

Health Directed Riding



DECEMBER 2013

www.healthdirectedriding.org

Where Rehab Reins

INSIDE THIS ISSUE:

LACRECHE VISIT	2
FALL FEST REVIEW	2
RIDE-A-THON	2
CONGRATULATIONS TO OUR GRADUATES	3
WELCOME BABY GREGG	3
IN REMEMBRANCE	4
FROM OUR KITCHEN TO YOURS	4

RHONDA'S RAMBLINGS

Wow what a year, winter didn't leave until towards the end of May and when it finally got hot, there was no doubt that summer was here. It is always fun to look back upon this past riding season and see all that was accomplished during the year. Even though we had to deal with weather issues, it was still a good year and we had fun.



"God is able to make all grace abound to you, so that in all things at all times, having all that you need, you will abound in every good work." 2 Corinthians 9:8

Health Directed Riding welcomed some awesome new volunteers and we never forget the blessings of the volunteers that return and continue to give of themselves year after year. Saying thanks just doesn't seem enough. Our riders provide us with the reason we keep doing this, the pride they take in their accomplishments and seeing the joy on their faces week after week no matter how hard they work. Giving thanks for friends and family and for all we have been blessed with.

It is time again for the PATH International conference, an opportunity to connect with some of the wonderful programs from Minnesota. I am reminded how awesome the change of seasons can be as well as spending time with friends whether we see them daily or just once a year at a conference.

May God bless you during the wonderful change of seasons and I look forward to us all getting together again for the 2014 riding season.

"Let your lives overflow with thanksgiving for all he has done." Colossians 2:7.

Rhonda

*Merry Christmas
from all of us at
Health
Directed Riding
to all of you!*



LACRECHE CHILDCARE CENTER VISIT

Pinesong Farm and Health Directed Riding Volunteers welcomed a group of preschoolers and caregivers from LaCreche Childcare Center of North Minneapolis in early November. Once again, we welcomed new and old friends to an exciting day on the farm. This has been a great way to introduce children from the Twin Cities to life on our farm. For some of the children, this may be their first experience with rural life. We're sure our group of visitors had as much fun as we did. We hope to see everyone again next year.



{ “There is something about the outside of a horse that is good for the inside of a man.”
- Winston Churchill }

2013 FALL FEST IN REVIEW

The Fall Fest this year brought some very nasty weather. Thankfully we were able to have a meal at the Grandy Community Center. Even though our riders missed out on a chance to show family and friends their riding skills, due to the weather, everyone was warm and enjoyed good conversation with one another.

The winners of this year's raffle were: 1st Prize—Original Framed Artwork: Jean J. of Isanti; 2nd Prize—1/2 Hog including processing: Mary G. of

Pine City; 3rd Prize—1/2 Hog including processing: Stacy M. of Cambridge; 4th, 5th & 6th Prizes—\$25 VISA gift card: Stacy M. of Cambridge, Mark M. of Cambridge, Sandy M. of Ogilvie.

Thank you to all of you who continue to sell and purchase raffle tickets and support our program. This is one of our major fundraisers for the year.



Ready to hit the trail on a beautiful fall day at Wild River State Park.

16TH ANNUAL RIDE-A-THON

Thank you to everyone who attended the 16th Annual Ride-a-Thon on Saturday, September 14, 2013 at Wild River State Park. We had a small but enthusiastic group of riders and walkers. Thank you to everyone who collected pledges, monies collected help fund our program throughout the year. This is another one of our major fundraisers. Those who collect pledges are eligible for door prizes. The winner of this year's grand prize was Cody T.



CONGRATULATIONS TO OUR GRADUATES



Kacie Tchida, Class of 2013; Pine City High School. Kacie is a rider with the HDR program. She loves riding horse and gets very excited when she knows she's going to Pinesong Farm.



Ellyn Gibbs, Class of 2013; Gibbs Corner Academy & Anoka Ramsey Community College. Ellyn is a neighbor of Pat's and began volunteering at HDR in 2011. She often traveled to Pinesong Farm on her Quarter Horse Indy. This September, Ellyn moved to Pennsylvania to begin a year-long discipleship program with Miracle Mountain Ranch Ministries. She has many dreams for her future, some of which include becoming a published author and a homeschooling mother.



Cody Tchida, Class of 2013; Pine City High School. Cody's sister, Kacie, is a rider with the HDR program. Cody's goal for the future is to become a band teacher.

Do not go where the path may lead; go instead where there is no path and leave a trail.
Ralph Waldo Emerson

Daniel Schoenwald, Class of 2013; Cambridge High School. Daniel is an on-call volunteer with the HDR program. Daniel is currently going to school for Explosive Engineering in Missouri.



Joshua Brady, Class of 2013; Blaine High School. Josh is a rider with the HDR program. He enjoys horses, plays adapted baseball in the summer, loves music and goes dancing almost every week. He goes to Camp Courage every year.

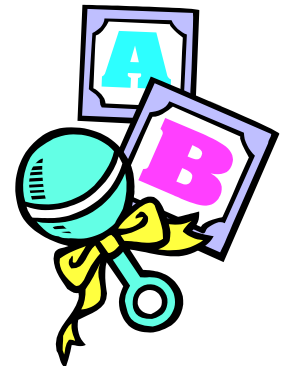


WELCOME LITTLE ONE



Brandon Mckay Gregg was born March 17, 2013 at 11:56 AM. He weighed 6lbs 14oz and was 20 inches long. Happy parents are Caleb and Amy Gregg.

Amy was a volunteer with HDR.



{ "A baby is born with a need to be loved—and never outgrows it." - Frank A. Clark }

IN REMEMBRANCE

We wish to offer our deepest sympathy to the families of the following people:

*Velma Brown (mother of Beverly who is a volunteer with HDR)
Delores Roisland (aunt of Rhonda Mostrom)*

Our thoughts and prayers are with you during this difficult time.



ENJOY A SPECIAL RECIPE FROM OUR KITCHEN TO YOURS: OREO TRUFFLES

- 36 Oreo cookies, finely crushed, divided
- 1 - 8oz. Package Philadelphia Cream Cheese, softened
- 4 pkg. (4oz. Each) Baker's Semi-Sweet Chocolate, broken into pieces, melted

Reserve 1/4 cup cookie crumbs. Mix cream cheese and remaining cookie crumbs until blended.

Shape into 48 (1-inch) balls. Dip in melted chocolate; place on waxed paper-covered rimmed baking sheet. Sprinkle with reserved cookie crumbs.

Refrigerate 1 hour or until firm. Store in tightly covered container in refrigerator.



How to Melt Chocolate:

Place chocolate in microwaving bowl. Microwave on HIGH 1-1/2 min. or until chocolate is completely melted, stirring every 30 sec.

How to Easily Dip Truffles:

To easily coat truffles with the melted chocolate, add truffles, in batches, to bowl of melted chocolate. Use 2 forks to roll truffles in chocolate until evenly coated. Remove truffles with forks, letting excess chocolate drip back into bowl. Place truffles on prepared baking sheet; let stand until firm.

MERCHANDISE AVAILABLE FOR PURCHASE

T-Shirts:

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

Sweatshirts:

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

Denim Shirts.....\$35.00

Hoodies.....\$35.00

Hats.....\$10.00

Lunch cooler.....\$5.00

Water bottle.....\$3.00

Key chains.....\$3.00

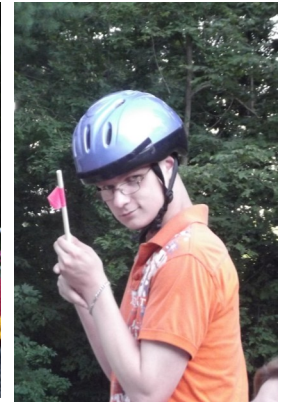
Coffee Mugs.....\$10.00

When you purchase Health Directed Riding merchandise, you are supporting *and* promoting a great program.

To purchase merchandise contact Pat at 320-396-3506 or Rhonda at 612-247-9582.

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







Health Directed Riding, Inc.
P.O. Box 335
Grandy, MN 55029-0335
Www.healthdirectedriding.org



THE HOLIDAY GIFT OF GIVING

Thank you for your gift of \$ _____
Your name: _____
This gift is in honor of: _____
Special occasion: _____
Address: _____
To donate to a specific rider or riders, please list here: _____

\$800 Platinum Donor

\$500 Gold Donor

\$250 Silver Donor

\$100 Bronze Donor

Thank you for donating! Your gift of money creates scholarships for riders, helps care for horses, allows us to purchase equipment and helps defray the costs connected with the riding program. Health Directed Riding is a non-profit, 501c3 organization. All donations are tax deductible.

**Please send donations to: Health Directed Riding, Inc.,
P.O. Box 335, Grandy, MN 55029-0335**

