

Health Directed Riding



DECEMBER 2017

www.healthdirectedriding.org

Where Rehab Reins

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RHONDA'S RAMBLINGS

It seems like just yesterday we were wrapping up last year's riding season, and here we are yet again getting ready to end another year. It looked like snow would soon be falling at the beginning of October but it held off and we were able to make it all the way to the end of October to complete the season. It was an awesome year that brought challenges and accomplishments along with a great group of riders and the volunteers that make it all possible. "God... will not forget the work you did and the love you showed". Hebrews 6:10 As we wrapped up the season, I headed to San Antonio, TX to attend the PATH International Conference. There were many wonderful classes to take in, as well as a chance to connect with other programs from our region, it is such a blessing to have the opportunity to be a part of this wonderful group of people. Now I am looking forward to when the snow will begin to fall as we prepare for the joyous Christmas season and remembering the importance of spending time with friends whether we see them daily or just once a year. All of you have a very special place in my heart. God bless you during the wonderful change of seasons. I look forward to us all getting together again for the 2018 riding season.

Thank you all for your continued support of Health Directed Riding. "May mercy, peace, and love be multiplied to you." Jude 1:2 CSB.

Rhonda

*Wishing you blessings
this Christmas and
throughout the coming
year. From all of us at
Health Directed
Riding.*



LA CRECHE CHILDCARE CENTER VISIT

On October 30, twenty children and four staff from LaCreche Childcare Center braved cold and snowy conditions to spend a day on Jean Jenner's farm. The children and a few staff members were able to experience riding a horse. The children also colored pumpkins and had a fun day "up north". Thank you to Jean, Monty & Naomi, and Stephanie for the use of your horses and thank you to all the volunteers who helped during this fun-filled day!



IN REMEMBRANCE

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

Leland Eugene Hillberg (father-in-law of Stephanie who volunteers with HDR)

Harold Cordes (uncle of Rhonda Mostrom)

Richard Sanford (cousin of Rhonda Mostrom)



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

“The purpose of life is not to be happy. It is to be useful, to be honorable, to be compassionate, to have it make some difference that you have lived and lived well.”

Ralph Waldo Emerson

2017 FALL FEST REVIEW

Thanks to everyone who attended the Fall Festival, our “end of the riding season” celebration, at the Grandy Community Center on October 28. We had a good turnout, the food was excellent and the youth were able to create some fabulous decorations on pumpkins with markers. Also, thank you to everyone for purchasing raffle tickets. This effort is one of our main fundraisers during the year. By purchasing tickets, you are helping support the Health Directed Riding program.

The winners of this year’s raffle drawings are: 1st Prize (framed artwork by a local photographer) - Mark and Stacy M.; 2nd and 3rd Prizes (1/2 hog including processing) - Barb G. and Russ T.; 4th, 5th and 6th Prizes (\$25 VISA gift cards) - Mark and Stacy M., Kyle H., Kevin and Eileen G.

Watch for the spring riding session start dates, and our 2018 Fall Festival date, in the spring newsletter, at www.healthdirectedriding.org and on our Facebook page. We hope to see old and new friends again next year!



LAKE OF THE OZARKS BY LINDSEY LAHTONEN

Once every ordinary summer I get the opportunity to travel down south to Kansas City, Missouri. In Missouri, we own a small cabin on the Lake of the Ozarks, which is over 84 miles long. The weather in Missouri is usually very hot, so my family and I spend the whole day in the water. We had recently bought a water mat to run on and we never have to worry about touching the slimy bottom of the lake because right off the dock it's over 10 feet deep! I always have the greatest memories when I go to Missouri. I like flipping off the dock, swimming all day, and enjoying the time I get to spend with my amazing family.



HEALTH DIRECTED RIDING RIDE-A-THON

The 21st Annual Health Directed Riding Ride-A-Thon was held on July 24 at Wild River State Park this year. Although we had a very small group of participants, those who attended this event enjoyed friendship and good food. A huge thank you goes out to everyone who spent the day at the State Park and collected pledges for this fundraiser, money raised helps with program expenses. Those who collected over \$350 in pledges had a chance to win a GoPro. The winner of the GoPro was Kelly V. Watch for details of next year's Ride-A-Thon in the spring newsletter, on Facebook, or at www.healthdirectedriding.org.

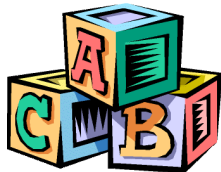
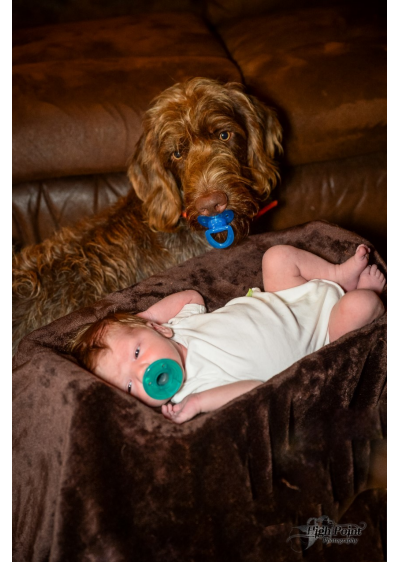


WELCOME LITTLE ONES



Congratulations to Emily and Rich Krantz on the birth of Annabelle who was born November 2, 2017. Both Annabelle's mom and grandmother have volunteered with the HDR program.

We never know the love of a parent until we become parents ourselves.
~ Henry Ward Beecher ~



Congratulations to Travis and Becky Venem on the birth of Trace who was born August 3. Trace's dad, Travis volunteered with the HDR program on Tuesdays all summer long.

CONGRATULATIONS

Congratulation to Becca Feigum and Ryan Orvis on their recent engagement. Becca and her grandfather, Pat, were former volunteers with Health Directed Riding and Ryan's mom, Roxanne, is a current board member with HDR.



WEDDING WISHES



Congratulations to Ellyn Gibbs and Owen Franklin on their recent wedding. Ellyn was a former volunteer with Health Directed Riding and also served as a Junior Board Member with the program. We wish you both the best as you begin your new life together as husband and wife.

“There is only one happiness in this life, to love and to be loved.”
~ George Sand ~

ENJOY A SPECIAL RECIPE FROM OUR KITCHEN TO YOURS: SIMPLY SENSATIONAL TRUFFLES

Ingredients:

- 1 (8 oz.) package cream cheese, softened
- 3 cups powdered sugar
- 3 packages (4 oz. each) Baker's semi-sweet chocolate, broken into pieces, melted
- 1-1/2 tsp. vanilla

Suggested coatings: ground walnuts, unsweetened cocoa powder, powdered sugar, flake coconut.

Directions:

Beat cream cheese in large bowl with mixer on medium speed until smooth, gradually add sugar, mix until well blended. Add melted chocolate and vanilla, mix well. Refrigerate 1 hour or until chilled. Shape into 1-inch balls. Roll in walnuts, cocoa, powdered sugar or coconut. Store in refrigerator. **Yield:** Approximately 6 dozen candies.



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

Key chains\$ 3.00

Coffee Mugs\$15.00

8x10 Prints\$ 5.00

When you purchase Health Directed Riding merchandise, you are helping support *and* promote a great program. Check out our website at www.healthdirectedriding.org to see items available for sale.

To purchase 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 if not picked up.



“The greatest legacy one can pass on to one’s children and grandchildren is not money or other material things accumulated in one’s life, but rather a legacy of character and faith.”

~Billy Graham~



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: _____

Address: _____

This gift is in honor of: _____

Special occasion: _____

To donate towards a rider scholarship or specific rider, please list here: _____

\$800 Platinum Donor

\$500 Gold Donor

\$250 Silver Donor

\$100 Bronze Donor

Thank you for your donation! 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**

