



Day of Caring

On September 11, 2015 over 40 volunteers participated in the 2015 Annual Day of Caring. This group of dedicated City Employees did so many wonderful jobs around the farm that we are now set for the upcoming winter season.



brush cut back, gardening, additional gravel placed at all pasture gate areas, pasture gates painted, entire manure pit relocated (and that is a TREMENDOUS job!), replaced/repaired hot wire to three paddocks, installed water lines and frost-free spigots around the riding ring to keep dust down and added additional water lines/spigots to back fields. These folks are ALWAYS willing and able to do any job we ask and we SO appreciate their efforts on our behalf. Our parents and many other wonderful folks donated financially, provided food items for breakfast and lunch, and also helped with serving that day. Thank you everyone for your help that day!

Just a sampling of jobs completed that day were: over 20 acres mowed, weed eating, power washing of fences and indoor arena, stall mats replaced in two horse stalls, entire driveway



Day of Caring continued



To our Generous Donors, Untamed Spirit says Thank YOU!

INDIVIDUALS

Tracy Adams
 Anonymous
 Anonymous
 Ardean Baumgardner
 Bernice Baxter
 Bowling Dottie
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 Order of Alhambra Padul 69 Sultanas

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 Yasemsky classroom

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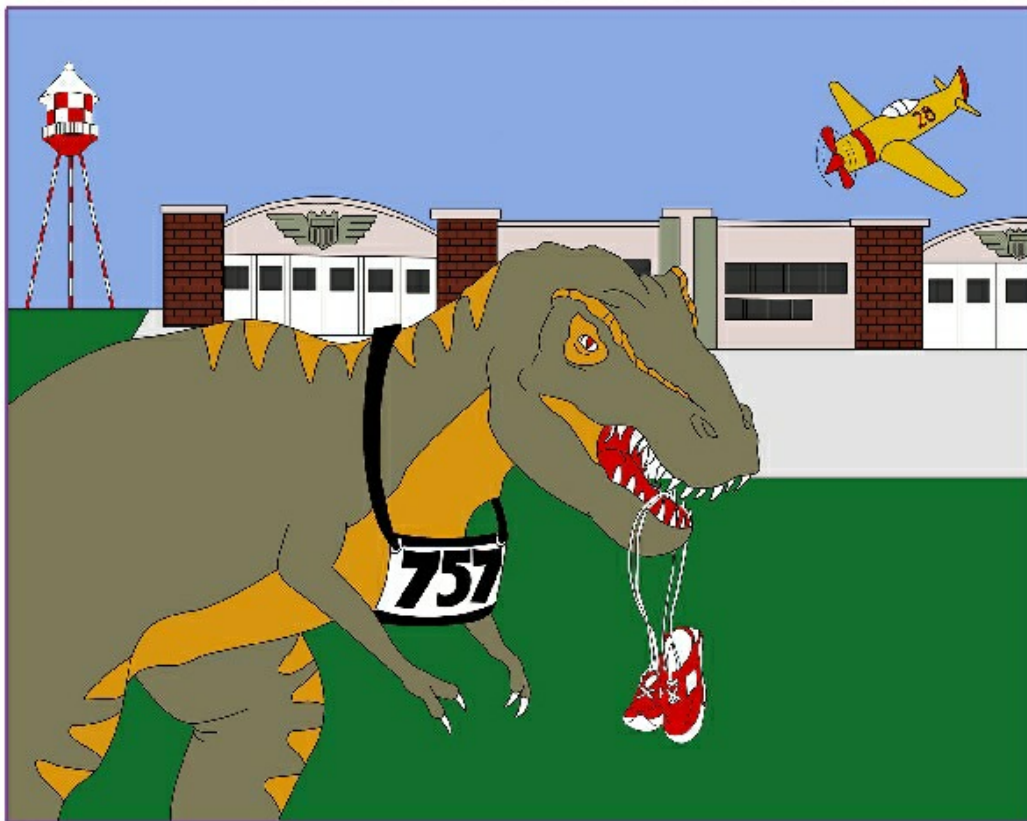
**Donations
 received from
 January, 2015
 through
 September, 2015**

We apologize if we have inadvertently left any of our donors off of this listing. Please contact us so that we can remedy this in our next newsletter



PROUDLY PRESENTS

VIRGINIA BEACH RUNWAY 5K AND 1/2 MILE



TO BENEFIT



MUSIC PROVIDED BY



RACE TIMING BY



VBRUNWAY5K.ORG
FACEBOOK.COM/VBRUNWAY5K

MILITARY AVIATION MUSEUM

1341 PRINCESS ANNE ROAD, VIRGINIA BEACH, VA 23457

NOVEMBER 14TH

REGISTRATION STARTS AT

7:30 AM

VINTAGE PLANE RIDES

FOR TOP MALE/FEMALE WINNERS AND MIDDLE OF THE PACK

COMPLIMENTARY DIGITAL PHOTOS FOR ALL PARTICIPANTS!



Volunteer Spotlight

Sunday morning crew

Photography by: Michael Schmitt
Photography

She has always loved horses. “I think I came into the world that way. By the age of 10, my favorite book was entitled, ‘Encyclopedia of the Horse’. It has been one of my life goals to have a horse of my own that I can ride whenever possible”. Although she had to choose between soccer and horses, as a young teen, Corrin has never lost her love for all things equine. Her husband doesn’t quite understand why she would get up before 6 am on a Sunday to come out and muck stalls, but listening to the sounds of the horses munching, and sighing in their stalls is better than any concert I’ve ever been to. Bet y’all understand.

Chris Livengood

Moved to Virginia Beach from Pennsylvania in 1992. In the late 1990’s she began volunteering with Barb at her therapeutic riding program and over 15 years later she still helps out on the farm each and every Sunday morning! With her silly sense of humor, Chris says her goals in life are “to be a pig whisperer” and she practices each week with our little guy, Frank.

In addition, Chris has a mild phobia of real barn boots because of her irrational fear of getting stuck in the deep mud ☺. Plans for her future include possibly moving back to her hometown in Pennsylvania to be closer to family, but for now, she is happy to continue taking care of our therapy animals each and every Sunday morning.

Nicole Bender Price

Nicole began volunteering at Untamed Spirit in 2011 at the urging of a friend who thought she might enjoy the outdoors and interaction with animals (and boy does she!). As a teenager, she rode Team Penning with her friends and states that “we might not have been very good, but we were entertaining for the crowd.” She has a degree from Penn State in Communication Sciences and Disorders for Deaf Education and after college, moved to Washington, D.C. Nicole began working for a property management company and moved to Virginia Beach in 2007.

Nicole says that “the horses help me as much as I help the horses” and Ben is her favorite. Her goals are to one day own a horse (or 2 or 3) and prove that “ponies are not a phase that little girls go through.” In 2014 she married Cody Price at a scenic vineyard in Keswick, Virginia, and along with his three wonderful kids, enjoys life to the fullest.

Corrin Richels

Corrin grew up Virginia Beach, a child of a Navy helicopter pilot. She attended college at James Madison and then Vanderbilt University in Nashville, TN. Her family returned in 2007 and made their home in Norfolk.

She is currently an Assistant Professor at Old Dominion University. She is a certified speech-language pathologist and has worked with kids and their families since the beginning of her career. That’s why Untamed Spirit was such a perfect place for her to land! Her aunt (on her husband’s side), Sheri Flum, has been encouraging me to get involved with Barb for years!



Corrin



Nicole and Chris



Frank and Chris

Rider Spotlight



Elaine Jeffers:

Elaine is 29 years old and has been riding with Barb for 18 years. Every week Elaine shows up at the barn in her riding breeches, helmet and gloves very determined to enjoy whatever horse she rides, but always noting that Penny is her favorite. Elaine has Down syndrome but that has in no way limited her physical activities both here on the farm and across the nation. She finds horseback riding "exciting and fun to be able to ride independently." One of her goals is to "go trail riding around the farm" and "ride in horse shows like the TRAV show and here at the farm."

Elaine started participating in the Neptune 8K race with her Special Olympics tennis coach, about 15 years ago. Once she graduated from high school, she added race walking/running into her routine, training mostly for 5Ks. Elaine did her first half marathon in 2009, and has done over 30 half marathons since then.

She has participated in half marathons in Florida, Georgia, South Carolina, North Carolina, Virginia,

New York, and California. In 2014, she completed the Disney Coast To Coast Challenge, which included the Tinkerbell Half Marathon in Disneyland and the Princess Half Marathon at Disney World.



Update of Nightwatch:

We are gearing up for Nightwatch's much needed surgery and coordinating with Dominion Equine Clinic on the exact timeframe once all of the surgical equipment has arrived.

Stay tuned for his progress in the next few months and his healing journey begins.

We are excited to be able to obtain this



Clinic at Forward Motion Farm

Dom and Jimmie Schramm

The month of October proved to be a busy, but productive start to Fall!



Students, parents and workers spent weeks preparing for the Dom and Jimmie Schramm clinic at the end of the month. It was the first time Virginia Beach has hosted international eventing clinicians, and by the end of the weekend, it was well worth it.

With a "get it done" mentality, Dom and Jimmie jumped out of their truck Saturday morning and quickly got to work teaching and training. Come Sunday night, horses were still sparkly clean, but riders



were exhausted from the new jumping exercises they had the opportunity to learn.

The farm was honored to have them stay, and everyone looks forward to their return in the future!



Second Annual Integrative Wellness Expo



Over 40 vendors participated in this year's Integrative Wellness Expo held on Saturday, September 12th. The indoor riding arena served as the vendor headquarters showcasing local non-profits and businesses. Just a sample of the great learning and sharing that took place were: Massage therapy, Music and Art therapy, several local non-profits serving special needs and veteran populations, Essential oils, Pony Club, Senior Citizen organizations, horse, dog and bee vendors, body work and much, much more!

Fun was had by attendees who learned yoga, drum beating and watched agility dog and horse demonstrations throughout the day.





Photography by: Michael Schmitt
Photography

Wish List

**Funding for Full Time Staff
(Executive Director, Instructors, Program Director, Equine
Director, Volunteer Coordinator)**

**Gator Tractor and Utility Cart
John Deere "0" turn riding lawnmower
Heavy Duty Manure Carts (3 needed!)
Brooms (regular, no push please!)
Saddles and Bridles for therapy
horses and ponies
Leather Halter and Leadlines**

**Hay, Hay and more Hay
for the winter months!!**