



# ATRC: OF THE MONTH

The monthly newsletter for our families, followers, and supporters of the Albany Therapeutic Riding Center.



## PUTTING THE FUN IN FUNDRAISING

Thank you to everyone who came out to support all of our fundraising events this month!

This month, we were lucky enough to have two incredibly successful fundraisers. Our first event was our Sip and Sign. Huge thank you to Victoria Martell for teaching us all how to be creative and to Indian Ladder Farms for hosting us. Everyone had a great time making their own unique sign and entering our many raffles. We can't wait to do it again!

Our second event was tabling at the Albany Apple and Wine Festival. Thank you to all of our awesome volunteers who came out to work our table and raise some money for our program, you guys rock!

All money raised from these events will go towards general program costs and keeping our horses happy and healthy!

### THIS SEPTEMBER AT THE FARM:



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# VOLUNTEER OF THE MONTH:

## KATIE CUTRIN



According to the staff at ATRC, Katie is a "fantastic addition to the volunteer program. She is hardworking, committed, and always willing to help in any way she can" To get to know Katie a little better, we asked her a few questions:

### What is your favorite part about volunteering with ATRC?

*Every day of volunteering at ATRC has provided me with a rewarding experience. From the first time I stepped foot on the farm I felt welcomed, supported, and appreciated by everyone. This sense of community is my favorite part about volunteering at ATRC. Driven by our love for horses, horsemanship, and giving back, it's great to see that we all have a place and role at ATRC.*

### When you're not at the ATRC, what do you like to do?

*During my free time I like to travel, explore new foods, read, and spend time with my family, pets, and friends. To stay active, I enjoy playing golf and tennis, and practicing yoga.*

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

Being someone who loves to travel, the irrational part of me would plan an elaborate trip across Europe, New Zealand and South Africa. I love the history ingrained in Europe, the natural beauty of New Zealand, and the wildlife and adventure of South Africa. With a million dollars, I could happily spend months traveling these three destinations. However, the more practical side of me would save the money to buy a quaint English style cottage alongside an old English barn for my current horse, Reily and a few of his undetermined new friends. The remaining money would be used for a less elaborate trip to one of my chosen travel destinations.

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

*If time travel were possible, I would love to sit in a room with both Eleanor Roosevelt and Diana, Princess of Wales. Both of these ladies are such an inspiration to me as they chose to use their immense influence to shine a light on pressing issues while redefining the roles that they found themselves in. During her lifetime, Roosevelt dramatically transformed the role of First Lady, being the first to hold press conferences and to speak at a national convention. She fought for expanded roles for women in the workplace, and spoke out for human rights, the rights of World War II refugees and for various women's issues. Princess Diana used her role to bring awareness to many forgotten causes of this time ranging from mental health to women's rights. In her time as Princess, Diana was known for rebelling against the deep-rooted traditions of the Royal Family, raising her children against Royal customs, choosing public service over traditional Royal roles, and defying the norms of being a wife to a Prince. Eleanor and Diana were both strong, amazing, independent, and inspiring women.*

### Why do you volunteer with ATRC?

I volunteer at the Riding Center as it pairs two of my passions; horses and helping others. Growing up on a dairy farm allowed me to see the benefits of the human-animal connection early in life and I was fortunate to have my own horse by the time I was 12 years old. This experience taught me many lessons: responsibility, dedication, strength, commitment, and persistence. The most important lesson it taught me however was independence. This lesson is what bridges my passion for horses with helping others through therapeutic riding. I believe that every individual deserves independence and the opportunities that come along with it. To me there was nothing that strengthened this feeling more than riding, leading, or even grooming a horse. The sense of independence and freedom that comes from having such a strong animal respond to you is unparalleled. I hope that in every lesson we give at ATRC, our riders feel this independence and purpose.

## Looking to get more involved?

The ATRC Board is excited to announce the creation of Fundraising and Community Outreach committees! These committees are open to anyone who is looking to help our organization grow!

The Fundraising Committee will be focused on organizing and running various fundraising events throughout the year as well as securing grants from outside organizations.

The Community Outreach committee will be working on spreading information about ATRC as well as rider recruitment.

If either of these sound interesting to you, please contact Allie Gleaton at [agleaton2597@gmail.com](mailto:agleaton2597@gmail.com) for more information.

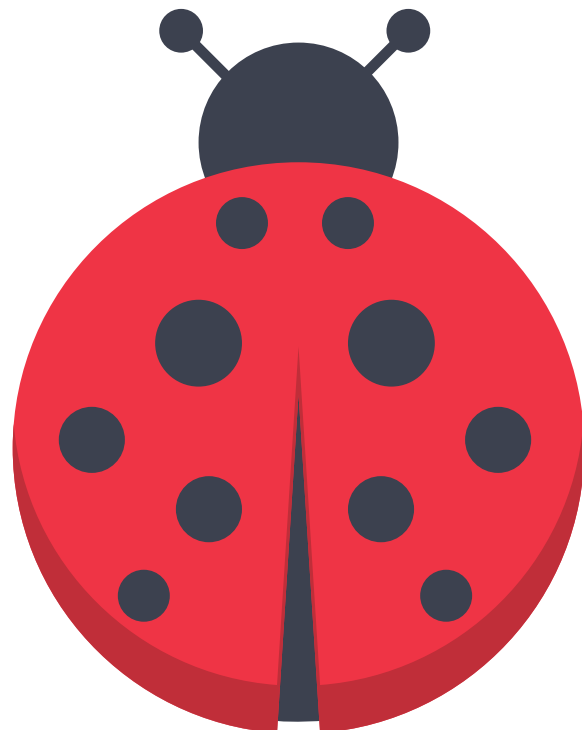


## Upcoming Fun!

As the weather cools down and we start to get ready for winter, be on the lookout for a survey from Ms. Taylor about riding in colder weather and this upcoming spring!

ATRC is excited to announce our Fall Clothing Fundraiser! We will have a variety of clothing items available for you to wear at the barn or around town!

Catalogs and order forms will be emailed out or you can find hard copies at the barn!





PONY UPDATE



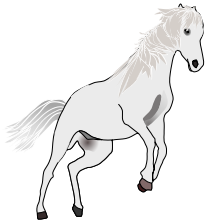
# JANE & TANNER



Jane and Tanner have both been fully integrated into lessons!

Riders love Tanner for all the fun and different ways he moves while Jane loves working hard in lessons both mounted and unmounted.

Through lots of dieting and exercise, Jane has lost 100 pounds this month! Keep up the hard work, Jane!



# Luke



Miss Lauren is adopting a horse! Luke will be coming to live with us at the end of September and we couldn't be more excited! He is a 9 year old quarter horse who loves to learn and play.

Welcome to the farm, Luke!





# Back to School



Best of luck to all of our riders going back to school!  
Wishing you a school year full of good grades, good friends, and a lot of learning!  
Whether you're starting Kindergarten or 12th Grade, we can't wait to hear about everything you accomplish this year!



## Photo Fun

**Adelia brushing Elsa**



**Zoe saying hello to Montana**



**Kayla and Montana showing off**

