



LANCASTER COUNTY
THERAPEUTIC RIDING,
INC.

Volume 2, Issue 1

RIDE WITH PRIDE

March 2007

New for 2007!!

Website

That's right...LCTR is now on the World Wide Web. You can find us at www.lctr.net. This website not only gives us a presence on the web, but is a useful tool for fundraising, sharing information, and getting the word out about the wonderful work we do at LCTR. Please tell your family, friends, employers, and others to visit our site. We think there is something on the site that will appeal to almost everyone. Thanks to Patti Draude, Ellen Barnes, Lee Ressler, and Georgina Condran for all their work on this project this past winter. Also, thanks to Drew Hostetter and Marcie Van Splinter for their input. Lastly, thanks to our board for making funds available to complete this important project. We would

love to hear everyone's feedback.

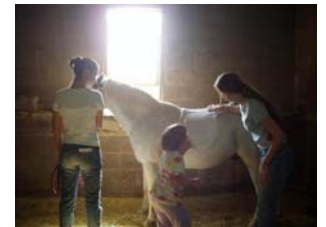
Staff News

Amy Flinn will not be returning to LCTR this year. We thank her for her past service and wish her well. Congratulations to **Jen Good** who is our new Assistant Head Instructor. In addition to teaching, Jen is responsible for the initial contact with our riders. Also, congrats are in order to **Sandi Pearsall** who has agreed to be our Assistant Volunteer Coordinator in addition to her teaching duties. Sandi will field initial volunteer calls and coordinate volunteers one evening

per week during riding sessions. Kudos to **Patti Draude** who has earned her PQI (Pa. Qualified Instructor) certification.

Program News

LCTR will be offering an **Adult Summer Camp** for riders age 15 and older. This will provide the same learning and fun opportunities as our kids camp, but will be age appropriate. Session 5 will run 6 weeks rather than 3 weeks as in the past.



INSIDE THIS ISSUE:

- EAYFA **2**
- Ressler Grant **2**
- Ellen's Corner **3**
- Volunteer Spot **3**
- Barn Dance **3**
- Meet the Staff **4**

SPECIAL POINTS OF INTEREST:

- Individual rider assessments
- Volunteer clinics compliments of Ressler Grant
- Learn about a 24 year supporter of LCTR

And now a word "FOR" our sponsors...

LCTR would not be in existence without the many individual and corporate donors who support us. We would need more newsletter pages to thank each and every person or business by name! Even a \$1.00 donation makes a difference to our organization. We would like to take this first issue of the season to thank some major financial donors (in alphabetical order) from

2006. Please patronize these businesses – they are so important to our success!!

Bank of Lancaster County and their employees*, **Fulton Financial Corporation** and their employees*, **Dodge-Regupol**, **Securus** and their employees*, and **Susquehanna Bancshares**.

*Employees of these organizations held fund raisers on our behalf!! Great Innovation!!

We would also like to thank Engle Publishing for their support and public relations!!

A list of other corporate sponsors is available upon request. See Marcie Van Splinter at the barn.

A Very Special LCTR Supporter Story

In 1982, as a young boy, Nathan Buckwalter began horseback riding with LCTR. His grandparents would often watch him ride. Nathan's grandfather was a member of the **Ephrata Area Young Farmers Association** (EAYFA) and recommended that EAYFA donate some of the proceeds from their annual food stand at Ephrata Fair's Tent City to LCTR. After talking to Carol Henkel, one of the founders of LCTR, and the staff, EAYFA gave LCTR the money to purchase what would

become one of LCTR's most beloved mounts, Kojak. They continued to support the program by donating funds every year to pay for Kojak's board until he retired in 2003.

EAYFA also donated another pony, Melody, who is no longer with the program as well as Rascal, who is an integral part of our program today. In recent years another grandson of an EAYFA member became a rider in

our program.

EAYFA has been an educational program for farmers and others interested in farming since 1964. Through the generosity of EAYFA and all the hard work of their members every year at their Tent City food stand at the Ephrata Fair, they have been a faithful supporter of LCTR since 1983. Our sincere thanks to EAYFA for being a very good friend to LCTR for 24 years!



Nathan aboard Bud in 2006

Volunteers Benefit from Ressler Mill Grant

Volunteer training sessions were held January 20 and 28, February 23 and 26, and March 3, 10, and 29th. LCTR's volunteer training sessions were made possible by a \$1,500 grant from the Ressler Mill Foundation, a nonprofit organization that aids educational programs throughout Lancaster County. The training sessions this year have been much more extensive than they have been in years past because of the grant from the Ressler Mill Foundation. We've provided training in order to prepare volunteers for our leveled competency program.



Patti Draude & Karen Weber-Zug

These workshops have given volunteers the opportunities to work on competencies in horse handling, leading a horse, and walking next to a horse as it carries a rider. It is our goal to enhance safety and the quality of our lessons by giving volunteers experiences to increase their understanding, build knowledge and handle our horses in a competent manner.

Through the training, volunteers have also had the opportunity to take part in activities that riders experience when they come to ride. For example, some of the people who benefit from LCTR cannot mount a horse in the traditional way. They must mount sideways, with their leg going up over the horse's neck. Participants in the workshops were able to experience what that feels like. They found that you have to trust the people who are helping you.

Debby Hadden was our trainer for the morning on March 3. Participants worked in pairs to get first-hand experience in the differences in leading in balance versus leading by tugging. Next they watched how different ways of leading affects the movement of the

horse and in turn the movement and balance of the rider. Finally everyone had the opportunity to lead our horses practicing their new awareness.

On March 10, Bev Peters, who started volunteering last year, was the presenter. Bev does the horse training at Sight and Sound and shared her story and methods with LCTR volunteers. Some volunteers will work on demonstrating their competencies at our March 29th workshop. We will continue working with volunteers on competency levels as the year progresses. Karen Weber-Zug is one of the first volunteers to go through this new system. She in turn, will be able to help instructors in coaching others.

LCTR is pleased to have this opportunity through the Ressler Mill Grant.

LCTR Tid-Bit

with *ers* (wĪTH'ərz)

pl.n.- the highest part of the back at the base of the neck of a horse.

Ellen's Corner-Assessing Rider Ability

Riders are assessed by a team of instructors/advisors/volunteers before starting their first session with LCTR. Also, after each lesson, the instructor writes a short note about the riders' progress toward their goal.

In assessing riders, the most important thing is that each rider is an individual. Horses, riders, and instructors each have different abilities, strengths, and weaknesses. When LCTR first meets new riders, the focus is on medical issues and the rider's long term goals. Once we have an idea of these, we can look toward the ideal

for that ride and what would be reasonable to accomplish in the next 6 weeks of riding lessons. Because each rider has different goals and challenges, each one is assessed by different standards.



For a rider who has physical limitations and is cognitively unimpaired, the goal may be to stretch one particular muscle group or to independently control their horse at a trot. For riders with significant cognitive impairment, these goals may or may not be reasonable. Their goals may be to use more words, appropriate behavior and social interaction with the team of volunteers/instructor/horse and perhaps another rider. We encourage all riders and those involved with them to discuss goals with the instructor.

RiverBoy and Rachel

RiverBoy is a well loved horse at LCTR. He is a sixteen year old quarter horse who has been with the program for many years. RiverBoy has a visual impairment and is blind in his right eye. His personality is endearing and he's made many friends including riders and volunteers. He is shown here with a big fan of his, Rachel Root.

Rachel started volunteering in the program last year. She is willing to help with anything

that needs done. She has come to all of our Volunteer Awareness workshops and has arrived early to help staff get ready. She enjoys working with any of our horses but she especially loves working with RiverBoy. We're pleased to have a dedicated volunteer like Rachel!



"SHE HAS COME TO ALL OUR AWARENESS WORKSHOPS AND HAS ARRIVED EARLY TO HELP STAFF GET READY."

Back by Popular Demand— Barn Dance 2007

You heard right—back by popular demand is our 2nd annual LCTR Pig Roast and Barn Dance!

It will be held on Sunday, June 24 at the Country Barn Farm Market, 211 S. Donnerville Rd., Lancaster from 5 –9 pm. Tickets are \$15. LCTR riders are free.

Line dance lessons will be compliments of Dancin' Dick Arment again this year.

So dust off your cowboy hat and shine up your boots for an evening of good food, great fun, and most of all raising money for a good cause.

This will be our only fundraiser of the year, so we need to sell 200 tickets. Start selling and let's fill up the barn!!

Contact Marcie Van Splinter at 717.989.4995 to reserve your tickets.



RiverBoy telling Bud all about the Big Barn Dance

We are on the web!!

www.lctr.net

**LANCASTER COUNTY
THERAPEUTIC RIDING, INC.**

PO Box 10724
Lancaster, PA 17605-0724

Phone: 717-615-9222

Board of Directors

Gavin Harding, President
Drew Hostetter
Ted Dzubinski
Marcie Van Splinter

Newsletter Committee

Georgina Condran, Ellen
Barnes, Marcie Van
Splinter, Patti Draude

***Would you like to do
more for LCTR?***

In addition to volunteering your time at the barn, there are many other opportunities for you to help LCTR. Please visit our website at www.lctr.net. Click on Support LCTR and then click on the Wish List to see how you can get more involved.

Upcoming Events

A complete 2007 calendar of events can be found at www.lctr.net.

March 22 or March 27—
Volunteer Orientation

April 2—Session 1 Begins

Meet the Staff—Patti Draude

Started at LCTR – 1999

Current Position – Volunteer Coordinator, Instructor

Past – started as a volunteer, began training to be an instructor in 2002

Qualifications – PQI (October 2006), Masters in Education from Millersville University, PACTH Member, NARHA Member

Personal – I reside in Mountville with my husband, Ted and two cats. I have three grown sons, Jeremy, Ezra, and Jesse. I was a teacher in the School District of Lancaster for most of my teaching career.

Started riding – I loved horses from a very young age and pestered my parents about riding constantly! I had polio as a child and had a brace on my leg. My parents were concerned about letting me ride but they knew a man at our church

who owned several horses and gave lessons. They agreed to let me try, I was 8 at the time and in heaven! I rode at Mr. Cumming's barn through my teenage years and when I got a chance when I was in college. I finally got my own horse when I was 42! Mr. Cummings died a number of years ago and is buried in the same cemetery as my parents. There is a horse engraved on his headstone and I am reminded of the wonderful times I had riding as a child.

Currently riding – I have a 7 year-old Quarter horse named Wrangler. He's a versatile guy, I ride him English and Western and trail ride. He also steps in as a substitute for LCTR.

What I enjoy about LCTR – The obvious is the joy of helping our riders experience the wonder of horses. Working with LCTR has given me a

much deeper understanding of the abilities of the human body and spirit. Our riders are able to accomplish many things in the scope of their time spent with us. Working with LCTR has inspired me to be a continuous learner in the many aspects of therapeutic riding. In my job as volunteer coordinator I am reminded daily of the gift of volunteering. Our volunteers have enhanced the success of the program in many ways.



Patti & Wrangler celebrating the holiday season