

## New Program Teaches Life Skills

Where did you learn basic life skills such as time management, acceptance, health and hygiene? CKRH is now providing a learning environment for these skills. Life skills in the barn you say? Our response is "what better place?".

This seven week curriculum is designed around the mission to teach life skills through horsemanship curriculum and includes such topics as safety, attitude, time management, health, tolerance, responsibility and occupations. While including the horse and the farm environment we work on development assets such as bound-



*Kacy and Jubilee, Marc and Laredo, Sierra and Mary Leggs*

## Night of Stars Set June 16

June 16<sup>th</sup> is the date for the CKRH signature fundraising event, NIGHT OF THE STARS '07. The theme this year is "The Wizard of Oz" which seems highly appropriate as our dream for a new therapeutic riding center seems on its way to becoming true. With the talents of volunteer equine costume expert, Shirley Gentry, the evening promises to put a unique spin on a tale we have all come to love.

Follow the "Yellow Brick Road" and be part of this wonderful evening that helps with funding and program awareness. For additional information, please call the CKRH office at (859) 231-7066. Sponsorships are available.

aries and planning and decision making.

Goals are achieved through such activities as: developing emergency evaluation plans for the barn; daily horse care activities; identifying breeds and horse markings; teaching the horse a desire skill. These activities setup great opportunities for discussing emergency plans in the home, the importance of proper nutrition,

health care and hygiene, tolerance of differences and many other great topics. At the end of every session each individual has the opportunity to document in journals their feelings and experiences.

Comments from the participants include, "I feel happy today and learned something new", "I learned to stay in my own space and keep the horse in his space", "I was a leader today".

## Community Service in Action

Throughout October 2006, small groups of hardworking young people put shoulder to wheel to help CKRH prepare for Special Olympics and our annual Tack Sale during community service workdays. Middle school students from The Lexington School, young parishioners from Christ the King Cathedral and undergraduates from Midway College and UK helped bathe horses, clean tack and move items between Horse Park barns. We were most grateful for all their support!

For our friends who miss the barn, we've started Winter Workdays on the second Saturday morning of each month from 9AM-12PM. We spend that time on general barn upkeep, tack cleaning, horse grooming and special projects. The remaining dates are March 10 and April 14. To sign up or get more details, call Volunteer Coordinator Jeannie Brewer at 859/231-7066.

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Readers' contributions, suggestions and  
comments are welcome.

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# Volunteers Make It Happen

It is an amazing fact to note that last year there were 14,620 man hours of volunteer time and energy given to CKRH! Over 200 volunteers made the 2006 season of therapeutic riding classes possible and 50 more helped with Hippotherapy. There were over 40 people who participated in the Haycrew during the course of the year.

Our two largest fundraising events, NIGHT OF THE STARS and the Halloween Trail Ride and Tack Sale each take over 75 volunteers to make happen. The Paul Frazer Horse Show is not far behind with the efforts of over 40 individuals. Add to this, our Special Events volunteers who help with parking at High Hope, Rolex and various demonstrations and you have a dedicated and loyal crew.

Their effort and support are deeply appreciated by CKRH, we could not do it without you! The INDEPENDENT



*Awesome Volunteer David Schneider*

SECTOR, Metro United Way (Louisville) based on National Averages values their collective hours at approximately \$264,000; CKRH regards them as priceless.

Interested in volunteering? Visit [www.ckrh.org](http://www.ckrh.org) for Volunteer Registration forms.

## New Daytime Programs Added

*By Kim Shafer*

This past fall, CKRH began offering several daytime programs in addition to our normal evening and Saturday classes. These programs were a huge success, and we are looking to expand daytime activities even further this spring. If you are available to volunteer during the day, please give us a call!

With assistance of CKRH parent Wendi Womack, we organized a Monday morning Homeschool Horsemasters class. This class was modeled after our Saturday Horsemasters program. For this class, a group of four homeschooled boys groomed and tacked their horses, and with the assistance of their volunteers, led their mounts to the arena. After riding, students dismounted, led their horses back to the barn, untacked, then did various barn chores such as putting tack away, sweeping, and cleaning stalls. The focus of the class was on

horsemanship and learning to ride independently at the walk and trot. All the boys who participated this fall expressed interest in returning next year.

We added two daytime classes for riders with Multiple Sclerosis, one on Wednesdays at 3:00 and one on Thursdays at 2:00. For the Wednesday class, the group consisted of three adult women who were new riders to CKRH. The Thursday class consisted of one returning rider and one new rider, both female adults. The focus of both these classes was on learning independent riding skills, horsemanship, and physical exercise and recreation. Several of these women expressed an interest in competing. An additional benefit to all who participated was the feeling of accomplishment and well-being that comes from the human-animal bond between our participants and their horses, and all of these women ex-

*Continued On Page 4*

# New Equine Assisted Growth and Learning Classes Offered at CKRH

The CKRH Equine Assisted Growth and Learning Programs have the mission to facilitate growth and learning by bringing people and horses together in a mutually beneficial way. Equine Facilitated Learning (EFL), as defined by North American Riding for the Handicapped (NARHA), promotes exploration of feelings and behaviors in an experiential educational format. It occurs when a person is interacting with the environment, including the people, animals and situations involved. It is learning by doing and may take place during short periods of time, such as during a workshop or regularly scheduled sessions.

CKRH will provide an alternative learning environment where students who struggle in the traditional classroom can come and experience hands-on learning, in authentic situations, with the added bonus of interacting with some very special equine partners in learning.

Current CKRH programs will focus on two areas of growth and learning, life skills and academics. Please refer to the life lessons article in this newsletter for additional information on that topic. The academic component of the growth and learning curriculum will be taught by our lead instructor Kim Shafer. Kim has her teaching certificate and 12 years experience teaching kindergarten in the public school system. She has also earned her Masters Degree in Special Education.

CKRH is currently marketing two curriculums to school groups and students in home school:

## **Equine Assisted Learning - Primary Literacy Unit**

The primary purpose of this unit is to integrate reading and writing skills with social skills and problem-solving skills, while at the same time empowering students to seek new learning through rich experiences. The lesson format will be a sort of “souped up” guided reading lesson, containing the five components of Reading First (Partnership for Reading, 2001): phonics, phonemic awareness, comprehension, fluency, and most definitely vocabulary, along with choral reading, repeated readings, and reading for a variety of purposes. Instruction will go beyond the typical guided reading lesson when students participate in some hands-on activities with our miniature horses.



*Denise, Kacy and Sierra work with Molly.*

Following the hands-on portion of the lesson, students and staff will reconvene for reflection. This is the opportunity to reinforce social skills and to allow for some higher-order thinking. The final portion of class will entail the writing component, followed by sharing. This is another opportunity for students to apply vocabulary and writing conventions, along with boosting self-esteem by having a moment when every member of the team is devoted to focusing on the reader.

## **Cowboy Poetry – Equine Assisted Learning Curriculum**

This curriculum was developed by staff at Strides To Success, a NARHA premier center. This curriculum has been taught with great success in several school districts around the Indianapolis area.

The *Cowboy Poetry* curriculum is designed for students that are at risk of failing in the traditional school setting due to failing grades, negative behaviors, suspensions, expulsion or low attendance. *Cowboy Poetry* is an exciting and innovative curriculum that is wrapped around academic standards, developmental assets and character education skills that make learning fun and learners successful. The curriculum is utilized to create an excitement about learning.

This 13 week curriculum has lesson plans based on respect, creative thinking, alertness, imagination, choices, thriftiness, punctuality, attitude, honesty, courage, sportsmanship.

## **MISSION STATEMENT**

*Central Kentucky Riding for the Hope is dedicated to enriching the community by improving the quality of life and the health of children and adults with special physical, cognitive, emotional and social needs through therapeutic activities using the horse.*

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*Special Thanks To The  
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Foundation  
for its donation  
of Southern Lights passes  
to our  
Holiday Party attendees.*

## New Classes

*Continued From Page 1*

pressed how much they enjoyed this part of their week.

One additional class that was added this fall was a one-on-one lesson for an adult female rider with spina bifida. She rode on Mondays and Wednesdays at 2:00. The focus was on independent riding skills, and this particular rider showed amazing progress over seven weeks. She is definitely interested in returning in the spring and has even expressed interest in competing at some point.

## Special Olympians Do Well

CKRH did well at Special Olympics Kentucky, held in the indoor arena on October 8, 2006. Ten CKRH riders participated in dressage, English and Western Equitation, and Working Trails (English and Western). While we were extremely proud of our athletes and horses simply for their willingness and efforts, we were overjoyed to watch many of our

riders accept their medals:

Kelly Vest & Nikki: Gold and Bronze Medals

Sierra Pollard & Annie: Two Gold Medals

Zachary Marsee & Annie: Silver Medal

Jean Sherrow & Chico: Silver Medal

John Cottrell & Chico: Gold and Silver Medals

Zachary Womack & Zippo: Two Silver Medals

Drew Norby & Zippo: Gold and Bronze Medals

Robby Jacina & Messenger: Bronze Medal

Sara Jones & Messenger: Silver Medal

# Halloween Trail Ride: Another Successful Event

The 2006 Halloween Trail Ride (HTR), held on October 28<sup>th</sup>, was another successful event. Although the day was cold and windy we had a good turn out. Besides the Trail Ride we had a Tack Sale, Costume Classes, and Ornament Decorating. The day was filled with fun activities for all ages.

We had about 160 participants and made over \$19,000 from the Trail Ride and Tack Sale. Some riders participated in the Ride-a-Thon, raising money for CKRH by having people sponsor their ride. This year we provided riders a cantering area, which was well received. Ornament decorating was offered for the first time this year. People could make an ornament for the Kentucky Horse Park Christmas Tree or make one for their own tree.

The costume classes are always fun and people of all ages participate. I am amazed at the creativity of people and the costumes they devise for themselves and their horses. Included among the costumed riders were three fierce pirates, a Bengal's fan, characters from *Alice in Wonderland*, a bride, and even Elvis made an appearance! To see photographs from the Halloween Trail Ride, check the website: <http://www.ckrh.org>

The CKRH Halloween Trail Ride and Tack Sale event is possible only through the support and assistance from sponsors, service providers, and volunteers. We want to thank the sponsors for this year's event, who helped cover HTR expenses as well as provide support for the programs of CKRH. Sponsors included Central Equipment Co., Grovendale Farm, Brook Ledge, Inc., Horse Cents, Accuprint, C&C Partnership, Angelis and Gordon, and Blue Grass Tire.

The service providers are also key to the event. We want to thank the Kentucky Horse Park and the Barton Brothers for allowing us to use their property. We also appreciate the services provided by Dave Scheffel, farrier; Dr. Bonner Wimberly, veterinarian; Amateur Radio Emergency Service for on-trail communications; Accuprint for printing; Mediport for EMS; Jim Fields for the portable toilets; and Steve Bishop for coordinating the two-way radios for the volunteers.

Our volunteers are SUPER!!! Many volunteers are involved with an event of this size. They give of themselves and a significant amount of their time. Volunteers helped plan the event, cleaned tack, marked the trail, assisted with the tack sale, sorted and priced tack sale donations, parked vehicles, judged the costume classes, worked at the registration desk, rode and kept the trail safe, and cleaned up. We really appreciate all of the volunteers. Come join the fun next year! We also could not do this without the



*Judy Donahoe is our Tack Sale Chairperson.*

assistance from the staff of the Central Kentucky Riding for Hope. They take care of so many of the details and ensure that the event is a success.

For those who participated this year or in the past, we hope to see you back next year. If you have never been to the CKRH Halloween Trail Ride and Tack Sale, come check it out next year. You can ride your horse, shop for bargains, decorate ornaments, dress up in costume, or volunteer to help with the event. What a fun way to spend the day or a few hours at the lovely Kentucky Horse Park, hang out with people who love horses, and support Central Kentucky Riding for Hope.

We collect donations for the Tack Sale all year long. Next time you are cleaning our your tack room, basement, garage or backseat please remember CKRH.

## The minis are here

Miniature horses are making the news. It seems everywhere I look there is new information on how miniature horses are successfully being used for therapeutic purposes such as providing companionship to the elderly and guide animals for individuals without sight. CKRH is tapping into this valuable resource as well. The donation of three minis will allow CKRH to expand it's growth and learning services. Minis have a wonderful temperament for this type of work and reduce the liability and risk factor. Please come out to see the latest addition to the equine therapy herd.

--Denise

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(This list does not include contributors to Night of the Stars)

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*\*July 1 through December 31, 2006. Every effort has been made to assure the accuracy of this report. Please report any corrections or omissions.*

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## Remembering Bart

*By Kim Shafer*

This past summer, staff and volunteers of Central Kentucky Riding for Hope in Lexington, Kentucky said good-bye to a beloved member of their therapeutic riding team. Taw's Little Buck, "Bart," was a black Spanish Barb gelding who was truly beautiful inside and out.

Bart began his career at CKRH in 1994. Bart was an exceptional therapy horse, and a very intelligent one. Long-time CKRH volunteer Jay Twiss remembers that on his first night helping in class, his assignment was leading Bart. Jay had never worked with individuals with disabilities before, and was very interested in

## Horse Council Grant

When you see those license plates with the cute foal lying down, you are looking at far more than an ideal scene from the Kentucky Bluegrass! You are looking at funding behind the grants awarded from The Kentucky Horse Council to many important equine non-profit causes.

CKRH was fortunate to be awarded a grant from the KHC as part of the "Under-Cover Campaign" to build our therapeutic riding center. Their grant of \$25,000 will be used to fund the equine classroom; a learning space in which the horse will come into the room. CKRH and The Kentucky Horse Council both value many different breeds and types of horses and ponies. CKRH is privileged to be part of helping promote, develop and educate the Kentucky horse industry on the therapeutic value of the state's beloved equines. Let's all help this wonderful organization by asking for that cute foal license plate the next time we register our cars!

all that was going on in the class. So interested, in fact, that when the instructor began mounting Bart's rider, Jay didn't even realize it. But Bart did. Jay said he felt a nip on his arm as he held Bart at the mounting block.

Still, it didn't really dawn on Jay what was going on, and he continued to let all the happenings of class take his focus off what he was doing. Again, he felt a nip on the arm, a little stronger this time. And this time, Jay got it. Bart was saying, "Hey, leader, this is important! You're supposed to be paying attention when my rider is getting on!"

Bart was loved by riders because of his smooth gaits. He had a very smooth, steady trot, and he would easily pick up canter leads and maintain a steady rhythm for as long as the rider wished. Riding through the Horse Park on trail rides, Bart was the picture of wisdom and maturity. Bart would take good care of the most inexperienced riders, and at the same time, set an example for less experienced horses. He was often referred to as "rock steady," never spooking or wanting to turn for home. Bart carried many of our special riders to victory, earning gold medals and blue ribbons at competitions such as Special Olympics and the Paul Frazier Memorial Combined Test and Dressage Show, both held here at the Kentucky Horse Park.

