

## Pompey Equestrian Club

Many of our residents are aware of Equine Alley, a joint venture between Madison and Onondaga Counties encompassing the Route 20 Equine corridor from Skaneateles to Brookfield, New York. The mission of Equine Alley is to promote all equine activities within the area while serving as a networking opportunity as well as offering an educational venue.

Many of the "old-timers" will remember the Pompey Women's Riding Club from the past. In this spirit, I am pleased to announce the formation of the Pompey Equestrian Club, the mission of the Club is to promote all equine activities in the Pompey area. Anyone with an interest in horses is welcome. Ownership of a horse is not required! If there is enough interest a junior group will be started with their own activities.

We are hoping to organize trail rides, social networking, equine educational activities and offer horse people a chance to meet others with the same interests. You can join us on Facebook groups at Pompey Equestrian Club, where your questions, comments and news can be posted.

A meeting was held on April 21st, 2010 at the Pompey Town Hall, where Farrier Norm Carney spoke on the topic of "To shoe or not to shoe... that is the question, discussing general hoof care."

For any questions, please contact Sue Evans at 315-655-8214 or Debbie Gaetano at 315-815-4245. Or e-mail questions to [pompeyequestrian@yahoo.com](mailto:pompeyequestrian@yahoo.com).

## Horses for Heroes- From the Ground Up

Horses for Heroes is a program based on the concept of soldiers helping soldiers with the aid of horses and riding.

The camaraderie of fellow soldiers combined with the physical and mental stimulation of therapeutic riding has proven beneficial for both the riders and the volunteers. Therapeutic riding provides both physical benefits (improved balance, motor skills, coordination, & flexibility), as well as emotional and mental benefits (decreased mental stress, improved self-esteem & the creation of a social network.)

From the Ground Up (FTGU) has formed a partnership with the VA of Syracuse, NY to offer Horses for Heroes programming starting Spring/Summer 2010. In order to meet the growing need for program staff FTGU is in the process of hiring an additional NARAHA certified instructor who is also a certified mental health professional to provide programming support.

FTGU is looking for active or inactive military personnel to serve as volunteers as well as donations for adaptive equipment and programming.

Spaces for riders are still available. Final approval is subject to a physician's review and is at the discretion of the From the Ground Up staff.

To learn more about this exciting new program please contact Andrea Colella at 315-655-8943. Also keep watch at our website [www.ftguhorses.org](http://www.ftguhorses.org) for more updates.

## New Law in Effect for CO2 Alarms

On February 22, 2010, "Amanda's Law" took effect. The law requires carbon monoxide detectors in every 1-2 family property; apartments in a multiple dwelling; and all condominium and cooperative apartments where the dwelling unit has appliances, devices or systems that may emit carbon monoxide or has an attached garage.

A Carbon Monoxide detector looks much like a smoke alarm. There are now available combination smoke and CO2 detectors available at your local stores.