



Horses are beautiful and intuitive creatures who bring great joy to those who interact with them. There is an enormous amount of work that goes into their care and well-being. This year's camp will examine the overall experience of caring for the whole horse in order to educate campers on the investment in time, energy, dedication and expense that accompanies leasing, riding or owning a horse. Join us as we explore:

- Horse basics, anatomy and safety
- Grooming and bathing
- Tacking up
- Feeding
- Exercising
- Veterinary and dental care
- Farrier services
- Massage therapy
- Stall cleanliness
- How to keep your horse happy
- Learn how to ride

We will also learn about ways to stay healthy, including making daily snacks and practicing relaxation and Yoga! Come join the fun.

If you meet the criteria of youth from families of Active Duty Airforce, National Guard or Air Force Reserve then we invite you to join us for a memorable week!

Registration is on the reverse side. There is a \$25.00 *non-refundable* application fee in order to secure your reservation. Please fill out, sign and return the following:

- Completed Registration Form
- Health Form
- Permission and Code of Conduct

Upon confirmation of your acceptance, you will receive a letter from the farm with detailed information about what to bring each day.

**If you have any questions, please feel free to contact:**

**Kerry J. Bickford**  
508-375-6695

[kbickford@barnstablecounty.org](mailto:kbickford@barnstablecounty.org)



The 4-H/Air Force Youth Camping Program is supported by the U.S. Department of Agriculture, National Institute of Food and Agriculture, 4-H National Headquarters; U.S. Air Force Child and Youth Programs; and Cape Cod Cooperative Extension 4-H Program through grant funding at Kansas State University under special project number 2013-48696-21184.

*Military Family Outreach Cape Cod Extension  
Presents:*

## **SADDLE UP & LEARN**

Phase II

### *Building on Success*

A free camp for youth from families of  
Active Duty Air Force,  
National Guard or Air Force Reserve



July 17 - 21, 2017 for ages 9-12

July 24 - 28, 2017 for ages 13-16

**Camps are from 9:00 a.m. - 5:00 p.m.**

**Cape Cod Cooperative Extension**  
**Check payable to Barnstable County**

**Attn: Kerry Bickford**

**P.O. Box 367**

**Barnstable, MA 02630**

# Saddle Up & Learn ~ Phase II



## Building on Success

9:00 a.m. - 5:00 p.m.

Check Payable to Barnstable County

Mail to: Cape Cod Cooperative Extension

Attn: Kerry Bickford

P.O. Box 367

Barnstable, MA 02630



Presented by Military Family Outreach Cape Cod and Cape Cod Cooperative Extension

\_\_\_\_\_ July 17-21, 2017 for Ages 9-12

\_\_\_\_\_ July 24-28, 2017 for Ages 13-16

*This camp is open to youth affiliated with the Active Duty Air Force, National Guard or Air Force Reserve  
Please indicate your branch of service below.*

Family Name: \_\_\_\_\_

Child's Name's: \_\_\_\_\_

Age(s): \_\_\_\_\_ Birth Dates: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

Cell Phone Number: \_\_\_\_\_ E-mail Address: \_\_\_\_\_

PLEASE FILL OUT MANDATORY PERMISSION/LIABILITY/CODE OF CONDUCT AND HEALTH FORM!

### Parent's Branch of Military and Unit

#### MILITARY BRANCH

#### UNIT NAME & NUMBER

Air Force Active

Air Force Reserves

Air Force National Guard

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Brief description of deployment history: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_



Camp is located at Smithfield Farm

809 Sandwich Road

East Falmouth, MA 02536

The 4-H/Air Force Youth Camping Program is supported by the U.S. Department of Agriculture, National Institute of Food and Agriculture, 4-H National Headquarters; U.S. Air Force Child and Youth Programs; and Cape Cod Cooperative Extension 4-H Program through grant funding at Kansas State University under special project number 2013-48696-21184.



# 5th Annual Families in Transition (FIT) Program

Register for this summer program for Veterans & their families by June 1, 2017.  
Go to <http://www.capecodextension.org/4h/militaryfamilyoutreach/>  
(Sponsored by Heroes in Transition)



July 10-14, 2017  
Smithfield Farms



809 Sandwich Road, East Falmouth, MA 02536

Contact [kbickford@barnstablecounty.org](mailto:kbickford@barnstablecounty.org) or call 508-375-6695  
Military Family Outreach Cape Cod, Cape Cod Cooperative Extension

Families in Transition is designed to benefit military families facing pre-deployment or post-deployment challenges. It is an adventure-filled, memorable summer week... a haven for both children and adults. This program is hosted by Smithfield Farms on their many acres of walking and riding paths. Join us as we teach all family members basic horse care and handling as well as provide riding lessons and foundations of horsemanship skills. This program is overseen by trained professionals and volunteers. Families can enjoy the outdoors together and inside activities are provided as well. An evening dinner and special activities end each day! We look forward to seeing you there.



[www.heroesintransition.org](http://www.heroesintransition.org)