



HEALTH DIRECTED RIDING

Where Rehab Reins

Rhonda's Ramblings

April 2013

www.healthdirectedriding.org

Inside this issue:

Spring Clean-up & Volunteer Training	2
Mama Jean's Golf Tournament	2
Helping a Shy Dog	2
Upcoming PRCA Rodeos	3
North Country Hillbillies Car Show	3
Recipe	4
Fall Fest	4
Our Mission	4
Raffle Tickets	4
Merchandise for Sale	4

Mark Your Calendar for:

- Spring Clean-up & Volunteer Training Day
05/11/13
- 16th Annual Ride-a-Thon
09/14/13
- Fall Fest, 10/05/13

It was suppose to be an early spring but it seems winter wasn't quite ready to go and decided to just keep blessing us with more snow right through the end of March. What a difference a few days of sunshine can make, just when we think spring will never get here, the snow starts melting. I am now eagerly watching and waiting for the tulips to start blooming and trees to start to bud. *"No wonder my heart is filled with joy!" Acts 2:26.*

In preparation of this upcoming riding season I attended the PATH Region 6 Conference, which was filled with wonderful information and a chance to talk with several other programs from our region. I am looking forward to the upcoming riding season and the chance to yet again spend time with all of our riders and volunteers. I hope that you are as ready to get going as I am and to discover what will be accomplished during this riding season.

"But thanks be to God! He gives us the victory through our Lord Jesus Christ". I Corinthians 15:57

Rhonda



16th Annual Ride-a-Thon

The annual Ride-A-Thon is set for Saturday, September 14, 2013 at Wild River State Park **(Please note change in date)**. Start collecting pledges now for a chance to win a laptop computer minimum of \$350.00 in pledges for entry into the drawing of the laptop). For each \$100.00 in additional pledges, you will have additional chances to win the laptop. Collect a minimum of \$50.00 in pledges to have your name entered for prize drawings. Registration fee is \$5.00 in advance or \$10.00 at the door. You may walk, roll or ride on this fun filled day. There are many great trails to enjoy. Registration begins at 9:30 a.m. and we'll set out on the trails at 10:30 a.m. Enjoy a meal at the trail center at approximately 12:30 p.m.

For information regarding the Ride-A-Thon contact Rhonda at 612-247-9582 or Wendy at 320-629-3734.

Spring Clean-up/Volunteer Training Day



Saturday, May 11, 2013 has been set for our spring clean up and volunteer training day. We will meet at Pine Song Farm (Pat's home) at 10:00 AM and get to work. Rhonda will train new volunteers.

There are lots of tasks to do; cobwebs need to be swept in the barn, toys need to be cleaned and the arena can be spruced up. Bring a friend with you to help, many hands make light work! Introduce them to our wonderful program.

If you know of anyone who may be interested in volunteering in any way, please contact Pat at 320-396-3506 or Rhonda at 612-247-9582. We are always in need of people who can assist our riders in many different ways.



*Horses and children,
I often think, have a
lot of the good sense
there is in the world.*

*-Josephine
Demott Robinson*

Mama Jean's Golf Tournament

Join Jean Jenner on Friday, July 12, 2013 at the Sanbrook Golf Course in Isanti, MN for a day full of good fun and good friends, both old and new. Tee off is at noon. This is a fundraiser where the event's profits are split between Health Directed Riding and Freedom Farm, which is also a therapeutic riding program. Mama Jean's Golf Tournament is held in conjunction with the Isanti County Firefighters' Rodeo. For further information please contact Jean Jenner at 612-940-4233.

Helping the Shy or Fearful Dog by Linnea Lentz, DVM

Types of Shyness: Social shyness—this type of dog is fearful of unfamiliar people or certain kinds of people. Context fears—this type of dog is afraid of certain kinds of situations, such as going to the vet, they may panic in car rides or in new places. Sound sensitivities—this type of dog is fearful of sudden loud noises. Fear is common in all animals. Most fearful dogs can be helped to gradually improve, this may be a long and slow process and requires lots of patience on your part. The best thing for a shy or fearful dog is to expose him to what frightens him but at a mild intensity combined with a fun or positive association. A dog who is afraid of children might start to feel more comfortable if he regularly sees children at a distance. If he is praised or given treats once the dog notices children, the dog may start to see kids as something positive. A dog who is afraid of traffic would benefit from time spent near quiet streets combined with games, treats and “happy talk” from you. As the dog feels more relaxed, you can work up to busier streets. When approaching a fearful animal, act in ways that present the least possible threat to the animal: no direct eye contact, approach at the animal's level, do not reach out over the animal's head, do not make quick or sudden movements, offer tidbits of food from open palms.

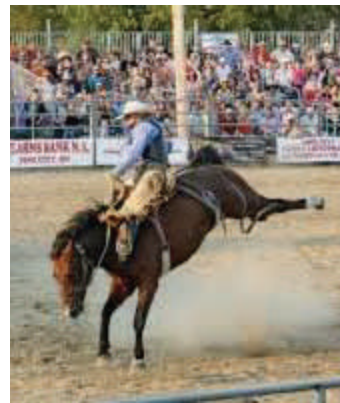


Pine City PRCA Championship Rodeo

The Pine City Championship PRCA Rodeo, will be held Saturday, August 31st and Sunday, September 1st, 2013 at Heidelberger's Farm Equipment located at 3923 State Hwy 70, Pine City, MN 55063.

The PRCA Rodeo begins at 6:00 PM each night including live entertainment by the Killer Hayseeds and dancing each night following the performance.

For more information regarding the rodeo log onto www.pinecityrodeo.com or contact Heidelberger Farm Equipment at 320-629-1122.



North Country Hillbillys Car & Truck Show

The North Country Hillbillys Car & Truck Show will be held Saturday, September 7, 2013. The car show begins at 11:00 AM with valve cover racing, muffler rap contest, slow race and other activities throughout the day. The car show is held in conjunction with Braham Fest at the Braham Covenant Church located off Hwy 107 & Co. Rd 4 in Braham. Come enjoy the day while listening to live bluegrass and gospel music. Late afternoon into the evening Braham Fest hosts live Christian rock bands. Food is served throughout the day & evening.

Contact Les Orvis at 320-492-4579 for further details and information regarding the car show or visit www.theNCH.com.

Contact Pastor Steve Jennisch at 320-396-2334 for further details and information on Braham Fest.



Isanti County Firefighters' PRCA Rodeo

The 37th Annual Isanti County Firefighters' PRCA Rodeo, will be held Friday, July 12th & Saturday, July 13th, 2013 in Isanti, MN. Pre-rodeo activities begin at 6:00 PM with the PRCA Rodeo Performance beginning at 6:30 PM each night. Entertainment each evening featuring Sterns County 17 and Ironhorse Band respectively. Many other fun activities are held in and around the area throughout the day. For more information regarding the rodeo log onto www.isantifiredistrict.org



Enjoy a Spring Recipe from our Kitchen to Yours: Rhubarb Crumble

8 cups chopped rhubarb
1 1/4 cups sugar divided
1/4 cup quick cooking oats

2 1/2 cups all purpose flour
1/4 cup brown sugar
1 cup cold butter



In a saucepan combine rhubarb and 3/4 cup of sugar. Cover and cook over medium heat stirring occasionally until rhubarb is tender, about 10 minutes. Pour into a greased 13x9x2 inch baking dish. In a bowl, combine flour, brown sugar, oats and remaining sugar. Cut in butter until crumbly. Sprinkle over rhubarb. Bake at 400 degrees for 30 minutes. Approximately 12 servings



2013 Fall Fest

Mark your calendars for Saturday, October 5, 2013 and join us at the Fall Fest. Our day starts at 11:30 a.m. with a kids activity followed by a potluck lunch at noon. The raffle drawing will be held after lunch. Riders will show off their skills in the arena in the early afternoon. This is a great opportunity to support our awesome riders, families and volunteers. See you this fall!

RAFFLE TICKETS!!

Raffle tickets are now available. Stop by Pat's to pick some up. Prizes include: an original artwork from a local artist, two halves of hog with processing, and three VISA and/or Mastercard gift cards. Contact Pat at 320-396-3506 for more information.

Our Mission: The mission of Health Directed Riding, Inc. is to enhance the well-being of persons with disabilities through horseback riding and other equine related activities within a safe, enjoyable and familiar atmosphere, designed by professionals and implemented primarily by volunteers, while working to promote, develop and strengthen relationships with their peers and family



Merchandise Available For Purchase:

T-Shirts:

Youth.....\$10.00
Adult.....\$15.00

Hats.....\$10.00
Hoodies.....\$35.00

Sweatshirts:

Youth.....\$15.00
Adult.....\$25.00

Water Bottle.....\$3.00
Key Chains.....\$3.00

Denim Shirts.....\$35.00

Etched Coffee Mugs..\$10.00
Lunch Cooler.....\$5.00

Buy \$50.00 worth of merchandise and receive a free water bottle.

Horses lend us the
wings we lack.

- *Unknown*



Professional Association of Therapeutic
Horsemanship International

Health Directed Riding
P.O. Box 335
Grandy, MN 55029-0335



Sponsor a Child to Ride

Thank you for your gift of \$_____ to sponsor a child to ride

NAME_____

IN HONOR OF_____

OCCASION_____

ADDRESS_____

\$800 Donor

Sponsor a rider for the whole year

\$500 Donor

Sponsor a child for the summer or fall

\$250 Donor

Sponsor a rider for the summer

\$100 & under