

# High Horses

Summer/Fall 2014

## Mission Statement

To improve the well-being of people with special needs through a therapeutic equine experience

## Our Vision

We aspire to offer state-of-the-art equine assisted therapies, providing a full range of services to our community. As a nationally accredited program, we help shape the future of our industry.

## Our Values

High Horses adheres to the values of teamwork, integrity, respect, empathy, and joyfulness in all that we do

## Newsletter Editor

Sue Miller

## Contributors

Kandace Culver, Kelsie L. Gleason, Kat Barrel, Mary Gerakaris, Sue Miller, Amanda Lamoureux, Amy Schrom, Jill Helmer and Liz Claud

*If you would prefer to receive future newsletters electronically, please email Sue at:*

Program@HighHorses.org

## Volunteering at High Horses at Brookside Farm

By Kandace Culver



*Photo by Sue Miller*

People volunteer for many reasons, and those who volunteer know how valuable each volunteer is to any given organization. Can you imagine a day when no one showed up to volunteer anywhere? Our communities depend, and thrive, with dedicated volunteers. What is it that keeps people coming back, donating their time, their energy, and often their money to an organization?

As a High Horses volunteer I can selfishly fill my needs while helping out. I am an animal lover, and have two pets in our small house. I will never be able to own and house a horse. At High Horses, along with the training received at a local stable, I have received the training I need to be a confident handler of the amazing therapy horses housed at Brookside Farm. In the summer I am part of a group who brings the horses up from their grassy pastures to their daytime paddock. It's a time to not only enjoy the quiet walk, but to touch base with people with whom I might not ever cross paths outside of this situation. I am part of the group who gets dirty while getting the horses curried, brushed, medicated, and generally ready for their day of work. I am one of the many who have been trained as a horse leader, so get to hone my communication skills with both horses and people. I am one of many side-walkers, helping to keep riders calm and safe while the hard-working horses do their jobs. I am an exercise rider for my favorite therapy horse, providing him with some TLC and carrots outside of his typical day. I am very blessed.

*(Continued on page 6)*

**High Horses Staff**

Liz Claud  
*Executive Director*

Sue Miller  
*Program Director*

Amanda Lamoureux  
*Horse Herd Coordinator*

Ellen Zaika  
*Site Coordinator & Volunteer  
Coordinator*

**Instructors:**

Susan Goodell, MEd  
*Lead Instructor*

Lasell Bartlett, MSW, LICSW

Sharron Gareau

Kathryn Gamble, MSPT

Joyce Kramer

Amanda Lamoureux

Betsy Medinger

Susan Miller

**Upcoming Events:**

- Winter Riding Session  
Nov. 3<sup>rd</sup>-Jan. 30<sup>th</sup>
- Wine Tasting January 21<sup>st</sup>  
at Norwich Inn
- December 13, 2-3pm:  
Wassail Parade in  
Woodstock, VT

# High Energy for High Horses

By Kat Barrell

After launching my energy therapy business in January of this year, I had a plan to include volunteer work in my schedule. High Horses was the first of these programs that I approached to offer my services. Though I enjoy the work I do with all animals and humans, horses are my passion. Given their natural flight response, horses are constantly surveying the energy in their environment. This aspect makes them particularly good candidates for energy therapy. They tell me what type of energy they wish to receive (Reiki, Shamballa or Karuna Reiki) and what other types of tools would help them most (dowsing, crystals, essential oils, flower essences or oracle cards). After completing over 300 sessions to date, I've learned that a big part of the reason horses are in our lives is to relieve us of the burdens and blocks that hold us back. They are only too happy to lift the negative emotions and thoughts that we take in. This is why you often feel so much better, in mind, body and spirit, after riding. What is so special about therapeutic horses is that they understand that it is their job to remove these blocks for their clients. In doing so, they bring a greater level of healing to the rider. This is why I volunteer at High Horses and the reason why I'm ultra-passionate about therapeutic riding. I am humbled by the beautiful sentiments that I hear from the horses and I am amazed at how seriously they take their job. The "rock stars" of the High Horses herd feel as though they have found their calling. By offering them Reiki at least once a month, they can release the energy blocks they have taken on from their clients and unload some of their own emotional, mental or physical challenges that may be hindering their performance. Therapeutic riding is so vital for this day and age that we live in. As the horses get clearer in their own energy field, so too will humans. This is why I love what I am privileged to do in the fields at High Horses!

# Thanks for the Memories

By Mary Gerakaris

I am paraphrasing an old song, but "thanks for the memories" just about sums up what I feel about High Horses. The riders, the volunteers, the friends, the families have provided a spectacular twenty-plus years with this wonderful organization.

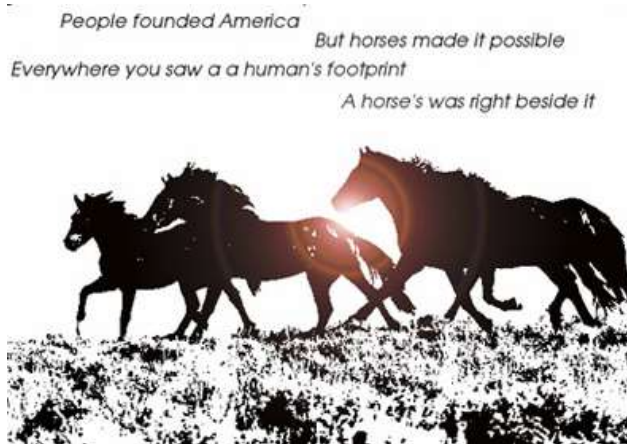
I have had awesome riders in my years as an instructor. They have taught me so much about life, learning and caring. The varied experiences my riders gave me were something I have brought into my daily life dealing with children at the schools and other adults. Interacting with the volunteers brought richness to my days of teaching that I will not forget.

Good friends are a bonus to this rich experience. There are family members that I am still in contact with and there are staff members that have become lifelong friends. Over the years I have been so very impressed by the caring families and the dedication of the staff to the incredible work done.

# Traditions Horses Have Given Us Through History

By Sue Miller

More than 5,000 years have passed since man first began riding horses. For much of that time the horse, now mostly associated with sport, was involved in war and military campaigns. Traditional riding stems from military purposes that over the year's people have taken for granted and simply continue to do out of habit. Many if not most of the traditions and customs in modern riding evolved out of or came from military traditions and customs of one kind or another.



An example of this is the custom of riders offering salutes to the judges during dressage tests. When dressage was first envisioned, it wasn't for sport or recreational purposes. Rather, it was invented and used by various armies as a system or means of training horses and their riders for combat. In that time, when mounted knights entered the parade ground for training, it was expected and customary for them to raise the visor of their helmet so that they could be identified. That custom has survived through the centuries to become the modern salutes that riders offer to judges today - and all military soldiers still execute today.

Leading and mounting a horse from the left side originated because armies wanted consistency among the men they sent into battle. Most men were right handed and the weapon of choice was a sword. Swords were worn on the left hip. Men lead and mounted their horses from the left so they would not get tangled in the sword when mounting their

faithful steed. Because people mounted from the near (left) side, they also got into the habit of gearing everything for near side handling. Saddles typically buckle on the left, as do bridles and other pieces of tack, and horses were trained to be mounted and handled from the left. Although people no longer wear swords to ride, the tradition of mounting from the left has endured because it is simply what people are used to, and because tack and training are geared for near side mounting.

Have you ever heard the term "freelance"? Today we associate that word with someone that does work for another, but is not really associated to them in any way. In the feudal times of the middle ages when jousting was a popular way of combat and sport, if a landowner didn't have a knight he could use in the tournament he would hire a jouster who was not committed to any other master (or liege) and was available to fight, generally using a lance, for the highest bidder. The term was originally called a "freelancer", and that's where the term freelance came from.

The term, "full tilt", has come to mean doing something at great speed. This is originally a jousting term. The tilt is the fence that separates the two combatants in a jousting match. The tilt is 180 feet long and the riders run at each other as fast as they can with their lances pointed at their opponent in hopes of striking the opposing knight and unhorsing them. We still do things at full tilt, but you really never see anyone running full tilt with a lance. Have you ever been getting ready for a car ride and heard someone call, "shotgun"? Meaning they want to sit in the passenger seat. This too is a term that derived from horses. When stage coaches ruled the roads a guard armed with a shotgun sat next to the driver to protect the passengers and cargo from outlaws. So the seat next to the driver has become known as the shotgun seat.

In America, the Conestoga wagon started the habit of driving on the right side of the road. The wagon was

driven by a “Waggoner” who rode the near (left) wheel horse. Because of his position on the left of his team, the driver held to the right side of the road. Smaller on-coming vehicles were forced to their right to pass. Soon it was custom for all drivers to keep to the right, even though they were driving from the left. Henry Ford forever after established the driver on the left side of a vehicle in 1909. Traditional hunting clothes which are now associated with the sport of Fox Hunting were worn and evolved from practicality and not just fashion. The heavy woolen coats are almost waterproof. The tight fitting britches reduce the chance of getting caught up in branches and the tall boots protect the riders' legs from scrapes. The stock tie, traditionally fastened with a plain gold safety pin, was designed to double as a bandage for rider, horse or dog. The traditional riding jacket was red, but referred to as pink, the most likely reason for using that bright scarlet color, was to ensure the riders were not mistaken for prey and shot as they chased their quarry through the woods. Some of our riding traditions or habits are curious practices that seem to have no basis in the world we know today. But in fact with a little look back in history we get a glimpse at the very practical reasons for why we do some of the things we continue to do today.

## High Horses Gives A Demonstration for NH Good SAMs

On August 16<sup>th</sup> High Horses gave a demonstration for the New Hampshire Good SAMs Club at the North Haverhill, NH Fairgrounds. The audience enjoyed our demonstration and asked really good questions about what we do. At the end of the presentation the NH Good Sams even gave High Horses a donation! Mitch and Dudley were awesome ambassadors for therapeutic riding.



Mitch’s magnetic personality draws NH Good Sams in for a closer look.



Our volunteer riders exhibited different riding positions.



Thank you to our volunteers for coming out on a Saturday to help. Thank you to Elaine & Jim Morrison for trailering the horses and being instrumental in helping us collaborate with NH SAMs Club.

# Mornings with High Horses a Volunteer Perspective

*By Kelsie L. Gleason*

I've been volunteering at High Horses for a little over a year now, serving as a leader and side-walker and helping with horses in the morning. I had been spending about 6 hours a week at High Horses, but the summer vacation gave me the chance to fill in as the herd coordinator, which meant I got to spend a lot more quality time with our wonderful horses and volunteers! I spent Monday-Thursday mornings with the horses, catching them, bringing them up from the pasture, grooming them, lunging them, and checking them over for any medical issues. Those quiet mornings with the horses and a small group of volunteers became the part of the day I looked forward to the most.

I learned that my relationship with the horses is mutual, not a one-way street where the human is the one telling and the horse is the one listening. We horse people have not only the responsibility to be the best teachers possible for our horses, but to let them teach us, too. So, even though I don't think I can ever learn everything there is to learn about horses, I spent the summer trying to soak up as much knowledge as I could.

Sometimes I talked to the horses, but a lot of the time I spent just enjoying their presence. I took the opportunity to read their body language and try to understand their non-verbal communication. If I saw the horse's ears pointing in my direction, I knew that he was listening and trying to understand me, if his ears were flicking back and forth, he was anxious, if his head was lowered, he was relaxed. I even learned to recognize a certain look in Dudley's eyes when he was about to dive for grass. Taking the time to raise my awareness of those details and training myself to see them made me a better partner for the horses.

I could tell how the horses were feeling just from observing them, and I saw that they could pick up on my energy as well. This forced me to be more

self-aware. Balance - and how to achieve it - is something I struggle with (trying to find time for school, my fiancé, my dogs, and all my activities sometimes seems impossible), but I had to work on it in order to have a successful partnership with the horses. Horses, like humans, have physical, mental, and emotional balance. In caring for them this summer, I had to make sure that the horses in our herd were healthy, knew what was being asked of them, and were happy with their jobs. I put aloe on scrapes, washed Buddy with medicated shampoo, cleaned Heidi's legs, and soaked Joe's hoof with cold hose water. I introduced the horses to new toys so they would know how to respond when they were used in lessons. I spent one-on-one time with all the horses, grooming them, petting and scratching them, and letting them know that they are appreciated. All that time caring for their physical, mental, and emotional health would have been poorly spent if my own stress made them anxious. I had to pay more attention to my own balance to take better care of the horses. Now that the summer has come to an end, and I'm back to the daily grind of school, those lessons are still serving me well.



## Volunteering at High Horses & Brookside

### Farm continued (page 1)

The love of horses brought me to High Horses as a volunteer, but what keeps me coming back is the feeling of being part of something very important. One person not showing up has a big effect on how well a riding session might go. Our riders benefit from building a relationship with not only their instructor and horse, but with the entire team who has his or her well-being as their focus. I benefit from witnessing the courage and resilience demonstrated by every rider who enjoys the gentle horses of High Horses.

## High Horses Wish List

All sizes New ASTM/SEI Certified Helmets  
(\$35-\$45 value)

Cosaquin Joint Supplement, any formula  
(\$90-\$130 value)

Accel Lifetime by VitaFlex Multivitamin  
(\$70-\$120 value)

AniMed Flax Seed Oil  
(\$15-\$25 value)

Vet Wrap  
(\$10-\$25 value)

Large Square English pads  
(\$25-\$50 value)

Peacock Stirrup Rubber Bands  
(\$2-\$5 value)

10 Seat Cushions for Office  
(\$15-\$25 each)



Look for Mary Gerakaris Horse show pictures on flickr:  
<https://www.flickr.com/photos/highhorsestrp/sets/72157645870278550/>

## Bryne Foundation Challenge Update

The Jack & Dorothy Byrne Foundation is an incredible foundation that helps support many organizations in the Upper Valley. This year they have challenged High Horses TRP to raise \$10,000. If successful, the foundation will match every penny.

Every year we need to raise funds to support horses, scholarships, staffing, and the various other items needed to provide a terrific service and infrastructure. This drive will partially finance our wonderful horse herd, which in 2013 cost about \$30,000. Please consider making a donation this year and spreading the word about this exciting fundraising challenge for High Horses.

So far High Horses has raised \$8,000. dollars. Please help us reach our goal by making a donation or spreading the word about our fantastic organization.

## Staffing Update

As High Horses continues to grow, changes in staff follow. High Horses is happy to announce that the position of Program Director is now filled by Sue Miller of Bradford, Vermont. Sue has been with High Horses for the past 16 years as a part-time therapeutic riding instructor. Sue will build appropriate programs & collaborate with other service agencies and professionals while also scheduling lessons for the different programs High Horses offers.

Several of you met Joyce Kramer over the summer. Joyce is our new instructor. Joyce worked with High Horses previously when we had a satellite barn in East Corinth, VT. Joyce has been teaching riding since 1969 & training horses since 1972. Joyce also has a love of vaulting (gymnastics on horseback). Joyce's philosophy of teaching is: My students are my teachers. We hope to see Joyce back in the ring soon.

Kate Gamble MSPT, has given word that she will leave High Horses after the fall session. Kate is willing to help find a replacement and be a consultant for our riders. We are sad to see her go, but wish her well on her future endeavors. HHTRP will begin looking for a replacement so our Hippotherapy program can continue.

## Brookside Farm

*By Liz Claud, Executive Director*

To run a successful therapeutic riding program many pieces need to fit together and create a picture. I liken this process to Stave Puzzles because there is a beautiful and complete result that often forms without using a prescribed image or shape. Rather the idea begins with multiple entry points. I am thankful for the many crafted pieces that create the High Horses puzzle and make us successful; our donors, staff, horses, volunteers, vet, farrier, and of course our participants. We all help design the whole, and our “home”, Brookside Farm for over 15 years continues to be the glue that completes the image and deserves recognition and a thank you.

Throughout the years Henry Hazen, Brookside Farm owner, has graciously worked with High Horses to allow a winter session, host Special Olympic practices, extend our time in the ring, okay trail stations along the hay field, keep boarders and us happy (sometimes not an easy task). At the end of each day, we leave the farm assured that our horses will be well taken care of and safe. Henry believes in the smiles and successes of our participants and as he told me as I was talking about our outcomes program, “Don’t forget the smiles and joy you give these kids”.

In addition, his own children have at one time or another volunteered for High Horses by helping in the ring as a sidewalker or horse leader, exercising our horses, helping move the ramp and just being welcoming. Yes, we lease space at Brookside Farm to run our program but to have such a great relationship with the family is what makes it feel more like home. The Farm has been ‘in business’ and in the Hazen family since 1771 and Henry Hazen, a 7<sup>th</sup> generation farmer, gives continuity to agriculture, leasing space to High Horses and keeping land open for all to enjoy.

When you visit High Horses, remember the many unique pieces of the puzzle, to go no faster than 5 MPH down the driveway, and to say, “Thank you” to Brookside and Henry.

## A Final Gift with Vision

*By Amy Schrom*

Ann Kangas loved to watch her daughter Teresa circle the ring at High Horses. Seeing her horseback riding, swimming—really, participating in all the activities she loved—was one of the greatest joys of her life.

Ann saw first-hand the distinctive experience of achievement, joy, and community that the therapeutic equine experience inspires in everyone involved.

Ann was not one to sit on the sidelines and watch, but rather one to take life by the reins herself. She was generous with her time and sharing with her abilities. A nurse and teacher, she was instrumental in Vermont’s expansion of special education programs. She also played an integral part in establishing the Special Olympics in the Upper Valley area where she not only fulfilled the requirement of nurse, but also coached, nurtured, and loved.

It is nearly a year now since we lost this wonderful woman. But, in death as in life, Ann took care of the things she cared about. This spring, we learned that Ann had provided a generous five thousand dollar bequest in her will to support High Horses for the future.

Through this gift, Ann made sure the program that had benefited Teresa would go on serving residents of the Upper Connecticut River Valley with physical or mental challenges. Her contribution is an enduring reflection of her spirit and willingness to work to enrich the lives of everyone with special needs.

If you would like more information about including High Horses in your estate plans, please contact Liz Claud at 802-356-3386.

# Congratulations to Our Volunteer of the Year Becky Foulk



Photo by Mary Gerakaris

High Horses is pleased to announce our regional award winners. These exceptional nominees are finalists for the 2014 awards. The announcement of the national winners will be at the awards banquet in San Diego, CA.

# Our Horse of the Year Mitch



Photo by Mary Gerakaris

# Horse Herd Update

*By Mango*

Hi everyone, this is Mango. You know me, I'm the adorable little red and white pony that everyone knows and loves. Our herd coordinator Amanda usually writes these articles, but I decided that her writing was too boring and that I should do it myself.

The rest of the herd and I have been having a good year. We have 2 new herd mates, Bart and Little Joe. Bart is a BIG guy and almost all black. He's pretty gentle though, I find it pretty funny to chase him around the paddock since he's almost twice my size. Amanda says he's a "draft cross" whatever that means; it's not a cute pony so it doesn't much matter to me... Joe is a bit more independent; he's a hard worker though and really seems to love the job. He's a "Quarter horse" (looks like a whole horse to me, but whatever) and he is a nice red color with some white on his head and legs, not quite as wonderful as my red and white all over, but he's a pretty sharp looking guy.

The rest of my friends are doing well and we're all pretty healthy and happy right now. Buddy is glad that the bugs are mostly gone and his summer skin issues are clearing up. Heidi's leg injury from last winter is fully healed and she's back to full action and happy to work, even if she is a bit bossy to us other horses... Dudley has had some arthritis acting up and the vet gave him some lubrication in his hock joints and he says he's feeling great now. Mitch had a bout of Lyme disease this spring, but he's slowly feeling better after treatment and is looking forward to his winter vacation. And me? I'm perfect as usual.

We have a new human friend in Kat Barrell who does Reiki for us once a month. It feels so good when she gives us positive energy therapy. It's a great compliment to our regular vet care and chiropractic work. We also have lots of volunteers who have been so great at grooming and caring for us along with their volunteering in the ring and we want to give a "whinney out" to all of them in appreciation for all they do.

Happy trails!

Mango



# News from the Board of Directors

By Jill Helmer

It has been a busy year for the Board of Directors at High Horses. We were fortunate to recruit four new board members who each brought their special skill sets along with their enthusiasm to support this amazing organization.

Early in the year Ashley Miller, who is a friend and colleague of our past board President Rebecca Foulk joined the Board. She originally moved to the upper valley for medical school, fell in love and never left. As a practicing pediatrician and event rider, the work High Horses does is very near and dear to her heart. She was very excited to be asked to join the board, and looks forward to being able to use her medical expertise to help High Horses continue to move forward and serve as many people as possible

Additionally early in 2014, Alicia Hershberger, CPA @ Tyler, Simms & St. Sauveur joined the board. Alicia brings not only an expertise in non-profit financial experience but also a youthful vantage point. She is a newcomer to the Upper Valley region and is excited to be involved with High Horses.

Recently, Patricia A. Tivnan joined the board. Pat began volunteering at High Horses last winter, and was immediately impressed by the organization's positive impact on our clients. She is a former horse owner and event rider, and former president of the North Country SPCA in NY. She now lives in North Sutton, NH, with 2 rescue dogs.

Ericka Gray has also joined the board. Ericka is originally from the Upper Valley and currently lives in Orford, NH with her 3 daughters and husband. For almost a decade she has worked in Human Resources at Kendal in Hanover. She never grasped the importance of community involvement in her younger years, until in her late twenties she learned how involved her grandparents and even her father were in nonprofit work. She recently participated in "Leadership Upper Valley" to learn more about her community. The course helped her understand she had to do something to give back to this wonderful community. Shortly after graduation from the Leadership course she learned of High Horses' need of a new board member. Her interest in long term strategy, senior wellness, marketing, combined with a recent therapeutic riding interaction, and her love of horses to make her an excellent addition to the High Horses Board of Directors. She feels blessed to have found an organization where her business and personal passions combine.

The High Horses Board is like all effective boards, seeking to fill the skill sets that will balance out to a compatible, multi-talented unit. The four new members each bring unique strengths to our board. We are delighted and proud to welcome these four special professionals to our board.



(Left) Klarey Black sings the National Anthem at the opening ceremonies of the Fall 2014 Special Olympics.



(Left) Kendall McIntire & Emma Dow at the finish of Pass the Baton class.

## 2014 Special Olympics



(left) Kendall McIntire & Emma Dow in Pass the Baton.



(Left) Hope Dufty trotting back from the barrel race.

Special Thanks to all our volunteers for making a great day of memories.

Photos by Carolyn Stone

**Board of Directors**

Jill Helmer, *President*

Alicia Hershberger, *Treasurer*

Amy Schrom, *Secretary*

Gabbie Black

Karen Didricksen

Ericka Gray

Ashley Miller

Pat Tivnan

John Woodward-Poor

**Board Fellows**

Divya Belavadi

Jaimie Sarrault

**PR/FR Committee:**

Karen Didricksen, *Chair*

Sharon Crothers

Becky Foulk

Deb Radcliffe

Amy Schrom

John Woodward-Poor

**Upcoming Events**

- Early Winter Session November 3<sup>rd</sup> 2014 - January 30<sup>th</sup>, 2015
- Wassail Parade – Saturday December 13, 2014
- Wine Tasting, Norwich Inn - January 21<sup>st</sup>, 2015
- Winter 2015 Session February 9<sup>th</sup> – April 24<sup>th</sup>, 2015

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**HIGH HORSES**

Therapeutic Riding Program

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