



RIVER VALLEY RIDERS REVIEW



RIVER VALLEY RIDERS
EQUINE ASSISTED ACTIVITIES & THERAPIES

SPRING 2019

Letter from the Director



This year marks RVR's 20th year for the organization. Our dedicated Board and volunteers have done an incredible job at expanding and strengthening our programs and services.

Passion is described as an intense, driving feeling or conviction. I am passionate about RVR and what we have accomplished in 20 years. The beauty of happiness is captured in that smile RVR produces. A child will ask their horse to halt, a teen will smile at a new friend, while their horse trots across the finish line,

an adult rider sees help for those stiff muscles, finds language, finds hope. All this made possible because of you.

You, volunteer, parent, donor have helped us move forward, seemingly small steps marked by exceedingly impressive accomplishments. Every amount of money donated has made an improvement in the services provided by RVR.

Horses bring us together, they are the pivotal part of our success. I personally, as do other volunteers, share my horses. They have different personalities all with the desire to give to us and our clients their best, they are our partners, our friends. It has been my hope for many years that I could share my love of horses through volunteering, RVR has given me that chance.

Thank you wholeheartedly for being a part of RVR. We are looking forward to many more years of success.

Sincerely,
Joan Dorle Berg

2019 Walk-Wheel & Ride-A-Thon

Think warm thoughts! The 20th Annual Walk-Wheel & Ride-A-Thon will be here before we know it! We are looking forward to seeing you, all our riders, families, volunteers and supporters on September 7th, 2019 at Lake Elmo Park Reserve. Please note the change in date! We hope to enjoy some glorious fall weather while we take in the beauty of the park.

The funds raised at the Walk-Wheel & Ride-A-Thon directly support continued programming for our riders and drivers.

To volunteer, participate or donate, please visit www.rivervalleyriders.org or call 651-439-2558 and leave a message.

Inside this Issue

Upcoming Events	2
RVR's 20th Year Anniversary!	3

**Special thanks
to our 2019
Corporate Sponsors**



**Mintahoe Catering
& Events**
Inwood Oaks



**American Cruises
& Tours**
Dean Victorson

2019 Important Dates

April 6:
Volunteer Training

August 10:
Wicked Wine Run

September 7:
**Walk-Wheel &
Ride-A-Thon**

November 16:
**Round-Up Dinner
& Auction**

To get updates on these & other events, visit our website & follow us on Facebook!



River Valley Riders

8362 Tamarack Village
Suite 119-440
Woodbury, MN 55125
Phone: 651-439-2558
E-mail: rjberg@centurytel.net
Web: www.rivervalleyriders.org

Lesson Sites

2007 Neal Avenue South
Afton

Rick-A-Shay Ranch
Scandia/Chisago City

Executive Director

Joan Berg

Board of Directors

Gail Olsen, Chair
Melissa Bayne, Vice-Chair
Cheryl Holt, Secretary
Kathy Jo Hanson, Treasurer
Tom Conboy
Sally DelGiudice
Yvonne Ecklund
Jenny Elholm
Linda Knutson
Mike McLaughlin
Theresa Milligan
Kathleen Miner
Jill Steeves

About RVR

The mission of River Valley Riders is to enrich the lives of children and adults with special needs by providing equine assisted activities and therapies.

Lessons are conducted in accordance with the safety, training and instructional guidelines of the Professional Association of Therapeutic Horsemanship International.



Volunteer Training

April 6, 2019 8:00am—4:00pm
New Volunteers - Mandatory
Returning Volunteers - Strongly Recommended
Please call 651-439-2558 to RSVP

Our season-starting training day, for new and returning volunteers from all lesson sites, will be offered Saturday, April 6th in Afton. Plan to spend a full-day introduction to the fun and responsibility of RVR volunteering.

The day will begin at St. Peter Lutheran Church (880 Neal Avenue South) in Afton at 8:00am for a light breakfast. Indoor training will begin at 8:30am and continue until mid-day, when lunch will be provided. After lunch we will go 1 mile down the road to RVR's property at 2007 Neal Avenue South for hands-on training, until 4:00pm. You'll learn about therapeutic riding, the children and adults we serve, and the horses that help us. It will be a full and active day! Please dress appropriately: layers, closed toe shoes (preferably heavy duty shoes/boots), etc. Training will occur rain or shine with RVR's new indoor arena for the afternoon.

Current volunteers are encouraged to attend this continuing education opportunity, especially those that started in mid-year 2018 and had not attended 2018's spring training day. The training is being held earlier than previous years because we will be starting lessons at Afton the week of April 15th. Lessons will start on April 30th at Rick-A-Shay Ranch.

We have therapeutic riding on Tuesday, Wednesday, and Thursday evenings and carriage driving on Monday and Thursday afternoons and evenings – lots of opportunity to volunteer! So please talk to your friends, relatives, and co-workers about RVR and hopefully they will want to come out to enjoy this great experience.

RVR is partnering with schools and senior citizen organizations, so there are some daytime volunteer opportunities throughout the season too.

Wicked Wine Run

RVR will partner with the Wicked Wine Run again in 2019! Saint Croix Vineyards in Stillwater will host this fun 5K and 1K wine tasting event on Saturday, August 10, 2019.

We are looking for event volunteers to help for a 4-5 hour shift on Friday, August 9th or Saturday, August 10th (the greatest need is on Saturday). Volunteers must be 21+. Volunteer jobs include registration, race packet pick-up, set-up, bag check, hydration stations, and tear-down. For every RVR volunteer who participates, RVR will receive a financial contribution. Also this is a wonderful opportunity for recognition in our community.

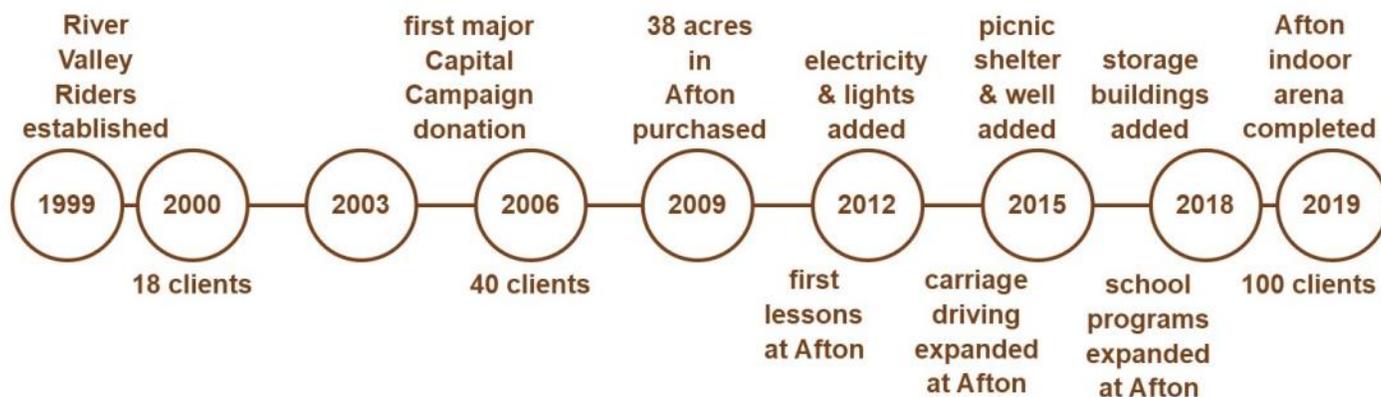
To volunteer, participate or donate, please visit www.rivervalleyriders.org or call 651-439-2558 and leave a message.



River Valley Riders' 20th Year Anniversary!

We have had a wonderful 20-year journey and our future is even brighter!

RVR was established in 1999 by a small group of motivated individuals with a shared vision to expand therapeutic riding and carriage driving. RVR began lessons in the spring of 2000 at a rented Washington County Fairgrounds arena with 18 clients, 35 volunteers and one instructor. Today, we have 100 clients, over 200 volunteers and eight PATH Intl. Certified Instructors.



We look forward with growing excitement to year-round lessons with horses living at Afton and staff to support expanded programming for 240 clients. Every year we come closer to completing our dream of creating more opportunities for people with special needs to strengthen their abilities and improve their self-confidence. Below is a rendering of our complete facility.





RIVER VALLEY RIDERS REVIEW



RIVER VALLEY RIDERS
EQUINE ASSISTED ACTIVITIES & THERAPIES

Heather Thoele Awarded PATH Intl. Region 6 Credentialed Professional for 2019

Heather has been part of therapeutic horsemanship since she was 15 years old! She first signed up to volunteer one hour each week back in 1998, but by the end of the first night, she was asking if we needed her to do more. It wasn't long before she was leading or sidewalking three hours per week, along with arriving early to groom and tack horses and staying late to help clean up.

She became part of River Valley Riders in 1999. She has volunteered in many roles with RVR, as a horse leader, sidewalker, volunteer trainer, fundraising committee member, and horse evaluation committee member. In 2010, she became a PATH Intl. Certified Instructor which is one of the accomplishments she is most proud of.

Heather is an excellent instructor, always encouraging our riders and volunteers to be their best. She is very attentive, so not much gets past Heather! As she is instructing, she is also watching the riders, horses and volunteer teams to ensure we are the safest we can be.

RVR is so proud of Heather and excited she is being recognized with this award!



Heather receiving her award at the PATH Intl. Region 6 Conference in Fargo, ND on March 8, 2019.