



# Project ASTRIDE

NEWS... *WINTER* 2009

Contact us at: [www.astride.org](http://www.astride.org)  
or e-mail us at: [info@astride.org](mailto:info@astride.org)  
PO Box 873  
St. Joseph, MN 56374

**REMINDER...**  
Current active volunteers of 2009  
**Volunteer appreciation Party**  
**Tuesday January 12th, 2010**  
at Jimmy Pour House  
Sauk Rapids...

Greetings to all Project ASTRIDE friends!  
Riders, Volunteers, Families and Donors!  
*Welcome to our Winter issue*  
**Have a great Christmas!**  
**Enjoy time with your family**  
**and special friends!**

**CHECK out our WEB SITE** For a neat slide show of a variety of pictures of riders and volunteers!  
Much more information can be found at our web site ...  
**www.astride.org** **CHECK IT OUT!!! YOU may be there!**

**Volunteer Training** scheduled for the Spring  
Saturday April 17th 9AM—1PM at the Barn.  
Please share date with anyone that would be interested!  
We can always use volunteers! Thank you!

**Project ASTRIDE Board Members...**  
Gwen Marshall—President  
Linda Peterson—Vice President  
Alice Sue Becker  
Chris Shorba  
Dr. Greg Scholsser  
Clare Palmquist  
Linda Baune  
Shellie Kremers  
Lisa Schoonmaker  
Laurel Thisis

**Class schedule as follows....**  
Spring classes begin the week of April 19th  
Summer classes begin week of June 22nd  
Fall classes begin the week of August 24th  
Contact the web site for more dates and times....

**WELCOME MARTY ...**  
*Marty joins us as our new Volunteer Coordinator assisting our former Volunteer Coordinator Brenda Thisis.*

Hello to all Volunteers! Mine is not really a new face as many of you may have seen me around the barn over the last few years. I have been a side walker, a horse leader, done tack and arena set up, helped with Friendship Ventures, the horse show, the Expo. I just can't seem to get enough. It is always exciting to get even more involved in something as great as Project ASTRIDE. I found out when I helped at the PA booth at the Fair this summer just how much fun it is to talk to strangers about this awesome program. Once I got started talking it was hard to stop. As new Volunteer Coordinator, I would like to know more about the people who have chosen PA; what you like the most about PA, what makes your volunteer experience good, and how can we make it even better. If you see an email in your inbox from me, I hope you'll take a moment to reply. Feel free to contact me.  
Marti Murrinan ... [martiastride@yahoo.com](mailto:martiastride@yahoo.com)

**A Message from our president...**  
**Gwen Marshall...**  
I would like to thank everyone for another great year with Project ASTRIDE. It cannot be said enough how grateful we are to have our wonderful volunteers and donors!! I also wanted to take a moment to wish everyone a safe and happy Holiday season from Project ASTRIDE. We are all looking forward to another great year!!



**Please help us thank our wonderful Donors! For 2009  
We apologize if any name was left off....**



Anonymous  
Alice Sue & Mark Becker  
Ameribuilt  
Amy & Paul  
Anez Consulting LLC  
Avon Lions Club  
Backes Wood Products  
Bank Vista  
Bev Roth  
Bicking Photography  
Biffs  
Bob & Ginger Johnson  
Bob & Joyce Rosene  
Boysen Animal Hospital  
Bremer Bank  
CentraCare Clinic  
Charlie, Denise & Rowdy Brigham  
Chris Shorba  
City View Golf Course  
Clearwater Coborns  
Clearwater Travel Plaza  
Clearwater Truck Center  
Cold Spring Area Chamber  
of Commerce  
Cold Spring Granite Co  
Cold Spring Subway  
Community Animal Hospital  
Community Shares  
Corborn Centennial  
Cordia Pearson  
Cub Foods  
Denny & Kathy's Ace Hardware  
Don & Nancy Holden  
Doug & Nancy Heinen  
Duane & Teri Maciej  
Ed & Peggy Heying

Farmers & Merchants State Bank  
Frances Theis  
GB& Co  
Goodguys Motor Co  
Gray Potato Farm  
Great Northern Unclaimed Freight  
Greg & Ginny Koczur  
Greg Schlosser  
Howard B Gray Potato Farm  
IBS  
Image Builders  
International Precision  
Machining  
James & Ann Marie  
James Johnson  
JC Thieke  
June Felch  
Karen Theis  
Katherine Theis  
Kelsey Maas  
Kuka Quarter Horses  
Lees Ace Hardware  
Lisa & Scott Schoonmaker  
Little Performance Horses  
Margret Hartfel  
Marilyn Rosene  
Marnanteli's  
Mary Theis  
Mary Tuomi  
McDonalds Meats  
Michelle Patterson  
Mimbach Fleet Supply  
Morgan Murphy  
Mr. & Mrs. Harold Lieberman  
Murphy Chevrolet  
Nancy Buckmeier

Noah & Kim Barkas  
Pat & Rosie Imgrund  
Paws In the Country  
Pine Cone Vision Center  
Riverside Trailblazers  
RJ Johnston Attorney  
Rockville Lions Club  
Rocky Riders Saddle Club  
Roger & Toni Berg  
Rosewood Nursery  
Ruth Schutz  
Shooting Star Ranch  
Short Stop Custom  
Catering  
Siete Leguas Equine  
Veterinary  
Sister Rosalind  
St Cloud Morning Optimist Club  
State Farm Insurance  
Jackie Lundstrom  
Sue Borgert  
Sunrise Age Co-Op  
Tandem Orthotics  
Target Crossroads  
Theresa Maas  
Tom & Sandy Lanz  
UMC  
Valerie Bump  
Vern & Mary Dingman  
Victor Medina  
Wayne & Diana Vaverek  
Wayne, Doreen & Karla Honer  
Windy Hill Auto Parts  
Wolff Drug

**CLARE'S CORNER...**

Project ASTRIDE (PA) is looking to expand programming to serve more riders in more ways. Expansion will include more certified riding instructors and the development of a Hippotherapy program. Hippotherapy must be done by an American Hippotherapy Assn certified therapist to be covered by health insurance. This means that if your physician prescribes Hippotherapy your insurance could pay for OT services at PA as early as 2011! PA will be collaborating with other therapeutic riding (TR) centers across the state in developing a qualified presenter list. Individuals identified on this list are considered experts in the TR industry. They will visit centers and present continuing education opportunities to volunteers on how to improve horse leading techniques, ways to become a more effective sidewalker, facilitating communication with riders, and much more. Project ASTRIDE will be having three opportunities for continuing education this winter. We would like to see each and every volunteer attend at least two of these two hour presentations. There will be light munchies, warm drinks and volunteer friends available.



Check out our  
Web Site!  
[www.astride.org](http://www.astride.org)

**CUB RECEIPTS...**

Remember we are still collecting any St Cloud CUB receipts!  
Mail to our PO box we send them in quarterly!  
THANK YOU!