



Health Directed Riding

Where Rehab Reins

www.healthdirectedriding.org



Rhonda's Ramblings

What a difference a few months make. When that first snowfall came so early it didn't look too promising for an early spring. As I sat down to write this, I am reminded that last year at this time the ground was covered with snow and it felt as though spring would never get here.



While out walking Kringla on Good Friday I was surprised to find the trees already budding and that the bulbs I look forward to blooming in the spring are well on their way.

“Every good and perfect gift is from above, coming down from the Father of the heavenly lights.” James 1:17 NIV

The PATH Region 6 conference was the middle of March and for the first time we experienced summer like temperatures rather than a snow storm. This is always a good time to check in with other

programs and get ready for the coming riding season. I am looking forward to the blessing of spending time with all of our riders and volunteers this summer. I hope that you are as ready to get going as I am and to discover what this riding season holds in store for all of us.

“Love each other with genuine affection, and take delight in honoring each other” (Romans 12:10 NLT).

Rhonda

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Mark you Calendars for Spring Clean-Up/Volunteer Training Day

Spring clean-up and our Volunteer Training Day has been set for Saturday, May 9, 2015. We'll meet at Pine Song Farm (Pat's home) at 10:00 a.m. and help clean to get ready for our riding sessions. Rhonda will train new volunteers during this time. There is always lots to do. Cobwebs can 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 always make light work. This is a great way to introduce people to our program. If you know anyone who may be interested in becoming a volunteer, please contact Pat at 320-396-3506 or Rhonda at 612-247-9582. We are always in need to volunteers who can assist with our program in a variety of ways.



18th Annual Ride-a-Thon

Our annual Ride-a-Thon is scheduled for Saturday, September 12, 2015 at Wild River State Park. Start collecting pledges now. By collecting a minimum of \$350 in pledges, you will have a chance to win a tablet. For each additional \$100 in pledges you will have more chances to win this prize. Collect \$50 in pledges to have your name entered for prize drawings. Challenge your friends to see how much money you can raise. This is one of our fundraisers for the year.



Registration fee is \$5 in advance or \$10 at the door. You may walk, roll, and ride on this fun filled day. Try your luck at geocaching while on the trails. Wild River State Park has GPS units you can use for free! Registration begins at 9:30 a.m. If you walk or “roll” you can set out at any time. Riders will leave for the long loop at 10:00 a.m. and the short loop at 10:45 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. Pledge forms are available at www.healthdirectedriding.org.

Get Your Raffle Tickets Now!!

Raffle tickets are now available. Stop by Pat’s to pick up your tickets. The raffle drawing will be held October 3, 2015 during the Fall Fest. Prizes to include: an original artwork from a local artist, two halves of hog with processing, and three VISA and/or Mastercard gift cards. Contact Pat to get raffle tickets to purchase or sell to your friends. This is one of Health Directed Riding’s major fundraisers during the year.



*You cannot train a horse with
shouts and expect it to obey a
whisper.
~Dagobert D. Runes*

2015 Fall Fest

Mark your calendars for Saturday, October 3, 2015 and join us at the Fall Fest. Our day starts at 11:30 a.m. at the Grandy Community Center. We’ll have a kids’ activity followed by a potluck lunch at noon. The raffle drawing will be held after lunch. This is a great opportunity to meet our riders, their families and volunteers. See you this fall!



Mama Jean's Golf Tournament

Join Jean Jenner on Friday, July 10, 2015 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 are both therapeutic riding programs. 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.

*"Never yet was a springtime,
when the buds forgot to
bloom."*

Margaret Elizabeth Sangster

Isanti County Firefighters' PRCA Rodeo

The 39th Annual Isanti County Firefighters' PRCA Rodeo will be held Friday, July 10 and Saturday, July 11, 2015 at 340 3rd Ave. N, Isanti, MN. Pre-rodeo activities begin at 6:00 p.m. with the PRCA rodeo performance beginning at 6:30 p.m. each night. Enjoy all of the rodeo excitement with several kids' events and a dance held after the rodeo each night with live music! For more information regarding the rodeo, log onto www.isantifiredistrict.org.

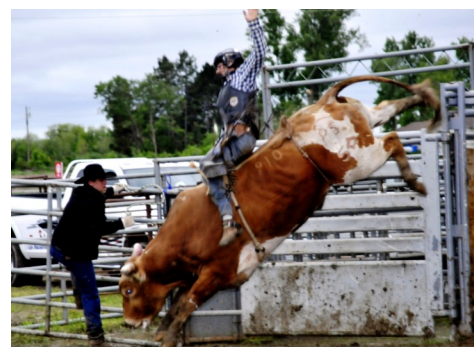


Pine City PRCA Championship Rodeo

The Pine City Championship PRCA Rodeo will be held Saturday, September 5 and Sunday, September 6, 2015 at Heidelberger's Farm Equipment located at 3923 State Hwy 70, Pine City, MN 55063.

The PRCA Rodeo begins at 6:00 p.m. each night, including live entertainment and dancing each night following the performance.

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



North Country Hillbillys Car & Truck Show

The 10th Annual North Country Hillbillys Car & Truck Show will be held Saturday, September 12, 2015 at the Braham Covenant Church located off Hwy 107 & Co. Rd. 4 in Braham. The car show begins at 11:00 a.m. with valve cover racing, slow race, muffler rap contest, kids tents, and other activities throughout the day. Come enjoy the day while listening to live bluegrass, gospel, and praise music. KBK will broadcast live during the show. Food will be served throughout the day.

Contact Les Orvis at 320-492-4579, Mike Mason at 612-221-4295, or visit our website at www.theNCH.com for more information.



Horse Care Guidelines, from *The Humane Society of the United States Complete Guide to Horse Care*

Sharing your life with a horse can be a rewarding experience, but it includes the responsibility of caring for your equine companion for life.

Your horse depends on your love, care, and commitment. You'll show your love through grooming, petting, riding, and the occasional treat.

You must also show your commitment by providing for her needs 365 days a year, in good weather and bad. With good care, your horse can live 35 years or more. Here are some general horse care considerations:

1. ROUTINE HORSE CARE IS A SIGNIFICANT AND ONGOING EXPENSE

The purchase price a horse is often much less than the cost of maintaining a horse for a year. Make sure you are realistic about your ability to afford quality care before you acquire an equine companion.

2. HORSES NEED A REGULAR SUPPLY OF FOOD AND WATER

In most cases, they need to have hay or pasture throughout the day, with additional grain feedings twice a day. An average-size horse will eat about 20 lbs. of food a day and drink at least eight gallons of water. Because their stomachs are relatively small and their digestive systems surprisingly delicate, horses need to

nibble or graze throughout the day, rather than have one or two meals a day.

3. HORSES NEED HOOF MAINTENANCE

Plan to hire a farrier (blacksmith) every six to eight weeks for routine hoof trimming or shoeing.

4. HORSES NEED VETERINARY CARE

At least once a year, your horse will need to be vaccinated against tetanus and other diseases. The veterinarian will also provide routine dental care. Keep in mind that medical emergencies, which are always an unfortunate possibility, can cost several thousand dollars to treat.

5. BE AWARE OF PARASITES

Since horses are constantly exposed to intestinal worms from the ground they graze on, they must be on an anti-parasite regimen as prescribed by your equine practitioner. Carrying a heavy burden of worms can cause serious illness or death in equines, so regular and timely treatment is crucial to your horse's health.

6. DON'T FORGET ABOUT SHELTER

Horses need constant access to a dry, safe, comfortable shelter to protect them from rain, wind, and snow. In

warm and sunny weather, the shelter you supply will provide your companion with much needed

shade and relief from biting insects. At a minimum, you should have a well-constructed, three-sided shed into which your horse can retreat at all times. You will need to remove manure from the stall or shelter every day.

7. HORSES NEED EXERCISE

To supplement the exercise your horse will get when you ride him, he should have a paddock or pasture in which to relax and stroll. No horse should spend all day confined in a stall, except on a veterinarian's recommendation. The pasture should be bordered by safe, sturdy fencing that will keep the horse safe and secure. Barbed wire is not an acceptable fencing material—it has been the cause of many serious injuries.

More tips and information can be found in the book *The Humane Society of the United States' Complete Guide to Horse Care*.



Enjoy a Special Recipe from Our Kitchen to Yours: Candy Bar Apple Salad

Ingredients:

1-1/2 cups cold milk

1 pkg. (3.4 oz.) instant vanilla pudding mix

1 (8 oz.) carton frozen whipped topping, thawed

4 large apples, chopped (about 6 cups)

4 Snickers candy bars (2.07 oz. each), cut into 1/2 inch pieces

Directions:

In a large bowl, whisk milk and pudding for 2 minutes. Let stand for 2 minutes or until soft set. Fold in whipped topping. Fold in apples and candy bars. Refrigerate until serving.

Yield: 12 servings (3/4 cup each)



Pat's Retiring

Pat has volunteered many hours of her time, energy, and talents to the Health Directed Riding program, but she's decided it's time to retire. Pat has played a key role in the operation of Health Directed Riding. She's been involved most of the 22 years that the program has been operating. Thank you for allowing Health Directed Riding to use your farm. We will miss your welcoming smile, inspirational words, and warm hugs. We're currently looking for a new location to continue our program. If you or anyone you know have any suggestions regarding a new location, please contact any of our board members. Thanks Pat for all you've done for the program!!



Where's Rhonda?

Rhonda will be at a number of local events this summer and fall. See if you can find her out and about. Check out the Health Directed Riding website or our Facebook page to see where Rhonda will be. We'd like to see how many of you read our newsletter. If you see her at any posted events this summer and/or fall all you need to do is go up to Rhonda and say, "Rehab Reins!" You will get a very cool Health Directed Riding gift just for stopping by to show your support for Rhonda and our program. Remember, you only have to tell Rhonda, "Rehab Reins!" Hope to see you soon!





Health Directed Riding, Inc.

P.O. Box 335

Grandy, MN 55029-0335

Your Gift of Giving

Thank you for your gift of \$ _____

Your Name: _____

Address: _____

This gift is in honor of: _____

Special occasion: _____

To donate towards a rider scholarship or to donate to a specific rider, please specify 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 contributions to: Health Directed Riding, Inc., P.O. Box 335, Grandy, MN 55029-0335

