

Health Directed Riding



“WHERE REHAB REINS”

www.healthdirectedriding.org

May 2017



Rhonda's Ramblings

Every season is so different and promising in its own way. This year it seems winter wasn't as cold or snowy as past winters and had me thinking it almost would have been possible for us to start the riding season in February. What a difference a few months make. As I sat down to write this in the middle of April, I am reminded that the calendar doesn't always accurately forecast the weather or seasons. I woke up to lots of snow

covering the ground and grateful that it wouldn't be staying long. *"I will send down showers in season; there will be showers of blessings."* Ezekiel 34:26

The PATH Region 6 conference was in the middle of March with no snow on the ground but just enough chill in the air to remind us what time of year it was. As always, it was a wonderful learning experience with time to check in with the other great programs in our region. Just prior to the conference this year the founder and executive director of a wonderful program in Wisconsin had just passed away. Mary was very involved with regional activities, education and a strong proponent of equine assisted activities. *"God...will not forget the work you did and the love you showed."* Hebrews 6:10

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

Inside this issue:

RIDING SEASON	2
VOLUNTEER THANK YOU	2
DONATE NOW	2
GOPRO BY LINDSEY	3
LACRECHE VISIT	3
BOARD MEMBERS	3
FALL FESTIVAL	4
RAFFLE TICKETS	4
WHERE'S RHONDA	4
PLEDGE FORM	5
SPECIAL RECIPE	6
WEBSITE	6
UPCOMING LOCAL EVENTS	7



Join us at the 20th Annual Ride-A-Thon

The 20th Annual Health Directed Riding Walk/Roll and Ride-A-Thon will be held on **Saturday, June 24, 2017**, at Wild River State Park. Registration begins at 9:30 a.m. at the Trail Center, lunch will be served and door prize drawings will take place after lunch. Registration fee is \$10. Collect \$350 in pledges for a chance to win a GoPro.

Note: If you collect \$75 in pledges, your registration fee is waived.

Those participating in this event may choose to horseback ride the trails, or bicycle, in-line skate or walk the paved trails. Wild River State Park offers the use of GPS units for free for those who would like to test their skills at geocaching in the park. This is a fun way to explore the park. Contact the Park Office for GPS availability. For further details contact Rhonda at 612-247-9582. A pledge form is included in this newsletter, or you can download additional copies at www.healthdirectedriding.org. See you this summer!



Health Directed Riding



“WE WORRY
ABOUT WHAT A
CHILD WILL
BECOME
TOMORROW, YET
WE FORGET THAT
HE IS SOMEONE
TODAY.”
~STACIA
TAUSCHER



Riding Season Starting Soon

The 2017 riding season will soon be underway. Riding sessions will continue at the following locations: Jean Jenner’s home near Isanti on Mondays, and Monty and Naomi Twingstrom’s home near Princeton on Tuesdays.

Spring Riding Sessions are tentatively scheduled to run May 15—June 27, 2017.

Summer Riding Sessions are scheduled for July 10—August 28, 2017.

Fall Riding Sessions are scheduled for September 11—October 24, 2017.

Contact our Instructor Rhonda Mostrom at 612-247-9582 to arrange your riding schedule. If you or someone you know would benefit from our riding program, contact us for more information. We’re planning on another great riding season!

Note: Weather can have an impact on our riding seasons. In case of inclement weather, we will notify you if a riding session is cancelled.

Thank you Volunteers

The Health Directed Riding Board Members and Staff would like to say a huge THANK YOU to all of our volunteers for the difference you make with our program. By working together, we have truly accomplished great things and have made a difference in the lives of our riders and their families. Without you, our program would not exist. Thank you for your dedication and willingness to share your time, talents, and the use of your homes with the program. We value what you do and want to let you know that you are cherished!

We, at Health Directed Riding, are looking forward to working with you in the months and years ahead to continue providing a safe, enjoyable, and caring environment while offering quality programming and support to our riders and their families.

Thank you for volunteering!



Donate now to Health Directed Riding

Did you know there are a variety of ways you can donate to the Health Directed Riding program? Although donations are always accepted directly to our program, you may also give throughout the year through the Guidestar at www.guidestar.org and GiveMN at www.givemn.org. Take advantage of these opportunities to donate in the comfort of your home.



GoPro by Lindsey Lahtonen

Living in the moment is great, but what if you could capture it? No matter what I'm doing; whether it's swimming, kayaking, or skiing, I'm able to capture the moment with my GoPro. I use it to record videos and take pictures of anything on land or in water. Health Directed Riding is offering one GoPro to the person who can raise the most pledges for the program. It will be awarded at the Ride-A-Thon this summer. *(For more information, see the Ride-A-Thon pledge sheet for further details.)*



“ADVICE FROM A RIVER: GO WITH THE FLOW. IMMERSE YOURSELF IN NATURE. SLOW DOWN AND MEANDER. GO AROUND THE OBSTACLES. BE THOUGHTFUL OF THOSE DOWNSTREAM. STAY CURRENT. THE BEAUTY IS IN THE JOURNEY”
~ IIAN SHAMIR

LaCreche Visit Scheduled for October 30

For several years, our friends from LaCreche Child Care Center in the Twin Cities have visited our riding program in the fall. This year's visit is scheduled for October 30. If you are able to assist with this day full of the excitement, please let us know. For many children and child care staff, this may be their first experience with rural life. Help make it a wonderful day for our visitors and join us!



Thank you outgoing board members

Health Directed Riding would like to say a special thank you to our outgoing board members: Pat R., Wendy T., Karen K., and Ellyn G. All of you have played a significant role in shaping and growing the Health Directed Riding Program. Your contributions have been significant and we appreciate your willingness to support the program throughout the years. THANK YOU!



Health Directed Riding



Fall Festival—October 28

Join us Saturday, October 28, 2017 beginning at 11:30 a.m. at the Grandy Community Center for our annual Health Directed Riding Fall Festival. This is an opportunity for family and friends to get together and celebrate the riding season. The day will start with a potluck lunch and children’s activities. Our raffle ticket drawing will take place after lunch. Hope to see you there!

Raffle Tickets Available in May

Raffle tickets will be available to purchase beginning in May. This year’s prizes include: 1st—Framed Art by local artist; 2nd and 3rd – 1/2 hog including processing; 4th, 5th & 6th—\$25 VISA gift card. Pick up tickets during riding sessions to sell to your family and friends. You can also contact Rhonda for tickets at 612-247-9582. This is one of our major fundraisers of the year.



“Be grateful for small things, big things, and everything in between. Count your blessings, not your problems.”
~ Unknown

Show Your Support by Purchasing Merchandise

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

Coffee Mugs.....\$15.00
(etched ceramic or glass)

Key Chains.....\$3.00

8 x 10 Prints.....\$5.00

(these are smaller versions of our grand prize framed art-work created by local artist)

When you buy Health Directed Riding merchandise, you are supporting *and* promoting this amazing program.

To purchase Health Directed Riding merchandise contact Cindy at 763-213-5860. Items may be picked up or shipped to your address. Shipping fees will be applied to your order.



Where’s Rhonda?

Rhonda will be at local events this summer and fall promoting Health Directed Riding. You might see her at: Isanti Firefighters Rodeo, Isanti County Fair (Kids Day), Braham Pie Day, Pine City PRCA Championship Rodeo, and North Branch Fall Festival. We want to see how many of you are reading our newsletter. If you attend any of these events, go to the Health Directed Riding booth and tell Rhonda, “Rehab Reins!” You will get a special Health Directed Riding gift as our way of saying thanks for supporting our program. Hope to see you soon!



Mark your calendars to come and join us for
Health Directed Riding, Inc.'s
20th Annual Walk/Roll and Ride-A-Thon

Saturday, June 24, 2017
Wild River State Park

Registration begins at 9:30AM with lunch and door prizes after the ride/walk.

Name	Address and Phone	Amount

****A GoPro will be awarded after lunch for pledges collected; collect a minimum of \$350 of pledges for a chance at the GoPro and additional chances with each \$100 over the initial amount. (Example \$450 = 2 chances or \$550 = 3 chances)** NOTE: \$50 pledge minimum for entry into door prize drawing. Collect \$75 in pledges and the registration fee is waived.**

Name _____ Age (if under 18) _____
Address _____ City _____ State _____ Zip _____
Email: _____ Phone _____
Signature _____ Parent/Guardian (if under 18) _____

I am registering to:

Walk/Roll the 3.0 Interpretive Center Trail Horseback Ride the 7.0 Deer Loop Trail
 I have enclosed my registration fee of \$10.00 Registration fee waived, donations over \$75

Note: State of Minnesota requires all riders to have trail pass visible while riding.

Mail to: Health Directed Riding, PO Box 335, Grandy, MN 55029; Phone: 612-247-9582

WAIVER: In consideration of the Walk, Roll and Ride-A-Thon Committee's permission to participate in this special event. I hereby waive and release any and all rights and claims for damages which I may have against Health Directed Riding Inc., the location at which the event will take place, as well as any other person connected with the event, their heirs, executors, successors, administrators and assigns for any and all injuries, personal, or property damage or losses, which I may suffer for taking part in the event or loss thereof.

Enjoy a Special Recipe from Our Kitchen to Yours: **Strawberry Poke Cake** taken from Taste of Home

That classic spring treat, strawberry shortcake, takes on a wonderful new twist in this recipe. Strawberry gelatin and strawberries liven up each pretty slice of this lovely layered cake that's made from a boxed mix.

Total Time: Prep: 25 min. Bake: 25 min. + chilling

Makes: 10-12 servings

Ingredients:

1 package white cake mix (regular size)

1 1/4 cups water

2 eggs

1/4 cup canola oil

2 packages (10 ounces each) frozen sweetened sliced strawberries, thawed

2 packages (3 ounces each) strawberry gelatin

1 carton (12 ounces) frozen whipped topping, thawed, divided

Fresh strawberries, optional

Directions

1. In a large bowl, combine the cake mix, water, eggs and oil; beat on low speed for 30 seconds. Beat on medium for 2 minutes.
2. Pour into two greased and floured 9-inch round baking pans. Bake at 350 degrees for 25-35 minutes or until a toothpick inserted near the center comes out clean. Cool for 10 minutes; remove from pans to wire racks to cool completely.
3. Using a serrated knife, level tops of cakes if necessary. Return layers, top side up, to two clean 9-inch round baking pans. Pierce cakes with a meat fork or wooden skewer at 1/2-inch intervals.
4. Drain juice from strawberries into a 2-cup measuring cup; refrigerate berries. Add water to juice to measure 2 cups; pour into a small saucepan. Bring to a boil; stir in gelatin until dissolved. Chill for 30 minutes. Gently spoon over each cake layer. Chill for 2-3 hours.
5. Dip bottom of pan in warm water for 10 seconds. Invert cake onto a serving platter. Top with reserved strawberries and 1 cup whipped topping. Place second cake layer over topping.
6. Frost cake with remaining whipped topping. Chill for at least 1 hour. Serve with fresh berries if desired. Refrigerate leftovers. Yield: 12 servings.



“BAKING AND
LOVE GO HAND
IN HAND, FOR AS
ONE BAKES A
TASTY TREAT
AND FILLS THE
ROOM WITH ITS
SWEET AROMA,
THE TRUE JOY IS
TO TAKE WHAT
HAS BEEN MADE
AND SHARE IT
WITH ANOTHER.”
~ HEATHER
WOLF

Health Directed Riding Website



The Health Directed Riding website recently underwent a much needed face lift. Check out www.healthdirectedriding.org often for new and updated information. You'll find great links for volunteers and riders, merchandise available for sale and much more. If you'd like to receive newsletters electronically, let us know by emailing us at healthdirectedriding@gmail.com.

Health Directed Riding



“Riding a horse is not a gentle hobby, to be picked up and laid down like a game of Solitaire. It is a grand passion.”

~Ralph Waldo Emerson

Mama Jean’s Golf Tournament

Join Jean Jenner on Friday, July 8, 2017 at the Sanbrook Golf Course in Isanti, MN for a day full of good fun and good friends, both old and new. Tee off time is at noon. The profits from this event are donated to both Health Directed Riding and Freedom Farm which is also a therapeutic riding program. The cost is \$50, which includes the use of a cart, lunch and prizes. This is a 9-hole golf event and you don’t need to be a pro to participate. Contact Jean Jenner at 612-940-4233 for further details.

41st Annual Isanti County Firefighters PRCA Professional Rodeo

The 41st Annual Isanti County Firefighters PRCA Professional Rodeo will be held July 7, 8, and 9 in downtown Isanti. Pre-rodeo activities begin at 5:30 p.m. with the PRCA Rodeo Performance beginning at 6:30 p.m. each night. Tickets are Adults \$13 advance, \$15 at the gate; Children (4-13) \$8 advance, \$10 at the gate; 3 and under admission is free. For more information log onto www.isantifiredistrict.org or call 763-464-2508.



Pine City PRCA Championship Rodeo

The Pine City PRCA Championship Rodeo is hosted by Heidelberger's Farm Equipment on Saturday, September 2 and Sunday, September 3. Rodeo performance at 6:00 PM on Saturday and Sunday evenings include the following events: bull riding, bareback riding, saddle bronc, team roping, barrel racing, steer wrestling, tie down roping and more! A dance follows the rodeo each night that includes live music. Tickets are Adults \$13 advance, \$15 at the gate; Children (4-12) \$7 advance, \$9 at the gate; 3 & under admission is free. Heidelberger's Arena is located at 3923 State Hwy 70, Pine City, MN 55063. For more information call 320-629-1122 or visit www.pinecityrodeo.com.



12th Annual North Country Hillbillys Car & Truck Show



NCH Car & Truck Show will be held Saturday, September 9, 2017 from 11:00 a.m. to 4:00 p.m. at the Braham Covenant Church. Featuring antique and modified cars, Muffler Rap Contest, Slow Race, Valve Cover Racing, food/beverages available. Dash plaques given to first 100 entries. No entry fee however, please bring a non-perishable food item that will be given to our local food shelf. Plan to attend this family friendly event...and remember to “Bring a Kid to a Car Show!” Visit our website at www.theNCH.com or call 320-492-4579 or 320-221-4295 for more information.



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



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.

Contributions can be mailed to: Health Directed Riding, Inc., P.O. Box 335, Grandy, MN 55029-0335