American Heritage Girls

Stars and Stripes Project Description

Stars and Stripes Candidate: Savannah Cantor

Stars and Stripes Mentor: Denise White

Stars and Stripes Project Advisor: Susan Stripeik

Troop TX 6201

April 18, 2020

Table of Contents

Introduction

For my project, I will be partnering with Hearts Therapeutic Riding Program (herein referred to as Hearts) to construct an accessibility ramp and platform which will allow disabled veterans, special needs individuals, and those recovering from trauma to participate in equine therapy with the horses. By constructing an accessibility ramp and platform for Hearts, they will be able to safely provide their equine therapy services to more individuals. With my project, Hearts will be able to provide their services to those wheelchair-bound and limited mobility individuals.

Equine Rehabilitation Central Texas is a 501(3)c non-profit organization that was formed in June of 2012 to rehabilitate neglected horses. As Equine Rehabilitation Central Texas grew, it then became Hearts. Their services expanded to provide rehabilitation of special needs children and adults, disabled veterans, and individuals recovering from trauma. Hearts provides therapeutic sessions and riding lessons weekly with the effort of several PATH certified instructors and volunteers. Also, they host veteran-specific events with Veterans' Night Out as well as events associated with The Wounded Warrior Project.

Hearts currently services over 100 clients. With the addition of an accessibility ramp and platform, this would open the ability to serve clients who are wheelchair-bound and clients who cannot bear weight. Over the intended 20-year period, it is anticipated that over several thousand special needs individuals and disabled veterans will be impacted. The founder, Lisa Rivers, is the Executive Director of Hearts and is my benefiting organization representative.

The maintenance of my project will be carried out by the volunteers and workers of Hearts. There will be minimal upkeep needed.

I chose to pursue this project because I want to honor veterans and the sacrifices they make for my freedoms and this country. I believe veterans are deserving of more than just an occasional thank you. As soldiers, they have seen indescribable things, things that we as civilians can not even begin to understand. These things take their toll and have everlasting side effects on people who have served. Whether it affects the veteran mentally, such as mental disabilities brought on by head injuries, PTSD, or bodily disabilities, all veterans are permanently affected by their service. I want to give back to these veterans. A substantial way to do that is through aiding programs that provide relief for these veterans and their families. Equine therapy is showing to be a promising relief for mentally and physically disabled veterans. Through the construction of this accessibility ramp and platform, I hope to make Heart's equine therapy services more safely and easily accessible to these veterans and their families.


PATH
INTERNATIONAL
Professional Association of Therapeutic Horsemanship International
Equine Services for Heroes
THANK YOU
PATH
PROFESSIONAL ASSOCIATION OF THERAPEUTIC HORSEMANSHIP
FOR FUNDING FOR
HEARTS
THERAPEUTIC RIDING TO SERVE VETERANS
HEARTS
Therapeutic Riding

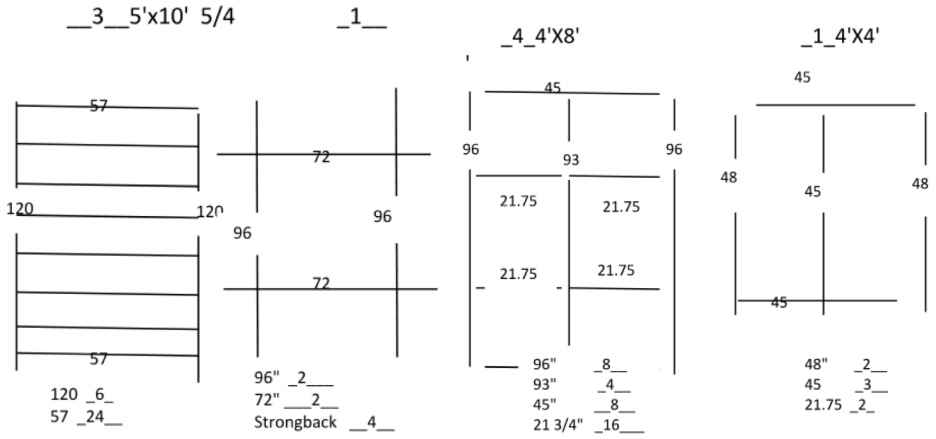
Project Implementation Details

Project Tasks:

The workdays for my project will be completed over a two day workday period. Overall project completion will take place over a four day period.

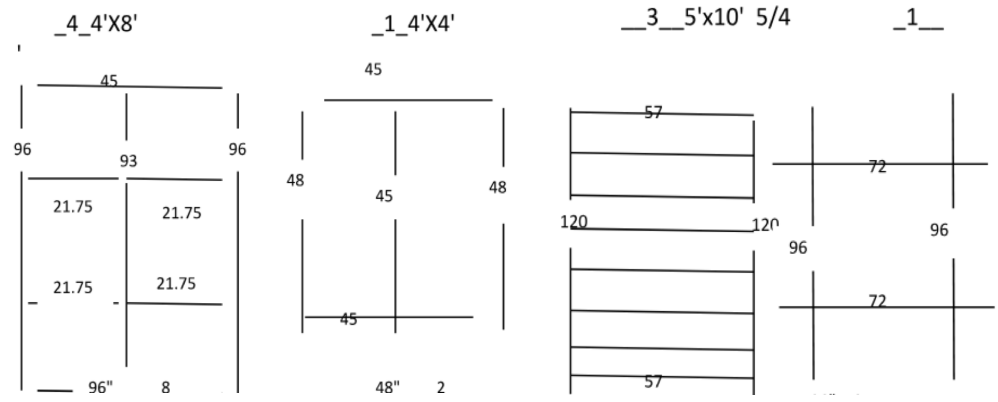
Cutting Wood for Modules

Volunteers will measure and cut wood to schematics specifications at the module build location. A miter saw will be used and manned by one trained youth volunteer over 14 years of age. Youth volunteers will be assisted by my construction specialist and observed by my health and safety lead adults.



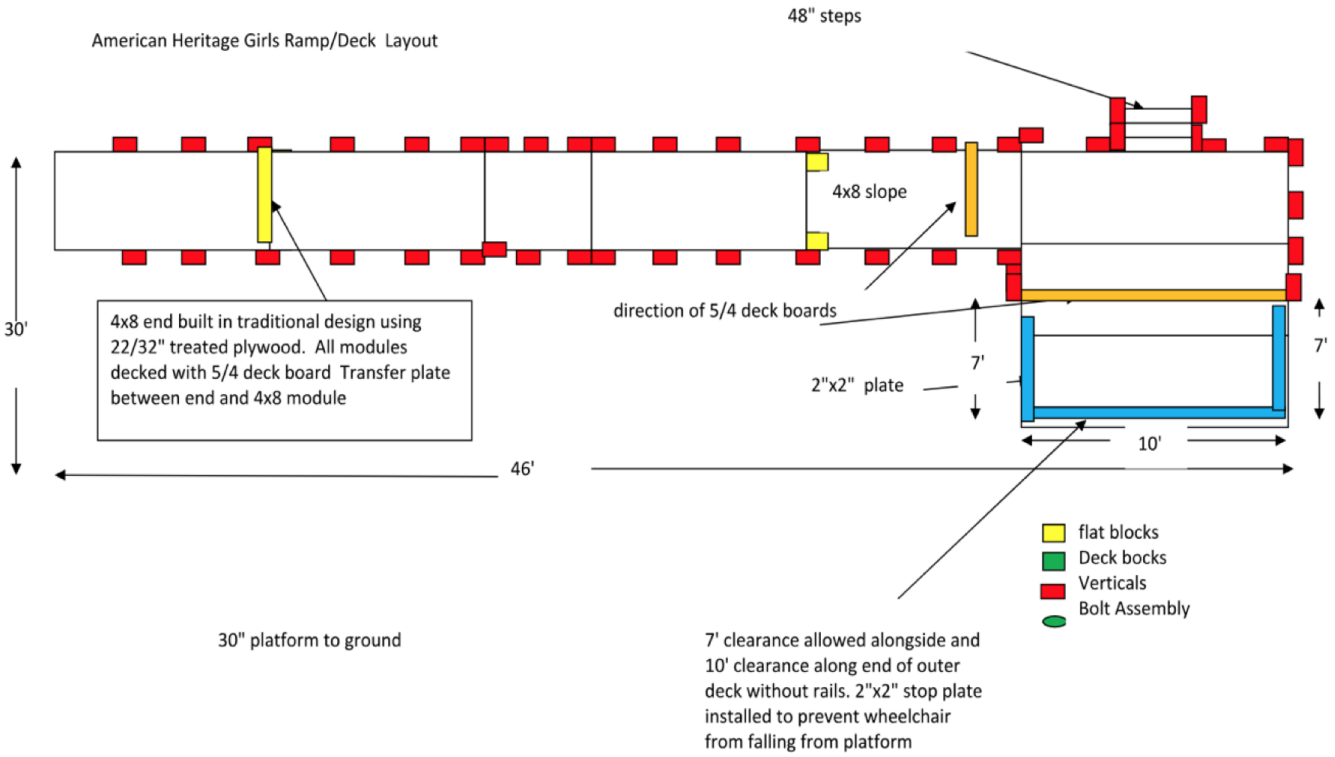
Individual Module Assembly

Once all the wood has been cut, volunteers will assemble all the individual modules. Once assembly has been completed, modules will be loaded into trailers where they will be transported to Hearts. Once arriving at Hearts, volunteers will take modules off of the trailers and stack them to be assembled on Day III.



Ramp and Platform Assembly

At Hearts, the platform modules will be assembled to create the complete platform. Once the platform has been assembled, remaining modules will be used to assemble the ramp. Handrails, kick plates, and verticals will be attached to the completed ramp and platform. Stairs will then be cut, constructed, and attached to the platform.



Volunteer Needs and Time Estimates

I will have one training day and three workdays for the completion of my project. I am estimating I will need 4 adult volunteers each day and 8-10 youth volunteers. I am expecting to utilize about 187 volunteer hours, of which, will be 17 youth supervisory hours.

Recruitment Plan

I will publicize my project through social media, with a social media safe flyer, email and phone calls. My volunteers will come from my troop along with the other members of different local troops. As a backup plan, I will first go to my BLAST participants, then Travis Manion Foundation as well as my home schooling youth group. Hearts also has veteran volunteers and staff that will offer assistance. I will utilize Signupgenius and I will call to confirm volunteer sign ups daily.

Day I: Training

Day will include a Pre-Meeting training session for my youth volunteers. This meeting will be supervised by adult volunteers to maintain two deep leadership standards and will include a health and safety lead with a First Aid kit. The training session will be led by my construction specialist and myself. This will be scheduled to be a two hour training session.

Before training day and each work day, I will call volunteers to confirm attendance from the Signupgenius.

A saw area will be cordoned off each day to keep youth under the age of 14 and without AHG Home Care and Repair badge from possible injury.

Location: Off site module build location
Exact time: 10:00-12:00
Time: 2 hours

Estimated Time and Volunteer Needs

Youth Volunteers-10
Adult Volunteers-6

Estimated Volunteer hours: 34
Estimated Youth Supervisory hours: 2

Training Session Briefing Will Include:

- General overview of project and project plan.
- General introduction of what tasks the youth will be in charge of.
- The Construction Specialist will explain the safety precautions needed when working with power tools and how to use the following:

Miter Saw
Reciprocating saw
Circular saw
Impact drivers
Standard driver
Drill
Hand sanders (powered)
Caulk gun
C clamps
Levels
Hammer
Sand paper

- Youth volunteers will be given training, and then the opportunity to get familiar of the usage the power tools which will be used on site under supervision from my leadership and my construction specialist
- Volunteers will bring their own lunch
- 3 Youth Team Leaders will be assigned
- Shifts of volunteers will be assigned based on the sign up genius sent previously

Items needed for Day I:

- First Aid kit
- Coolers with water and ice
- Cooler with Gatorade and ice
- Cooler with lemonade and ice
- Cooler with snacks/lunch
- Table for coolers
- Popup tents (2)
- Camp chairs (5)
- Caution ribbon/tape/stakes
- Scrap wood
- Saw horses (2 pair)
- Screws
- Timberlocks
- Marking pencils (6)
- Measuring tapes (6)
- Drill (2)
- Levels (3)
- Miter Saw (1)
- Reciprocating saw (2)
- Impact drivers (6)
- Standard driver (6)
- Powered hand sanders (2)

Day II: Cutting Wood for Modules and Individual Module Assembly

Before training day and each work day, I will call volunteers to confirm attendance from the Signupgenius.

Volunteers will measure and cut wood to schematics specifications at the module build location. Miter saw will be used and manned by one trained youth volunteer over 14 years of age. Workday and tasks will be supervised by myself with help from adult volunteers. Adults to comply with two deep leadership will be present, they will include a health and safety lead with a First Aid kit. Youth and adult volunteers will be observed and assisted by myself and my construction specialist. Breaks to prevent dehydration will be scheduled.

A saw area will be cordoned off each day to keep youth under the age of 14 without AHG Home Care and Repair badge and project specific training from possible injury.

Location: Off site module build location
Exact time: 8:30-2:30
Time: 6 hours and 30 minutes

Estimated Time and Volunteer Needs

Volunteers
Youth – 6
Adult – 3

Time
Estimated Supervisory hours: 45 hours
Estimated Youth Supervisory hours: 6 hours

Work Day II Will Include:

- Cutting the wood for modules
- Cutting wood for platform/ramp verticals
- Cutting wood frame support footings, stairs, and deck boards for ramp
- Assembling all modules individually
- Assembled modules, platform/ramp verticals, wood for frame support footings, and wood for stairs will be loaded on trailers and be transported to Hearts
- Modules will be stacked at Hearts

8:30 (Team Leaders come 30 minutes early- 8:00)	9:00-11:00	10:00-11:00	12:00	1:00 – 2:00	1:00 – 2:00	2:00-2:30
General arrival	Begin cutting	Assembly of modules	Lunch	Finish cutting	Finish assembly of modules	Clean up at module build location
Role call and job assignments	Cut wood for all modules		General break	Finish cutting for modules, verticals, kick plate, strong-backs /outriggers	Transport to Hearts	Put tools away and equipment

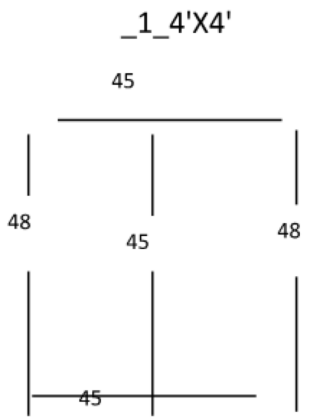
Items Needed For Day II:

- First Aid kit
- Coolers with water and ice
- Cooler with Gatorade and ice
- Cooler with lemonade and ice
- Cooler with snacks/lunch
- Table for coolers
- Popup tents (2)
- Camp chairs (5)
- Caution ribbon/tape/stakes
- Saw horses (2 pair)
- Screws
- Marking pencils
- Measuring tapes
- Drill (2)
- Circular saw
- Miter saw
- Reciprocating saw
- Impact drivers
- Standard driver
- Screw driver
- Lumber per material list

Module Cuts:

Volunteers will measure and cut wood to schematics specifications at the module build location. A miter saw will be used and will be manned by one trained youth volunteer over 14 years of age. Workday and tasks will be supervised by myself, adult volunteers will maintain two deep leadership standards and will include a health and safety lead with a First Aid kit. Youth volunteers will also be assisted by my construction specialist and health and safety lead adult.

Modules of 4x4 (Landing)



(Figure A)

Amount of 4x4 Modules: 1

Wood Type: 2x6 - 8ft treated lumber (R01 on materials sheet)

Wood Amount Needed Per Module: 3 - 2x6 - 8ft treated lumber

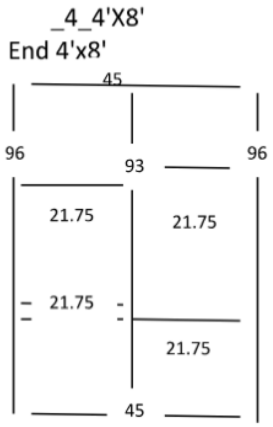
One Module Consists of the Following Lengths from 8ft Lumber:

2 – 48”

3 – 45”

2 – 21 3/4”

Modules of 4x8 (Ramp)



(Figure B)

Amount of 4x8 Modules: 4

Wood Type: 2x6 - 8ft treated lumber (R01 on materials sheet)

Wood Amount Needed Per Module: 5 - 2x6 - 8ft treated lumber

One Module Consists of the Following Lengths from 8ft Lumber:

2 – 96”

1 – 93”

2 – 45”

4 – 21 3/4”

Wood Amount for All Four Modules: 20 - 2x6 - 8ft treated lumber

All Four Modules Need of the Following Lengths from 8ft Lumber:

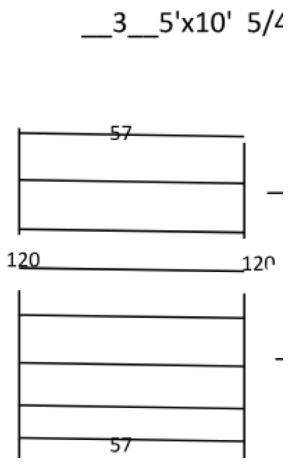
8 – 96”

4 – 93”

8 – 45”

16 – 21 3/4”

Modules of 5x10 5/4 (Platform)



(Figure C)

Amount of 5x10 5/4 Modules: 3

Wood Type: 5/4x6 - 10ft treated lumber (R07 on materials sheet)

Wood Amount Needed Per Module: 6 - 5/4x6 - 10ft treated lumber

One Module Consists of the Following Lengths from 10ft Lumber:

2 – 120”

8 – 57”

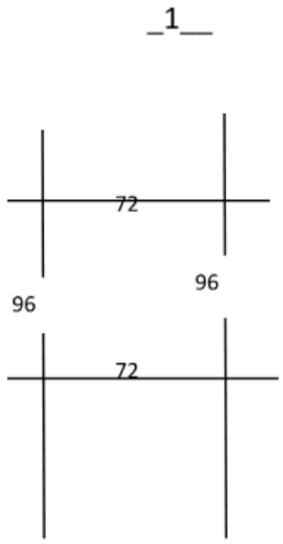
Wood Amount For All Three Modules: 18 - 5/4x6 - 10ft treated lumber

All Three Modules Need of the Following Lengths from 10ft Lumber:

120” – 6

57” – 24

End Piece Module



(Figure D)

Amount of 2x6 - 8ft: 4

Wood Type: 2x6 - 8ft treated lumber (R01 on materials sheet)

Wood Amount Needed Per Module: 4 - 2x6 - 8ft treated lumber

One Module Consists of the Following Lengths from 8ft Lumber::

2 – 96”

2 – 72”

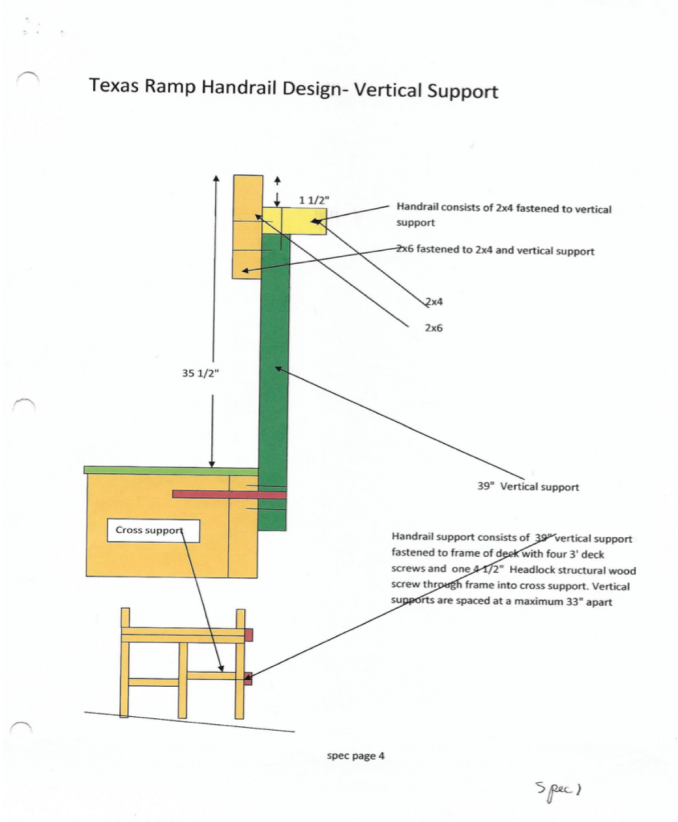
Strong Back/Outrigger – 4

Length for Strong Back/Outrigger: 19”

Angle Cut for Strong Back/Outrigger: 40 degrees

Vertical Supports for Ramp

Volunteers will measure and cut wood to schematics specifications at the module build location. A miter saw will be used and will be manned by one trained youth volunteer over 14 years of age. Workday and tasks will be supervised by myself, adult volunteers will maintain two deep leadership standards and will include a health and safety lead with a First Aid kit. Volunteers will be led by myself with assistance by my construction specialist and health and safety lead adult.



(Figure E)

Amount of Verticals Needed: 32

Wood Type: 2x4 - 10ft treated timber (R08 on materials sheet)

Wood Amount Needed: 11 - 2x4 - 10ft treated timber

Vertical Cut: 40”

Top Vertical Angle: 6-degree cut (Always parallel with the angle of the ramp)

Bottom Vertical Angle: 180 degrees (flat)

Verticals Supports for Platform

(Refer to Figure E for visual)

Amount of Verticals Needed: 13

Wood Type: 2x4 - 10ft treated timber (R08 on materials sheet)

Wood Amount Needed: 5 - 2x4 - 10ft treated timber

Vertical Cut: 39”

Handrail Support for Ramp

Volunteers will measure and cut wood to schematics specifications at the module build location. Miter saw will be used and will be manned by one trained youth volunteer over 14 years of age. Workday and tasks will be supervised by myself, adult volunteers will maintain two deep leadership standards and will include a health and safety lead with a First Aid kit. Volunteers will be led by myself and assisted by my construction specialist and health and safety lead adult.

(Refer to Figure E for visual)

Amount of Handrail Supports Needed: 4

Wood Type: 2x4 - 8ft treated timber (R02 on materials sheet)

Wood Amount Needed: 9 - 2x4 - 8ft treated timber

Handrail for Ramp

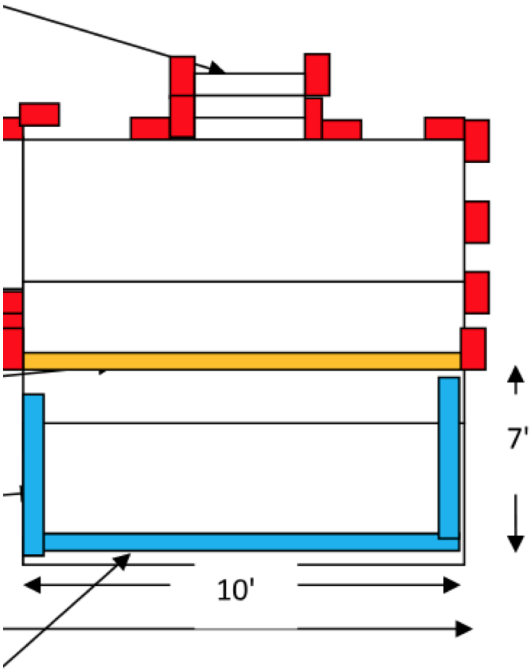
(Refer to Figure E for visual)

Amount of Handrail Supports Needed: 2

Wood Type: 2x6 - 8ft treated timber (R02 on materials sheet)

Wood Amount Needed: 9 - 2x4 - 6ft treated timber

Schematic for Platform Rails



(Figure F)

Handrail Support for Platform

(Refer to Figure E for visual)

Handrail Support A: 1 - 2x4 - 10ft treated lumber (R02 on materials sheet)

Handrail Support B: 1 – 2x4 - 8ft

Handrail Support C/D: 1 – 2x4-8ft cut in half

Hand Rail for Platform

(Refer to Figure E for visual)

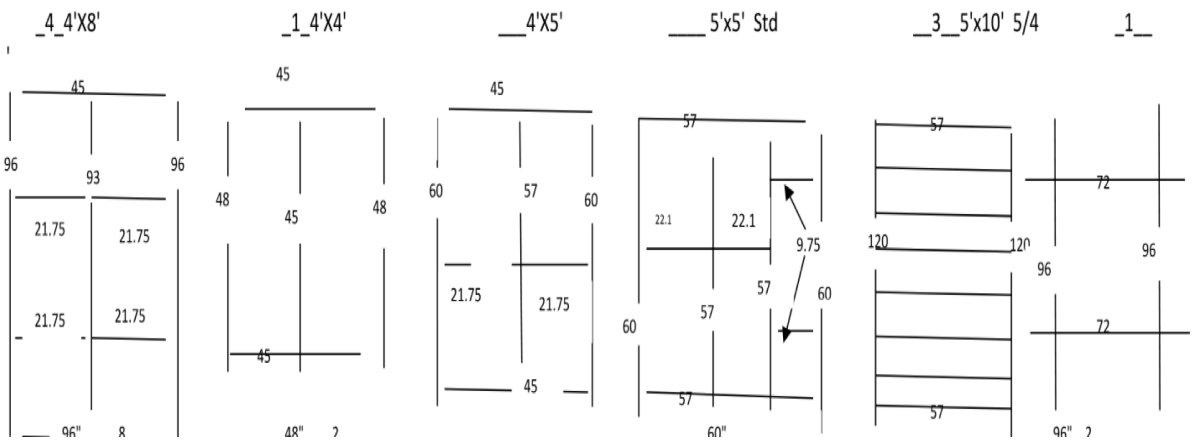
Handrail Support A: 1 - 2x6-10ft treated lumber (R01 on materials sheet)

Handrail Support B: 1 - 2x6-8ft (Actual need is 4.8 2x6-8ft treated lumber)

Handrail Support C/D: 1 - 2x6-8ft cut in half

Individual Module Assembly

At each joint/ wherever a piece of wood makes a right angle, screw in three #10 x 3" screws.



Day III: Assembling Modules to Construct Platform and Ramp

Before training day and each work day, I will call volunteers to confirm attendance. Referring to the Signupgenius.

At Hearts, the platform modules will be assembled to create the complete platform. Volunteers will be assigned to teams. Once the platform has been assembled, remaining modules will be used to assemble the ramp. Handrails, kick plates, and verticals will be attached to the completed ramp and platform. Stairs will then be cut, constructed, and attached to the platform.

A saw area will be cordoned off each day to keep youth under the age of 14 without AHG Home Care and Repair badge and project specific training from possible injury.

Location: Hearts
Exact time: 8:00- 4:00
Time: 9 hours

Estimated Time and Volunteer Needs

Volunteers
Youth – 8
Adult – 4

Estimated Volunteer hours: 108 hours
Estimated Youth Supervisory hours: 9 hours

Work Day III Will Include:

- Assembling pre-formed platform modules to construct platform
- Cutting frame support footings
- Assembling pre-formed ramp modules to construct ramp
- Assembling and attaching pre-cut verticals, handrails, and kick board
- Cut and construct stairs

8:00 (Team Leaders come 30 minutes early-7:30)	9:00-12:00 Assembly of platform	12:00	1:00-3:00 Assembly of ramp	3:00-4:00 Finishing platform and Ramp	4:00 Finishing Platform and Ramp
General arrival	Attaching modules together	Lunch	Attaching modules together and to create platform	Attach decking	Sand rough edges
Role call and job assignments	Attaching platform support footings	General break	Attaching platform support footings	Attach verticals, handrails, kick plate, lip around platform, and strong back/outrigger	General clean up

Items Needed For Day III:

- First Aid kit
- Coolers with water and ice
- Cooler with Gatorade and ice
- Cooler with lemonade and ice
- Cooler with snacks/lunch
- Table for coolers
- Popup tents (2)
- Camp chairs (5)
- Saw Horse
- Caution ribbon/tape/stakes
- Screws
- Timberlocks
- Bolts/ washers and nuts
- Measuring tapes
- Drill
- C clamps

- Levels
- Marking pencils
- Flat blocks
- Patio piers
- Circular saw
- Miter saw
- Reciprocating saw
- Impact drivers
- Standard driver
- Screw driver
- Sandpaper and sanding blocks
- Powered hand sanders/sanding pads
- Lumber per material list

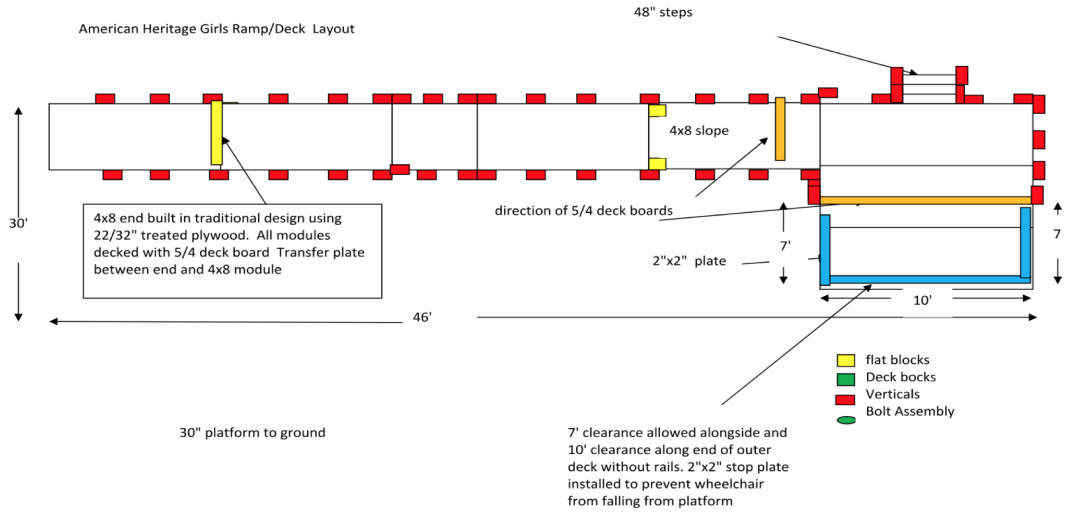
Time Extension if Needed:

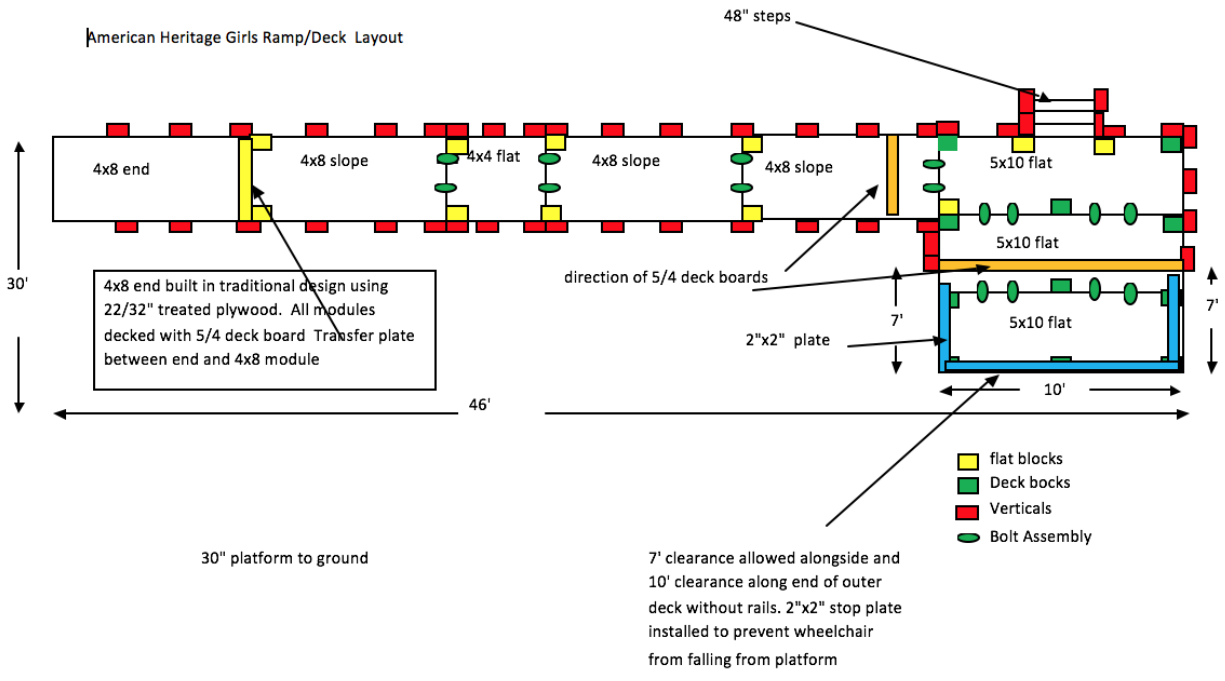
In case we are delayed and do not finish all work needed on the scheduled work days, I will add an additional workday to complete the project.

Additional Youth Volunteer Opportunities if Necessary:

If there are too many volunteers or too many who are under the age of 14, I will have them sand down rough edges of ramp and platform. General clean up and grooming of the area leading up to and around the platform and ramp can also be conducted by volunteers under the age of 14 years.

Full Construction Diagram

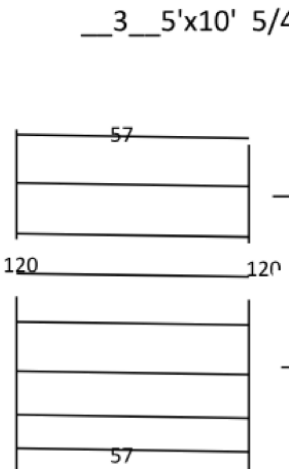




Platform and Ramp Assembly:

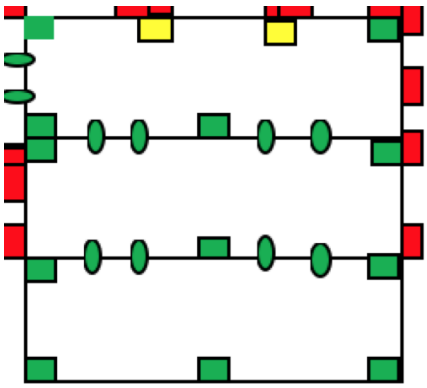
Platform Model:

Modules of 5x10 5/4 (Platform)



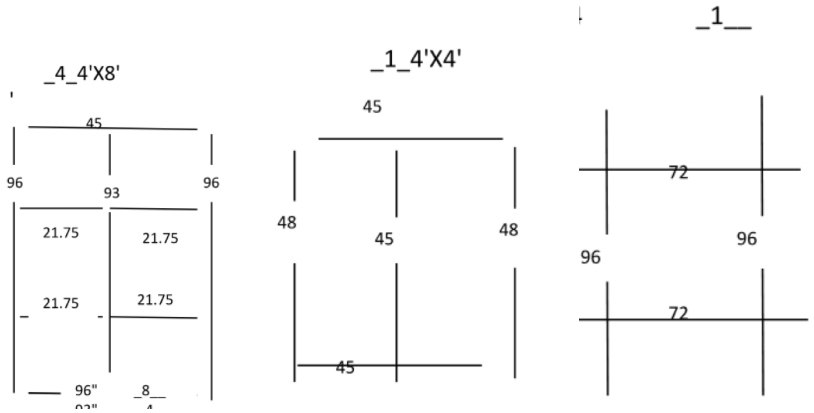
Each individually assembled module will look like:

Fully assembled platform will look like:



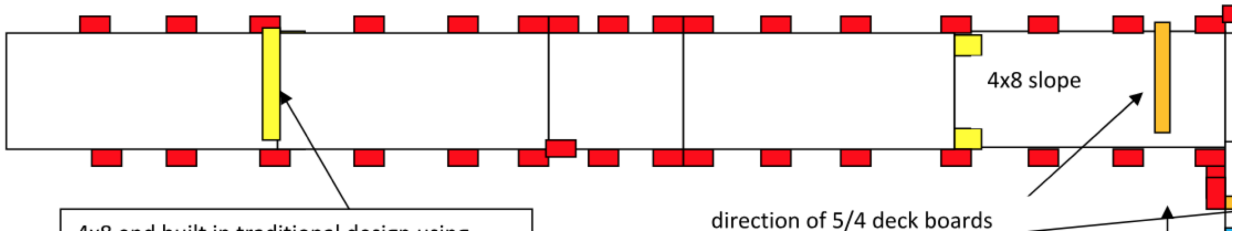
Ramp Model:

Modules 4x8, 4x4, and End piece (Ramp)



Each individually assembled module will look like:

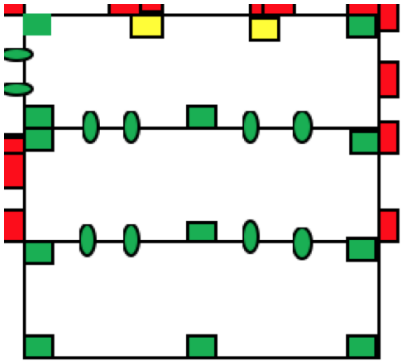
Fully assembled platform will look like:



Platform Construction Instructions:

1. Drive in hole with a drill (represented by green circles in Figure 1) (Picture 1).

(Picture 1)



(Figure 1)

2. Use a hammer to insert bolt assembly/deck bolt into each hole (Picture 2). The platform module will need 6 bolts, nuts, and washers. Place a washer on the other side of the bolt and then fasten it with a nut. (Picture 3) Then screw three #10 x 3" screws around each bolt assembly/deck bolt.

(Picture 2)

(Picture 3)

3. Lift up attached modules (multiple adults/strong youth will be needed for this) Once lifted up, put concrete patio pier blocks at the four corners of the platform. Measure so that the entire platform is level with 30” (Picture 4). Once measured at each corner, secure placement with 4x4 boards and clamps, and level (Picture 5).

(Picture 4)

(Picture 5)

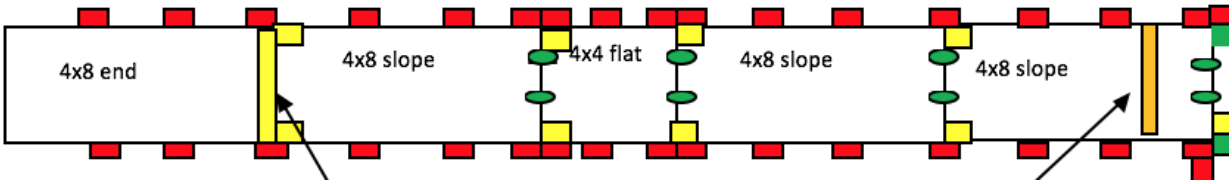
4. Once secured with 4x4 boards and clamps, take 4x4 plank and cut frame support footings to make the entire platform level with 30” (Picture 6). Screw three #10 x 3" screws and one timberlock on any side the footing is touching the module to secure the footings (Picture 7).

(Picture 6)

(Picture 7)

Ramp Construction Instructions:

1. Drive in hole with drill (represented by green circles in Figure 2) Drill hole through the first 4x8 ramp module and platform (refer to Picture 1).



(Figure 2)

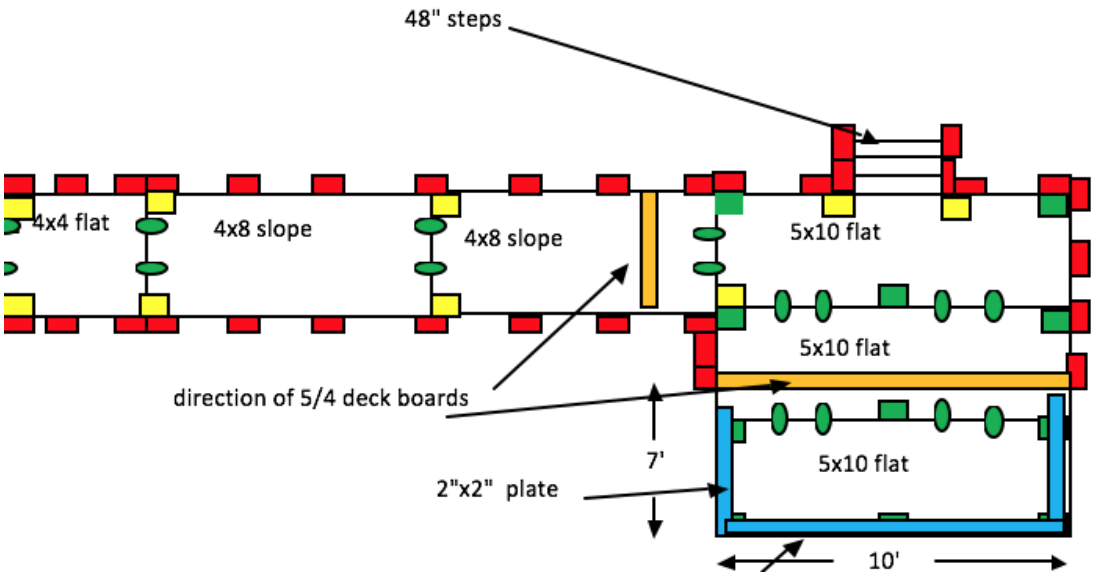
2. Use a hammer to insert bolt assembly/deck bolt into each hole. The ramp modules need 8 bolts, nuts, and washers. Place a washer on the other side of the bolt and then fasten it with a nut. Screw three #10 x 3" screws around each bolt assembly/deck bolt. Attach the platform to the 4x8 ramp module (refer to Pictures 2 and 3).

3. Lift up attached modules (multiple adults/strong youth needed) Once lifted up, put flat blocks at each corner of each ramp module. Measure so that the ramp is at a 12 degree decline. Ensure proper decline has been reached by using level , secure placement with 4x4 boards and clamps, and confirm with incline level (refer to Pictures 4 and 5).

4. Once secured with 4x4 boards and clamps, take 4x4 plank and cut frame support footings, ensuring 12 degree decline is maintained. Screw three #10 x 3" screws and one timberlock on any side of the footing that is touching the module to secure in place (refer to Pictures 6 and 7).

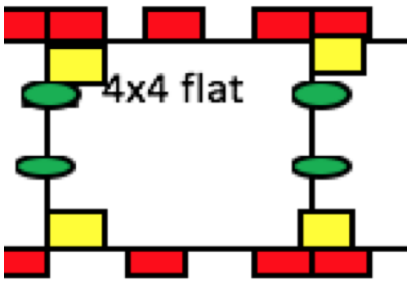
Landing Construction Instructions:

1. Once two of the 4x8 modules are attached, flat landing 4x4 will be attached (Figure 3).



(Figure 3)

2. Drive in hole with drill (represented by green circles in Figure 4). Drive in hole through 4x4 landing module through to second 4x8 ramp module (refer to Picture 1).



(Figure 4)

3. Use a hammer to insert bolt assembly/deck bolt into each hole. Place a washer on the other side of the bolt and then fasten it with a nut. Screw three #10 x 3" screws around each bolt assembly/deck bolt. Attach 4x4 landing module and second 4x8 ramp module (refer to Pictures 2 and 3).

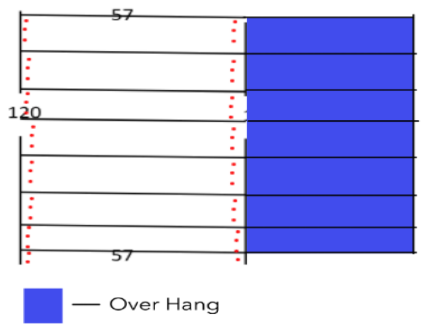
4. Lift up the attached module (need multiple adults/strong youth for this) Once lifted up, put concrete flat blocks at the four corners of the landing. Measure so that the entire platform is level with 15”. Once measured at each corner, secure placement with 4x4 boards and clamps, re-confirm it is level (refer to Pictures 4 and 5).

5. Once secured with 4x4 boards and clamps, take 4x4 planks and cut frame support footings to confirm the entire platform is level with 30”. Screw three #10 x 3" screws and one timberlock on any side of the footing is touching the module to secure the footings (refer to Pictures 6 and 7).

6. Attach last 4x8 ramp module finished landing (Refer to direction 2. For ramp).

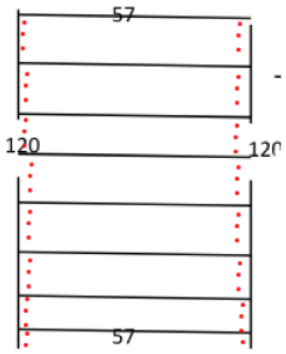
Decking of Platform

1. Place 5/4 10ft deck boards on top of the platform, lined up against each other, use #10 x 3" screws as spacers to keep uniformity between boards. Use #10 x 3" screws screw three into each end of the deck boards. Line up boards so that one side is flush with the side of the platform, but overhanging 1ft off the other side (Figure 5).



(Figure 5)

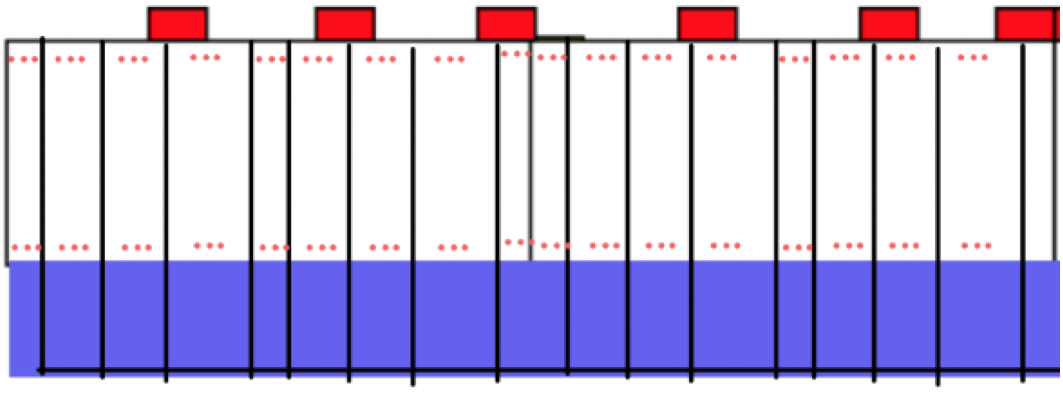
2. Use a circular saw to cut off the extra overhang from the platform. Ensure both sides of the decking are flush with the platform (Figure 6). Sand if needed.



(Figure 6)

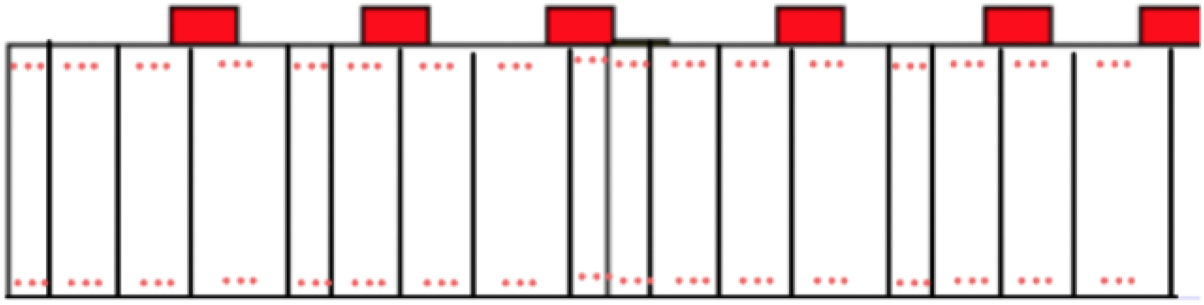
Decking of Ramp

1. Place 5/4 10ft deck boards on top of the ramp, so each is flush up against each other, use #10 x 3" screws and screw three into the end of each of each deck board. Line up boards so that one side is flush with the platform, but overhanging 1ft off the other (Figure 7.)



(Figure 7)

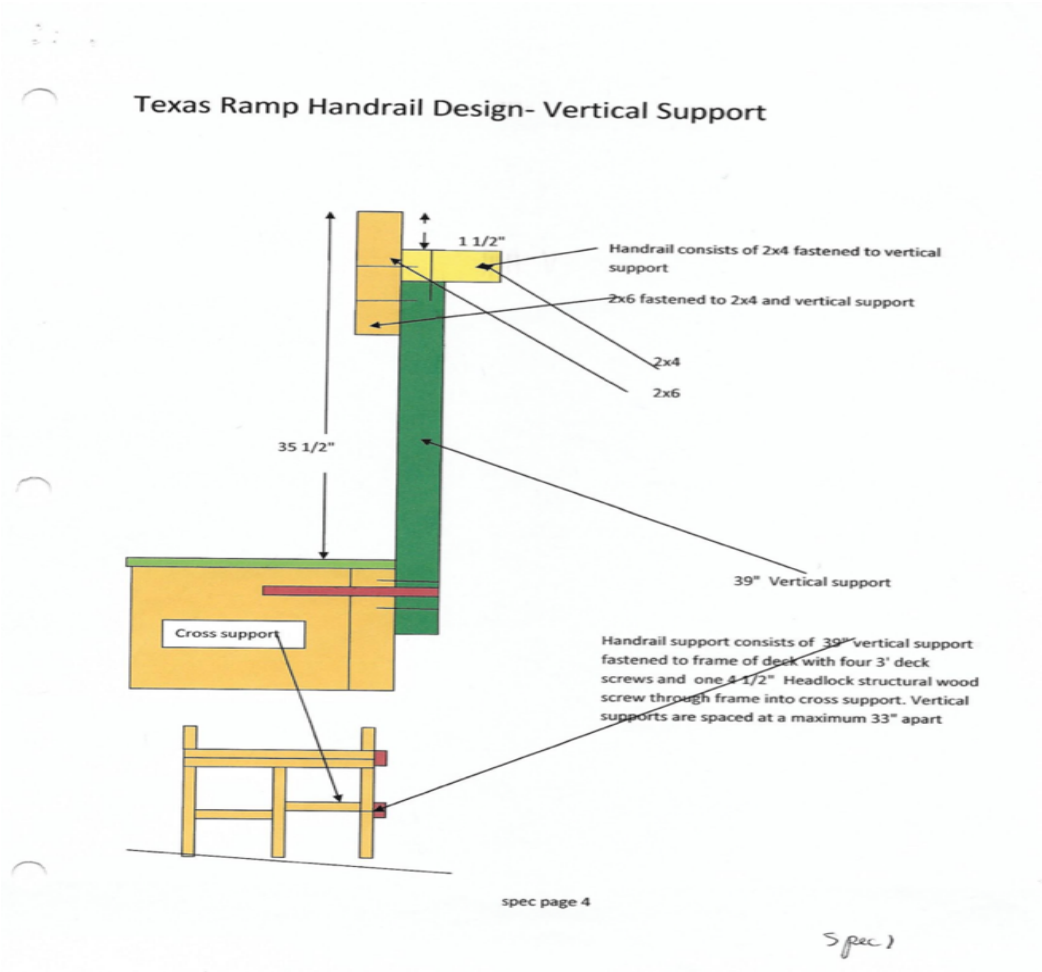
2. Use a circular saw to cut off the extra overhang from the ramp. All boards should now be 48”. Ensure both sides of the decking are flush with the platform (Figure 8). Sand if needed.



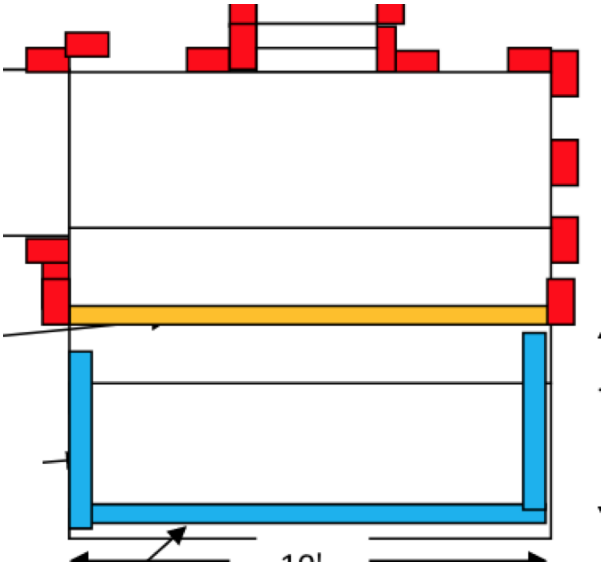
(Figure 8)

Platform Handrails Construction Instructions:

Fully assembled handrail will look like:



Handrails will only be on the one side of the platform (represented by red squares in figure below).



(Figure 9)

1. Where two sides meet/at joint, use three #10 x 3" screws to screw two verticals together. Make an “L” shape at the top, bottom of the “L” facing in towards the platform. All verticals are secured to the platform with three #10 x 3" screws and one timber lock.

2. Take the thirteen 39 vertical inch cut 2x4-10ft treated timber and use a measuring stick (Picture 8) to ensure the vertical is straight and flush with the bottom of the platform (Picture 9).

(Picture 8)

(Picture 9)

3. While one volunteer holds the vertical in place, another volunteer will screw three #10 x 3" screws and one timberlock into the vertical to attach it to the bottom of the platform (Picture 10). Ensure vertical straightness with level (Picture 11).

(Picture 10)

(Picture 11)

4. Once all verticals are secured to the platform, attach 2x4-10ft treated timber handrails to verticals with two #10 x 3" screws (Picture 12).

(Picture 12)

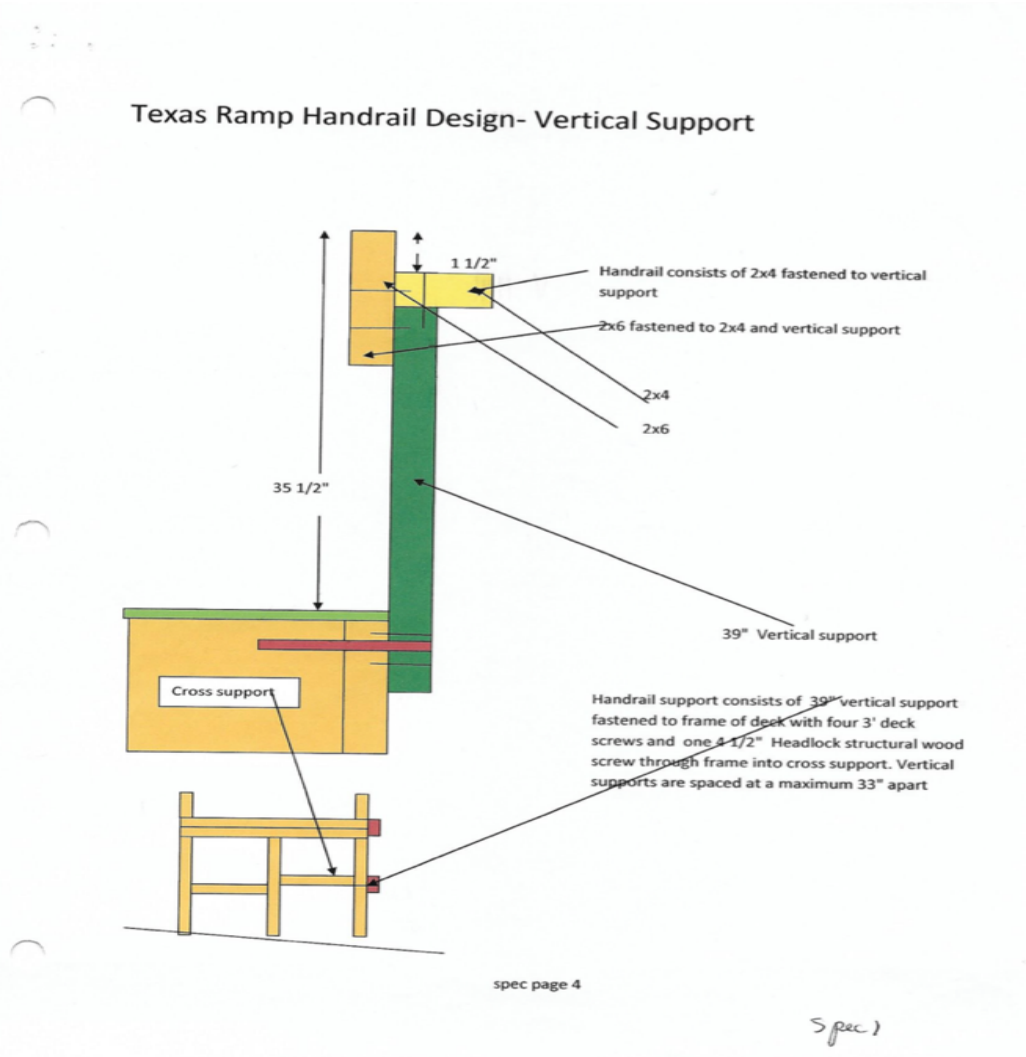
Platform Lip Construction Instructions:

1. On sides that do not have handrails, a 2x2 inch lip will be installed (refer to blue markings on Figure 7). This will ensure safety to those who are wheelchair bound.

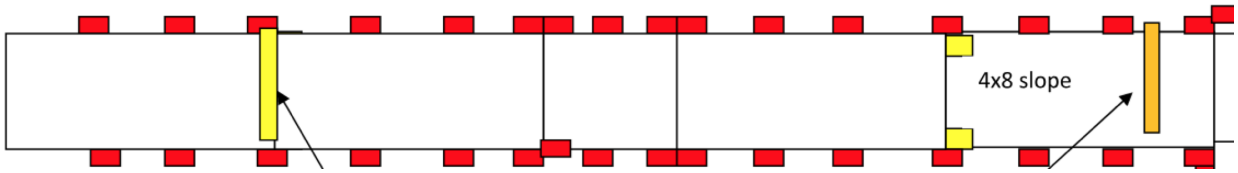
2. When attaching the lip to the platform, use #10 x 3" screws and screw one in every 10 inches.

Ramp Handrails Construction Instructions:

Fully assembled handrail will look like:



Placement of handrails: (represented by red squares in Figure below)



1. For ramp verticals 32 40” 2x4 - 10ft treated timber cut at a 6-degree angle will be used. For every joint where two modules meet, use three #10 x 3" screws to screw two verticals next to each other (Picture 13). Screw two #10 x 3" screws at an angle to attach both verticals together (Picture 14). All verticals are secured to the platform with three #10 x 3" screws and one timberlock. Vertical 6-degree angle face up and flat side facing down.

(Picture 13)

(Picture 14)

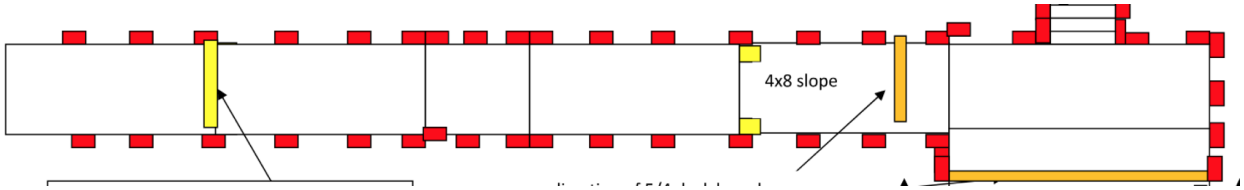
3. While one volunteer holds the vertical in place another volunteer will screw three #10 x 3" screws and one timberlock into the vertical to attach it to the bottom of the platform. Ensure verticals straightness with level (refer to Pictures 11 and 12).

4. Once all verticals are secured to the platform, attach 2x4-10ft treated timber handrails to verticals with two #10 x 3" screws (refer to Picture 14). On handrails of 4x8 ramp module, 4x4 landing module, and 5/4 platform module, add an inner hand rail. Using the height of a flat 4x4, ensure it is level throughout (Picture 15). Secure inner rail with a screw every 10 inches.

(Picture 15)

Kick Plate Construction Instructions:

Kick plates will be installed at the bottom of each hand rail (demonstrated by Figure below).

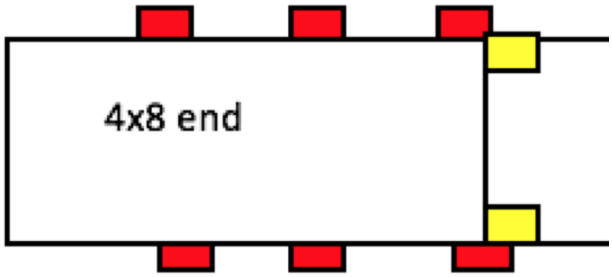


1. The kick plates will be made out of either 8’ 2x4 lumber or scrap 2x4 lumber. By using leftover lumber, we will be more efficient with materials, leave less waste, and save more money. The kick plate will be 2” from the platform attached to the bottom handrails. This 2” measurement can be made by letting the kick plate rest on a flat 4x4. Kick plate will be secured on the inside of the vertical with three screws and timberlock (Picture 16).

(Picture 16)

End Piece module Construction Instructions:

4x8 Module



1. Screw lip to the third 4x8 ramp module for the end piece module to attach securely (Picture 17). Cover the lip with caulking, then place the end piece on the lip attached to the third 4x8 ramp module. Wipe excess caulking away and secure with screws (Picture 18).

(Picture 17)

(Picture 18)

2. Attach verticals on top of the overhang on the end piece module with three screws. Attach it to the lip of the end piece module (Picture 19). Then attach the outrigger/strong back to vertical. Screw it in at an angle at the front of the outrigger/strong back, then attach it to the overhang. Use level to ensure straightness (Picture 20).

(Picture 19)

(Picture 20)

3. Attach the last handrail to the end piece module verticals, the last handrail will be dulled to a “bull’s nose” (Picture 21).

(Picture 21)

Stairs Construction Instructions:

Measure the total rise to the deck landing

Estimate about a 40-degree slope and place at a landing point. Measure the total rise to the landing spot with a straight 2×4 and a 4-ft. level to build stairs.

Layout the stairs

Clamp the stair gauges to the carpenter's square. Use the narrow part of the square for clamping the riser gauge and the wider part for the 10-¼". tread. Lay out the stairs by drawing on the outside of the square, sliding the square along until it meets the last mark to build steps. This will create a stair stringer calculator.

Mark the top and bottom of the stringer to remove extra material

Mark the top of the stringer to remove 3/4 in. of material to allow for the missing top riser. Mark the bottom of the stringer to remove the tread thickness.

Test fit the stringer to make sure your stair rise and run are on point

Cut only the top and bottom of the stair stringer with a circular saw. Test fit the stair stringer by placing it against the deck, and check the tread level with a small level.

Test fit the stringer to make sure your stair rise and run are on point

Cut only the top and bottom of the stair stringer with a circular saw. Test fit the stair stringer by placing it against the deck, and check the tread level with a small level.

Cut the notches out of the stringers

Cut the notches with a circular saw. Stop the cuts when the corner of the notch is reached. Finish the cuts with a handsaw to prevent weakening the stringers. Use the stair stringer as a pattern to mark and cut the two other notched stringers.

Outline the pattern onto the skirt boards

Outline the pattern onto one of the skirt boards. Redraw the top and bottom lines with the carpenter's square and gauges at the original settings. Cut the top off so it will be even with the bottom of overhanging deck boards (see Photo 7) and cut off the end of the bottom at about 5 in. high. Fasten stringers to the skirts with 3-in. deck screws spaced about every 8 in., alternating from the front and from the back. Nail 2×4 supports to both sides of the middle stair stringer flush with the bottom for extra supplies

Attach the skirt boards to the rim joist

When attaching stair stringers, use a level to draw two plumb lines to mark the left and right positions for the skirts and horizontal lines to mark the top tread location. Tack the skirts to the rim with 3-in. deck screws. Then screw through the back of the deck rim into the skirts with three more deck screws (Photo 8). Center the middle stringer and screw it into the rim with two deck screws.

Attach 2×6 supports

Screw a 2×6 the width of the stringers to the backside of the stringers with two deck screws into each board. Screw two upright treated 2x6s to the backside of the rim and into the horizontal 2×6 with four deck screws into the rim and four more into the 2×6.

Check the stair assembly to make sure it's square

Nail on the bottom riser with three screws into each stringer and square the stairs by "cross-taping" the assembly and shifting it back and forth until the measurements are the same. (The bottom riser will probably need to be ripped to height.)

Add the risers and stair treads

Nail on the second riser board and then screw on the two 2×6 bottom treads, leaving a 1/4-in. gap between the boards. Nail on the next riser, then the next tread and so on to work to the top of the stairs.

Financial Details

Total Estimated Cost of Project: $3,664.52

Estimated cost minus cost of donated items: $1,824.92

Total of donated/borrowed items: $1839.60

Materials	Quantity	Purchase, Borrow, or Donate	Cost
2x6-8FT #2PRIME PT GC WEATHERSHIELD/	54	Purchase	Overall: $338.58 Per item: $6.27
2x4-8FT #2 PT GC/	28	Purchase	Overall: $97.16 Per item: $3.47
4x4-8FT #2 PT GC/	3	Purchase	Overall: $22.41 Per item: $7.47
4x4-12FT #2 PT GC/	8	Purchase	Overall: $115.76 Per item: $14.47
5/4x6-8FT PREM PT GC WEATHERSHIELD	42	Purchase	Overall: $238.14 Per item: $5.67
12x8x12 CONCRETE PATIO PIER/	12	Purchase	Overall: $78.24 Per item: $6.52

5/4x6-10FT PREM PT GC WEATHERSHIELD/	34	Purchase	Overall: $247.18 Per item: $7.27
2x4-10FT #2PRIME PT GC WEATHERSHIELD/	16	Purchase	Overall: $92.99 Per item: $5.47
2x6-10FT #2PRIME PT GC WEATHERSHIELD	1	Purchase	Overall: $159.60 Per item: $7.98
#10 x 3" 25lb PG10 EXT SCREW 25LB BKT/	1	Donate	Overall: $79.74 Per item: $79.74
TIMBER LOCK 4 ½" SCREW-50 PK/	1	Donate	Overall: $31.92 Per item: $31.92
2x12-16 #2 PRIME OR BTR PT GC	1	Purchase	Overall: $32.57 Per item: $32.57
23/32" 4x8 PT RTD GC SHEATHING PLY	1	Purchase	Overall: $34.57 Per item: $34.57
10" Solid Rubber Tire With Steel Hub	2	Purchase	Overall: $17.98 Per item: $8.99
28" RUBBERMAID Axle, Wheelbarrow	1	Purchase	Overall: $29.91 Per item: $29.91

Circular saw	1	Borrowed	Overall: $99.99 Per item: $99.99
Miter saw/Miter Saw	1	Borrowed	Overall: $349.00 Per item: $349.00
Reciprocating saw	1	Borrowed	Overall: $79.00 Per item: $79.00
Impact drivers	5	Borrowed	Overall: $495.00 Per item: $99.00
Standard driver	1	Borrowed	Overall: $24.99 Per item: $24.99
Levels	4	Borrowed	Overall: $27.96 Per item: $6.99
Tape measurer	2	Borrowed	Overall: $39.94 Per item: $19.97
Caulk gun	1	Borrowed	Overall: $3.97 Per item: $3.97
Caulk	1	Borrowed	Overall: $6.38 Per item: $6.38

Gatorade Lemon-Lime mix	3	Purchase	Overall: $25.14 Per item: $8.38
Bolt assembly	16	Donated	Overall $38.88 Per item $2.43
Bolt washers	16	Donated	Overall: $7.84 Per item $.49
Bolt nut	16	Donated	Overall $9.44 Per Piece $.59
Hammer	1	Borrowed	Overall: $12.97 Per item: $12.97
C-Clamps -10 inch	4	Borrowed	Overall: $82.04 Per item: $20.60
Grinder	1	Borrowed	Overall: $39.97 Per item: $39.97
Power screwdriver	1	Borrowed	Overall: $13.54 Per item: $13.54
Sand paper (pkg.)	1	Purchase	Overall: $7.97 Per item: $7.97

Hand sander	2	Borrowed	Overall: $45.04 Per item: $22.70
Sanding pads (pkg)	1	Purchase	Overall: $8.07 Per item: $8.07
Saw horses	4	Borrowed	Overall: $159.88 Per item: $39.97
Pop-up tents	2	Borrowed	Overall: $179.96 Per item: $89.98
Country time lemonade mix	1	Purchase	Overall: $23.99 Per item: $23.99
20 lb Bag of ice	8	Purchase	Overall: $19.12 Per item: $2.39
5 gallon igloo coolers	3	Borrowed	Overall: $21.88 Per item: $65.64
Food for Volunteers (Pizza, Chick-Fil-A, etc.)	12 Volunteers/ 2 days	Purchase	Overall: $250

Funding Plan

Phase 1: In conjunction with Hearts, a grant from the Veterans Administration for veteran's adaptive equipment will be sought. Application will be submitted by Hearts.

Phase 2: I will solicit donations from Texas Ramp Build, Home Depot, Lowes, and McCoy's for material donations.

Phase 3: I will create a presentation of my project to present at Georgetown Texas Rotary Club, they are known for funding veteran related projects. I will be asking for approximately $2,000 in donations.

Phase 4: I will go to local businesses to ask for approximately $500 in donations each. Businesses I will approach include Long's Motors, Amplify, Cedar Park Nissan, Toyota of Cedar Park, Bank of America, First Texas Bank, M/D Totco Instrumentation, and other local businesses.

Phase 5: I will contact the Travis Manion Foundation who specialize in helping individuals with veteran projects for a fundraising platform.

Phase 6: I will be using online platforms to solicit donations to include friends and family.

(Fundraising will be completed in the order of phases.)

Leadership Details

My team leaders and I will come 30 minutes prior before everyone else arrives so that I am able to brief them on their tasks for their team to accomplish for the day. A Signupgenius will be created beforehand so I will know who will be present for the day and how to assign tasks. While volunteers arrive, I will ensure they are accounted for by referring to my Signupgenius sheet. I will also make sure they sign in logging in arrival and departure times. I will collect and file all permission slips, extra permission slips will be available for parents to sign if they have forgotten the form. When all volunteers have arrived, I will divide youth volunteers into groups. Before each workday, I will complete a full roll call to ensure all listed volunteers for that day are present, this will assure I will meet my youth volunteer supervisory time requirement.

I will constantly supervise the teams while they complete their task to ensure safe and proper completion. Checking on each team will allow me to be available for any questions that the volunteers may have and to check quality of work. To meet my hour requirements and ensure timely completion, I will keep a journal at the end of each day to list the progress made and tasks completed during the work day. I will log any items not completed and modify my task list to assure completion.

To ensure the safety of the youth and adult volunteers, each team member will be equipped with a list of the tasks that will need to be completed by their team as well as the number of volunteers required to be allotted for each task. This list will include the task and safety precautions that will need to be followed for each task.

How I Will Handle the Following Problems:

Too Many Volunteers: Tasks will have an assigned number of people, groups of two will be created so that each volunteer has a job. Extra jobs such as water filler, time keeper, photographer, etc. will be available to any extra volunteers who are present. If there are too many volunteers, they will be tasked to groom ramp and platform area, sand or to stay with their parent/adult AHG member until given another task.

Goofing Off: Each team will be assigned a team leader who will be responsible for their team. This will include ensuring tasks are being completed in a timely manner as well as making sure team members are not goofing off. If volunteers refuse to listen to their team leader, I will address the issue. If I am not able to solve the issue, I will ask an AHG adult to assist me in explaining why the behavior is not acceptable and possibly dangerous. Youth volunteers will be trained and sign an agreement (see attached) to act appropriately. If needed, I will ask the volunteer to either complete another task or leave for safety concerns.

Arguing: Conflict between volunteers and team members will be handled by myself and the team leader. If the conflict persists, myself and my mentor will take care of the issue and move volunteers to separate groups if necessary.

Forgetting Equipment: A list of materials and equipment will be created for each day. Arriving 30 minutes early to work days will allow me to verify all equipment is present. If equipment is not present, I will assign an adult to retrieve the missing equipment and will continue with whatever tasks can be done without it in the meantime. Much of the equipment will already be provided on site.

Volunteers (youth or adult) Taking Over: I will respectfully remind them that this is my project and they will help me to grow my leadership skills by listening to me. I will redirect them to their assigned task. If the issue persists, I will work with my mentor to solve the problem

Volunteers Not Following Instructions: Each team will be assigned a Team Leader. Team leaders will have a detailed list of the tasks that need to be completed for their team as well as specific instructions. Before each workday Team Members will ensure instructions and tasks are understood by their team. If they have any questions, I will be available during the entire work day to clarify. During the work day I will routinely check on the teams to ensure everyone is properly following instruction and clarify and adjust if needed.

Safety Details

All volunteers will be required to wear close-toed shoes and construction appropriate clothing. This will be reviewed in a preassembly training session as described.

Each volunteer will be required to bring a water bottle which can be filled upon arrival. Three drink dispensers will be placed nearby so that volunteers will be able to refill their water bottles. There will be routine scheduled water/Gatorade and nourishment breaks throughout the workdays. There will also be two coolers available which will hold snacks and volunteer lunches.

Restrooms will be clearly pointed out before the beginning of each workday. Buddy system will be followed when going to the restroom at all times for youth.

Depending on the weather, we will have pop-ups available for volunteers to work under. If the weather is too severe to safely work, I will work with my mentor and construction specialist to reschedule. We are also able to set up workstations in the nearby covered barn.

Volunteers will be responsible for their own transportation.

There will always be two AHG registered adults on site, both my mentor, Mrs. White and my mother are First Aid/CPR certified and will be present along with a well supplied First Aid kit. A Registered AHG troop adult will be designated as adult driver in case of an emergency. Hearts will have their horses safely paddocked away from the construction area.

Only girls who are either 14 year of age or older and who have earned their Home Care and Repair Badge will be allowed to use corded power tools. An adult supervisor will present at all times while a girl is using a power tool.

Permission slips will be required of youth volunteers for every workday, if not brought, they will also be provided on site.

Conclusion

With my project, Hearts will be able to safely provide their equine therapy services to a wider variety of clients. Currently, they cannot serve those who are wheelchair bound or unable to use stairs without the proper ramp and platform at their facility. With my project, Hearts Therapeutic Riding Program will be able to provide these services to veterans and special needs individuals. For these disabled individuals, they will be blessed with benefits of horseback riding and equine therapy.

This project will be challenging not only will I be leading many youth volunteers, I will also be leading many adult volunteers. Being firm and resolute in myself and planning events with adults has always been something I have struggled with, I tend to rely on the adults because of their life knowledge. With this project, I will be able to grow more assured in my leadership skills and learn to be more confident when dealing with adults. During this project, I also will be working with many younger volunteers. This experience will also allow me the opportunity to learn patience and gentleness when working with the youth volunteers. Throughout the project planning and execution I will face many obstacles. I know that the Lord will help me, guide me and strengthen me during these times.

Documents

Request for Donation Letter

Dear __(Donor)_____,

My name is Savannah Cantor and I am an American Heritage Girl with troop TX 6201. American Heritage Girls is a Christian scout-like organization that builds women of integrity through service to their family, God, community, and country. I am working on my Stars and Stripes, which is the highest leadership level award which can be earned in the American Heritage Girls program. To earn this award, I must create and implement a project which will serve my community. Veterans have always been very close to my heart as I have worked with Honor Flight Austin and Field of Honor in Georgetown Texas in the past.

For my project I will be constructing an accessibility ramp and platform for Hearts Therapeutic Riding Program which will allow wheelchair bound veterans and special needs individuals to more easily benefit from their equine therapy services.

I will contact you on ___(Date)_____ to see what available resources you have for my project. Hearts is a 503(c) organization and I have a Texas tax exempt for your files. I am looking for construction materials or monetary aid for my project. Thank you for your time and I look forward to working with you.

Sincerely,

Savannah Cantor

American Heritage Girls

TX 6201

Contact information:

Phone: 512-915-3085

Email: savannahstarsandstripes@gmail.com

Flyer for Advertising on Social Media

You have the power

to help veterans

Join us in creating an assistive equine therapy ramp that will be used by disabled veterans, those recovering from trauma and children with physical and mental challenges

We need your help!

May 8th 10-12pm for training

https://www.signupgenius.com/go/30e0948aaa82ba02-savannah

May 9th 8:30 – 2pm for cutting and building

https://www.signupgenius.com/go/30e0948aaa82ba02-sswork

May 16th 8:30- 4:30 for assembly

https://www.signupgenius.com/go/30e0948aaa82ba02-sswork1

Please wear construction appropriate clothing, to include closed toed shoes, bring water bottle, snacks and lunch provided (day 1 and 2)

Location: Georgetown and Cedar Park

Questions? Email Savannah Cantor @ savannahstarsandstripes@gmail.com

Permission Slip for Construction Training Day (Day I)

Stars & Stripes Project Parent/Guardian Permission Slip

Please return this form to the Stars & Stripes Award Candidate by: May 8th 2020

Activities will include: Power tool training and project overview

Place: Mel's Bowling Lanes (around back) Georgetown Tx Phone #: 512-915-3088

Address: 1010 N Austin Ave, Georgetown, TX 78626

Arrival: Mel's Bowling Lanes (around back) Georgetown Tx at (time): 10:00

Departure: Mel's Bowling Lanes (around back) Georgetown Tx at (time): 12:00

Leaders/Adults present: Mrs. Cantor, Mrs. Denise, Mr. Baird, and Mr. David

Emergency Contact Person (Adult attending trip): Mrs. Cantor

Emergency Contact Phone #: 512-560-2543

Leader's Signature: Savannah Cantor

Stars & Stripes Award Candidate: _____

---------- (Cut here. Top portion for parent/guardian info. Bottom portion for Troop records.) ----------

Youth is an AHG Member: Yes ☐ No ☐ (check one)

My child, _____, has my permission to participate in (activity) _____ on (date) _____.

To the best of my knowledge, she/he is in good physical condition with no serious illness or operation since her/his last health exam. Yes ☐ No ☐ (If no, explain on back.)

Is she/he currently taking any medications that would be needed during activity? Yes ☐ No ☐

Specify: _____

During this activity, I can be reached at: _____

Phone #: _____ Address: _____

If I cannot be reached, please contact: _____ Phone #: _____

Relationship to girl: _____

In the event that I cannot be reached in an EMERGENCY, I hereby give my permission to the physician selected by the person in charge to secure emergency treatment for my child as named above.

Parent/Guardian Signature: _____ Date: _ Stars & Stripes Award Candidate: _____

NOTE: Handwritten signatures must be obtained for all Stars & Stripes Award forms.

Candidate must maintain a copy of this form for records. Use this form for any youth attending a Stars & Stripes project workday.

47

AMERICAN HERITAGE GIRLS
FAITH | SERVICE | FUN

Permission Slip for Day One (Day II) of Workdays

Stars & Stripes Project Parent/Guardian Permission Slip

Please return this form to the Stars & Stripes Award Candidate by: May 9th 2020

Activities will include: Cutting wood, assembling modules, transporting to Hearts

Place: Mel's Bowling Lanes (in Back) Georgetown TX Phone #: 512-915-3085

Address: 1010 N Austin Ave, Georgetown, TX 78626

Arrival: Mel's Bowling Lanes (in Back) Georgetown TX at (time): 8:30

Departure: Mel's Bowling Lanes (in Back) Georgetown TX at (time): 2:00

Leaders/Adults present: Mrs. Cantor, Mrs. Denise, Mr. Baird, and Mr. David

Emergency Contact Person (Adult attending trip): Mrs. Cantor

Emergency Contact Phone #: 512-560-2543

Leader's Signature: _____

Stars & Stripes Award Candidate: Savannah Cantor

---------- (Cut here. Top portion for parent/guardian info. Bottom portion for Troop records.) ----------

Youth is an AHG Member: Yes ☐ No ☐ (check one)

My child, _____, has my permission to participate in (activity) _____ on (date) _____.

To the best of my knowledge, she/he is in good physical condition with no serious illness or operation since her/his last health exam. Yes ☐ No ☐ (If no, explain on back.)

Is she/he currently taking any medications that would be needed during activity? Yes ☐ No ☐

Specify: _____

During this activity, I can be reached at: _____

Phone #: _____ Address: _____

If I cannot be reached, please contact: _____ Phone #: _____

Relationship to girl: _____

In the event that I cannot be reached in an EMERGENCY, I hereby give my permission to the physician selected by the person in charge to secure emergency treatment for my child as named above.

Parent/Guardian Signature: _____ Date: _ Stars & Stripes Award Candidate: _____

NOTE: Handwritten signatures must be obtained for all Stars & Stripes Award forms.

Candidate must maintain a copy of this form for records. Use this form for any youth attending a Stars & Stripes project workday.

AMERICAN HERITAGE GIRLS
FAITH | SERVICE | FUN

Permission Slip for Day Two (Day III) of Workdays

Stars & Stripes Project Parent/Guardian Permission Slip

Please return this form to the Stars & Stripes Award Candidate by: May 16th 2020

Activities will include: Assembling modules to construct platform and building stairs

Place: Hearts Equine Therapy Phone #: 512-915-3085

Address: 17000 Trails End Cove, Leander, TX 78641

Arrival: Hearts Equine Therapy at (time): 8:00

Departure: Hearts Equine Therapy at (time): 4:30

Leaders/Adults present: Mrs. Cantor, Mrs. Denise, Mr. Baird, and Mr. David

Emergency Contact Person (Adult attending trip): Mrs. Cantor

Emergency Contact Phone #: 512-560-2543

Leader's Signature: _____

Stars & Stripes Award Candidate: Savannah Cantor

---------- (Cut here. Top portion for parent/guardian info. Bottom portion for Troop records.) ----------

Youth is an AHG Member: Yes ☐ No ☐ (check one)

My child, _____, has my permission to participate in (activity) _____ on (date) _____.

To the best of my knowledge, she/he is in good physical condition with no serious illness or operation since her/his last health exam. Yes ☐ No ☐ (If no, explain on back.)

Is she/he currently taking any medications that would be needed during activity? Yes ☐ No ☐

Specify: _____

During this activity, I can be reached at: _____

Phone #: _____ Address: _____

If I cannot be reached, please contact: _____ Phone #: _____

Relationship to girl: _____

In the event that I cannot be reached in an EMERGENCY, I hereby give my permission to the physician selected by the person in charge to secure emergency treatment for my child as named above.

Parent/Guardian Signature: _____ Date: _ Stars & Stripes Award Candidate: _____

NOTE: Handwritten signatures must be obtained for all Stars & Stripes Award forms.

Candidate must maintain a copy of this form for records. Use this form for any youth attending a Stars & Stripes project workday.

47

AMERICAN HERITAGE GIRLS
FAITH | SERVICE | FUN

Sign-up Genius Construction Training Day

American Heritage Girls

Savannah Stars and Stripes Construction Training Day

Join me in creating an accessibility ramp for HEARTS Equine Therapy. This ramp with help disabled veterans, those recovering from trama and children with challenges take advantage of the many benefits of equine therapy.

PIPA's - My training day can help earn the Home Care and Repair badge- Reqs 16, 19, 21, 27

For my project, any youth over 18 are considered adults.

Please review the available slots below and click on the button to sign up. Thank you!

Date: 05/08/2020 (Fri.)

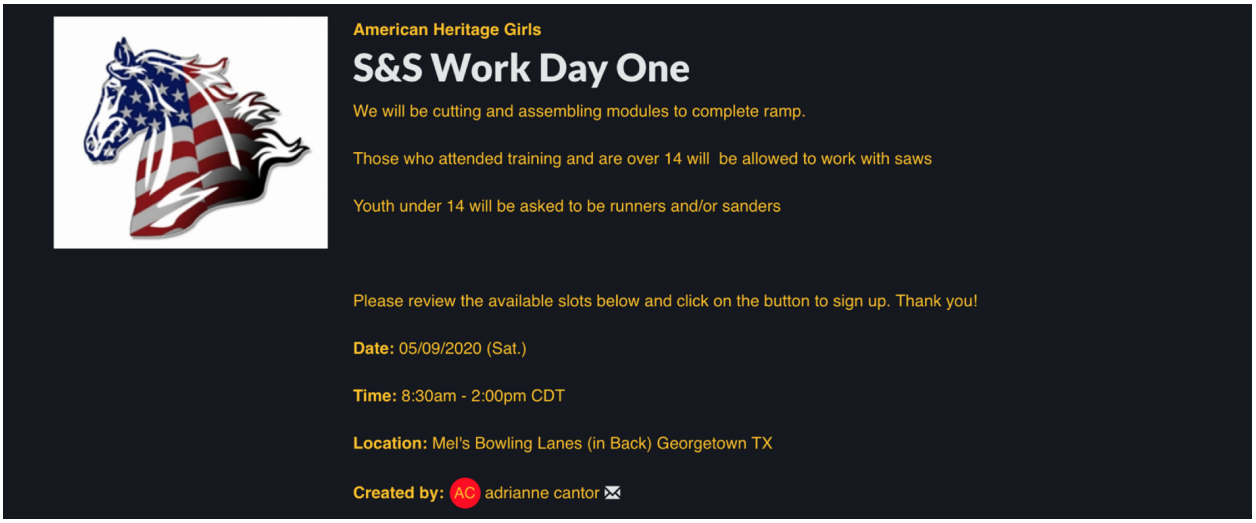
Time: 10:00am - 12:00am CDT

Location: Mel's Bowling Lanes (around back) Georgetown Tx

Created by: AC adrianne cantor

Available Slot	
Youth volunteer- over 14 with AHG Home Care and Repair (6)	Sign Up
Youth volunteer over 14 w/o AHG Home Care and Repair badge (3)	Sign Up
Youth Volunteer- under 14 (4)	Sign Up
LITs (3)	Sign Up
AHG Registered Adult with First Aid/CPR (2)	Sign Up
AHG Registered Adult (3)	Sign Up
Adult (3)	Sign Up

Sign-up Genius For Workdays



American Heritage Girls

S&S Work Day One

We will be cutting and assembling modules to complete ramp.

Those who attended training and are over 14 will be allowed to work with saws

Youth under 14 will be asked to be runners and/or sanders

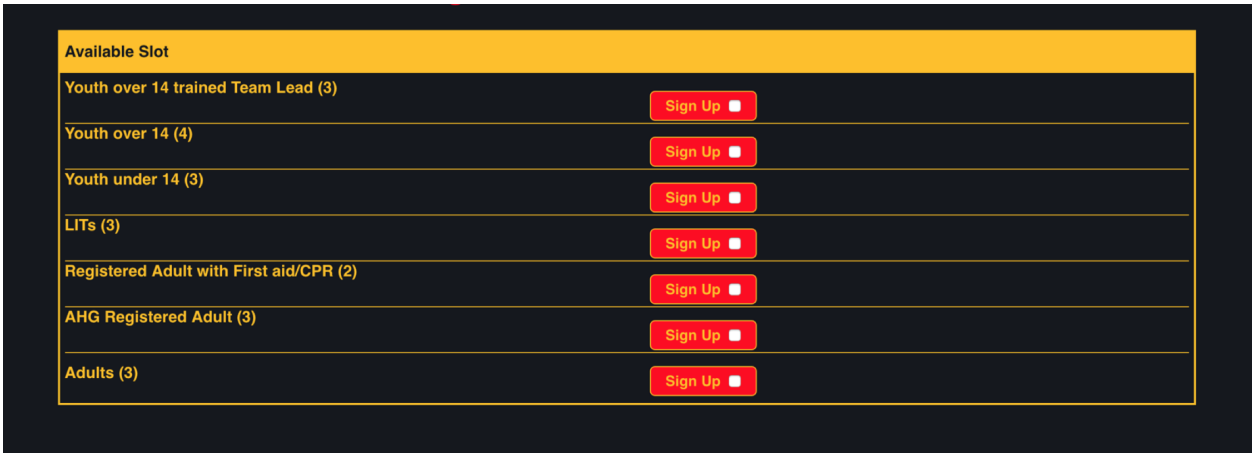
Please review the available slots below and click on the button to sign up. Thank you!

Date: 05/09/2020 (Sat.)

Time: 8:30am - 2:00pm CDT

Location: Mel's Bowling Lanes (in Back) Georgetown TX

Created by: AC adrianne cantor



Time Sheet

My Time Sheet

Be sure to indicate hours you spent supervising other youth.

Date	Task	Time In	Time Out	Total Hours

Total Hours Given:

AMERICAN HERITAGE GIRLS
FAITH | SERVICE | FUN

Volunteer Sign-in/Sign-out Sheet

Volunteer Sign-In / Sign-Out Sheet

Each person volunteering, must sign in. Please write legibly.
You will provide copies of the original sign-in sheets in your PSR.

Name	Candidate (C), Youth (Y) or Adult (A)	Date	Task	Time In	Time Out	Total Hours

Total Hours this page: _____
Total Supervisory Hours this page: _____

Print several blank copies of this page to use on workdays and do not rewrite or retype sheets.

AMERICAN HERITAGE GIRLS
FAITH | SERVICE | FUN