



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

Special People in Riding Therapy

June 2003

Why Healing Gardens?

"All human beings respond to gardens, to nature, to a walk in the park, to the sound of a bird, to daffodils - even if they don't know what a daffodil is. A beautiful garden is a comforting place to be."

The woman that said the above is Lynden Miller, 64, a Public-Garden Designer. She oversaw the donation of 2 million bulbs and the participation of 15,000 volunteers to plant them for New York's Daffodil Project, an ongoing memorial to those lost on 9/11. Of all the plants she works with, her favorite is hellebore, a flowering perennial with large evergreen leaves. "They love the shade, they look great nine months of the year, and deer won't touch them." She lives in New York City and painted abstract landscapes for 18 years before becoming a gardener at age 43.

Come respond to the healing natures of our Healing Garden. Some say working in our garden is therapeutic. Would you like to give it a try? Call 920-924-9920 for more information.

Healing Gardens Donors

- Drug and Alcohol Correction Center
 - Pat Buechel
 - Ted Simon.
- Service League of Fond du Lac
 - Abel's Landscaping, Inc.
 - Jerry Gordon
 - Earl Freund
 - Alli Wilhelms
- Tom and Kathy Brudnowski

Thanks To Everyone...

who purchases **Schwan's Home Delivery Service**, which helps to increase our revenues!

Calendar

June 3-6:30 Side Walker Training

June 3,10-4:30 Horse Handler Certification

June 17-27-6:30 Horse Handler Certification

June 16-Start of 2nd 6-week riding session

July 28-Start of 3rd 6-week riding session

August 16-13th Annual Ride-A-Thon

August 19: Auburn Bluffs Ladies Fun Day Golf Outing to benefit FSR Call Marilyn Edwards, 920-533-4430

August 20: FSR Concession Stand at Little Farmer. Call Amy Loehr at 922-2271 for more information.

September 8-Start of 4th 6-week riding session

Volunteer training for Horse Handlers and Side Walkers are planned on a regular basis to supplement our volunteer needs through out the season. Call 920-924-9920 for more information.

DACC Attack!!

The inmates from the **Department of Corrections Drug and Alcohol Corrections Center (DACC)** in Oshkosh built our gazebo (a memorial to Lorraine Froemke Mack from her family), improved our landscaping, worked and worked in the garden, sanded, primed, painted, and more to prepare our facility for the Grand Opening when they visited once a week for 5 weeks. One person even did office work for the complete time the group of 17 was with us.

Special thanks to **Culver's Restaurant** for donating the meal for the team of 17 individuals on one of their visits! And thanks to our volunteers who prepared and served the meal the other 4 days.

This Restorative Justice Program for Operating While Intoxicated offenders, helps these individuals give back to the community while developing corrective thought and thus become productive members of society. We are more than happy to give them a purpose!

F

rom your Director

As we start our 16th season of therapeutic riding and horse related activities, we need to thank all of you who helped us get to where we are now. 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.

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.

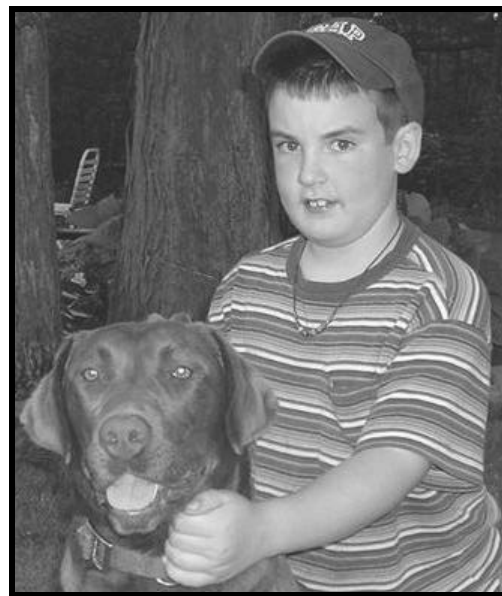
When we hear a participant laugh, watch them learn new skills and leave with a tired but happy look on their face, it tickles my soul. Thanks to all who work so tirelessly to raise the funds, complete the paperwork, and tell others about us. You make us proud!

Mary Narges

FROM THE RIDER'S PERSPECTIVE

Jakob Loehr started riding with FSR in 1997 when he was 4 years old. He has Asperger's Syndrome, which was first noticed due to problems with speech and fine and gross motor skill impairment. He also experiences sensory problems and has low muscle tone.

Jake attends Pier School where he is in the 3rd grade. His favorite subject is reading and he has an incredible memory! Jake loves working



in his family garden and does so on a daily basis. He likes to do anything that can be done outdoors. The family swing set is a favored place for him and swinging helps provide proprioceptive and vestibular input, which is very important to any individual with challenges similar to Jake's.

Jake has a younger sister, Emily, who is 7 and also attends Pier School. Jake is a great big brother to his younger brother, Owen, who is two years old. Jake's family owns three horses and Jake says their names are Chosovi, Nakita, and Cody. The family also has a Chocolate Lab named Rootie, another favorite of Jake's.

When at FSR, Jake enjoys riding Magic, especially when trotting because it "feels like flying." He likes being on Magic because he "likes being up higher." "FSR activities have been a great physical outlet for Jakob, and he has also benefited from establishing a bond with the other program participants and Magic. It has helped him to handle anxiety better," says Jakob's mother.

Jakob's plans with us include learning social skills while increasing his opportunity for increased self-esteem and problem solving skills. Jakob's mother hopes that the vestibular and proprioceptive input he receives while riding will help him acquire skills that promote flexibility and tone in his trunk, arms and upper body. Another goal is increasing his strategies for staying calm, stating feelings and appropriate use of words.

When Jakob started riding with FSR in 1997, he included "In the name of the Father, the Son and Free SPIRIT Riders, Amen, in his bedtime prayers. May God bless you, Jakob!"

Youth Service Day

Friday, May 31, hundreds of junior and senior students from Fondy High School were released from school to help non profit organizations with any necessary work. FSR was fortunate to not only have the help of 20 students, but also adult supervision from members of the Brothertown Indian Nation.

Weeds were pulled (Thanks to Master Gardener Ted Simon for helping designate weeds from flowers and to Earl Freund for his assistance in the garden). Windows were washed, vacuuming and dusting completed, and much more. It was a great way for more teenagers from our community to learn about us, and a great start of a long friendship with members of the Brothertown Indian Nation!

Do Horses Eat Pizza?

We still have Eatons Pizza coupons at \$5 each with a .50-cent coupon for your next purchase. No, we do not purchase pizzas to feed our horses but we use the proceeds to purchase the Equine Senior and supplements our horses require. The coupons are good at Eaton's Pizza stores in Fond du Lac, Oshkosh and West Bend. You can get your pizza coupons by sending \$5 for each pizza desired with a self addressed stamped envelope to FSR Pizzas, PO Box 1291, Fond du Lac WI 54936-1291. Let us know if you would like to help feed our horses by selling pizza coupons!

UW-M GOLD AWARD

In 1991 the University of Wisconsin-Milwaukee Alumni Association Board of Trustees established the annual Graduate of the Last Decade (GOLD) Award to honor alumni who have achieved a substantial measure of success in their careers, and who have brought credit to themselves and their community.

The Helen Bader School of Social Welfare GOLD Award was presented to Mary Narges at the Alumni Association Awards Program and Reception on Saturday, May 10. Mary chose Social Work as a career decades ago and has exemplified public service in her commitment to others. She received a Masters of Social Welfare degree from the UW-M Helen Bader School of Social Welfare in 1999. Proud to know you Mary!

Horse Handler Training

Anyone who has served as a side walker for FSR in the past, may return as a side walker or become certified as a Horse Handler at various levels. Horse Handling Certification sessions will be held on Tuesdays, June 3 & 10, at 4:30 and June 17 & 24 at 6:30 at the barn. For more information on Horse Handling Certification call Sheila at 920-923-4274.

Thanks for your Financial Support!

Thomas and Denise Retzleff
Medical Alliance Society
Peggy Butler
Exchange Club of Fond du Lac
United Way
FdL Area Foundations
Helen Ost
Employees of FdL County DCP *from Dress
Down Day*
Fraternal Order of Eagles, Inc.
Ruth M. Flucke and Rod MacKenzie
Winnebago Eastshore Lions
Rosendale Lions
Mary Struensie
Elk's Lodge #57
Charity Club, Inc.
Sigma
Alliant Energy Foundation
Debt Reduction Donors
Mary Narges
Phil J. Martini

Easy ways YOU can help Free SPIRIT Riders, Inc.

If you shop at any Pick 'n Save, register for an Advantage Plus Savers Club Card. On the registration form, designate Free SPIRIT Riders (FSR) to be an organization to receive a 1% rebate from the amount you spend on groceries. The account number for FSR is 243100. Each time you present your Advantage Card when you shop, a donation from your purchase is added to FSR's account at no cost to you!

If you shop at Piggly Wiggly save grocery store receipts, put in collection container at the barn or turn in to P O Box 1291, Fond du Lac, 54936-1291, any board member or call 920-924-9920 for pick-up. FSR can get a 1% rebate on the value of your purchases!

All About Asperger Syndrome

Asperger Syndrome (AS) is a developmental disability affecting the brain and is known as an 'Autism Spectrum Disorder', which affects the way a person communicates and relates to others. Persons with AS are often of average or above average intelligence and individuals with this challenge are often referred to as having "high functioning autism."

There is no cure, children with AS become adults with AS. However, affected individuals can achieve much with the appropriate education and support. With time and patience, persons with AS can be taught to develop the basic skills needed for everyday life, such as social skills and communication.

The causes of Autism and AS are still being investigated. There is strong evidence to suggest that AS can be caused by a variety of physical factors, all of which affect brain development-it is not due to emotional deprivation or the way a person has been brought up. There are many differing schools of thought, and no one idea should be taken as fact.

For people with AS, any unexpected change in routine can be upsetting. Persons with AS may impose their own routines, such as insisting on always walking the same route to school. They may get upset with sudden changes –such as an alteration to their timetable. Any unexpected delay in the routine of their day may cause them to become anxious or upset.

While individuals with AS often excel at learning facts and figures, they find it hard to think in abstract ways, which can lead to academic problems. Though they may speak fluently, they may not take much notice of the reaction of people listening to them; they may talk on and on regardless of the listener's interest or may appear insensitive to other people's feelings. Obsessive Compulsive Disorder can accompany AS. No one person will have all the traits, but by and large most individuals with AS have difficulty with social relationships and develop anxiety easily, especially when there is a change in routine.

The benefits of therapeutic horseback riding for individuals with AS include improvement in social skills, posture, balance and motor control as well as self esteem. The movement of the horse and their position on the horse helps those with AS become more aware of their body's relationship to space. Riding increases the life satisfaction for those with AS and gives them a socially appropriate topic for conversations.

More information can be found at www.udel/bkirby/asperger/clinicians.html and www.asperger-syndrome.com/flashinfo/. The National Autism Society also has information.

Got Cans???

You can help us feed our horses, which in turn helps us put smiles on faces and hope in hearts by joining our Aluminum Savers Club. It couldn't be simpler-just drop your tied bags of cans off in an empty horse stall at your convenience. We would appreciate a call at 920-924-9920 before you stop in. Or you can bring your cans to Sadoff & Rudoy, Inc. on west Arndt Street, to the dock on the north side of Arndt street across from the administrative building. FSR is registered with their recycling program, which means that we get 1 cent above the market rate for any aluminum that is delivered to them. You will need to tell the person weighing the cans that this is a donation for Free SPIRIT Riders, Inc. and you will receive a receipt showing the amount you donated. And that is a tax deduction!

Congratulations to FSR Volunteer

Melissa Garfoot who was one of 10 local graduating high school seniors to receive a \$1000 scholarship from the UW Alumni club. Melissa plans to attend UW-Madison this fall. Selection for the scholarship is based on scholastic achievement and participation in school and community activities. Good Luck in your UW studies, Melissa!

Special Horse

Magic was loaned to FSR in July of 1998 for the remainder of that riding season. We knew he would later be offered for sale and Susan Townsend wanted us to really have a chance to get to



know him first in case we would want to buy him. Magic convinced us that he could be well worth purchasing so we could keep him around. We purchased him on March 3, 1999 from Susan Townsend.

Magic is camera shy and will spook at flashes. He is cautious of new things and leery of people making a lot of noise or flailing. He likes to take advantage of inexperienced handlers. Magic has springy gaits and a lot of energy and motion at the trot.

His name is Black Magic and though we don't have any papers for him, we believe him to be a Welsh Cobb. He stands 14.1 hands high and will be 21 years old this year. (We don't know his birth date).

Magic's background includes fox hunting and jumping. He was used as a camp horse for a girls riding camp in Virginia. We think that is where he learned to be a little mouthy as we can picture the girls giving him lots of treats. Because FSR does not allow hand feeding of our horses, this habit diminished greatly in the last few years.

Magic has great gaits with a nice long stride. He is kind and good natured. Although he is cautious and looks hard at any new things, he is a good learner and soon accepts any new challenges. (Everything except cameras that is!) He also doesn't like riders to make a lot of noise when they come up the ramp and he has encouraged many to learn to approach in a calm and organized fashion. That's the "magic" of Magic!

VOLUNTEER IN THE SPOTLIGHT

We are featuring **Marlene Zeman** who has helped with FSR at every site from which we have operated. Marlene learned about our program more than 10 years ago through an ad in the newspaper. She was originally looking for volunteer opportunities for her twin daughters, Sara and Julie (now 21). Marlene and her younger daughter, Jenny, would wait and watch the classes while Sara and Julie volunteered. Jenny was eligible to be a program participant and soon after that, Jenny began riding (Jenny is now 17).

Again, Marlene waited on the sideline while her twin daughters were volunteering and Jenny rode. She decided that she might as well volunteer since she was at the barn anyway. She was also interested in being close to the horses as she had been envious of her cousin who had horses when they were younger.

Marlene is originally from Lansing, Michigan and moved to Wisconsin with two friends after graduating from Nursing School. She is a graduate of East Lansing High School and attended the hospital-based Blodgett School of Nursing.

Waupun Memorial Center was where Marlene began her Wisconsin nursing career. She is currently employed by St. Agnes Hospital in the Medical Telemetry Unit. This unit is primarily for patients with heart ailments. Marlene values her time with FSR. She enjoys working with the other volunteers and greatly enjoys the uniqueness of every rider. The joy and empowerment that the riders feel getting the large horses to listen is a joy to watch for Marlene and it makes her time spent with the riders meaningful.

Like many other families, Marlene's home life is busy. Jenny lives at home with Marlene and Zack, the only male member of this family! Sara and Julie are full time students at UW-Oshkosh, studying to become Social Workers (they even had our own Mary Narges as a professor for a class!). The family dog is Cinder and the family cat is Kirby. Cinder serves as a therapy dog through the Healing Paws organization and Marlene is a member of that program's Board of Directors.

Marlene enjoys biking and craft projects in her free time. She has painted many delightful eyes and smiles for our horse marionette project and has even given the face of our wooden horse, Arthur, a fresh look. We thank Marlene for her dedication and all she contributes to FSR! We are glad we know you, Marlene.

2003 5th Annual Raffle

It's time to get your tickets for our 5th Annual Raffle. Prizes are listed below. Tickets will sell for \$5 each or 3 for \$10.

You can get your raffle tickets by sending the dollar amount for the desired number of tickets along with a self addressed envelope, enough address labels for the ticket stubs and a check made out to FSR Raffle to: **FSR Raffle, PO Box 1291, Fond du Lac, 54936-1291.**



Win Me!

- \$500 or "Daddy" miniature colt
- 9.9 Horsepower motor-Mercury Marine
- Self propelled walk behind lawn mower-John Deere
 - Hand made picnic table set-Dave Meyer
- Super photo session-Equine Design Photography
- Electric Thunderbolt Welder Stick-Miller Electric
 - 4' x 5' western quilt-Rose Butzen
 - 3-Month Family Membership-FdL YMCA
- 1 Free Night Lodging, 2 adults, 2 children-Econo Lodge
 - \$50 Gift Certificate-Schmidt Acres
 - \$50 Savings Bond-US Bank
 - \$50 Savings Bond-National Exchange Bank
 - \$50 Savings Bond-American Bank
 - \$50 Savings Bond-M & I Bank-Fond du Lac
- \$50 Gift Certificate towards reservation-AmericInn, Ripon
 - \$25 Gift Certificate D-R Bar Stables and Saddle Shop
 - \$25 Gift Certificate D-R Bar Stables and Saddle Shop

- \$25 Gift Certificate-Personal Touch Flowers and Gifts, LLC
 - \$25 Gift Certificate-Gilles
 - \$25 Gift Certificate-Gilles
 - 1 Smoked Turkey-John Ford
 - Full Service Car wash-Jet Stream
 - Full Service Car wash-Jet Stream
- \$15 gift certificate-Loehrs Meat Service, Inc.
 - 1 Riding Lesson-Ginger Schinktgen
 - 1 Riding Lesson-Cindi Anderson
 - 1 2-Hour Pass-Do-It-All Sports Arena
- \$10 V.I.P. Pass-Larson's Famous Clydesdales
- \$10 V.I.P. Pass-Larson's Famous Clydesdales
- \$10 V.I.P. Pass-Larson's Famous Clydesdales
- \$10 V.I.P. Pass-Larson's Famous Clydesdales
 - 1 lb. Box Hughes candy
 - 1 lb. Box Hughes candy
 - 1 lb. Box Hughes candy
 - 1 lb. Box Hughes candy
 - 1 lb. Box Hughes candy
 - 1 lb. Box Hughes candy
 - 1 Eaton's Pizza coupon
 - 1 Eaton's Pizza coupon
- \$5 Gift Certificate-Schreiner's Restaurant
- \$5 Gift Certificate-Schreiner's Restaurant
- \$5 Gift Certificate-Schreiner's Restaurant
- \$5 Gift Certificate-Schreiner's Restaurant
 - FSR T-shirt
 - FSR Sweatshirt
 - FSR Cap
 - FSR Marionette
 - FSR Stick Pony
 - FSR Apple Cookbooks
 - **AND MORE!**

The winners of the 5th Annual Raffle will be drawn at the 13th Annual Ride-a-thon on August 16.

FSR Want Ads

Volunteer help is needed, not just during classes but also with the following (and more duties):

Got an hour once a week or more? 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 top-notch clean. Call 920-924-9920 if interested in this detail.

Needed: Caring individuals who have an hour or more per week to help us put smiles on faces and hope in hearts by side walking the riders and horses during classes. Previous experience isn't required. We will train you! The pay is rewarding smiles, hugs and giggles. Call 920-924-9920 for more information.

Salesperson Needed Help is needed selling our 5th Annual Raffle tickets, Eaton's Pizza coupons, our marionettes and stick ponies, logo items and more. Call 920-924-9920 to learn more.

Lost and Found We have two interactive battery operated toys that have been left at the barn from last season. Both are musical and educational. Do they belong to you??? Call 920-924-9920 to claim them.

Are you a Shutter Bug??

We are in need of persons with cameras, including digital cameras, to take pictures of our riders during classes. An important thing to remember for this duty is that the back of the photo or the log with the digital pictures will need to list the names of the horse(s), the rider(s) and all volunteers on the photo. Help is available with the identifying process and there is reimbursement for expenses. These photos will be used for our future articles in the Wisconsin Horseman's News, local papers and publicity in other periodicals. Digital photos are needed to update our web site. Call 920-924-9920 if interested.

Wanted: People to help with multiple office and clerical duties, including making rosters/posters, copying forms, collating, filing and other duties as assigned. The pay is the knowledge that you have helped us to make a difference in many lives.

Did you lose sunglasses?

We are accumulating a collection of sunglasses! They can be found on the microwave in the Family Room. Please check this out if you have lost sunglasses.

Do You Like to Be Outdoors?

We are looking for individuals and/or families to assist with weeding and watering the Healing Gardens. You will receive training in this detail. It is best to water in the morning or evening, not during the hot midday, so please consider this when plotting time for this job. Call 920-924-9920 for more information.

Needed: Yarn; material and leather scraps; 36 inch long and 3/4 inch diameter dowels, string for the marionettes and other items to help us increase our revenue. Call 924-9920 for more information.

Do you have a truck? We need a person with a truck to transport the anticipated donated aluminum cans for recycling. The increased revenue will help us feed our horses and provide the necessary dietary supplements which they need. Call 920-924-9920 to learn more.

Calling all Artists... We invite anyone with artistic talent to do sketches in color or black and white using crayons, colored pencils or markers. The topic of the drawing is "what Free SPIRIT Riders means to me." Remember, all sketched riders need to be wearing helmets. A banner or sign saying "Free SPIRIT Riders" in the drawing will make the drawing suitable for the intended use. What is the intended use? We may be starting a new fundraiser that will be a 2004 calendar using the drawings! Call 920-924-9920 for more information.

FSR Volunteer, **Kathy Fleury**, is also a volunteer at the Fond du Lac Nursing Home where she is employed. She was honored as a valuable volunteer for the FdL Nursing Home and recently was named the 2003 Volunteer Service Regional Award winner by the Wisconsin Association of Homes and Services for the Aging. The award was given to Kathy in recognition of "her caring commitment to quality life for elderly individuals and persons with a disability and her dedication to excellence in the volunteer services she provides in affiliation with the Fond du Lac Lutheran Home." She demonstrates that same caring commitment when she is volunteering at FSR! We are proud that you are part of our team, Kathy!


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@freespiritriders.org
Web Site: www.freespiritriders.org

Therapists

**Duffy, Magic, Sonny, Sundown,
Tantara, Chevettes, and Duke**

Riding Instructors

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

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

Program Director

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Vikki Becker 920-322-9532
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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

By the year 2003, Free S.P.I.R.I.T.
Riders, Inc.,
accredited by NARHA, will be known as an
efficient, cohesive, professional,
multi-disciplinary team,
enthusiastically committed to
carrying out our mission.
In an enriching, nurturing environment,
we will provide
top quality, comprehensive, equine therapy
services
to a diverse population.

