



LANCASTER COUNTY  
THERAPEUTIC RIDING,  
INC.

Volume 2, Issue 3

## RIDE WITH PRIDE

September 2007

### In the Saddle with Matt Chikes

On a recent warm Monday evening I had the pleasure of walking down the lane with Matt Chikes while he was riding Miss Pam. It was then that we all learned that this was Miss Pam's very first lesson and Matt had the honor of being her first rider. He did a great job halting at trees and following Patti's instructions. He has also ridden in LCTR horse shows, participated in clinics, and visited LCTR with Aaron's Acres.

Matt lives in Lititz with his parents, Anne and Ben, and his brother Andrew who is a student at Pitt. He has 2 Jack Russell terriers, Kipper and Tess.

Matt first began riding at the age of three and has ridden off and on since then which officially makes this seventeen year old young man an old timer with LCTR. Matt is a junior at Living Word Academy and says that math is his favorite subject.

When not riding at LCTR, Matt enjoys playing video games—especially SIMS and he also loves driving ATVs. Matt got a big smile when he confessed that



**Matt riding Riverboy at the 2006 horse show**

he likes to go fast on his ATV. He also enjoys watching the Redskins and Cubs in his spare time.

But, it's not all fun, this summer Matt spent time working in his dad's orthodontist office and

enjoyed that experience.

Matt has become a good rider during his time with LCTR and often rides off lead and can maneuver through the obstacle course without a leader.

Matt's mom, Anne, is also a volunteer with LCTR. She said that the physical benefits that Matt gets from riding include improved balance, muscle strengthening, and improved posture. Matt also enjoys the social aspect of seeing a friend at lesson time as well as being involved in the fun his instructor and volunteers bring to the lesson.

Anne commented that the best this about horseback riding at LCTR is that it is a great fit for Matt and other riders because everyone is accepted regardless of their skill or level of ability.

You can see Matt riding at the 2007 horse show.

-Georgina Condran

### 2007 Horseshow ...Just around the corner!!

You won't want to miss this event! Our horse show committee has been hard at work, so mark your calendar for October 6 for this year's horse show. The show begins at 9:00 am and runs until 3:00 pm.

We invite all riders, families, volunteers, donors, and friends of LCTR to join us

at this popular event which showcases our riders' achievements.

The Lancaster City Mounted Police will once again be putting on a demonstration at 12:00 noon and Dan will be running the Chuck Wagon. LCTR wear will also be available for purchase. A special thanks to all our

advertisers and donors who make this show possible.

So bring your cameras, appetite, and enthusiasm to the show....hope to see you there.

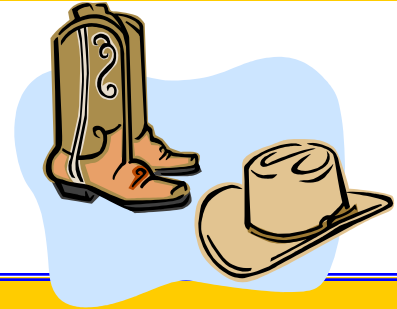
-Georgina Condran



## Kicking up Your Heels Raises Money for LCTR

I would like to thank everyone who made our second annual barn dance a great success. Our major sponsors were Dodge-Regupol, Mary and "Dancin" Dick Arment and Jim and Lonnie (owners of the Country Barn). Because of their generous donations we were able to make a 100% profit on this year's event which raised over \$3,000. Our side dishes, desserts and beverages were all donated by rider families and volunteers - again thanks to

all of you for your hard work. I will not mention his name but thanks also to our 50/50 winner who gave all his winnings back to the program. And finally thanks to Ted Dzubinski for co-chairing this event. No party would be complete without Ted. If anyone has any feedback about the barn dance that they would like to share please feel free to drop us an email or a note. Your feedback will help us determine if we should have a third annual barn dance.  
-Marcie Van Splinter



### LCTR Tid-Bit

**Hand**—measures how tall a horse is from the ground to its withers (1 hand = 4 inches)

**Frog**—the fleshy triangle underside of the hoof

## LCTR Fundraiser a Huge Success — Thanks Fulton Financial Corporation

For the second year in a row, a horse from LCTR hit the road to make an appearance at a fundraiser to benefit our program. On August 24<sup>th</sup>, with a ribbon in her forelock and a red plaid halter, Josie, along with several instructors, traveled to East Petersburg to Fulton Financial Corporation. Once there, Josie mingled with employees outside the office doors. She enjoyed looking at her reflection in the glass windows and was very polite to everyone she met!

Georgina Condran, an LCTR volunteer, encouraged Fulton to choose our program as the beneficiary again this year. Gail Jordan, another LCTR volunteer was on the planning committee and helped to solicit

raffle items and decorate the workplace in a western theme.

The company had a day of fundraising including a stick horse race and auction items galore. An LCTR parent, Marguerite Hartman, donated one of her beautiful handcrafted Santas to the cause. Many raffle tickets were sold to hopeful bidders. On August 28<sup>th</sup> Georgina and Gail came to the barn and to present the grand total that was raised. Staff, riders, and volunteers clapped as they held up cards revealing a donation of **\$5,807.50**. LCTR is ever grateful for the support we receive from caring individuals like the folks at Fulton Financial Corporation.

-Patti Draude



Josie with the planning committee: (left to right) LCTR Volunteer Gail Jordan, Cindy Dietrich, Aileen Garner, Deb Shifflet, Leader, Karen Weber-Zug

## Grant from Pennsylvania National Horse Show Foundation

THE 62ND ANNUAL  
*Pennsylvania National*  
**HORSE SHOW**  
October 18 - 27, 2007

LCTR received a \$1000 grant for instructor continuing education from the Pennsylvania National Horse Show Foundation. This year's Pennsylvania National Horse Show will be held on October 18—27 at the Pa. Farm Show and Exhibition Center in Harrisburg. For more information on the horse show or the PNHS Foundation, please visit [www.panational.org](http://www.panational.org).

## Instructor Spotlight—Lee Ann Ressler

**Started at LCTR:** Volunteered for the 1995 season and quickly decided that this was a place where I wanted to be. Attended PA Council on Therapeutic Horsemanship (PACTH) instructor training at Wilson College.

**Current Position at LCTR:** Instructor

**Qualifications:** Received PA Qualified Instructor (PQI) certification in October 2000

**Personal Notes:** Lee's been married to Dave since February 1995 and has two sons, Josh born in 2002 and Caleb born in 2004. She has been lucky enough to go on two horseback riding vacations, one in Avila (southern) Spain and the other

through the Tuscan countryside of Italy. Lee currently works for Lancaster Laboratories.



**Started riding:** When she was 7 years old and her grandparents wanted to pay for a hobby of her choice and she picked horseback riding.

**Thoughts:** "Horses are just so beautiful to me. I especially like how a quote I've read sums it up for me, 'There is something about the outside of a horse that is good for the inside of a person'."

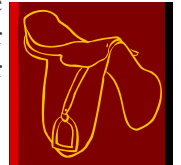
**Currently riding:** When there is time she rides an LCTR horse or a friend's horse.

**What I enjoy most about LCTR is:** Seeing my students succeed as well as the collaborative spirit of the teams of volunteers and staff.

## Ellen's Corner...Saddle or Pad?

Do you know how we decide which is the best for each particular rider at LCTR? A pad is most suitable if the rider has tight muscles in their legs and would be uncomfortable in a saddle or if the rider is working primarily on finding balance. The warmth of the horse goes easily through the pad and helps muscles to relax. This allows the rider's legs to lengthen around the horse which is easier to accommodate in the pad. A pad also can be a challenge to riders because there is very little support—balance is constantly changing as the horse moves and a pad allows the rider to find the place in space where he or she is the most comfortable and balanced in motion.

A saddle provides more support to the rider, and is a more traditional way to ride and show horses. Saddles can be adapted slightly to fit the rider and horse but generally have limited flexibility—either a saddle is too big, too small or a good fit for a rider. Each of our horses also has a saddle that fits them the best and several others that can be used but aren't quite as great a fit. A saddle that fits both horse and rider correctly can aid balance, allowing the rider to work toward their goals related to riding skills such as posting trot once around the arena. If you have a question about this for your rider please ask the instructor for the reason for her choice. —Ellen Barnes



## LCTR Summer Youth Camp



Doreen Burkhart, Maria Tomesetti, and Lauren Hoffman with Carson on Raisin

LCTR's volunteers made this year's 3 day summer camp a huge success! Our five campers were kept busy with horse care, crafts, games, scavenger hunt, picnic, and of course, lots of riding! Volunteer teams worked with the same rider and formed many friendships during the camp.

Sarah VanOrden, Carson Oplinger, Tim Weaver, Ainsley Feyock, and Courtney Dueck groomed and tacked their horses daily. Everyone enjoyed having three consecutive days to ride.

A highlight of camp was the 'fashion show'. Each rider wore a T-shirt featuring a picture of them with their team. They also wore their bandanas from the scavenger hunt and had a decorated bag. Campers also displayed their clay horse heads that they painted. The messiest part of camp was making horse cookies but the horses all agreed that it was the best part!

I would like to thank all of the volunteers who helped our riders have a great time attending camp. —Patti Draude (more photos on page 4)

We are on the web!!

[www.lctr.net](http://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  
Lisa Cavage

**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](http://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](http://www.lctr.net).

October 6—Horseshow

November 2—Banquet

**LCTR Vision and Values**

**VISION STATEMENT**

To provide an environment in which the relationship of horse and rider can progress in physical, mental, and emotional ways that build self-esteem, inspiring riders to achieve greater heights aided by the nurturing, cooperative efforts of volunteers, staff, and community.

**VALUES STATEMENT**

- ◆ Do no harm either therapeutically or environmentally.
- ◆ Provide the best therapeutic lesson for all riders using competent professional instructor.
- ◆ Maintain proper care of animals.
- ◆ Foster professional interaction within the program and community.

◆ Conduct our program with ethical business practices.

**MISSION STATEMENT**

We provide beneficial therapeutic riding instruction at an affordable rate to disabled children and adults in our community in a fun, safe, and nurturing environment. We strive to help them develop their riding skills and experience therapeutic benefits, allowing them to achieve greater heights in their personal lives. We are dedicated to providing suitable staff, horses, and volunteers through professional training inside and outside the program and by always encouraging learning.

**More photos from Summer Youth Camp 2007**

