



Free S.P.I.R.I.T. Riders, Inc.

Special People in Riding Therapy

May 2004

2003 FSR Volunteer of the Year



On April 18 **Earl Freund** was named Volunteer of the Year for 2003 at our Volunteer Appreciation Dinner. Earl came to FSR in 2002 hoping to become a side walker. He worked second shift for Mercury Marine and wasn't available at the times Side Walker training was scheduled. So he worked and worked in our Healing Gardens until a training was scheduled at a time he could be there. He was able to start Side Walking in the fall of 2002 and is now certified as a Horse Handler. Earl continues to put in many hours in our garden. He has donated the use of his trailer for the numerous trailering jobs that exist. He helps whenever the guys from DACC come to work for us. He worked with the guys to develop the arbors at the 2 entrances to our garden. He and his sister donated the materials for the arbors and other items. He is our liaison with the Master Gardener and Green Thumb Club members who

are helping us with the garden project. He has nurtured and guided the men as they built the walls so those in wheelchairs can get up close to the plants. He was helpful during the construction of the Gazebo and preparing our garden for our Grand Opening a year ago.

What makes Earl Volunteer of the Year? It is his willingness to do what ever needs to be done and doing it well. He is a great source of encouragement to our program participants and a great role model for our volunteers. His non-judgmental attitude, persistent and consistent thoughtfulness, and his friendliness to other volunteers, the riders and to all staff. Earl is the kind of guy that when told he was selected to be honored replied "I don't need that." And we say, "yes you do Earl!" Earl represents FSR in the manner in which a quality organization should be represented. When you see Earl in the barn or in the garden, be sure to congratulate him. His modest response is just another reason Earl is so special to us.

YOU ARE INVITED. to a premier feature film screening of "The Drone Virus". Adapted from the science fiction medical mystery novel written by a local author—Dr. Gerald Clarke. Dr. Clarke is an ophthalmologist who works in the Fox Valley and now in FDL as well.

The premier will be held on Thursday June 17, at 7:00 PM, The Grand Opera House, 100 High Ave., Oshkosh, WI. Call The Grand box office for tickets (920) 424-2350, The cost is \$20 plus service charge, Complimentary wine & cheese reception to follow. All proceeds to benefit FSR.

Do You Like to Play Volleyball? Get your friends together for the 2nd Annual Volleyball Fun Raiser hosted by our neighbors at the Shack! Fun starts at about noon and will continue into the evening. There will be a Brat Fry, Dunk Tank and more during the day with a band planned for the evening. This is a non competitive event, so join the fun! All proceeds benefit FSR.

1998 Ford Econoline (Hi Top) Conversion Van equipped with electric wheelchair lift, electric lock, low mileage, new tires, television, VCR, radio and earphones. In excellent condition, asking \$18,000, Call 920-921-1308.

F

rom your
D irector

Our 2004 riding season is off to a great start! We thank everyone who is helping the classes go so well. As we reflect on the start of past seasons, it is easy to see how far we have come. We have a beautiful facility, thanks to the generosity of many individuals, organizations, agencies and businesses in Fond du Lac and the surrounding communities. We have 4 NARHA certified Registered Therapeutic Riding Instructors facilitating the classes. Since the inception of the Horse Handling certification last year we are assured of providing safe classes to everyone. FSR belongs to the community-and as such we invite everyone's participation. There isn't a talent that can't be used to continue our success and help us to become even more viable. We encourage your suggestions-what can we do differently, what needs to change, what do you like about us? There are many things to do that no one ever sees, it isn't just helping out during classes. Much behind the scenes work needs to be done so that the classes can be held! We are reaching out to you to help with increasingly difficult tasks as we strive to reduce our waiting list. The barn, classes, our environment and our Healing Gardens offer our participants a different look at the world. When we hear a participant laugh, watch them learn new skills and leave with a tired but happy look on their face, it tickles my soul. Thanks to all who work so tirelessly to raise the funds, complete the paperwork, and tell others about us. You make us proud!

Mary

FROM THE RIDER'S PERSPECTIVE

Lynn Fox is 35 years old and is a Cerebral Vascular Accident (CVA) survivor! As part of her rehabilitation, she started with FSR in 2000 to increase muscle tone, symmetrical strength and improve balance. She continues with residuals from the stroke with delayed reaction time in most tasks and is unable to use her left hand for grasping or releasing. These are the things she continues to work on when at FSR. Lynn lives independently.



Lynn had heard that smoking while taking birth control pills could cause a stroke, but she never thought it would happen to her. She warns others to not be as foolish as she was about smoking while on birth control pills. Lynn knows she has achieved a stronger upper body from her involvement with classes at FSR. She has said that her favorite FSR horse was Jet because of the pace he kept and the comfortable ride he provided. Since Jet has left, Lynn likes riding Stitch because he doesn't "putz" around and provides a smooth ride.

Lynn is employed at Coldwell Banker as a Real Estate agent since February 2, 2004. She obtained her Real Estate license in January of this year. Lynn came to us with a special love and respect for horses. She said she loves being around people--and horses--and can do both at FSR!

Calendar of Events

- ? **June 9**-Start of 10-weeks of day classes on Wednesdays
- ? **June 14**-Start of 2nd 6-week riding session
- ? **June 17**- 7 PM "The Drone Virus" movie premier (to benefit FSR) at the Grand Opera House, Oshkosh.
- ? **June 19**- Noon til ? Volleyball Fun Raiser at the Shack
- ? **July 26**-Start of 3rd 6-week riding session
- ? **August 21**-14th Annual Ride-a-Thon

What is a Volunteer's Time Worth?

The Independent Sector recently announced that the value of volunteer time, updated yearly, has increased by nearly 65 cents from \$16.54/hour in 2002, to \$17.19/hour in 2003. When the Independent Sector first calculated the value of volunteer time in 1980, it was \$7.46/hour. This value is based on the average hourly earnings for private nonagricultural workers as determined by the U.S. Bureau of Labor Statistics, and then increased by 12 percent to estimate fringe benefits.

Cerebral Vascular Accidents, AKA Stroke

A stroke is the sudden death of brain cells due to a lack of oxygen causing a problem with blood supply. When blood flow to the brain is impaired, oxygen and important nutrients cannot be delivered. The result is abnormal brain function. Blood flow to the brain can be disrupted by either a blockage (blood clot) or rupture of an artery to the brain. There are many causes for a stroke. Hemorrhaging in the brain causes varying degrees of functional impairment.

The symptoms of stroke include sudden tingling, weakness or paralysis on one side of the body or difficulty with balance, speaking, swallowing or vision. Stroke prevention involves minimizing risk factors, such as controlling high blood pressure, elevated cholesterol and diabetes. The weakness that affects the arm, leg and side of the face can also impact the muscles of swallowing. A stroke that causes slurred speech seems to predispose the person to abnormal swallowing mechanics.

The prognosis following a stroke is related to the severity of the stroke and how much of the brain has been damaged. Some patients return to near normal condition with minimal awkwardness or speech defects while others are left with permanent problems such as hemiplegia (weakness on one side of the body), aphasia (difficulty or inability to speak), or incontinence of the bowel and bladder. The symptoms that follow a stroke depend on the area of the brain that has been affected and the amount of brain tissue damage. The benefits of therapeutic horseback riding for those who have experienced a stroke include the promotion of right and left body symmetry; stimulates balance, promotes good posture, improves motor planning, speech and socialization.

2003 Female Rookie of the Year

Mary Jo Hicken was named 2003 Female Rookie of the Year at our Volunteer Appreciation Event held on April 18. 2003 was Mary Jo's first year with FSR. She is special to FSR because of the commitment she shows to our program participants, her dedication to helping our riders, her friendliness to not just the participants, but also to staff and other volunteers. Mary Jo came to us in the spring of 2003 because she needed to do a 'few community hours' and ended up putting in about 150 hours. And that was just the hours for classes! Mary Jo helped organize



the first Volley Ball Fun Raiser at the Shack last year. She sold many raffle tickets and pizza coupons. Her family provided much needed tables for the Ride-A-Thon even though they were not able to attend. Mary earned her Rookie of the Year title because of her pleasant presence at classes on Monday and Tuesday evenings and her willingness to be a sub on Thursday evenings. Mary Jo is a bright spot at our facility and is missed when she can't be there. She wears a constant smile and works in the office and on other duties when she isn't needed as a Side Walker. Mary Jo has proven that she will do just about anything that needs to be done. Our riders have come to regard Mary as a good friend. She works for Dairy Queen, East and many of the riders she has helped like to visit her there. Mary exemplifies what a good volunteer should be: On time; good natured; eager to do whatever needs to be done; non-judgmental; goes the extra mile to make riders feel comfortable and then feel good about their accomplishments. We are pleased you are a part of our program. Mary Jo!

Arc Award Winners

At the Arc of FdL Annual Recognition and Awards Banquet held on February 12, some of our own were recognized. They include **Stephanie Schenk**, former FSR rider and current volunteer, recognized as a "Self Advocate" and **Allison Westemeier**, program participant, for her excellence as an employee; and program participant **Jana Broberg** received a Special Achievement award. "Congratulations to each of you, we are proud to know you!"

We are looking for a volunteer to clean our bathrooms, wash windows, dust, etc. at least weekly. During our busy riding season, it can take two or more volunteers to keep our facility clean. Call 920-924-9920 if interested in this detail.

2003 Male Rookie of the Year



Ed Mikalofsky learned about FSR through pictures and articles in the Action Advertiser. But the presence of the new barn/stable and sign on Hwy 23 is really what got him interested. Ed states the most enjoyable thing about helping at FSR is sharing in the fun the clients have when they get on that great big horse! But the real satisfaction comes in helping "our therapists" (horses) do their stuff for the participants. Ed is a semi-retired pharmacist and works part-time for Agnesian Healthcare at the Health Shoppe, Pharmacy Plus, North Fond du Lac Regional Clinic or at Markesan. He schedules his hours with us around his busy and demanding work hours. Ed is now certified as a Horse Handler and helped with horse schooling this spring. Ed goes the extra mile to

do what needs to be done for FSR and he demonstrated that at the Ride-a-Thon when he helped put up a tent no matter how many times it fell. He pitches in where ever he can at the barn and quietly accomplishes the task no matter what the task is. Thanks Ed for brightening our facility with your genuine friendliness and caring attitude!

Volunteers

If you haven't returned your registration form yet, please fill it out and return it as soon as possible. If it has been misplaced, please download it from the Free SPIRIT website www.FreeSPIRITRiders.org or call 924-9920, leave your name and address and one will be mailed to you. Then mail it in, drop it off at the barn or email it to me at roses@famvid.com. The database is being checked for name and address errors so please be as neat and legible as possible and fill in your complete birth date and email address if you have one. Your help and cooperation is most appreciated.

If anyone is interested in helping to organize a car wash this summer, please call me at 923-4713. This is intended to be a fun event for anyone wishing to participate.

Rose Smith, Volunteer Coordinator

A Volunteer's Prayer

I thank thee Lord as a volunteer,
For a chance to serve again this year,
To give of myself in some small way,
To those not blessed as I each day.
My thanks for health of mind and soul,
To aid me ever toward my goal,
For eyes to see the good in all,
A hand to extend before a fall.
For legs to go where the need is great,
Learning to love, forgetting to hate,
For ears to hear and a heart to care,
When someone's cross is hard to bear.
A smile to show my affection true,
With energy aplenty the task to do,
And all I ask dear Lord, if I may,
Is to serve you better, day by day.

Pulpit Helps, August 1992

Felice Grant Awarded

The Board of Directors of the Felice Foundation has announced the award of a \$5,000 grant to FSR. The mission of the Felice Foundation is to foster the spirit of giving in others by encouraging and nurturing organizations whose goal is to enhance the spirit of giving, caring and love within their community. The Felice Foundation is a public foundation formed in 1984 by Dr. Leo Buscaglia to support activities dedicated to fostering the spirit of giving. Felice is an Italian word for peace and joy and was Dr. Buscaglia's given name at birth. He established the Foundation to give special aid and attention to those who have dedicated themselves to the betterment of personkind through the dynamics of helping one another. The Foundation is structured around the dynamics of sharing and giving and influencing others to do the same, the roles of helper and helped constantly interchanging.

The specific purposes of the Foundation is to encourage and reinforce socially contributive behaviors where the focus is clearly outside of the "self," looking instead toward the welfare of others and the community. It is directed to recognize and reward the softer side of human nature through the giver, the sharer, the nurturer, the empathizer, the sympathizer. It is hoped that this will encourage a movement away from ego-centricity and competitive actions to the encouragement of love, interdependence and commitment.

Free SPIRIT Riders, Inc. is recognized by the Felice Foundation as an organization that displays the spirit of giving and caring espoused by Dr. Leo Bascaglia through the independence the program gives to disadvantaged and challenged children and adults. But more specifically, Free SPIRIT Riders met the Foundation's criteria through the Volunteer Training provided to the general public and to recipients of the Department of Corrections services to be Side Walker and Horse Handler volunteers during their classes. Free SPIRIT Riders also works with the Department of Corrections services for development of their Healing Gardens, landscaping, facility maintenance and fund raising crafts.

All About Stitch



Pixy's dun Stitchin (better known as "Stitch") was born on March 26, 1983, which makes him 21 years young. He was born in Campbellsport and his breeder was Geraldine Niemuth. Stitch is Registered with the American Quarter Horse Association and with the International Buckskin Horse Association. He is 14.3 hands tall and his color is red dun. He has a small star and dorsal strip down his back. Stitch has won numerous awards including Wisconsin Buckskin awards for Halter, Dun Factor, Western riding and Western Pleasure. Stitch also has his ROM in Arena Performance for IBHA and was an IBHA Champion in his day. Carol and Tom Klamorowski did most of the showing and Nicole Nikoulas and Angela (Folske) Sommerfeldt also showed him.

Stitch was donated to FSR by Trudy Josephson whose daughter is Angela Somerfelt. They were looking for just the right home for Stitch to retire to and felt that there was no place better than FSR! They are relieved that Stitch no longer needs to have his ears clipped for showing as he always hated that. Stitch is a very trustworthy horse and he will give everything he's got and more. He enjoys being ridden and brushed but doesn't like to be fooled with around his face. Angela Sommerfeldt tells us that Stitch has always been very sound and reliable. And we find Stitch to be a welcome member to our herd!

Volunteer Education Now Available Online

The North American Riding for the Handicapped (NARHA) is proud to announce a new benefit FSR volunteers! It is an online volunteer education course and is broken into ten units covering topics such as terminology, interacting with participants, benefits of equine assisted activities for some common disabilities, basics of horse behavior, grooming and more. Whether you use it as an introduction to volunteering or a refresher course, we are confident that you will gain valuable knowledge that will enhance your experience and performance. Parents and guardians may want to take this course to gain even greater understanding of equine assisted activities. Signing up is easy: go to the NARHA web site (www.NARHA.org) click on Store and then click on NARHA Campus. Add the volunteer course to the basket. Choose the Premier Accredited Center/Center Member option. This course is FREE for FSR volunteers as FSR is a NARHA Premier Accredited center. You will need to type in Free SPIRIT Riders' name, then go to the check-out and enter your contact information. If this is the only item in your basket, you will not be asked for any payment information, but instead be directed immediately to the order verification screen letting you know the order has been received. You may enter the course on a weekly basis. You will receive an email with your login number and password which is good for 60 days. This allows you the flexibility to take the course at your own pace and review any sections you wish. If you have any questions about the sign-up process, feel free to contact Andrea Spridgen at the NARHA office at 800-369-7433 or aspridgen@narha.org.

Team 4 the Future

A team of six current class members of Leadership Fond du Lac, set out to raise money for a run-in shed for the FSR "therapists" as their project. The team members include City Police Officer, **Bill Makowski**, **Cathy Mathweg**, Marian College; **Steve Little**, Agnesian Health Care; **Chris Rockweit**, FdL Credit Union, **Terri Scheffler**, US Bank and **Sue Schnorr**, FdL School District They were so successful with the project they raised enough funds for 2 run-in sheds and part of the funds we need for refurbishing our current mounting ramp and block. The team is part of an annual 9 month project that helps members of the local community learn leadership skills through hands on experiences. And aren't we lucky that one of the teams, named the Team 4 the Future, chose to help FSR with their time and talents!



FREE S.P.I.R.I.T. Riders, Inc.

P.O. Box 1291
Fond du Lac, WI 54936-1291

Non-Profit Organization
U.S. POSTAGE PAID
Fond du Lac, WI 54935
Permit No. 13



DATED MATERIAL

Facility Address:

W3950 Hwy 23
Fond du Lac, WI

Mailing Address:

P.O. Box 1291
Fond du Lac, WI 54936-1291

Phone 920-924-9920
Email: info@freespritriders.org
Web Site: www.freespritriders.org

Therapists

Tara, Stitch, Duffy, Magic, Sonny,
Fancy, Rascal, Jack, and Duke

Instructors

Cindy Anderson 920-326-6108
kenanderson@centurytel.net

Ginger Schinktgen 920-979-3110
gingerschinktgen@hotmail.com

Sarah Perry 920-907-8279
horsewhisperer566@hotmail.com

Stacey Parker 262-626-4337

Program Director

Mary Narges 920-533-5025
chknmary@hotmail.com

Volunteer Coordinator


Rose Smith 920-923-4713
roses@famvid.com


Equine Manager

Jenny Odekirk 920-922- 1589
jodekirk@milwpc.com

Newsletter

Vikki Becker 920-948-9885
vikkib@charter.net


Mission Statement
Free S.P.I.R.I.T. Riders, Inc.
is a non-profit organization
committed to enriching the lives
of children and adults with disabilities
through safe therapeutic interaction
with horses.


Vision Statement
Free SPIRIT Riders, Inc.,
a NARHA premier accredited center,
will be known as an efficient, cohesive,
professional, multi-disciplinary team
enthusiastically committed to fulfilling
our mission.

We will provide excellent,
comprehensive, equine therapy
services focused on the individual
needs of the people we serve,
in an enriching, nurturing environment.

