

Introduction

<https://youtu.be/YeyZTBuDBzI>

Richard Brzozowski: Hi. My name is Richard Brzozowski and I work for the University of Maine Cooperative Extension. I'm also the project director for Maine AgrAbility. And, today we're on Chapter 3 Farm in Newburgh Maine and its owned and operated by Stephen Gilson and Liz DePoy, and they're going to tell a little bit about their farm.

Stephen Gilson: Well, um, we have- right now- have seven horses, and we never began, by believing that we were going to have that many horses and actually the establishment of our farm – moving from not-farm to farm, has been an evolutionary process over the last 20-25 years that we had this property we always had this – cow – it was a dairy barn at one point in time- and what we've done is, as we have changed and adapted and modified what we do – we've changed and modified this farm.

Liz DePoy: So, Chapter 3 farm is a reference to the 3rd chapter of life, which is a sociological term, and basically speaks about being active as one ages. So it's not only for us, but for the horses, because we're in Chapter 3, and so are they. And so, uh, for us, horses have been a passion for many, many years. And we boarded them somewhere else, and one year Steven decided that he would get me two rescues – which was the best thing in my entire life, and we brought the rescues home, and that's how we started with the horsey business here. And then we finally brought home our horses and we have a couple of people in our lives who, we refer to as our heroes. Who, we provide ideas for what we need, and how we need it, and we get some help from them. But we essentially try and do most of the work ourselves here. And we'll show you how, um, we've been able to adapt and provide – just basic, every day off the shelf tools for ourselves to be able to meet our changing body needs. (Music)