

Camelot Therapeutic Horsemanship Horsemanship for Children and Adults who have Disabilities

**I**t was a beautiful Wednesday afternoon, and even though it was the beginning of February, it felt like spring. Volunteers were buzzing around the barn helping to get Scout, one of the Camelot horses, ready for his lesson with Niki, who is a new student. Niki typically grooms and helps tack Scout, but we were in a bit of a rush to get mounted before Mary left on a class field trip.

Niki was fastening her helmet and chatting with Cate, one of the volunteers. She was asking Cate questions about her horse experience. Cate said that she just had her first Western riding lesson, and mentioned that she didn't have that much horse experience. And that's when I heard Niki ask, "Then why do you volunteer?"

My radar went off when I heard that bit of dialogue. Are you familiar with the Camelot belief that the most formidable enemy of all is the voice within that says, "I can't?" These are words I've taken

to heart, and be it student or volunteer, friend or family, I've officially become the 'I can't' police. And it's not just the phrase "I can't" that makes me pull out my shiny, star shaped police badge; if I hear anyone downing themselves or their skills, I jump to action. From my very brief perspective of the conversation, I thought that A.) Cate was downing her skills and B.) Niki was wondering why she would choose Camelot as a place to volunteer if she wasn't a horse person. This was not the case, but nonetheless, Officer Michelle stepped in to educate.

I started by explaining that although Cate doesn't have much horse experience outside of Camelot, she has received hours of training here at the ranch and has been volunteering with us for eight years. She spent at least one to two years cleaning stalls and caring for the horses before she began her training to work directly with our students. And then I turned to Cate and told her what a great volunteer she was and that she shouldn't underestimate her

horse knowledge because she does a very good job in the barn.

Then I was informed that I misunderstood and that Niki wasn't asking her why she volunteers here because she wasn't qualified, she was asking because she's intrigued with volunteers in general and their reasons to give so much of their time and energy. She wondered what Cate's motivating force was to volunteer.

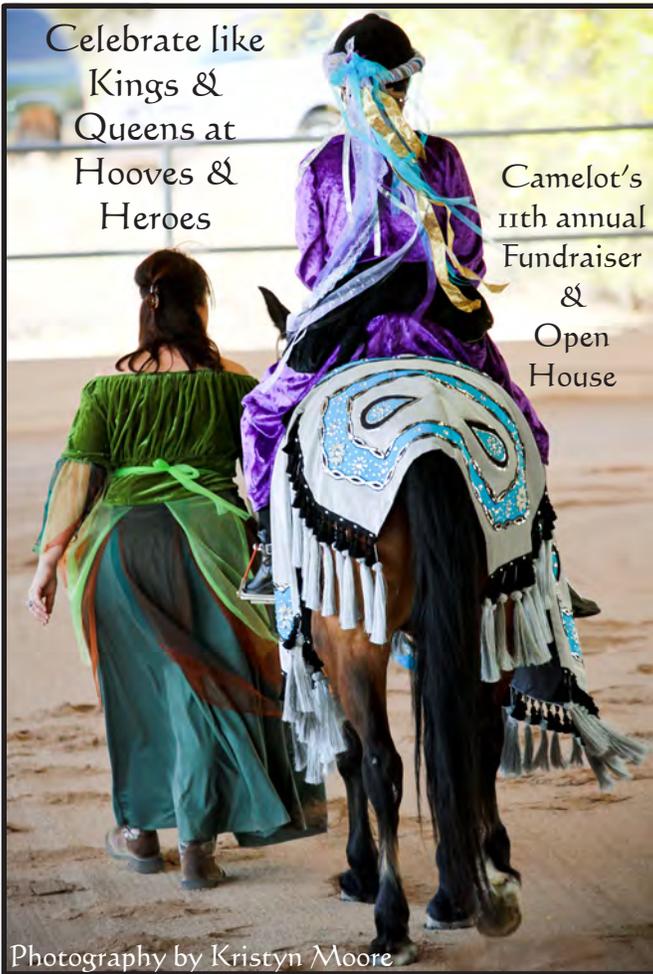
What could I say, "Oh. My mistake. Please continue talking. I'll just stop now."

Luckily, both Cate and Niki are  
*(Continued on page 2)*



Cate, Niki & Scout

**"Ask me to show you poetry in motion and I will show you a horse."** Rolf Kopfle



Celebrate like  
Kings &  
Queens at  
Hooves &  
Heroes

Camelot's  
11th annual  
Fundraiser  
&  
Open  
House

Photography by Kristyn Moore

## Saturday

5.5.12

Riding Performances  
Bruce Brown Catering  
Live Music  
Silent Auction & Raffle  
Vino 100 Wine  
Tasting  
Fools of Fairhaven  
Scottsdale Police  
Mounted Unit

Come dressed in  
costume and receive a  
free raffle ticket!

Learn more  
CamelotAZ.org

View last year's event  
photos on Facebook:  
Camelot Therapeutic  
Horsemanship



## In Memory of

Cooper  
Morrie Hazan  
Jerry Levin  
Phil Lomas  
Jim Licari  
Betty Rosenmayer  
Steve Stone  
Ted Szychowski

## In Honor of

Ron & Rhonda Crave	Tracy Marvelle
Linda Guigerre	Jackie & Larry Moore
Chuck Johnson	Pam Nelson
Joey Joseph	Alexis Stone
Dr. & Mrs. Keisker	Bonnie Trowbridge
Shirley A. Lowman	Amy Van Denburgh
	Lynn Wright

## Employer Matching Gift

Ann Ezzell  
Jeanne Alspaugh

Memorial gifts in any amount are a beautiful way to honor a beloved friend or family member, be they human or otherwise. We also welcome gifts in honor of birthdays or other special occasions. All such donations are acknowledged with a special card and a mention in our newsletter.

When sending in your gift, please include a brief note designating who it is memorializing, and in which category you are submitting them. If you would like an acknowledgment card sent, please include their address.

## The 'I Can't' Police *(Continued from page 1)*

lovely ladies that appreciate my stance to defend and serve! I have a very special place in my heart for our volunteers. Without their dedicated support, Camelot would not be able to offer services to students at no cost. Our barn wouldn't be nearly as clean. Many of our classes couldn't take place because it wouldn't be as safe to conduct them with only two people (i.e. Mary, Camelot's executive director and I). Our events would be planned by me, and me alone. And our ranch would be that much quieter.

Our volunteers are an integral part of the Camelot family. It's an honor to work alongside such dedicated people.

I did end up getting the answer to Niki's question. Later, I sent an e-mail to Cate to ask if she would mind sharing her reason for volunteering with me. This is what she said:

"I have loved horses since I can remember and was never allowed to be around them when I was young. I thought Camelot would be the perfect opportunity for me to be around horses, learn more about them, and be around people with disabilities who had enough courage and a positive attitude to take on the challenge of grooming, tacking and riding a 1,200 pound animal.

"It's really a selfish motive I have; whatever you want for yourself you give away. So I try to give positive support

and love when I come to Camelot, and I always get that back in return. I have learned so much about horsemanship and riding from Michelle and Mary, and have read several of the books in Camelot's large library, and just took my first private riding lesson and discovered the joy of riding Western.

I never forget how lucky I am, because as we were taught at our volunteer training several years ago, being disabled is the one minority which any of us can become a member of at any time. I am thankful to the students that allow me to work with them, and learn from them every week."

Thank you, Cate, for all you do at Camelot. And thank you ladies for letting me share my misunderstanding with our community. But even though I made a mistake this time round, I must warn all 'I can't' sayers, I still have my badge shined up and ready to go!



Camelot Chronicles is published semiannually by Camelot, a nonprofit equestrian therapy and outdoor education program run by and for people with disabilities. All materials herein are copyright 2012 Camelot. Material may be reproduced with permission and credit. For subscription and other information visit our website at CamelotAZ.org or write Camelot, 23623 North Scottsdale Road., D3-259, Scottsdale, AZ 85255 or call 480.515.1542.

Publisher: Mary Hadsall | Editor: Michelle Bartlett  
Vintage images from <http://graphicsfairy.blogspot.com>

"His hooves pound the beat, your heart sings the song." Jerry Shulman

# A Truly Great Friend



By Michelle Bartlett  
Director of Community Relations & Principal Riding Instructor

**B**illie is a woman I have never met, but I've been hearing stories about her for quite some time. She is a good friend of my better half, Roy. He works for a nonprofit organization, and she is one of their dedicated volunteers.

She's been doing some deep cleaning around the house, thinking about her next stages of life, and finding homes for her precious mementoes that are hard for her to part with. Many of these treasures have been making their way to Roy's house.

One day when I went to visit, there was a vase from Armenia on his coffee table and souvenir art made of volcanic ash from Mt. St. Helen resting on his

mantle. She said that the souvenir, given to her by a friend, reminded her of the road trips that she took with her husband, whose name was, coincidentally, Roy. Billie often tells Roy how he reminds her of her late husband.

The other day, Billie gave him another care package. There on the kitchen table was a blue apron from Romania and a few cassette tapes that another friend gave to her. They were filled with recorded songs from the days of yesteryear. There was also a folder of hand written quotes and poems that struck a cord with her.

Billie and Roy share lots of interesting conversations. And one day, the conversation turned my direction. After they were done talking about "eh-hem" the girlfriend in question (i.e. me), he told her about Camelot. He invited her to the ranch and to Hooves & Heroes. He thought she would have fun at the event and enjoy learning more about our program. She said she would enjoy that.

Fast forward a few weeks. Roy and

I are standing in my kitchen, and he hands me a check. He said Billie wanted him to give a donation to Camelot, and that she wanted no credit. She wanted to help Camelot because it meant something to him.

I always feel like a detective piecing together the clues of Billie's life. I learn little bits of who she is through her gifts to Roy and the stories that trickle down to me. I figured out a few things, such as she is loved deeply by her friends. She's the type of person to find inspiration in words, and understands the value of passing these words along. She is also the type of person that donates her time to make other people's lives better. Last but not least, I have learned that Billie has great faith in the friends she keeps and supports what they support. I look forward to meeting Billie.

//Truly great friends are hard to find, difficult to leave and impossible to forget."

Author: G. Randolph



## Nifty Bits



News from the ranch

Welcome to our new students: **Leslie B., Abigail F. and Niki P.**

Welcome to our newest volunteers: **Shelly C., Karen D., Susan K., Lorraine L., Joanne R., Linda M., Kim M., Dave M., Sherry P., Tracy F. & Marcos F.**

Camelot's second annual **Starry Knights**, held November 2011, was a huge success! Guests enjoyed a wonderful evening and were inspired by **Kevin Foster**, our key note speaker. Thank you Kevin, and thank you to our **planning committee** for all of your efforts! We couldn't have done it without you!

Thank you to **James Shaw** for conducting yet another successful 'Ride from Within' fundraising clinic here at the ranch! We always learn so much from you! Learn more at [www.ridefromwithin.com](http://www.ridefromwithin.com).

Students and Volunteers, we want to remind you to stay hydrated and drink plenty of water while you are out in the barn. But let's do it wisely! Please

bring a reusable water bottle and let's do our part to be GREEN!

A hearty thank you to **Ames Construction, Ron Rasmussen** and **Steve Poolson** for the beautiful repair work that was done on our front gate. We so appreciate all the projects that you take on for Camelot.

Muchas Gracias to Peg Mulloy for donating the beautiful iMac computer. You have made Mary a very happy girl!

It takes a whole community to keep Camelot strong! Thank you to the following for your major contribution(s) to our program:

**3 Cowgirls and an Outlaw  
American Fence**

**AZ Cactus Cruisers  
Chauncy Foundation**

**Christopher & Dana Reeves Foundation  
Coyotes Charities**

**Grainger Industrial Supply  
Knights of Columbus Council #13286  
Our Lady of Joy Knights of Columbus  
Special Forces Association Chapter XXII  
"Desert Rats"**

**The Valley Anesthesiology Foundation  
Van Denburgh Foundation**

Vielen dank to Camelot's **student and horse sponsors**. You help make dreams come true!

Thank you **Gigi Streitwieser** for donating a two-horse trailer to Camelot!

Visit our website at **CamelotAZ.org** to keep up to date on clinics and events! See what we are up to today by visiting Camelot's **Facebook** page!

Thank you to **Dr. Foley, Dr. Alldredge & Dr. Thomas** with Southwest Equine, and **Dr. Rick Howard** with Arizona Medical & Surgical Center, for your excellent care of Barbara, our beautiful Andalusian mare. She is doing fantastic and recovering nicely as she continues with her physical therapy.

Thank you to **Pat and Linda Parelli** for your donation to our video library.

Thank you to the **Scottsdale Police Mounted Unit** for your continued support of our programs and services by providing fun and educational fundraising clinics for riders and their horses. If you have missed the opportunity to participate in the desensitizing clinic stay tuned to our website and facebook page for the next one scheduled for **April 2012!**

We are happy to announce the addition of our newest therapy horse, **Coughdrop**, to our herd! He is a beautiful silver bay miniature horse. The addition of Coughdrop means expansion of our current driving program!

"For one to fly, one needs only to take the reins." Melissa James

# Heroes' Hero

**Jan Miller** came to Camelot as a student in 1989, but by 1992, her role changed to volunteer status. Initially, she worked alongside fellow students, but eventually she became known as Camelot's Queen of Clean. She has been responsible for our neat and organized groom trays, our recycling program and Costco supply runs. Jan has proven her dedication throughout the years. In the past she dedicated an entire week of volunteering, prior Hooves & Heroes, to help shine the barn by scrubbing walls, floors, light fixtures and railings.



Jan has made a difference in our program, but also in my life. She taught me more about living with a brain injury than any class I've taken. Because of her brain injury, she has an insider's perspective. She is a good teacher and always willing to share her experience with others. She not only taught me, she has participated as a speaker at our volunteer trainings too.

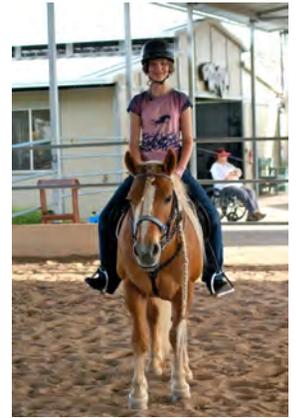
Jan, we wish you all the best on your move to Ohio. We understand the time has come to share you with your family! We will miss you dearly and look forward to your visits and holiday newsletters!

XO Michelle, Mary and Robin



# Jumping

By Chantal Riba,  
A 15-year-old Camelot Rider



I was very excited to jump, and less afraid than I expected. I figured that all the exercises I did before, fully prepared me for my first jumping experience. When I first approached the jump, I thought that there was not enough space but there was! I noticed that once poles were added to make the jump wider, Cayanna jumped more fluidly. It felt like pure flying.

There was the excitement waiting in anticipation as I approached the jump, take off from the ground that was two-thousand times better than a take-off in an airplane, the few precious moments of being in the air, and then a small bounce of a landing with a taste of a canter (at times). Going over the jump felt like freedom, and every time after the jump felt

like a sense of accomplishment. I remember this was my main goal when I arrived at Camelot. My main goal has been completed, but more goals were formed. I thank all of the instructors, volunteers and horses who have gotten me to this point in my life. I hope I will continue to jump and I cannot wait until I get to jump again.



Camelot...Where heroes are born



NON-PROFIT ORG  
US POSTAGE  
PAID  
PHOENIX, AZ  
PERMIT #815

Camelot Therapeutic Horsemanship, Inc.  
23623 North Scottsdale Road, D3-259  
Scottsdale, AZ 85255  
(480) 515-1542 ~ CamelotAZ.org