



FULL CIRCLE FARM
THERAPEUTIC HORSEMANSHIP

Winter Newsletter

Brrrr....winter came early this year! But we are warm and toasty in the heated arena and barn.

On November 30th we held our Holiday Party/Volunteer Recognition. It was a great turn out with the donkeys from Road To Independence being a big hit! Lots of people bid on silent auction items to raise "ridership" money and we all ate many cookies and treats.

This is the time of year where classes scale back but we are busy planning new programs for spring including a new pilot program with the Children's Advocacy Center of Grafton and Sullivan Counties for children who have experienced trauma. We will also host the Newport School winter activities program again this winter.

Our vocational program continues to be popular. Kearsarge Regional High School just finished their first session and it went very well, the girls had a great time and learned a lot. A new group will start up in March for 8 weeks. In addition to school groups individuals are welcome to take this program so if you or someone you know might be interested, feel free to send them our way.

Lorna



Upcoming Events

January 20th, 2019

(Snow date January 27, 2019)

Education Forum 9:00-3:30

Scheduled learning opportunities and educational sessions throughout the day. Free to FCFTH Volunteers, \$10 for all others

January 24th, 2019

CPR/First Aid Class 6:30pm

We are hosting a first aid class, space is limited so if you are interested please contact Lorna to confirm attendance. Class costs \$15

February 9th, 2019

Newport Winter Carnival Parade

We will be walking/driving in the Newport Winter Carnival Parade. The theme is pirates and we'd love to have students and volunteers participate with us.

Rider Spotlight: Maggie



Maggie has been riding with us for 3 years. As one of our adult riders, she is a strong supporter of our program. She enjoys riding as recreation and finds it helps her improve her muscle tone, core strength and walking gait.

She is a published children's author of the book *Sam Fisherwoman: The Reel Story*.

In the Community



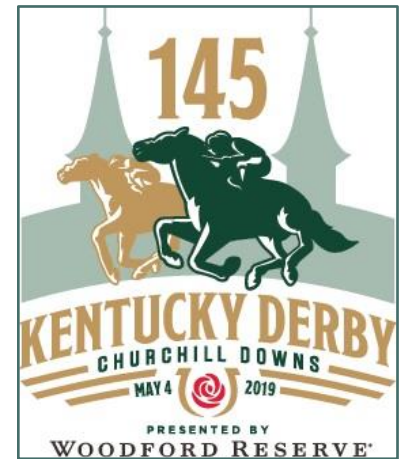
Everyone had a blast while they painted a red barn with flowers. All proceeds went to Scholarships for our participants. It's really amazing how different each painting was from the others! We plan on hosting another one in 2019

Staff Spotlight: Aileen



Aileen joined us part-time about a year ago and is now teaching participants on Tuesdays and Wednesday mornings. She is an experienced PATH Certified Instructor who also teaches at High Horses in Sharon VT. Her calm and friendly demeanor endear her to her students and the horses. We are very lucky to have her as part of our community!

Fundraising



We will be hosting a special Kentucky Derby fundraiser in May (start planning your Derby Hat now!). Amazing Silent Auction items are coming in: Airplane rides, Hot Air Balloon ride and more!

Volunteer Spotlight: Tamsen



Tamsen has been volunteering with us since the very beginning of FCFTH! She volunteers on Saturday, she serves on the BOD and is very involved in fundraising efforts, activities, horse shows etc. She is always willing to step up and help out in any capacity needed. As an experienced horsewoman she brings an added dimension to everything she does at the farm.



FCFTH Clothing

Did you miss the Fall Clothing Campaign? We purchased some extra items and have them for sale at the barn

New Pony Fund!



We have started a "New Pony Fund" to raise money to replace the darling of our program – Nanja.

Nanja is 27 years old and really deserved to be retired this year but she is so critical to our program that we haven't been able to let her go without having a replacement.

Nanja is such a solid, dependable pony with a tolerant and sweet personality, but on top of that she is also not too tall for side walkers. This is important for two reasons – some riders require sidewalkers to have constant connection with them and so a taller horse becomes very difficult. In addition, it is critical to be able to remove a rider safely should anything happen and that is easier with a pony Nanja's size. She is stocky and patient, that combination allows her to handle with riders with poor balance and weight shifts.

If you know of a pony that could be a good replacement for Nanja, please let us know. And if you'd like to donate to this fund, we are gladly accepting contributions.



Wish list:

- Cannon Ink (280 series)
- 2lb Pilates balls for exercises
- Helmets
- Winter Horse blankets
- Joint Supplements
- Fly Masks
- Halters