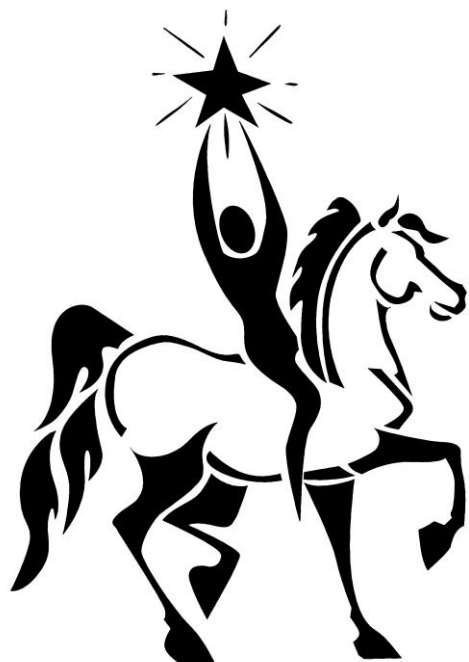


Therapeutic Equestrian Center, Inc.

Fall 2015 Newsletter



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**The Therapeutic Equestrian
Center, Inc. (TEC)**

**537 Northampton Street
Holyoke, MA 01040
413-532-1462**

**info@EquestrianTherapy.org
www.EquestrianTherapy.org**

President's Message by Sue Panitch

This welcome to a new season – one of being surrounded by vibrant changing colors in our landscape and being involved in a myriad of activities at TEC – finally brings TEC to a new 5-year lease with B.E.C.A. for the property it uses at Jericho.

THE NEW LEASE; As long term members and supporters know, while TEC has built the arena, administration wing, all run in sheds and equipment sheds and fenced and resurfaced all paddocks, TEC actually rents the land these are all on and the stable from Jericho. Over nearly two years a team from the TEC Board of Directors has worked with their counterparts on the B.E.C.A. Board to develop a fair agreement under which to continue this. TEC's team included Attorney Thomas Wilson, Treasurer Tim Deshaies and Board Chair Sue Panitch.

That lease was signed in early September. It includes an agreement for TEC to pay for its water usage. In order to get TEC's actual water usage, either a new line from the street or a line from Jericho's main line was needed. Because a new line meant a tremendous cost to TEC (it would have to be brought in from Northampton Street at TEC's expense), it was decided that looking into a line extended from the water lines serving the Jericho land would be the best option. It was then learned that this could not be done under current rules. After hearing about the problem and hearing about TEC's mission, special permission for the project was offered by the Holyoke Water Department before TEC could even ask for this. HWP has allowed TEC to meter from the Jericho lines and also offered to provide technical help and the necessary metering equipment saving TEC thousands of dollars. We are deeply grateful to the Holyoke Water Department for its assistance with this project.

Jim and Dan Skibel of Skibel Plumbing designed a method of putting in the meters in a way that made them easy to access and to read in all weather and have completed all of the work. Joseph Marois of Marois Construction and Orion Stables in South Hadley consulted on the project.

The Therapeutic Equestrian Center, Inc. (TEC) is a private 501(c)(3) organization incorporated in 1984 dedicated to providing physical, learning and recreational opportunities to special needs children and adults. TEC is governed by a Board of Directors and managed by the Executive Director.

President - Sue Ellen Panitch

Vice President – Chris Delude

2nd Vice President – James Sutter

Treasurer - Timothy Deshaies

Recording Secretary – Debra Vega

Corresponding Secretary – Torin Moore

Board of Directors:

Gordon Alexander

Jill Apolinario

Tammie Badura

Dr. John Cowley

Amy Craven

Carla Neiswanger

David O'Connor

Jill Tellier

Atty. Thomas Wilson

Executive Director - Judith Zedonis

Barn Manager - Nora Britton

Instructors:

Nora Britton

Karen Dahmke

Nancy Karp

Jeriko Perkins

Annie Sexauer

Volunteer Coordinator - Tammie Badura

Newsletter Editor - Judy Zedonis



Professional Association of Therapeutic
Horsemanship International

Director's Report

TEC Annual Horse Show

The horse show is scheduled for Saturday, October 31st. We are hoping to make it a fun event for all. This year it will not be a competition but rather a demonstration of our riders' skills. In the spirit of Halloween both riders and horses will have the option of wearing costumes. Even though this will be a fun day do not forget the riding is a difficult sport and our riders are athletes.

Horseback Riding is a Sport! There is no question about that. It's one of the oldest sports and fulfills every definition of sport. Why do people think it is so easy? All you do is sit there and the horse does all the work! What the average non-rider doesn't see are the hours of practice and the sore muscles not to mention the mental challenge that riders undergo to make it all look easy.

Sports require and build fitness: muscle strength, balance, flexibility, agility and overall body awareness. The control it takes to use rein, leg and seat aids to influence a horse requires body awareness. While it's not necessary to be a body builder to ride, dealing with a 1000 lb animal does require some physical presence.

Skill, strategy, reasoning, memory and confidence are required in most sports, and it is no different for riding. Riders also memorize how they will ride a particular course or cue a horse for a specific move. However, they also need to be mentally flexible enough to change course instantaneously if the horse has other ideas.

Join us on Oct 31st and experience the joy and accomplishments of our TEC riders.

Judy

Volunteer Orientation and Training Saturday; Oct 17th, 2015. 10am-1pm

Join us for an informal session to find out about TEC, its mission, staff and horses, and how you can help

Highly suggested for ALL TEC volunteers! This is a training session for volunteers new and old to ask questions and learn from one another.

We want to streamline how everyone works with the horses and riders, as consistency is key for both populations!

We will be doing "mock" lesson; How to lead a horse. Are other horses too close? Is the horse crowding you, in your space, or are you in his space? Are you looking ahead where you want to go? Demonstrations on how to side walk with different levels of rider support. We will cover how much help to give the rider. We will be discussing emergency dismounts and our new electronic volunteer sign up system.

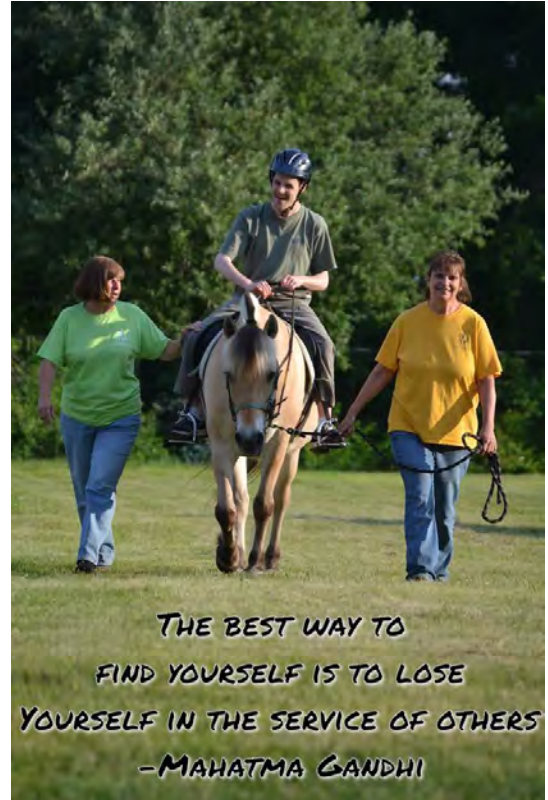
This training is set up to involve a lot of interaction between volunteers and horses. No matter how much we domesticate horses and bring them into our world, they are still Fright & Flight animals. We are entering their world and need to learn how to function in that world. Listen to their body language and learn!

Please wear closed toe shoes and comfortable clothing and bring layers as we will be walking around as well as standing and talking.

Also come with a water bottle and a snack, we will provide coffee and doughnuts!

Bring any and all questions and learning experiences you have had working with our students!

**Call 413-532-1462 or go to our website
www.EquestrianTherapy.org for more information**



The reasons you are interested in volunteering may be unique to you, and yet the special feeling you have for people, horses, and giving of yourself is a common bond with everyone involved in our program. The relationships you form with our riders, horses, staff, and fellow volunteers will stay with you, in many ways, all of your life.

We rely heavily on volunteers to assist us, in fact, we could not operate without them, TEC needs you.

Time is a precious commodity to us all, and any time you give is appreciated.



Join us at the

5th Annual Harvest Dinner

to benefit the Therapeutic Equestrian Center
Thursday, November 12, 2015 @ 6:30 p.m.

at Slainte A Holyoke Restaurant

80 Jarvis Avenue, Holyoke, MA

Menu

Acorn Squash Fritters with Maple Aioli

Creamy Roasted Brussels Sprout Soup

Autumn Spinach Salad with Grilled Pear, Aged
Cheddar and Candied Chestnuts

Roasted Cornbread and Sausage Stuffed Quail
with Parsnip Puree and Blueberry Wine
Reduction – seasonal vegetables

A vegetarian alternative based on the bounty of
the 2015 local harvest will be available.

Mini Pumpkin Crème Brulee

Wines will be by Martignatti Company of
Boston and will be selected by their
representative Todd Lockwood who will also be
at the dinner to discuss the wine pairings.

Silent Auction to be held from 6:30 - 7:15 pm

Reservations with dinner choice may be made
by calling SLAINTE at 413/534-4000
and must be secured with a credit card.

~ \$75.00 per person all-inclusive ~

Harvest Dinner

Our Autumn Celebrations will end on November 12, Thursday evening at Slainte, 80 Jarvis Avenue in Holyoke with our annual Harvest Dinner. As always, each course of the dinner will be accompanied by wine pairings. The cost for the entire dinner and social hour is \$75.00 per person. For reservations call Slainte at 534-4000.

As always there will be a small but exciting silent auction during the social hour prior to dinner. Make your reservations early! Items already on hand include a beautiful red turned sheepskin vest from Yarrow Designs, an elegant 22" carry on suitcase from Penguin Products, an amazing wine basket, Lego sets, steak knives, and various gift certificates. And more are coming!

For those who have not received a Harvest Dinner invitation in the mail, like membership notices, they will be available at TEC on October 6th and thereafter.

We are looking forward to seeing all TEC's friends, families and supporters this fall!

Sláinte is an Irish word that translates as "health". It's commonly used as a toast in Ireland and Scotland- **Sláinte!**

Meet Madison



My name is Madison I am one of the team at the Therapeutic Equestrian Center (TEC). I am a beautiful black and white pinto mare. I don't have a lot of spots but I do have one large white spot. I arrived at TEC in 2014. I am a big girl at about 16 hands that is 64 inches or 5 feet 4 inches at the withers. Horses are measured in a unit called hands, a hand is 4 inches. The living is good at TEC and I have put on a few pounds, but they look good on me! You don't ask a lady her weight or age! You can't miss me when I stick my head out to say hello, I have one quite unusual feature that I am very proud of. I have one brown eye and one blue eye. It makes me feel special to be different.

TEC provides physical, learning and recreational opportunities, with my help, to special needs children and adults. Therapeutic riding provides a tremendous amount of benefit to individuals with disabilities. But the care of all of us horses, the facility and providing necessary equipment for the riders makes the program quite costly to operate. TEC is a private non-profit and is funded by grants, donations and special fundraising events. The following "Wish List" contains just some of things that we need at TEC. I am sure you can think of other things that we could use. Thank You.

*Remember TEC is a private non-profit 501(c)(3) organization
Donations are tax deductible to the extent allowed by law*



TEC's Wish List



- Hay: remember the saying “eats like a horse”, each horse eats about ½ bale of hay every day!
- Bagged Bedding: shavings/softwood pellets make a nice soft, clean bed; stalls are cleaned daily
- Round Pen for training and exercising our horses
- New furniture for lounge area
- Draft Horse English Saddle for Layla
- Cleaning products; Garbage Bags; PaperTowels; ToiletPaper; Kleenex
- Snacks for our riders and Volunteers; Coffee (Kcups), Hot Chocolate, and Hot & Cold cups
- First Aid Supplies for horses and humans
- Gift Certificates to: Feed Stores, Tack Shops, Office Supply Stores, Hardware Stores
- and don't forget our resident barn cat, Eve; Cat Food (dry) & Kitty litter

TEC News

The Therapeutic Equestrian Center is seeking nominations for new Board Members. If you or someone you know has an interest in helping children & adults with special needs in our community, we want YOU! Knowledge of horses not required, but certainly welcomed! Follow this link www.EquestrianTherapy.org to nominate yourself or someone else!!

MEMBERSHIP: The annual supporting membership letters went into the mail in September. This support is crucial to TEC. For anyone who did not receive one, they will be available at TEC on October 6th and thereafter.

ANNUAL HORSE SHOW PROGRAM BOOK: While all this was going on, TEC Director Judy Zedonis and the TEC staff have been planning for the Annual Fall Horse Show which will be on Saturday, October 31, 2015 making this a Very Special Halloween Party! The Program Book for the Show is being managed and edited by Jill Apolinario. All Board members have been asked to help with the Program. TEC volunteer Tomasz Paluchowski, a student at Williston, is a member of the Program Book staff.

TEC Horse Show: Saturday, October 31, 2015 from 10:00 AM to 3:00 PM at the Therapeutic Equestrian Center. Please join us for a day of fun. Come and cheer on our riders. Buffet lunch and snacks will be provided. Everyone is welcome, riders, family, staff, friends & volunteers.

Equine Affaire: TEC instructor Nancy Karp and her Haflinger Ace will be taking part in a clinic with Julie Goodnight, an internationally respected trainer and clinician, in the Coliseum Arena at 3 PM on Sat. Nov 14. Riding Later in Life: Considerations for Those Learning to Ride Later in Life &/or Individuals Returning to Riding after Many Years Off

Around the Barn



Calendar of Events

Oct 17, 2015: Volunteer Orientation

Oct 31, 2015: TEC Horse Show

Nov 12, 2015: Harvest Dinner

May 1, 2016: Future Begins Here

For more info check out

www.EquestrianTherapy.org or call 413-532-1462

or email info@EquestrianTherapy.org

TEC's Cancellation Policy: TEC follows the same schedule for cancellations, holidays & vacations as the Holyoke Schools. If Holyoke schools are closed TEC will cancel classes. TEC will also cancel due to extreme weather conditions..

Call TEC at 413-532-1462 to find out if classes have been cancelled. There will be a message on the answering machine at TEC with information.

Join us on Facebook for updates.



We're going green! Please help us save trees and postage! Sign up today for electronic delivery of our newsletters! It's fast and it's easy!

Reminder: This program is supported in part by the Holyoke Community Development Block Grant Program using U.S. Department of Housing and Urban Development funds.

TEC Class Schedule

Sept/Oct 2015 – Session #5

Monday:

Sept 14 to Oct 26 – 6 week session (no class 10/12)

Groups at; 4:00 PM, 5:00 PM & 6:00 PM

Tuesday:

Sept 15 to Oct 27 – 7 week session

Groups at; 9:30, 10:30, 11:30 AM & 4, 5, & 6 PM

Wednesday:

Sept 16 to Oct 28 – 7 week session

Groups at; 4:00 PM, 5:00 PM & 6:00 PM

Thursday:

Sept 17 Oct 29 – 7 week session

Groups at; 4:00 PM, 5:00 PM & 6:00 PM

Friday:

Sept 18 to Oct 30 – 7 week session

Groups at; 4:00 PM, 5:00 PM & 6:00 PM

TEC Horse Show Saturday, Oct 31st

Nov/Dec 2015 – Session #6

Monday:

Nov 2 to Dec 14 - 6 week session (no class 11/23)

Groups at; 4:00 PM, 5:00 PM & 6:00 PM

Tuesday:

Nov 3 to Dec 15 – 6 week session (no class 11/24)

Groups at; 9:30, 10:30, 11:30 AM & 4, 5 & 6 PM

Wednesday:

Nov 4 to Dec 16 – 5 week session (no class 11/11 & 25)

Groups at; 4:00 PM, 5:00 PM & 6:00 PM

Thursday:

Nov 5 to Dec 17 – 6 week session (no class 11/26)

Groups at; 4:00 PM, 5:00 PM & 6:00 PM

Friday:

Nov 6 to Dec 18 – 6 week session (no class 11/27)

Groups at; 4:00 PM, 5:00 PM & 6:00 PM

TEC will be on break Thanksgiving week

Classes Resume Mid-January 2016

Happy Holidays