute, whether it's through writing articles for our newsletters or in other ways, is truly appreciated.

Your efforts are what keep our TRP family thriving.

*Debbie*



RUSTY AND DIANE

## VOLUNTEER SPOTLIGHT

### JUDY

After discovering how much horses helped her daughter with emotional issues, Judy joined our TRP family in the fall of 2014.

In her free time, Judy enjoys coming to the farm for her “therapy.” Many of the retired horses look forward to Judy climbing the hill so they can be groomed.

With each new horse she leads or rider she assists, Judy eagerly delves into research to enhance her understanding and improve her horsemanship. Her dedication to learning new techniques and horse cues is truly commendable. Her favorite equine companions include two of our past ponies – Thumper and Jitterbug, and our current ponies – Phil Mar, Jackson, and Crispy.

A few memorable moments for Judy include when Randy began riding. He would be screaming and visibly distressed until he was on his horse. Now, Randy looks forward to riding.

Another rider Judy worked with proudly said, “I am good,” when on a horse. It made the team laugh.

Judy is encouraged to see and feel the changes that the riders make. She used to share these moments with her dad. He always enjoyed hearing her stories from the TRP classes.

Lee, our Volunteer Coordinator, expresses her heartfelt gratitude to Judy for her unwavering support and willingness to try new horses or riders. Judy's dedication to being available for our classes is truly admirable.

Thank you, Judy, for an incredible 10 years, and here's to many more.

**“Seniors still have a kick!”**

**(Horses, ponies, riders, and volunteers).**



JUDY WITH TATER



### HEY PARENTS

This is the last week of classes.

Please remember to thank your volunteers for being here for your children.

We are still in need of snacks and water for our volunteers for this week of classes.

Enjoy your summer. Remember registration is due August 15.



## A 'RIDE IN TIME' — PART TWO

By Valarie

### VOLUNTEERS

In the fall of 1988, the program had to cancel the Halloween party and class due to a lack of volunteers.

WOW! That, fortunately, was turned around as the spring session brought lots of eager volunteers, including many members of the Frederick Kiwanis who have continued to support our program in donations and volunteer assistance.

Over the years, many Frederick County organizations have been supportive both in donations and volunteers. There are too many to be recognized (and I would surely forget someone!), but I will try to mention some in the future. Since that fall session, the program has not had to cancel classes due to a lack of volunteers, but honestly, we have been short sometimes; supportive parents have jumped in as sidewalkers or leaders - thank you, parents!

Our volunteer training has been successful in recruiting new volunteers, as they quickly determine whether the program is a fit for them.

Every year, the number of new riders in our program grows, and the need for volunteers is never-ending—not just in the ring and barn, but there are many clerical and administrative jobs to be done—fundraising ideas, grant writing, cleaning tack, volunteer and parent coordinating—so many ways to help.

Fundraising takes all kinds of forms—over the years, we have had a TRP-sponsored horse show, golf tournament, trail ride, and tack sale—but remember, any fundraiser, no matter how small, helps the program continue.

So, if you have an idea, let us know.

This edition's spotlight is on volunteer Carla Bodnar—Carla came to the program in 1990. She has a background in education, but as I understand it, her love for horses brought her to us. She always has a smile, and her dedication is obvious. She will fill in wherever asked and works so well with our riders. I always wonder where all her energy comes from—thanks, Carla!!

It would be so hard to list or recognize all the wonderful and dedicated volunteers over the past years - but if you have a story or someone you want to highlight, please send me an email at [irevpearce67@gmail.com](mailto:irevpearce67@gmail.com).



LARRY RIDING BEAN



THURSDAY CLASS LINE UP



## HORSE & PONY BUDDY PROGRAM

### COME OUT AND BE A BUDDY!

**Horse and Pony Buddy Training** will start up for the summer. Beginning Tuesday, June 4, Horse Buddies will meet every Tuesday and Thursday evening from 4:00 to 6:00.

There is a lot to learn, and learning is **FUN AND FOREVER!**

At Buddy Training **YOU** can :

- ◆Go out to the field to get your chosen horse, halter, and groom.
- ◆Inspect him for cuts, scratches, etc.
- ◆Learn how to take the horse's temperature, pulse, and respiration.
- ◆Learn the different parts of the horse and complete the Horse Information Charts.
- ◆Learn how to lead appropriately at the Halt, Walk, and Trot –  
train your horse to move with you when you move at these 3 gaits.
- ◆Learn how to lunge.
- ◆Learn how to lunge with respect – a slightly different approach.
- ◆Learn how to round pen.
- ◆Learn how to saddle fit – parts of the saddle.
- ◆Learn how to bridle fit – parts of the bridle.
- ◆Learn how to bathe and use the hose appropriately.
- ◆Learn how to train your horse to drop his head for easy bridling and haltering.

A **Horse/Pony Buddy Schooling Book** is maintained on the front desk of the barn. **Buddies** should consult the book. We must maintain a record to track what the horses have been working on, as well as their progress and results so far. So be sure to complete the **Schooling Book**.



FUN AT FALL  
VOLUNTEER  
TRAINING

Continuing horse training and providing special care is essential to the Program. No previous horse training experience is required. If you've been part of our Program, you understand the importance of our horses' and ponies' achievements. Together, we'll reap the benefit of well-trained horses.

If you're interested in becoming a Horse or Pony Buddy, simply contact the office at [301-898-3587](tel:301-898-3587). You can also reach out to Debbie at [301-788-6418](tel:301-788-6418) or Holly at [301-471-8627](tel:301-471-8627).

**We look forward to welcoming you into our program.**

## WEEKDAY VOLUNTEERS NEEDED DURING SUMMER

A few outreach sessions for the Maryland Horse Discovery Program are being planned for the summer.

We plan to send letters to nursing homes and assisted living facilities to see if they are interested in having us visit with some of our equine therapists or their coming to us for small group farm visits.

The volunteer/host time commitment would be 3-4 hours on pre-scheduled random weekdays. You would help clean up horses, trailer to the location, or help us hose here at the farm.

If interested, call or email the office at [301-898-3587](tel:301-898-3587) or Debbie at [fc4htp@aol.com](mailto:fc4htp@aol.com) or [301-788-6418](tel:301-788-6418).



MATTHEW RIDING JACK



CHRISTMAS VISITORS  
AT SILVERADO



SEAN WITH GOOD HANDS SILVER

## SPRING VACATION RAFFLE

Congratulations to our student, Sophia Stone, who rides in our Tuesday afternoon class and won our spring vacation raffle to Virginia Beach.

It is expected that her dad will have a great time at the beach in July.

Rich and Susan Blickenstaff, parents of a former rider who moved out of the area, donated the vacation.

## VOLUNTEER NEWS

### NEW SUPPORT ASSISTANTS:

#### CIRCLE OF SPONSORS

Cyrus Steelman's mother, Sarah, and grandmother, Pat, have generously offered to operate the CIRCLE OF SPONSORS, the banners around our outdoor arena.

The cost of a banner for two years is \$300. If you know a business or organization that would like to support our program with a Banner, let me know.

Thank you, Sarah and Pat.



Say 'cheese'!

#### PHOTOGRAPHER FOR SATURDAY CLASSES

Whitney Hahn came out on Saturday and took millions (at least, it seemed like) of pictures of our riders in action.

If you were here on Saturday, you might have noticed her climbing the ladder, standing outside the arena, or inside the arena, working on the perfect pictures.

Thank you, Whitney.

## 2024 DATES

### CLASSES:

**TUESDAY** SEPT. 10, 17, 24; OCT. 1, 8, 15, 22.  
5 P.M., 6 P.M., 7 P.M.

**THURSDAY** SEPT. 12, 19, 26; OCT. 3, 10, 17, 24.  
5 P.M., 6 P.M., 7 P.M.

**SATURDAY** SEPT. 7, 14, 21, 28; OCT. 5, 12, 19.  
9 A.M., 10 A.M., 11 A.M.,  
12 P.M., 1 P.M., AND 2 P.M.

**MAKE-UP DAYS:** OCT. 19, 31; Nov 2.

**ANNUAL SILENT AUCTION/  
SPAGHETTI DINNER** 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.**