

Health Directed Riding



“WHERE REHAB REINS”

www.healthdirectedriding.org

May 2018

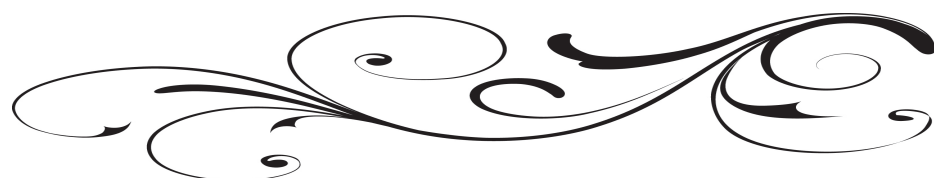
Rhonda's Ramblings



Spring is a favorite time of year with the beginning of color that we anxiously await to see bursting forth in the flowers and trees. 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 middle of April. Just when we thought spring would never get here the snow started melting, what a difference a few days of sunshine can make. *“You, O God, make the dawn and sunset shout for joy” Psalms 65:8b*

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. *“Commit to the Lord whatever you do and your plans will succeed” Proverbs 16:3*

Rhonda



Inside this issue:

RIDING SEASON	2
VOLUNTEER THANK YOU	2
BOARD MEMBERS	2
BOARD MEMBERS	3
LACRECHE VISIT	3
WEB SITE	3
DONATE NOW	3
FALL FEST	4
RAFFLE TICKETS	4
WHERE'S RHONDA	4
PLEDGE FORM	5
REMEMBRANCE	6
UPCOMING LOCAL EVENTS	7



Join us at the 21st Annual Ride-A-Thon

The 21st Annual Health Directed Riding Walk/Roll and Ride-A-Thon will be held on **Sunday, June 10 2018**, 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



*May a rainbow
run beside you
in a sky that's
always blue.
And may
happiness fill
your heart
each day your
whole life
through.*

- Irish Blessing



Riding Season Starting Soon

The 2018 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 14—June 26, 2018.

Summer Riding Sessions are scheduled for July 9—August 28, 2018.

Fall Riding Sessions are scheduled for September 10—October 23, 2018.

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!



Thank you outgoing board member

Health Directed Riding would like to say a special thank you to our outgoing board member Roxanne O. 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!

Welcome to our new board members

Health Directed Riding would like to welcome our new board member's Stephanie T. and Sadie W. We look forward to your insight, ideas and support in pursuit of the Health Directed Riding mission.



LaCreche Will Be Coming Early October This Year

Once again our friends from LaCreche Child Care Center in the Twin Cities will be visiting our riding program in the fall. We are working on scheduling earlier in October to hopefully avoid issues with the weather. Will keep you updated once date is confirmed, we would love to have you join us and assist with this day full of fun and excitement. 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 by joining us!

Health Directed Riding Website

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.

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.

*Where there is
great love,
there are
always
miracles.*

- Willa Cather



Health Directed Riding



Fall Festival—October 20

Join us Saturday, October 20, 2018 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 – Meat Pack; 4th—\$75 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.



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, glass or travel)

Horse Stress Relievers.....\$5.00

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.



See our website for additional pictures of merchandise

"Always be a first-rate version of yourself, instead of a second-rate version of somebody else."

- Judy Garland



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
21st Annual Walk/Roll and Ride-A-Thon**

Sunday, June 10, 2018

Wild River State Park

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

[illegible]

*****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: Whole Grain Chocolate Chip Crunch Cookies

From Kay's Kitchen

This is a favorite family recipe from the family of Kay Olson.
Makes about 5 dozen

Ingredients:

3/4 cup Butter or Margarine
1 eggs
1 tsp Vanilla
1 cup Whole Wheat Flour
1/2 tsp Soda
3 cups Oatmeal uncooked
3/4 cup chopped nuts

1 cup firmly packed Brown Sugar
1/4 cup Milk

1/2 tsp Salt

3/4 cup Wheat Germ or Ground Flax Meal
1 cup Semi-Sweet or Dark Chocolate Chips

*Life is uncertain;
always eat dessert
first.*

- Anonymous

Directions

Beat together: Butter, Sugar, Egg, Milk and Vanilla

Add combined: Flour, Salt and Soda

Mix well

Stir in: Oats, Wheat Germ, Nuts and Chocolate Chips

Preheat oven to 375 degrees

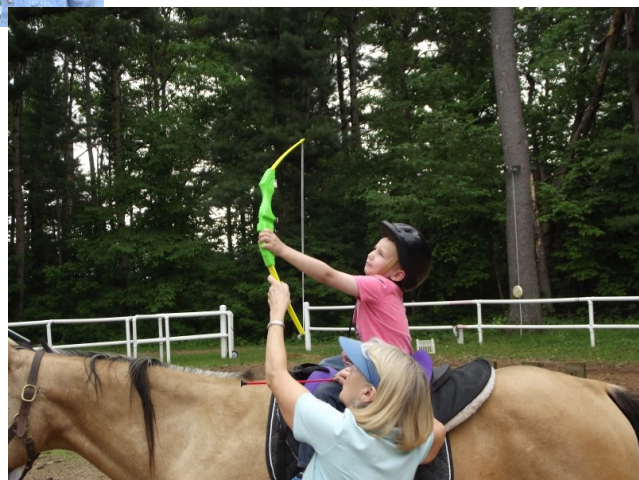
Drop onto greased pan

Bake 8-10 minutes

*In Remembrance of
Kay Olson*

*You left us
too soon Kay!*

REST IN PEACE!



Health Directed Riding

Mama Jean's Golf Tournament

Join Jean Jenner on Friday, July 6, 2018 at the Sanbrook Golf Course in Isanti, MN for a day full of good fun and good friends, both old and new. This years theme is Mardi Gras, 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/ 2 person scramble and you don't need to be a pro to participate. Contact Jean Jenner at



42nd Annual Isanti County Firefighters PRCA Professional Rodeo

The 41st Annual Isanti County Firefighters PRCA Professional Rodeo will be held July 6, 7, and 8 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.



*"It's kind of fun
to do the
impossible."
- Walt Disney*

Pine City PRCA Championship Rodeo

The Pine City PRCA Championship Rodeo is hosted by Heidelberger's Farm Equipment on Saturday, September 1 and Sunday, September 2. 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.



13th Annual North Country Hillbillys Car & Truck



NCH Car & Truck Show will be held Saturday, September 8, 2018 from 10:00 a.m. to 3:00 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