



Ginger with Volunteer Dana and Rider Kristy

Just keep swimming...(Dori from Finding Nemo)

Keep Moving Forward...(motto from Meet the Robinsons)

Out with the old and in with the New!

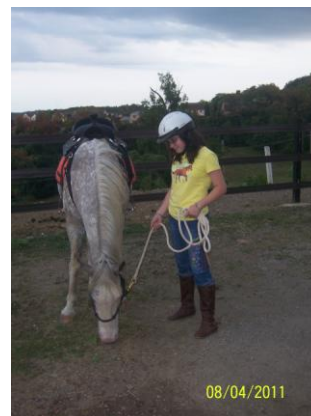
New barn – we are still trying to find a new facility to operate. Until then, we are moving forward and attempting to institute some of the ideas we had put on hold (waiting for the move).

First, at the end of June, we began Friday night horsemanship. This is a great program for volunteers that would like to learn more about horses and proper handling, new riders, and anyone who currently doesn't use natural horsemanship when handling horses. We a little over one month into the program and I can already see an improvement in the horses and the volunteers.

We have now expanded our lesson program into Thursday evenings. We currently have 2 slots open on Sunday and 12 slots open on Thursday evening. Going to miss your Sunday lesson? Reschedule for Thursday evening. The first lesson begins at 6 and the last lesson is at 8:15.

New lesson formats. We have introduced some new and exciting elements into our lesson plans. Come pass around the big pink ball and play horseback volleyball with us. Join us for some trot pole work and pre-jumping lessons. Test your ball throwing skills with our balls and buckets. We also have some new light up batons and are thinking of incorporating hoola hoops again in the near future.

Join us on August 11th from 6:30 – 8 and on August 14th from 1:30 – 4 for our open house.



India and Kimmy

Spotlight

This month's riders...

Kristy and Kimmy (pictured above) are two of our sibling riding students. They began riding with us last year and have come a long way. Thursday evening they began trot pole work and pre-jumping. As both girls learned, the positioning is very difficult. It takes a good balanced rider to be able to keep the perfect position while jumping. Both girls have worked very hard both last year and this year. They are eager to learn and give a good effort at correcting their positioning when instructed to. Kimmy rides India and the pair seem to have like personalities and a good connection. I hope their bond continues to grow (I know it will). Kristy rides Ginger, they also have like personalities. It is wonderful to see them learning together. I look forward to watching them grow both as young ladies and as young horsewomen.

If you would like more information about In-Stride, please contact dflaherty@hotmail.com or (412) 302-5393.

As always, we can use volunteers, for interest in volunteering, please contact instride@hotmail.com.

Fundraising News

Ansyes Tickets for Charity –Final days to purchase you tickets. Our **Goal** is to sell 200 tickets this year. A grounds pass is \$25.00 and the entire amount goes to our organization. What do you get for your \$25 ground pass ticket? Entrance into the Mylan Classic for

the entire week, clinics, special events and the concerts. If you would like access to the club house, you can purchase a clubhouse ticket for \$50, this gives you access to the above plus the clubhouse. There is a discount for purchasing a 10 pack of tickets.

Donations: We are always in need of donations. Your contribution can provide reduced cost lessons for students, health care for horses and much needed equipment. All donations are tax deductible. You can also sponsor a horse and/or a student. We are also in need of tack and barn supplies. If you are interested in making a donation, please check our website wish list to see how you can help.



Reflections from the director....

The horsemanship program has been progressing very well. I am learning quite a bit about myself (*er* I mean the horses) during these sessions. It is also great to help other horse owners and volunteers to learn about communicating with horses. While I cannot claim to be an expert in this area, God knows my horses remind me every time that I am not, I am glad to be able to pass on the little knowledge I have to

others who would like to learn. It is also a good learning experience to watch other riders and identify with the mistakes they make. Helping them to correct their communication errors helps me to remember to correct my own communication errors, too. It is a good feeling to be able to take that step back and try and evaluate the situation without the rose colored glasses, but it is even better to assess and solve the situation.

I think one of the best things about working with horses, especially in the natural horsemanship capacity, is that success can occur in the smallest of things.

I was working with a dear friend on Thursday evening with her horse. The two of them are, at times, so magically connected. We were working on ground (trot) poles. The problem was that her horse felt compelled to rush over/jump over the ground poles at the trot. At the walk she was just fine. I was able to observe and evaluate (and perform a little trial and error). It was very fascinating to see how the level of energy of the human had such an impact on the level of energy of the horse. Once we were able to remove that high human energy, the horse trotted the poles as if they were not even there. An AHA! moment and a big success for this pair.

As I said earlier, success is in the smallest of things. Don't get me wrong though, that small thing is a building block for the future that will

help this pair down the road through much bigger trials.

Remember:
Success cannot not only be measured by where we are today but by which staircase we took to get here....

Dana Flaherty

Volunteer News:

We have a very wonderful group of Volunteers and quite a few new faces this year. I am thankful for every one of you and hope you are enjoying the ride as much as I am.

We are in need of volunteers for both Sunday and Thursday.

As Always volunteers are needed for more information contact instride@hotmail.com

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Holly Stabile, Esquire
412-310-8039

Donate your unused horse tack. In-Stride is always in need of horse tack and supplies, donate today! Check our wish list for the items we need.

