2017 CALENDAR of EVENTS

- FEB 10th-17th
  BUSINESS & ADMINISTRATIVE WORKSHOP FOR NON-PROFIT ORGANIZATIONS

- FEB 25th
  COMMUNITY RIDING BEGINS

- MARCH 9th
  NEW VOLUNTEER ORIENTATION

- MARCH 25th
  CHILI OPEN HOUSE

- MARCH 30th, 31st
  VOLUNTEER MANAGEMENT WORKSHOP FOR NON-PROFIT ORGANIZATIONS

FOR FULL EVENT DETAILS VISIT HIGHHOPESTR.ORG

ESSEX SAVINGS BANK
COMMUNITY INVESTMENT PROGRAM

CAST YOUR VOTE FOR
HIGH HOPES
HORSES & HUMANS IMPROVING LIVES TOGETHER

MOON DANCE

SAVE THE DATE
06/10/17
High Hopes Therapeutic Riding
OLD LYME, CT

COVER CREDITS: PICTURED IN THE PHOTO ARE JANIE DAVISON, SIDEWALKING AND SIS GOULD, LEADING, IN THE EARLY DAYS OF HIGH HOPES.
On December 26, 2016, High Hopes Honorary Trustee, Janie Davison passed away peacefully at her home in Lyme CT.

Janie’s love for children and education goes back to her days when she was a school teacher in a one-room schoolhouse in Maine. Through her involvement and support of the CT Valley Pony Club (CVPC) and High Hopes, Janie combined her experience in education with her enthusiasm for the joy that horses bring to the lives of children and adults.

An avid foxhunter in her youth, Janie understood the relationship between the horse and rider. For Janie, it was about getting out into the natural world and enjoying the wonders of horse play!

Janie brought all of this energy, enthusiasm and passion to High Hopes. A Trustee for over 20 years, she was engaged in every aspect of High Hopes. Together with her husband, Cottie, they helped to forge the vision for our current facility and a mapped out a sustainable future through our first endowment campaign.

At High Hopes, we preserve her dream, to share horses with people of all ages and abilities every day. We are especially fortunate to be able to do this through an Endowed Scholarship received this past fall from The Louise H. and David S. Ingalls Foundation in honor of Janie. TALLY HO!

FOR MORE INFORMATION ON COMMUNITY OUTREACH, PLEASE CONTACT SARAH CARLSON, SCARLSON@HIGHHOPESTR.ORG

IN MEMORY OF JANIE DAVISON Truly One of a Kind

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A SPECIAL VALENTINE Candy: 2016 Horse of the Year

by Karena Garrity

She’s big, she’s a bay and she’s beautiful! It’s no wonder she was voted High Hopes Horse of the Year for 2016, a distinction she wears with great pride and dignity.

For over a decade now, Candy, a 22 year-old, fetching Clydesdale/Hackney cross, has been a perfect driving horse for our therapeutic program. Candy is one of the sweetest, calmest most adored steeds we have in our herd, and is praised for her compassionate soul, and immeasurable patience.”Candy inspires confidence in many,” explains Driving Instructor Sarah Carlson who works with her often. Another one of Candy’s biggest fans, Driving Instructor Lauren Fitzgerald adds, “Candy is very responsive to rein pressure when she is being driven, which is a great way for individuals to learn to drive with light contact."

Candy is also a superstar in High Hopes unmounted programs, working with veterans and visiting out in the community through programs such as, “Pony Power” where her calm loving ways have made her a crowd favorite.

Recently, we took Candy on a visit to Gladeview Rehabilitation & Health Care Center located in Old Saybrook, CT. Residents with a range of special needs all benefitted from the Human-Horse connection when given the opportunity to get up close and personal with such a large animal, and the chance to experience Candy’s horse power in a sweet and special way.

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Every day, we face challenges, but for victims of abuse these challenges may be more difficult to surmount. Finding a safe place to feel as though you can be yourself and express your true feelings can be few and far between. Making personal connections, trying something new, and overcoming challenges can become lost in the day to day struggle.

For one group of participants at High Hopes, these challenges include working to rebuild families that have been ripped apart by abuse. During their time at High Hopes, these families — mothers, brothers, sisters, toddlers and teens, work with our equine partners while engaging in activities that help to rebuild trust, empathy and improve communication. These individuals take these equine experiences back home where they start to take control of their lives and work together as a family unit.

There is a powerful unspoken bond that begins to form in working with our equine partners. Families begin to learn how to interact with a thousand pound animal through grooming, leading and understanding horse behavior. Through this interaction they are reminded that they can begin to rebuild trust.

For more information, contact Sarah Carlson, scarlson@highhopestr.org

At the heart of High Hopes, you will find over 600 volunteers sharing their time and talents to support our programs, participants and office administrative. All of our volunteers exude great enthusiasm, energy and compassion for what we do—and this year, we want to take a moment to share their thoughts with you! We had a moment to catch up with two very special volunteers, Nate and Zane—a unique father and son volunteer team. Nate, Zane’s father, took a moment to express his sentiments.

“Zane and I began volunteering at High Hopes two years ago. We began mucking stalls, but have since learned to lead horses, assist in special programs, and recently helped with Summer Camp. What started out as a volunteer opportunity for Zane has turned out to be a chance for Zane and I to spend time together every week. While we originally intended to do something that would help others, it has turned out to be just as beneficial for the two of us.”

Zane and Nate are only two of the many stories of volunteerism. Write in and share your special story with Amy Tripson at atripson@highhopestr.org. Our next spotlight could be you!