



RIVER VALLEY RIDERS REVIEW



RIVER VALLEY RIDERS
THERAPEUTIC RIDING PROGRAM

SUMMER 2011

12th Annual RVR Walk-Wheel & Ride-A-Thon



The 12th Annual Walk-Wheel & Ride-A-Thon will be held on Saturday, June 25th on trails for walking, wheeling, and horseback riding at Lake Elmo Park Reserve. This is one of RVR's main fundraising events for the year with proceeds going to the RVR program to provide greater therapeutic riding and driving opportunities for people with

special needs. Last year we raised nearly \$20,000 that went a long way toward getting the Afton site started.

This event is open to the public; anyone can participate. Please join us for good food and good fun starting with a continental breakfast at 8:30am, walking/wheeling/riding at 10:00am, and a full lunch and awards ceremony at 12:00 noon.

We need your support to make this event a success!



To participate, contact Cheryl Holt (cholt@ergotron.com) or call 651-439-2558 and leave a message.

To donate online, please visit www.rivervalleyriders.org

Thank you to Clear Channel for providing PSA announcements to promote the event on KTLK, KDWB, KFAN, KFXN, and KOOL.

Special Message from Ron Tyrrell:

As a parent whose daughter was on the waiting list for a year, it breaks my heart to see a horse & volunteers ready to work and no rider. Parents please, if you can not make it to your session, please let the instructor know. They might be able to fill it with a substitute rider from the waiting list.

3M Provides Grant to RVR on Behalf of 3M Volunteers

The 3M Foundation has donated \$500.00 to RVR, in recognition of Colleen Reinert and Geary Olsen's commitment to the community.

"3M employees and retirees generously give their time and skills to help others," said Robin Torgerson, vice-president, 3M Community Affairs. "We are pleased to recognize their commitment to their communities."

For more information on 3M Community Giving, visit www.3Mgiving.com.



Tana Reaps Rewards of Carriage Driving

Thank goodness for River Valley Riders and Orphy and John Beattie! Orphy is a NARHA Certified Driving Instructor, a licensed Registered Nurse, and the owner of our favorite horse, Olaf, a Norwegian Fjord. Because Orphy has extensive medical knowledge, she takes all of our daughter's fragile medical needs in stride. Our ten-year-old daughter, Tana, is in her third year lessons with Orphy and Olaf. The past two years we have been travelling forty miles each way to attend our carriage driving lessons and it is worth every mile.



Tana has spastic quadriplegic cerebral palsy which means, she has poor head, neck and trunk control. Tana's trunk muscles are much too weak for her to ride on the back of a horse. Due to weakened swallowing muscles she requires the use of a suction machine to help with secretions. She also has uncontrolled seizures and cannot follow more than the most simple directions due to her developmental delays. Tana has to be fed continuously and has tube feedings running as she is riding. But, no matter; she mounts onto the wheelchair-accessible carriage, and Tana, Orphy, and a volunteer (usually John, Becky, Mary, or Jeff) head out with Olaf in the lead. As they begin the ride, Tana frequently reaches out to hold hands with Orphy or the volunteer.

Tana has increased her vocalizations since she began carriage driving with RVR. She has also answered "Yes" with her unique hand signs, when

asked if she wants to go for one more loop, a communication skill that she is beginning to demonstrate regularly.



Tana's parents and both sets of her grandparents have gotten tears in their eyes as we have watched Tana express her happiness as she rides along and does her little "happy dance." She wriggles her arms and legs and does a belly laugh of pure abandoned joy as she gets bounced along in the carriage when Olaf trots for her. This is the first and only activity that she has participated in that is just hers. We send photos to school for her to share with her third grade peers. She smiles whenever we tell her it's Thursday, and we get to see Olaf and Orphy. For Tana, the ability to be outside, have singing time with the volunteers and social time to hold hands are what life's all about.



Thank you to all for giving our daughter a chance to shine in her own special happy-go-lucky way.

Written by Stacey Vogele, Tana's mom



Support RVR by Doing Your Online Shopping at Market America

The Market America's nonprofit program supporting RVR was started about one year ago. There is now some data about what parts of the program are working best, income wise, for RVR.

First, Market America's nonprofit program is much like RVR owning a retail store where the profits of purchased items go straight to RVR in a check every month. The percentage of profit on Market America products is about 25%. So for every \$100 your supporters spend on Market America products, RVR will receive \$25. Second, most of the items Market America sells are things we all purchase regularly. These include household cleaning products, cosmetics, skin care, nutrition supplements, weight management, hair care, and pet health.

This all means that I, Bob Schmidt, as your Market America consultant will work to find and recommend products that RVR supporters find good value and quality; enough so they will change buying habits. RVR has great supporters and sufficient numbers of them to create a strong income stream. So here is my recommendation. Please try switching your household cleaning products to the SNAP line of products from Market America. You absolutely will find great value in the pricing and quality of these products. These are also "green" environmentally friendly. The ones I use are the Laundry Detergent, Fabric Softener, Automatic Dishwashing Crystals, Heavy Duty Concentrate (all purpose cleaner/degreaser), Cream Scouring Cleanser, and the Disinfectant Cleaner. Then every time you use these products you will be happy cleaning because you are also supporting RVR!



Please remember to do all your online shopping through the RVR "Store" at www.marketamerica.com/RVR. You will find all of Market America's products by clicking the "Our Brands" tab along the blue bar at the top of the web page. Also your favorite online stores can be reached through the Market America web site with a cash back bonus – JCPenney (2% cash back), 3M Store (3%), Sears (4%). Buy your printer cartridges at 4Inkjets with 17% cash back! Horse supplies at HorseloverZ.com (5%) or Horse.com (5%). Three hotel chains now pay cash back – Radisson (3%), Holiday Inn (2%), and all the Marriott brands (2%).

I am always available for any questions or assistance (bob@shopteamalpine.com or 612-760-8733). When you sign up to create your account as a preferred customer, be sure to put RVR's email in the "who referred you" box – kathyjo@rivervalleyriders.org. This gives River Valley Riders half a percent of what your personal cash back is.



River Valley Riders

260 Fourth Street South
Bayport, Minnesota 55003
Phone: 651-439-2558
E-mail: rjberg@centurytel.net
Web: www.rivervalleyriders.org

Locations:
Rick-A-Shay Ranch
Scandia, Minnesota
Tuesday Evenings

Orphy and John Beattie's Farm
Scandia, Minnesota
Carriage Driving

Washington County Fairgrounds
Lake Elmo, Minnesota
Wednesday Evenings

Joan and Roger Berg's Farm
East Farmington, Wisconsin
Thursday Evenings

New Location!
2007 Neal Avenue South
Afton, Minnesota

About River Valley Riders

River Valley Riders provides horse related activities including therapeutic riding and driving to children and adults by addressing needs in the areas of physical, sensory, neurological, and/or mental health.

River Valley Riders is registered in Minnesota as a nonprofit organization and is a tax exempt, volunteer run therapy program welcoming riders from the greater Minneapolis/St. Paul metro area and Western Wisconsin.

SAVE THESE DATES

June 25:
Walk-Wheel & Ride-A-Thon

November 5:
Round-Up Dinner & Auction

Afton Site Update

We will be starting the construction in the next few weeks for the driveway, parking lot, and outdoor arena at 2007 Neal Avenue South in Afton. We expect to be on the property in August and we will keep people informed as we progress.

Space continues to be reserved at the Washington County Fairground through August to insure there will be no interruptions in the Wednesday night lessons. Remember that lessons continue as usual at our other RVR sites: Rick-A-Shay Ranch, Berg Farm, and Beattie Farm.

Constructing the Afton site is a big task that will need a lot of support to maintain as well. Please contact Cheryl Holt (cholt@ergotron.com) if you're interested in helping. Currently, we're looking for equipment, materials and/or labor for the following:

- Mowing and dragging the arena weekly – riding mower or pull behind mower
- Mowing the surrounding area and trail ride trails using a brush hog or pull behind mower
- Watering the arena – tank truck
- Port-a-potty
- AED (defibrillator)
- Picnic tables or benches – donated complete or just as materials
- Materials and labor to help dig post holes and to build a manure compost site

After the above is done, the next immediate goal for the site is to add electricity and lighting, which will cost more than \$30,000.

To donate, visit us online at www.rivervalleyriders.org or mail your gift to River Valley Riders at 260 Fourth Street South, Bayport, MN 55003.

RVR Board Members

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Cheryl Holt, Secretary

Gail Olsen, Vice President
Kathy Jo Hanson, Treasurer

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Sally DelGiudice
Sandi Prentice

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