

Project ASTRIDE

NEWS...SUMMER 2008

Contact us at: www.astride.org
or e-mail us at: info@astride.org

PO Box 873
St. Joseph, MN
56374



Welcome!

Riders - Families - Current and New Volunteers of our 2008 session!

**Our summer session is well underway!
We had a great spring session and look forward to the upcoming sessions!**

Website

We are pleased to announce we have a new WEB master (past volunteer Anita Hollenhorst) to help update our current news etc. The site was updated in April. Send her your comments and corrections via our website WWW.astride.org

We are looking for your heartwarming stories. Have you made a special connection? Do you have a favorite horse and why? Has PA made a measurable change in the life or qualities of your life or your child's life? Have skills transferred to other aspects of their lives? Send us your story and perhaps you'll see your story posted on PA's website. Look for updated photos, you may be a star.

On-Line or Snail mail?

We will publish this newsletter on line and notify you by e mail of its arrival.....

PLEASE notify us if you prefer to receive the newsletter in snail mail form at...

**Project ASTRIDE
PO Box 873, St. Joseph, MN 56374**

VOLUNTEER TRAINING...

Please let anyone you know who might be interested in becoming a Project ASTRIDE volunteer that the next volunteer training is: **Saturday August 9th at the Avon Hills Barn, 9AM – 1PM.**

NEW volunteers MUST attend a session and past volunteers are encouraged to come to share your experiences and help out with the event!

Remember, without all of our volunteers we could not offer this program!

SESSION DATES

SUMMER SESSION (Last class date is a make-up date ONLY IF we cancel a class due to weather)

Monday Classes: 9:30, 10:30 & 11:30 June 16, 23, 30 July 7, 14, 21, 28 August 4, 11.

Tuesday Classes: 5:30 & 6:45 June 17, 24, July 1, 8, 15, 22, 29 and August 5, 12.

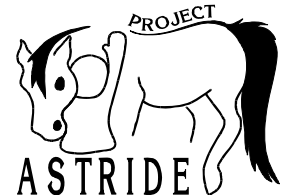
Wednesday Classes: 6:00 & 7:15 June 18, 25, July 2, 9, 16, 23, 30 August 6, 13.

Thursday Classes: 5:30 & 6:45 June 19, 26, July 3, 10, 17, 24, 31 August 7, 14.

FALL SESSION

Tuesday: 6:00 & 7:15 August 26, September 2, 9, 16, 23, 30 October 7, 14.

Thursday: 5:30 & 6:45 August 28, September 4, 11, 18, 25 October 2, 9, 16.



We Remember Gil Buchheit...

We would like to extend our sympathy to the family of Gil Buchheit.

Gil was involved with Project ASTRIDE for many years as an active volunteer, past Project ASTRIDE Board President and an advocate of our program. We were so fortunate to have had Gil involved with Project ASTRIDE; he was a very dedicated volunteer. He will be greatly missed...Our condolences go out to his family.

NARHA Re-Accreditation visit scheduled for 2008

Every five years Project ASTRIDE participates in a Premiere Accreditation visit. This visit is done by two NARHA representatives who evaluate and score our program for safety, administrative expertise and programs being offered. This visit will most likely occur after July. If you'd like to help prepare for this process talk to Laurel. There are many small tasks needing to be completed and reviewed.

Why renew our Accreditation? Accreditation as a Premiere Center means that we are committed to excellence. We have received the highest recognition in the industry and that we are a safe, professional center. All of our instructors are certified and our horses are well screened for their job and well cared for.

If you see a NARHA representative hanging around, be sure to greet them. Answer their questions and tell them your stories. They'll want to know how you got involved, how you've been trained and what you enjoy most about PA.

Fundraisers in the works....

Hi Everyone,

Thank you to all who donated a quilt and/ or your time in working on this project. Without you we could not pull this off. I would like to give a special thank you to the Ladies who took a quilt top and hand sewed and machine quilted them for us. Your time is greatly appreciated. The quilts received so far: 12 baby/toddler, 5 youth, 5 twin, 1 full/queen and 2 King. We also will have some picnic blankets for sale and a few miscellaneous crafts.

Just a reminder that there is still time to donate a completed quilt for the quilt sale. Please have them to the barn or contact Jessica Wilson for pick up by the end of August. All donations are greatly appreciated and go to Project ASTRIDE for programming. The first sale will be at Crossroads Center Mall Sept 26, 27 and 28th. The second sale will be at the St. Cloud Civic Center in November.

There will be a sign up sheet at the barn by mid July for anyone interested in working the sales.

Please contact Jessica Wilson for details. Phone 320-654-8191 or e-mail ismom@charter.net
Thanks again and we look forward to a great fundraiser!

FUNDRAISING packets will be arriving soon!

Can you be an Ambassador for ASTRIDE? In early July, the Project ASTRIDE Board of Directors are kicking off a fundraising campaign. With the wonderful stability that the long-term lease at Avon Hills brings, it also brings higher costs. Looking to the future, PA would like to add a new class such as a driving program which can bring new dimensions to what we can do.

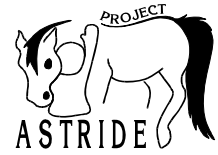
Parents, volunteers, and riders have a personal connection to Project ASTRIDE. You are the best people to let others know of the program's value. Will you join us in this fundraising effort? Packets will be coming in the mail with all the information. There is an envelope in the packet with a full color brochure about Project ASTRIDE and a donation card with a self-addressed return envelope. You will be asked to talk to friends, family members, or work associates about PA. Tell them what it means to you and ask them for a donation. This envelope can be handed out, or mailed. There is a space on it for you to add your own personal note, if you choose. On the bottom of the donation card, there is a place for you to sign your name, so donations can be matched with the person who raised them. The high-earners will get special recognition at the end of the season.

Every single donation is welcome, needed, and appreciated, whether it is one or many. Watch for the mailing. Additional packets are available by request (check the information sheet in the mailing), and at the Avon Hills office. PLEASE show your support of PA. We'd appreciate everyone's help with this fundraiser to keep Project ASTRIDE going strong. It will help assist us with the necessary financial support to continue programming and to provide you with the facility that we currently lease.

Thanks so much for anything you can do to help. (And this is new: credit card donations can be accepted!)

Linda Peterson... Fundraising Committee Thank you

Message from the President...



Submitted by Gwen Marshall

Another riding season is well under way and we have had some exciting changes. We have two new horses that have joined our team. Clara is a Norwegian Fjord and Sonjay is a Morgan. They are learning how to be Therapeutic Riding horses and they will both make a great addition to our herd. Being a therapeutic riding horse is very hard work both physically and mentally. A horse is put into a position unlike anything they have ever experienced before. Horses are amazing animals that have the ability to adapt to many things we would never have expected.

We are also starting a new fundraiser this summer (details in this newsletter). Please help us keep Project ASTRIDE up and running by assisting with this fundraiser. We need you to make it a success!

Please don't forget to attend the Project ASTRIDE horse show at Rocking R Farm near Foley this August. The show is very exciting to those riders who are able to attend. Last year we saw lots of big smiles and we were very proud of our riders who both went home with ribbons!

Please tell all of your friends and family about the quilt fundraiser happening this fall (details in this newsletter). We have many beautiful handmade quilts and other craft items that will be for sale.

Remember that without community support we could not be in operation. Please feel free to stop by the barn during class time to see our amazing riders, volunteers and horses in action!

THANK YOU ALL for your continuing support of Project ASTRIDE!!!

HORSE SHOW COMING UP IN AUGUST!

We are having our second annual benefit horse show out at Rocking R farms in Foley MN on August 24th. Last year's riders Mikayla and Jordan participated in the show and both rode Magic. Mikayla took first place in her lead line class and Jordan placed 3rd in his Intro dressage class against able bodied riders. Way to go! They were both featured in a St. Cloud Times article the next day!

Any rider participating in the summer session is eligible to participate in the show if they can be mounted from a 3 step mounting block. Our ramp is not portable so we are unable to safely mount riders requiring a ramp mount. Classes available will be the walk-trot lead line class (riders can have a leader and 1 or 2 side walkers). This class may be split by age depending on the number of entrants. For riders who ride completely independent there are also 2 walk-trot classes where riders memorize and ride a pre-determined pattern. The test requires posting at the trot. If the trot is not posted the rider will be penalized points unless they are physically unable to do a post due to the restrictions of their physical disability. There is a ground pole class, done on the open jump course that may be a possibility for some riders who can ride the full course at a trot. A scavenger hunt will be held during the day on horseback.

Riders should wear a hard soled shoe with a ½" heel if possible, black pants and a white or light colored shirt with no bare shoulders showing. Tank tops are not allowed. Riders are responsible for fees for each class (\$15-\$20) and must attend a pre-ride night at the show facility, about a week before the show. Riders must provide for their own transportation to the show and plan to arrive at least one hour before their scheduled ride times. Ask your favorite volunteer(s) if they will come assist you in your class! Horses, tack and hard hats will be waiting at the facility the morning of the show. If there are multiple riders who typically ride the same horse signed up for the same class, we will do a lottery for who will ride that horse. Visit www.astride.org or www.csdea.org after July 18th to download a show bill and fill out an entry form. Talk with Clare if you have an interest so that we make sure you are well prepared for the class in which you intend to ride.

General Information reminders...

Volunteers...*Please* remember to find a substitute from the sub list if you are unable to attend a session.

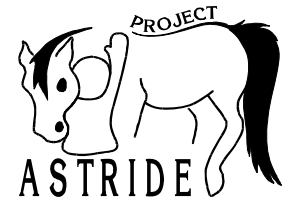
Riders ...*Please* remember to notify your Instructor if you are unable to attend your scheduled class.

Cub Foods receipts are always accepted. Remember, we need them from our St. Cloud stores only.

Thank you

Horse Updates...

Sonjay...is 8 years old and is a Morgan mare. Sonjay was purchased from Lisa Scheuermann of Anoka. Sonjay has a quick step but is learning to slow down. She is a friendly horse with a long mane and tail and a naturally curious nature. She is a Chestnut color and loves all the toys and props we use.



Clara...is 15 yrs old and is a Norwegian Fjord. She was purchased from Green Bay, WI, with a grant award from the Morgan Family Foundation. She looks very similar to our beloved Jondalar. Clara has lots of side to side movement and can be a bit strong if "forced" to do something. She'd much rather be coaxed! She can be quick or slow and used to pull a cart in a harness.

Magic...is taking a break this session. His back and hind leg muscles have gotten sore and we are schooling him to move more correctly to strengthen those areas. We hope he'll be back in full swing before too long.

Martin...was sore at the trot this spring, so he is on some joint medication and is likely to be a walk only horse from now on.

Blackie... is the same curious and attentive horse. She had an infection this spring and lost much of her hair in patches. She is better now and looks great.

Taffy...has quite the new haircut again. She "lost" her mane to a clipper and has what is called a "Roached Mane". We pre-empted her usual rubbing off the middle of her mane. This loss of hair is caused by reaching through the fence for those one or two delightfully scrumptious blades of grass.

Ouachita ...is enjoying life with so many mares around but is feeling his age and arthritis. He still gives his all when he is ridden.

Clare's Corner...

Submitted by Clare Palmquist Instructor...

Wow, what a year it has been so far! We've had a record number of riders, horses and volunteers this year. Not to mention a record number of expenses. Instructors train new volunteers, evaluate new riders, school the horses, fit tack, keep logs of paperwork, match riders, horses and volunteers and help collect the dreaded paperwork!

What about the question "Where does the funding for PA come from?" What many of you don't realize is that instructors are volunteers who also do a vast majority of the fundraising in addition to teaching at PA, raising our families and working at our paying jobs! For no pay!?

Rider fees will make up only about 16% of this years budget, so that leaves a lot of fundraising to do. Linda Peterson and Jessica Wilson are donating their time and efforts to help us raise needed funds for programming. Jessica Wilson is pulling together two quilt sales for this fall. Linda has successfully written two grants for horses and tack, and has come up with a new fundraiser which you will soon receive in the mail. Please take these new fundraiser packets and write a personal note of endorsement on them. Give them to a business you have a strong relationship with an aunt, uncle or family friend who owns a business or any potential funder who you know and support, or who might be willing to support what you do. If you tell others about what happens at PA and tell them about all the great things you see happening there, then people are much more likely to support something known to them. Through you, as an active participant in PA, we will raise more funds than through a raffle or a general "we need funding" plea.

I recommend a quick follow up call to whomever you send a packet. This gives people the opportunity to ask questions and find out more about what you do. If all of us do the simple act of spending a passionate hour in this effort it will relieve a huge time constraint from the instructors and it will free up their time to do what they do best...teach! Please take courage and jump in to help support what we do. Remember, the worst thing that can happen is someone says "no". As I often say to my husband about the intense volunteer time I spend doing PA things... *"Either I am committed or should be committed!"* Won't you please show your commitment? P.S. I hope this fundraiser is so successful I don't have to write an article like this again ☺ **PLEASE!!**