



THE "NEIGH"-BORHOOD NEWS

from Dream Catchers at the Cori Sikich Therapeutic Riding Center

Volume 10, Issue 1 -- April 13, 2011

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Family Picnic - May 14th 1 - 3 pm



Please mark your calendars and plan to join us for our Annual Family Picnic at Dream Catchers for all students and their families, volunteers and their families, and staff and their families on Saturday, May 14th from 1 – 3 pm in front of the Administration Building. This is always a fun-filled afternoon of great food and good fun, complete with hay rides and face painting.

Here's the latest...

Win an iPad!!! Play the Dream Catchers' Derby!!!

Anyone can win!

The person who sells the most Bridles & Bow Ties Raffle Tickets as of May 20, 2011 will win an iPad donated by SDV SOLUTIONS! Check out our Dream Catchers Derby Board posted in the barn. If you sell 3 books, you can enter your horse on the board! Your horse moves across the board when you sell books of tickets! The winner of the Dream Catchers Derby who sells the most books of tickets, wins the iPad!

Special thanks to our dear friends Victoria & Pamela West for creating the artwork and the Derby Board and for coordinating this fun and rewarding contest!



Student Spotlight - LaThea Adams by Debbie Hill



Many times at Dream Catchers we are reminded of what accomplishments our riders have done. Sometime, it may be being able to ride without a horse leader or using verbal skills to move the horse. At Dream Catchers no little accomplishment goes unnoticed.

This month we would like to spotlight a very courageous young lady who has been riding with us since the summer. LaThea was a very active senior in high school when a very sudden and debilitating illness left her paralyzed. She has been fighting very hard to become as active as she can.

I have the great honor to work with LaThea every week and each week she inspires me. Just last week, she led her horse Sassy to the barn walking on her own! Needless to say, it was a very triumphant day and everyone who witnessed this accomplishment was also inspired. Her greatest fan, Sassy, was very patient and would take two steps and then wait for LaThea to catch up. Her volunteers, Jan, Steve and Jayden cheered her on and provided the encouragement she needed.

The annual picnic also provides us with an opportunity to thank and honor our hard-working volunteers. We award pins to volunteers at this event each year, as well as flowers to those who have accumulated over 100 and 150 hours of service so far in 2011.

Please watch the bulletin board in the barn for a sign up sheet for students and staff to bring side dishes and desserts to this event (Dream Catchers will be providing the hot dogs and drinks). Hope you can come!



"From the Horse's Mouth"
by **Tori Conner**

Spring Is Here!

That means warmer temperatures, sunny days, and long trail rides. For

those who are at the barn that means it is time to start watching the horses a little more carefully. When spring comes, horses tend to get a little more energy from the grass because it has more sugar during this season. The added sugar in their diets makes them feel good – so you may often see them kick up their heels a bit in the pasture.

The horses may also start to gain some more weight because of the sugar in the new grass. Some horses who are what we call “easy keepers” will have to wear muzzles to keep them from eating too much. A muzzle is something horses wear to prevent them from eating as much grass – it would be a little bit like trying to eat your meals through a straw. The heavy winter coats that they had all winter to keep them warm will also start to shed out and new hairs will grow to replace them, giving them a sleek, silky coat for spring and summer weather.

When at the barn, it is important to groom the horses well to help them lose their old winter coats. Using a curry comb daily and even a shedding blade will help. And on those really warm days, it's a good idea to grab a hose, some shampoo, and start scrubbing. Not only does a good bath help get rid of the winter hair, but it can help get out those grass stains, too.

These are just a few of the many things to think about as the seasons change. The

Thank you, LaThea for being an inspiration to us all and for refusing to give up, no matter how big the obstacle. And many thanks to those of you who support our mission here at Dream Catchers for making it possible for students like LaThea to experience the life-changing miracles that happen here.

If you would like to learn more about LaThea and her journey back to health, please visit her website at LatheaAdams.com.

Volunteer Spotlight - Steve Xander



Steve came to volunteer at Dream Catchers last spring and has been a steadfast and "regular" ever since! He is at the barn several times a week and doesn't even mind it when we call on him at the last minute to sub. He enjoys working with both our students and horses and comments that his favorite thing is to see a student make progress. He acknowledges that we truly do see miracles here on a regular basis and he finds satisfaction in knowing that he is a part of making them happen. Since he has no children of his own, our students have served to fill a void in his life by bringing him in close contact with those priceless smiles and giggles of childhood.

Now retired from NASA after 30 years, Steve has also enjoyed volunteering with the Heritage Humane Society and at Jamestown Settlement. His other interests include sailing and he is working on getting his Sailboat pilot's license. It is a pleasure to have Steve as an intricate part of our volunteer workforce and as a new member of our Volunteer Committee.

If you have interest in volunteering please visit the website at www.dreamcatcherswilliamsburg.org.

Staff Spotlight – Thank You Carol!

Carol Evans retires as our Bookkeeper

Carol Evans, a long time part of the Dream Catchers team, has retired from her part-time position as our Bookkeeper. She came to be a part of our staff three years ago after retiring the first time from her job as a Bookkeeper with the Alumnae Association at the College of William and Mary. She had been a faithful lesson volunteer prior to that time, and now that she is truly retired, hopes to be able to have more time to get back into volunteering (after spending plenty of time with her grandchildren first).

Carol has been with us as we have grown as an organization to serve double the number of students as when she first arrived, and the staff has nearly doubled during that time as well. We are grateful for her hours and hours of dedication working through budget meetings and adapting to new computer and filing systems as we have grown. We have never seen her without a smile and a kind word to say, and needless to say, she will be greatly missed by all of us! But we aren't saying goodbye for good, as we expect to see her in the barn soon pitching in as she can with some lessons.



Dream Catchers staff and volunteers do a great job taking care of each and every one of our horses throughout every season.

UPCOMING EVENTS

Apr 16, 2011 • Volunteer Horse Handling clinic-Part 1, 2 - 4pm
Apr 25, 2011 • Grooming and Tacking Clinic, 2 - 4 pm
Apr 26, 2011 • Board Meeting, 5:30 pm
May 07, 2011 • New Volunteer Orientation, 2 - 4 pm
May 14, 2011 • Horse Handling Clinic Part 2, 3 - 5 pm
May 14, 2011 • Family Picnic, 1pm - 3pm
May 20, 2011 • Toano Rotary Golf Tournament
May 21, 2011 • Bridles & Bow Ties 2011
May 23, 2011 • Grooming and Tacking Clinic, 4 - 6 pm
May 31, 2011 • Board Meeting, 5:30 pm
Jun 04, 2011 • New Volunteer Orientation, 2 - 4pm
Jun 11, 2011 • Volunteer Clinic -A Ride in THEIR Helmet, 2 - 4 pm
Jun 27, 2011 • Horse Handling Clinic Part 1,4 - 6pm
Jun 28, 2011 • Board Meeting, 5:30 pm
Jul 09, 2011 • New Volunteer Orientation, 2 - 4 pm
Jul 16, 2011 • Grooming and Tacking Clinic, 2-4pm
Jul 26, 2011 • Annual Board Meeting, 5:30 pm
Aug 30, 2011 • No Board Meeting

2 Great Events for Dream Catchers

OCEAN PALM SHOPPING DAY

Your spring wardrobe will not be complete without a special item from Ocean Palm located in Merchants Square,

Williamsburg!
Shop on April

14th and 10% of all sales will be donated to Dream Catchers! Don't leave home without "your Lilly!" Visit their web site at

www.oceanpalm.net for more fashion fabulous items!



TOANO ROTARY GOLF TOURNEY TO BENEFIT DREAM CATCHERS



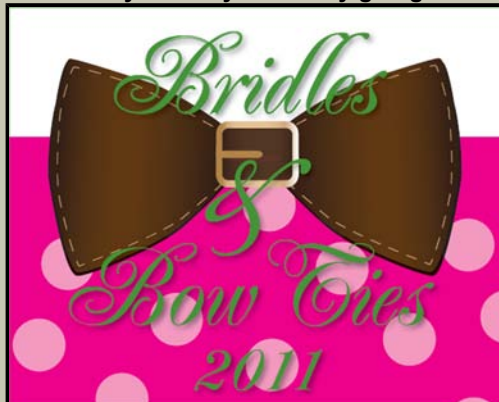
The Toano Rotary is hosting its annual golf tournament at the Blackheath Course at Ford's Colony on Friday May 20th and has honored

us by selecting Dream Catchers as their charitable beneficiary. Teams of 4 are \$500 and individuals are \$95 if registered before April 20th (\$120 after April 20th). Shotgun Start @ 1:00 p.m. with Registration open at 11:30 a.m. If you are a golf

With Carol's departure, we are thrilled to announce that we have a new staff member, Kathy McKinney, who is now serving as the Bookkeeper. We are pleased to welcome Kathy as a new member of our family.

Bridles & Bow Ties 2011 ~ May 21st

Where are you and your honey going to be on Saturday, May 21st? Y'all don't want



to miss the fun of black tie, blue jeans & cowboy boots! We have an amazing dinner, raffle and live auction planned ~ incredible trips, local adventures, and a "Taste of Spain" – a private party for 30 guests hosted by La Tienda with food catered by Creative Cuisines and fabulous wine pairings.

We are very grateful to our Title Sponsor for Bridles & Bow Ties 2011 Land 'Or International! John & Patty Holt have not only donated \$5,000 for Land 'Or International's sponsorship,

but they are also donating a fabulous trip to the Bahamas for our live auction and another week in the Bahamas for our raffle grand prize! And speaking of our live auction, Riverside Regional Medical Center & Riverside Health System Foundation have generously donated \$3,500 to be our Live Auction Sponsor! Special thanks to Dr. Jim Lesnick & Debbie Atkinson for their continued support of Dream Catchers!

Other Live Auction packages include:

Island Getaway

Bask in the sun on one of the Caribbean's most picturesque islands ~ Aruba!

2011 U.S. Open

Experience one of golf's greatest events on one of the East Coast's most prestigious courses, Congressional Country Club!

Sonoma VIP Wine Experience

Sip & Savor Sonoma Valley! Enjoy luxury accommodations and private VIP wine tastings in California's premier wine country!

Nags Head Cottage

Imagine ocean breezes, first class sport fishing on "The Qualifier" and a day at the spa!

A Private Affair

Host an elegant cocktail party for 25 at the Williamsburg Winery catered by The Catering Company!

We are also thrilled to announce that we have several \$2,000 Table Sponsors already: Dr. & Mrs. Tom Jamison with Mr. & Mrs. Mike Derrig, Dr. & Mrs. Wade Johnson with Dr. & Mrs. David Pearce, Mr. & Mrs. John Sikich, Mr. & Mrs. Ed Hawfield, Mr. & Mrs. Leighton Strader, Mr. & Mrs. Brad Cole, and Pamela West & The Junior Board, Riverside Regional Medical Center & Riverside Health System Foundation, CA Barrs, Towne Bank, Mr. & Mrs. Sean Fitzpatrick, Joan Gilkison, The Princess Anne Hunt, Wells Fargo Private Bank Mr. & Mrs. Fred Malvin, Hanesbrands Inc., Carolina Walkers Association, Mr. & Mrs. Bobby Beck, Mr. & Mrs. Henry Branscome and Sentara Healthcare has donated \$750 for our event.

Tickets are \$100 each and are available on-line or by calling 757-566-1775! Table sponsorships are still available, but don't delay in reserving yours today!

And wouldn't you like a chance to win a week in the Bahamas, or a dinner w/wine pairings for 6 at The Blue Talon Bistro, or a stay at the Williamsburg Inn? Our 2011 Raffle is better than ever ~ tickets are \$10 each or a book of 12 tickets for \$100! Raffle tickets are also available

enthusiast, call your friends and make a date to play in this event! Call Marl Tisone at (757) 565-5795 to register!

Happy Birthday Blackie!



Blackie turned 27 on April 4th!! He was fed a yummy piece of carrot cake by Sally Derrig, his owner, as a part of his birthday celebration. Sally & Blackie were featured in the Daily Press on April 8th. Check out the website for the full article.

Welcome Silk!



We have just accepted a beautiful, 13 year old, Morgan Friesian Cross mare into our program. She is a Williamsburg native coming to us from Walnut Acres. Her show name is Silk N Sapphires, but around the barn she is known simply as "Silk". Silk's previous owner was Beth Bliss, a former volunteer. Silk is registered with the United States Dressage Association and was also used for trail riding. She has already been used in several lessons, and is quickly learning her new job. When you stop by to check her out, make sure you thank her for her service to our wonderful program!

NARHA REGION 3 CONFERENCE

Most of the Instructors, Nancy Paschall, and some of the Instructors-In-Training attended the NARHA Region 3 conference in Charlotte

on-line or by calling 757-566-1775! Bridles & Bow Ties is our major fundraiser of the year; projected revenue from this event represents 16% of our ANNUAL operating budget!

We need your support!

Volunteer Appreciation Week, April 12 - 16

Again this year, we will celebrate the national VOLUNTEER APPRECIATION WEEK at the barn to honor the over 100 volunteers who come out regularly to help our students and horses. Look for posters in the barn, goodies in the Volunteer Office, and something special through snail mail if you are a regular volunteer.



If you are not a regular volunteer in our lesson program, now is the time to start! We are always looking for consistent, dedicated volunteers who are willing to come out for at least one hour per week to help in our therapeutic lessons. The lesson volunteers work hands-on with our NARHA Certified Instructors and trained horses in order to keep the lessons safe and effective. All of our volunteers agree that they get more than they give by being involved in our program as they witness miracles happen first hand with our students and horses.

We have a New Volunteer Orientation scheduled for the first Saturday of each month from 2 – 4 pm at Dream Catchers. For more information, please visit our website at www.dreamcatcherswilliamsburg.org

The Director's Corner by Nancy Paschall

Volunteer Appreciation Week

There are no words or deeds that can express our gratitude for the hours our volunteers give, or their deeds. We, the staff are grateful, and our students and their loved ones - parents, spouses, grandparents - are deeply appreciative of each hour of service donated by our volunteers.

So what does it mean to be a volunteer? Some walk in lessons next to students to maintain safety, some lead horses, some answer phones, others put in steps so we can get to the loft, or pressure wash and stain the indoor of the barn, or clean stalls. The Points of Light Foundation calculates the value of volunteer time. The latest data available (2009) estimates that each hour volunteered is worth \$20.85.

"Children who grow up learning to give back not only strengthen their communities but enrich their own lives in countless ways. We celebrate that spirit of selfless service," said Diana Aviv, President and CEO of Independent Sector. Dream Catchers is serving 121 students this spring- the largest group yet. While not all of our riders need three volunteers, we need volunteers for a variety of tasks. We now use approximately 363 hours each week- forty weeks annually totaling 14,520 hours. Multiply that by \$20.85, our volunteers donate \$302,742 dollars worth of their time. WOW! DREAM CATCHER VOLUNTEERS ROCK!



N.C. March 18-20. Conferences are an opportunity to gain information about how other centers handle complex issues and to share what works and doesn't work for us. One of the highlights was seeing Rupert Issacson, the author of *The Horse Boy*, demonstrated some of his techniques for working with children with Autism. We were pleased that Rupert said he would not necessarily take the same approach as he had described in his book because he now has a sense of the elements that were most important in reaching his son Ian. Rupert believes that it is the motion of the horse, especially faster motion that has the most benefit. The Dream Catchers instructors have been working on that theory as well. The instructors were heard saying "we do that" or "Nancy Hawfield does that with one of her students" when Rupert said "go with the child's interests- if it is trucks, know everything you can about trucks."



Programs from N.C., V.A., S.C., W.V. and a few from G.A. and other locations attended. Sessions included "They Are What They Eat—An Equine Nutrition Panel, Fun Ways to Teach Biomechanics, TRAV Rider Achievement Certification Program: A Documentation Tool for Measuring Student Success". The TRAV rider achievement program is being replicated in other states.

Many of the instructor candidates who attended the NARHA certification in November were there and again expressed their appreciation for the caring way they were treated when they were here. We advertised the advanced Instructor Workshop that will be held in June here and it is almost full. Despite the size of the program in terms of budget, number of students served, or other variables, all attendees received information about how to improve efficiency. Dream Catchers had the largest attendance of any of the therapeutic riding centers. The Dream Catchers Board of Directors supports, in writing, ongoing education of staff through their adoption of our most recent strategic plan "Dream Catchers is supported by a high quality team of staff and community volunteers". This is accomplished by continuing to address needs of staff and volunteers through ongoing training and advanced certification.

HOW YOU CAN HELP

Dream Catchers at the Cori Sikich Therapeutic Riding Center is a nonprofit

Volunteering is not about big numbers—every hour volunteered is important. Today, when a child got off the school bus to ride, he grabbed the hand of a volunteer and said "can I put my boots on now?" The horses were all groomed, tacked, and ready for the students...by volunteers. Recently we had a fund raiser at the Williamsburg Winery – Wine on Wednesday. The largest group of people who attended were our volunteers- with their friends and neighbors in tow. Not only were they here during the cold days of winter, they brought their checkbooks to this fundraiser. Now we ask them to help us by selling Bridles and Bow Ties Raffle tickets. I have no doubt our volunteers will help us reach our goals of serving every student we can in a caring and safe environment. Thank you, volunteers, you are priceless!

Youth & Leadership Opportunities

ATTENTION YOUTH ~ Don't Miss the Forum for Young Leaders with Disabilities

The 2011 Youth Leadership Forum is scheduled for July 18-22 at Virginia Commonwealth University in Richmond. Students, parents, and teachers can learn more about YLF on YouTube at <http://bit.ly/eFb8DN>

ANOTHER STUDENT LEADERSHIP OPPORTUNITY

Check out <http://bit.ly/gcmQX7> for information on the Partners in Policymaking Program which is scheduled for September in Richmond, VA. Deadline for application is April 29th – don't delay finding the details about these workshops which feature state and national experts with topics that include self-advocacy, assistive technology, independent living, supported employment and more!

WINE ON WEDNESDAY

We extend our heartfelt gratitude to the Duffeler Family, Matthew Meyer, & The Williamsburg Winery Staff for their hospitality on April 6th! As always, Dream Catchers had a large crowd of supporters at the event which was a tremendous success! We share our warm thanks to Dave Niebhur who emceed the event and kept the raffle winners smiling!

Our raffle prizes were fabulous ~ special thanks to our 2011 WOW raffle sponsors:

P. Buckley Moss Society
Pirates Cove Adventure Golf
Hi Ho Silver
Opus 9
Sharon Smith for the handmade equestrian quilt
Susan Whitehurst Cleaning Services
Bella Vance Wellness Studio
Velvet Shoestring
Home Depot
Walls Alive
David & Sue Pearce



The Williamsburg Winery is an extraordinarily generous sponsor for Dream Catchers throughout the year, not only for Wine On Wednesday. They are major sponsors for Bridles & Bow Ties and have provided a number of auction prizes!

Dream Catchers on FACEBOOK!

We want you!

Click the Link and [BECOME A FAN](#)

Show your support for Dream Catchers with your purchase of t-shirts, sweatshirts, hoodies, travel mugs, coffee mugs, water bottles and more. Stop by the Admin building to say hello and do a little shopping.

501(c)3 organization. Our riders pay only a portion of the real cost of lessons. The balance of our operating costs is generated through fundraising. Your gift enables Dream Catchers to maintain a safe and thriving equine facility -- happy, healthy horses; knowledgeable, nurturing instructors; and well-trained, conscientious volunteers. We depend on your financial gifts as well as your precious gift of time! We are always looking for volunteers of all ages to support the dreams that our humble organization helps come true!

If you would like to sponsor a horse, sponsor a child, make a donation in honor of a loved one or friend, or would just like to give, please send your donation to:

Dream Catchers
P.O.Box 1261
Williamsburg, VA 23187

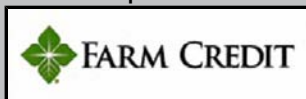
Call 757.566.1775 or donate online at www.dreamcatcherswilliamsburg.org
Thank you for your continued support.

Please send comments or questions about this newsletter to dcadmin@dreamcatcherswilliamsburg.org

Need a printed copy? We will be happy to oblige!

This Issue of The "Neigh"-Borhood News Sponsored By:

Susan Upshaw



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Thank you for supporting Dream Catchers!

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