



Friends For Tomorrow News

Summer 2011

It's a Bird... It's a Plane... It's Friends For Tomorrow's Super Heroes!

by Lucy Cornish

Our Student Horse Show was held on Saturday, June 11. The theme this year was super heroes because as far as we are concerned, all our students have special powers and abilities. The day was damp and cool but that didn't interfere with the smiles and fun. We had 24 students and six horses participating in the show. This show is an annual event and is a chance for our riders to share their accomplishments with their families and friends.



The indoor arena was transformed into a giant Metropolis. After donning capes and new red t-shirts complete with super hero Friends For Tomorrow logo (donated by volunteer Hannah Ellerkamp), the riders entered the "city" to play games designed to show their super hero powers and riding skills. The games included saving puppies, kittens and a guinea pig from a burning building, "leaping" over colored poles in the forward jumping position, throwing boulders into a volcano to cap it before it could erupt and "flying through the cosmos" to capture a shooting star. Furthermore, riders could also display their x-ray vision by reaching into a box and deciphering the objects through the sense of touch. All these games let our riders show the audience how they can control their horses by asking them to walk, trot and halt and by steering them where they want to go.

Other skills included posting at the walk and trot as well as the sitting trot and some off-lead work. One highlight of the event followed lunch when Drill Team Julia and Caroline displayed their riding skills by following a series of riding patterns called by Instructor Allie to the music of the Pink Panther. The girls had matching outfits including capes, pink shirts and sunglasses!



As with every day at FFT, the volunteers deserve a huge round of applause. Twelve volunteers helped to decorate the ponies, support our riders and horses and help clean up at the end of the day. Carol Bailey of Carol Bailey Portraits was on hand to take pictures all morning as well as Andrew Richardson and Ash Jackson of Jackson Richardson Caricatures, who drew portraits of the super heroes, their friends and family. We also want to thank the Berry family, without whom none of this would be possible and also the Berryfield staff who give their generous support on a daily basis.

Finally, it was a wonderful day for the Friends For Tomorrow staff. The show is a great opportunity for each of us to take a moment to reflect on the past year with your children. It doesn't matter whether it was their first show or whether they have participated for many years; we are so proud of their accomplishments and look forward to our continued journey together. Up, up and away!

Our Mission is to enhance the lives of children and young adults facing extraordinary mental and physical challenges through the therapeutic benefits of horseback riding.

In this Issue

Director's Letter

2

Theme Weeks

3

Our Donors

4

Fundraiser Wrap-up

5

Volunteer Spotlight

6

Parent's Perspective

7

The Outside of a Horse is Good for the Inside of a Child



BOARD OF OVERSEERS
 Diane Lesneski Auger, *Chair*
 Karen Badia
 Roberta Berry
 Nicholas Chigas, *Treasurer*
 Fritz Ferbert
 Leslie Fiorentino
 Leslie Goldberg
 Chris Tyrell

HONORARY ADVISORY COMMITTEE
 Bud Allen, DVM
 Michael Badia
 Marie Louise Barrett
 Harley Freedman
 John B. French
 J. Merriam, DVM
 The Reverend Roger Paine
 Byron E. Woodman, Jr.

STAFF
 Diane Lesneski Auger
Founder
 Allie Dingman
*Director of Programming,
 Instructor & Volunteer
 Coordinator*
 Janice Gilman
*Director of Administration
 and Marketing*
 Lucy Cornish
*Program Coordinator and
 Head Instructor*

A non-profit,
 tax-exempt organization

A Member of the
 PATH International
 (formerly NARHA)

Dear Friends,



Warm, wonderful, long awaited spring... finally, you have arrived! Winter – you could not begin to be in our way. We greeted you, embraced you, and worked together to ensure our coldest season continued to be one that

strengthened and cheered us throughout those snowy months. Indoors, we sought to grow and explore new vistas for our programming, excited to let go with our creativity and growing capabilities. Berryfield sheltered and warmed each heart – human and animal alike. Four feet of snow on our arena provided an exciting day – a crew of 25 men and two snowblowers worked tirelessly for 12 long hours to remove the wintry drape that enfolded us all.

With the removal of that sparkling blanket came the promise of spring and all that blossoms with her. New students and their families have joined us, students return to explore innovative alternatives to the afternoons they joyfully anticipate, theme weeks thrill and challenge imagination and skill. Words are spoken, not heard before; tentative steps grow more strident, smiles are met with sparkling eyes. Our instructors push new boundaries from within, aspiring to higher certification from NARHA, and presenting innovative teaching ideas from regional conferences. Our program strengthens internally, becoming more solid with every passing season. We revel in the success of our recent fundraiser, and thanks to each of you, we all strive towards and reach new goals with every passing season. Your support and encouragement carry us every day.

It is with great pride and a humbled heart that I watch the growth of every student, the confidence of each of our four-footed friends, and the determination and depth of our staff.

“It is with a joyous heart, a touch of sadness, and deep satisfaction that I step back - just a bit - to bask in all that makes FFT the wonderful family it is.”

Just as each spring brings growth and change, we are experiencing transitions at FFT. This year, I will be stepping away from the day-to-day tasks of running FFT, leaving our daily operations in the capable hands of Allie, Janice and Lucy. I am confident that our new directors of programming and of administration and marketing will carry us forward with sound management of the daily lesson program and our administrative and fundraising needs, continuing to nurture every person involved with FFT.

After seventeen years of directing all aspects of Friends For Tomorrow, I am proud to be able to step back to spend more time with my husband Kris and my family of four wonderful and maturing children. I plan to spend time in my new role as founder, part-time instructor, consultant and board chair, allowing me the opportunity to again become more directly involved with the families and future of FFT. In this newsletter, I am confident you will be assured that all is in the most capable and loving embrace of our staff, board, and volunteers. It is with a joyous heart, a touch of sadness, and deep satisfaction that I step back - just a bit - to bask in all that makes FFT the wonderful family it is.

Thank you for your support and unceasing belief in the power of the horse and the child. Your generosity enables us to reach new milestones with every rider, with our incredible horses, and within our organization in so many ways. Together, we continue to evolve and bring joy to all our families through Friends For Tomorrow. May we all find a touch of magic in our lives.

With warmest wishes,

Diane



The Benefits of Theme Weeks

By Emily Mott

One of the ways we incorporate learning and play is through our Theme Weeks. Theme Weeks occur about once a month at Friends For Tomorrow and include five to six activities and games that take our riders through their lesson objectives.

Play is the most natural and effective channel through which children, and sometimes adults, learn. A compelling idea, story, or fun

game allows us to experience the same fundamentals of riding a horse – sitting strong and centered

throughout the ring, steering the horse, or planning and following a sequence of tasks with new excitement and increased engagement each time. In other words, these themes give a sense of purpose and fun to the same set of objectives we always follow at FFT.

Riding a horse is always a highly sensory experience but with these activities—searching for a match in the Memory game, listening for the music to stop in our version of mounted musical chairs, feeling for the ‘eyeball’ in the witch’s cauldron—the children gain added stimulation for all their senses.

Often times, playing out a story or playing a game decreases tentative or fearful behaviors because the children can feel confident playing a role or enjoy themselves so much that they are redirected from their apprehensions. A student who is an excellent basketball shooter can feel like the expert, even if he feels a bit awkward in the saddle. A student who is a passionate artist can

decorate an ornament and improve her posture by wearing it on her helmet.

Of course, each activity addresses specific physical, cognitive, and social objectives: gross motor goals like trunk strength – throwing a ball at a target, carrying objects, playing instruments, doing dance moves; fine motor goals like decorating a gingerbread man or writing on a thankfulness tree;

cognitive goals such as sequencing or memory – going on a medieval quest, navigating an

obstacle course through an imagined place, learning new facts about the marathon; spatial reasoning – knocking the dragon down with a sword; and social goals – taking turns or asking for help. And remember, it’s all done from horseback, which is no easy task for anyone.

Incorporating these activities in our lesson objectives also makes us better teachers. We are less likely to rely on pure verbal instruction, which can be dull or overwhelming for children with processing challenges. These theme based activities also keep us excited and creatively challenged, make certain we are approaching goals through multi-modal learning styles, and point out areas of expertise our students may not yet know they possess.

Play is the most natural and effective channel through which children, and sometimes adults, learn.



CHAMPION

Joanne Armstrong
 George and Roberta Berry
 Ralph & Joanie Crowley
 Gerard and Beth duToit
 Bill and Susan Ellerkamp
 Fritz and Sally Ferbert
 Tom and Leslie Fiorentino
 Christopher Gaffney and Karen Kames
 Ben Moyer and Frances Moyer Sykes
 Andrew Ory and Linda Hammett
 Jim and Carol Rourke
 Jim and Jill Sheehan
 The Wise Family
 Byron and Kelvey Woodman



SPONSOR

Michael and Karen Badia
 John W. Berry, Jr.
 Charles and Nancy Breslin
 Dr. Gregory and Susan Couper
 Gene and Anne DeFilippo
 Jonathan and Rachel Drew
 George and Susan Gorman
 Jeffrey Hrkach and Jennifer Fujii
 Terri Karpel
 Marjorie W. Keenoy
 Dennis and Jeannie Lieb
 Kevin and Lynn McLaughlin
 Kevin & Jayne Mundt
 Katherine Post
 George and Kathy Putnam
 Neil and Anna Rasmussen
 Craig Richardson
 Richard and Crystal Schaaf
 James Woodroffe

SUPPORTER

Kris and Diane Auger
 Basil and Sarah Bennett
 Charles Berry
 Marilyn Berry
 Elizabeth Ferber
 Tara Franklin and Patriot Equestrian Team
 Harley Freedman and Ena Sandler
 Robert King and Marianne Baxter-King
 Michael and Stephanie Mitzenmacher
 Drs. Vicki Herrera & Nelson Ruiz-Opazo
 Scott and Kathi Snook
 David and Amy Sommer
 Liam and Lynn Spaeth
 Michael and Paulette Tattersall

FRIEND

Christopher Abel and Mary Dingman-Abel
 Lois A. Adams and Sara A. Bardzik
 Shihab and Marlene Ahmed
 Nicholas and Cynthia Alex
 Drs. Bud Allen and Robin Karlin Allen
 Christopher and Brenda Arena
 Susan Badia
 Shirley Badia
 Marie Louise Barrett
 Peter Belson and Majorie Schaffel
 Craig Belson
 Kenneth Berlin
 Loren and Esther Berry
 Dudley F. Blodgett
 Peter and Sarah Blum
 Charlotte Bogardus
 John and Kathryn Boger
 Lucy Brett
 Rolf and Barbara Briggs
 Marjorie Brooks
 Janet Buchwald and Joel Moskowitz
 Paul and Maura Buckley
 Buehler Realty Trust
 Richard and Winnie Callahan

Charles Canelos
 Michelle and Vladyka Cannon
 Anastasia Caras TTEE, In Memory of Kiki Mitaras
 Hal Cash, M.D. and Bill Bogardus
 Charles and Florence Chigas
 George Chigas
 Nick Chigas
 Nicholas Christopher
 Michael Clark
 Neil and Diane Cohen
 Ed and Elizabeth Comstock
 Bill and Lucy Cornish
 Tori Costa
 John Costello
 John and Pamela Covert
 Mary Crowe
 Chris Crowley, Horsekneads
 David and Barbara Denton
 Nick DePasquale
 William and Laurie Diercks
 Allie Dingman
 Tom and Nancy Dingman
 Kosta and Pamela Divris
 Steve Durante and Andrea Grieff
 Peter and Elaine Economopoulos
 Coleen Fabian and Emily Mott
 David Fairman and Juliette Zener
 Joel Fairman
 Michael Fairman and Juliette Zener-Fairman
 Herb and Jean Farnsworth
 Mary Lou Febert
 Nick Ferbert
 Churchill and Janet Franklin
 Lisa Freed and Rob Akerman
 Barry and Evan Freid
 John French
 Lorelei Fritsch
 Susan J. Ganz
 Catherine Gauthier
 A Gelbert
 Joyce Gilman-DePasquale
 Robert and Linda Glassman
 Scott and Leslie Goldberg
 H. Gail Gordon R.E.
 Greek Orthodox Cathedral of New England
 Timothy Haines
 David and Carol Haines
 Gerald and Barbara Harting
 Deborah Haverty
 Elaine Parker Hawkes
 Rachel Heller
 Ian and Christine Hirst
 Bryan Iandoli, Debby & Rebecca Adams
 Frank and Carol Ingnachuck
 James and Kris Jaillet
 Jenn's Tack & Blanket Service, LLC
 Peter and Carol Johnson
 Robert and Kate Johnson
 Jeanne Kantianis
 Lenore Karlin, In Honor of Dr. Bud Allen
 Jamie and Plicht Katz
 Judith Keating
 Charles and Karen Ketchen,
 In honor of George and Roberta Berry
 Kathy Kingston, Kingston Auction Company
 Karen Kuperberg
 David and Kathleen Lang
 Brian and Jeanne Lanigan
 Kathryn Lesneski
 Kathleen Lomatowski
 Bruce and Cathryn Cherne Long
 J.P. Maher
 Cathy McCarty
 Cindy McComiskey
 Lee McGowan
 Tom and Denise McNamara
 Emanuel and Kondopoulos Melachrinoudis
 Isabel and Peter Meyer

Harold and Jane Baybee Meyers
 Carey Morrissey
 Philip and Jane Moss
 Dr. Peter and Grisel Moyer
 Joseph and Sharon Mullin
 Vincent Natilli
 George and Constance Noble
 H. Ivan Orup, Jr.
 John and Jane Pace, in honor of Hannah Belson
 Stacia Z. Pelletier, In Memory of Eugene J. Pelletier
 Deedee Perkins
 Mark and Margery Piercey
 Harlan Plumley and Michelle Miller
 Arthur and Barbara Powell
 LLC Premiere Roofing and Remodeling
 Primary Property Care
 Pumpkin Brook Organic Gardening, Inc.
 Tony and Marianne Racioppi
 George and Lisa Rapalje
 H. Larue and Lynda Renfroe
 Virginia Ritzakis
 William Ryan
 Edward and Elizabeth Saef
 James and Bridget Saltonstall
 Anita Sandberg
 Mr. and Mrs. Bursa Santiago
 Helen Sargent in honor of Graham Sargent
 Philip and Joan Scaringella
 Stephen Schofield and D. Byers
 Kevin and Barbara Sharkey
 Tracy Shriver
 Kate Simon
 Nancy Simpson-Banker
 Frederic and Kristine Smerlas
 Linda Soave
 Sorrento's Restaurant
 Bruce and Kelly Stoller
 Keith and Nancy Stuart
 Carolyn Sullivan
 Murray & Jane Swindell
 J. Chrisann Taras
 Amanda Thomas
 Christopher and Nancy Thomas
 George and Maria Tsokos
 Chris Tyrell and Tyrell Insurance Agency, Inc.
 Hermann Uta
 John Vasilakis
 Chris and Lori Wadsworth
 Walter Cudnohufsky Associates, Inc.
 Joseph and Andronica Wheelock
 Mark and Emily Whitney
 Victoria Wideman
 James and Susan Wright
 Hsing-Mei Wu



These donors have made significant in-kind donations, vital to our riders, our horses and their care.

The Board of Friends For Tomorrow
 George and Roberta Berry
 The Berryfield Farm Staff
 The Wise Family
 HomePride, Inc.
 Jackson Richardson Caricatures
 Fran Aschheim

Thank You

Run for Our Roses Wrap-up

On April 30, more than 160 friends, students and their families gathered at the Concord Country Club for the third annual Run for Our Roses Fundraiser.

Guests were welcomed to the evening of activities with the Friends For Tomorrow Derby. Each guest chose a Friends For Tomorrow horse; Doc, Dayton, Thor, Samwise, Jigsaw, or Romeo, and cheered on their wooden replica as Andy Mardoux, Call to Post Announcer and Race Commentator, called the race. It was an exciting competition with Romeo and Dayton neck-and-neck close to the finish but the victor, Dayton, prevailed!

Professional Auctioneers Steve and Dee Schofield joined us again this year to tease out the generous and competitive spirit of our guests. The energy was high as, one by one, live auction items were introduced: a California vineyard tour, dinner and Red Sox tickets with

owner Larry Luchino, Boston College Luxury Box and a signed Tom Brady jersey to name a few.

Student Ambassadors Michaela and Gianna presented speeches about their experiences at Friends For Tomorrow. Michaela said "Friends For Tomorrow has helped me gain confidence, strength, and good body posture. I can't thank my instructor Lucy enough. At Friends For Tomorrow the horses are great but Lucy is the best and has made me a horse rider. I would like to thank all of the Friends For Tomorrow staff, instructors, and volunteers for providing such a great experience for all the kids who ride. I may not be the best rider, but Friends For Tomorrow is helping me and lots of other kids get there."

"Riding lessons is my favorite part of Friends For Tomorrow, said Gianna. I have been riding for a very long time. My favorite thing about riding is being on the horse, especially Dayton, and

I feel like an adventurer. It also makes me feel strong."

Crystal, sister and guardian of Gianna also spoke, expressing her gratitude to Friends For Tomorrow for the transformation she has seen in her sister Gianna and for the financial assistance she has received. "I honestly believe that Gianna would not have come this far in life without this program. Watching Lucy and Emily instruct Gianna is just amazing. Their calmness and the way they truly care for my sister has impacted her life and mine forever. She has so much more self-confidence and is finally able to talk about things that are upsetting to her. I will be forever grateful for this amazing gift that we have been given and it would not have been possible without the generous scholarships we have received." she said.

The generous support of friends and family raised over \$40,000 for the program through the Live and Silent Auctions. Funds will be used to support scholarship and program needs.

We are deeply grateful to everyone who attended and donated and bid on items to make this magical event happen! Please join us next year on May 5, 2012 for the fourth annual "Run for Our Roses" where we will once again televise the Kentucky Derby.

"Run for Our Roses" Donors

The many individuals and generous donors listed below contributed gifts, support and in-kind donations for our Run for Our Roses Fundraiser, held on April 30, 2011.

Bud Allen & Robin Karlin	Gene & Anne DeFilippo	
American Girl	Nick DePasquale	
Arlington Fire Department	Allie Dingman	Emily Mott & Colleen Fabian
Arlington Police Department	Tom & Nancy Dingman	Ben & Frannie Moyer
Jess Auger	Drumlin Farm Wildlife Sanctuary	Nashoba Brook Bakery
Kris & Diane Auger	Ellerkamp Family	New Balance, Inc.
Michael and Karen Badia	Emack & Bolios	New England Aquarium
Marie Louise Barrett	Energy Fitness & Gymnastics	New England Patriots
George & Roberta Berry	F1 Boston	New England Revolution
Biagio's Ristorante & Bar	Fenway Park Tours	Nivea
Big Apple Circus	Fritz & Sally Ferbert	Organix Spa and Salon
Border Café	Tom & Leslie Fiorentino	Powers Gallery
Joanne Borstell	Harley Freedman	Red Sox Foundation
Bose Corporation	Kelli & Michael Gerrior	Robertson & Gray, Inc.
Boston Bruins	Janice Gilman	Rolling Stogies
Boston Celtics	Green Mountain Coffee	Romeo & Jigsaw
Boston College	HandWorks Gallery	Jim & Carol Rourke
Buehler Realty Trust	Jordan Hansen	Ena Sandler, MSRD
Build-A-Bear Workshop	Henrietta's Table	Randi Sargent
Butterfly Place	HomePride, Inc.	Jeff Saunders
Charles Hotel	Lagunitas Brewing Co.	Kevin & Barbara Sharkey
Alex Chigas	MaryJean LaViolette	Shelia Trecartin
Nick Chigas	LiLoon Mountain	The Stork
Community Boating	Larry & Stacey Lucchino	Swan Boats
Complete Equestrian	Rob Spence and Deryl Humphrey	Wagamama
Concord Car Wash	of Lynx Audio	Jeannie Watson
Bill & Lucy Cornish	Mitch-Stuart, Inc.	Whistlestop Café
DeCordova Park & Museum	Morgan Stanley Smith Barney	Whole Foods



Gianna(L) and Michaela(R) spoke about how much FFT means to them.

Advanced Instructor Training

Instructors at Friends For Tomorrow dedicate time each year to advance their knowledge of the needs and care of our students and horses through training. This past year, two of our instructors continued their year long quest for Advanced Instructor Certification.

Lucy and Allie were fortunate to attend the North American Riding for the Handicapped Association (NARHA) Advanced Instructor Workshop at High Hopes in Old Lyme, CT on February 7 - 10. It was four days jam-packed with training; lectures and discussions on rider disabilities, equine care and training and instruction. It was a wonderful opportunity for them, as instructors, to collaborate with other instructors from centers across New England and to receive cutting edge

instructor training from some of the founders of therapeutic horseback riding.

As candidates for the Advanced Instructor Certification, their studies focus on the physical interaction between horse and rider, horse health and sustainability, proper involvement for volunteers in lessons, riding and training for program horses and a greater depth of knowledge of physical, emotional and cognitive disabilities.

When instructors attend a workshop such as this one, they come away feeling re-energized and excited about the new ideas they bring back to Friends For Tomorrow.

Hooves, Paws & Claws

This past spring we were excited to run a pilot program, Hooves, Paws & Claws (HPC), a program for learning about animals around the farm.

This six-week, around-the-farm class is designed to have students physically, mentally and socially involved with peers, animals and FFT staff while learning about an animal's needs, the care and management involved and responsible pet-ownership. The program focuses on horses, dogs, rabbits, and turtles and gives students experience with each type of animal. All activities are designed to help the participants learn more about their animal friends through experiential educational fun. For instance, to learn about horse body parts, students label body parts on a horse with sticky-notes. To explore the health of

animals, each student role-played as a vet and conducted a thorough health-check of each animal looking for any abnormalities or causes for concern. To learn about different animal feeds we created taste-tests to see what food each animal preferred.

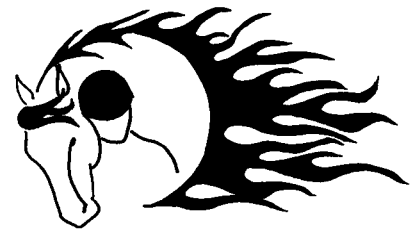
This is a hands-on program where students are responsible for chores around the farm each week, sweeping the barn and feeding the horses dinner.

This program is designed to help students learn about animal care, responsibility and teamwork, while under the guise of fun. This program is designed for any age and ability, with the goal of forming a cohesive group of similar students. All HPC activities are modified to the interest, needs, goals, and experience of the participants. Each

SAVE THE DATES!

Ride for Strides

Motorcycle Ride &
Ride-A-Thon



Ride-A-Thon, Sept. 19-29
Motorcycle Ride & Cookout
October 2

Fourth Annual Benefit and Auction
Join us for "Run for Our Roses" at
the Concord Country Club!



May 5, 2012

participant is matched with a volunteer with whom they will work closely with to address their specific interests and needs.

We are looking for participants for our fall session. If you have any questions or are interested in learning more, email Allie at friendsfortomorrow@gmail.com



Parent's Perspective

By Liz Orié

Q: Why did you choose Friends For Tomorrow?

A: We were introduced to FFT through a young lady and friend who was a student at Concord-Carlisle High School at the time.

She was a volunteer at the barn after school and could not say enough about the program.

She loved

it there so much and knew that our daughter, Elizabeth, would be a perfect fit, so she encouraged us to "get on the wait list!"

Q: How has riding at Friends For Tomorrow helped Elizabeth?

A: Although Elizabeth doesn't have very visible physical disabilities, her bodily coordination and sense of overall body composure is very lacking. Riding at FFT has helped her "collect" herself in ways that are hard to describe.

Q: What does Elizabeth enjoy most about coming to Friends For Tomorrow?

A: Elizabeth LOVES going to FFT each week. The night before each riding lesson, she gets her riding pants ready and puts her boots out by the front door, as if the exercise in doing so is solidifying her trip there on everyone's calendar. It is quite humorous and very heartwarming really! She loves the instructors and volunteers, the horses, the overall environment, and all of the love and attention she gets when she is there. The riding of, and care for, the horses is her primary source of pleasure there, but the rest of the stuff like the positive reinforcement, encouragement and pleasant atmosphere is like the

She feels "accomplished" after riding, and that is a feeling that children like her don't have the good fortune of feeling with any frequency!

whipped cream on an already perfectly baked cake! I think the fact that these very large animals are so gracious, and not intimidating, gives her a sense

of comfort, confidence and courage and yet command of her own environment for at least that one hour out of the week! She

feels "accomplished" after riding, and that is a feeling that children like her don't have the good fortune of feeling with any frequency! Everyone is always enthusiastic about seeing Elizabeth and she gets such positive reinforcement from everyone at FFT when she is there. And it belongs only to HER, not her brother or sisters. It's just so good for her all the way around.

Q: How has the program affected you as a parent of a child with unique challenges?

A: The program has allowed me/us to feel good about helping her engage in an outside activity that is not unique to children with disabilities. Riding is a luxury, and people without disabilities do it all the time. It's nice for us to see her participating in something like that.

Q: Is there anything else you'd like to share with our readers?

A: THANK YOU to everyone at Friends for Tomorrow. You have given Elizabeth a gift of sheer enjoyment and for that, we will be forever grateful.



Fall Pony Partners Program

Beginning on Fridays, from September 9 thru November 18, our fall empowerment group for girls (Pony Partners) between the ages of 8 – 11 years old will be held. This 10-week program is appropriate for able-bodied girls who have a love of animals and who are struggling socially, personally and/or academically as they approach the middle school years. They will learn about the teamwork, behaviors of and caring for a horse and receive introductory horseback riding lessons.

For more information about this program, visit our website at <http://www.friendsfortomorrow.org/program.html>. To join this upcoming session, contact our Program Coordinator and Head Instructor Lucy Cornish at chrisliefarm@comcast.net.



Friends for Tomorrow, Inc.



PO Box 213
131 Weston Road
Lincoln, Massachusetts 01773
phone: 781.259.8909

Bringing Children & Horses Together

NON-PROFIT ORG.
US POSTAGE
PAID
LINCOLN, MA
PERMIT NO 19

To receive future newsletters and announcements electronically, please send your email address to jgilman.fft@gmail.com.



Photographs by Carol Bailey

Moments from our annual Horse Show at Berryfield Farm