



FULL CIRCLE FARM
THERAPEUTIC HORSEMANSHIP



Hello All,

Spring is finally here!! We are loving the warmer weather and the horses are enjoying being able to get out of the arena and onto the trails!

We are busy getting ready for the Kentucky Derby Gala fundraiser which will be held here at the farm on the evening of May 6th.

We would like to officially welcome Hershey to the farm! He is an 18 year old Haflinger cross pony. He may be little, standing at only 12.3 hands, but he has a big personality and we are looking forward to getting to know him better in the months to come.



Aileen Reney

Program Director





Full Circle Farm Therapeutic Horsemanship

Wish List

- Legacy joint supplement
- Sensory Trail Items— anything fun that we can put outside along our trail!
- Printer paper
- Medium Weight Size 82 Winter Turn-out Blanket for Duncan
- Waterproof rain sheet size 82 for Duncan
- [Other items Listed on Amazon Smile](#)

Volunteer Spotlight—

Kris Lewis has been volunteering at the farm since 2020! She arrives at the farm enthusiastic each week and steps in as substitute volunteer very often! She has extensive horsemanship knowledge which has been highly valuable. She can braid a tail and mane like a professional. Her calm confidence makes her a great leader and side walker in lessons and around the barn. We can go on and on about how awesome Kris is but we don't want to embarrass her too much. 😊 Thank you Kris for all you bring to the Full Circle Farm Therapeutic Horsemanship Program!



EXPRESSIONS OF STRESS DUE TO FEAR OR FRUSTRATION

Some of the following expressions (eg, yawning) can occur both when the horse is at rest or when he or she is under stress therefore with these behaviours the handler should look at context, frequency and intensity. A sign of stress also does not typically occur alone, therefore another great indicator of the meaning behind the behaviour is whether other signs from this list are also present. If you are unsure about any aspect of your horse's behaviour, please contact one of our force free approved equine trainers listed on our website: www.ppgaaustralia.net.au.



Half closed eyes
Stress/ coping
behaviour



Blinking
Appeasement/
conflict avoidance



Licking & chewing
Stress response/
relief behaviour



Yawning
Stress response/
relief behaviour



Snatching grass
Stress response/
self calming behaviour



Whale eye
Fear



Head turned away
Avoidance of stressor



Lowering head/sniffing ground
Avoidance of stressor



Nose/face rub on knee
Avoidance of stressor



Freeze & stare
Evaluating potential threat



Snorting
Worried at potential threat



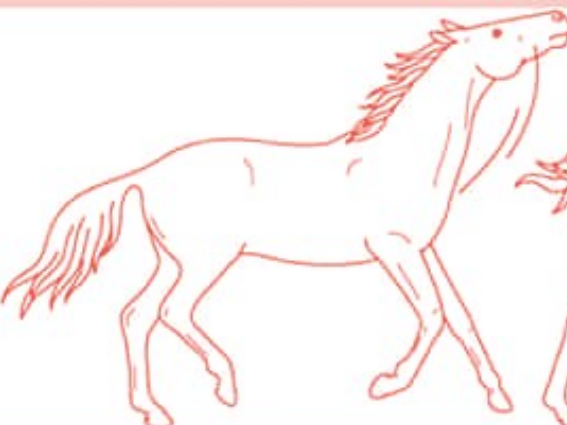
Pawing
Frustration



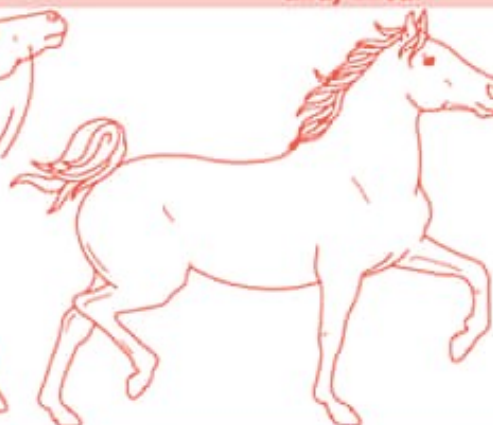
Ears pinned
Bite warning to drive
away threat



Slinking
Driving away threat



Head toss/twirling
Frustration or annoyance



Prancing/calling/running
Highly stressed in fear,
frustration or panic

Upcoming events—

April 24– 29 Break Week

April 29th—Steppin Up to End Violence Walk

May 6th—Kentucky Derby Gala

May 20th— Goshen Nature Fest

June 19-24—Break Week

June 24th—Sunapee Farmers Market

July 29th— Nick's Other Band Concert at the Farm

August 5th - Horse Show 1

August 12th—Horse Show 2

August 14-19—Break week

October 9-14—Break Week

November 23-25—Break Week and December 23— January 1, 2024 Break Week



Participant Spotlight— Saphira

Saphira has been riding at FCFTH since 2021 and has improved her riding and horsemanship skills immensely. She is always upbeat and has a smile on her face whenever she comes in the barn. She is ready for anything and never backs down from a challenge. She is currently working on becoming completely independent at the canter!

Thank you to our FCFTH Community for your support so far this year! Please make sure to visit our website www.fcfterapeutic.org and also follow us on Facebook, Instagram and YouTube.

Many Thanks , FCFTH Staff and Board of Directors.

