

STABLE STORIES

Stable Days Youth Ranch

Winter 2015/2016

LOVE GOD | MENTOR YOUTH | SUPPORT FAMILIES | NURTURE LIFE & LAND

SDYR 2015 Impact @ a Glance

80 Youth joined us weekly for our horsemanship/mentoring sessions

122 Youth served through field trips!

400 + Pounds of produce donated to families in need!

976 One on One 90 minute youth mentoring sessions!

1000 + Volunteers!

12,000 + Volunteer hours served!

95,250 + Pounds of hay consumed!

If my math is correct that equals 1 blessed year!

New Equine Education & Boarding Facility

Stable Days East will allow us to expand our current programs and add a full service boarding facility with a commitment to quality equine care and owner support. This place is an amazing testimony of God providing generously through his people! The 10 acre property has been purchased, PAID IN FULL with renovations underway!

SDYR Is Accepting Applications for...

Participants, volunteers and interns! Preparations for the 2016 season are underway and we are anticipating another fantastic season!

SDYR's Green Thumb Club & Local Foods

With the help of many community partners and a grant from the USDA the Forks Mobile Farmer's Market project is underway! SDYR is initiating a Land Grant Program and a Fork's Well Fed Program that will draw attention to and support for our local produce growers as well assist families that struggle to keep healthy food available for their children.



The bees did good!

"We ought to do good to others as simply as a horse runs or a bee makes honey..."

In This Issue

- News
- Weeds
- Young Minds
- The Back 40..Learning from Bees
- Q & A's (scattered around)



Nurtured , loved and well fed!



Washing and chopping beets, our chickens favorite snack!

WEEDS...To Pull or Not to Pull

Weeds can be deceiving. Some take on the appearance of what could be a future flower. Their leaves can be attractive and to the naïve, inexperienced but hopeful gardener, the question “to pull or not to pull” looms.

Left to grow, a weed will multiply and overpower the good plants in your garden. Some weed’s roots become so embedded it takes real muscle to pull them. You may even need to utilize garden tools to uproot them..

Are there people in our life who are like weeds? Do you find yourself asking “Should I let go or continue to allow this person to continue to take root in my life?” Do you hold onto them in the hope that in time they will become a flower? It’s so disappointing when that doesn’t happen, isn’t it?

Like weeds, some people can be immediately identified as a hindrance. At this stage they are easy to uproot. However, those who disguise themselves may prove to be a bit harder. It may be weeks, months or years before you realize they are in fact a weed. By that time it is likely their roots have grown deep in your life and the effects can be devastating. You may have to utilize tools to remove them, such as friends, your pastor, or even the legal system. Wouldn’t life be easier if we identified the weeds early and had the confidence to let them go before their roots grew deep?

If you allow a “weed” to grow ask yourself “Why”. Are you a better person while they are in your life? If not, it’s time to let them go. When you do, you will have more time for those who truly enhance

your life. You will eventually have more energy and joy and can share those gifts with others.

Pull the weeds one by one and see what is blooming underneath.

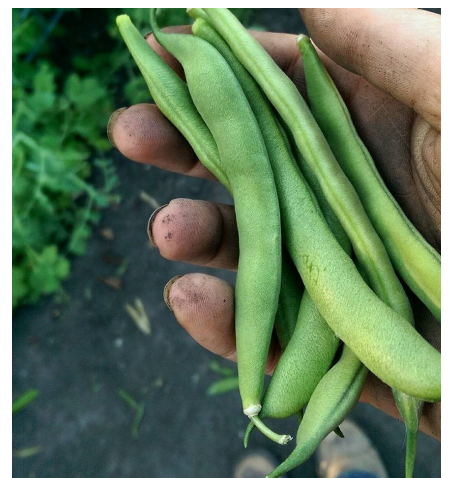
Matthew 7:16-18 “You will know them by their fruits. Do men gather grapes from thorn bushes or figs from thistles? Even so, every good tree bears good fruit, but a bad tree bears bad fruit. A good tree cannot bear bad fruit, nor can a bad tree bear good fruit.”

Isaiah 55:13 "Instead of the thorn bush the cypress will come up, And instead of the nettle the myrtle will come up, And it will be a memorial to the LORD, For an everlasting sign which will not be cut off."

Blessings,

Emberly

A naïve, inexperienced but hopeful gardener and
SDYR Volunteer



Delicious Perfection!

Q: Why horses?

A: Our horses, some were just in need of a new home & others, coming from backgrounds of devastating abuse and neglect, are at the very core of what we do here at SDYR. These horses, all with their own unique stories of hardships and hope, are now loved & cared for by children who themselves are vastly unique but similarly looking for love, hope & a sense of belonging.

Q: What about the gardens?

A: The Green Thumb Club serves as a tasting & accepting ground for kids in their relationship with vegetables. Each year vegetable-phobic kids overcome their fears by sitting in the garden. With full, grinning mouths, they are eating what their hands helped produce. Through gardening we teach the joys of playing hard, working hard and being nice. Our mentors get as sweaty and dirty as their kiddos! Working side by side, demonstrating that with a sweet balance of diligence and hilarity, 'work can be fun'!

"Fun is at times missed because it's dressed in overalls and looks like work."
Thomas A. Edison

Q:A Trolley???

A:The Forks Farmer's Market Trolley will be customized to accommodate fresh, local foods as well as educational literature on wellness & information on how to support our local growers. Our goal is to encourage a more holistic approach to food access addressing issues of location, affordability, skill, and perception.



A Student challenged and a horse loved! Can I get an AMEN!

Q: What is the Fork's Well Fed Program?

A: It's a learn as you learn program. Participants attend a monthly meeting to set wellness goals, discuss nutrition and learn helpful life skills. At each meeting attending participants earn their Market Tokens. Tokens are redeemed for fresh local fruits and vegetables at the Town Square or the Forks Mobile Farmers Markets.

Young Minds, Awesome Thoughts an Interview with Ella

Who is your favorite Horse?: Comanche

Why?: Because I think he has a really good personality and there is a good connection between us. I also worked a lot with him with my mentor Elizabeth and I think that helped. But really it's just a feeling I get.

What is your favorite thing about Stable Days?: There's a lot of things I like. The generosity is one thing. Ben and Caryl let me do a bunch of things like spending time with the horses, riding, feeding, grooming and other chores. It's hard to describe it in words really. It's someplace I feel safe and at home.

Hardest chores?: I don't think any of it is necessarily hard, but doing stuff in the winter like mucking the paddock in the cold makes it kind of tough.

Best Memory?: I think at nights when all the chores are done I love walking with my mom hand in hand and saying goodbye to the horses. There are other good ones but that beats them all.



Ella and Comanche



Q: Who is the bees favorite singer? A: Sting!

LEARNING FROM BEES

1 Samuel 14:27b “...so he reached out the end of the staff that was in his hand and dipped it into the honeycomb. He raised his hand to his mouth, and his eyes brightened.”

I have been intrigued by bees for many years. So when I noticed that several of our friends were getting into bee keeping, it sounded like a great idea. Get some bees, put them in hives, then sit back and let them do their ‘magic’ so that by late summer, we would be graced with sweet nectar from the little hummers. But somehow, in the back of my mind, my dad’s voice was echoing his advise – “Ben, nothing worth having comes for free!” Boy, was he right.

Bees play a significant part in our complex eco-system, so I was intrigued to learn that they were losing ground in many areas around the globe. Weather events, population growth pushing them out of their habitat, natural predators, chemicals and pesticides, and mysterious plagues have been taking a toll on bee colonies at an alarming rate. So I figured it’s time to help these little fellas out (no offense, queenie!) and give them a safe home while providing a welcome source of pure, natural honey. A win-win deal if ever I saw one.

So we embarked on our adventure. We bought books, found used equipment from local bee keepers, and I even got one of those ‘Sta-Puft Marshmallow Man’ bee suits, complete with gloves, for a birthday gift from Caryl. Now I figured it was time to tap into the knowledge bank of friends who had some experience. Did you know that bees come in ‘varieties’, such as the Carniolans and the Italians (sadly, they don’t produce lasagna). A quick summary of bee ‘types’ is typically defined by the purpose of the particular bee –

*Queen – the reproductive center of the hive, usually lives the longest (up to several years)

*Worker – the female bee – the most populous in the hive, responsible for honey production

*Drone – No, not a futuristic combat soldier from Star Wars – the male bee whose purpose is to mate with the queen to populate the hive

The summer flew by whilst all the time our two hives were active. I would check on them every few weeks, adjust the beehives by adding new supers (boxes) as the bees produced honey, and check for problems, predators, or other issues affecting our hives. About mid-way through summer, I was frustrated to learn that we lost a hive – reason unknown – leaving us a single, healthy hive. Fortunately, we were able to obtain a replacement hive to get back on track.

In early September our friend Christie was able to help us process the hives and extract the honey at her commercial facility. We ended up with 10 gallons of amber goodness, which we have processed and canned. The final step was taking the bees to a protected shelter at our new Fisher campus, a short 9 mile journey, just after our first snow (picture shows getting the hives ready to load). Once situated, I wrapped the hives in straw bales to insulate them for the long winter, where they will feed on the honey combs that were left in the hives for their winter food source.



Bee Moving Day!

Q:Why do we have kids work in the garden before they play with the horses, canoe down the river or climb a tree?

A:To help build in them an understanding of and respect for nature & our environment.
AND to motivate them to eat & love fruits & vegetables.
AND to provide opportunities for hands-on learning, observation & experimentation.
AND to promote physical activity & quality outdoor experiences teaching them to nurture & care for each other & other living things while developing patience.

AND...
BECAUSE WE CAN!

Q:Why should we buy from a local farmer?

A:They can tell you how the food was grown. You can ask what practices they use to raise and harvest the crops. You can put a name to a face & **SHAKE THE HAND THAT FEEDS YOU!**

Q:What makes Local Produce so special?

A:Better taste & more nutrition! Timely, harvesting allows the crops to be picked at the peak of ripeness & purchased within a short period of time. Sometimes less than 24 hours!

LEARNING FROM BEES cont...

I learned some very valuable lessons from my foray into bee keeping.

1. Bees maintain a very strict social structure, where each bee has a role to in the hive's production and security.
2. Honey is used in thousands of recipes, medicines, and ingredients around the world.
3. Bees are affected by their surroundings and sensitive to change.
4. The work bees perform has an immeasurable impact on our eco system.

This reminds me that God has given each one of us a place in His Will that only we can fill (Romans 12:5). The work of our hands produces great results that are useful (Ephesians 2:10). We are affected by our surroundings (Matthew 18:3/Acts 6:14). What we do has great impact on others (Galatians 6:9).

I look forward to more learning and adventures in the spring when the bees will emerge from their long winter hibernation to embark on another season of work. Until then, I hope to find new ways to apply my bee training to bless my family and others, using the gifts that God has given!

Ben
Year One Bee Keeper



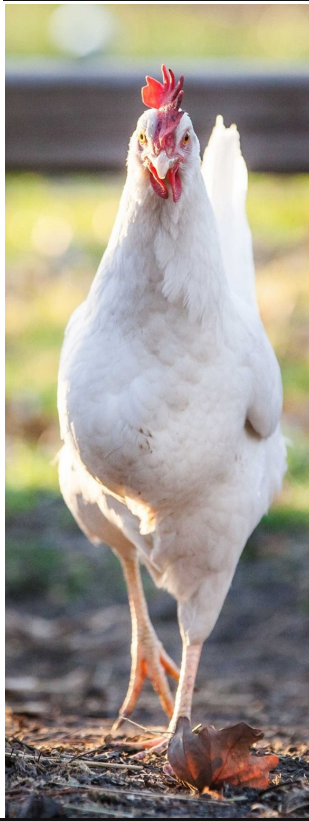
Emma and Eli hangin' with the greens.

SDYR's Youth Mentoring...

Since Stable Days Youth Ranch was established in 2011 as a 501(c)3, our primary mission has been to support and encourage youth down a path of personal development. Our inclusive and **COST FREE** program allows **ALL KIDS**, ages 5 - 17, including those who are healthy, those considered disadvantaged or disabled, or those who are labeled at-risk to experience the many benefits of adventure and equine based mentoring.

We facilitate one-on-one sessions, using agriculture, art, nature, adventure and specifically the nature of a horse to accomplish goals that are designed and set based on each child's unique life story. Encouragement is emphasized and participants have the freedom to make decisions, choices and even mistakes as they discover unexpected friendships, new capabilities and an enthusiasm for life. Experiencing authentic peace and nurturing a heart of thankfulness, children can accept the freeing truth that life is often both hard and good.

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THIS GIRL IS PROUD TO BE A CHICKEN!!



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PLACE
STAMP
HERE