

SOUNDS OF STIRRUPS 'N STRIDES
Quarterly Newsletter August 2009
Volume 1 Issue 7

A Chat with Betty Gray

It has been a very busy summer. It is hard to believe we are almost ready to begin Fall classes. September 19th will be our volunteer orientation and we begin classes on **September 29th**. You will read about all of the particulars later in this newsletter. We hosted a ride for the volunteers in May that was enjoyed by everyone. Then we had a wonderful year end party in June. Volunteers, staff and students had a great time swimming, winning prizes, eating great food and most of all just having the time to relax and chat.

J.J. Adock was retiring from her accountant business and offered us a 12 by 56 modular unit for us to use as storage. J & H Homes Inc. moved the building to its new site at Stirrups 'N Strides. We are very grateful to Rob Puckett for doing this for us and of course to Ms. Adock for giving us room to grow. Architectural Engineer Miles Anderson went the extra mile and got the necessary permits and the necessary agricultural exemption for us. Now volunteers are building a fence around it, cleaning, painting and making it an intricate part of our center.

May 29th and 30th was the State Olympics in Tampa. All of our riders did very well and we send them congratulations. We owe a big thank you to Debbi Paisley who volunteered to van our horses to Tampa and back. June 19th was the Summer Fun Horse Show in Tampa. Krista Koch and Kathy Gray both rode and did very well.

August 26th I will be speaking before the Support Group for Autistic Children at the Ocala Public Library from 6 to 8pm. You are welcome to attend. Anyone wanting to know more about this support group can call Sylvia Miller at 843-3202.

Mark your calendar for **October 2nd**. SportsAbility is the premier event of the Florida Disabled Outdoors Assoc. (FDOA). This event is about enhancing the lives of people with disabilities by promoting active living. SportsAbility provides first hand access to resources and demonstrations of activities designed to encourage participation regardless of age or ability level. Friday, October 2nd this event will be held at the Ed Croskey Center, Hampton Aquatic Center and MLK Recreation Complex located at 1510 NW 4th St., Ocala. Stirrups 'n Strides will be there with a booth to promote therapeutic riding and also with horses for demonstrations & to allow people with disabilities to experience riding a horse. Everyone is invited to attend.

I want to thank United Way for making Stirrups 'n Strides a United Way Partner. This grant has made it possible to hire a part time Book Keeper that we desperately needed.

We have a very busy Fall ahead of us so please read all the items in this newsletter and mark your calendars. One last item—Stirrups 'n Strides will be hosting the Region 5 Challenge Show once again at The Florida Carriage Museum & Resort (Continental Acres) on February 6th 2010. It will be here before we know it.

See you all at **Orientation on September 19th**.

Betty

ACE TO REHAB MR. MORGAN JOINS TEAM

When ACE came to us he had white line hoof disease which is a fungus in the hoof. We have fought it diligently for several years but have been unsuccessful. Kesmarc Rehab Center stepped up to the plate and offered to try and help ACE. Kesmarc utilizes a hyperbaric oxygen chamber and it is being used to try to rid Ace of his fungus & generate new growth. Ace also is being treated by two wonderful vets Dr. Julia Simonson and Dr. Kaitlin Roberts of Ocala Equine Hospital. We also owe a big thank you to Farrier Jody Schaible for overseeing his care. Everything possible is being done for Ace including acupuncture and holistic medicine. We send our special thanks to Kesmarc and their employees for taking on the task of returning ACE to us.

Meanwhile we have added Mr. Morgan to the horse team. He is a 21 year old Morgan gelding and is in training to begin the Fall Season with the students. Mr. Morgan has been shown in dressage and was a member of the Sheriffs Posse Competition Unit.

VOLUNTEER ORIENTATION SEPTEMBER 19TH.

It is orientation time once again and it is for returning volunteers as well as brand new volunteers. Please come and attend this refresher course. It will be from 9:00 – 12:00. We also are always looking for new volunteers and we will train anyone that would like to join us. If you are not interested in working with the horses and students there are other opportunities such as painting, cleaning, maintenance and office work. Remember, you must sign up for orientation whether a new volunteer or a returning volunteer. Please call Anita Gossett and sign-up 817-6446.

FALL RIDING BEGINS SEPTEMBER 29TH

The first day of riding will be September 29th. The classes will be held on Tuesdays, Wednesdays and Saturdays. We have room for a few more students. Brochures are available at the barn office. Pick some up and help us spread the word. New student applicants can also call Betty Gray directly at 427-3569.

SEATS TO SADDLES HUGE SUCCESS

Theresa Grimes suggested we gather old chairs and have local artists paint them as a fund raiser. Theresa didn't let any grass grow under her feet. She put the fund raiser together and thanks to our local artists and Stirrups 'n Strides volunteers we offered the chairs for silent auction at the Paddock Mall in May. We raised \$6,000. We are not going to let Theresa rest on her laurels. In November of 2010 we are going to have another fundraiser. This time we won't only have chairs but buckets, milk cans, trunks, wagons, children's furniture & anything else that can be painted. If you have any of the above please call Theresa so she can arrange to pick it up. Theresa can be reached at: 209-9073.

STILL TIME TO BOOK JANUARY CRUISE

There is a fund raising cruise in January. Reserve your room now! You can get a complete refund of your down payment all the way up to November. It is important that you book now as we have been told that prices may go up sometime in August. So book now and get the low price. It is a 5 night cruise on the Grandeur of the Seas. The ship leaves on January 23rd and returns January 28th. If you book quickly you can take the cruise for as little as \$440. We have included a flyer with this newsletter to give you more information. Or you may call Betty Gray 427-3569 or Ridgemont Travel 757-345-3335. Stirrups 'n Strides will receive \$50 for each stateroom taken in our group.

HELP US RAISE FUNDS FOR THE STUDENTS TRIP TO KANSAS

We will be having a 50/50 fund raiser once again to obtain funds to pay for the travel, rooms and food for the students that have qualified for the Kansas City Nationals. Last year the winner of the 50/50 took away more than \$800. The tickets are \$1 a piece or 6 for \$5 or 12 for \$10. Call Betty Gray to get the tickets and help us sell them. We will announce the winner at the Summer End show on September 10th. We also will be having a silent auction at the Summer End show to help raise money.

GARAGE SALE ON THE WAY

We plan to have a garage sale, or should we say, barn sale, sometime in October. It will be held at Stirrups 'n Strides. What we need you to do right now is hold on to things that we can offer for sale. Furniture, horse items, household items, etc. Please no clothes. Stay tuned for more information on this when a definite date is selected. Theresa Grimes has taken on this task; please call Theresa for more info – 209-9073.

THERESA GRIMES – VOLUNTEER EXTRODINAIRE

You can't really be a part of Stirrups 'n Strides without knowing Theresa Grimes. She is literally everywhere. When there is a job to be done she's there to do it. She is an excellent carpenter, painter, fundraising expert, and horse and student volunteer. Given all the work she does you might not know that she has Asthma, MS and Lupus. Theresa came to Florida in 1978 from Brooklyn, New York and ended up living close to a therapeutic riding center. Her curiosity caused her to check it out. She became hooked on riding, on working with the students and our volunteer extraordinaire was born. She even got her daughter, Kathy then 14 involved. The riding helps her fight MS and she never misses an opportunity to talk about the benefits of therapeutic riding. She was working at Mark III when she met her husband John. They have been married for 20 years. Before they recently moved they had adopted 2 horses that remained part of the family for six years. Theresa learned all of her carpentry and general "fix-it" skills from her Dad. What you may not realize is that her background is in finances. Before coming to Florida she worked on Wall Street for Dean Witter Reynolds and then joined Barnett Bank once she relocated to Florida. We all wish we could clone Theresa one hundred times over.

ANOTHER QUESTION FOR JIM OLSEN

Q: Please explain the basic concepts of horse whispering.

A: There are three, language, instinct, and culture. In this newsletter we will take a look at language and culture. In the next newsletter we will talk about instinct. Basically the language of the horse is body language. The horse will achieve communication by using every part of his body. He especially uses his facial expressions and the use of pressure, by encroaching on another horse's space. He will also do fake attacks to intimidate the other horses. Horses use sound to communicate, as well. The tone of the Whinny will indicate what amount of stress the horse is under.

Culture: Horses like to know who are the strongest, smartest and most experienced horses in the herd. Usually this is an older mare. They will obey her and follow her lead, as they feel safe in her care. The stallion's job is to find more mares to join the band, protect from danger, fight off other stallions and procreate. All young stallions that come of age will be driven out of the band by the older stallion.

The understanding of these principles will enable the trainer to progress into the actual training of the horse. Next newsletter we will talk about instinct and how the fact that a horse is prey dictates its behavior.

THANK YOU'S ALL AROUND

We have thanked people throughout this newsletter but we must take a moment to thank some wonderful people for their continued support. Without these folks we would not be able to operate our therapeutic riding center. Farrier Jody Schaible & Bill Hardin who cares for our horse's hooves; Midwest Hay, Seminole Feed, OBS, and Cardinal Hill Farm who supply our feed & hay & Ocala Equine Hospital for all their Veterinarian care. We also want to thank our new partner United Way. You all are very much appreciated. Thank you.

THINK ABOUT IT

Flexible people never get bent out of shape.

DATES TO REMEMBER:

August 26th - Autistic Support Group Meeting

September 12th - Summers End Morgan Show (silent auction & 50/50 10th-13th)

September 19th - Volunteer Orientation

September 20th - Saddle Club Show

September 29th - First day of Fall Classes

October 2nd - Sports Ability Conference

October 18th - Marion Saddle Club Show

January 23rd - Fund Raising Cruise

February 6th - Region 5 Challenge Show

PHONE NUMBERS:

Betty Gray 352-427-3569

Anita Gossett 352-817-6446

Theresa Grimes 352-209-9073

S'N S 352-591-1042

