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STABLE TALK

Fall 2013

Animal Assisted Therapy– Why the Horse?



Animal assisted therapy is a rapidly growing field as more and more evidence and research has found that having a pet may assist in the healing and wellness process. Horses have been recognized and used for

centuries as a form of therapy. Therapeutic horseback riding was first popular in Europe, predominately in the UK. In 1968 it was brought to Canada with the first riding program starting in Toronto. In 2014 Pride Stables will be celebrating it's 40th anniversary!

There are many reasons why horses are such a useful and powerful tool for providing therapy. Individuals of all ages who participate in therapeutic riding can experience physical, emotional and many other benefits.

As a horse walks it provides three-dimensional movement to the rider that is uniquely similar to the human walking motion. On horseback, the rider's muscles constantly react as the body responds to the horse's movement, working to maintain balance and posture on the horse. With each stride the horse takes the riders' muscles are strengthened, their balance, flexibility

and co-ordination is improved in a way that no other therapy can. Riding also increases physical fitness and stamina in participants.

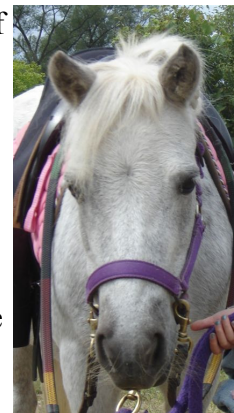
For riders with tight muscles the horse's body warmth helps to relax those muscles.

Beyond the physical benefits, riders also experience many emotional benefits. Controlling a large animal builds confidence and self-esteem. Horseback riding allows riders to leave behind their assistive devices, parents and teachers and take control of a 1000lb animal providing them with freedom and independence.

The sight, smell and feel of a horse is an exhilarating experience.

As prey animals, horses are able to react to minimal cues from changes in body language, vocal intonations and human biochemistry allowing the horse to adapt to the feelings of the rider and creating a unique connection. This bond between horse and rider can

never be totally explained. The benefits are different for each rider. Perhaps Winston Churchill said it best, "There is something about the outside of a horse that is good for the inside of a man."



Monthly Giving Moves Us Forward!

Did you know...

\$4,200 (\$350 per month)

- Sponsors one horse for a full year

\$420 (\$35 per month)

- Sponsors one rider for a full session

\$1,200 (\$100 per month)

- Maintains one paddock for one year

\$900 (\$75 per month)

- Maintains one stall for a full year

\$120 (\$10 per month)

- Buys 40 Bales of hay
- Buys one safety helmet
- Buys 6 bags of grain for our horses

*Join our easy and convenient monthly giving program.
Please call Heather at 519-653-4686 for details or visit
www.pridestables.com.*



HORSE HAPPENINGS



Horse Spotlight

Prince came to Pride with his best friend Queen by his side a couple years ago. After getting settled into his new home he suffered an injury to his eye that resulted in him needing to have his eye removed. He has now adjusted fully to having only his right eye and to being a riding horse. He came to us having only been used as a driving horse. He participated in summer camp this past year and has been a superstar during the fall session. At 27 years old Prince always tries to please although he sometimes forgets to pick-up his feet.

Sponsor-A-Rider

Are you looking for other ways to help? For \$35/month you can give a child the chance to receive the benefits of therapeutic riding. Each week that rider will get the chance to not only ride, but interact with others, play games, laugh and have fun in a group environment while receiving stimulating therapy.

\$420 (\$35/month) allows a rider to receive the benefits of therapeutic riding for 1 year.

296 Riders are currently waiting for sponsorship.

Call the office 519-653-4686 to see how you can get involved!



Dear Max,
You are around the barn a lot to see what is going on... Can you tell me why sometimes a horses ears are facing backwards and forwards at the same time? Are they angry?

-Anna

Dear Anna,
Normally a horse will have one ear facing forward and one facing backwards when it is listening to its surroundings. They are normally fairly relaxed in this state and are just listening to what is going on around them.

-Max

Have a question for Max?
Email them to
info@pridestables.com

New Footing Allows More First Steps To Happen

This Fall we were extremely fortunate to have received very generous donations to replace our indoor arena footing! The footing was in great need of an upgrade after being well used for many years. Often during lessons the dust would turn up making it hard to breathe and see especially for our riders. We are very excited to say with this new footing we now have a clear view, clean air and the riders, horses, volunteers and instructors are loving it. We are looking forward to having many more new riders take their "first steps" with their horses on new footing.

Many thanks to our generous donors including the Harold Ballard Foundation and Kitchener Sports Association.

Kitchener Panthers

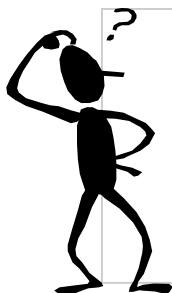
This past Spring we received a generous offer to run the concession stand for the Kitchener Panthers home games at the Jack Couch Park. All proceeds from the concession were used to support our program. After a great season of baseball and meeting new friends, we raised close to \$7000 for Pride Stables!

Congratulations to the Panthers on a great season and thank you to all of our volunteers who came out to help run the concession for the season, we hope to see you out again next year!



Did you know...

Horses have 16 muscles in each ear, allowing them to rotate their ears 180 degrees.



Memories From Camp Pride



To the best horse ever there at camp Pride, **MOLLY**
I enjoyed riding, every day on you at 10:30. I'm going to miss you when I leave but I'll always have a picture of you and

ME

Queen;
Thank-you for being a great horse. I really liked riding you this week. I hope to spend time with you again soon! From: **ARF**



Dear Cookie,
I have very much enjoyed having you as my horse! I really liked riding you! You are a nice and fun horse! Your #1!
Love,
RRFTH



Test your Pride Stables Knowledge!



1. What year did Pride Stables start providing therapeutic riding?
2. Who was the first horse that officially Pride Stables owned?
3. How many therapy horses do we have?
4. What did Hope do before she was a therapy horse?
5. What is the cat's name?
6. What is our Summer Camp called?
7. How many volunteers does it take for our program to run successfully each session?
8. How many instructors does the program have currently?
9. How many riders does Pride Stables service each year?
10. What is the type of therapy our program is based on?

**Answers on page 5

Sponsorship Opportunities

Adopt-A-Horse	\$4,200	15 Horses are hoping for sponsorship
Maintain-A-Stall	\$900	6 Horses stalls are available for sponsorship
Sponsor-A-Paddock	\$1,200	Paddock will be available for sponsorship
Sponsor-A-Rider	\$420	296 Riders are hoping for your sponsorship

Horse	Horse Sponsors	Stall Sponsors	Paddock Sponsors
Angel		Deer Ridge Estates Community Association	Cambridge Shrine Club
Awesome			
Billy	Waterloo Roadbreakers	Central Canada Gay Rodeo Association	Daisy Fresh Cleaning Service
Chopper			
Cookie	Kitchener Panthers	Waterloo Roadbreakers	
Danny	Rotary Club of Kitchener– Grand River		Rider Sponsors
Flicka		Optimist Club of Twin Cities	Kitchener Pioneer Lions Club
Hercules	Peter Etril & Marilyn Snyder	Robert Cassidy	Bob & Phyllis Foulds
Hershey		Rorabeck-Maricic Family	John Lengyell
Hope		Optimist Club of Twin Cities	Jane Hendrick
Lyonel		The Elcome Family	Ready Rivet & Fastener Inc.
Molly	KW Civitan Club		Kitchener-Conestoga Rotary Club
Mya		Ken & Gail	Ann Spall
Nahauni		Kiwanis Club of Elmira	The Optimist Club of Lakeshore Village
Olliver			The Rorabeck-Maricic Family
Peggy		Family of Mel & Peggy Hunt	Culleen & Donald Kurt Foundation
Pepper			The Kinette Club of Preston
Pipper	Steele Family Foundation		The Kinsmen Club of Kitchener- Waterloo
Prince	Marion Jean Wellwood	The Elcome Family	Steele Family Foundation
Queen	Rick and Norma Brock	Daisy Chris	Kitchener Panthers
Raz		Fred & Mary	City of Kitchener
Remington		George Chris	City of Cambridge
Skye		Rooney Family	City of Waterloo
Tass		The Kinette Club of Preston	Region of Waterloo
Tiki	Pape Company Transportation Inc.		St Jacobs Lions
			Rotary Club of Cambridge North
			Optimist Club of Kitchener- Waterloo
			Royal Canadian Legion
			Lions Club of Kitchener
			Pepsico



Nothing Like A Helping Hand



Thank you to all of the groups who gave their time and support this Summer and Fall to help maintain the property, clean the arena and assist in our classes!

Frito Lay
Cameron Heights Key Club

Deliotte
Bank of Montreal

ZEHRS SAVE-A-TAPE PROGRAM ENDING

After 39 years, Loblaws announced the Zehrs Save a Tape program officially comes to an end December 31, 2013. We will be accepting Zehrs tapes until December 15th, 2013 in hopes to raise a few last dollars through this wonderful program that has given Pride so much over the years.

We would like to say a big thank you to the Elmira Maple Syrup Festival for donating \$1,000 to our program.

This year the festival will be celebrating 50 years filled with shows, shopping, entertainment for the whole family and of course maple syrup!

Volunteers are needed for this great event taking place April 5, 2014 please visit www.elmiramaplesyrup.com for more information.



Steele Family Foundation

Thank you to the Steele Family Foundation for their continued support and a \$10,000 donation to our program going towards horse sponsorship for Pipper, rider sponsorship towards 5 of our riders and repairing another section of our paddock fencing! We are extremely grateful for your generosity.



Do you have your Pride Stables Swag

All items can be bought through the office or your instructor and all proceeds come back into the program while you show of your Pride!

T-Shirts \$10.00 (limited sizes available)

Bags \$5.00

2014 Calendars \$12.00

Hand drawn barn prints by Gerhard Schmuck \$20.00

“The Painted Horse” By Peter Etril Snyder \$20.00



Answers to Test your Pride Stables Knowledge

- | | |
|---|--|
| 1. 1974 | 6. Camp Pride |
| 2. Peggy | 7. 250 |
| 3. 26 | 8. 5 (1 fulltime and 4 part time) |
| 4. She jumped and competed at the Royal Winter Fair | 9. 360 |
| 5. Max | 10. Therapeutic Riding/animal assisted therapy |

wishlist

Every Little Bit Helps

Hay
Hay Cubes– Timothy/Alfalfa Mix
Fence Boards & Posts
Shavings
Lg. Salt Blocks– Blue & Brown
Wintec Saddles
Covered Stirrups

Corn brooms
Shovels
Canadian Tire Money
Copy Paper
Cat Food
Riding Helmets
Coffee Percolator

A charitable tax receipt may be issued for some donations

****IMPORTANT CHANGE-** We will no longer be accepting Zehrs tapes as of December 15, 2013 as the long standing collection program is coming to an end December 31st, 2013.

VOLUNTEERS WE NEED YOU!

WINTER & SPRING SESSION TRAINING DATES

Thursday, Jan. 2nd Noon-2pm
Saturday Jan. 4th Noon-2pm
Monday Jan. 6th Noon-2pm & 6-8pm
Wednesday Feb. 26th Noon-2pm & 6-8pm
Saturday March 1st Noon-2pm
Monday March 3rd Noon-2pm & 6-8pm
Thursday March 6th Noon-2pm & 6-8pm
Tuesday March 11th Noon-2pm & 6-8pm
Wednesday March 19th Noon-2 & 6-8pm

Volunteers MUST be 15 or older for regular program and 14 or older for Camp

Newsletter printing generously sponsored by:



Pride Stables Board Members and Staff

Steve McMurray, President
Heather MacKneson, Executive Director
Shaena Twolan, Board Secretary
Doug West, Board Member
Gerhard Schmuck, Board Member
Jen Ziegler, Program Manager/Instructor
Ashley Biddiscombe, Volunteer Coordinator/Instructor
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