



# IN THE NEWS

April 2016

## Fulfilling a Love for Horses: Working and Riding at Hinchinbrook Farm

To say that Debbie Austin has a passion for horses, would be an understatement. She is thrilled to be part of a six week therapeutic riding program offered at Hinchinbrook Farm in Blockhouse. The opportunity to ride again is a dream come true. Debbie and fellow participant Adam Gummeson are able to participate in the program being offered in April and May, thanks to a grant from the United Way of Lunenburg County and the Lunenburg Fishermen's Foundation, received by the Farm.

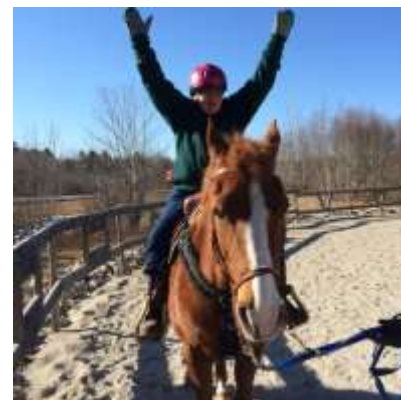
Debbie grew up on a farm with pigs, cows, hens and horses and there are few places she would rather be. Having the opportunity to spend time around horses is something very special for her and is a goal she had identified in her annual Individual Program Plan. Each participant at Bonny Lea Farm sets out their goals in a plan each year.

For the last number of months Debbie has had a work placement at Hinchinbrook Farm, as part of Bonny Lea Farm's Broadening Options program. Each Monday morning Debbie works with program director, Patty McGill in and around the barn cleaning out the stalls, getting hay, cleaning equipment and grooming the horses.

When asked if she had anything she would like to say about her experience at the Farm, Debbie had two words, "Thank you." But, she then went on to say, "I am very happy to do this. It is something I look forward to all week."

Therapeutic riding is a form of physical therapy known to reduce spasms, atrophy, incontinence and high blood pressure. The activities are designed to increase balance, mobility, body awareness, circulation, strength, coordination, muscle tone and endurance. Other benefits from therapeutic riding include improved communication, behaviour, task management, sequential and cognitive thinking as well as, building confidence, developing self-esteem and increasing social interaction skills.

Hinchinbrook Farm Society is a registered charity, which provides therapeutic riding to children and adults with disabilities. This program is one of four in Nova Scotia registered with the Nova Scotia Equestrian Federation.



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Debbie Austin grew up on a farm and is shown here very much at home in the saddle (TOP) and lunging (BOTTOM).

## Team Bonny Lea Farm's Top Five Fundraisers for the Blue Nose Marathon

The race is getting closer and our team is working harder to reach our fundraising goal of \$7500. Our top five fundraisers are: Debbie Austin \$600, Elizabeth Flemming \$500, Holly Vanbarneveld \$500, Laurie Anne Hughes \$300, and Tom Clancey \$345. Thank you to everyone who has sponsored the team so far. Your donations are helping us to raise enough funds to repave the pathways participants use each day to go to and from work. Visit [www.bluenosemarathon.com](http://www.bluenosemarathon.com) to support Team Bonny Lea Farm.



Debbie Austin with sister Merlene, Elizabeth Flemming, Holly Vanbarneveld, Ronnie Awalt & Laurie Anne Hughes, and Tom Clancey with brother Liam.

## Spring Concert - It's a Wrap



The Studio Singers

Bonny Lea Farm was hit with 'spring fever' on April 9. There was clapping and toe tapping to the sounds of the performers on stage. The Bonny Lea Chorus sang "This Little Light of Mine" and the place rocked when The Studio Singers sang the Freddie Mercury classic, "We are the Champions" with lyrics to honour all of us at the Farm. Here are a couple of the re-written lines:

"Here at the farm everyone grows. You are empowering, that everyone knows.  
From volunteers to Participants' toil, everyone here in this fertile soil,  
All you employees, founders, builders, we thank you all."

Many thanks to our performers, event sponsors and silent auction item donors. The event would not have been possible without your support.

Performers: Bonny Lea Chorus; Chester Brass; Jazzette; Lori Davis, Peter Parsons & Gary Landry; Meagan Kenzie and The Studio Singers.

Event Sponsors: Clyde Richardson Garage Ltd, Island View Canteen, Kyle's Electrical, Ocean Contractors and an anonymous Board member. Thanks also to Flowers, Flowers, Flowers for props.

Silent Auction contributors: Big Eric's, Calvin's TV Sales & Service, Chester Boat Tours, Chester Building Supplies, Chester Home Hardware, Chester Pharmasave, Chez Glass Lass, Gow's Home Hardware, Homewood Suites (Hilton), Mahone Bay Quilters Guild, NAPA, Pete's Fine Foods, Taste of Nova Scotia and Village Emporium.

## Gift Giving Ideas

Looking for a gift for the person who appears to have everything?

Why not make a tribute gift?

Obtain some of our Special Occasion brochures.

Contact Liz at 902-275-5622 ext. 241 or [efinney@bonnyleafarm.ca](mailto:efinney@bonnyleafarm.ca).

## VOLUNTEERS WANTED!

We are looking for volunteers to help with upcoming events:

- June 4 Plant Sale & Breakfast
- July 31 Lobster Lover's Feast

If you would like to volunteer your time for either of these events, please contact Jane at 902-275-5622 ext. 224 or [jrafuse@bonnyleafarm.ca](mailto:jrafuse@bonnyleafarm.ca)