



P.O. Box 873  
St. Joseph, MN 56374  
www.astride.org

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## PATH Int'l. Accreditation, 2013

PATH (Professional Association of Therapeutic Horsemanship International, formerly NARHA) is a professional trade association that sets standards for equine-assisted therapeutic facilities, programs, and instructors. The association also disseminates information, and serves as a clearinghouse for communication among similar programs. All Project ASTRIDE

two site visitors, one from North Carolina, the other from Minnesota, came to the Avon Hills location, and looked at all facets of the program, including safety measures, program management, proof of non-profit status, and record-keeping procedures, to name just a few. The accreditation team also watched instructor Heather Kraft conduct a session.



**PATH**  
INTERNATIONAL  
Professional Association of Therapeutic  
Horsemanship International

Learn more about  
the accreditation  
process at  
[www.pathintl.org/  
path-intl-centers/  
path-intl-center-  
accreditation](http://www.pathintl.org/path-intl-centers/path-intl-center-accreditation)

instructors are PATH-certified, and PA has maintained premiere accredited status throughout its existence.

Evaluations are required every five years, this was Project ASTRIDE's year. On September 3,

They tabulate the score and send it in to PATH, and then we receive our final answer. Only one "NO" item was reported (a sign hung on the wrong side of a door).

The visit went very well and Project ASTRIDE has been officially granted PATH Int'l. Premier Accredited Center status!

**October 21:**  
Annual Board Meeting  
6:30 PM - St Cloud

**November 18:**  
Board Meeting  
6:30 PM - St Cloud

**January 20, 2014:**  
Board Meeting

**Upcoming  
Events:**

**October:**  
2013 Sessions end  
Match Race Fundraiser begins

creating pride  
with every ride



*Adapted Specialized Training  
and Recreation Involving  
Disabled Equestrians*

Project ASTRIDE provides therapeutic recreational horse activities for individuals with cognitive or physical challenges.

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**Fall 2013  
Inside:** PATH Int'l. Accreditation  
Upcoming Events  
7th Annual Benefit  
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Match Race 2013

Newsletter Design by Adelman  
ADVERTISING

## Benefit Horse Show— *Lovely Day, Good Turnout*

The 7th annual Project ASTRIDE benefit horse show was held on a lovely summer day, Sunday, August 18, at Bev Roth's Rocking R Farm.

Thirty-two riders participated in dressage and jumping classes. The day went well, thanks to the organizational efforts of Clare Palmquist and with the help of many dedicated volunteers.

A silent auction and "Horse Poop Bingo" were side events to the riding competition.

Two experienced, accomplished judges, Alison Sader-Larson, a Twin Cities dressage trainer and national competitor, and Joan Schulz, Twin Cities AQHA judge, donated their services, which helped keep this effort financially successful. Their qualifications also added another level of professionalism to this already well-run show!

Many thanks to the judges, and to Bev Roth for hosting this event yet again. Your generosity is greatly appreciated.



Board member Dr. Greg Schlosser presents board member and instructor Shellie Kremers with one of two blue ribbons Shellie earned on her trusty steed Alexandria.

## Horse-Talk...

*Contributed by 'Mouth of the Herd'  
(a.k.a. Clare)*



*Sonjay at work!*

Taffy, Sonjay, Blackie, Andy and Annie are busy helping with 17 riders this fall. Clara is in our pasture and waiting for a new home. We would consider leasing her out to the right driving-only situation.

Andy is being treated for ulcers and seems to be responding well. Our deep felt thanks to the Backes "guys" (Rick, Paul and Hunter) for feeding him a special diet as we have been looking to discover the root of Andy's recent string of little maladies.

Annie, our newest horse, is doing quite well and has comfortably fit into the program. It's almost as if she's always been there.

We recently had a draft cross mare named Treasure donated to our program. She is a Paint mare and spent 30 days with a trainer to unlearn a few "less than desirable" traits from some of her past experiences. Treasure has now arrived at the barn and is settling in well. She really LOVES attention and people.

We also have 1 more potential horse on the horizon. We'd like to maintain our herd at about 6-7 horses that can work a full load at our program and help take us through anticipated expansions in services in the next 1-3 years.

## From the Saddle...

"I had been looking for a place where I could get on a horse again. I used to ride quite a bit. We had five horses and I got my first one when I was 13. It has been 25 years since I owned a horse and about nine years since I had last been on one.

"The morning after my first riding session, when I did my stretches my hips weren't sore for the first time in years. The benefits lasted most of the week. After not using my back muscles correctly for years, I felt the right muscles to use to sit you straight. I bought a 'saddle chair' to use at my computer because I am sitting up straighter. Sitting up in the horse saddle showed me which muscles to use to sit up straight."

*Janice (last name withheld at rider's request) is a rider in her 50s who started riding with Project ASTRIDE for the first time this current session.*

## *Interested in Volunteering?*

DROP A NOTE TO:  
Project ASTRIDE  
P.O. Box 873, St. Joseph, MN 56374  
ATTN: MARTI MARRINAN  
or email Marti directly at  
martiastride@yahoo.com.

Also, some businesses will match your volunteer hours with a monetary contribution. Does yours? Dollars for Doers is an example of this type of program.

Just ask, and you may be pleasantly surprised. Let Marti know.

## Match Race <sup>2013</sup> *Fund "Racing" Campaign*

Project ASTRIDE's last major fundraising event of the year is Match Race. This is the third year of this effort, and it has proven extremely valuable, particularly by helping PA stay financially healthy throughout the winter months, when sessions cannot be held in the unheated barn, yet rent needs to be paid, horses tended to.

A small group of Match Race sponsors commit to a total matching donation goal of \$6,000.00. Our larger donor base, plus new contributors, are challenged to reach that amount to earn the full dollar match. Watch your mail to learn more about this year's sponsors and what your gifts give to our riders.

Thanks to everyone for your help in the past, and we hope you are able to continue your support this year.

## Thanks for Your Support!

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State, Zip: \_\_\_\_\_

Email: \_\_\_\_\_

Amount of Donation: \_\_\_\_\_  
*(Any amount is welcome!)*

**Mail to:** Project ASTRIDE,  
P.O. Box 873, St. Joseph, MN 56374.

**Prefer using a credit card?**  
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