



Project ASTRIDE

PO Box 873 St. Joseph MN 56374

www.astride.org

Adapted Specialized Training & Recreation Involving Disabled Equestrians



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

COMING EVENTS

JULY

- July 16: PA board meeting

AUGUST

- Aug. 4 Volunteer Training & Rider Orientation
- Aug. 6 Leader Training
- Aug. 9 Raffle Ticket Drawing at 7:00 p.m. at the Avon Barn **
- Aug. 11-12: Dare to Dream (See Info below – also watch the website)
- Aug. 19: Benefit Show at Rocking R Farm
- Aug. 21: Fall Classes begin

SEPTEMBER

- Sept 17 PA board meeting

OCTOBER

- Oct. 11 Last Class of the Season!
- Oct. 13 : Tentative date for Christmas Card Photo Shoot
- Oct. 15: Annual Meeting
- START OCTOBER MATCH RACE FUNDRAISING EVENT

NOVEMBER

- MATCH RACE continues, GIVE to the MAX DAY (date not yet published)
- Nov. 19: PA board meeting

FEBRUARY, 2013

- Feb. 3, Sunday, Fundraising Breakfast with silent auction, Moose Lodge, Waite Park.

IN MEMORIUM

With great sadness, Project ASTRIDE reports the loss of Sassy, a new, popular, and promising part of the herd. A lightning strike is the likely cause of her demise. Sassy was donated by the Danzl family, and was volunteer Jean Danzl's favorite ride for many years. Sassy's positive attitude and great work ethic will be hard to replace.

WHAT IS PATH International?

NARHA is the former name of the member-driven international organization that set standards for equine-assisted therapeutic programs. PATH International (Professional Association of Therapeutic Horsemanship International) is the new name for the same, updated organization. This change reflects a more comprehensive view of using the horse to broaden life experiences for all persons with special challenges.

Project ASTRIDE, a premier accredited facility through NARHA, continues to hold the same status with PATH. (See the PA website for more detailed information).

FUNDRAISING: An On-going Challenge

Project ASTRIDE, along with all non-profit organizations, counts on the generosity of donors to continue to fulfill their missions. For 26 years, PA has had no paid staff. All dollars go to program support.

Riders' fees pay 28% of PA's total budget. The rest comes from our incredibly generous donors – individuals, businesses, service clubs, and occasional foundation grants. That's how PA pays barn rent, insurance, horse care, veterinary care, tack, and all the organizational expenses.

Thanks to all of you for your financial support. We wouldn't be here without you!

PA has many ways to help:

- **The NEW Dare to Dream** (see story below)
- **Can you sell raffle tickets?** Sign out books of 10 at the barn, or call Laurel Theis, 320-685-4524. Selling price is \$5.00 each.
- **Can you be a MATCH RACE leader** for the fourth quarter fundraising effort? Call or email Linda Peterson: 320-529-8680; lkpete@cloudnet.com
- **Benefit horse show August 19** – sign up to compete, or call Clare Palmquist (320-468-2524) to be a sponsor helping with costs of the show.
- **Silent auction items** will be needed for the February Benefit Breakfast. Call or email Linda. (phone, email listed above).

The NEW Dare to Dream:

On Saturday, August 11 and Sunday, August 12 the Minnesota Mounted Shooters (www.mncmsa.com) will be holding a cowboy mounted shoot at an arena near Clearwater. Project ASTRIDE will be the beneficiary of funds raised. PA rider participation (a popular, FUN - and safe - outing) is planned for Saturday, tentatively at 5 p.m. The Mounted Shooters starts 10 AM. Come on out and cheer on the riders! Eat food! Shellie Kremers will be contacting PA riders as details get put together. If you have questions before you can contact her at MsShellieK@yahoo.com. Watch the website for location directions, and final schedule. www.astride.org

WELCOME, NEW INSTRUCTOR HEATHER KRAFT!

Heather earned her PATH certification in October, 2011, and began conducting her own sessions in April, 2012.

She has a Bachelor's degree in psychology from Luther College, and earned her Master's degree in Recreation Therapy from the University of North Carolina, Greensboro, in 2003, as well as working as a Director of Recreational Therapy.

In addition to her instructor responsibilities, Heather, her husband, Dan, and their children, Sadie and Peter, have lived in St. Cloud for five years.

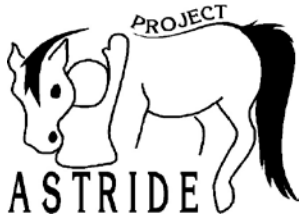
Project ASTRIDE is fortunate to have had Heather as part of the team, with her 12+ yr.'s experience working with individuals of all ages with physical cognitive, and sensory processing disabilities, as well as individuals with mental illness.



CLARA: A REGISTERED NORWEGIAN FJORD

Clara has been a trooper for Project ASTRIDE. Her true love, however, is to be a driving horse. She is sound, sturdy, in good health, and LOVES pulling things around.

If you know someone interested in a quality driving horse, call Clare Palmquist, (320) 468-2524



PO BOX 873
ST. JOSEPH, MN 56374

Spring session PA riders raised almost \$300.00 for Coins for Critters. Nice job! Team Thursday out-did Team Tuesday by just \$46.00. Thanks to Paul Morrison, RE/MAX Realty Results for sponsoring the winning team's pizza party. Excellent effort by all! Thank you.

Want to **VOLUNTEER** with a unique and rewarding group? Project ASTRIDE welcomes help in many areas. You can work at the sessions, help fundraise, or staff events - with many other opportunities in-between. Send a note to our P.O. box, attn: Marti Marrinan. Include your name, address, phone/email or other contact information, and any specific areas of interest you may have. Project ASTRIDE, P.O. Box 873, St. Joseph, MN 56374

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? Donate on-line at www.GiveMN.org