



ASHVA



The Hippotherapy Newsletter

THIRD EDITION APRIL 2015

Ashva (अश्व) is the Sanskrit word for a horse, one of the significant animals finding references in the Vedas as well as later Hindu scriptures. The corresponding Avestan term is aspa. The word is cognate to Latin equus, Greek ἵππος (hippos), Germanic ehwaz and Baltic aswa all from PIE *hek'wos.

Here at HHH we are less of an organization than a family! Over the last several months our numbers have changed and grown, and we think it's about time to introduce to you the official HHH 'Herd,' humans, horses and all!





HHH is pleased to share with you our third newsletter! In this edition we'll be introducing you to our herd of horses and humans, the hands and hooves that help make HHH what it has become, as well as a brief overview of recent happenings at Sea View Stables.

Christmas time was a whirlwind of activity with our Christmas Camp and volunteer trainings, which gave way to a new year of full of hippotherapy, riding lessons, pony parties, horse experiences and much more!

April is Autism Awareness Month and Horses Helping Humans would like to invite everyone to Light it up Blue, Trini Style, with The Right Start, on World Autism Awareness Day, Thursday April 2nd at 6pm at Movie Towne. Don't forget to wear something blue! We would also like to thank Mr. Derek Chin and Movie Towne for his continued support of HHH with the showing of our fundraising movie. Look for our donation box on your way out of the cinema! HHH will also be at Republic Bank's Autism Awareness Walk around the Savannah on Saturday April 25th, so please come out and show your support!

Don't forget that HHH also offers riding lessons, the horse experience, and pony parties to the general public. Give us a call or check us out online at www.hhhtrinidad.weebly.com for more information about these services!

HHH would also like to share our thanks for all of our sponsors who have so generously contributed towards our Sponsor a Child Program: Movie Towne, RBC, NLCB, Republic Bank's The Power to Make a Difference, Sheppard Securities, and all of the private donors, making it possible for us to provide this therapy free of charge to children who otherwise would not be able to afford it. So please read and enjoy!!

Karen, Ernie, Hannah, Vanda and the herd

KAREN STOLLMMEYER



Co-founder of HHH Karen Stollmeyer, MA, is a certified Speech and Language Pathologist, International Registered Yoga Teacher, Yoga Therapist and Hippotherapist, who is also a life-long equestrian and horse lover. As a rehabilitation specialist Karen is a firm believer in the power of horses to heal humans, and combines her knowledge and expertise as an equestrian, yoga teacher and speech therapist to create a unique and holistic approach to therapy using horse interaction and horseback riding to facilitate improvements in all areas of a child's development. Karen is also the Founder/Director of Bliss Yoga, Trinidad and together with her husband Ernest Matthews is the co-Founder of the Trinidad and Tobago World Peace Festival.



ERNEST MATTHEWS



Co-founder Ernest Matthews is HHH's Operations Manager and Creative Director who designed and built our stables. He is also an avid horse lover and graphic artist whose fun-loving nature makes him an invaluable part of the therapy team. Together with Karen, he is the co-founder of the Trinidad and Tobago World Peace Festival.



HANNAH HALPERN



Hannah Halpern, the newest member of the HHH team, is a CHA Certified Riding Instructor, Assistant Hippotherapist and the program's Stable Manager. Originally from Seattle Washington, Hannah has worked with horses all over the West Coast, most recently directing a summer riding program at the YMCA of San Diego County. A recent alum of Pacific University, Hannah graduated with a Bachelor in Fine Arts, but horses have always been her true passion. She is extremely excited and humbled by this opportunity and is happy to be a part of the HHH family!



VANDA RICHARDSON



Vanda Richardson has been with HHH since 2012, and is our stable manager and therapy assistant. Vanda has a Bachelor's degree in Psychology, certifications in Equine Science and Equine Assisted Psychotherapy, and is also a Certified Bliss Yoga Teacher. She has a passion for both children and horses, and brings both her unique personality and open heart to our stable and to our hippo therapy sessions.





STORM STREET

STORM STREET

Most famous of our four ex-racehorses, Storm Street was dubbed Trinidad and Tobago's horse of the year in 2008. Originally of Canadian descent by his famous sire Street Cry, Storm still holds the title of 15th top money earner in T&T. Despite his illustrious career however, Storm is right at home at HHH, thoroughly enjoying his retirement, especially treats, baths and playing with his BFF Edmundo.



ELEANOR FOR TWO



Eleanor is our only female ex-racehorse, and a true lady. This sweet shy mare may take a while to get to know, but under her cool exterior is a gentle motherly soul just waiting to be loved. Eleanor enjoys cool baths, pampering and spending time with her man, Edmundo.



BOOGIE BLUES

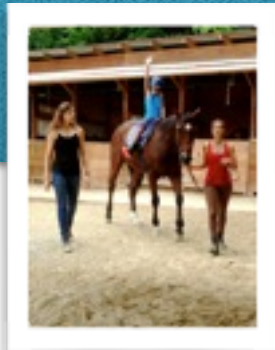
Boogie Blues found his way to HHH after a memorable career as a Gold Cup winner and is the top 22nd highest money earner in T&T. A magnificent specimen, Boogie was forced to retire after a career ending injury in 2013, but never lost his charm or good looks. Handsome and charismatic, intelligent and curious, Boogie seems to have it all. His favourite pastimes include munching treats, playing tag with Jojo, and taking care of Rainbow, his favourite girl.



EDMUNDO



Edmundo, or Big Ed as he's called at HHH is the true definition of a gentle giant. Ed is recently retired from the track and as our tallest horse by nearly four inches, this Jamaican bred giant is a true lover, enjoying nothing more than a good brush down and plenty of attention from kids and adults alike. Ed gets along swimmingly with our whole herd, and can often be found kicking up his heels with his new friends.



RAINBOW



If you ever need a hug, Rainbow is your girl. A true gem of a pony, this painted princess is a hard worker and eager to please. The perfect therapy pony, Rainbow loves her job and makes it clear how much she cares about each and every child she interacts with, HHH is truly blessed by the presence of this sweet and gentle mare.



JOJO



Jojo, or 'My Little Snowflake' as Karen sometimes calls him, often steals the show at HHH. A little pony with a whole lot of attitude, this clown of a character makes sure we never see a dull moment. Whether he's causing mischief or following us around like a puppy dog, this silly little guy always keeps us entertained and on our toes.

HENNY



Henny (short for Henrietta) is our resident chicken, who appeared at HHH one day and has been here ever since. Henny spends her days hunting for insects and worms in the yard, but her favorite roost is inside the clubhouse where she's made herself a nest and lays the occasional egg.

VOLUNTEERS

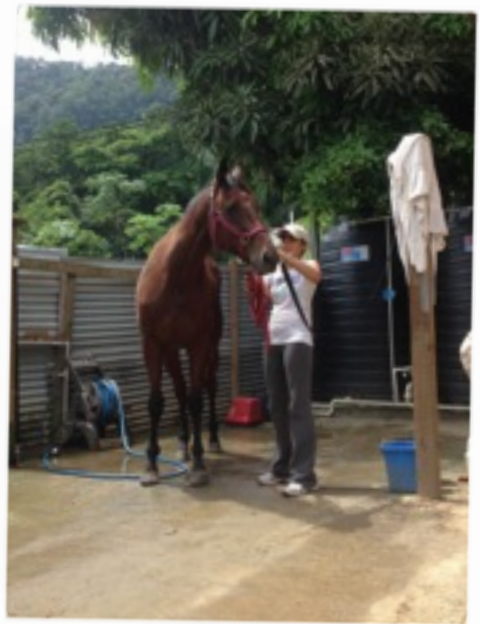
HHH would like to introduce and thank all of our volunteers whose dedication to us, the horses, and the kids makes it all possible! Thanks guys!!



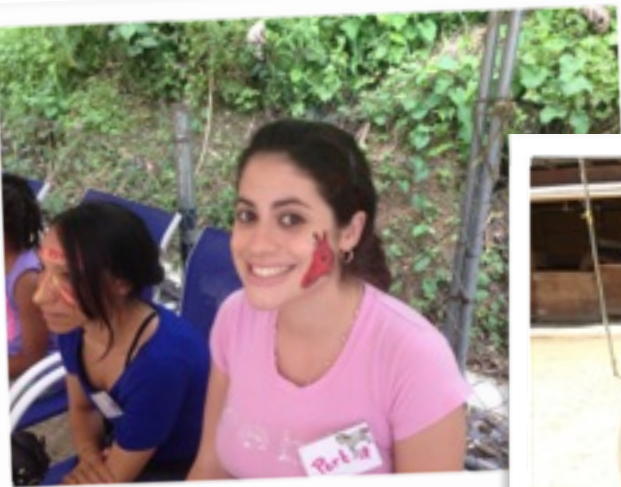
LEIANA



LISA



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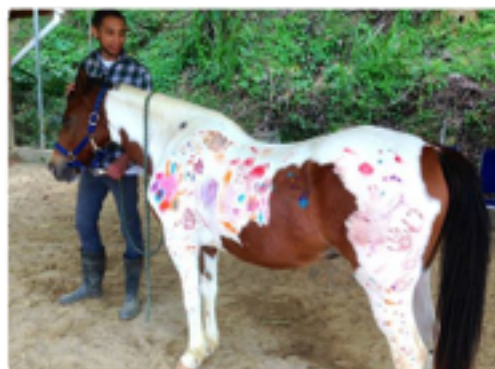
AMY



MICHELLE



ZIVA



RINALDO



KIMBERLY



LUCA



KARIANNA



JUDY

Christmas Pony Camp

This past December was full of excitement at HHH, in part due to our second annual Christmas Pony Camp, which proved an incredible hit! Part of the HHH mission is to help incorporate differently abled children and youth into the mainstream, allowing them to experience (often for the first time) what so many of us take for granted and our integrated camp did just this!

A three-day camp from 12:30 to 4:30, kids and volunteers alike enjoyed a wide variety of activities, including arts and crafts, games, sing-alongs, pony rides and more!

Young Riders Christmas Pony Camp
Wed 17th - Fri 19th of December 2014
from 12:30-4:30pm

Sea View Stables

The season, and HHH welcomes in the Holidays with a Christmas special! HHH Christmas Pony Camp combines an introduction to the basics of horsemanship and horse care and communication, with games, activities, arts and crafts, pony painting and decorating and pony rides, to make this five-day camp both exciting and informative for your young ones. Snacks and drinks will be provided.

Scheduled for the week before Christmas, HHH's Seaside Stables Christmas Pony Camp will run from 12:30-4:30pm on the 17th-19th of December. At 3:00pm on Friday 19th we kick off our HHH Christmas Party with a pony parade, a visit from Santa and afternoon full of festivities, family and friends are welcome to attend!

HHH's Christmas camp is open to children of all abilities up to age 12, but space is limited so sign up now and come join in the celebration!

per day: \$2000
3 Day package: \$5200

For inquiries or to register now, contact us at 708-6294 or by email at horses@helpinghandsillinois.org

Facebook icon



Volunteer Training

Another series of events this past December included a three part volunteer orientation with a group of 45 RBC Volunteers. During these sessions, RBC employees were able to join us to experience the incredible healing and rejuvenating power of horses. In a three hour workshop style course, volunteers learned basic care and horse maintenance as well as an intro into horse behavior and natural horsemanship. HHH would like to thank RBC for its interest in our program, and for their generous donation towards a brighter future for HHH and our clients!



Mr. Kevin Garcia of RBC presenting us with our donation cheque. Thanks RBC!

Private donations can also be made at any
RBC branch account #10000002193685



April is Autism Awareness Month

Light It Up Blue

Trini Style

Featuring performances by

**3 Canal,
Alternative Quartet
& other artists**

Fiesta Plaza, MovieTowne POS

April 2nd 2015

(World Autism Awareness Day)

6:00 p.m.

Concert begins at 7:30 p.m.

Light It Up Blue is a unique global initiative to help raise awareness about the growing public health concern that is autism. Show your support and help raise awareness in this family-friendly environment.

**Come paint d town blue
with The Right Start!**

FREE



THANK YOU to all of our sponsors from all of us at Horses Helping Humans!!

