



Welcome to our August edition of Making Strides. Summer is moving along quickly, too quickly. It has been wonderful watching all of our students make such great progress so far this year. I look forward to continue to watch the students grow.

### **Out with the old and in with the New!**

Welcome to our new volunteers, Eileen and Hannah.

Things are moving along well at South Park. We are still seeking that Washington area farm, hopefully we will find a farm by the end of the year, if not, there is always next year!



### **Spotlight**

This edition's Spotlight is on....

Sabrina, the rider and Sara, the horse:

Sabrina is one of our teenage riders and is always very stylish when she comes to lessons. This is Sabrina's second year of riding with In-Stride

with Therapeutic Riding, Inc. Sabrina is working toward independent riding and is doing an amazing job. Sabrina is walking independently and working on trotting independently. Sabrina has worked very hard at becoming an independent rider and I am very proud of her accomplishments.

Sara is Sabrina's riding partner. Sara's owner, Michelle, free leases Sara to the program. Sara is an older been there, done that pony. She is wonderful with the riders and very patient with our riders who are just learning independence.

Some of the most important people in our organization are the volunteers – our volunteer of the month is Hannah. Hannah is our newest volunteer. Hannah attends California University and is a sophomore. Hannah's sister, Abby, is one of our riders (see July 2010 edition). Hannah has been a big help and she has learned a lot in the few short weeks that she has been with us. We look forward to helping Hannah learn more about horses.

### **Fundraising News**

Mylan Classic: Attendees to the Mylan Classic Golf Tournament scheduled to take place in Southpointe this fall can donate 100% of their admission fees to our organization. There is a link on our webpage –

[www.instridetherapeuticride.org](http://www.instridetherapeuticride.org).

September 25, 2010 – Equine Event and Fun Show  
South Park, PA  
9:00 a.m. – 5:00 p.m.

-Come learn about horses, ride in our fun show classes, talk to professionals in the industry, and watch our students shine

Web based fundraising has become the newest trend. Companies are now offering monetary support to non-profits via the internet. The companies ask the general public to vote on the projects they feel should receive funding. We are trying to submit our proposals to these companies as often as possible. However, without the votes, we won't get the monetary support. Please check our website for ways you can help us raise money just by casting a vote.

Pepsi Refresh Project – we will be submitting our proposal to the Pepsi Refresh project in August. Please check for our project and give us your vote.



### **Reflections from the director....**

In working with horses daily, there is so much to be learned. Observation is key, but more important is not making assumptions and having realistic expectations. Most of us

horse owners don't have the benefit of working with our horses daily. In the busy hum drum of daily life, most of us are lucky if we get time twice a week, and for those of us with children, non-horse person spouses and jobs, once a week is the max we can come up with. When I was learning dressage and wanted to compete, I was riding twice a week. I was reflecting on that time period just this evening and thinking how different I am now and how different my mare is now. I used to get to the barn, quickly tack up, go into the lesson and just expect that China could pick up right where we left off the week before. Never realizing that some of her protests weren't because she was "lazy" or "stubborn" that day, but because she was confused about what was being asked of her.

After working with her every day for the last 7 weeks, I have learned the importance of consistent training, not only for China, but for me. I have also learned the importance of accepting the situation as it is and then molding it to get the outcome I desire. Although every day is not perfect when it comes to working with China, every day is an enjoyable adventure.

Three Fundamental principles of horse training are: 1. Control; 2. Kindness in all your actions towards the horse; 3. Appeal properly to the horse's understanding - Oscar Gleason (1892)

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