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# *The C&M Report*

## *Introduction to Roots Program*

This is the Roots program from the Kelberman Center. We do a lot of volunteer work but we also find time to do something fun.

Our volunteer work includes agricultural work, maintaining the horse equipment, preparation for special events and assisting in the production of the honey and maple syrup. We also collect the eggs if necessary. We also help out with the cleaning. But our favorite tasks is help make various items such as candles, honey and maple syrup.

Not only do we help at the farm, but we also give back to the community with various projects such as making cards and this newsletter you are reading right now. After we are done with our volunteer work we reward ourselves with a fun activity.

## *“An Apple a Day Keeps Doc at Bay!”*

This is Doc. He is a gray quarter horse and has black skin and a white coat. He is 15 hands tall. Doc is between 15 to 16 years old. Doc has lived at The Root Farm for 3 years. He eats hay or grain all year. In the summer months, he eats grass. His treats are apples, carrots, or peppermints.

Doc tends to be accident prone. He had stitches 3 or 4 times. Doc has Lyme Disease. He had a sore neck and a tooth injury.



Doc is friendly and likes to be around people. He is always in the first stall in the stable because he likes to greet everyone as they come in. Doc’s best friend is Kruzer. Doc stands very still like a statue. He looks good in pictures and videos. He likes being outside in the pasture all by himself.

Doc loves to make horseshoe paintings with Alexis. These paintings can be purchased at The Root Farm. Doc likes to help with training programs for volunteers. He does a lot of groundwork programs with riders. He has really nice ground manners. Come to The Root Farm to say hi to Doc!

**\*\*Thank you Alexis for your interview!\*\***



# What's the Buzz About the Honey?



We've been busy bees helping out with the production of the honey at The Root Farm. The honey season lasts from May to October. Depending on when the honey is produced the color will vary. If it's early in the season, the honey will be lighter. If it's done later in the season, it will be darker.

These are the following steps to producing the honey here at the Root Farm. The first step to making the honey is to remove the wax caps and the frames from the hives. The wax and combs are then put into the extractor. The extractor is then spun and extracts the honey from the frames. The honey is then filtered through a strainer. After it's poured into buckets for storage until it's used for filling bottles. The honey gets poured into bottles carefully as it will make a mess if not done carefully.

The bottles are then labeled and ready to be sold.

There are many uses of honey besides eating it. It can be used as an antiseptic for injuries. It can be used to heal wounds by anti-inflammatory medicine. It also can be used as an allergen medicine.

I'd like to thank Kevin for having the opportunity to do this interview and to provide insightful information to the article.



## Buzz-riffic and Honey-larious Puns

*Have a bee-utiful day.*

*We've been busy bees.*

*Honey I'm home.*

*I'll bee back.*

*Find out what the buzz is all about.*

*Bee positive.*

*Let it bee.*

*Bee-lieve in yourself.*

*Don't worry, bee happy.*



# CROSSWORD *puzzle*

Can you find all of the hidden words?

G B E B L X F I W S F C G P R  
U H K S S I N X M F C S W Z B  
F E W G U F S S T Y E N O H Y  
B O A U T O S A L E R W R I U  
D O R H N E H S B A Z E C F R  
Z K Y E N C N N G Q L L E R V  
U M Y D G V V W E X S D R A K  
E D N U P A R S L E Y W A P J  
U I H A H J N R R Y R Q C P L  
K D O C B F A O B E F G S L F  
I F S X V Z T A U L Q X T E Z  
W W Y Y Y S J U F V M P O W A  
S Q P N M Q U J V H D Y O P W  
D Z R L E P Q C S V Q I R S D  
H Y H I F A U S L F X P I E E

APPLE  
BASIL  
BEES  
DOC

GREENHOUSE  
HONEY  
KINDESS  
OREGANO

PARSLEY  
ROOTS  
SCARECROW  
THYME