

Project ASTRIDE

NEWS...SPRING 2009

Contact us at www.astride.org or

e mail us at: info@astride.org

PO Box 873

St. Joseph, MN

56374



This newsletter is for all of you!

Riders - Families - Current and New Volunteers and Donors

We are getting ready to start the new 2009 season!

Volunteer Training

PLEASE share these dates with someone you know who may be interested in volunteering with Project ASTRIDE!

Thank you

ALL NEW Volunteers must attend training

Volunteer Training: Saturday April 11th, 9AM – 1:00

PLEASE SHARE THIS DATE WITH OTHERS!!

Volunteer Training: Saturday June 13th, 9AM - 1:00

Volunteer Training: Saturday August 15th, 9AM – 1:00

SPRING CLASSES ARE BEGINNING SOON!

Rider Orientation April 11th, 1PM- 4PM as scheduled....

Tuesdays 5:45 & 7:00 Laurel; April 21, 28, May 5, 12, 19, 26, and June 2 and 9

Thursdays 5:45 & 7:00 Clare; April 23, 30, May 7, 14, 21, 28 and June 4 and 11

SUMMER CLASSES

Rider Orientation, Saturday June 13th 1PM – 4PM

Volunteer Training, Saturday June 13th, 9AM-1PM

Benefit Horse Show, Sunday August 23rd

Tuesdays 5:00, 5:45 & 7:00 Laurel; June 23, 30, July 7, 14, 21, 28, August 4, 11

Wednesdays 5:45 & 6:45 Alice Sue; June 24, July 1, 8, 15, 22, 29, August 5, 12

Thursdays 6:00 & 7:15 Shellie; June 25, July 2, 9, 16, 23, 30, August 6, 13

**A LARGE THANK YOU goes out to the 4 H group
that helped us clean the tack!**

The 4 H Group spent the afternoon of March 1st cleaning all the

Project ASTRIDE tack!

We thank you very much for
this much needed service!

Parents: Theresa Maas,

Diane Wimmer, and Brenda Mahoney.

4-H Youth: Kelsey Maas,

Leah Wimmer, Erin Wicker and

Shannon Mahoney

CentraCare gives Project ASTRIDE a real lift!

CENTRACARE Health Foundation

CentraCare Health Foundation approved a grant proposal funding a **SureHands®** lift. This lift will be used to assist certain riders to mount their horses without using the ramp, and without the lifting now being done by volunteers. This will be a great new safety feature, as well as alleviating strain sometimes associated with the mounting process. The CentraCare Health Foundation Board of Directors is expected to give final approval in mid-April. Ordering, installation and staff training will take at least a month. The SureHands® lift is expected to be available for use by the final sessions of 2009. Which riders use the lift will be determined by discussions among the instructors, riders, and riders' families.

Project ASTRIDE is very grateful to CentraCare for being awarded this grant!

Message from the President... Submitted by Gwen Marshall

Join us in our "Coins for Critters" coin drive to help raise funds for Project ASTRIDE. Throughout each session, bring your coin jar (or unique container) full of change to the class you are participating or volunteering in. The competition will be heated- the class that brings in the most money will get a Party at the end of the session!!

Who: All PA volunteers, participants and visitors.

When: Throughout the PA riding season. Starting at the first class of each session and ending at the last class.

(Check the newsletter for exact start and end dates for each session.)

Look for more information at volunteer trainings, rider orientation and at the barn!

Clare's Corner...Submitted by Clare Palmquist Advanced Instructor and Program Coordinator

We are busily gearing up for the 2009 riding season. With help from many people the tack is clean, horses are being schooled, class schedules have been arranged and filled, volunteers are being contacted and many events have been lined up for the year. We have 3 volunteer training's scheduled in 2009 so please encourage others to join us as volunteers. We are looking forward to another season in our beautiful facility thanks to owners Rick and Marlys Backes and their family. We will be seeing a few new horse faces this year and will be saying happy retirement to a few others. Project ASTRIDE may be partnering with **Friendship Ventures** in 2009 to offer horse experiences to some of their campers. We are looking forward to this collaborative adventure. Linda P has joined us this past year and is in charge of many fundraisers and grant writing. She has written us a grant for a **Sure Hands Lift** to make mounting easier, safer and more dignified for many of our riders. We are awaiting its final approval. The board would appreciate and welcome everyone's assistance with the events we have planned for 2009. We will again be participating in the **MN Winter Horse Fest** on April 4th. **Raffle tickets** go on sale in April with the prize winners being drawn at **our 3rd Annual Benefit Horse Show** at Rocking R Farms on August 23rd. Project ASTRIDE will be having an **open house** on June 9th for past, present and future donors, please think about bringing someone you know who has a generous and giving spirit. We have a volunteer organizing a booth at the **Benton Co Fair** and would like to see all of you involved in these events in some way or another. The board of ProjectASTRIDE would like your assistance in forming a **parent committee** to help to serve parents and families. A parent committee would have a voice at board meetings to help shape the direction Project ASTRIDE will take now and in the future. **A parent and rider panel** as part of this committee could help in speaking publicly to potential donors, medical professionals and schools. We hope to see many of you riding and volunteering soon!

Happy Trails,

Clare Palmquist

Dare to Dream ...

Submitted by Shellie Kremers Instructor

On Friday July 17th, Project ASTRIDE has been invited to participate in the WAHL Dare to Dream Shootout. Dare to Dream will be hosted by the Bison Meadows Ranch in Maple Plain, MN along with Diane Purcelli from the Shooting Star Ranch located in Darby, MT. Diane will be traveling to Bison Meadows with her Mustang, Nevada Joe. Nevada Joe is a therapeutic program horse for Shooting Star Ranch and the official horse ambassador of NARHA. Nevada Joe will be there for Project ASTRIDE and to give our riders the opportunity to participate in the sport of cowboy mounted shooting. To learn more visit nevadajoe.net or e-mail Shellie at

MsShellieK@yahoo.com

THE RAFFLE TICKETS ARE READY FOR YOU! We have many donors for our Raffle ticket prizes this year. We need your support! We are selling the tickets for \$5 each...Laurel has the raffle tickets, look for an envelope out at the barn that we will have ready for you to sell! **THANK YOU ALL FOR your support!** The raffle drawing will be held at our Annual Horse Show on Sunday, August 23rd. More details coming about the big show, too! If you would like tickets please contact Laurel Theis at 685-4524. We will be having them out at the barn during class time too! We need everyone's help in selling the tickets! **THANK YOU-**

Fundraising is fact of

non-profit life.....Raising funds to keep Project ASTRIDE healthy and moving forward is an on-going process, as it is with all non-profit organizations. Thanks to all volunteers and donors for your support. Without you, Project ASTRIDE would not survive. We thank everyone for their support!

HELP WANTED.... We are still in the need of Help with a few positions... Volunteer Coordinator Position to be shared would be great! ALSO we are in need of a Treasurer position... For more details on job description please ask!

Remember, without you we could not offer our program to our riders!

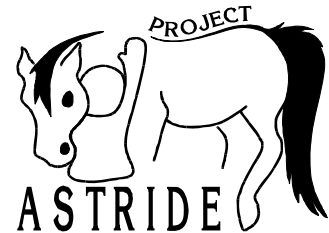
THANK YOU TO ALL OF OUR 2009 Donors so far...

We apologize if we forgot anyone on this list!

2009 Donors

Name/Company.....

Anonymous
Alice Sue & Mark Becker
Ameribuilt
Amy & Paul Mergen
Bank Vista
Boysen Animal Hospital
Bremer Bank
Charlie, Denise & Rowdy Brigham
Chris Shorba
City View Golf Course, Cold Spring
Lorraine and Herb Hesse
Cold Spring Area Chamber of
Commerce
Cold Spring Granite Co
Cold Spring Subway
COBORNS Centennial
Denny & Kathy's Ace Hardware
Don & Nancy Holden
Farmers & Merchants State Bank
GB& Co
Goodguys Motor Co
Great Northern Unclaimed Freight
Greg Schlosser
Image Builders
Lisa & Scott Schoonmaker
Marnanteli's, Cold Spring
Mimbach Fleet Supply
Murphy Chevrolet
Paws In the Country
Pine Cone Vision Center
Rocky Riders Saddle Club
Rosewood Nursery
Short Stop Custom Catering
Sister Rosalind
State Farm Insurance
Target Crossroads
Vern & Mary Dingmann
Victor Medina



HELP WANTED....We are still in the need of help with a few positions...

Volunteer Coordinator to be shared would be great!

ALSO we are in need of a

Treasurer... For more details on job description please ask!

Look for photos our riders and volunteers in our summer issue!

