

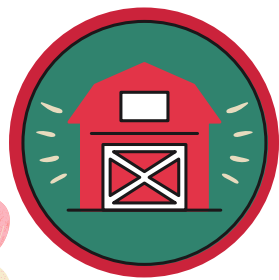


ATRC OF THE MONTH:

A NEWSLETTER FOR THE FAMILIES, FOLLOWERS, AND SUPPORTERS OF ALBANY THERAPEUTIC RIDING CENTER.



HAPPY
Valentines
DAY



Heart Horse

In a February 17, 2020 post on the website *harmonizedhorsemanship.com* entitled, "A Tribute to the Heart Horse", the author states "Something magical happens when you fall in love with a horse. It feels as though, suddenly, a piece of your soul exists outside of your body. This horse becomes a part of you, indefinitely tied together. A 'heart horse' they call it."

The author continues, "Heart horses are sent to us to provide us with the comfort of unconditional love, the lessons of patience, and the feeling of connection and deep gratitude. You feel like the luckiest human in the world to be graced with such a wonderful gift. Your horse feels the same."



"The lessons [a heart horse] teaches you will often test your patience and your bravery. [They will] put things before you that ask you to look at parts of yourself you prefer to keep hidden from the world. But without fail, every time, [they'll] love you even when you struggle to love yourself. [They] will stand behind you no matter what you're facing so that you two can face it together. It's an unspoken bond that transcends all other things. It's something that only exists between horses and humans, this mystical partnership that defies all logic."

"Something magical happens when you fall in love with a horse. And once you do, you'll never go back to the way you were before."

<https://harmonizedhorsemanship.com/blog/a-tribute-to-the-heart-horse#>

FEBRUARY AT THE FARM:



- 1-HEART HORSE
- 2-VOLUNTEER OF THE MONTH
- 2-FUNDRAISER FACTS
- 3-VOLUNTEERS-THE HEART OF OUR TEAM
- 4-ICE CREAM SOCIAL
- 5-SPREADING LOVE
- 6-SWEETHEART OF THE YEAR RESULTS
- 7-SHOUT OUTS



VOLUNTEER OF THE MONTH:



AVERY CHASE



Avery is a freshman in high school. She became a volunteer in September as soon as she turned 14 and met our eligibility requirements. She willingly helps out with barn chores and feedings whenever she can. She was nominated for volunteer of the month because she is extremely reliable and trustworthy. We are so grateful to have her on our team!

To get to know Avery a little better, we asked her a few questions...

1. What is your favorite part about volunteering at ATRC?

Seeing the horses obvi.

2. When you're not at ATRC what do you like to do?

I like to draw/paint, shop, and sleep.

3. If you won a million dollars, what would you do with it?

Buy myself a house and a horse.

4. If you could meet your hero, who would it be and why?

Tom Holland because he's funny and cute.

5. Why do you volunteer at ATRC?

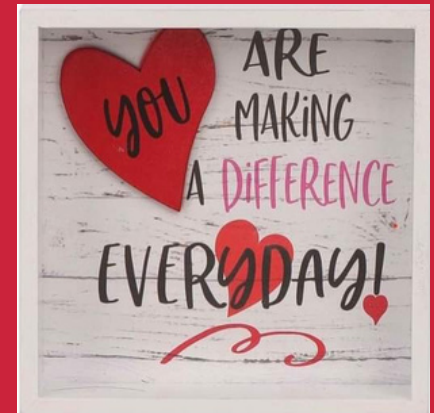
Being able to help the people and horses make me happy.



"The heart of a volunteer is never measured in size, but by the depth of the commitment to make a difference in the lives of others."

- DEANN HOLLIS-

THANK YOU FOR ALL YOU DO!



Save The Date!

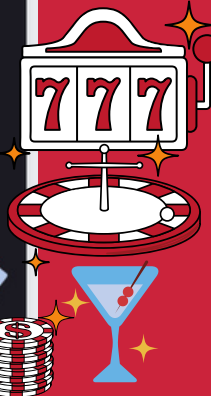
ALBANY THERAPEUTIC RIDING
CENTER, INC. PRESENTS

Second Annual Casino Night

Join ATRC on Saturday, April 9th from
5pm-10pm at The Van Patten Golf Club
924 Main St. Clifton Park, NY 12065
Vegas/cocktail attire encouraged but
not required!

Your \$85 admission ticket
includes dinner, dessert, a
drink ticket, photo booth fun
\$1,000 playing chips, silent
auction prizes, and fun!

Please contact ATRC at
fundraising@albanytherapeuticridi
ngcenter.com for tickets



February Fundraiser Facts!

ATRC had a flurry of activities in February!
We raised \$ **1,649.88** from a trifecta of
fundraising events just this month alone!

Thanks to all of you big hearted people who
played along with our Sweetheart of the Year
competition by sending in \$**737.21** worth of
valentines to your favorite horse,
staff member, or volunteer!

For the dance & ice cream lovers who attended
our 1950's Sock Hop/Ice Cream Social, you
literally rock! Thank you for the \$**262.52** in
donations toward our electric fencing fund!

Lastly, to all our sports fans who helped us
score \$**650.15** with our Super Bowl Squares
Fundraiser, we appreciate your sportsmanship!





Volunteers Are The Heart Of Our Team!



“Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has.”

~Margaret Mead~

THANK YOU VERY MUCH

**We truly appreciate all you do!
We couldn't do what we do without YOU!**



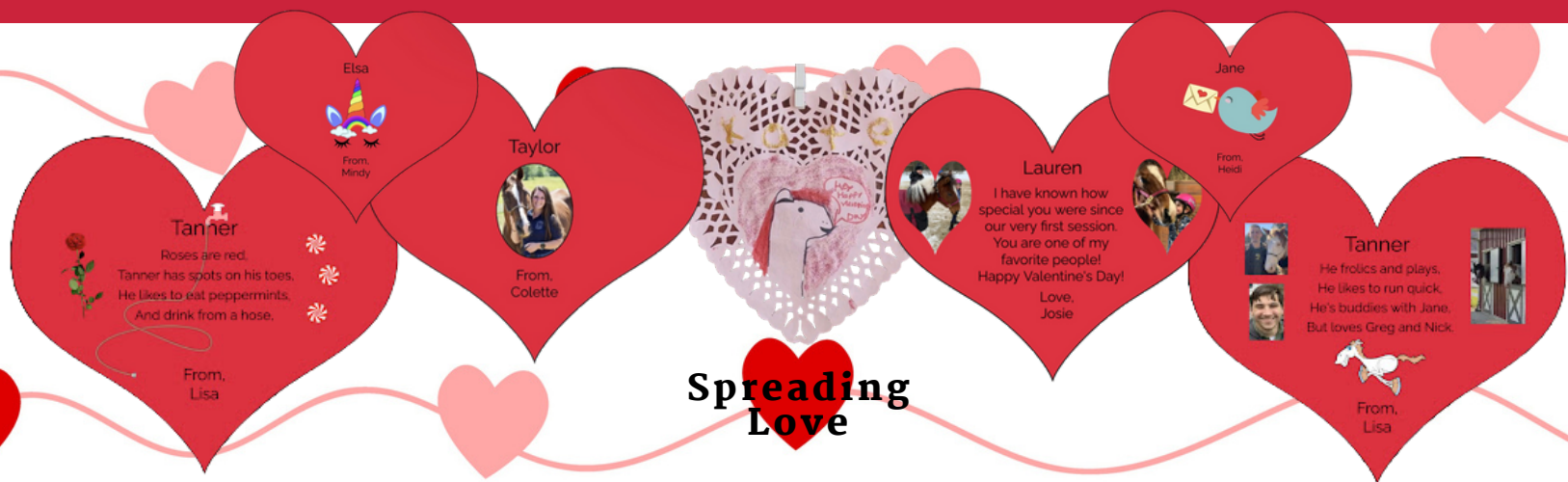


ICE CREAM Social

I Scream! You Scream! We All Scream For Ice Cream!

On Saturday, February 12th, just in time for Valentine's Day, the volunteer lounge was turned into a 1950's soda fountain, complete with shakes, root beer floats, and make your own sundaes! Our very own Miss Lauren tried out her newly acquired culinary skill by making 6 different varieties of homemade ice cream while rider parent, Roxanne, donated 3 flavors of ice cream and sherbet for the event. Miss Lauren, Miss Kate, Miss Jenn, and Miss Steph provided the abundance of delectable toppings that were offered. As always, Miss Steph whipped up a batch of her specialty cup cakes, which were decorated to look like mini milkshakes, adorned with a red striped straw and a cherry on top. Miss Jenn and Albany Med volunteer, Lisa, worked efficiently behind the counter as our very own soda jerks and impressively kept up with all of the custom orders placed by the many visitors to the diner. In addition to the complimentary ice cream, each patron received an official ATRC Diner Soda Jerk hat. The favorable turn out at this event seemingly proved that it is NEVER too cold for ice cream!





8 Ways That Spreading Love And Happiness Can Benefit You And Others Around You

In the article referenced below, Gabrielle Seunagal asserts, "When it comes to spreading love, it may not be as difficult as you might think.

It doesn't have to be a huge experience either. You don't need to spend all of your time, energy, or money doing something big or extravagant for someone. Rather, you can do little things and make a big impact on someone's life. The key is figuring out how you're going to spread love and what it's going to create within the universe when you do. You might be surprised at just how much it changes things.

So, what could you be doing to facilitate this?"

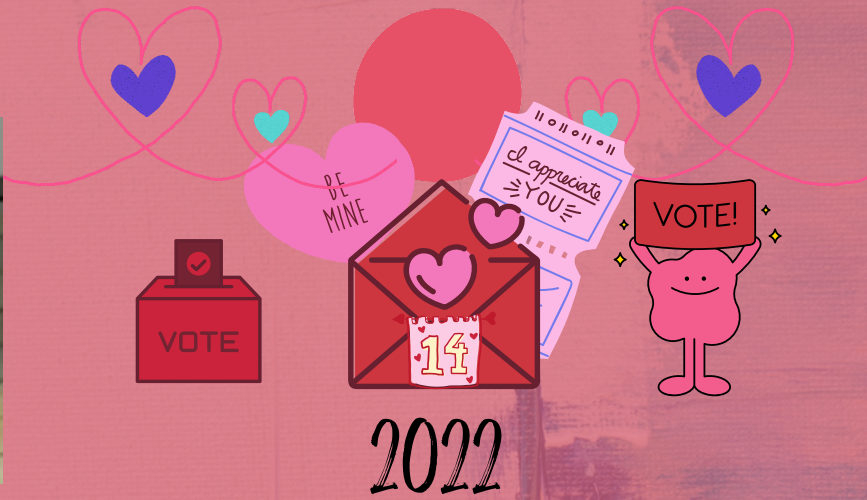
1. "Say Something Nice - When you compliment someone, it makes them smile, right? People love to be told they look nice, they made a great decision, they did an awesome job, or anything positive about themselves. It's going to make their day."
2. "Help Them Out - Try helping someone out in a way that does absolutely nothing to benefit you in return. At least, nothing for you in the traditional sense. You'll be surprised at just how much a selfless act can make you feel great, even though whatever it was only really helped out the other person."
3. "Say Thank You - We often take the little things that others do for us for granted, but what if you didn't? What if you said thank you, or I appreciate you, for every little thing that someone does for you throughout the day? You'll make them feel great, and you might be surprised by just how great you feel at the end too."
4. "Listen to Them - People want to be heard, and that's sometimes difficult in today's day and age. More and more people are so wrapped up in their own lives and personal problems that they don't even realize what's going on with others so listen, empathetically and without interruption, when they talk."
5. "Give a Gift - It doesn't have to cost a lot of money. In fact, it doesn't have to cost anything at all. Maybe you picked a flower out of your garden, or you give them a book from your collection. Whatever it is, that gift shows you were thinking of them."
6. "Show Them Their Impact - Many of us don't even think that we're important in our own lives or the lives of others. So, show them a way that they've improved your life or the life of someone else around them. They'll be pleasantly surprised."
7. "Write a Note - Write up a nice note that you can leave somewhere for a stranger to find. Maybe you put it on the shelf at the grocery store or stick it to the mirror in a bathroom. A little note of encouragement from a stranger can be a great way to improve anyone's mood."
8. "Pay it Forward - Do something nice for someone without expecting anything in return. It can even be anonymous, but just giving a little something extra to another person can help you feel better as well..."

<https://betterhelp.com/advice/love/8-ways-that-spreading-love-and-happiness-can-benefit-you-and-others-around-you/>





Apollo



Jane



Dusty



Tanner
YOU ARE MY
favorite



Luke



Elsa

(Nice try though, Miss Lauren!)

Sweetheart of the Year Standings		
	♥♥♥♥♥♥♥♥	8
	♥♥♥♥♥♥♥	7
	♥♥♥♥♥♥♥♥♥♥♥♥♥♥♥♥♥♥	19
	♥♥♥♥♥♥♥♥	8
	♥♥♥♥♥♥♥	7
	♥♥♥♥	4



Tanner

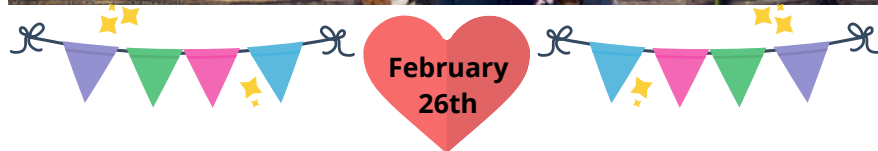


Send a 'Shout Out' to someone special!
For a \$10 donation your message and photo will appear in our monthly newsletter!
For more information or to submit an entry contact Miss Taylor.

Celebrating February!



February
14th



Happy 12th Birthday, Luke!
Love--Dusty, Roxy, and Mom (a.k.a. Miss Lauren)

