



## Project ASTRIDE

NEWS... Winter 2008

Contact us at [www.astride.org](http://www.astride.org) or  
e mail us at: [info@astride.org](mailto:info@astride.org)

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***This newsletter is for all of you!***

*Riders - Families - Current and New Volunteers*

**Our winter slow down season is here!**

**We had a great year of classes and look forward to 2009.**

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 they transferred to other aspects of life? 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.

### **Volunteer Training**

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

Volunteer Training: Saturday April 11<sup>th</sup>, 9AM – noon

Volunteer Training: Saturday June 13<sup>th</sup>, 9AM – noon

Volunteer Training: Saturday August 15<sup>th</sup>, 9AM – noon

### **Session Weeks**

**Spring Classes:** April 21, 28, May 5, 12, 19, 26, June 2 & 9

**Summer Classes:** June 23, 30, July 7, 14, 21, 28, Aug 4 & 11

**Fall Classes:** August 25, Sept 1, 8, 15, 22, 29, Oct 6, 13

**PA Benefit Horse Show Sunday August 23, 2009**

### **Education Forums**

\*Education Forums will be held Tuesday evenings 6-8:30PM

January 27<sup>th</sup>, February 17<sup>th</sup> and March 17<sup>th</sup>

Topics to be covered are:

**Tuesday January 27<sup>th</sup>**

*"How tack impacts the horse and rider. What is it and Why use it that way!"*

**Tuesday February 17<sup>th</sup>**

*"How lessons should work." What does a rider experience up there?*

How you as volunteers can make it a more beneficial experience.

**Tuesday March 17<sup>th</sup>**

*"How leading and side walking techniques can positively or negatively impact the horse, rider cooperation and your team's safety."*

Why does that horse get pushy, resist, or bite?

Why is that rider getting uncooperative, tuning out or getting frustrated?

We ask all volunteers to attend at least two of these three events.

Our goal in doing this is to offer more consistent and good quality lessons to the participant and have better and happier horses who are a pleasure to handle.

Everyone attending will receive a special gift and recognition showing your level of commitment to quality programming.

## Message from the President...

*Submitted by Gwen Marshall*

Project ASTRIDE has had another successful riding season! Thank you to all of the volunteers, riders and their families, and the instructors for another great year! Project ASTRIDE would not be able to continue without the support of our generous donors. PA will be launching new fundraisers in 2009 and will be unable to be successful without the help of our riders and their families as well as our volunteers. Without sufficient funds to care for our horses and pay other expenses, we cannot continue to offer this awesome service to the community. There are many great ways to support PA including volunteering to assist at fundraising events, spreading the word about PA and its fundraisers to family and friends, joining the fundraising committee, and by monetary donations. Keep your eye out for fliers and e-mails regarding our upcoming events.

We had another great Holiday Photo session in October. Despite the cold we still had a lot of fun taking the pictures and coloring pumpkins for Halloween. Thank you to our awesome photographer Cassandra Meyer for another great year!! We look forward to doing them again next year- they make fun and unique gifts and holiday cards.

Happy Holidays and Happy New Year!!!

Gwen Marshall *THANK YOU ALL for your continuing support of Project ASTRIDE!!!*

## Fundraising Made Easy: Cub Foods & Project ASTRIDE

You can help support Project ASTRIDE simply by shopping at Cub Foods, St. Cloud. Cub will pay PA 1% of the total amount of receipts returned quarterly. Here is all you have to do:

- Save all your Cub Foods receipts (St. Cloud stores only) for 3-months
- At the end of every quarter (end of March, June, September, and December), mail them to Project ASTRIDE.
- The receipts need to be dated within those 3-month periods.

That's it. Simple. Easy. A pre-addressed label is included with this newsletter for your convenience.

*Thanks to all of you for your support of Project ASTRIDE.*

## Ambassadors for ASTRIDE

Thanks to all the parents, riders and volunteers who have been helping with the 2008 Ambassadors for ASTRIDE fundraising campaign. When you tell the Project ASTRIDE story, people listen. Your efforts have raised more than two months worth of expenses. Even though classes are over for the 2008 season, your help is still needed. Magic, Blackie, Martin, Taffy, Ouachita, Sanjay, and Clara will have a rest, but PA needs to be sure their stalls are ready for them next year, and that the grain bins are full! More fundraising packets – donation cards, color program flyer, return envelopes - are available at the office.

Or call / e-mail Linda Peterson to get more. 320-529-9680 [lkpete@cloudnet.com](mailto:lkpete@cloudnet.com)

## NARHA Re-Accreditation visit 2008

Well this fall in October we had our annual 5 year visit to check out our facility and also our program etc

Every five years Project ASTRIDE participates in a Premiere Accreditation visit.

Why renew our Accreditation? Accreditation as a Premier 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. Thank you all for helping us to be the best we can be.

## Instructor Spotlight....*Submitted by Shellie Kremers*

My first full year as an instructor was a thrill. Although I've been with the program for many years now and have been mentoring instructors for a couple of years I was still unprepared for the excitement that I felt after completing my first full year as an instructor. I enjoyed working with every one of my riders and every one of my volunteers. I realized though as the year went on that I have envisioned many questions that volunteers, participants, parents, and caregivers may have and did not ask. Why do we..... or What does this..... I'm going to answer one question of my own here. What makes instructing (or volunteering) so exhilarating? For me it was the simple things. The challenges of putting together a plan for the night, or seeing everyone smile, watching the challenges, or ease, that both the riders and their team and horses face during a task. Knowing where to make things tougher and when not to. What else? One rider telling me they will miss riding, another giving me a "thank you card", and the best one of all was one gal who told me she liked working with another instructor more. It didn't hurt my feelings one bit. In fact I was relieved to know that each one of us instructors has our own techniques and reach out to different individuals in different ways (by the way – she still had fun with me). If you have a question that you'd like to see in the next newsletter please e-mail us and I will try to answer it in the next publishing. Thanks for making this a great year for me. Shellie [MsShellieK@yahoo.com](mailto:MsShellieK@yahoo.com)

## Clare's Corner...Submitted by Clare Palmquist Instructor...

Thanks to everyone for their commitment in being part of another successful year for Project ASTRIDE. Without everyone's support we would not have made it this far. We offered 60 rider slots this year on 7 horses. This means there were 480 riding opportunities provided. In 1986 Project ASTRIDE served 6 riders. Fees were \$5.00 per ride. We borrowed horses and trailed them to and from the facility. We had two classes on 6 consecutive Tuesday evenings. There were 12 volunteers and 2 volunteer instructors. The annual budget was a whopping \$5000. This budget mostly covered start-up costs, insurance, membership fees for NARHA, a volunteer party and gas for transporting the 4 borrowed horses. See the following figures for 2008's statistics.

This newsletter brings you repeated information about upcoming fundraisers so I wanted to give everyone a quick general summary of why we must do these fundraisers.

<u>Costs in 2008</u>		<u>Income 2008</u>	
Facility Rental	\$14,000	Rider fees	\$9,000
Horse Care	\$2,000	Grants	\$8,000
			(\$12,000-\$4000 designated to 2009)
Education/ training	\$900	Fundraisers and	
Insurance	\$1,500	Donations	<u>\$17,000</u>
Office/newsletter/copies	\$700		(includes Ambassador Fundraiser)
Horse Purchases	\$4,500		
Fundraising Expenses	\$5,000	<b>Total Income</b>	<b>\$34,000.00</b>
Tack Purchases	<u>\$1,500</u>		
<b>Total expenses</b>	<b>\$31,000.00</b>		

### Translation....

- Riders' fees cover less than 30% of the costs of providing Therapeutic riding!!
- Per ride actual cost is \$65.00. Group participants pay \$21.25 per ride.
- Project ASTRIDE is 100% volunteer. No salaries are paid!
- Grants must only be used for their gifted purpose. Typically, they may not be used to cover program operating costs.
- Donations and fundraising make up 55% of the budget. These funds are generally used to cover operating expenses!
- We currently carry less than 2 months of operating funds in reserve ☹  
This figure should be no less than a 4-6 month reserve of operating funds.

PLEASE HELP US with fundraising when we ask it of you. Take the opportunity to tell others about the valuable contributions that Project ASTRIDE makes to your life and they lives of others. People and businesses tend to support the organizations to which someone they know has a direct tie. Ask your friends, family, civic groups that you or your spouse belong to, businesses that you frequent or an animal lover you know to support what you do as a volunteer or what your child does with PA. Consider giving donations to PA instead of office Christmas gifts or adult family gifts. Take ownership in the success of this program by helping us to get funding which will make it possible to provide the service that we offer.

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

***The Board of Directors for PA wish you all a season of safe and happy holidays.***



## 2008 Snapshot... Submitted by Shellie Kremers

2008 was another exciting year. In March we signed a five year lease with Avon Hills Paints and Quarter Horses. What does that mean to Project ASTRIDE? It means more stability, room for growth through both added classes and programs in the future, and a beautiful facility to showcase our cause. In April we started classes and held three eight-week sessions.

We held three scheduled training programs and two leader trainings this year, which is an addition to the past. We look forward to offering these training sessions in the future to help accommodate new volunteers interested in our program. Please pass the word along to any interested person. In August Rocking R Farms of Foley welcomed us again with open arms for our second annual horse show with proceeds going to Project ASTRIDE. We thank them for offering us the opportunity to benefit from it financially and also intangibly. Three of our program riders placed in the show, Gregory C. Lakota P and Jordon H. We hope everyone who attended had a great time and enjoyed the beautiful day outdoors. Thanks to all the volunteers that helped make the horse show a success.

This year we welcomed two new horses to our program; Sonjay, an eight-year-old Morgan and Clara, a 14-year-old Fjord. Part of this was made possible by grant writing done by Linda P to the Morgan Foundation (who funded our Fjord) and Canterbury Park Foundation who along with the Morgan Foundation has contributed funds for new horse tack. We started two new fundraisers this year. Some of you may have been a part of our mailing and others a part of the quilt sales, thank you.

October was a busy month for us. Our volunteers had their "unofficial" trail ride at the Becker City Park. It was a great time to hang out with new and old friends made through Project ASTRIDE. The attendance was doubled from last year and the weather was beyond perfect. We also held our annual photo shoot. Thank you Cassie for donating your time again.

We finished up the 24-week riding season the second week of October with a success. On our last night the program was visited by NARHA representatives to renew our Premier accreditation status which occurs once ever five years. We scored a 100% on the review and continue to be a NARHA Premier Accredited Center. A special thank you to Laurel T and Clare P for making sure all of the I's were dotted and T's were crossed. Also thank you to all of the volunteers, donors, and the facility owners who helped make it possible. The riding season may have ended but the program is still diligently at work. We graduated from the HOP program funded by the Initiative Foundation of Little Falls and are seeing great strides in the Board of Directors and direction of the program. We will continue to work on the goals we established in the HOP program.

## THANK YOU TO ALL OF OUR DONORS for 2008 so far!

We truly appreciate your gifts of donations of in kind or financial support!

\* If we forgot to mention your name please know we did not do it intentionally!

Ace Tack & Outfitters	Farmers & Merchants St Bank	Mrs. Frances Theis
Alice Sue & Mark Becker	Greg & Ginny Koczur	Mrs. Trisha Hendrickson
Anonymous	Grubers Quilt Shop / Sue	Murphy Chevrolet
Ann Marie Maciej	Int' Precision Machining	Noah & Kim Barka
Anne Cizadlo	J&S Concrete / Robert &	Pam Campbell
Associated Sewing Center / Dawn	Helen Sanford	Rich & Gloria Huston
Avon Lumber / Lumber One	Jaclyn Vollmer	Rich & Sara Rosene
Avon State Bank	James & Donna Solie	Rockville Lions
Backes Wood Products	James V Maciej	Rocky Riders / Linda Arnold
Bev Roth	Jamie Thiessen	Rodger & Lynn Johnson
Bob & Joyce Rosene	Jeanne Harkins	Ron Johnson
Bob Broich	Jennifer Krebsbach	Sandy Slade
Carol Maciej Weber & Daniel	Jenny Buermann	Sharron Rasmussen Sprague
Carol Vickstrom	Jessica Wilson	Shellie Kremers
Chuck & Barb Seefeldt	Joan Olmscheid	Sheri Allmond
Cindy Albright	Julie Manzella	Siete Leguas Equine Veterinary Services
Clare Palmquist & Dean Marshik	June Felch	St Cloud Morning Optimist Club
Clear Lake Lions	Karen & Mary Theis	Sunrise Ag Co-Op
Clearwater Truck Center	Katherine Theis	Tandem Orthotics
Community Shares of MN	KDV	Theresa Maas
Dan & Phyllis Slade	Laurel & John Theis	Tina Gieb
Denise Brigham Ent	Marcia Brower	Vern & Mary Dingman
Dick Pfannenstien	Marin Christensen	
DM Brigham Equities	Marti & Paul Marrinan	
Don & Arlene Casey	Mary Kay Amundson	
Doris Torborg	Mary Spaeth	
Doug & Nancy Heinen	Mike & Sharon Bauerly	
Duane & Teri Maciej	Miller Architects & Builders	

## **Volunteer Appreciation Party to be held in January 2009**

We will again be having our annual complimentary Volunteer party to recognize our dedicated volunteers. We are scheduled for TUESDAY January 20<sup>th</sup>, 2009 at Jimmy's Pour House in Sauk Rapids. Social hour will begin at 5:30 and Dinner at 6:00. There will be a variety of menu choices available. PLEASE mark the date on your calendar! We will be sending out reminder post cards. Spouses are welcome at their own expense. We look forward to a fun evening!

## **Riding Lesson... for Volunteers that qualify...**

Hillcrest Stable has again offered our volunteers a free riding lesson for those who have put in 40 hours or more of volunteer time to Project ASTRIDE. The lesson will be in April of 2009. Time has not run out yet to gain more hours. We have fundraisers and other projects that can still be accomplished before the year end. Contact Shellie K at [msshelliek@yahoo.com](mailto:msshelliek@yahoo.com) for further information.

## **Volunteer Job Listings:**

These positions are open to current or past volunteers, spouses, parents of riders, or any interested individual, including recently retired individuals, possessing these skills and who are looking for a volunteer opportunity. We would look for these persons to be willing to commit to the positions for a minimum of two years and for individuals willing to help in the program's growth.

## **Volunteer Coordinator** needed to begin Jan 1, 2009.

Approximately 5 hours per week average. Prior to sessions beginning a concentrated amount of time (15 hours for 3 consecutive weeks) is necessary and off times (Nov-Feb) or mid session may have 0-1 hours per week. Candidate needs good people and phone skills. Must have a genuine interest in the volunteers and understand the program (we will provide education). Computer and internet access are a must. Position is responsible to maintain a current volunteer data base, create phone lists each new session and generate mailing labels. This is currently being done in Excel. Vol Coordinator is responsible for tracking volunteer hours, pre-advertising volunteer trainings, scheduling volunteers (no later than 1-2 weeks prior to session beginning), creating and maintaining volunteer appreciation efforts and planning the annual volunteer appreciation party. It is essential for this position to maintain in-person contact with volunteers. This is done by phone calls, attending all volunteer trainings and attending the first classes of each session. This position might be best filled by two compatible individuals

## **Treasurer position** available immediately.

Approx 1-2 hours per week average. Year end/start will have a slightly higher concentration of hours. This person should have bookkeeping skills in Quick Books and the ability to keep individual event/grant P&L's while integrating them into a whole business P&L. Will be required to keep a donor database, currently done in Excel. Needed skills: ability to generate monthly and YTD Budgets, detailed and general Balance Sheets, P&L and balance a check book. Individual must have a computer, internet access and ability to generate reports. Work may be done at home or off-site. Software will be provided. Position works closely with program Secretary and requires attend evening board meetings a minimum of 6 times annually.



