"Do It Again."

At this spring’s Member-Trustee meeting, Carl Thompson, former Rancher, was in the thick of things. As he’d done for many years, the exuberant and articulate Member of Spring Lake Ranch’s governing body was voicing his thoughts on everything from business plans to proposals.

This particular day was Carl’s 40th anniversary of leaving the Ranch. The meeting finished, Trustees and Members trooped to the dining room. What Carl didn’t know was that the SLR community had arranged for a cake to honor his milestone anniversary. Chatting over lunch, Carl’s ears pricked up as people all around him began singing the Ranch celebration song, “For he’s a jolly good Rancher…!” As a cake was set before him, he exclaimed, “For ME?” Now Carl sat beaming, as residents, Members and Trustees celebrated this moment in his life.

Carl Thompson will be the first to tell you it was quite a journey getting to that moment.

The step off the Ranch is a big one. The task that faces you is enormous: creating a life. One with meaning and purpose, and a feeling of safety. A life that offers moments of sweetness and fellowship. A life anchored in recovery. Today, the Rutland Program supports this challenging passage. Though when Carl left the Ranch in April of 1971, to another, from school to school. “I had really bad Obsessive–Compulsive Disorder,” Carl says. “I had a hard time getting up in the morning, dressing and showering, because of repeating stuff until it was right.”

Sixteen months later, Carl left the security of the Ranch. He found an apartment in Rutland, returning on Tuesday evenings to the Ranch for a meal and group therapy – warmth that had to last all week. When he felt down, Carl found an understanding ear in then Executive Director, Michael Wells. Staffer Francis Perry taught him to drive.

Those first years, Carl faced difficulties and suffered his share of awkward situations. Yet with resilience, pluck and a capacity for creating his own support system, he began forging a path toward his goals of college, work, and the warmth of social life.

He took one course at a time at St. Joseph’s College – though he hungered to take more – and found he could talk to a few professors. Finding the right job on his own, however, proved tough, and there were false starts. In one case, the repetitiveness
of washing dishes at a diner set off the OCD. Carl still remembers the manager’s reply when he told her things weren’t working out: “We didn’t think you would.” All this changed when senior Ranch staffer, Lou Doyle, playing matchmaker, helped him land a job at the Quebec Cigar Company. With a mighty effort, Carl pushed back against the OCD that made him chronically late, arriving on time for the first eight months. He remains proud of this feat today.

Daily life brought with it the frustration of often depending on the kindness of complete strangers. Yet Carl had a knack for finding special people – like his favorite bank teller. “The bank closed at 6, and I’d get there at 5:59. One teller was very nice about it. She stayed late just to help me do my banking. And I would leave with a good feeling.” His social life was improving, too. “I was a church usher, and my fellow ushers really enjoyed my company. Some of us started having get-togethers every few weeks. It was a happy time.”

Carl was doing more – much more – but it was a constant push-pull between ambition and limits. “It was hard to see the progress,” he remembers. “I’d write a bad paper due to compulsiveness. Or it would take me two hours to balance my checkbook. I confronted my problems every day. My job was boring and I wanted something else. But I was scared to try. I wanted to take more courses, but I didn’t dare. One night, I went to a dance and got invited to a party! But I was afraid I might not be able to handle the outcome. So I didn’t go. I always felt that if I pushed beyond my sense of my own limitations, I’d get in trouble.”

Wanting a bigger world, Carl moved to Burlington. He found long-term employment at Sears, where he set a record for selling maintenance agreements. And he enrolled in the University of Vermont, piling on the courses. Though this backfired and he dropped out, he didn’t drop out of the game. At the urging of his girlfriend, Carl earned his B.A at Trinity College, having received an Associate’s Degree, cum laude, from St. Joseph’s College. This woman, with whom he lived for three years, believed fiercely in Carl, never hesitating to push him – hard – out of a rut. In many ways, she became a great force for good in his life. They are friends to this day.

Later came ten good years as a Walmart sales associate. Then, in the 1990s, new medication dramatically eased his OCD symptoms. Today, Carl plays golf, manages his stocks, and rents out a house. He’s learning to use his new computer, and enjoying his social circle. And he hopes to volunteer, maybe at a hospital, where he’ll offer to others the supportive understanding that helped him on his path.

Carl’s road wasn’t easy. “You struggled mightily because there wasn’t something else,” he says. But now for ex-Ranchers like himself, there is “something else” – the Rutland Program, and Carl feels it can make all the difference. “I stayed in my rut a long time. But people in the Rutland Program have someone who can look at their rut from a different point of view. You have someone behind you, encouraging you to step outside your comfort zone. The staff helps you feel confident you can take the next step … because someone has taken it before. And if you fall flat on your face, there’s someone to pick you up, and tell you, ‘Do it again.’”
Building on Stories

As the leaves shift colors and fall to the ground, I am reminded of the changes that are common to our natural world, especially here at Spring Lake Ranch. Seasons, weather, snow, rain, sun — the beauty that surrounds us at Spring Lake Ranch forms the container for the remarkable parallel feats of transformation that our residents undergo. We work together, live together, and heal together in this place. Everyday examples abound.

Earlier this year, in the fields and woods surrounding the lower barn, residents created an 18-hole disc golf course. This grassroots initiative began one late spring day on the ride back from a disc golf outing to the public course in Pittsford. Inspired by fun and motivated by creativity, the Woods crew designed and installed baskets fashioned by the Shop crew from recycled plastic barrels; and one late summer day, a tournament was held on the completed course and an old-time fair was held in the field. This “mandatory fun” activity included a slip and slide, dart game, and a pin-the-paws-on-the-panda game. The disc golf course record of three under par was set that day.

In Rutland this summer, aftercare program staff and residents watched as a Monarch butterfly hatched from its cocoon and began its new life here in the Northeast, meanwhile preparing for its return to Mexico for the winter — an astounding transformation for an amazing journey. Our residents make no less amazing transformations when they move from the residential program to the Rutland program. Through the Inipi experience, a new person emerges ready for the next leg of life’s journey. Boxing classes teach balance and perseverance; in boatbuilding, the skills to make a craft are developed; in cooking class, the culinary arts are nurtured; at the gym, bodies transform; and in artistic therapy sessions, people engage their souls in a deeper breath.

Everywhere at the Ranch, as people lean together into the work at hand or share laughter during recreational activities, change and healing are the norms. We are confident that possibilities exist within each individual, and that in the environment and community we provide, residents get a glimpse of their own miraculous potential. As one resident tells us, “Spring Lake Ranch has not cured me, but it has shown me that I can live a different and more fulfilling life.”

At the annual meeting in October, in celebration of our 80th year, members and trustees toured houses in our village on the hill, hearing stories of remembrance from past and current Ranchers, and in the Sugarhouse, members gathered to share stories of their personal connection to the Ranch. These stories were written on colorful slips of paper and pinned to fabric to create a wall hanging of “best moments” that now hangs in the living room of the main house. It has the look of falling leaves against an October Vermont sky. In the coming months, as we move into a time of reflection and planning in the development of a strategic plan for the next five years of SLR’s existence, we will be seeking more stories from everyone connected to the Ranch. We will ask you to describe for us those moments that tell of transformation, connection, joy, and healing. We will ask you to tell of the moments that best capture the core of SLR — what makes it special and unique — and over the next several months, we will work together to design a plan that will make certain we fully understand what it is that we do right, and how we can deliver more of it.

I say it so much that it begins to sound trite, but this is a very special place. I am grateful to have become a part of it and I am excited by the possibilities for the future of the Ranch. I hope you will join us in telling our story together, and I trust we will find joy and transformation in the process of planning.

Ed Oechslie, Executive Director
Dartmouth-Hitchcock Psychiatry Residents Experience SLR’s Therapeutic Community

On August 21st, fifteen psychiatry residents from Dartmouth-Hitchcock Medical Center, N.H., split wood and picked berries on work crews with Ranch residents and staff at Spring Lake Ranch. Tobey Horn, chief resident in psychiatry at Dartmouth, helped organize the day-long visit.

Years earlier, Tobey was a House Advisor here, living and working alongside Ranch residents. The experience affected him deeply -- pulling him into a career in psychiatry, shaping his perspective on mental illness, and continuing to influence his approach to treatment. An early encounter on the Hill proved especially formative:

“Gardening, my very first day, I met a man with schizophrenia. At first, I found Ted’s manner strange and intimidating. But Ted turned out to be a really funny guy, a great musician, really functional and reliable. We became friends.”

Tobey’s time here provided a counterpoint to psychiatry’s traditional focus on patients’ illness and medication. “Living with people with severe mental illness got me to break down barriers. I don’t see people as diagnoses; I see them as human beings, with life circumstances.” His friendship with Ted and others – people dogged by symptoms -- shaped Tobey’s view of good functioning. “I felt mutual trust, understanding and admiration for residents here. So today, as a psychiatrist, I come up with a treatment plan that helps a patient accomplish their goals. Some doctors

...treat a patient until the psychosis goes away. But the person can end up too sedated to get a job. My attitude is, take some medication, and go out and have a life. I’m much more willing to strike that balance than some of my peers who didn’t have the Ranch experience. Because I saw that even though Ted had symptoms, he was functioning really well!”

While here, Tobey saw the benefits of daily teamwork. “Psychiatrists often don’t pay attention to patients’ social relationships. In our society, people with mental illness typically get a disability check, are told they can’t work, stay at home with their parents, are lonely and isolated. It’s a downward spiral. But on the Ranch, living in such close proximity, residents develop relationships that are so important to people.”

And after witnessing firsthand the therapeutic power of work, Tobey seeks to leverage that power with those he treats. “Work teaches us that we have value. And it focuses people on something other than themselves. I push people out of the house and get them doing something more than I would have without the Ranch experience.”

Tobey was eager to expose new psychiatrists, who work mostly in hospital settings, to an alternative. “I wanted them to talk with someone with mental illness not about their illness, but about farming…or cooking. To work with them. To see them as people.”

Barbara Wilson, a third-year psychiatry resident, speaks excitedly of discovering Spring Lake Ranch’s positive vision of people with illness. “I saw a focus on clients’ strengths – what they are good at – and using those things to help them improve in other areas.” Inspired, she plans to use the Ranch’s ‘half-full’ approach with patients. “Instead of what’s wrong with you, let’s focus on what’s right with you. Say you’re isolating – but while you’re alone, you’re writing poems and drawing. How can we use your wish to communicate through art to make you more social?”

Third-year psychiatry resident Wilder Doucette, noted how social connections are woven into the fabric of life at the Ranch, in stark contrast to his patients’ lives. “The Ranch organizes the day so that people are forced to interact, to even rely on others. This is against the natural inclination of people with significant and chronic mental illness – isolation is what we see.” Wilder left with a plan. “I want to try to build in structured activities for people who naturally shy away from interacting with others.”

For years, Tobey Horn dreamed of this day. “I wanted the psychiatry residents to know there are multiple approaches to treatment,” he says. From all signs, he got his wish.

Remember When?

As we celebrate our 80th Anniversary, it’s fun to dig into our history and uncover interesting photos and stories. Can you guess the location and time period of this photo? (See answer on page 8)
The Rutland Program is a place where folks come to refine new skills after some long hard work in Cuttingsville. It is a place where transformation, growth, and independence begin to take shape. Just as the seasons change, so do our residents and staff. It is with this process in mind that Royce Street took on a project.

A very tiny caterpillar was found in a backyard. It was so small one could barely see the black, yellow, and white stripes that marked its body. Each day, fresh milkweed was supplied and the caterpillar began to grow, becoming stronger and stronger. Residents remarked daily about its change in color and size in such a short time. They researched the process of metamorphosis and the lives of caterpillars that become butterflies. Then one day, the caterpillar was gone, and a sparkly green chrysalis appeared — lined with bling! As one resident kindly pointed out, as his eyes filled with tears, “It’s the most beautiful thing I have ever seen!” Each day for ten days, people stopped by the office where it stayed to stare at its beauty.

Upon returning from lunch one day, we were surprised to discover a beautifully transformed butterfly! We named her Hope. We let her wings dry and when it came time to release her, while most of the residents were busy with activities, the staff gathered around as she climbed onto a finger and seconds later flew away!

We like to think the Inipi program inspires a similar kind of transformation in Rutland Program residents. For residents transitioning from the Cuttingsville program, Inipi reconnects them with the natural world. (“Inipi” is a Lakota Indian word meaning “to live again” and is the name of a traditional Lakota ceremonial practice. Although we’ve used the word Inipi in the project title because of its meaning — because it speaks to a renewal or revival — it should be noted that although participants join in a lodge ceremony as part of the project, program facilitators do not purport to be conducting a traditional Lakota Inipi ceremony.) The Inipi Program combines crafting, storytelling, ceremony, and experiences in nature to create a rite of passage for residents. Residents learn to create objects of beauty and personal meaning from simple and mostly natural materials. They explore the process of mythic journeys and returns, as well as autobiography through improvisational storytelling and creation of a pictographic “story-stick.” They spend time together exploring the local natural world, swimming in waterfall pools and hiking on vista trails, and being in the woods. Together, they build a simple sweat lodge and sweat together, sharing songs, stories, prayers and/or silence. As a program facilitator says: “From the simplicity, earthiness and selflessness of the lodge emerge a sense of ‘empowered humility’ — an experience of being truly free and giving.” Our motto is: ‘one gives to lodge but never takes.’

We have recently expanded Inipi to include an exploration of forest ecology — specifically, the ways that forest structure, composition and process reflect human growth and development — that will form the basis for the creation of interpretive sites in Spring Lake Ranch’s forest. Participants receive a basic introduction in forest ecology rooted in the elements of life (fire, earth, water) and focused on the connecting points between the world of the forest and the world of the human body, mind and spirit. For example, we review aspects of soil development, tree growth, species diversity and successional communities. A central idea we are working with is “growing space” — which is a term for the potential richness and extent of forest growth, dependent on available resources and the relationships between these resources. Humans also have their own “growing space.” However, while in the forest there is a perpetual dynamic of seeking life; humans can lose touch with this energy. We are seeking ways to restore that vital energy. Our first project, conceived by a participating resident, will be to dig a “soil pit” — exposing the layers of soil down to the underlying bedrock, showcasing a sheer face of the pit behind a Plexiglas sheet. Visitors to the site will get a sense of how soil builds up and develops over time into the substrate for supporting a growing forest, all the elements and how they interact — roots, worms, weathering processes, etc. Interpretive materials created for the site — be they poems, sculptures, or textural compare-and-contrast boxes full of clay, sand and silt — will relate these elements back to the substrates of a human life and the differing potentials they offer.

At the end of each session, folks
participate in a sweat lodge. Going into the lodge is analogous to the chrysalis where transformation takes place. We all experience many stages of our lives, some of which we have to go through and over and over again until we find a way to cope or change the way we view or manage them. We all watch and wait, looking at the chrysalis, knowing that dramatic change was occurring on the inside. The transformation of our lives first takes place on the inside too, and as we learn to trust ourselves and others, to be authentic and real, we learn to let it out and free ourselves just as Hope did!

All these transformations come from the many groups the Rutland Program offers. Whether it is Inipi, boxing, drumming, cooking group, or the hearing voices group, all of these help our residents transform their inner selves until an outer transformation is seen.

Lynn Dorsky and Steve Harrington, Rutland Program Case Managers

"Mandatory fun" and other recreational experiences

What makes a life fulfilling? Is it those small moments when we experience joy, feel connected to our fellow human beings, and sense that what we do is meaningful? At Spring Lake Ranch, work and community are central to our lives, but recreation is also a way we experience connection and joyful moments. If life is a Thanksgiving feast, work and community are the turkey and mashed potatoes, and recreation is the gravy. We need all of this to leave the table feeling satisfied. Of course, some might choose to substitute a vegetarian metaphor.

Oddly enough, it is often harder to persuade people to play than to work. I think it is less obvious to people that play matters. For some, it seems as if recreation feels more challenging or threatening. Perhaps in response to that apparent paradox, our former Program Director Peter Grace coined the phrase, “mandatory fun.”

Mandatory fun means that we take an hour or two off from Work Program to try to involve the whole Ranch in an activity. The point is to encourage people to take a risk, to do something they’re not sure they can do, and of course, to have fun. This summer, we had a “New Games” event, a softball game, and a lake day. We held a disc golf tournament and carnival in September.

In addition to mandatory fun, we have a few all-day recreational events. Summer brought the annual all-Ranch Canoe Trip that has been a tradition for almost 20 years. This was followed by the Second Annual July 4th Relay Race. Later in the summer, we took our Annual Trip to Camp Plymouth State Park. Some of us rode mountain bikes from Northern Shrewsbury over the hill to Plymouth, where we swam, boated, played music, ate barbecue, and played volleyball. In September, we took a cruise on Lake Champlain.

There are also after-work and weekend recreational opportunities available more or less daily throughout the year. We try to diversify our offerings so they appeal to people who have different interests: art, music, crafts, sports, theater, fitness, outdoor recreation, intellectual stimulation. Activities ebb and flow in response to the interests of the people here at any given time.

Recreation is useful to people in many of the same ways that work is. It provides challenges, opportunities for taking appropriate risks, opportunities to build self-esteem, build reciprocal relationships, and feel a part of a group. Opportunities to interact with the natural world and creative opportunities abound. There are informal opportunities to practice interpersonal skills and to have meaningful conversations. It also offers an influx of positive feelings and an opportunity to relax. We hope that participation in recreational experiences will plant a seed that will continue to grow after people leave SLR.

Becki Bates, Program Director
Let `em fly!

All right. Where to start this story? There’s a sport known commonly as huckin’, chucking’, tossing, flingin’, flippin’, throwing and whipping discs, or letting `em fly. It is also known as (Frisbee) disc golf, it’s also on our director’s resume, and is a lovely addition to the Ranch. However, that’s not where this story begins. Its origin lies somewhere out on the main lawn, where people – staff and resident alike — come together to create and contemplate new ideas to better ourselves, our time here, and ideally, the Ranch.

It was a particularly warm and sunny spring afternoon. You know the type: not a cloud in the sky and a peaceful stillness in the air. The lawn was freshly mowed and everything seemed like it was bursting with potential. It was a perfect afternoon for tossing some discs around. Mind you, this not being the first time this year the discs had flown, all of the familiar holes were played; from the top-o-the Patton’s hill, the tennis court, behind Matless, the parking lot, and the bridge by the recycling shed…multiple times, multiple ways.

Afterwards, a conversation began that sounded something like: We have over 600 acres of beautiful forest and pasture. Why don’t we set up a real disc golf course? There used to be one around the Ranch, you can still see some of the markers. We could do just as good, if not better, than some of the other courses we have seen. We could ask the Shop to build baskets and the Woods crew to build a course somewhere. It would be awesome.

It was an idea and it started to roll and gather momentum. Mike, who was working in the shop, started to brainstorm with Bruce about building the baskets. Were they to be metal or plastic, permanent or temporary?

How many, and how do we involve the crew? Bruce had no idea what Mike was talking about, but replied something along the lines of, “If you show me what you want, I can build it.”

The next time the discs were going to fly, Chip grabbed a mobile Frisbee golf basket off the front lawn and anyone who wanted to help, to go figure out some holes. We hadn’t gotten the go-ahead yet, of course; we were just playing. And play we did!!! With an ever-energetic Chip running out to place a basket. Then running back to fling his discs. Then running out to move the basket a little to the left. Then running back to try this new placement. Once the first hole was figured out, there was a wonderful rhythm that unfolded in a sort of magical way, similar to many other endeavors at the Ranch. Not to say there were not mental and emotional struggles along the way. “It’s better placed over there!” And – “You’re not wrong, but I am right!”

There the project sat. An idea for a course, thoughts about basket construction, and a desire to take the game off the lawn into the woods. And it sat. That is, until someone half-jokingly approached the new director (Ed had barely moved in) and asked about building a disc golf course. The next thing I heard were reciprocating saws cutting through plastic barrels. The baskets are being made? This is getting serious; we’re going to need a whole crew to construct a course.

With an announcement to sign up for Woods crew -- aka Disc Golf Crew -- the necessary force was assembled. With a Navy truck full of baskets, post hold digger, loppers, pole saw, weed whips, bow saws, lots of hands, and oh yeah, some discs, we descended to the softwood loop in second gear. A hole was dug, sticks were moved, ferns were trimmed back, branches were cut, the baskets were placed, and discs were chucked. Then more branches were removed. More tosses, more branches. A few days later, 18 holes were in place. This sounds easier than it was, in a way.

Then there was the thought that no one but the people who set up the course will know where the holes are. Enter Kevin, who was secretly recruited from Farm crew for his artistic prowess. Kevin took on the challenge of drawing a course map and score card, as well as each of the wooden signs with trees and rocks and all other useful information. He and Mike did a fantastic job on the maps. The signs were routed, painted, stained, and now mark the tee-off areas for each of the holes.

I want to thank everyone who made this project possible and I especially want to thank SLR. We have all said, or at least thought, at some point, that this is a magical place. And it is. The continuous change in the seasons and people that make up this community, allow so many ideas to come to fruition. The safe, comfortable, nurturing qualities of the Ranch give light to ideas that deserve to be heard. I feel lucky and grateful to have been able to watch this seed of an idea grow into what it has — an enjoyable course that’s accessible to newcomers, while offering challenges to veterans. Our enjoyment and the enjoyment of many people to come brings it full circle.

Huck it!

Ryan Punch, House Advisor
Ingredients:
12 ounces fresh mushrooms — sliced
2 cups water (or vegetable stock)
2 cups chopped onions
4 tablespoons butter
3 tablespoons flour
1 cup milk
1-2 teaspoons dried dill
1 tablespoon Hungarian paprika
1 tablespoon Tamari soy sauce
½ cup sour cream
2 teaspoons fresh lemon juice
¼ cup fresh chopped parsley
1 teaspoon salt
fresh ground black pepper to taste

Directions:
• Sauté the onions in 2 Tbs. butter over medium heat, salt lightly.
• After a few minutes, add mushrooms, 1 tsp. dill, ½ cup water (or stock), soy sauce and paprika.
• Cover and simmer for 15 minutes.
• Next, make a white roux in a separate large saucepan. Start by melting the remaining 2 Tbs. butter over medium heat. Whisk in flour until it forms a thick paste. Continue whisking as the roux bubbles and cooks for about 5 minutes. Reduce heat to low, add milk and cook, stirring frequently for about 10 minutes — until thick.
• Stir in mushroom mixture and remaining water (or stock). Adjust the consistency as desired, thinning the soup by adding more stock or milk. Cover and simmer 10-15 minutes.
• Just before serving, stir in salt, pepper, lemon juice, sour cream, and if desired, extra dill. Serve garnished with parsley.
• Enjoy!

Hungarian Mushroom Soup

Food Services Manager Barbara Favreau and her staff keep us healthy, happy, and well-fed every day. According to Assistant Manager Tracy Crelin, the recipe below is the Ranch's all-time favorite soup. It's always a hit when served, especially as the weather gets colder. Give it a try and enjoy! Yield: 4 to 5 servings • 1 hour to prepare

Answer to page 4.

This photo of Ranchers was taken on the lawn in front of the Main House circa 1941. The Shell building was under construction at the time. While our buildings have changed over the years, the essence of our program — one that has brought new beginnings to generations of Ranchers — lives on seventy years later.

Also see our 80th Anniversary article on page 10-11

NEWS Notes

- Twelve educational consultants visited the Ranch in early October as part of the Annual VT Fall Foliage Tour of Schools and Programs.
- The Ranch hosted 20 psychiatry residents from Dartmouth-Hitchcock Medical Center. They participated in work crews, joined us for lunch, and attended a presentation by Ranch and Rutland Program staff and residents.
- Important staff trainings in recent months include Nutrition and Eating Disorders, Working with People Who Self-Harm, Mindfulness-Oriented Treatment for Emerging Adults with Addiction, and Current Trends in Drug Abuse.

STAFF Notes

- The Ranch welcomes Stephanie Kryzwonos (Assistant Resident Coordinator), Peggy Ranney (Housekeeping), Nathan Hewitt and James Schrider (Maintenance).
- The Rutland Program welcomes Kimber McMillion (Case Manager) and Morgan Over (Maintenance Program Supervisor).
- Congratulations to Johnna Bruno, who moves from her position as Head Housekeeper to join our Royce Street Staff and to Laura Heydenrych, who takes over as Head Housekeeper.
- Welcome to our new house advisors — Ben Zimmerman, Anna Gouznova, Nathan Hewitt, Dana Lindsay, Suzanne Pearson, Guilia Hines, Ryan McGinnis.
- We say goodbye to Sarah Greenspan, who most recently served as our Assistant Resident Coordinator.
As the leaves change, the air gets colder, and vegetable production slows, my thoughts turn toward the back half of the calendar, the time when Gardens crew does not actually garden.

This can be a challenge to organize. Becki Bates, Work Program Director, has a sign in her office that reads, “The work will tell you what to do.” In the spring, the work informs us that we should start seeds in the greenhouse. In the summer, the work tells us to plant and harvest. In the fall, the work says to harvest and put the garden to bed. (The work is so bossy!) In the winter… the work falls silent. Is the work telling us to nap? Or do we have to listen more carefully?

There are actually many threads of summer that continue throughout the year. We continue to bake, decorate and present cakes for people’s birthdays and goodbye celebrations. We make a snack every day. We help the kitchen prep food for meals. We make granola to sell at market. We sell our products at the winter farmers market. Then there is work specific to winter. We make food for the holidays, decorate, and help prepare for Thanksgiving and Christmas feasts, the Yule celebration, and New Year’s parties. We sew wall hangings to decorate Ranch buildings, and raffle off quilts we’ve made to raise money for the financial aid fund. We shovel snow, help Woods crew move wood, set up some of the systems for sugaring. In these ways, we stay connected to the rhythms of the season and the community.

But even after we’ve done these projects, there is still the pesky and persistent problem of figuring out what the winter work wants us to do. Gardens crew, like all crews, organizes work for seven to thirteen crew members (residents, staff, and interns) each day. We always need more winter work. Last year we decided to try something new.

Until last year, I’d never woven anything in my life, except maybe a potholder at summer camp many years ago. Weavings looked beautiful, but looms intimidate me — all those moving parts and metal pieces and strings and bars and pedals. How could a weaving, something seemingly natural and lovely, come from something so complicated and technical? Would it be something we could do at Spring Lake Ranch? I took a class at the Vermont Weaving School and invested in some looms. We were also fortunate to receive a beautiful loom donated by Betsy and Harry Welch to the Ranch.

I had taken a weaving class, but felt far from proficient. We were lucky to have a weaving master on hand, Andy Bird. Andy is a maintenance volunteer who became a maintenance and weaving volunteer. Once a week, Andy worked with us, showing us how to set up the looms and weave small rugs and placemats. He helped us problem-solve weaving issues, and generally instructed many of us in the art of the warp and the weft. In addition, we had the help of a weaving intern, Margi, who was also a beginner. She worked with Andy and me to warp the looms. She learned how to weave, and then taught others the skills she’d learned.

And we spent many hours last winter in the sewing room weaving! We wove five wall hangings for the dining room. We wove old t-shirts (clean ones!) into new placemats. We made “mug rugs,” woven coasters for mugs of hot tea or coffee. We made wool squares that we’ll turn into pillows for the houses. We had fun experimenting with materials, colors, and patterns. We also wrestled with the complexities of setting up the looms properly and fixing our mistakes. Some people loved weaving and wanted to do it all the time. Some enjoyed a day or two of it and were willing enough, but it didn’t capture their imagination. Some took one look at the looms and refused to go near them. Then again, some people came in on the weekend and worked on projects. I hope there will be a few of us for whom weaving will be not just a pleasant and beautiful outlet while at Spring Lake Ranch, but an ongoing love we’ll weave into the rest of our lives.

The work is telling us a lot of things that we should do over the winter: bake pies, shovel snow, help with sugaring. This year, it will tell us again that it’s time to weave.
Celebrating SLR’s 80th Anniversary

In 1932, on a pristine expanse of wilderness in the Green Mountains of Vermont, Wayne and Elizabeth Sarcka brought their vision of healing through meaningful work and community to life. The vision was Spring Lake Ranch. Eighty years later, on a sunny October day, members of the Ranch community and board took a tour through Ranch history to celebrate how far Spring Lake Ranch has come from its early days.

“Time Travelers” hiked to seven destinations on the Ranch campus, where they learned about different aspects of Ranch history from various “Ranch Historians,” who were knowledgeable volunteers. The historians kept the history interesting by sharing their own memories of the Ranch, which lead to nostalgic
Celebrating SLR’s 80th Anniversary

conversations about days gone by. Besides sharing stories, guests took part in our time-honored tradition of cidering! The afternoon was rich with mingling and memories. In the true spirit of Spring Lake Ranch community, over 20 Ranch volunteers and supporters came together and worked hard to make the event a reality.

Wayne and Elizabeth’s daughter, Anne, spoke movingly of the Ranch’s early days and the challenges and rewards of making her parents’ dream a reality. She marveled at how far the Ranch has come, and noted how very proud they would be today of what generations of Ranchers have accomplished. Eighty years later, Wayne and Elizabeth’s pioneering vision of a therapeutic community is alive and well.
Golden Gate

The sky below’s so crystal clear
No reason to be disappointed
the wind that filled my sails
like what tomorrow brings
Another day springs forth
of this loving atmosphere
that I get another sunrise
That’s not the life for me
till I go to sleep tonight
Soon be kissing ground
David – Ranch Resident

Executive Director’s Report

Spring Lake Ranch continues
to be a place for growth and transformation. Through a strong program of work, recreation, and community, we provide opportunities for our residents to develop strengths and rebuild lives. Since I arrived in May, I have enjoyed meeting the staff, residents, and supporters of Spring Lake Ranch, and I have enjoyed learning about the workings and culture of this wonderful place. I have been impressed by the dedication and skill with which our residents are supported in their healing. During this time of transition in leadership, the management team, crew leaders, aftercare case managers, and all the staff stepped up to do everything possible to maintain high-quality services and opportunities for those we serve. I am happy to say, as I take the role of director here, that I have been handed a great foundation of tradition and expertise, and a healthy Spring Lake Ranch.

The promotional efforts put forth by Marketing Director, Alice McGarey-Martin, ensured a steady stream of inquiries from across the country, and through the responsive energy of Admissions Director, Rachel Stark, those inquiries were converted to occupied beds. Our census remained high through the year, with an average of 27.3 residents on the Hill, 4.5 residents in the Royce Street transitional home, and almost 50 clients served in the aftercare program. Under the stewardship of Kes Boynton, our finances remained healthy – showing a surplus in our Operating Fund, and increases in both the Endowment and Development Funds. Our Resident Services Director, Lynn Pilcher, and Rutland Program Director, Jane Quigley, helped us grow our knowledge base through professional development opportunities for staff. Their accomplished oversight of resident advisors and case managers directly enhanced our ability to provide the best services and programs for our residents. Human Resources Director, Tom Conry, kept House Advisor positions filled, and stepped up to provide necessary leadership in personnel management throughout the year. The Work Program, the core of our treatment, thrived under the watchful eye of Becki Bates, with the Farm, Shop, Gardens, and Woods crews keeping residents focused, busy, and engaged, and our facilities operating. Steve Sebastian, Development Director, provided ongoing business expertise in many areas of SLR’s operation, while making sure we maintained historic levels of philanthropic income.

Together, the leadership of this team, which also included Board of Trustees President, Dave Mosher, kept the ship that is SLR sailing in the high seas of Tropical Storm Irene, and moving forward through the rough seas of leadership transition.

With gratitude for this capable team, and for all the staff, residents, trustees, and members, I look with excitement to the future. We will launch a year-long strategic planning initiative engaging all stakeholders – staff, board, members, residents, families, and supporters – to set the direction for our growth.

We will continue to design ways to develop our residential farm-based work program, transitional living, and aftercare programming to meet the needs of residents who come to us with the desire to build a life in recovery from disease – whether mental illness, addiction, or both.

Ed Oechslie, Executive Director
Admissions & Outreach

It’s been an amazing year in Admissions and Outreach. The draw for families continues to be our willingness to meet people where they are, and the individual’s willingness to make the commitment to make something of themselves in this world. This is done so very effectively and subtly through our Work Program.

Many of our clients come from an institutional hospital environment or a life of utter isolation. When families hear of the Ranch, its beauty and community, there is an audible sigh of relief. What we do is so very simple. We connect people. We teach people through work, rest and recreation, that no matter what their struggles in life, they too can be a part of this world, that they are capable, meaningful people and that they have something to offer. I often wonder why others don’t jump on the bandwagon. Maybe it’s because it takes patience and trust, it takes flexibility and compassion and most of all, it takes time — rarities in this fast-paced, quick-fix world.

The revamp of our website two years ago has made an incredible difference. Not only is the design more welcoming, but the information is so thorough, that by the time calls get to me, we can talk more about the prospective resident than what we do and what it is like here at the Ranch. We continue to take calls seven days a week and in the evenings, to meet families’ needs. All of us here, staff and residents alike, are passionate about this restorative community. The census remains high, the calls keep coming in, and the wait for a bed has grown to over four weeks. And when they can, families wait. But when they cannot, we freely help them find an appropriate placement with our friends in the American Residential Treatment Association or with other facilities we have come to know and respect over the years.

Rachel Stark, Admissions Director
Alice McGarey-Martin, Outreach Director

Resident Services Report

The foundation of a resident’s experience continues to be, as it has been for generations, the community and the therapeutic experiences found in work, relationships, and the daily tasks of living together. The Resident Services team honors this tradition and supports it by providing residents and the staff who work with them, with resources, training, and structured opportunities that promote recovery. Central to our work is to also be available at those crucial moments in a resident’s stay when recovery falters, as is sure to happen, to work together with families, outside providers, and the SLR team, to help the resident to get back on track.

The majority of staff at SLR has little to no training in mental health or addictive disorders. The benefit of this approach is that staff has an openness and genuine positive regard for residents, not tending to look at their interactions through a lens of diagnoses, labels and lists of problems. The challenge comes when a lack of information could result in less than optimal treatment for a resident. Finding a balance between appropriate and useful staff training and keeping a lay approach and perspective is a delicate dance. Part of our work in Resident Services is to provide education and support to
help advisors navigate and encourage resident recovery. Thanks to Human Resources Director Tom Conry’s efforts, we now provide a beefed-up orientation and training for staff upon their arrival. Additionally, a weekly support meeting of House Advisors provides an opportunity to learn about and gain support for resident goals and progress. Monthly staff in-services aid all of us in better understanding the conditions which residents experience and in discussing possible ways to help residents in our daily interactions with them. We’re not striving to develop a clinical staff, but to have staff who have a good grasp of why residents are here and how we can best support them in meeting their recovery goals. I look forward to giving more thought and attention to this area in the year ahead as we discuss strategic plan possibilities, but for now, I feel we’re doing a good job in supporting our staff to help residents.

The broader context of psychiatric care in the state of Vermont impacted the Ranch during the past year. The lack of psychiatric beds in the state proved to be a challenge when, on occasion, we required a resident or Rutland Program client to be hospitalized. In response to this shortage, our admissions team now discusses up-front with referring hospitals the possible need to have a resident return should hospitalization be indicated. This has worked well in several situations in the past year. We look forward to the day when Vermont has more psychiatric inpatient options.

Another way we’ve been connecting with the broader mental health community is by inviting therapists in the Rutland area to come to the Ranch for lunch, a tour, and a meeting with the Resident Services team. Given that, on average, up to a third of the residents in the Cuttingville program are involved in therapy, we benefit by gaining a better understanding of a clinician’s expertise and interests so we can match residents appropriately.

Residents benefit from the many recovery-oriented groups now offered at the Ranch. Over the past year, we’ve offered a Hearing Voices Group; a Coping Skills Group; a 12-Step group focused on recovery from narcotics, marijuana, alcohol and other substances; self-advocacy and dual diagnosis groups; and a clay group based on Haushka Artistic Therapy. There are also opportunities to attend up to seven AA groups weekly, and we now have a trained recovery coach on staff. There is always more work to be done to support resident recovery from addictive illness, but our supports are much greater than they’ve even been in the past.

Although not specifically a Resident Services initiative, it’s worth noting that resident life shifted significantly with the advent of a new electronics policy in July 2012 that disallowed resident use of cell phones, Smartphones, or any hand-held devices which receive the Internet. While computers and laptops are still allowed, we decided to reduce the number of hours each day when the Internet is available. The overall impact seems positive, as we have observed residents more engaged in programming and with each other, and less absorbed in electronic technology.

The Resident Services team now includes the key role of Assistant Resident Coordinator (ARC). This position is essential to providing assistance to new and struggling residents in the work program; building networks of peer support and recovery; providing continuity of evening coverage; assisting the nurse; providing one-on-one attention to residents needing assistance with life skills; and maintaining resident records, among other things. In FY 2012-2013, we will have two ARC positions, given the valuable support these individuals provide.

The annual report is often a time to mark beginnings and endings. We were thrilled with the return of Anne Wells, RN, in November. Since then, she has overseen important and necessary changes in the med room, including the new MOTS (medication on time system) and MAR (medication administration record) — systems which help ensure accuracy of medications received and administered. Anne plays a unique and central role in supporting residents’ wellness and recovery. We’re also thrilled with the advancement of Tim Carrigan to the position of Assistant Resident Coordinator. Tim brings a wealth of experience and passion for recovery which help residents every day. In October, we sadly bid adieu to Sarah Greenspan in her most recent incarnation at the Ranch as Assistant Resident Coordinator, and thank her for the excellent work she’s done to support staff and residents alike in this position. And finally, we are losing in December, Robin Milner, LMHC, as our Insurance Liaison and HIPAA Privacy Officer. In her two years with us, Robin has created a system for billing insurance companies for services at SLR which has recouped over $350,000 for families. Thank you, Robin, for all your good work for the families and residents at SLR. We’ll miss you!
Work Program Report

People come to the Ranch to rebuild their lives. The Work Program offers opportunities for people to build relationships with each other, practice new skills, experience their own power, and interact with the world around them in meaningful and productive ways.

Our Work Program is divided into four areas: Shop, Gardens, Woods, and Farm. Each area has a slightly different focus and a slightly different approach. Below, I offer a snapshot of each crew, followed by a summary of their accomplishments this year.

Shop Crew:

There’s something inspiring about building something with your own hands. First it’s just an idea in someone’s mind; next, there’s a pile of boards sitting next to a pile of stone. Slowly, a building emerges. It’s beautiful and solid and it offers shelter. People work together collaboratively. Problems come up and are solved, mistakes are made and repaired. People look back at the shed or gazebo, and they think, “I helped build that!”

This year, besides building a shed and gazebo, Shop Crew built beds and desks, repaired trucks and lawn mowers, built disc golf goals, built shelving for the sewing room, made apple cider, and helped with various all-Ranch projects.

Gardens Crew:

If you stand in the new front hall of the Main House, you can look up into a serene birch forest — a mosaic put together by our very own Gardens Crew. If you flash back to last winter, you’ll see groups of people sitting around a table in the Art Room, working from the picture, cutting the colored glass, and gluing it onto an old six-light window. What does it mean to a person to know they’ve helped make something so amazingly beautiful?

Gardens Crew also wove tapestries, worked on sewing projects, made soups, baked cakes and cookies, planted and transplanted and weeded and harvested and planted again, processed food, watered the plants in the Greenhouse, and provided us with nutritious, healthy snacks.

Woods Crew:

If you walk up into Anne’s Woods on a winter day, you’ll see a big group of people standing comfortably in the snow, sawing and splitting and talking to each other. There’s nothing quite like splitting a piece of wood, feeling your maul come down solid and true, and watching the chunks of wood separate along the grain.

Few people have the time and resources to manage the invasive plants moving into our woodlands. As the stewards of some 500 acres of woodland, our crews have removed buckthorn and barberry. They’ve also done timber stand improvement, thinning the sugar bushes and providing over 50 cords of fuel for wood stoves and for our sugaring operation.

Although the weather was not ideal, we still made hundreds of gallons of syrup. When summer came, Woods Crew tended to lawn mowing and landscaping needs and upgraded the walking paths. This fall, we plan to harvest some white pine and sugar maple to replenish the dwindling supplies available for building projects.

Farm Crew:

“OK,” says Paddy. “On three, I want everyone to lift together. Be sure to bend your knees so you don’t hurt your back. Is everybody ready?”

We all lift together, and working as a group, we move the shed 100 feet up the hill. We stop to rest and laugh together, heady with what we’ve already accomplished. We lift it again, turn right and carry it another 100 feet before setting it on its new foundation. High fives all around!

We put up so much hay this year that we ran out of places to put it. The cattle, pigs, sheep, turkeys, and chickens flourished under Farm Crew’s skillful care. Buildings were renovated, fencing was upgraded, compost happened, equipment was cared for, and wool was prepared for the spinnery. People experienced the satisfaction of knowing they were caring for something outside themselves.

Another year at the Ranch. Another year of creativity and growth, challenge and resolution, shared work and community.

Becki Bates, Program Director
From the Business Office

We experienced another very successful financial year at the Ranch. The Operating Fund will gross a surplus of roughly $240,000. We also experienced some general savings in overall compensation expenses despite raising total wages an impressive 5.5 percent, and maintaining our relatively generous health insurance benefit. Meanwhile, our census averaged 1.5 residents above budget, generating even more surplus. So strong was the year that these results include using only 75 percent of the Endowment Fund grant and none of the Development Fund grant.

Following gains in the S&P 500, our Endowment Fund will post a modest improvement of $40,000. The Development Fund managed to accumulate an additional $55,000 for future financial aid. The Capital Fund saw no activity, and we are optimistic that the Plant Fund will enable us to match capitalized projects with the depreciation of our plant.

As many are aware, in the past few years, we have transitioned the Ranch’s “business model” from being expense-oriented to income-oriented. Previously, the budget was balanced by adjusting expenses (usually downward). The unfortunate results were inconsistent services, depressed salaries, and a decaying physical plant. Realizing that we are a “deal”, and that with proper marketing, can have folks lined up at the door, we are now charging fees that finally reflect how good we are and what things really cost. A new era indeed.

Kes Boynton, Business Office Manager
Jill Loeber, Business Office Assistant

From the Physical Plant

The year started slowly, as Vermont was recovering from Irene. Fortunately, we experienced very little damage and even less disruption. It has been a time for window replacement in Godly, the Cottage, and 26 Washington Street and a new furnace in Sarcka. The director’s house got a significant facelift in preparation for the arrival of Ed, Marcie and Echo. Another major project (and headache) was the installation of a new septic pumping station behind the Main House.

Lockable lockers are now available in the mail room for Residents, while Elliot boasts actual room closets instead of portable wardrobes.

The Work Program enjoyed some pricy tractor improvements, new table looms, some gym equipment, and a very new table saw (that can’t cut anything organic!). The chicken coop has been refurbished and a beautiful gazebo adorns the front lawn.

Meanwhile, we put an addition on the Main House entry, which includes a new office on one side and a med room expansion on the other. Designed in-house and general contracted by John Freeman, our Physical Plant Director, much of the work was completed by our own, very talented staff.

The rest of the year was spent doing thousands of maintenance tasks including the relentless cleaning of the facility. The results are obvious: Things are working better and looking more attractive all the time. Kudos to John, Steve, James, Nate, Justin, Chris, Johnna, Laura, and Peggy.

Kes Boynton, Business Office Manager
Development Report

Spring Lake Ranch found itself in transition as we marked our 80th anniversary. After a thoughtful executive search, we welcomed Ed Oechslie as our new executive director in May. Ed has a lot to offer Spring Lake Ranch, including his successful experiences with fundraising. Ed’s energy and vision for SLR will be invaluable as we continue to expand our Development program.

Although our annual appeal donations were off from last year’s record-setting level, the generosity of our donors enabled our fall and spring appeals to generate a total of $178,723. This is in line with our historical rate over the past several years. In addition, we are honored to welcome 51 new donors to our community. Furthermore, we are grateful to our strong base of repeat donors, many of whom have faithfully supported our mission year after year. I am pleased to report that we were able to give financial aid to 21 families. This is up from the 17 families we were able to help last year.

Development and Communications Assistant Kathleen Barros joined the team in January and she made an immediate contribution. With Kathleen’s help, we have been cleaning up and enhancing our database and improving our development process. As we gear up for the upcoming fiscal year, these enhancements should help us become more efficient and effective in our fundraising efforts.

With Ed now on board, we are preparing for a series of events, starting this fall, to introduce him to the community. As part of an exciting new initiative for SLR, we will also host events for new donors who, although unaffiliated with SLR, are sympathetic to our mission. We believe that these prospects and their networks have the potential to significantly expand our donor base in the future.

We need to continue our tradition of offering an affordable treatment program to those in need.

Our Development program will play an increasingly important role in allowing us to maintain our status as a premier program within the reach of our families. Our challenge is to take our fundraising efforts to the next level so we can provide financial aid to more families in need and to also directly supplement SLR’s operations.

Our 80th year marks the next exciting chapter in SLR’s illustrious history of restoring lives and giving a renewed sense of hope to our residents and their families.

Steve Sebastian,
Development Director

Rewritten

love
doesn’t make it into many books
it isn’t sexy
It is the joy of seeing a loved one get well.

Certain stories you just stop reading. They aren’t hopeful
They aren’t hopeful
There is no possibility of a happy ending
And so you leave the room

I see the wrinkles flee your form as you smile, relieved.
I realize that I am living to see a day I never believed in.
I am alive and you are also alive
And the plot and the purpose are being revealed.
Even if no one gives the book another try,
it is wrapped up and obscured by time
We lived in it together
and found something strong

It might not seem heroic but it is a part of our paths
Simple and beautiful

Hope can bloom into fact
Every book has a meaning in the end
And there are always heroes
Even if the world never knows their names

Sarah – Rutland Program Resident
Thank You To Our 2011-2012 Donors - We Appreciate All Your Support

$1,000 +
Anonymous (3)
Joan Aleshire
Jim & Anita Alic
Christine Aquino
Ellen Ivey Bates
Charles Bergman
Jane N. Burditt
Anna Taylor Caleb
Hampton and Meredith Carson Trust
Naheed & Mustafa Chowdhury
Julian & Lorne Clark
Jamie Tilghman Deming
Pete & Lory Doolittle
Judith Elkin & Eugene Fleishman
Lawrence Gentile, III
Robert & Joan Geyer
Fred & Mary Godley
Walter F. Harrison, III
Becky & Paul Hilstad
Mr. & Mrs. Richard Hopkins
David F. Jasper
Carol Kaminsky
Virginia W. Kettering Fund
Cheryl Le Clair & Edward Newman
The Lila A. Lilly Foundation
Steven Maas
Mrs. William Manierre
Denise McGinley & Ramsey Yoder
Betty & Jim McManus
Jane & Robert Morse
Stephen & Kathleen Murphy
Andrew & Lynn Nicoletta
Mrs. William Oppenheim
Louis & Suzanne Pemberton
Alissa Johannsen Rubin
Robert & Lynne Schwartz
Robert Sebastian
Wendy & Stephen Shalen
John C. Stewart II
Carl Thompson
Tobin Family Foundation
Harry & Betsy Welch
Michael & Phyllis Wells
Rebecca Wilson

Aviva Spring Foundation
John & Linda Berryhill
Alan Crandell M.D. & Rita Shirley
Dominion Diagnostics
Eric Erb
Mr. & Mrs. Peter Field
Diana & Philip Y. Fisher
Mrs. John Fitzpatrick
Mr. & Mrs. Powell Fraser
Frederick & Kathleen A. Godley
Ann Hartenstein & Robert Cox
Ann E Howard/JC & MJ
Howard Foundation
Dr. Julie Ingelfinger
Dan & Shelley Jerman
Ann & Stan Ledakowich
Marie & John Mc Bennett
Sanders & Muffie Milens
Adrienne & Robert Miller
Becky Moore
David & Georgia Mosher
Roger & Juliana Pilon
Stephen & Nancy Sebastian
Anne & Pete Sheret
Tony Siesfeld
Robert & Judith Spires
Susan Venerable
Lawrence Winship & Ellen Donkin
James & Robyn Worthington

$100+
Anonymous (11)
Mrs. Stirling G. Adams
Mr. Guillaume Aertsen
Barbara & Tom Aicher
Dr. Christopher Arrillaga, PsyD
Meghan Banach
Ms. Esther B. Bates
Mrs. Mary Ellen Beall
Elizabeth & Kimball Beasley
Brett Berliner & Sharon Stowers
Jeffrey & Julie Bigler
Barbara Bird
Rebecca Boucher
William Boynton
Ralph & Linda Butler
Carpet King
Mr. & Mrs. Paul Casey
Peri Chickering & Andrew Shier
Deb Colgan
Tom Conry
Harley & Dana Cudney
Rose P. Cutler
Victoria Eames Dodge
J. Allen & Gail Dougherty
Charles & Eileen Eastham
Miles & Millie Elmore
Maria & Frank Fagundes
Mark Fleckenstein
Kathy & Todd Ford
Debra & David Gardner
Suzanne Wind Gaskell
Suzanne Gillman
Marty & Fritz Grasberger

$500+
Anonymous (2)

Dr. Paul Lombroso
Albon Man
Patrick McKee & Phyllis Mazurski
Eileen McKendry
Dr. Marilyn Palade
Mr & Mrs David Parshall
Lisa & Zoe Perry-Wood
Alison & Arnie Richman
David Silber
Kathleen Sullivan
Phyllis Tarbell
Mr. Wallace Thompson
Wilcox Pharmacy
Francis Wyatt

$250+
Anonymous (1)

Mr. & Mrs. Sidney Clifford, Jr
Mr. & Mrs. Thomas Cochran
Theresa & Matthew DeSalvo
Miles Dinner
Anne Ellsworth
Dr. Jeanne Esposito, PHD
Aili & Austin Flint
Scott Garren & Heather Shay
Stephanie & Manny Gordon
Morris & Sandra Gregory
Brooks & Bev Jackson
Ralph Kaminsky
Kinney, Pike, Bell & Connor
Martin Klein

$100+
Anonymous (11)
Mrs. Stirling G. Adams
Mr. Guillaume Aertsen
Barbara & Tom Aicher
Dr. Christopher Arrillaga, PsyD
Meghan Banach
Ms. Esther B. Bates
Mrs. Mary Ellen Beall
Elizabeth & Kimball Beasley
Brett Berliner & Sharon Stowers
Jeffrey & Julie Bigler
Barbara Bird
Rebecca Boucher
William Boynton
Ralph & Linda Butler
Carpet King
Mr. & Mrs. Paul Casey
Peri Chickering & Andrew Shier
Deb Colgan
Tom Conry
Harley & Dana Cudney
Rose P. Cutler
Victoria Eames Dodge
J. Allen & Gail Dougherty
Charles & Eileen Eastham
Miles & Millie Elmore
Maria & Frank Fagundes
Mark Fleckenstein
Kathy & Todd Ford
Debra & David Gardner
Suzanne Wind Gaskell
Suzanne Gillman
Marty & Fritz Grasberger

$500+
Anonymous (2)
Maurice Green
Carole Greenberg
Edward Greene
Robert and Cindy Gunther
Ian & Caryn Harris
Tracy & Katherine Henderson
James & Kathy Hennessey
George & Nannette Herrick
Whitney Houghton
William & Julie Hoyt
Mrs. Mariot Huessy
Tom & Rose Hunter
Warner & Susan Jarnagin
Alex & Nora Jinishian
Lee Joseph
Rachel Kaminsky
David Kenyon
Wendy Kesselman
Mrs. Frances Koontz
Ken & Jan Krantz
Elaine & Henrik Krogius
Patricia & Kevin Kuntz
Linnea & Harlan Lachman
Gerald & Janice Lepisko
Howard & Donna LeVine
Alan Levy, D.C.
Cesare & Risha Lombroso
Mrs. Judith Lynch
Lisa Maneval & Jonathan Woods
Lynn McDermott
Martha & Philip McDowell
Hunter McGinty
Elizabeth Mills
Mr. & Mrs. Theodore Mills
Dr. David Mirsky
Muriel Neufeld
Jennifer O'Keefe
David Oppenheim
Joyce Reilly
Jonathan Resnik
Michael Rodriguez
Betsy & Mark Rose
Elaine Rosenfeld
Kathy Moses Salem
Michael I. Salem
Anne Sarcka
Sydney & Lesly Schachne
Lynn & Paul Schafer
Ms. Anne Schenck

Harvey & Happy Scherer
Whitney & Susan Scott
Richard & Ilene Sears
John F. Sears
Dr. & Mrs. Ruben Sebastian
Mr. Dana Bingham Severson
Kurt Shaffert
Dr. & Mrs. Irwin Sollinger
Dr. Wesley Sowers & Sara Homel
Lee Spaulding
Jacqui Starkey
Tom & Diane Story
Richard & Pauline Strahman
Douglas Clark Sunderland
Dr. Arthur Tennyson
The Sprinkler Connection
Anna Tosti
Oshon & Lucy Ukponmwan
Stefanie B. Valar
Kimberly Van Orden
Mr. Henry K. Vandermark
Sue & Gene Venable
Nan Hunter Vincent
Geoff & Anne Wells
Theresa & Edward Woodland
Arthur & Marilyn Wunner
Tom & Nanci Zimmerman

Mr. & Mrs. Herman Eckrich
Mrs. Elizabeth H. Edgerly
Sally Quale Ellis
Henry & Lynn Fisher
William & Phoebe Foster
Kathleen Kabis Fraley
John Freeman
Jane Gilberti
Doris & John Gomoljak
Sarah R Harris
Mary Louise Hartenstein
Sarah Hurley
Jessamine Hyatt
Jean G. Ioele
Samuel Ioele
Norman & Faith Jackson
John & Lucy Jinishian
Rebecca L. Johnstone
Frank & Mary Ellen Kane
William Kellar
Milagros Lecuona
Lisa Elliot & Thomas Leitch
Michael & Sandra Levine
Elwin & Murdale Leysath
Dr. James & Sarita List
Rosemary & Scott Macdonald
William Man
Gary Margolis
Mr. & Mrs. J Paul Martin
Hon Francis & Rita McCaffrey
Paddy Martin &
Alice McGarey-Martin
Mr. Graham Parker
Bev Peterson
Debby Popkin & Dan Wilens
Dr. Joe Rainville
Tom Sebastian
Carol Kabis Sheets
Richard H. Sheldon
Doug & Catherine Stephens
Janet Stocker
Nathanial & Sharon Stout
Ellen & Mitchell Teres
Mr. Stewart Thorne
Joseph & Marian Valenta
Thomas & Dorothy Walsh
Patrick & Alison Walsh
David & Cynthia Wood
Dr. & Mrs. Robert B. Zurie

Up to $99
Anonymous (8)
Gilbert & Phyllis Aliber
Leland Alper
Diane Arvonio
Becki Bates
Richard Bernard
Andrew Birge
John Bolton
Camilla & Michael Bowater
Glenn & Rose Boynton
Ken Branstetter
Susan Brown
Susan Collinson
Sarah Crary
Rick & Laura Davis
Dr. & Mrs. Stanley Dienst
James J & Cathy Dixon
Stephen & Patricia Dowling
Jane Dubbe
Robert & Terry Dyer

19
Spring Lake Ranch is a non-profit, therapeutic work community in the Green Mountains of Vermont, an alternative treatment center for people with mental and emotional illness.

Telephone: 802-492-3322 • E-mail:springlakeranch@springlakeranch.org • www.springlakeranch.org

Executive Director: Ed Oechslie • Consulting Psychiatrist: Jennifer FauntLeRoy
Newsletter Editors: Steve Sebastian, Alice McGarey-Martin & Kathleen Barros • Special Thanks to Constance Skedgell, writer and editor
Photo Credits: Becki, Brian, Bruce, Cole, Heidi, Jen, Julia, Kathleen, Lisa, Mikaela, Sandy & Steve