

# HAMT Newsletter March 2010

## "Me and My Horse" - Cathy Larson and Chowder



Two-year old Jarrett Ogradnik as "Woody" the Cowboy for Halloween 2009.

### Inside this issue:

Cathy & Chowder	1
Shelly & Mojo	2
My Journey with Horses	2
Mishaps, Misfortunes, & Misadventures	3
Bid Farewell to Kicking Out at the Canter	4
Valley Forge PA Trail Ride	5
Fair Hill MD Trail Ride	6
Millstone Loop Trail Ride	6
Brendan Byrne State Forest Trail Ride	7
Valentine Benefit Dinner/Dance	8
Upcoming Memorial Day Parades	9
Upcoming Freedom Fest	9
HAMT & Newsletter Information	10

I have had a passionate love of horses since I was a child.

My dream finally became a reality when I happened to move into South Brunswick near a horse farm. This was in 1986.

After leasing a horse for 1 year, I purchased my first horse, Dakota, a 6-year-old Quarter Horse. I lost Dakota only recently at the age of 30. Dakota taught me a lot over those years, both what to expect and what not to expect in a horse. He was unique and special.

I acquired a second horse, Jaffo, the horse I leased for that first year. He was a fabulous horse who would take you on a trail for hours or win a Grand Champion in the show ring the same weekend. Jaffo got sick at the age of 24, which ended our time together of 20 years.

When Jaffo was gone, Dakota was terribly upset. They had been together for 20 years. Luckily, my farrier mentioned that the Standardbred Retirement Foundation was going to be at the Horse Park that weekend. I thought, "What could it hurt?.." I went there with no great expectations.. There were several horses in the stalls at the park available for adoption through the Foundation. That day was the beginning of the most fabulous relationship I

could ever have had with a horse.

Chowder House was standing quietly in a stall, placed between two horses that weren't as calm as he, to keep peace. I rode him that day; he didn't know much, but seemed totally safe and willing. That was October 29, 2006. I rode him again, this time at the farm where he was being kept, and adopted Chowder and brought him home on November 4, 2006.

This was the beginning of a beautiful relationship. Chowder and I spent a LOT of time alone out on the trails. He learned how to yield to leg, neck rein, and be a great partner in no time at all. After a few months and hours in the saddle, he even learned that "cantering" is not a bad thing after all.. (trotters are discouraged from cantering, of course)

Now.. I joke with my friends that Chowder is "almost " perfect.. not perfect, but soo close to it... I cannot get enough "saddle time" to satisfy my appetite for riding. I have taken him more places and done more things than I have ever had chances to do before.

After learning what fine, sensible, eager-to-learn horses Standardbreds are, I adopted another one, my 5 year old, Inno-



Chowder proves Cathy's contention that he is "close to perfect" as he demonstrates on the teeter totter!

cent Mission; Mission, I call him. He is broke too but still needs hours under saddle. I'm working on that occasionally. Chowder is just so "easy" that I end up taking him out most of the time.

My plans for Chowder are to introduce him to Competitive Trail riding...much longer distances than the hunter paces and trail paces. I just love that "Standardbred" TROT and he is so willing it only makes sense.

## "Me and My Horse" - Shelly Aaronson and Mojo



Shelly and Mojo in a festive mood!

I have owned 6 horses in my life since 1980 and every one of them has taught me valuable riding and life lessons. I have been trained in the Monty Forman style of riding and I thank my instructors for all their help over the years. Four of the horses I had over the years were older when I got them. I did have one young horse called Skywalker that was jet black and wonderful but he had HYPP, which is a neurological disease that can't be cured. He would have seizures and became unsafe to ride. I was heartbroken when I had to sell him.

The horse I have now is Mojo. I bought Mojo from Abe Wilson who was with Eleanor Dunn several years ago. Mojo's real name is Hercs Gold Digger and he was sired by Abe's cutting stallion Hercs Little Brother who was sired by Doc Bar. He was 3 years old when I got him in 2002.

Over time, we have become very in tune with each other. The older horses I had had were more set in their ways and not always receptive to new things, whereas Mojo is always ready to try something new.

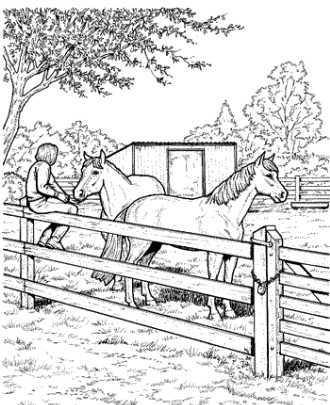
Mojo has been a joy to me. I have never rushed his training and have worked with him in all disciplines. We have participated in dressage, trail riding, team penning, parades, and clinics. He has more than exceeded my expectations. He really didn't know a lot when he and I first became a team but he was quiet and smart; a fast learner. He also learned how to break his lead ropes and then stand there with a satisfied look on his horsey face. He is the most lovable horse I have ever owned and children love him.

I feel very fortunate to be his owner.



"There were many horses. Some solitary, most others in small groups. I spent hours watching them, admiring them. Much against my grandmother's wishes, I would cross the road and ditch to the fence to get a closer look. It was then that I am sure that I fell deeply in love."

Traci Teller



## My Journey With Horses Part 1 of a Series By Traci Teller

It is a bit difficult to know where to begin. At the beginning, you say? Hmm. In that case, we'll go to the beginning of the beginning.

My earliest memories of horses are as a small child, was when I was a frequent visitor to my grandparents' home in Wicatunk, NJ. A very rural area, although not so much these days. Across the roughly paved street, bordered by a drainage ditch, on the other side of what I now know to be a post and rail fence was this sprawling field. Emerald green, with dots of yellow and lavender wildflowers. Beyond this fence, on this emerald green carpet of grass, and among the yellow and lavender wild flowers, were...horses.

There were many horses. Some solitary, most others in small groups. I spent hours watching them, admiring them. Much against my grandmother's wishes, I would cross the road and ditch to the fence to get a closer look. It was then that I am sure that I fell deeply in love. On those wonderful days we would visit with my grandparents, I spent as much time as I could gazing at these awesome creatures.

I learned so much from these magnificent animals. *Peace and tranquility*. The horses serenely grazing no matter what was going on in the world. *Leadership and tolerance*. Although there was a definite hierarchy, none was subjected to harsh rule. *Nurturing and patience*. The mommies with their ba-

bies, and the 'aunts and uncles' that were there to discipline, protect and play. Caring and camaraderie. They played, ran together, nibbled each other, grazed side by side. *Grace and beauty*. Fluid in their movements, majestic as the galloped together, manes and tails flying, ground trembling. Although I didn't know it at the time, these lessons would stay with me, supporting and guiding me. Although I didn't know it at the time, these lessons would stay with me, supporting and guiding me throughout my life.

Fast forward a few years, my parents had divorced, and we moved from our house. Now I found myself growing up in a brick apartment complex, with very little grass, and I no longer

(Continued on page 3)

## My Journey With Horses (con't)

*(Continued from page 2)*

had a back yard of my own. The all too infrequent visits to the 'country' became a welcome haven, and of course, another chance to see the horses! Being in elementary school, and mom working full-time, the infrequent visits became whole summers of being able to see the horses.

I made friends with a neighbor's kids. I played on a summer little league baseball team with Lisa (there was no girls' softball at the time), and Scott and I were the same age

(birthdays within four days of each other). He was cute, and I had a bit of a crush on him (my first). And...And... He had a horse! His name was Cracker-Jack. He was a sweet, gentle guy, and I was able to pet him and feed him carrots. Then one day, I found myself *on* that horse. If I was enamored before, I was hook, line and sinker now!

Due to circumstances beyond my control, I moved far away (a 13 year old's perspective). Went to high school. Experienced my first love. Graduated. Got a job. Began living as an

adult. The years go by, life is lived, and a path followed. Throughout, my love of horses remained. Maybe overshadowed by daily life, but I knew it would happen someday. I knew it would be wonderful.

Almost a quarter of a century has passed since the time I first laid eyes on horses and my path has come to a crossroads. Take the route mapped out for me, or begin a journey fraught with unknowns. No brainer! Jam on the brakes and take a hard left! October 12, 1997 I welcomed my first horse into my heart.

**"Apparently, Leo had had enough cantering; little did I know he was, and is, a magnificent BUCKER! He bucked, I was launched, and I landed like a sack of potatoes in the dirt."**

*Kate Fling*

## Mishaps, Misfortunes, and Misadventures The Kate and Dude Leo San Series: Part I-How it All Began By Kate Fling

Let me tell you of my tales of "woe and oh!" regarding my riding experiences and my relationship with my horse Leo. Let's see, the story starts in 2004...

The Thoroughbred mare I had been half-leasing was about to go to a retirement home due to a long and illustrious hunter/jumper career and a bad knee. I was about to be horse-less. I had started riding at age 45 and had never thought prior to that that I would ever be worried about being horse-less. I had been horse-less for decades and the idea of being horse-less again sent me into a tailspin (perhaps a poor choice of words as you will soon see!).

At the time, Stone Tavern Equestrian Center had a lesson program and a number of fine horses that were available for half or full leases. I rode every

one of them on the advice of the trainer. I liked a couple of them, Max, Rowdy, and an over-sized Quarter Horse with an attitude named Leo. I asked the trainer to recommend which horse to try and she said "Definitely Leo!" I asked her "Why Leo?" She said, "You're the first person he's gone forward for in years!" You would think that would have given me a clue but...NOPE! I thought it meant he liked me! LOL!

Anyway, I started leasing Leo and for the first month, on a weekly basis, I took a lesson on him with the trainer...to get to know him. Third lesson in...well, let's just say I got a lesson! Things were going pretty well, I thought...until the trainer suggested just one more canter around the outdoor arena. Apparently, Leo had had enough cantering; little did I know he was, and is, a mag-

nificent BUCKER! He bucked, I was launched, and I landed like a sack of potatoes in the dirt. I still had a hold of the reins though...LOL! I got to know Leo, the taste of dirt, and how to gasp for air without expanding your lungs!

As I lay there while the last bit of oxygen was escaping my lungs and I was wondering if I'd be about to breathe any air in once the last of it was gone, the trainer was asking ME what she should do. I couldn't speak; by this time, I had let go of the reins, Leo had stepped on them and broken his (my!) bridle. The trainer went to get him...I took a breath...and survived! I picked myself up, but there was no getting back on the horse...I drove to the emergency room instead. The X-ray tech said there was no fracture...sigh of relief ...I was advised to stay

*(Continued on page 4)*



Kate and Leo

## Mishaps, Misfortunes, and Misadventures (con't)

*(Continued from page 3)*

off any horse, but especially the one who bucked me off, for 4 weeks...HA! I knew that wasn't going to happen. Four DAYS later, I was back on the buckler...couldn't breathe but I thought I could ride!! Go figure!

It turned out that in 2005, after being diagnosed with breast cancer and being sent for a bone scan, the (better) X-ray tech noted "three rib fractures, healed nicely"! Duh! No matter. I healed and during the course of my cancer treatment, I decided to purchase Leo..I had fallen in love!

Stay tuned for the next episode...

[www.hamt.org](http://www.hamt.org)

## How to Bid Farewell to Kicking Out at the Canter By Matt Hills

**"Does your horse cow kick or even throw a buck at the canter? ... In this article, I will tell you my approach to correcting this behavior."**

*Matt Hills*

As you may know, I am a member of HAMT who loves anything horse related. I really enjoy working with different horses. I am still learning but have the "basics"-- if anything can be called "basic"--down. As we all know, as horse riders and horse owners, we can always learn more, and I would like to share with you what I have recently learned.

Does your horse cow kick or even throw a buck at the canter? Especially after your horse has had so much time off in the winter months, he or she may have become lazy and are now slightly "out of key". In this article, I will tell you my approach to correcting this behavior.

First, either give your horse a nice warm-up or a good long lunge session (walking and trotting only) before you ride. After you have completed that, mount up and ask your horse for a lope (riding not lunging). Do not worry about leads YET. Lope in a large circle. If your horse lopes how you want him to without kicking out and with no problems for about three

circles (depending on the size of your ring), stop him and really praise him...**Only do this if your horse does exactly as you asked**

Now, if your horse shows a desire to kick out and you know it's coming, stop him and back him up; then, go right back into the lope. If your horse actually kicks out, stop him and immediately take him into two inward circles at a trot, or, if he can make a sharp turn, move right into the circles without stopping. Make the two circles about a quarter the size of the circle you are loping. **After doing this, go right back in to the lope.**

I have found that horses hate extra work; so...eventually he will get the picture, "Hey if I do that I will just have to do another annoying circle". And trust me ...those circles are one of the last things horses want to do. If your horse does kick out again, add another circle on to the routine, he can count. Repeat this procedure (taking him in circles each time he kicks out) until he gives you at least 1-2 perfect canters around the

ring, depending on the size of your ring. Thank you for the opportunity to share my experience with you, I hope it helps you.







# Valley Forge, PA Trail Ride-June 14, 2009

## By Bev Torok

“What a Ride!” are the words I would often hear from my equine friends from Georgia after a particularly exciting outing and I can only hope that we are able to produce the thrills and enthusiasm that match that saying on each of our HAMT trail rides. Valley Forge, PA was great fun on a beautiful fall day in 2009. For those who have never been, it is only about an hour and twenty minutes by trailer, has varied trails and open areas and the bonus is it has a real bathroom in the vicinity of the parking area.

We met with our usual horse caravan of trailers and tacked up. There were the usual riders, me, Ron and his daughter Caitlin, and Sue and Kate. There were some faces that were newer but had been seen before, Cathy and Carole, and there were some brand new faces, Eileen and Michelle.

We started out on our journey through this national park and noticed that the deer seemed to know that they were in a safe haven. They looked at us without a worry. I’m sure it was quite different when the soldiers were there training to defend our country and barely surviving the winter in Eastern Pennsylvania.

We were able to ride alongside of some barracks, general’s quarters, the chapel, and more. There were cannons, monuments, and statues as well as other historic pieces. I always find it interesting to see a little bit of history on horseback and imagine how it was back then, with George Washington at the helm, preparing our troops for combat.

We began our ride, and soon after this, Kate noticed that her horse Leo had a loose shoe. After some creative tactics, Ron got the rest of Leo’s shoe off and Kate was joined by Cathy and her horse Chowder to return to the trailers and wait for our return. This was unfortunate because we negotiated some nice trails, continued to pass a very nice lady (who took our picture earlier), went through a covered bridge, and tackled the water crossing.

The water crossing area seemed a little deeper than I had seen it before but the hard part was convincing the horses to complete the crossing to the other side of the water bank. Ron and his horse Robbie were our leaders until Ron guided him to an area that was quite deep. I decided I didn’t want my boots wet so my horse Prince and I skirted around this area and watched Robbie and Ron in the deep water. How Ron did not go into the drink is amazing to me but he held it together, and his cell phone and camera survived. Sue and her horse Checkers were bringing up the rear with Sue “talking” Checkers through this task. It was a difficult situation but everyone was invigorated after completing this task. I will say that a little encouragement can go a long way.

After some nice canters through some rolling hills we returned to our camp, passing the chapel and the ringing bell along the way. It was here that Robbie almost ran over a fawn waiting for its mama. Luckily no one was hurt and the deer went on to find its mama. Back at the camp, we untacked and gathered for our tailgate. New

members Eileen and Michelle had no idea that the tailgate would be as much fun as the ride! After sharing our stories, friendship, munchies, and love of horses, one can exclaim: “What a Ride!”



Ron on Robbie; Kaitlin on Pepe



Michele and Eileen on their trusty mounts.



Sue on Checkers; Bev on Prince

## Fair Hill, MD Trail Ride-November 7, 2009

### By Ron Harning

Fair Hill, MD is a wonderful, well-maintained (no high grass) and relatively near-by park (about 1.5-hour drive). The west side of the park is the home of some world class thoroughbreds (the family of Barbaro, for example). Fair Hill contains rolling hills (for lots of cantering), trails in moderate forests, covered bridges (perfect photo opportunity, see HAMT photos on the [www.hamt.org](http://www.hamt.org) website from Fair Hill Ride, 2009), and places to hitch your horses while you have lunch on nearby picnic tables, all located on the East side of the park.

It is large, probably larger than the Assunpink, for example. On the East side of the park, you could expect the trail to offer about 60% of long, rolling fields, excellent for cantering, if

desired. Forests are good for walking and trotting (with some logs and streams to negotiate or jump).

Trails commence on various parts of the main road, with small to large parking lots. Riding and driving are permitted. Group trips are ok but sometimes events take place in the park...you can call the office in advance. It is so large that riding events can occupy one section, while in another section you can be relatively alone.

The trails are fairly well marked, but use of a map is suggested and available on the Fair Hill web site. Fair Hill has a great website for information. You can ride on the trail for 1.5 hours; arrive at a picnic area, have lunch, then continue on your way for 1 or 2 hours

more.

The terrain is fine at Fair Hill, mostly grass and a few shale-lined short paths. At the crest of one of the wonderful hills were fantastic constructed jumps for those of great talent to make their way over. For the rest of us, it was a great spectacle to watch some of the HAMT members soar over the jumps.

A great way to travel to Fair Hill is to set up a "caravan" meeting in the NJTP rest stop, then go down as a group OR meet trailers on the road (keep in contact with phones). Fair Hills was a lovely place!!!!!! Excellent park and the views are wonderful; worth the ride.



Armani helps Manny navigate the trails of Fair Hill.

[www.hamt.org](http://www.hamt.org)

## Millstone Loop Trail Ride-November 14, 2009

### By Sue Koval

The official Millstone Loop Inaugural Ride that the Trailblazers Association had organized to introduce riders to the recently completed trails in Millstone Township had been highly anticipated and many riders had signed up for the event. Unfortunately, the ride had to be postponed a couple of times due to weather, and then finally cancelled due to weather.

As riders were still very interested in being introduced to this local trail, Trailblazers officer and HAMT trustee, Mark Blackwell kindly organized informal trail rides as soon as the weather improved.

The day we went, November 14, was sunny and unseasonably warm! There were about 11 riders that day.

There was a large grass field off Baird Road on which we could park the trailers. Our day started with a rather exciting event for all! As everyone was tacking up, Michelle's horse got spooked and --with his saddle only half on and his rider NOT on yet-- went for a run in the grass field where all the trailers were. Fortunately, he simply ran around the caravan of trailers and did not attempt to run into the road. With Michele on foot and Eileen on horseback assisting, Michele's horse was calmed and caught. As soon as Michelle and horse were ready, our ride began.

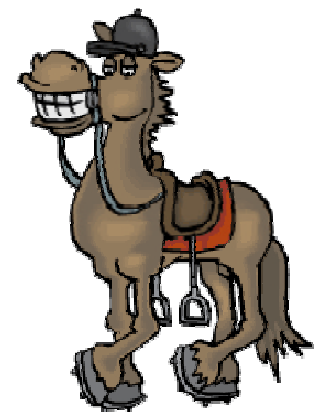
My horse, Checkers, remained calm during the 'loose horse event' which I am thankful for and we were both ready to go on the trail!

Mark led the ride. The trail

from start to finish around the loop took about 1.5 hours to complete. There was pretty good footing overall, shoes were not required for this trail. It was mostly dirt trail, with trail markers and several road crossings. There was a mixture of riding through woods, open fields, and also in view of homes. At one point on the trail where there were houses up the hill, some dogs came running out. One horse jumped a bit; the others were okay. We did a little trotting and cantering. The trail has some good spots for additional trotting and cantering.

After the ride, Stephanie went and picked up pizza, soda, and wine -- so we had a nice impromptu pizza party afterwards! We ended our day in a similar way to how we started..with a horse loose with-

out his rider! LOL While we were having pizza Steph's horse Buddy got loose, but he just strolled among the trailers and was quickly tethered up again.





# Brendan Byrne State Forest Trail Ride-November 29, 2009

## By Michele Adams

It was an absolutely beautiful cool, crisp day on November 29, 2009. There were 11 people, including myself that endeavored to trek through the unique Pine trails in Brendan T. Byrnes State Forest, aka "Lebanon State Forest". The weather was quite cooperative. Riders were dressed in moderate temperature type clothes—tee shirts and sweatshirts—very informal. This was typical November weather. I recommended that everyone should wear brightly colored safety shirts or vests so approaching drivers could distinguish the trail traffic.

The ride site was Pakim Pond trail head near the State Forest's Bathhouse. The ride was approximately 9 miles. We covered that distance in 2 hours and 13 minutes. There was no break for lunch, but after the ride we all enjoyed a wonderful tailgate party. The food was delicious and quite plentiful. Our horses behaved quite well as they were tethered to our respective trailers and on the trail. Everyone brought hay and water for their horses. The group was awesome and picked up all manure from the ride site area.

Most of the horses were barefoot. When you ride on these trails, it's really better if your horses have at least front shoes. The main trails are usually asphalt and hard packed gravel and sand. For short distance barefoot horses do quite fine. For longer, more extensive trail riding, it's best to have either shoes or alternate hoof protection, like Easy Boots, Boa Boots, Old Macs, Cavallo Boots, etc... Sand is an abrasive and will wear down the hoof. But for people who have horses with good hard feet,

there is no problem.

Footing in the pinelands is normally excellent; especially after a good rain. We have great drainage. On this day, the main and secondary trails were prone to water collection and puddles. During most of the year, the water drainage in the Pinelands is quite adequate. The secondary trails, especially near the bogs, can be quite deep with water. With all the water, it's an excellent opportunity for horses to drink, as all good trails horses should.

Most of our horses were ready to take on the trail. No one's horse really acted up. It's probably best to say they were a little "fresh" at the beginning of the ride. It may have taken 15-20 minutes for all the horses to settle down and riders to relax. Everyone seemed happy and looking forward to the ride.

Ninety-eight percent (98%) of the riding in the Pines is "Flatland". The first part of the ride was on the yellow trail. That took us to MacDonald's Bogs. The bogs are where the cranberries grow and are harvested. Here we had an opportunity to give our horses some grazing time and take pictures. After that, we picked up the green trail. This took us more inland. Trails are winding and narrow with lots of "whoop didos", aka, moguls. These moguls are a result of weathering, ground erosion, and other recreational vehicle use, like dirt bikes. We also rode on the blue trail.

In the Pines, we have tons of trees, mostly scrub pine, oak, and cedar. Each tree looks pretty much like the next tree,

which makes it hard to give directions for those who do not follow the trail markings and get lost. There are no official maps identifying these trails. [It is the intention of the NJ DEP Division of Parks and Forestry to have all state trails GPS (global positioning system) marked and placed in the Geographic Information System (GIS) Data Base, which will be accessible to the public.]

Fall is a beautiful time to ride through the woods. The leaves in the trees are exquisite in their fall foliage of color. Oaks hold on to their leaves longer than most trees. Pines are evergreen. So the contrast is pretty. The view and footing were quite consistent the entire ride. On the main roads, we were able to do extensive trotting and some cantering. In the woods, it was more a fast trail walk, sitting trot, or slow jog and some posting trots. I was happy to lead and go with the consensus of the group.

As Sue pointed out "This ride had (great trail camaraderie), a great tail gate (party); and (our most) 'exciting' moment was Jay's bloody nose – he ducked to miss a branch, his horse's head went up, and the blood flowed! Jay was okay, but finished the ride with tissues stuck in his nose!"...(and just a little worse for the wear).

For me, the favorite part of the ride is when everyone gathered for pictures by the bogs. Those images will remain with me, I hope, for a lifetime. The best part of the ride is that we all returned safely back to the ride site. Our only "casualty" was fine. There was ice put on his nose. No one fell off. And

secretly, I didn't get us all lost!

I was happy to serve as your "illustrious trail leader". Everyone should take the opportunity to check out the great pictures up on the [www.hamt.org](http://www.hamt.org) website that Sue posted of this ride.



**Ride Mileage and Time:** Approximately 9 miles, on three trails (yellow, green, and blue); 133 minutes @ 14.7 minutes/mile; traveling time of 4.08 miles/hour.

**Ride Difficulty:** Moderately technical, winding trails, bogs and levees, navigational water hazards; moguls and natural hazards such as fallen tree limbs. Very important to carefully follow trail markings.

**Pinelands Trivia:** The total Pinelands' National Reserve has 1.1 million acres in New Jersey. There are no natural lakes, but wetlands including streams, bogs, and cedar swamps, which cover 385,000 acres or 35% of the Reserve. Brendan T. Byrnes State Forest (aka Lebanon State Forest) has 32,012 acres of protected forest in the Pine Barons. This particular forest was originally named after The Lebanon Glass Works which was established in 1851 and was successful for a short time due to the suitable sand, wood for charcoal, and other natural resources. By 1867, the furnace was shut down and the forest was greatly depleted of its supply of wood. Today, the iron rich streams flow through acres of swampy land covered with dense stands of Atlantic White Cedar, historic cranberry bogs, and the natural beauty of the Batona Trail. [This information has been excerpted from NJ DEP Division of Parks and Forestry, State Park Service Map, 1995; and the US Dept of Interior, National Parks Service, Pinelands National Reserve Information Brochure, 2008]

## Valentines Benefit Dinner Dance By Sue Koval and Rosemary Hodgson

On February 12th, HAMT held its second "Hearts for a Cause" Valentine Dinner Dance to benefit a local horse-related charitable organization. This year's recipient was the Handicapped High Riders Club at Riding High Farm in Allentown. The event was held at the German-American Club in Hamilton. Almost \$4,000 was raised for HHRC!

HAMT members Carol Strommen and Valerie Paluzzi and their team once again did an outstanding job putting HAMT Helping Hearts Valentine's Day Fund Raiser Dinner/Dance together! The venue was beautiful, the food and service was excellent, and there was a big dance floor for the dancers! The auction baskets were beautiful, and the event was very well run. The people from Handicapped High Riders Club (HHRC) were impressed and touched. Everyone in attendance had a great time!

I'd like to extend my personal thanks to Carol and Val and all who contributed their time, talents, and energy to putting on a superb event that raised money for a terrific cause!

\*\*\*

In addition to the music, dancing, dinner, camaraderie, and silent auction, the HAMT Special Events committee had a few other surprises for attendees:

### Prizes!

All attendees were asked to look under their plate for a special note. The person who found it was awarded a baseball cap with a wonderful image of a horse on the front.

All attendees when they arrived at the event were entered into a

raffle for various prizes.

Throughout the evening very surprised attendees had their names called out to win such prizes as: NJ Quarter Horse 1 year membership & stool, bottle of Champagne/wine, free dressage lesson with Renate WendelnMarks, free blanket washings, and a Pet Care Basket from Chesterfield Vet Clinic.



HAMT President Sue Koval recognizes and thanks Event Coordinators Carol Strommen and Valerie Palluzzi.

### Noteworthy Quotes about HHRC!

Below are a few of the many wonderful quotes that the Special Events committee collected from the diverse group of individuals associated with HHRC/Riding High Farm (RHF)—from the founder, to volunteers, to parents of participants in the program, to participants—who have been touched by HHRC. These quotes were each on a different program at each table at the event.

*"There is never an unhappy person here. This is a place that smiles. It's a place of accomplishment. This is watching kids you thought would never get out of a wheelchair getting on the back of a horse and 'walking'"* -- Barbara I., RHF Founder

*"You can't be independent on the ground, but you can be on a horse"*-- Kathy O., RHF Program Participant

*"The competition builds up their self-esteem, their balance, and their posture. It's therapy without them knowing it."* -- Joan S., Therapeutic Riding Instructor and Special Olympics Coach

*"This is no miracle cure by far, but it is therapeutic. Interacting with other children their age, not just because they may have a similar disability but that they are riders, too. It was just good, old-fashioned fun."* -- Madeline S., RHF Program Participant's Mother

*"I think for a child with handicaps—the ability to get on to a big horse and tell them what to do, just boosted her self-confidence and her sense that she can accomplish things."* -- Rebecca H. RHF Program Participant's Mother





## Memorial Day Parades—We Want YOU! By Kate Fling

The Horsemen's Association of Millstone Township has added a new committee for 2010, the Parade Committee. HAMT members who have expressed an interest in this committee, so far, are (listed alphabetically): Kate Fling, Ron Harming, Matt Hills, Sue Koval, Kim Mooney, Deb and Rich Osborn, and Marie Wagner. Kate Fling has volunteered to chair the committee but everyone's participation will be essential for the committee to succeed. And, obviously, additional members are welcome!

HAMT members participated in three local parades on Memorial Day 2009, Millstone, Allentown, and Hamilton. The HAMT membership has expressed an interest in repeating this experience on Memorial Day 2010 and in finding other opportunities to parade.

The goals of the Committee are to have representation from HAMT at as many parades as possible, to increase the presence of HAMT as a local horse organization, and to increase the communities' awareness of the State animal, the horse.

The Committee will also develop a "bomb proofing training" course that can be offered to other HAMT members to condition their horses so that they can comfortably participate in parades and other events. Members who would like to have their horses experience the "bomb proofing" specifically so that they can participate in one or more of the Memorial Day parades, should contact Kate (cell - 609-658-8819) as soon as possible to schedule a session.

After Memorial Day, the Committee will look into other pa-

rades such as: July 4<sup>th</sup>, Labor Day, Columbus Day, Festival of Lights. Members who are aware of parades that occur on these dates/occasions are asked to call Kate as soon as possible. Members who know of other opportunities to parade... please call Kate!



## Freedom Fest 2010—Riders and Volunteers Needed for HAMT Performance By Sue Koval

Representatives from Freedom Fest spoke at our March Meeting, to discuss HAMT participation in their equine showcases.

Enthusiasm to participate was high, and we'll be working out our "show," which will probably be a mix of gymkhana events, parade of breeds, patriotic drill, crowd participation, and ???.

We have the 5:30-7:30 pm slot

on Saturday July 10<sup>th</sup>. The key to this event will be organization and coordination. I'll be chairing the committee—please let me know if you'd like to join.

We will need a lot of participation from our membership, as riders, non-riders, announcers, etc.

It should be a lot of fun and a great way to increase enthusiasm for horses in our area!

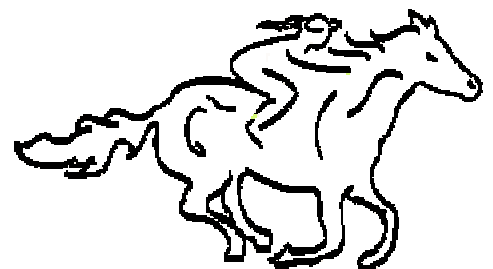


## Trail Rides!

Make sure to visit the calendar on our website often for the latest updates on our trail ride schedule—HAMT trail rides, as well as local riding opportunities, are added on a regular basis!

It's time to get out there and enjoy your horses!

<http://www.hamt.org/calendar.html>



**HORSEMEN'S  
ASSOCIATION OF  
MILLSTONE TWP. (HAMT)**

Horsemen's Association of Millstone Twp.  
PO Box 453  
Clarksburg, NJ 08510

E-mail: [bcowgirl@optimum.net](mailto:bcowgirl@optimum.net)  
[www.hamt.org](http://www.hamt.org)

**2010 Officers and Trustees**

**President:** Sue Koval  
**Vice President:** Ron Harning  
**Secretary:** Rosemary Hodgson  
**Treasurer:** Kim Mooney  
**Trustee:** Mark Blackwell  
**Trustee:** Carol Strommen  
**Trustee:** Bev Torok

The **Horsemen's Association of Millstone Township (HAMT)** is an organization dedicated to horse-related recreation and education. Our members include western riders, english riders, and carriage drivers. We enjoy a variety of recreational activities, including trail riding, gymkhana, team penning, parades, Halloween rides, games on horseback, potluck picnics, and other fun activities! We aim to educate our members about responsible horsemanship and equine resources through our meetings, newsletters, and website.

Our monthly meetings are held the third Tuesday of each month at 7:00 pm at the Millstone Township Community Center (463 Stagecoach Road, Millstone Township, NJ 08510). The meetings are open to all. The purpose of our monthly meetings is to keep members up-to-date regarding HAMT and non-HAMT activities and events. All horse lovers (owners and non-owners) from all towns are welcome.

Visit our website [www.hamt.org](http://www.hamt.org) for information, photos, and calendar of trail rides and events!

---

## March 2010 HAMT Newsletter

**Editor: Rosemary Hodgson**  
[rosemary.hdgsn@gmail.com](mailto:rosemary.hdgsn@gmail.com)

**Layout/Production: Sue Koval**  
[shkoval@optonline.net](mailto:shkoval@optonline.net)

**Contributors:** Shelly Aaronson, Michele Adams, Kate Fling, Ron Harning, Matt Hills, Rosemary Hodgson, Sue Koval, Cathy Larson, Traci Teller, Bev Torok

**Featured In This Issue:**

*"Me and My Horse" Series*  
Cathy & Chowder, Shelly & Mojo

*"Mishaps, Misfortunes, and Misadventures of Kate and Dude Leo San" Series Part 1*

*"My Journey with Horses" Series by Traci Part 1*

*"Member Horse Riding/Training Tip" Feature*  
*Bid Farewell to Kicking Out at the Canter*

*"HAMT Trail Ride Recollections and Tips" Feature*  
Valley Forge, PA; Fair Hill, MD; Millstone Loop, NJ; Brendan Byrne State Forest, NJ

*"Special Event Memories"*  
Valentine Benefit Dinner/Dance

*"Upcoming Events"*  
Memorial Day Parades, Freedom Fest, Trail Rides



HAMT's youngest member, Elizabeth Grace Mooney, and her miniature donkey Patience, prepare for the Christmas holiday.