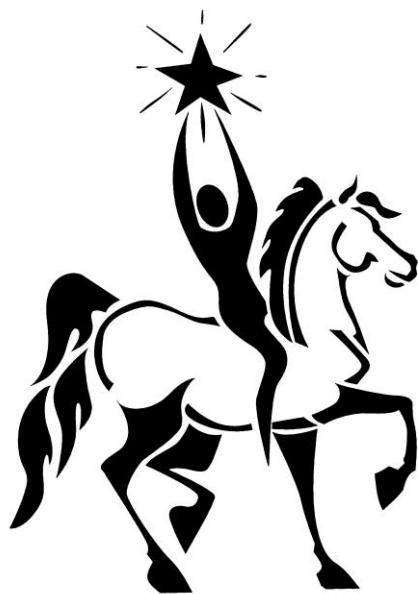


# ***Therapeutic Equestrian Center, Inc.***

## ***Newsletter***

### ***Fall 2012***



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#### **Therapeutic Equestrian Center (TEC)**

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

**info@equestriantherapy.org  
www.equestriantherapy.org**

#### ***President's Message:***

#### **Second Annual Harvest Dinner**

By popular demand, the Second Annual Harvest Dinner to benefit TEC, will be held at Eighty Jarvis Restaurant on Monday evening, November 12, 2012.

There will be a social hour starting at 6:00 p.m. followed by dinner at 6:30 p.m. There will be wine pairings for each course and these will be discussed by Mike Brunelle of United Liquors. Eighty Jarvis's master chef will talk about the preparation of the individual courses for the dinner.

Would be diners had to be turned away at the 2011 Event so the 2012 Dinner will be held in the upstairs special event room at the Restaurant which can handle ten more guests than the regular dining room. The Harvest Dinner Committee urges all to make their reservations quickly to avoid disappointment.

In addition to the dinner, there will be a small silent auction of very fine items including dining and wine opportunities, personal and home accessories and specialty items.

The menu for this dinner can be found in a special box in this newsletter along with the phone number to use to call the restaurant to make reservations.

As a special service to those with vegetarian dining preferences, there will be vegetarian choices available for the first and main courses. Those interested in this option must state this preference at the time reservations are made.

Seating will be limited to seventy-five for this event.

*Sue Ellen Panitch*

*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.*

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**Corresponding Secretary** – Torin Moore

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**Instructors**

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Karen Dahmke

Nancy Karp

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INTERNATIONAL

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Horsemanship International

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## TEC News – We Have Much to be Thankful For!

TEC has once again had a very busy and exciting summer. There has been a lot going on.

Nancy Karp held Saturday morning sessions May 26 – Jun 30 at TEC “Caring for Horses, Caring for Ourselves”. The program was well received and hopefully she will run another session soon.

In addition to our regular classes, TEC once again was pleased to provide riding for the Holyoke School’s Summer camp program at Jericho. Thanks to Nora Britton and a wonderful group of volunteers for making this program possible.

TEC’s annual picnic was held by the Jericho pool on Saturday Aug 18<sup>th</sup>. We were very fortunate the weather was beautiful and a wonderful time was had by all. Thanks to Amy Craven and members of TEC’s BOD for putting on this event for our riders and volunteers. This year’s picnic had a special guest. Karen Dahmke brought along Doc, one of our retired therapeutic riding horses. Many of our riders remembered him and enjoyed visiting with him. Art, Linda & Sandy brought their drumming instruments and provided the entertainment for all. Read Art’s article in this newsletter about their experiences.

I am pleased to introduce Alyson Bull as our new volunteer coordinator, a position that has been vacant for far too long. She has already organized two volunteer orientation session that brought many new volunteers into the program. We cannot successfully run our program without the help of our many dedicated volunteers.

Special thanks to Louis Dupis for all the work he has put into our riding trail. For those of you who haven’t seen it yet you should take a walk along the trail to see all or the beautiful animal figures that our riders get to see and identify during their trail rides.

TEC had a delightful visit by the “Red Hat Ladies” this summer. Thanks to their generous donation Luna will be getting a saddle that fits her properly.

*Continued on page 3*

*TEC News continued:*

On Sept 16<sup>th</sup> four of our TEC riders took part in the Western Mass Equestrian Special Olympics hosted by Equus Therapeutic at Oakhollow Farm in Williamstown, MA. Mary Beth, Monica, Andrew and Tyler competed in Trail and Equitation classes.

All of us at TEC would like to thank Sandra Brown and her team for organizing and running the show; Peggy Harner, Special Olympics Coordinator, for helping us all through the registration and paperwork; the Oakhollow horses for being so wonderful and taking care of our riders and our judge, Courtland Gionesi, for her smiles and encouragement.

I was overwhelmed by the support our team received from parents, friends, instructors and volunteers that drove out to Williamstown to support our equestrians. Our team brought home many gold, silver and bronze medals. But more important they brought home many special memories.

Hopefully, we will do it again next year. Watch for more pictures to be posted on our webpage.



Finally, don't forget the Annual TEC Horse Show will be held at TEC on Saturday, November 3<sup>rd</sup>.

*Judy*

## **A Full Circle of Horses Serving Mankind**

Horses have been serving man for thousands of years. Otherwise, we might be using cattle for other things, like therapeutic riding. Somehow, I doubt that would have taken off.

So let us take a trip in time. I will take a historical view of Luna's ancestors because the Norwegian Fjord is one of the oldest pure breeds of horses. Up until a century ago, the Fjord Horse was bred for dual purpose, transportation and agriculture. Part of the selective process centered on a heavy boned big muscular animal that defines the quintessential "Work Horse", although smaller than their counterparts such as Belgians and Percherons taller, lighter Fjords were selected to provide transportation (saddle and buggy) with its obvious uses.

When the automobile came about these saddle and carriage horses became almost extinct in Norway. However, as for farming, their usefulness remained until the tractor became a commonly used substitute decades later. By then competitive equestrian events became a popular pastime. The ultimate "sport horse" became an obsession worldwide. New breeds were developed through selective breeding. The old fashion means of genetic engineering. It seems like every year I am confronted with a new breed. The "cold blooded" draft horses were combined with "hot blooded" saddle horses to create what we now call "warm bloods". All of these have been over time represented at TEC.

Draft horses today still provide essential services. Around here, these powerful creatures are crucial to low impact logging, some farming and are always seen in pulling contests at fairs.

*Continued on page 5*

## Some Drumming Memories from Last Year's TEC Picnic:

*By Art Meyers TEC Volunteer*

I brought ten hand-drums and set them up in a semicircle. There were congas, bongos, bass drum, and other African and Caribbean drums. We also had a selection of hand percussion – bells, claves, shekere (shaker), tambourine, maracas and more. Linda, a co-drummer and friend, helped out playing different instruments and answering questions. We helped riders, volunteers, friends and relatives get going with whatever instrument they wanted to try.

A severely autistic young boy sat on the lap of his aide. The aide had one arm around the boy to hold him and he drummed with his free hand. The boy's hand was on the aide's arm so he could feel the rhythm. It was wonderful watching them drum together.

I brought a small drum and shaker to one of the lunch tables for two women to play. They later moved to the drumming group moving with their walker and wheel chair, and drummed away! Their aide joined in with a shaker and quickly picked up the rhythm. Their smiles were wonderful.

One of the aides was sure she didn't have any rhythm. She worked with fellow drummer Linda for a few minutes, relaxed into the beat, and surprised even herself. She was all smiles!

One of the clients tried out the bongos. They were on a firm stand so he could use them to help keep his balance. He had such a good time, every riding session after that he would talk about the bongos. Later, I brought a couple of conga drums and the bongos and played them during a riding lesson. The horses, riders, volunteers and teacher all had a great time. The bongos-lover even got to play them after the lesson was over.

A group of adults sat behind the drummers, comfortably in the shade, and enjoyed the music and the smiles of those who were drumming. There are many ways to be part of the fun.

A couple of fellow volunteers played a woodblock and a shekere (shaker) while Linda and I played a Yambu rumba with claves (hard-wood sticks) and multiple drums. People would join in with any instrument, playing in any way that just felt good. It was excellent!



*A Full Circle continued from page*

In Amish area, they are crucial in their agriculture and logging. Harness racing Standardbreds, no longer useful for racing, are essential to their transportation. Standardbreds, often mistakenly passed up by people looking for riding horses, the Amish with keen eyes for horseflesh, pick out the best ones at auctions at bargain prices. The draft horses whether bred on the farm or traded for, do all the farm work.

So what happened to Fjords? Selection brought back the taller saddle and driving types, Luna's type is highly sought after. Today Fjords are a popular breed regardless of body type. They are the ultimate winter working horse, a favorite for maple sugaring. No winter blankets necessary. So when visiting the barn at TEC look at the different horses and imagine how they got this far.

Coming up in the next newsletter; the unwanted horse, a present day crisis. Everything from wild mustangs, economic dilemmas, debate over allowing slaughterhouses, local restrictions on disposal and the rising numbers of healthy older horses. *by Dr. John Cowley*



## TEC Harvest Wine Dinner

Monday November 12, 2012

Reception at 6:00 pm

Dinner at 6:30 pm

Eighty Jarvis Restaurant

### First Course

Pumpkin Bisque with Chevre Crostini  
Paired with Ramon Bilbao Albarino

### Second Course

Oxtail Pierogies over Braised Napa Cabbage  
with Brown Butter  
Vegetarian option: Roasted Cauliflower  
Pierogies with Brown Butter  
Paired with Ramon Bilbao Crianza

### Third Course

Herbed Cornish Game Hen, Roasted Brussel  
Sprouts, Rutamousse, finished with a duck  
demi-Glace  
Vegetarian option: Wild Mushroom and  
Spinach Strudel with Rutamousse and  
Brussel Sprouts  
Paired with Buena Vista Carneros Pinot  
Noir

### Fourth Course

Pear Tart with Brandy Caramel  
Paired with Adriano Ramos Pintos Tawny  
Port

\$ 65 including Taxes & Gratuity

Tickets must be purchased in advance  
Vegetarian option must be requested at  
time of Ticket purchase

Tickets available at Eighty Jarvis Restaurant  
413-534-4000

## TEC Calendar of Events

- Sept 16<sup>th</sup>: Special Olympics  
Oct 1<sup>st</sup>: TEC BOD Meeting  
Nov 3<sup>rd</sup>: TEC Horse Show  
Nov 5<sup>th</sup>: TEC BOD Meeting  
Nov 12<sup>th</sup>: Harvest Dinner at Eighty Jarvis  
For more info Call TEC at 413-532-1462

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## TEC – Cancellation Policy

Remember TEC follows the same schedule for cancellations, holidays and vacations as the Holyoke School system. If Holyoke schools are closed due to bad weather TEC will cancel classes. TEC will also sometimes cancel because of extreme heat or cold.

If you have any questions please do not hesitate to call TEC at 413-532-1462 to find out if classes have been cancelled. If we are unavailable to answer the phone there will be a message on the answering machine at TEC with that information.

Also you can join us on Facebook for notifications and updates.

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## TEC WISH LIST

*Hay, Bagged Shavings,  
Cat Food (dry) & Kitty Litter,  
Cleaning Products, Garbage Bags,  
Hot & Cold Cups,  
Kleenex, Paper Towels, Toilet Paper,  
Gift Certificates to:  
Feed Stores; Tack Shops;  
Office Supply Stores & Hardware Stores,  
Snacks & Drinks for the volunteers & riders*

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**REMINDER United Way for TEC:** The Therapeutic Equestrian Center, Inc. is a qualified 501(c)(3) Agency. TEC qualifies as a designated receiver of donations through the United Way.

## TEC Class Schedule

### Sept/Oct 2012 – Session #5

#### Monday:

Sept 10 to Oct 29, 2012 – 7 week session (no class 10/8)  
Groups at; 4:00 PM, 5:00 PM & 6:00 PM

#### Tuesday:

Sept 11 to Oct 30, 2012 – 7 week session  
Groups at; 9:30, 10:30, 11:30AM, & 12:30PM

#### Wednesday:

Sept 12 to Oct 31, 2012 - 8 week session  
Groups at; 4:00 PM, 5:00 PM & 6:00 PM

#### Thursday:

Sept 13 to Nov 1, 2012 – 8 week session  
Groups at; 4:00 PM, 5:00 PM & 6:00 PM

#### Friday:

Sept 14 to Nov 2, 2012 – 8 week session  
Groups at; 4:00 PM, 5:00 PM & 6:00 PM

**TEC Horse Show Sat, Nov 3<sup>rd</sup>**

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## TEC Class Schedule

### Nov/Dec 2012 – Session #6

#### Monday:

Nov 5 to Dec 10, 2012 – 5 week session (no class 11/19)  
Groups at; 4:00 PM, 5:00 PM & 6:00 PM

#### Tuesday:

Nov 6 to Dec 11, 2012 – 5 week session (no class 11/20)  
Groups at; 9:30, 10:30, 11:30AM, & 12:30PM

#### Wednesday:

Nov 7 to Dec 12, 2012 - 5 week session (no class 11/21)  
Groups at; 4:00 PM, 5:00 PM & 6:00 PM

#### Thursday:

Nov 8 to Dec 13, 2012 – 5 week session (no class 11/22)  
Groups at; 4:00 PM, 5:00 PM & 6:00 PM

#### Friday:

Nov 9 to Dec 14, 2012 – 5 week session (no class 11/23)  
Groups at; 4:00 PM, 5:00 PM & 6:00 PM

**TEC will be on break**

**Thanksgiving week 11/19 to 11/23**

**Classes will resume Monday 11/26**

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**Next Session to start Mid-January 2013**

**Call 413-532-1462 for info**