

NEWSLETTER

SPRING / SUMMER

PROGRAMMING NEWS

Our fiscal year runs from October 1st to September 30th and even though we did not teach riding lessons during the time of construction of our new barn and learning center, we provided over 1,800 sessions this past year!

Programming expanded into hippotherapy including a licensed physical therapist, Nicole Duursma and a speech and language pathologist, Andrea Pascariello. If you are interested in these services, or know of someone who might benefit, please reach contact Emily, our Program Director at program@shepardmeadows.org.

Remember too, that we welcome groups for one-time field trips, or a weekly series on horsemanship all year round. We can even link our lessons with what your students are studying in school. We pay particular attention to skills around relationships and social-emotional learning.

MORE FAMILY FUN

Every July we invite family members of participants to enjoy a riding experience all together – called “Family Fun Day.” It’s often a humbling experience, since it isn’t until you’ve actually ridden a horse that you realize just how difficult it is. Yet, it’s a whole lot of fun too!



Students from the Bristol Public Schools joined us this summer for several weeks. They helped us around the farm and learned about horses.



Students from Immanuel Lutheran School on a Field Trip this summer!



HERD UPDATE

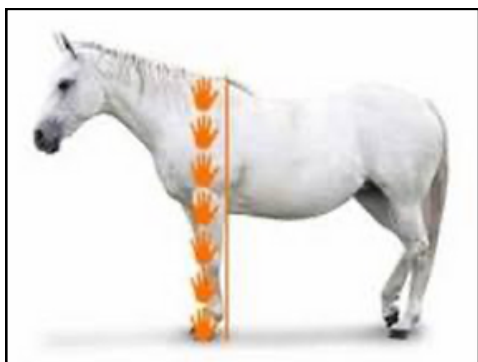
This spring we welcomed Colonel Little Joe, (LJ) to the therapy herd. He is a 15-hand high American Quarter Horse and 17 years of age on free lease to us. He's sorrel with a white blaze and snip and one sock on his right hind.

He loves the attention and activity of the farm.

FUN FACT

The standard measurement for determining the height of a horse is called a hand.

One hand is equal to four inches. A pony is an equine under 14.2 hands. The only equines not measured in hands are miniature horses, which are measured in inches or centimeters.



MOTHER & DAUGHTER EQUINE-ASSISTED WORKSHOP SERIES

This spring we were awarded a grant from the Main Street Community Foundation, Women & Girls Fund to support a new Workshop Series!

The goal of the series was to work with mothers and daughters, aimed at strengthening the mother/daughter bond while also increasing self-esteem and well-being.

We had two groups of ten on two different days of the week for six weeks. The workshop focused on relationship development and incorporated horsemanship skills as well as wellness strategies.

We're beyond grateful for the financial support we receive for our innovative programming!

VOLUNTEER UPDATE

This spring we welcomed our new Volunteer Coordinator, Laura Patrick. Laura is a lifelong equestrian who recently retired after 20 years as an oncology nurse at St. Francis Hospital. She started out of the gate at a gallop and hasn't stopped yet, from recruitment to training our volunteers, and from schooling our horses and teaching, she's an all-round blue ribbon!

We continue to search for volunteers to help us at the farm, so if you or someone you know is interested in working outside and making new friends, we have the job for you. It isn't glamorous, but it is healthy work!

There are chores in the morning from 8-10:00 AM with afternoon chores beginning at 4:00 PM and if you're especially handy, well... pick your time. We are also always looking for individuals with horsemanship skills to help in programming. Applications are available at the farm or on our website, once completed and reviewed, we will call you to schedule volunteer training.

STAY TUNED

Corporate Retreats and Gestalt Coaching coming soon to Shepard Meadows!



Shepard Meadows Equestrian Center is seeking volunteers who are skilled in basic home repairs, machine operations and maintenance, lawn and property maintenance, carpentry, and similar tasks. A few hours of volunteering a week make a difference and help us in a powerful way!

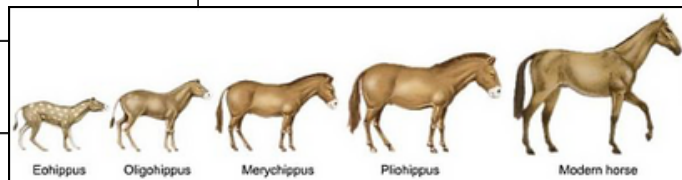
Shepard Meadows is a 501 (c)(3) non-profit organization that relies on a team of volunteers to get things done. Our mission is to support the growth and well-being of all individuals, including those with special needs by providing equine-assisted services in a safe, caring, and professional environment.

Interested? Email volunteec@shepardmeadows.org or call 860-314-0007.

733 HILL STREET, BRISTOL, CT 06010

SHEPARDMEADOWS.ORG

EARLY EVOLUTION



The earliest known horses evolved around 55 million years ago. The first members of the horse family were called Eohippus (or Hyracotherium). They looked nothing at all like a horse (10 – 20" in height). They looked like a dog with an arched back, short neck, short snout, short legs, and long tail. It browsed on fruit and soft foliage and probably would have had mannerisms more like that of a deer (timid and strong flight instincts). For more than half their history, most horses remained small. They evolved from a multi-toed animal to a single-toed animal we see today.

Horse evolution was not smooth and gradual. Different traits evolved at different rates and didn't always evolve together. Also, horse species did not always come by gradual transformation of their ancestors, sometimes new species split off from ancestors and then coexisted with those ancestors for some time. Overall, the horse family demonstrates the diversity of evolution at its finest. The most modern equids are called equines. Only the very modern species, Equus, contains what we know as "horses".



OUR CAPITAL PROJECT IS COMPLETE & WE FEEL GREAT!

Our beautiful new 15-stall barn and learning center officially opened in May, perfect timing for our spring programs. Pictured here are the Mayor of Bristol, Jeff Caggiano and members of the ARPA task force who joined us for a tour of the new facility. We celebrate our community each and every day! Thank you so much to By Carrier, our contractor who not only does beautiful work, but they are easy to work with too!

QUARTERLY LEARNING SERIES IS LAUNCHED

Now that we have our beautiful new learning center, we are hosting a quarterly learning series, open to all members of our community and it's FREE! The topics will be wide and varied, our first was on equine digestion led by our Volunteer Coordinator, Laura Patrick alongside our Volunteer, Allie Fusco. The second was on disability awareness led by school psychologist, volunteer and rider, Melissa Graffam.

All are welcome, so we hope to see you in January for our third in this year's series on Equine Gestalt Coaching.



KEEP UP WITH SMEC

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