

EDDY FARM

School for Horse and Rider

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Middlebury VT 05753

www.eddyfarmschool.com

2019 Newsletter

Happy Holidays from Eddy Farm

Thank you, Eddy Farm community, for making 2018 another successful, gratifying, and enjoyable year. This holiday season we reflect on what a joy it has been to witness people, animals, and land navigate another four seasons together. As with most years, there are comings and goings, ups and downs, and eternally much to do. It is with excitement and eagerness that we look forward to the coming seasons, and invite you all to join us in continuing the Eddy Farm mission of promoting excellence in horsemanship and providing opportunities for all members of our community to experience and learn from the farm and its horses. We wish you joy in the new year and a Happy Holidays.

-EFSHR Board of Directors

Season's Greetings from Alicia Odell EFSHR Assistant Manager

Hi, my name is Alicia Odell and I've been a regular at Eddy farm for about 10 years, and assistant manager for the last two. I grew up in Middlebury about 10 minutes away, but didn't learn about the farm or horses until I was 16. I started to ride at Eddy Farm through CSAC (*Counseling Service of Addison County*) as somewhat of a "wayward child" and believe it or not didn't really want to be there at first. But the moment I put my foot in the stirrup for the first time I was hooked and I fell in love with my first pony Dancer, who many of you knew and loved as much as I did and still do.

After the 6 week session was over I was trying to spend every possible moment at the farm. It didn't matter if I was getting horses for other lessons, de-burdocking, cleaning stalls or riding, as long as I was at the farm. I didn't get much riding in until Margaret came along, she asked me if I would be willing to do chores once a week in exchange for a weekly riding lesson, and it all went uphill from there, she was stuck with me.

Ten years later I'm still here, doing many of the same farm chores. I started teaching CSAC lessons in the spring of 2016, and have expanded my lesson program every year since. When I'm not teaching or doing farm chores I'm spending time with my 9-year-old thoroughbred Chief. Chief came to Eddy Farm in 2015 as a gangly 5-year-old. With Margaret's guidance and a lot of hard work he's coming along nicely. We now event every chance we get at novice level and next summer we hope to try some training level eventing.

I love Eddy Farm and what it has done for me. I now enjoy sharing Eddy Farm and helping others find what the farm has to offer. I look forward to assisting with expanding our riding programs, summer camps, schooling shows, therapeutic lessons, and farm activities in general. I will always be grateful for what Eddy Farm brings to my life. It will always hold a special place in my heart.

ARENA UPGRADES!

This summer the indoor arena kickboards were replaced and fresh footing added.

WELLNESS SERIES 2019

The 2018 wellness series was a great success, stay tuned online for the 2019 schedule of topics and presenters

Do some holiday shopping at our new GIFT STORE at;

www.eddyfarmschool.com

Also follow us on Facebook for updates and info

Support us every time you shop using Amazon Smile!



My horse Chief Contender and I schooling x-country at High Wind Farm this past summer.

On The Farm

Arena Upgrades – Over the summer with the help and hard work of many volunteers under Roger Desautel leadership we removed all of the old kickboards in the indoor riding arena. New pressure treated footers and plywood walls were installed. Major facelift!! New footing as well as a new drag have also improved the riding experience in the ring. Come have a ride and enjoy!

Equine Wellness Series - This fall a new addition to our programming was born. Each Wednesday for 6 weeks we hosted a different equine professional who lectured on various topics including hoof care, equine dentistry, chiropractic, saddle fitting, parasites, and wound care. The series was well attended and wonderfully informative for all involved. We are very excited for the 2019 series. Stay tuned for dates and information. Please let us know of any topics of interest you'd like to see added to future series. Thank you to all of the presenters and organizers.

New Run in Shed- Bob Morin and Andrew Bojanowski built a new run in shed in the south meadow this fall. We've talked about it for years and its wonderful to see it finally take shape. Plans are in the works for another in between brood mare bin and caprelli field.

Food Drive- This December Eddy Farm again will participate in our 'Fill The Horse Trailer' food drive, a food drive for the Middlebury Food Shelf. Many thanks to all of the volunteers who help advertise, organize, collect, and transfer food.

X-Country Course- Every winter we cut more brush in our somewhat overgrown cross country course. The more that is cleared, the more useable riding space we have for summer events and pleasure riding. E-mail Andy at abojanowski@middlebury.edu to be added to our brush cutting mailing list for updates on the next work days.

Memorial Event- Our memorial event in August was a huge success. Well attended and well organized on a lovely day. Doris would have enjoyed it!

Lucile Bump Clinic- Lucile continues to educate each year here at Eddy Farm, if you have not taken her Centered Riding clinic yet, you should.



Summer Camp- Eddy Farm summer camps continue to be well attended and a highlight of the summer.

Easter Egg Hunt- You really have to see it to believe it. Our annual Easter egg hunt has become a staple in the community. Unbelievably well attended and a great time. Pony rides, snacks, smiles, and thousands of colored eggs to find. Come join us rain or shine in 2019 and see what all the fuss is about.

In the works- The list goes on and on. But discussions and plans for many new exciting things on the farm include; removal of the old foundation in the brood mare bin, solar power, pasture management techniques and infrastructure, more sheds, new fencing, fundraising, new stadium jumps and much more.



Horse Corner

Looking back on the last year there is much to be thankful for. It has been incredibly successful, faced with both challenges and accomplishments. The school horses are in good, sound health and participating in the lesson program as solid citizens. The lesson program continues to grow, and the barns are full of hay for winter. It takes people of all kinds, ages, and back rounds to ensure all the pieces of Eddy Farm fit together. The Eddy Farm is fortunate to have so many people supporting it.

One highlight of the year was the Doris Eddy Memorial Event. As it does every year, the Memorial Event took place on the third Sunday in August. It was a beautiful, sunny, 78 degree day. Perfect for a horse show! Forty-eight dressage tests were ridden and scored. Thirteen of the tests were ridden by Eddy Farm students on horses that call Eddy Farm their home.



Eight years ago, when I started teaching a group of 5 year old little girls, it was a figment of my imagination that those same girls, whose feet didn't go past the saddle flaps, would go on to represent themselves, their horses, and their farm, in a horse show. The now 11, 12, and 13 year olds are walking out in all weather to catch their mounts, helping with chores, and taking pride in their hard work, knowledge of the horse, and freshly swept barn floors. Over the course of the last 12 months, these young women, my first young students, have come full circle. They are now helping with summer camps, bringing horses in for beginner lessons, and often times reassuring the younger, less experienced riders that the saddle is in the right spot and the girth is tight enough.

These girls continue to prove to themselves that with dedication and hard work, anything is possible. -Margaret Bojanowski



A Glimpse Into Eddy Farm Therapeutic Riding Programs

Down a curving dirt road, not far from the workaday doings of town, the Eddy Farm School has to be one of the secret jewels of Middlebury! Besides plentiful mud, hay, and other substances, it produces a regular yield of kindness. I know this because it has been my privilege as a Family Outreach Worker (employed by the Counseling Service of Addison County) to bring elementary school age kids, (particularly boys) from the far flung corners of Addison County for therapeutic lessons and groups at the farm for over a decade. These kids come from a variety of backgrounds and experience challenges for which CSAC provides support and therapy. Among all the duties of my position, without reservation I can say that promoting a horse/child relationship is clearly beneficial!

There are some myths regarding the equestrian experience, as well as for kids with challenges, that time at Eddy Farm has firmly dispelled for me. One is that is equestrian activity is primarily for girls, and that boys given a choice might not be pulled away from their screen time or their ATVs. This is false. I have come to know that boys when given the opportunity are very excited to interact with horses, and that the horses have a way of entering their imaginations, and dare I say their hearts, in a manner that is not simply extraordinary, but actually can be healing. Another - that boys who find school hard and who have difficulty paying attention and focusing, do not wish to engage in a sustained period of effort and work in order to achieve a goal. Also false! The lessons here are not like a pony ride at the fair, for the boys at each visit will work from 30 to 40 minutes or sometimes more: preparing, brushing, and tacking their horses for the session. To the surprise of parents and teachers, these kids often embrace the duties with a purpose and even a devotion that in some instances can also be seen to have an effect on what happens at school. There are some boys for whom the activity becomes the main event, and who actually take a particular liking for the skillfulness and perseverance required to pick poop from hooves.

Far from meaningless chores, to groom and tack the horse, become a means where kids enter a relationship with what must seem to them an awesome being for whom they are able to provide care. They learn to look for "hurts," get to know how their horse likes to be scratched, and are excited to learn to discern how a big animal is feeling from the expression on its face, the gaze of its big eyeballs and the movements of its ears. They learn that if they can give their full attention to the animal, the consideration will frequently be returned. It's not unusual for kids to feel small or overlooked in the adult world, but this attention that they give in a concrete way to the feelings and well-being of an animal yields multiple lessons, in patience, effort, and for facing fears and challenges. The horse becomes a powerful friend. I have known boys who have told me of having dreams of their horse, and one who put a picture of his steed beside the bed to help with nightmares. The most immediate grace for many participants is certainly a feeling of pure joy which warmly spreads across their face. So wonderful to watch! I can remember one small boy who once mounted in the saddle could just not stop singing as he circumambulated the arena. So I am thankful to be able to have the opportunity to be a witness to this through the years, and to write this short piece, to acknowledge the immense gratitude of all these boys to the farm, and to their illustrious and patient teachers, Margaret and Alicia, , but especially for those magnificent beings whose large eyes see much, and whose strong backs can bear almost any burden that the boys bring in their bodies and minds. The guys will be sure to have an apple for them the next time they come!

(CSAC in collaboration with the farm offers boy and girls 12 lessons, 3 seasons of the year)

Paul Caron
CSAC Family Outreach Clinician



Holly Staats – A 2nd Generation Eddy Farmer

My name is Holly Staats; I'm 15 years old and live in Middlebury, Vermont. My dad used to take lessons from Doris Eddy, and when I was young he used to bring me to the farm to see the horses. However, it was only when my friends began riding did I show a real interest in horses. I remember my friend giving me the most captivating description of her first lesson and just like that I was hooked. Since then my interest in horses only grew. My summer camps turned into weekly lessons, Friday afternoon lessons that I still have to this day. These afternoons are like no other, I don't give them up for school dances, swim meets or homework because the time I spend at Eddy Farm is special.

Eddy Farm makes me feel safe, peaceful and happy. There is a calmness to horses and to the farm that rids me of my stress whenever I'm there. I always know that no one will force me to do something I feel uncomfortable doing. I have developed a unique relationship, not only with the horse I ride but with the people at the farm. My encounters with them never fail to brighten my day. I'm so lucky to be surrounded by such a lovely community of people that are so respectful, hard-working, and share the same love for horses that I do.

Despite what it may look like, riding requires more skill than the ability to sit. These skills, I had to develop over time with patience. With any goal, it's difficult to find motivation because you can't see improvement day to day, but if you persevere, eventually you'll see when your work makes a difference. Horses helped me realize that I had to make a commitment to my goals if I wanted them to be reality. The little moments of success I have with horses are extremely rewarding, it makes me appreciate the time I spend with them even more.

Eddy Farm is truly a learning experience, but it's way more fun than high school. I wouldn't be the equestrian I am without the knowledge I've gained from the opportunities I've had. Horses are not pieces of equipment that can be shoved in lockers; there is a whole lifestyle to horseback riding which separates the sport from others. I love that Eddy Farm gives me nothing less than the entire equestrian experience because it allows me to better connect with my horse and gives me an appreciation of the time I spend riding.

Eddy Farm is truly one of a kind. I'm always taken aback at how hard these people work to carry out the legacy of the farm. I'm absolutely amazed at how involved Eddy Farm is within the community. I'm honored that I have been given opportunities to make these events possible. I've helped out at camps, the annual Easter egg hunt, and just this past summer I helped the farm prepare for their show. I've learned so much and have had a lot of fun. I really enjoy being a part of this wonderful farm. –Holly Staats

Thank You

Alicia Odell
Andrea Woodner
Owen & Sandy Stolarczyk
Mark Nicki
RH Schmidt
Terry Lindsay
Lisa Burchard
Emily Bryant
Sophia Healy
United Way
Laura Lynch
Sue MacMartin
Linda Schmidt
Su Chase
Pam Burger
Connie Fisher
Maryann Lust
Anita Nadeau
Sara Campman
Rick & Donna Ebel
The Schnoor Family
Bob Morin
Burno Family
Cathy Walsh
Debra Bronson



We wish to extend our gratitude to all of our donors, volunteers, boarders and riders in our lesson program. Eddy Farm is committed to our mission of promoting excellence in horsemanship and continuing improvement efforts at the farm. It is an ever-evolving work in progress that requires ongoing support both monetary and in time volunteered.

There are many ways to become involved with the farm. We are always looking for people who wish to donate their time to work days which we have several of throughout the year, helping with events or fundraising activities. Financial donations are always appreciated and can be done on our secure website

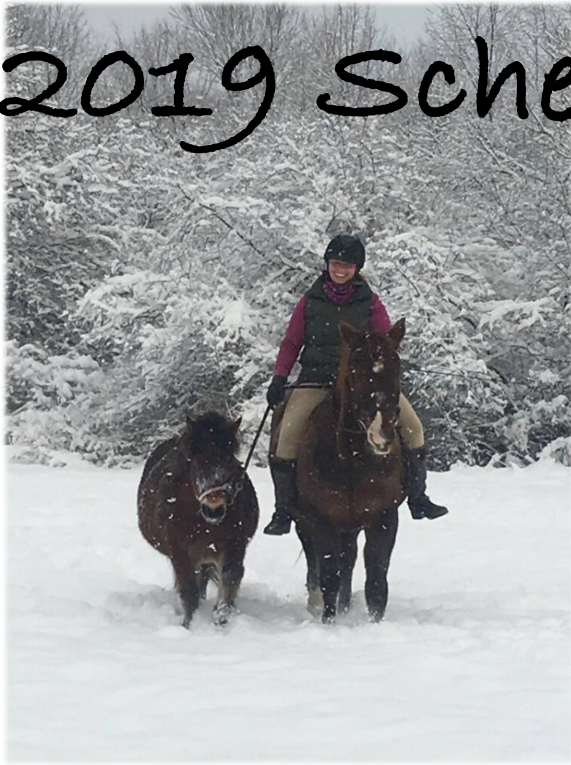
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We are looking forward to the new year ahead! Happy Holidays!

Holly Staats
Sangeeta Lust
Dinara Meyers
Dr. Mary O'Donovan
Tammy Newmark
Hannaford Career Center
Lisa Thompson
Linda Schmidt
Cindy Abraham
Emily Bridges & Mark Bellinger
Rik Carlson
Hope Bellenger
Mark Bellenger
Jan Carter
Mallory Field
Elizybeth Austin & Family
Grace Nadeau
Naomi Brightman
Nancy & Richard Benson
Douglas Thompson
Tammy Newmark & Jeff Myers
Lucile Bump
Donna Ebel
Jess Sturgis
Susanne Taylor
Abbey Wemette
Ken Norman
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Susan Bass
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Bob Read
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Karen Clark
Kathleen Gill & Dan Fifield
Amanda Spector
Abigail Gusakov & Family
Tianna Rivait
Catara Doner
Danielle Rougeau
Natasha Burno & Family
Nova Bojanowski & Family
Duncan MacPhail
Rick & Donna Ebel
Debra Bronson



2019 Schedule of Events



- March - 1st day of spring Potluck supper at the farm
- April 21st – Easter Egg Hunt and Open Barn
- April- May- Lucille Bump Clinic
- May 11th-12th – Shiitakepalooza
- August 18th – Memorial CDSS Show & 2 Phase
- Summer Camp
 - Session 1 (6-7 y/o) – June 24th – June 27th
 - Session 2 (8-15y/o)– July 8th – July 11th
 - Session 3 (8-15 y/o) – July 15^h – July 18th
 - Session 4 (8-15 y/o) – July 22rd – July 25th
 - Session 5 (8-15 y/o) – July 29th – August 1st
 - Session 6 – (for riders in Eddy Farm lesson program) August 5th – August 8th
 - Session 7 – (for riders in Eddy Farm lesson program planning to compete in the Memorial Event in August) August 12th – August 15th
- 2019 Equine Wellness Seminar Series – *dates to be announced*

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