



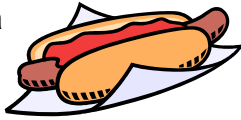
# Free S.P.I.R.I.T. Riders, Inc.

*Special People In Riding Therapy*

## Ride-a-Thon Edition 2008

### FSR is serving Brats!

We will be doing a fund raising brat fry at Festival Foods on Sunday July 13 from 10 a.m. til 6 p.m.. We need help for shifts from 9 a.m. to 1:15, which includes set up from 9 to 10 a.m.; 1 to 4:15 and 4 to 6 p.m. and 6 to 7 p.m. for cleanup. The 15 minute overlap is to help get the next shift started.



We are looking for at least 6 people per shift. We will be selling our 10<sup>th</sup> Annual Raffle tickets also. There are sign-up sheets at the barn or you can call us at 924-9920 or email us at [info@FreeSPIRITRiders.org](mailto:info@FreeSPIRITRiders.org) to indicate the time that works for you to help.

You can also help by telling your friends, relatives, neighbors about the brat fry and tell your fellow church goers that morning.



### FREE S.P.I.R.I.T. RIDERS, INC.

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### Rylee Jones is 2008 Ride-a-Thon Honorary Co-chair!!

Rylee Siara Jones has been selected as Honorary Co-Chair for our 18<sup>th</sup> Annual Ride-A-Thon to be held on Saturday, August 16 at our facility. Rylee is 12 years old and lives in Fond du Lac where she attends Sabish Middle School. Rylee began with FSR in 2005 due to her need for sensory stimulation and desire to meet new people and eventually learn the responsibility of caring for horses.



Rylee is diagnosed with Cognitive deficits in the Borderline Range, Sensory Integration Disorder (see article elsewhere in this newsletter),

Receptive Language Deficit, and Attention Deficit with Anxiety Disorder. She receives Speech Therapy at school twice a week. While with us and riding her horse, Rylee works on social skills by appropriately engaging in conversation with the volunteers and others helping her. She also practices following multi-step directions and vocabulary which are goals determined by her Individual Education Plan (IEP) team at her school.

Rylee's parents, Pam and Rick Jones have been trained as side walkers and help during Rylee's class time as needed. Rylee progressed to classes for independent riders in 2007. Rylee loves the horses! Her favorite is Poco. She also enjoys seeing those familiar faces, who participate with her and help in her classes.

Her favorite subject at school is reading. She enjoys reading in her spare time also. Rylee has one brother, Peyton, who is 7 years old.

Rylee is a typical, fun-loving 12 year old girl who loves to hang out with her friends. She loves going to sleepovers, movies, and shopping. She also enjoys listening to music, craft-type activities, and is currently learning how to knit.

Rylee is active in Lutheran Girl Pioneers at her church and has been for the last 6 years. She is a very caring girl and is sensitive to the needs of others. This summer she will be participating in her 3rd Relay for Life event to benefit the American Cancer Society.

When Rylee was in 5th grade she donated 10 inches of her hair to Locks of Love. Rylee's decision to do this was a realization that even a child can make a positive difference in the life of someone battling a disease like cancer.

We are proud to have Rylee in our program and even more proud that someone with her community mindedness is the Honorary Co-Chair of our 18<sup>th</sup> Annual Ride-a-thon!

*For your own comfort, bring a lawn chair to the Ride/Walk- A-Thon.*

## Everyone can go for the gold!

- The FSR program participant who has the most in pledges and/or sold raffle tickets could win free lessons for a period of time.
- The top 10 volunteers who raise the most in pledges and/or sold raffle tickets get to be part of "A Day with Our Horses" on Saturday, Aug. 23.
- The volunteers and riders from the class day that bring in the most combined pledge and raffle ticket sales will win a prize
- The volunteer and rider group from the class day with the most participants will win a prize.



### Can't attend the Ride-A-Thon but want to make a pledge?

Here's a very easy way to do so: Go to

[www.FreeSPIRITRiders.org](http://www.FreeSPIRITRiders.org) and click on the donate button. You will come to a page that asks for your charge card number and other information. Fill it in with the amount you wish to pledge - that's all! As a matter of fact, you can do this and also attend the Ride-A-Thon.

### What if...

Free SPIRIT Riders earned a penny every time you searched the Internet? Or how about if a percentage of every purchase you made online went to support our mission? Well, now it can! GoodSearch.com is a new Yahoo-powered search engine that donates half of its advertising revenue, about a penny per search, to the charities its users designate. Use it just as you would any search engine, get quality search results from Yahoo, and watch the donations add up!

## Volunteers in the Spotlight ...

We honor and praise the members of the **Master Gardeners Club** for all that their members have done over the past six years in the development of our Healing Gardens and landscaping of our property. This group works with the inmates from the Drug and Alcohol Corrections Center (DACC) and is aptly chaired by **Kathy Sabel**. Kathy's husband also donates time and creates curios like the large wooden butterfly for our garden.



An expert at pond development, **Lyle Mercer** is lending his knowledge and skills to help us perfect the pond in our garden. Others that help consistently are **Pat Birschbach** (who made the wooden gardener that sits on the stone wall in our garden), **Kathy Erickson**, **Mary Giacalone**, **Pete Meyer**, **Maggie Meyer**, and **Janet Shueller**. Over the years, many others have come on Wednesdays to help and left their footprints and talents in our garden. With all that needs to be done within our facility, there is no way we could have accomplished the garden project without the hundreds of hours of help from the experts.

Please visit the Butterfly area and the Bird Sanctuary when you come to the Ride-A-Thon on August 16. Those who are raising pledges to walk/hike can start and finish in the garden. You can eat lunch in the gazebo or sit on the benches, even on the walls, as you enjoy the day. And don't forget to thank those who made all this happen when you see them. They are a quiet group who accomplish much and we do so appreciate them. We also want to acknowledge the **Green Thumb Garden Club** for their support and help with our gardening projects over the years.

### About Eileen Webb

The daughter of a carriage driving expert, Eileen started riding horses before she could walk. Her father taught her the basics of courage and self-confidence around horses at a very young age. Her family initially trained and showed Arabians, Quarter Horses and gaited horses, but Eileen eventually decided she would like to specialize in dressage. For a short time, Eileen rode with the "[Royal Lipizzaner Stallion Show](#)," a famous traveling troupe that performs throughout the world, bringing dressage to the public.

Eileen has personally trained numerous horses, including her [Iberian Stallions](#) as well as many other breeds. She states, "The horses that you personally train from the beginning and the students you teach are your business card. In the end, they should be exceptionally good." Eileen and her husband Mark raise and train Iberian horses at their farm in Plymouth, Wisconsin, nestled in the beautiful Kettle Moraine Forest, one hour north of Milwaukee.



## RIDE-A-THON PARTICIPANTS

Participants of our Ride-A-Thon are responsible for collecting all pledges for their participation **in advance** and turning in pledge sheets and money the day of the event at the registration area. When calculating prizes, awards will be based on the amount turned in, on, or by the date of the Ride -A-Thon.

Tickets for the 10th Annual Raffle will be available up until the time of the drawing of the winners at 2:30 p.m. All proceeds from the day will be used to continue to provide quality services for Free S.P.I.R.I.T. Riders, Inc. program participants.

The event will include a "Not So Silent" Auction. Silent bidding begins immediately after registration, concludes at 1:00 p.m., and is followed by a live auction of the larger items.

Raise pledges or donate just \$35 and earn lunch or T-shirt. Raise pledges or donate just \$50 and earn both the lunch and T-shirt.

Pledge forms are available by calling 920-924-9920 or can be downloaded from [www.FreeSPIRITRiders.org](http://www.FreeSPIRITRiders.org). Everyone is welcome to participate – either individually or as part of a team. Awards will be presented to the riding teams and to the walking/ hiking teams bringing in the most pledges, as well as to the teams having the most members participating. All donations are tax-exempt.

More information is available at [www.FreeSPIRITRiders.org](http://www.FreeSPIRITRiders.org) or by calling 920-924-9920.

## All About Sensory Processing Disorder (SPD) aka Sensory All About Sensory Processing Disorder (SPD) aka Sensory

Sensory integration is the ability to take in information through the senses of touch, movement, smell, taste, vision, and hearing, and to combine the resulting perceptions with prior information, memories, and knowledge already stored in the brain, in order to derive meaning from processing the stimuli.

SPD is being used as a global umbrella term that includes all forms of this disorder. There are three types of Sensory Processing Disorders, which are meant to increase understanding between professionals who frequently encounter SPD. The first is an over, or under, responding to sensory stimuli or seeking sensory stimulation. The second are those who show motor output that is disorganized as a result of incorrect processing of sensory information, and the third is sensory discrimination or postural control challenges seen in inattentiveness, disorganization, poor school performance.

SPDs vary between individuals in their characteristics and intensity. Some are so mildly afflicted the disorder is barely noticeable; while others are so impaired they have trouble with daily functioning. SID or SPD is only diagnosed when the sensory behavior interferes significantly with learning, playing, and activities of daily living.

Children can be born hypersensitive or hyposensitive to varying degrees and may have trouble in one sensory modality, a few, or all of them. *Hypersensitivity* is also known as [sensory defensiveness](#). Examples of *hypersensitivity* include feeling pain from clothes rubbing against skin, an inability to tolerate normal lighting in a room, a dislike of being touched (especially light touch) and discomfort when one looks directly into the eyes of another person.

*Hyposensitivity* is characterized by an unusually high tolerance for environmental stimuli. A child with *hyposensitivity* might appear restless and seek sensory stimulation.

The theory of SPD points out that children learn through their senses. A child who seems to have difficulty processing sensory information may not be developmentally on track in terms of social skills, fine motor skills, gross motor skills, language, etc. According to SPD theory, children with sensory integration issues have their own unique set of sensory responses that need to be addressed. What is calming and focusing for one child may be over-stimulating for another, and vice versa. Treatment often depends on the child's unique set of sensory responses.

Active involvement with FSR provides an environment that stimulates and challenges the senses while encouraging the affected individual to meet the challenges presented through playful activities with horses and then adapt behaviors with new and useful strategies in response to those challenges. Therapeutic riding is effective as the individual involved wants to participate because the activities are fun.

For the individual with hypersensitivity, the gentle rocking of the horse's movement promotes tolerating activities they would normally avoid.

More information about SPD or SID can be found at: [www.sensory-processing-disorder.com](http://www.sensory-processing-disorder.com); [www.sinetwork.org](http://www.sinetwork.org); and [www.sensorychild.com](http://www.sensorychild.com).

## **EXTRA, EXTRA Read all about us!**

Check out our new and improved web site at [www.FreeSPIRITRiders.org](http://www.FreeSPIRITRiders.org). Thanks to the diligent work of MPTC web design student, Susan Hageman, we have a fresh look with up-to-date info available on the web to people around the world. Check it out, you may even find your photo somewhere at this new and improved site.

GoodShop.com is a new online shopping mall which donates up to 37% of each purchase to Free SPIRIT Riders! Hundreds of great stores including Amazon, Target, Gap, Best Buy, eBay, Macy's, and Barnes & Noble have teamed up with GoodShop and every time you place an order, you will be supporting Free SPIRIT Riders. Just go to [www.goodsearch.com](http://www.goodsearch.com) and be sure to enter Free SPIRIT Riders as the charity you want to support. Be sure to spread the word!

### WE NEED TO BORROW...

several 6-ft. folding tables as well as cabana or other type tents – to be used at the Ride-A-Thon on August 16 in a variety of ways. Please call 920-924-9920 for more information.

#### \$1000 CLUB

If you collect over \$1000 in pledges, or sell over \$1000 worth of raffle tickets, or a combination of both pledges and tickets, you'll become a member of the prestigious FSR Ride-A-Thon \$1000 Club along with:

Hayley Plate, Ashley Balson, Jordy Gerlach, Amy Jo Marquard, Barb Gardener, Mary Narges, Rose Smith, Casey & Maddie Stark

We challenge you to get your membership this year! We would love to add our name to this list.

#### TIPS FROM OUR TOP PLEDGE RAISERS

The key to raising funds is to be creative and make fundraising as much fun as the Ride-A-Thon itself. Hang up posters (we will furnish copies of the flyer), send emails and voice mails – spread the word that you support FSR. Here are several ideas from top fundraisers:

- Start early, and ask everyone.
  - Start with your own personal donation. (*Your friends, family and colleagues will be more apt to sponsor you if you are committed yourself.*)
  - Agree to match the highest individual pledge and publicize the fact widely.
  - Personalize your letters requesting support by explaining how FSR has affected you or one of the riders you help as a volunteer.
  - Tell your sponsors why the event is important to you and the community.
  - Educate yourself and your sponsors about FSR and how it helps the program participants.
  - Ask for pledges on payday or the day after (*timing is everything!*).
  - Ask businesses, not just individuals. Ask corporations if they have a matching gift program.
  - Form a team and give your team a fun name. Then have a competition between your team members.
- Ask your spouse or other family members to help collect pledges too.
  - Save your sponsor list and fundraising will become faster and smoother each year.
  - Call people that pledged in previous years and ask them to increase their pledge this year.
  - Have a party and charge admission to attend; then pledge the income.
  - Personally call each and every potential sponsor.
  - Keep a pledge sheet at your desk or near your phone all year.
  - Always ask (*the least the person can say is "no"*).
  - Have a brat fry and pledge the proceeds. (*This could be a fun thing for your team to do.*)
  - Ask your employer to have a "dress-down day" where everyone who wears blue jeans on a specific day pays an amount to do so. Then pledge the proceeds.
  - A positive attitude will be 100% of your success.

### HOW TO RAISE \$1000 IN PLEDGES FOR RIDE-A-THON

1. Sponsor yourself for \$50.
2. Ask 2 family members to sponsor you for \$50 each.
3. Ask 10 friends to contribute \$20 each.
4. Ask 5 co-workers to contribute \$10 each.
5. Ask 5 neighbors to contribute \$20 each.
6. Ask 10 people from your church to contribute \$10 each.
7. Ask your boss for a company contribution of \$50 (will your company will match what you raise in pledges?)
8. Ask 5 businesses or companies that your business works with to sponsor you for \$40 each.
9. Ask 4 businesses you frequent to personally contribute \$25 each (ask your barber or hairstylist, nail salon, dry cleaner, gas station, or restaurant that you visit frequently).



## Get out your hiking boots!

...and walk the developing bridle paths at the FSR facility to earn pledges you raised at our Ride/Walk-A-Thon. Those who wish to help FSR in this way are encouraged to collect flat pledges as opposed to an amount per mile. We hope to have 1, 2 and 5-mile routes available to you.

The minimum registration requirement is \$50 in donations or pledges which earns each participant a free pork roast lunch with all the trimmings, a commemorative T-shirt, and eligibility for awards.

Heartfelt thanks to our Ride-A-Thon sponsors whose financial help covers the cost of the Ride-A-Thon, which enables all the pledges raised to go directly into our program services. Be sure to extend your thanks to these FSR supporters when you visit their businesses, and let them know we appreciate their support

<u>MAJOR SPONSORS</u>	<u>PATRON LEVEL SPONSORS</u>	<u>SUPPORT LEVEL SPONSORS</u>	<u>BACKERS</u>
Just Add Pig (Craig Thull)	Consumer Prescription Center	Badger Mining	Hyundai of Fond du Lac
Mercury Marine	McBride Dental, LLC	Charlestown Catholic Knights	U S Bank
TCX/Sunny 97.7 Radio	Osborn and Son	Rodeo City Riders, Inc.	B C I Burke
Thrivent Financial For Lutherans	Trucking, Inc.	Wal*Mart	Consumer Prescription
Wisconsin State Horse Council	Timblin Transit Inc. (TTI)	Agnesian Health Care	Holiday Chrysler Dodge Jeep
Hoppers	Wausau Insurance		Chief Equipment
	Tobin Tool and Die		

## HELP NEEDED ...

If you can help in any of the following areas, e- mail [info@FreeSPIRITRiders.org](mailto:info@FreeSPIRITRiders.org) or call 920-924-9920 or and leave a message stating your name, telephone number, and the area that you would like to work and/or any questions you may have.



## BEFORE THE RIDE-A-THON

- Displaying the Ride/Walk-A-Thon flyer at grocery stores, gas stations, churches, and other public spots.
- Obtaining items of interest for the Silent Auction.
- Making a complimentary side dish or salad.
- Cutting up watermelon for the meal.
- Making Rice Krispie treats or brownies for dessert after the meal.

## DURING THE RIDE-A-THON

- Trained Side Walkers and Horse Handlers – to assist our program participants in raising their pledges.
- Lunch Ticket Sales – two or more persons to assist in selling lunch tickets to those who wish to eat (but did not raise pledges, or help in some way at the Ride/Walk-A-Thon, and are not accompanying a challenged rider).
- Clean-up – lots of hands to assist with clean-up after the meal.
- T-shirt Sales – two or more persons to assist in selling commemorative t-shirts to those who want one (but did not raise pledges, or help in some way at the Ride/Walk-A-Thon). This is great fun if you chose a friend to be your partner!
- Silent Auction – arranging items, keeping pledge sheets with the appropriate item during display time (9:00 a.m. to 12:00 p.m.), and handing items to the auctioneer.
- Raffle Ticket Sales – monitoring the raffle items display and selling raffle tickets.
- Tent Set-up – persons to assist in setting up tents.
- Traffic Control – persons to assist in directing traffic, especially in the morning when everyone arrives.

## GET YOUR RIDING OR WALKING TEAMS TOGETHER!

Win a trophy at the Ride-A-Thon for the team with the most riders or walkers, as well as the team that brings in the most money in pledges or by selling raffle tickets or combination of pledges and raffle ticket sales. This competition gets bigger and is more fun every year. Ask your friends, neighbors, relatives, co-workers, whoever! No special criteria to meet!

Upon arrival at the Ride-A-Thon registration table, sign in individually with your pledge form(s) and add your name to your team's list with the total amount of all team members' pledges.

If your team prefers to walk or hike, you may choose from 1, 2, or 5-mile trails. Our trails are short and easy and can be repeated as often as you wish.

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**

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Fond du Lac, WI 54935

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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

Free S.P.I.R.I.T. 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.