



Welcome to our September/October edition of Making Strides. Fall is here and it is time to start winding things down.

Out with the old and in with the New!

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....

Hope, the rider and Jack, the horse:

Hope is one of our teenage riders and is another very stylish rider. This is Hope's second year of riding with In-Stride with Therapeutic Riding, Inc. Hope has been working very hard on sitting up and keeping her head up. She is doing a wonderful job. She has begun to ride at a slow trot. Hope is a very

busy young lady. Not only does she ride horses but she also participates in special Olympics events with her tricycle and she swims. We are very proud of all of Hope's accomplishments.

Jumping Jack Flash ("Jack") is Hope's equine partner. Jack was donated to the program by a woman named Della who was looking to give Jack a new job. Jack is 20 years old and going strong. Jack is wonderful with the children and is very patient with our riders.

Some of the most important people in our organization are the volunteers – our volunteer of the month is Drue. Drue is our volunteer coordinator and has done a wonderful job in scheduling volunteers and organizing the volunteers. When Drue first started with us, she had very limited horse experience. However, she has since been taking horsemanship lessons and riding lessons. Thank you for all of your hard work and dedication Drue.

Fundraising News

September 25, 2010 Horse Show...

The horse show on September 25th was a wonderful success. The show included fun classes fit for any level rider as well as special classes for our students. It was a beautiful day weather wise and we had so much fun. In addition to the show classes, we had special guest, Christine

Madoni. Christine is a 3 star Parelli Trainer. She put on a 4 part demonstration that was absolutely amazing. I believe everyone in attendance really enjoyed her demonstrations. We also had representatives from the North Strabane Large Animal Rescue who passed out information on some of their upcoming safety seminars. Everyone did such a wonderful job. The show was very enjoyable and we hope to put on a similar show next spring. Thank you to everyone who volunteered, participated and a special thanks to Janine who was kind enough to take pictures for us. Hope to see everyone again next year.

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 on November 1st. Please check for our project and give us your vote. While you are waiting for our program to be included, please vote for other therapeutic riding programs such as Fieldstone Farms. All non-profits can use monetary help and with the current state of the world, private donations

as well as funding are becoming more and more difficult to obtain. Please consider spending a few moments to help non-profits get much needed funds.



Reflections from the director....

Unfortunately, I have found myself in a position where I have not been able to spend much time with China lately. So I don't have any reflections on horse handling to share at this time.

However, due to some recent events in my personal life, I was reflecting on my experiences with horses and have equated two principals to my personal life. So here is some food for thought...

First is the issue of trust. When working with horses trust plays a very big part on both sides of the relationship. A rider who does not have trust in her horse will repeatedly set herself up for failure. A horse that does not trust its handler can express this distrust in many ways which commonly makes the handler more fearful and everyone else around them nervous. This is quite true in life. If you do not trust those around you, your family, your co-workers, etc. others will pick up on this distrust and react to it.

Second, trainers frequently talk about contact/pressure when working with riders, specifically referring to the contact between the horse's mouth and the rider's hand. There is a very delicate balance between being too light on your contact and too heavy on your contact. Like many things in life, this can differ from horse to horse. A skilled rider learns to feel the contact and make adjustments as she rides.

If your contact is too light, an out of shape or green horse will typically lose the engagement of its hind quarters. The engagement of the hind quarters helps the horse to round its back and use its hind end as a power house. In dressage this creates a nice rounded/supple appearance to the horse and aids the horse in performing the patterns requested of him. If your contact is too strong you will inhibit your horses forward motion and more often than not your horse will be quite unhappy and will brace against your hands, throw his head, just to name a few of the many reactions he will most likely give you. Again, just like many things in life, if you are too lax, people will get lazy and disrespectful, if you are too strong you will "block" a person's ability to perform to his or her full potential.

The point is that even the smallest thing in working with horses can be transferred and applied to all aspects of a person's life.

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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