

Health Directed Riding



DECEMBER 2015

www.healthdirectedriding.org

Where Rehab Reins

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RHONDA'S RAMBLINGS

With a heart filled with thanksgiving, it is hard to believe how quickly this year has come to an end. Looking back over the past riding season, seeing all that was accomplished in a year filled with fun and friends, it is a bittersweet end to another wonderful riding season. A heartfelt thank you to Pat Rehbein, who is officially retiring and preparing to move on to her next new adventure, you have touched many hearts and lives through the years. *"For you are God's masterpiece. He has created you anew in Christ Jesus, so you can do the good things He planned for you long ago."* Ephesians 2:10. The program sadly and unexpectedly said goodbye to Keebler, a horse who had a special place in many of our hearts. *"Thanks be to God for His indescribable gift!"* 2 Corinthians 9:15.



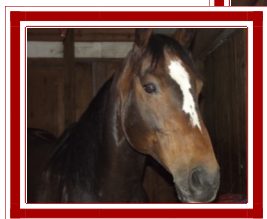
Our riders provide us with the reason why we keep doing this, the pride they take in their accomplishments and seeing the joy on their faces week after week no matter how hard they work. However, none of this would be possible without the wonderful volunteers that Health Directed Riding is blessed to have who give so much of themselves week after week and year after year. I am reminded how awesome the change of seasons can be as well as the importance of spending time with friends. Whether we see friends daily or just once a year, after attending the PATH International conference in Cleveland with some of the other wonderful programs from Minnesota, it is such a blessing to have the opportunity to be a part of this wonderful group of people. I look forward to us all getting together again for the 2016 riding season

God bless you during the wonderful change of seasons. *"For unto us a child is born, unto us a Son is given...and His name shall be called Wonderful, Counselor, The Mighty God, The Everlasting Father, The Prince of Peace."* Isaiah 9:6

Rhonda



*Our Three Wise Horses
Wish You a
Merry Christmas!*



LACRECHE CHILDCARE CENTER VISIT

Pinesong Farm and Health Directed Riding volunteers again welcomed our visitors from LaCreche Childcare Center of North Minneapolis this fall. We had about 25 new and old friends who had an opportunity to see what life is like on the farm. This has always been an exciting time for us to see the delight on children's faces as they witness rural life up close and personal. We hope our group of visitors had as much fun as we did. We hope to see everyone again next year!



{ *"May your belly never grumble, may your heart never ache. May your horse never stumble, may your cinch never break."* - Cowboy Blessing }

2015 FALL FEST IN REVIEW

This year's Fall Fest was held at the Grandy Community Center. Thanks to everyone who participated in this event. We had a great meal and the kids were able to participate in an activity. Getting together with friends to celebrate the end of the riding season is always enjoyable.

Thank you to all of you who continue to sell and purchase raffle tickets to support our program. This is one of our major fundraisers for the year. And, please stay tuned as there may be some changes to next year's Fall Fest!



The winners of this year's raffle were: 1st Prize—Original Framed Artwork: Mark & Stacy M. of Isanti; 2nd and 3rd Prizes—1/2 Hog including processing: Shirley I. and Sharon M. both of Cambridge; 4th, 5th & 6th Prizes—\$25 VISA gift cards: Jean J. of Isanti, Bob H. of Blaine, and Mark M. of Isanti.



WHEN I AM AN OLD HORSEWOMAN



When I Am An Old Horsewoman
I shall wear turquoise and diamonds,
And a straw hat that doesn't suit me
And I shall spend my social security on
White wine and carrots,
And sit in my alleyway of my barn
And listen to my horses breathe.

And I will sneak out in the middle of a summer night
And ride the old bay gelding,
Across the moonstruck meadow
If my old bones will allow
And when people come to call, I will smile and nod
As I walk past the gardens to the barn
And show instead the flowers growing
Inside stalls fresh-lined with straw.

I will shovel and sweat and wear hay in my hair
As if it were a jewel
And I will be an embarrassment to ALL
Who will not yet have found the peace in being free
To have a horse as a best friend
A friend who waits at midnight hour
With muzzle and nicker and patient eyes
For the kind of woman I will be
When I am old.



~Author Patty Barnhart

18TH ANNUAL RIDE-A-THON

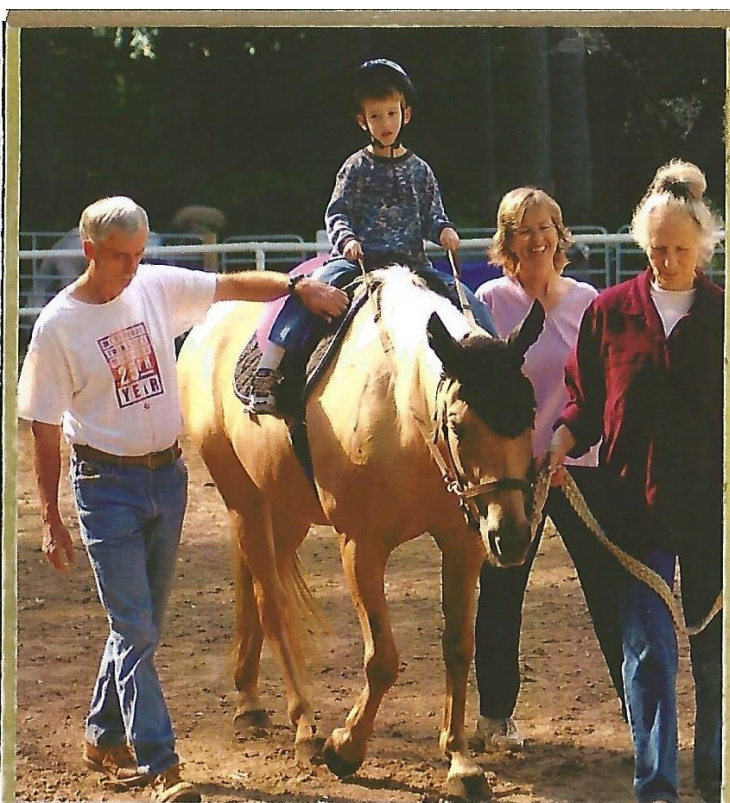


On the trail ride during an amazing fall day at Wild River State Park.

We had a spectacular day at the 18th Annual Ride-a-Thon held on Saturday, September 12, 2015 at Wild River State Park. There was a great group of riders and walkers. Thanks to everyone who participated and collected pledges; monies collected help fund our program throughout the year. Those who collected pledges were eligible for door prizes. The winner of this year's grand prize, a tablet, was Kelly V.



THANK YOU



KEEBLER ♡

You cannot remain unmoved by the gentleness and conformation of a well-bred and well-trained horse—more than a thousand pounds of big-boned, well-muscled animal, slick of coat and sweet of smell, obedient and mannerly, and yet forever a menace with its innocent power and ineradicable inclination to seek refuge in flight, and always a burden with its need to be fed, wormed, and shod, with its liability to cuts and infections, to laming and heaves. But when it greets you with a nicker, nuzzles your chest, and regards you with a large and liquid eye, the question of where you want to be and what you want to do has been answered.

—Albert Borgmann, *Crossing the Postmodern Divide*, 1992

Thank you to Dr. Matt Schoessler for your wonderful care of Keebler and the time you spent with board members, volunteers, and riders helping us understand what was happening to Keebler.

Also, thank you to those who gave donations to help with the expenses related to Keebler. We continue to be amazed by the support shown to the Health Directed Riding Program.



“Horses change lives. They give our young people confidence and self esteem. They provide peace and tranquility to troubled souls—they give us hope.”

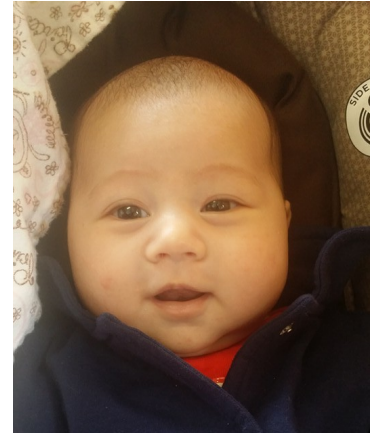
- Toni Robinson

WELCOME LITTLE ONES



Dakota Sorenson

Rhonda is blessed to welcome two nieces into her family. Vittoria Marie Pontious was born February 25, 2015 and Dakota Marie Sorenson was born October 16, 2015.



Vittoria Pontious

*It is not a slight thing when
those so fresh from God love us.*

Charles Dickens

HEALTH DIRECTED RIDING WEBSITE

The Health Directed Riding website is getting a much needed face lift. Check out www.healthdirectedriding.org often to watch for the change. 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.

IN REMEMBRANCE

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

Brenda Huston (sister-in-law of Roxanne O. who is a Board Member with HDR)

John Golly (brother of Kathy T. who is a volunteer with HDR)

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



ENJOY A SPECIAL RECIPE FROM OUR KITCHEN TO YOURS: MICROWAVE CARAMEL CORN

- 3-1/2 quarts popped corn
- 1 cup brown sugar
- 1/4 cup light corn syrup
- 1/2 teaspoon baking soda
- 1/2 cup butter
- 1/2 teaspoon salt



Place popcorn in a paper grocery bag and set aside. Combine brown sugar, butter, corn syrup, and salt in a glass bowl. Microwave on high for 3-4 minutes or until mixture comes to a boil. Microwave 2 minutes more. Stir in soda and pour mixture over popcorn in the bag. Close bag and shake well. Microwave on high 1-1/2 minutes and shake again. Pour on large cookie sheet and let cool, stirring occasionally to separate.

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.....\$10.00

8x10 Prints.....\$5.00

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.



“Tell me something a hundred times, and I may still not fully understand what you want me to do. Show me what you mean, demonstrate clearly and slowly, just once or twice and I’ll be close to the goal. But do it with me, put your hand on mine and guide me through it, and I’ll make it.” - Author Unknown





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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 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

