



Welcome to our July 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, Ryan, Logan and Erin. And a big welcome to our newest rider, Brigid.

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....

Jon, the rider and Cianna, the horse:

Jon is one of our adult riders. Jon has been with us since 2007 and has progressed greatly. Jon is now riding independently. He can walk

and trot with very minimal assistance. He has also learned to use his legs to move his horse (leg yielding). Jon works very hard at independence in his lessons and has had to overcome many things over the last few years. We are so proud of Jon and all his accomplishments.

Cianna is Jon's riding partner. Cianna is owned by Morning Star Stables. She is an older horse that is very well seasoned. She is very responsive to our riders who are working toward independence. Cianna loves her students and enjoys the loving pats they give her in thanks for their ride.

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.

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.

Horse Show – we will be hosting a Fun Show in September. Please check the website for details.



Reflections from the director....

In the June newsletter I began to talk a little about reconnecting with my mare, China. In the past her and I have had some bumps that we had some trouble getting over. Through the help of a good and dear friend, I have been learning the language of the horse and regaining/finding new levels of confidence.

I have been working with China on my horsemanship skills. In the past I was your typical horse rider/owner. As so many of us do, I would get to the barn and only have a small window of time to accomplish a large window of work. So I would do the quick groom, quick tack up, into the arena we would go for a quick warm up, work on what we needed for the next show/lesson, do a quick hosing and grooming and leave the barn. Now to give myself some credit, there were those days that I was not pressed for time that I spent time doing extra grooming, and spending

some extra time with China. But most of our days were those small window days.

I never really took the time for observation of body language, and when we had sticky spots, I always found a convenient answer as to why the problem was occurring. All the while the problem was right there, never being addressed.

I think that sometimes we are so busy trying to project human emotions into our horses and/or trying to make ourselves feel better about those small windows, that we forget to stop and observe and listen to our horses. I am learning that if I just be quiet and observe clearly, that I learn a hundred times more in 15 minutes than I ever did before.

Again, learning the language of the horse without putting in the time to observe and to listen is impossible. And even when we can quiet ourselves and observe and listen it is still sometimes difficult to figure it all out.

I am trying desperately to be quiet, observe and then communicate properly. Some days this goes really well and some days being quiet is quite challenging. I have noticed that China is a much happier, relaxed horse. She is also becoming much more responsive to much less pressure.

I am happy with our progress and it is wonderful to be able to report these "revelations" to my mentor. I hope to continue to progress and hopefully in the August letter I will be able to talk about how these "revelations" transfer to the saddle.

Until next month, remember:

"A good horse understands exactly what you are capable of and is willing to put you to the test." - Jane Savoie

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