

Joy Riding

THERAPEUTIC HORSEBACK RIDING & CARRIAGE
DRIVING FOR PEOPLE LIVING WITH DISABILITIES

WE CAN RIDE



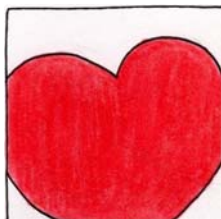
"Horses helping people discover their abilities"

A quarterly publication of *We Can Ride, Incorporated*

March 2010 · Volume 10, Issue 2

RIDE A THON

Our annual Ride-A-Thon fundraiser is just around the corner. This year the kick off is the week of **June 21- June 26**, and collection week is **July 12 to July 17**. This is your opportunity to help We Can Ride continue to be the premier program that it is. Anyone can participate in Ride-A-Thon, including clients and their families, volunteers and their families, board members, and anyone else who wants to help!



During the weeks of Ride-A-Thon, clients and volunteers go out into their communities and beyond to spread the word about We Can Ride and collect pledges. Your fundraising efforts make our programs stronger by giving us the ability to care for our horses and keep classes running!



The excitement and energy of Ride-A-Thon is directly related to the energy you bring to it. Love your therapeutic riding or driving classes? Really excited about how great Hippotherapy is? Have a special horse friend at one of the barns? All of these are reasons to help We Can Ride develop our programs and care for our amazing horses through fundraising.



Who:

Anyone is welcome and encouraged to participate

When:

June 21 - 26 Kick off Week
July 12 - 17 Collection Week

Why:

To help We Can Ride continue to care for our horses, serve our clients, and expand programming

Best of all, there are fun prizes to win! In addition to prizes for bringing in \$50.00 or more there will also be prizes given to the top fundraisers for the session. The top fundraiser through the whole program for summer session will win a **Day at the Races at Canterbury Park**, and the second runner up gets either a free riding session, or 2 free Hippotherapy classes.

There will be more information mailed to clients and volunteers at the beginning of June so keep your eyes on your mailbox and check out www.wecanride.org/rideathon.php

Inside this Edition of "Joy Riding"

From the Director's Desk	page 2
Best wishes and a Warm Welcome	page 3
Sponsor a We Can Ride Horse	page 4
Chefs Brigade Dinner	page 5
Caring Youth Award Winners	page 6
We Can Ride and Social Media	page 7

Abby the Diva

Hi, my name is Abby Hansen. It is my second year in the We Can Ride program and I already love it. I look forward to every Wednesday because of all the fun that I know I'm going to have. The night starts off with the drive with my mom and sister, who always make me laugh. Then, I get to ride horses for an hour with my friends. Afterwards, I talk to all the nice volunteers until my mother drags me out!



Although the scenery is pretty, my favorite part is the people there....and the horses too! The volunteers that help me ride are Clara, Sinzi and Anna and my female horse is named Sana. I call us "The Divas" because, we are all girls and we are all that! (Although males can be Divas too.) I also love all of my other volunteers; Kathy, Janet, Laurie, Tammy and the horses: Rebel and JR.

I love to play games like penguin chase. I also love to play follow the horse because I like to lead. People always ask me if riding horses is scary. I respond "its not that scary, I've seen Miley Cyrus ride. Hello! - She's from Tennessee!" Some parts of riding horses are scary though. Like going off-lead or trotting. But I always tell people "it's like going on a boat-- scary but in a good way!"



I want to thank all my friends, family, volunteers and horses for all that they have done. They have made horseback riding so

awesome and really something that I look forward to every week!



Board of Directors

Kelly Dietrich—Chair	Kate Gorman
VeeAnn Wood—Vice Chair	Scott Franz
Mary Meland—Secretary	Adeline Kohman
Dan Fisk—Treasurer	Pat McConnell
Kris Swanson	Monica Stanton

Therapists

Sarah Anderson/PT	Doug Merz/PT
Simone Brovege/OT	Tina Phelps/OT
Rachel Gamm/OT	Pat Kueppers/OT

Instructors

Anne Anderson*	Kathy Johnson**
Stephanie Bowman*	Jenni McCoy*
Laurie Carlson*	Tina Phelps*
Andrea Dahl*	Signe Peterson*
Elise Ferguson*	Rachel Roushey*
Patti Franz*	Cindy Schwake*
Alison Iha*	Denise Sorensen**

*Registered Instructor ** Advanced or Specialty Instructor

Office Staff

Office Phone	(952) 934-0057
E-Mail	office@wecanride.org
Bradley Thorsen	Executive Director
Stephanie Bowman	Minnetonka Barn Manager
Andrea Dahl	Client Coordinator
Rachel Roushey	U of M Barn Manager
Bethany Thorsen	PT Fundraising Coordinator
Anna Wong	Finance Manager

We Can Ride, Inc. is a non-profit, tax-exempt organization whose mission is to challenge the physically, mentally, emotionally and behaviorally disabled to enhance their skills and well-being through programs of therapeutic horseback riding and carriage driving. Therapy, including interaction with others, is achieved in a safe, educational environment with specially selected and trained horses. The Program is under the guidance of trained professionals assisted by dedicated volunteers. We Can Ride, Inc. is a non-profit organization under the 501(c)(3) IRS code. Contributions are fully deductible for income tax purposes. We Can Ride, Inc. admits students of any race, color, sexual orientation, national or ethnic origin.

ADVERTISING INFORMATION

Our quarterly newsletter reaches over 2,000 households including riders and drivers, volunteers, donors, and WCR staff. Call 952-934-0057 if you have questions regarding rates & availability.

Size	1NL	2NL	4NL
BC	\$30	\$60	\$90
1/4pg	\$60	\$120	\$180
1/2pg	\$100	\$200	\$300

Would you like to receive the Joy Riding Newsletter via email?



If so, please contact the office at office@wecanride.org or call 952-934-0057



As I write this article we are in our last week of classes for the Spring Session. It has been quite a year so far. Thanks to a grant from the WCA Foundation, we were able to add a class for women with MS and other related disabilities, which was taught by Tina Phelps. It seems to have been a great experience for those who were able to take the class. Our Early Childhood classes have been humming along with great attendance by both clients and volunteers and our other classes have been well attended also. Our pilot program of having 45 minute classes with 4 clients per class at Minnetonka has been well received and we will be evaluating the experience to see if we should expand this program. All in all, a great start to a wonderful year.

We are now looking forward to our Summer Session. Thanks to Andrea Dahl for all of her hard work in filling the slots for the summer. She has been doing a tremendous job. We are looking forward to another successful session.

I am sad to report (but happy for her) that Alisa Beery, our finance manager is leaving us to become a stay at home mom. Her baby girl is due the first part of June and we wish her all the best on this new adventure. We will miss her, but we have hired Anna Wong to be our new Finance Manager. Anna comes to us with great credentials and will be a great addition to our team. Please stop by and say hello to Anna when you get a chance.

You will see articles in the newsletter about upcoming events, and I urge you to read them. We will have our annual Ride-A-Thon during the summer session. And our second annual fundraiser at Canterbury Park will be held on Friday, July 16. We hope you will be a part of both events.

I am quite pleased to report to you that We Can Ride has been approved by the Minnesota Charities Review Council as meeting all of their accountability standards. It means that we can use the Council's seal that says we have "met all standards" on all of our materials. This is indeed a great accomplishment for a small non profit like We Can Ride.

Thanks to all of the great people who make up the We Can Ride family. I am happy to be a part of it.



Brad Thorsen

Auctioneer Brent Lawrence at the 2010 Chefs' Brigade Dinner

We Can Ride serves the 7-county Minneapolis/St. Paul metropolitan area with programming sites in Minnetonka, St. Paul, Delano, and Marine on St. Croix. In 2008 (our most recent audit) our revenues included donated items of approximately \$699,369. We Can Ride spent approximately 70% of that amount on programming, which amounts to \$494,939, providing therapeutic riding, carriage driving and hippotherapy services to our clients. The remainder of that amount went to fundraising expenses (\$85,670), and management expenses (\$118,760). In 2009 we served 244 individual clients and had 737 active volunteers. The 33 program horses worked approximately 2500 hours for our clients. We conducted several fundraisers for the organization and appreciate all who donated. In addition to our therapeutic riding for women with MS (thanks to a grant from the WCA Foundation), we offered an independent riding class for our clients. Scholarships were again given through our Dan Blomquist, Dale Kohman, and Greg Taber scholarship funds. For further information about our programs please contact Brad at 952-934-0057.

And baby makes 4... Best Wishes Alisa!

My journey with WCR has been very special to me. I first learned about WCR through our neighbor friends whose son is a client in the program. In March of 2003 my son Mitchel turned 14 and we began volunteering together out in Waconia. In January of 2005 I adopted Packman, my very first horse, who'd been retired from WCR and in May of 2005 I began working full time in the office. Since then, I've been a sub here in Minnetonka for both Hippotherapy and Therapeutic Riding and for a short time I also had the pleasure of being a horse feeder. When Mitchel was home last summer we were happy to volunteer together again out at Delano and I continued into the fall. I have always enjoyed actually being a part of the classes as I get to witness firsthand the impact that this great program has on the lives of all who are involved. The connections made there, amongst clients, volunteers and horses never cease to amaze me!

With a baby on the way, it is time for an exciting new chapter in my life! I've resigned from my position as Finance Manager with We Can Ride as of May 21st. I will miss WCR, the friends I've made and all the wonderful people that I get to talk with and see on a regular basis. But I also really look forward to this new adventure and focusing my time and attention on family!

I feel blessed to have been a part of WCR in so many ways. Thank you to those who have made the journey more joyful and best wishes to you all!



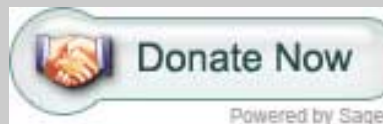
Alisa (left) and Anna

Welcome to the team, Anna!

Hello my name is Anna Wong. I am happy to be the new Finance Manager at We Can Ride. I like to knit, crochet, and do crafty things in my free time. I also like to bike, walk, and garden for exercise. I graduated from Rasmussen College in September with a degree in Accounting. I also work at SouthWest Transit as a transit driver and also for Custom Luxury, Inc. as a limousine driver. Even though I enjoy my life as a driver, I was looking to move on to a job that would use my new degree. Now I can look forward to putting that education to work! I will miss spending my extra time with my 'transit family' but I will enjoy finding new "family" members with We Can Ride. My family and I moved to Chaska about 3 years ago and love it especially now that my boys are able to go outside to play. Ironically, last year was the first time I had a chance to ride a horse and now I work for a place with horses! I am hoping for many more opportunities to ride!

Did you know?

We Can Ride can now accept donations online! Simply go to www.wecanride.org and click on the "Donate Now" button on the homepage.



Thank You

In Memory Of....

Del Senst

Lois, Dennis, and
Jenny Schults

Janet Schulter

Teresa Harri and Family
Joann Richards

Ken Bjerke

Ron Goldstein

Ken Witt

Connie Schmidt

Laura Sedgwick

Betsy and Meg Dickoff

Scholarships

Greg Taber

Bruce and Julia Taber
Londa Tushie

Organizations

Ameriprise Financial
Gannett Foundation
HP Company Foundation
Regents of the University of MN
Spirit of Sharing
Thomson Reuters
Tisdell's Auto Repair
U.S. Bancorp Foundation



Individual

Kathy Adams
 Nancy Bendickson
 Tim and Alicla Blank
 Steve Bobzin
 Jane Ellen Carlson
 Libby Cichosz
 Bill Clemens
 Linda Cooksey
 Randall Downing
 Lisa Eskelson
 Elise and Jeff Ferguson
 Lucas Fiedler
 Tamara Filkins
 Paul Franson
 Doug Gehrke
 Tamara Gibson
 Kate Gorman
 Kristin Hanson
 Simin Hickman
 Mary Lou Isaacson
 Mary Jarvis
 Kathy and Randy Johnson
 John Kirby
 Steven Klaysmat
 Adeline Kohman
 LaSina Kude
 Peggy Lekander
 Mr. and Mrs. DE Lindeman
 Stefanie and Jim Lindeman
 Frank Litecky
 Tammy Lueck
 Carolyn Marinar Dutton
 Bonita McKinney
 Mary Meland
 Anne Meyer
 Heidi Meyer
 Lee Meyer
 Tricia Murphy
 Sharon and Jerry Nelson
 James Olson
 Nancy Owens
 Robert and Tracy Peterson
 David and Tina Petrocchi
 Dixie Rousar
 Barb Roushar
 Trent Schaffler
 Todd Schneiderhan
 Andy Schultz
 Dawn Schultz
 Laura Smith
 Anita Smits
 Brigid Spicola
 Conan and Monica Stanton
 Kris Swanson
 Amy Taber
 Jay Thesing

Welcome to We Can Ride!



Sky (Earl Grey Skies) is happy to officially join the team of We Can Ride horses at the U of M. He loves his new home and enjoys playing with Chip in their paddock. Sky is a 15 year old quarter horse who is originally from Colorado where he worked as a therapy horse at an at-risk youth ranch. More recently he lived north of the cities where he was ridden for pleasure. We are happy to have a tall grey horse in our herd here at the U. Sky began being used for classes during our spring session and is doing very well. He can't wait for more people to ride him this summer.

Sana, an American Quarter Horse mare, is the newest member of the WCR herd at East Wind Farm. At 23 years of age, this pretty sorrel girl is one of the youngest members of the East Wind herd. Prior to being donated as a therapy horse, Sana was a successful cutting horse, with NCHA earnings of \$10,000. What is a "cutting horse"? In show competition, they work with their rider to separate a calf or steer from the herd and to keep him separated for a period of time. After her retirement from cutting, she was shown in 4-H games and western classes. Sana is a quick study and thrives on the attention of her team and rider.



We Can Ride Horse Sponsor Form

Please print clearly

Name: _____
 Address: _____
 Phone: _____
 Email: _____

Send form and payment to:

We Can Ride
 Horse Sponsor
 P.O. Box 1102
 Minnetonka, MN 55345

I would like to pay by: _____ Check _____ Credit Card

Name and billing address is same as above

Name on Card: _____

Billing Address: _____

Card Number: _____ Expiration: _____ CVV: _____

Sponsorship Level

Walk (\$50.00 one time donation) Horse Name: _____
 Trot (\$25.00 a month for 1 year) Horse Name: _____
 Canter (\$50.00 a month for 1 year) Horse Name: _____
 Gallop (\$100.00 a month for 1 year) Horse Name: _____

2010 Chefs Brigade Dinner a success!



Thank you to everyone who helped to make Chefs' Dinner 2010 a deliciously successful event! Chef John T. Riley wowed us all (again!) with a stunning multi-course meal. The volunteer chefs did a fantastic job of pleasing everyone's palate, and there was a chocolate fountain. Need I say more? In addition to the delectable fragrances and even better tastes, our silent auction was absolutely lovely; thanks to the Chefs' Brigade Committee for all the time spent soliciting items, organizing the event and working tirelessly to put it on. How could we go wrong when a

25 lb Pearson's Nut Roll was there for the auctioning? A special thanks to Brent Lawrence, auctioneer extraordinaire and great guy to boot. He kept the evening fun and the bidding high during the lively and entirely entertaining live auction! Our emcee, Carolyn Marinan kept the program running smoothly and all of us engaged! Our guest speaker, Monica Hammersten reminded us why we were all there with the moving story of her son's accomplishments in our program. We Can Ride is grateful for their help in making the dinner a great success. Finally, to our volunteers that worked behind the scenes all night to make the event run seamlessly, we could not do it without all of you! Thank you.



Thank You

Individual cont'd.

Anne Thompson
Marla Tipping
Jason and Claire Topp
Julie Vangsness
Yvonne Zachman
Cary Zahrbock

In Honor of...

Jim Rovner
Lee and Patti Engler
Patti Goldberg
Marilyn Rovner
Gary Stone
Michelle Marshall
Marilyn Rovner



Horse Sponsor

Ruger
Stephanie Bowman in memory of Keith Bowman
Stone
Brenda DelRosario
Corey
Mary Steinger
Blondie
Linda and Rick Wescott

THANK YOU!!!

We Can Ride relies on the help of many individuals and organizations for us to be able to have classes each week. We would like to take this opportunity to thank two organizations that have consistently gone above and beyond to provide us with services and products that we need for basic day to day operations. So, thank you to United Vet Equine (www.unitedvetequine.com) and Dr. Brad Dohm and the staff at Waconia Veterinary Clinic (www.waconiavet.com)!

Americinn Airport Mall of America
 Bill Bahl
 Laura Baker
 Gary and Teresa Behling
 Tom Bezek
 Blue Deer Pub
 Susan Boche
 Boston's Gourmet Pizza
 California Closets
 Jane Carlson
 Laurie Carlson
 Champps Sibley Plaza Center
 Chefs Brigade Committee
 Clearview Automotive
 Linda Cooksey
 Rina Cooper
 Cossetta
 Denise Cota
 Country Inn and Suites,
 Brooklyn Center
 Angelica Cox Vazquez
 Crabtree's Garden Gate
 Kelly and Marv Dietrich
 Abby Duncanson
 Edinburgh U.S.A.
 Jim Evenson
 Fairfield Inn by Marriott
 FastBreak Foundation of the
 MN Timberwolves/Lynx
 Friends of We Can Ride
 Nick Gardner
 Green Mill Restaurant and Bar
 Hilton Hotel, Minneapolis Airport
 J. Cousineau's
 Mary Jarvis
 Ricki Jenkins
 Roxy Kahn
 Julie Kesti
 Joann Kigin Salo
 Adeline Kohman
 LeeAnn Chin
 Lifetime Fitness Foundation
 Katie Long
 Mall of America
 Mark McCahey
 Mini-Hops Gymnastics
 Minnesota Swarm
 Minnesota Twins
 Minnesota Wild
 Lance Moe
 Sandy Moore
 Neuman's Bar
 Bob Neumeier
 Bob Nielsen
 Barb Nordly
 Northwest YMCA

Caring Youth Award Winners



Volunteer Dick Lindeman with Caring Youth Award Winners Jesse Abelson (left) and Shane West (right)

My name is Jesse Abelson and I am a sophomore at St. Louis Park High School. I originally came to We Can Ride after finding it online last year. During the second session I only went for one class. I really liked the idea of We Can Ride because it combined working with animals and working with people with disabilities. After a couple weeks of going for only one hour on Saturday mornings, Shane and I wanted to help out more. We started coming at 8:15; gathering up the tack, working on grooming, and tacking horses. In a few short weeks, I knew where nearly everything was and how to tack and groom a horse which I had never done before. In We Can Ride, I have not only learned how to work with horses, but I've learned how to talk to and interact with people with

disabilities. One of the reasons I enjoy volunteering at We Can Ride is the environment that it is in. Everyone at We Can Ride is very nice and even the first time I went, when I didn't know anybody, the other volunteers made me feel very comfortable. Even though I have to get up very early on Saturday, I love coming to We Can Ride every week.



Instructor and Client Coordinator Andrea Dahl with Caring Youth Award Winners Jesse Abelson (left) and Shane West (Right)

Would you like to receive the Joy Riding Newsletter via email?

Its Free for us AND Saves Trees!

If so, please contact the office at
office@wecanride.org
 or call 952-934-0057



It's a lovely day for a ride

Okay, so every day is a lovely day for a ride, but the day we are talking about is Saturday August 21st. What makes that day special? It's the date of the We Can Ride annual trail ride. Collect your horse (or a friend's horse...) load up the trailer and come out to ride for a good cause. We are currently scouting trails to pick the perfect place for an August ride, so check the website



www.wecanride.org/trail-ride.php for more details or email barnmanager@wecanride.org to get on the mailing list for this fun event. There will be goodie bags, door prizes, a prize for the rider who brings the most money in donations, and lots of wonderful folks to ride with. This ride is set to start at 11:00, but you can come and go as you please with as many or as few friends as you want! All we look for is a minimum \$50.00 and your smiling face to participate.

We Can Ride in Cyberspace

You might have noticed that We Can Ride is now on **Facebook** and **Twitter**! If you haven't noticed, you can see the updates listed on the right side of the We Can Ride homepage. Facebook and Twitter are household names lately and if you aren't familiar yet, now's a great time to find out all about [Social Networking](#)!

In plain English: Facebook and Twitter allows We Can Ride to reach out to more people all over the world and keep them informed on what's going on with our organization easily and seamlessly!

So what does this mean for you? Simply put, if you want up-to-the-minute notifications of what's going on with We Can Ride, you can sign up for Twitter or Facebook AND get those updates sent directly to your cell phone (via text message, regular texting rates apply). Don't worry though, if you don't want to sign up or don't have a cell phone plan that includes text messaging, we won't be posting VITAL information to just these outlets. Class cancellations and things of that sort will still go out via our normal methods (phone calls and emails). These Social Networking sites will just give you a little faster heads up and maybe a little bit of exciting trivia that you might not know about WCR (did you know we have a lot of horse birthdays in May?) WCR will frequently posts last minute requests like "we need substitute sidewalkers!" to Facebook and Twitter. If you get these updates on your phone you'll be able to help out no matter where you happen to be at the time!

Okay sign me up: First things first, all updates that go to Facebook also go to Twitter so feel free to sign up for one or the other, or try them both and decide which you like! You can sign up for a Twitter account at www.twitter.com and Facebook is located at www.facebook.com.



If you sign up for **Twitter** you can get We Can Ride updates via SMS by texting "follow wecanride" to your local code (40404 in the US, regular texting rates apply).

If you sign up for **Facebook** you can follow We Can Ride by going to www.facebook.com/wecanride and if you want to get Facebook updates on your phone there are instructions listed on the [Facebook Mobile page](#), just search the help files.

And that's about all there is to it! We look forward to having you participate!

Article by Elise Ferguson

An Evening at the Races

We Can Ride would like to announce the second annual Evening at the Races. Friday July 16th 2010 we would like to invite one and all to Canterbury Park for an evening filled with great food, and great horse racing that you can watch from a private viewing area. All of that you get for just \$50.00! Call the office (952-934-0057) or email Bethany at fundraising@wecanride.org to RSVP and get more details!



In Kind cont'd. ...

*Old Log Theater
Olive Garden
Patrick McGovern's
Pub & Restaurant
Pearson's Candy Company
Tina Phelps
Pittsburgh Blue Steakhouse
Usha Rao
John T. Riley
Ruttger's Bay Lake Lodge
Ruttger's Sugar Lake Lodge
Peggy Schatzlein
Shamrock/Nook Restaurant
Judy Siegler
Robyn Sitarz
Sportsman's Guide
Monica Stanton
Mary Stillwell
Stone Ridge Equestrian
The Loft Literary Center
Theater in the Round
Brad Thorsen
Timber Creek Golf Course
Kris Timpe
Beverly VanderVorste
Village Chevrolet, Wayzata
Vine Park Brewery
Bill Voedisch
Water Park of America
Woolley's Restaurant*

Grants

The Mark and Jackie Nolan Family
Fund of the St. Paul
Foundation
The Mary H. and J. Milo Fund of
The Minneapolis
Foundation

WE CAN RIDE



JOY RIDING

We Can Ride
PO Box 1102
Minnetonka, MN 55345

NON-PROFIT ORG.
U.S. POSTAGE
PAID
Permit No. 81
Hopkins MN

*Horses Helping People Discover
Their Abilities*



WE CAN RIDE



JOY RIDING

East Wind Farm

2010 Upcoming Events

June	7	<i>Session II begins, all sites</i>
	21	RAT Kick Off Week, all sites
	23-26	Tanbark Cavalcade of Roses Horse Show
July	4	<i>Independence Day</i>
	5	<i>Office Closed</i>
	5	<i>Classes <u>WILL</u> be held at all sites</i>
	12-17	RAT Collection week, all sites
	16	Night at the Races Fundraiser at Canterbury Park
August	23	<i>Session III begins, all sites</i>
September	6	<i>Labor Day, office closed All Monday classes cancelled</i>
	7-13	RAT Kick Off Week, all sites
	27- Oct 3	RAT Collection Week, all sites
October	1,2,3	RAT Collection Week, all sites
	9,10	Harvest Horse Show
November	1	Annual Meeting and Potluck Dinner

WCR Wishlist

- ◆ New Office Printer
- ◆ Copy paper
- ◆ Postage
- ◆ Donations to print Joy Riding in Full Color
- ◆ Safety Pins for Mtka barn
- ◆ Large Wall Clock
- ◆ MVP 4 in 1 HA supplement
- ◆ Steadfast Joint supplement
- ◆ Ride N Lite Orthopedic saddle pads
- ◆ Cashel Cozy Toes
- ◆ Contour Western pads
- ◆ Cavallo Western and English pads
- ◆ Bags of hay cubes

