



SOUTHERN VERMONT Therapeutic Riding Center

April 2011

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[Southern Vermont
Therapeutic Riding
Center](#)

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2011 Spring Session Dates

March 14, 2011
to
May 2, 2011



Happy Spring!

Happy Spring! After a long (but busy) cold winter, we are all happy to be riding outside – despite mud season. I think we forgot what the ground looked like. The horses are shedding their coats, as are all the humans.

Spring cleanup is underway here at Winchester Stables and the indoor round pen is done. What a beautiful building. The horses are getting used to their new work space. It even has electricity and heat for next winter. But let's not talk about that now ... brrrr!

Enjoy the spring and summer, from all of us at Winchester Stables and SVTRC.

~ Lorna and everyone at
Winchester Stables and SVTRC



Upcoming Events at SVTRC

- SVTRC will have an information booth at **Strolling of the Heifers** and will take part in the parade on June 4 in Brattleboro. Volunteers are needed to man the booth and riders are encouraged to join us in the wagon in the parade.
- **Sensory Awareness Workshop – Open to all:** June 11 at 2:00 pm
- **Summer Camp Week 1:** July 18
- **INSPIRE Week of Camp:** July 25-29
- **Horse Show – Open to all (we may have a volunteer class too):** August 6 at 9 am
- **Summer Camp Week 2:** August 15

For more information, call 802-365-9434 or email Lorna at lyoung@sovtrc.org.

Operation Military Kids Day

On a pretty but chilly day in March, SVTRC hosted an Operation Military Kids Family Day at the barn. Twelve enthusiastic kids and their families learned about horse safety, grooming, leading, and riding horses. We saw lots of smiles from kids and adults alike. Thanks to all the volunteers who made the day possible for these families. Let's do it again next year!



A Story

The Tortoise and the Hare Try to Win that Big Race

The story continues ...

– Alex Cain



Blis & Alex

Out of the corner of my left eye I saw a hole. This hole belonged to Wily E. Coyote. He came out of his hole and came after us. I was not doubtful of Norfie's ability to stand up to the silly coyote. I brought down my jockey switch on Norfie's rump and said "Let's do this." As we passed the coyote, I knew we could reach the finish line soon, but there was a bigger obstacle in our way. It was a weak bridge

made of rope and planks. Below the bridge was a mighty, rushing river. This river was called the Whet Stone. We powered over the bridge in 16 seconds flat. The poor coyote lost his balance. Lucky for us, we were on the other side.

"Now bring your hoof around, boy," I said. "And kick that bridge! Now, before he crosses!"

Norfie gave the bridge one solid kick. It started vibrating like a rubber band and the coyote was being bounced around. He lost his footing and fell into the Whet Stone. He had a hard time gripping the rocks that were covered with moss.

With every mile Norfie and I covered, we shaved off 16 seconds. I had my wrist watch on so I could keep track of how many miles we were covering.

More of the fast-paced race next time ...

Volunteer Spotlight

– Jaime Nicolaisen

I have been a volunteer at the Southern Vermont Therapeutic Riding Center since last July. One sunny morning last fall, as I was arriving at the stables, I was suddenly filled with the warm, fuzzy feeling that this was exactly where I wanted to be – nowhere else. Just then Lorna walked out of the stable entrance and when she was within earshot I shouted, "There's LOVE in this place!" She paused for a second and replied enthusiastically, "Yes, there IS!"

As I see it, love is what this place is all about. It creates an atmosphere of caring and camaraderie for student riders and volunteers alike. I am astonished at the healing power of this program and at the progress exhibited by the students. Lorna sets the tone with integrity, skill, patience, and knowledge, along with her humor and sense of FUN! It warms my heart to see joy in the faces of the students as they learn and succeed.

I am excited to be acquiring my new equestrian skills and to be making new friends. If I am having a stressful day or week, I know I will be happy and revitalized by my time at the riding center. In fact, I am having such a positive experience all around that I think I may be getting more out of my time with the program than the students! It just goes to show that volunteering is good therapy for all concerned! To put it another way, "To give is to receive."

I would like to thank Lorna Young and SVTRC for offering me the opportunity to help and to learn in such a beautiful, supportive environment. I've always enjoyed working with kids and I've always dreamed of working with horses. I feel blessed that I am now able to do both.



Jaime & Jack

Wish List

- Sensory trail items
- Anti-cast surcingle
- Thick western pad
- Vaulting surcingle