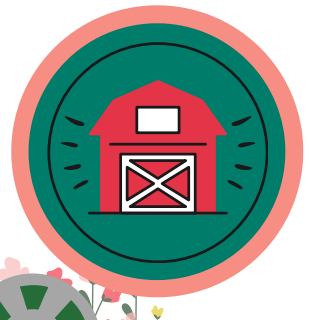


# ATRC OF THE MONTH:

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



## OUR FOREVER HOME

THE MOMENT YOU HAVE ALL BEEN WAITING FOR.....WE ARE UNDER CONTRACT TO PURCHASE A FACILITY OF OUR VERY OWN!!

ATRC HAS SIGNED A PURCHASE AGREEMENT WITH THE SELLERS OF A BEAUTIFUL EQUESTRIAN PROPERTY IN GUILDERLAND, NY. WE HAD OUR INSPECTION A FEW WEEKS AGO AND EVERYTHING WENT WELL! WE WILL OFFICIALLY BE CLOSING ON THIS DREAM TUESDAY, JUNE 1ST!!!

THIS FACILITY HOSTS A BEAUTIFUL INDOOR ARENA, TWO OUTDOOR ARENAS, A ROUND PEN, 10 STALLS, OFFICE SPACE, BATHROOMS, A CLASSROOM, SPACE, AND MORE!!

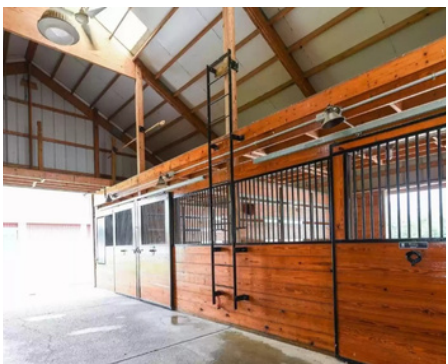
SESSION 3 WILL END MARCH 30TH AT OUR GANSEVOORT LOCATION, WE WILL NOT HAVE AN OFFICIAL OFF WEEK/ OFFER MAKE UP LESSONS BETWEEN SESSION 3 AND 4, AND SESSION 4 WILL BEGIN JUNE 7TH AT OUR NEW LOCATION! HORSES WILL MOVE THE 5TH AND THERE WILL BE AN UNOFFICIAL OPEN HOUSE SATURDAY THE 5TH OR SUNDAY THE 6TH TBD!



## MAY AT THE FARM:



- 1-OUR FOREVER HOME
- 2-VOLUNTEER OF THE MONTH
- 2-FUNDRAISER FACTS
- 3- NEW & NOTABLE
- 4-ATRC: THE LEHMAN LEGACY
- 5-HONORING OUR SERVICEMEMBERS
- 6-SHOUT OUTS







## VOLUNTEER OF THE MONTH:



**EMILY HATHAWAY**



Emily joined our ATRC family in the Spring of 2021. She helps out in lessons as a horse leader & sidewalker. She is studying Political Science at Wheaton College in Massachusetts. She will be working with us as an intern this summer. We feel so lucky to have her enthusiasm and dedication at the farm and want to recognize her for all of her hard work and reliability - we are truly grateful to have her!!

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

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

I love seeing all of the students improve from week to week.

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

I spend most of my time with my own horses Leo and Sally, Leo is in the picture above. I show both of my horses competitively at APHA shows. I also love other sports such as rugby and hockey!

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

I would probably buy a super nice riding facility and truck and trailer and add a few more horses to my collection!

**4. Why do you volunteer at ATRC?**

I love volunteering at ATRC because I love horses and I love getting to know all of our awesome students!

"Plant flowers  
in others' gardens  
and your life  
becomes a bouquet!"

~ AUTHOR UNKNOWN ~

THANK YOU FOR ALL YOU DO!



## Capital Harmony Concert



ATRC would like to send a HUGE thank you to **Capital Harmony A Cappella, Lonely Athena,** and **Dan Jantson** for the amazing Spring Concert held May 16th at the Elm Avenue Park in Bethlehem to benefit our Forever Home Capital Campaign! **Capital Harmony raised \$2,145** for our Forever Home Capital Campaign! Thanks to all who donated to this event!





## NEW & NOTABLE



### Extra! Extra! Read All About It! ATRC To Hold New Summer Camp Sessions!

- Week 1: June 28th-July 2nd (Ages 4-7)  
 Week 2: July 12th- July 16th (Ages 8-13)  
 Week 3: July 26th- July 30th (Teens/ WTC, 14-18)  
 Week 4: August 9th- August 13th (Adults)  
 Week 5: August 23rd- August 27th (Ages 8-13)

Monday-Friday from 9am to 2pm.

5 slots in each camp week.

\$300 per week per rider

\*\$150 non-refundable deposit is due with registration, remaining balance due by camp week\*



ON AIR

NEWS  
TODAY



### Meet ATRC's New Barn Manager/Certified Therapeutic Riding Instructor, Kate Carlson!

Kate has over twenty years of experience in the equine industry, from equine management and care to competitive show riding.

She is a recent graduate of SUNY Cobleskill with a Bachelor's Degree in Therapeutic Horsemanship. She also holds an Associate's Degree in Criminal Justice and is pursuing her Master's Degree in Clinical Social Work at SUNY Albany. Kate is a Certified Therapeutic Riding Instructor with PATH Intl as well as a certified Equine Specialist in Mental and Learning (ESMHL).

Kate lives on a small hobby farm with her husband, Chris, and their daughter, Lillie. Their family also includes a German Shepherd and three horses! She enjoys gardening, hiking, and, of course, riding!

Please join us in welcoming Kate to our ATRC family as we prep for our move!

### Paging Dr. Lauren!

Miss Lauren was accepted into Capella University's MS in Clinical Mental Health Counseling program.

This online program begins June 7th. The Master's course is the first leg of their PsyD program which will prepare Lauren to achieve her goal of becoming a psychologist.

Miss Lauren will be the Director of Mental Health Programs at our new facility, while continuing to teach lessons and serve as our Volunteer Coordinator.





# Albany Therapeutic Riding Center: The Lehman Legacy

IN MEMORY OF CHRISTINE D. LEHMAN

(MAY 29, 1945 - JANUARY 3, 2017)

ACCORDING TO INFORMATION OBTAINED FROM AN OBITUARY BY TEBBUTT & FREDERICK MEMORIAL HOME POSTED ON THE SCOTT & BARBIERI FAMILY FUNERAL HOMES WEBSITE, AND ONE WRITTEN BY MELISSA HALE-SPENCER WHICH WAS PUBLISHED IN *THE ALTAMONT ENTERPRISE* ON JANUARY 6, 2017, CHRISTINE 'CHRIS' LEHMAN WAS BORN MAY 29, 1945 IN NORMAN, OKLAHOMA WHILE HER PARENTS, STUART AND THELMA LUNDBERG LEHMAN, WERE STATIONED THERE WITH THE US NAVY DURING WORLD WAR II. AFTER THE WAR, THE FAMILY MOVED TO ALBANY. WHEN CHRIS WAS 14, HER PARENTS GOT HER A HORSE. SHE GRADUATED FROM ALBANY HIGH SCHOOL AND RECEIVED AN ASSOCIATE'S DEGREE FROM SUNY DELHI. ACCORDING TO MELISSA HALE-SPENCER, "JUST BEFORE SHE WENT TO COLLEGE AT SUNY DELHI TO BECOME A VETERINARY TECHNICIAN, HER FATHER BOUGHT A 90-ACRE FARM ON MARTIN ROAD IN NEW SCOTLAND, AT THE BASE OF THE HELDERBERG ESCARPMENT." THE OBITUARY POSTED BY TEBBUTT & FREDERICK MEMORIAL HOME SAID, CHRIS "WAS EMPLOYED BY COLONIE ANIMAL HOSPITAL AND LATER SERVED AS A LAB TECHNICIAN AT COLUMBIA-GREENE COMMUNITY COLLEGE, UNTIL SHE RETIRED. SHE WAS THE FOUNDER AND DRIVING FORCE OF THE ALBANY THERAPEUTIC RIDING CENTER [LOCATED ON MARTIN ROAD IN NEW SCOTLAND], WHERE SHE WAS THE PRESIDENT AND [A PROFESSIONAL ASSOCIATION OF THERAPEUTIC HORSEMANSHIP INTERNATIONAL CERTIFIED] RIDING INSTRUCTOR FOR 35 YEARS." IN MAY 2013, *THE DAILY GAZETTE* AND DIRECT ENERGY NAMED CHRIS THE FIRST RECIPIENT OF THE CAPITAL REGION VOLUNTEER CITIZEN OF THE YEAR AWARD.

MELISSA HALE-SPENCER WROTE IN HER OBITUARY, "CHRISTINE D. LEHMAN LOVED ANIMALS ALL HER LIFE AND, THROUGH THEM, SHE SERVED PEOPLE. FOR 35 YEARS, MS. LEHMAN HELPED KIDS AND GROWN-UPS WITH DISABILITIES — SOME WHO COULDN'T WALK OR COULDN'T TALK — RIDE HORSES...IN 1975, MS. LEHMAN ATTENDED A SEMINAR IN VIRGINIA ON THERAPEUTIC RIDING, WHICH PIQUED HER INTEREST, SHE TOLD THE ENTERPRISE." ACCORDING TO HALE-SPENCER, CHRIS' BROTHER, STUART, SAID, "INITIALLY, MANY YEARS AGO, CHRIS SHOWED QUARTER HORSES AND TAUGHT REGULAR RIDING. SHE HAD A BUSINESS CALLED SUNRISE STABLES. SHE WAS ONE OF THE FIRST PEOPLE IN THE AREA TO BE CERTIFIED [AS A THERAPEUTIC RIDING INSTRUCTOR]." HALE-SPENCER CONTINUED, "MS. LEHMAN HELPED SUSTAIN THE [THERAPEUTIC RIDING] CENTER WITH HER FULL-TIME JOB AS A BIOLOGY TECHNICIAN AT COLUMBIA-GREENE COMMUNITY COLLEGE...[AND] ALSO KEPT A PETTING ZOO WITH MANY DIFFERENT KINDS OF ANIMALS THAT SHE WOULD HIRE OUT TO RAISE FUNDS FOR HER RIDING CENTER...HER BROTHER DESCRIBED HER AS "VERY INDEPENDENT." HE SAID, "SHE SPENT MOST OF HER TIME ON THE FARM, TAKING CARE OF THE ANIMALS...SHE WAS CONTENT WITH THAT." HALE-SPENCER CONTINUED, "THE FARM WORK TOOK GRIT. MR. LEHMAN DESCRIBED THE COLD WINDS THAT WOULD FUNNEL THROUGH THE FARM AT THE BASE OF THE ESCARPMENT. "THE WIND WOULD SWEEP THROUGH IN THE WINTER AND FREEZE THE WATER IN THE BUCKETS. SHE'D HAVE TO CHOP THE ICE SO THE HORSES COULD DRINK. IF THERE'S A BLIZZARD, YOU'VE STILL GOT TO DO IT. THERE ARE NO DAYS OFF." ACCORDING TO MELISSA HALE-SPENCER, "IN 2013, WHEN SHE WON THE CAPITAL REGION VOLUNTEER CITIZEN OF THE YEAR AWARD, [CHRIS] TOLD *THE ENTERPRISE*, "IF THEY CAN GET ON A HORSE AND RIDE A HORSE, IF THEY CAN DO THAT, THEN MAYBE LIFE ISN'T SO SCARY. YOU TRANSFER WHAT YOU'RE DOING ON THE HORSE TO GENERAL LIFE GOALS."

IN A JUNE 8, 2006 COMMENTARY PIECE, "HORSES BRING PEACE AND PURPOSE TO RIDERS WHO CAST ASIDE CRUTCHES AND CAREGIVERS", WRITTEN FOR *THE ALTAMONT ENTERPRISE*, AUTHOR JO E. PROUT WROTE, "IF YOU FOLLOW THE TREE-LINED, UNPAVED MARTIN ROAD IN NEW SCOTLAND TO ITS END, AND WALK DOWN TO THE BOTTOM OF THE HILL AT THE BASE OF THE HELDERBERGS, YOU'LL FIND HORSES, LAUGHING STUDENTS, AND FRIENDLY FACES. FOR 25 YEARS, THE ALBANY THERAPEUTIC RIDING CENTER HAS BEEN NESTLED INTO OUR COLLECTIVE BACKYARD, DRAWING RIDERS FROM ALL OVER THE CAPITAL REGION, AND VOLUNTEERS OF ALL AGES. AS A LONGTIME VOLUNTEER AND BOARD MEMBER FOR THE RIDING CENTER, I'VE SEEN THE PEACE THAT SETTLES OVER THE RIDERS, WHO LEAVE CAREGIVERS AND CRUTCHES BEHIND AS THEY GUIDE THEIR HORSES AWAY FROM THE MOUNTING RAMP. ATOP A HORSE, THE RIDERS EXPERIENCE FREEDOM OF MOVEMENT AND THE THRILL OF SPORT, WITH THE HELP OF VOLUNTEERS WHO ACCOMPANY THEM. THE RIDING CENTER SERVES CHILDREN AND ADULTS WHO HAVE EMOTIONAL, PHYSICAL, OR MENTAL DISABILITIES. INSTRUCTOR CHRIS LEHMAN HAS SHARED HER PASSION FOR HORSES AND RIDERS SINCE SHE BEGAN THE CENTER A QUARTER CENTURY AGO. LEHMAN IS DIFFERENT FROM OTHER INSTRUCTORS I HAVE WORKED WITH...OTHER INSTRUCTORS LOVE HORSES, AND SHARE THEIR LOVE FOR HORSES WITH WILLING STUDENTS. LEHMAN LOVES HORSES, BUT THE DRIVE THAT HAS KEPT THE RIDING CENTER GOING FOR SO LONG INVOLVES HER LONG-TERM COMMITMENT TO, AND INTEREST IN, THE INDIVIDUAL RIDERS AND THE BENEFITS THEY DERIVE FROM HER LESSONS.

FOR THREE YEARS AFTER HER DEATH, CHRIS' BROTHER AND SISTER-IN LAW, STUART AND RUTH LEHMAN, GRACIOUSLY ALLOWED US TO CONTINUE TO OPERATE OUR THERAPEUTIC RIDING PROGRAM FROM THE MARTIN ROAD LOCATION. TO THIS DAY, THEY CONTINUE TO BE STAUNCH SUPPORTERS OF OUR ORGANIZATION AND WE ARE GRATEFUL FOR THEIR CONTINUED SUPPORT!

IT IS OUR HOPE TO HONOR CHRIS' MEMORY, BY CONTINUING TO CARRY OUT THE MISSION SHE STARTED FORTY YEARS AGO ON MARTIN ROAD IN NEW SCOTLAND AT OUR NEW FACILITY AND FOREVER HOME ON FULLER STATION ROAD IN ALTAMONT!

## SOURCES:

[HTTPS://ALTAMONTENTERPRISE.COM/WEEKLY%20ARCHIVES/2006/06-08-06/EDITORIAL2.HTML](https://altamontenterprise.com/weekly%20archives/2006/06-08-06/editorial2.html)

[HTTPS://DRUPAL.DAILYGAZETTE.COM/ARTICLE/2013/05/15/VOORHEESVILLE-WOMAN-NAMED-VOLUNTEER-CITIZEN-YEAR](https://drupal.dailygazette.com/article/2013/05/15/voorheesville-woman-named-volunteer-citizen-year)

[HTTPS://ALTAMONTENTERPRISE.COM/COMMUNITY/COMMUNITY-NEWS/NEW-SCOTLAND/08132014/ALBANY-THERAPEUTIC-RIDING-CENTER-ANNOUNCES-FUND-DRIVE](https://altamontenterprise.com/community/community-news/new-scotland/08132014/albany-therapeutic-riding-center-announces-fund-drive)

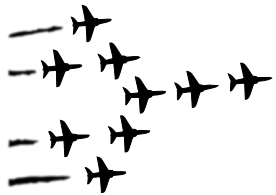
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# MEMORIAL DAY

## Honoring The Sacrifices of Our Servicemembers



**"ALL GAVE SOME, SOME GAVE ALL"**

**~ HOWARD WILLIAM OSTERKAMP ~**

ACCORDING TO AN ARTICLE ON MILITARY.COM, "HOW HORSE THERAPY CAN HELP VETERANS", BY STEW SMITH, CSCS®, "THE SUCCESS OF HORSE THERAPY IS LARGELY DUE TO THE NATURE OF THE ANIMALS WITH WHICH THE VETERAN AND EQUINE THERAPIST ARE INTERACTING. THERAPY HORSES ARE NONJUDGMENTAL AND DO NOT HAVE EXPECTATIONS OR MOTIVES TOWARD THE PEOPLE WITH WHOM THEY CONNECT. AND HORSES HAVE A KEEN ABILITY TO UNDERSTAND THE ATTITUDES AND BEHAVIORS OF THE HUMANS THEY MEET...HORSES AND VETERANS ARE SIMILAR IN A FEW VERY IMPORTANT WAYS. THOUGH THE HORSE CANNOT SPEAK, IT IS KEEN TO UNDERSTAND A PERSON'S ACTIONS AND BODY LANGUAGE. BOTH THE VETERAN AND THE HORSE TEND TO BE HYPERVIGILANT OF THEIR SURROUNDINGS AND POTENTIAL DANGERS; BOTH CAN USE THE ACTIONS AND BODY LANGUAGE OF OTHERS TO DETERMINE SITUATIONS. THE HORSE ALSO CAN SENSE A VETERAN'S PAIN, ANXIETY AND FEARS, AND IS ABLE TO REACT TO THOSE FEELINGS IT IS PERCEIVING TO STEADY THE VETERAN'S ISSUES AT THAT MOMENT. I THINK, IN A WAY, THE HORSE CAN SENSE THE SACRIFICES OF THE PAST AND WILLINGNESS TO SACRIFICE FOR OTHERS IN THE VETERANS. THE HORSES ARE WILLING TO PUT THEIR TRUST IN SUCH A CREATURE, AND A RELATIONSHIP BETWEEN HORSE AND VETERAN IS BUILT ON THAT." TO LEARN MORE ABOUT THE BENEFITS OF EQUINE THERAPY FOR VETERANS YOU CAN READ THE ENTIRE ARTICLE OR WATCH SOME TESTIMONIAL VIDEOS BY VISITING THE WEBSITE CITED BELOW:

**[HTTPS://WWW.MILITARY.COM/BENEFITS/VETERANS-HEALTH-CARE/VETERAN-HORSE-THERAPY.HTML](https://www.military.com/benefits/veterans-health-care/veteran-horse-therapy.html)**

**FREEDOM ISN'T FREE!**

**CALLING ALL VETERANS...**

**ARE YOU SUFFERING FROM**

**ANXIETY, DEPRESSION, ADDICTION, PTSD?**

**OUR HORSES CAN HELP!**

**CONTACT LAUREN LONGTOE**

**CERTIFIED EQUINE SPECIALIST IN MENTAL HEALTH & LEARNING**

**LONGTOEL@ALBANYTHERAPEUTICRIDINGCENTER.COM**

**(518) 898-0742**







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 May!



May 3rd  
Happy National Montana Day,  
Montana!



May 23rd  
"To a devoted volunteer and a great friend,  
Happy Birthday Kate! Here's to many more  
adventures!"- From Katie C.



May 29th  
In Memory of Our Founder,  
Chris Lehman

*"Behind all your stories is always your mother's story,  
because hers is where yours begins."*

-MITCH ALBOM-

