



HANDI-RIDERS

Volume 1, Issue 2 April 2009

HANDI-RIDERS of
NORTHERN CALIFORNIA
P.O. Box 1885
Chico, CA 97927
Phone & Fax: (530) 533-5333
www.handi-riders.org
handiriders@foothill.net

STAFF

Anthony Holochwost Jr.
Executive Director,
Instructor

Sid McBride
Program Coordinator,
Head Instructor

Chris Latouche
Horse Manager,
Co-Head Instructor

Catherine Brazil
Instructor & OTR/L

Danny Nichols
Instructor

Suzanne Bernard
Volunteer Coordinator

BOARD of DIRECTORS

Frederica Holochwost
Danny Nichols
Cathy Matzinger
Yves Latouche
Sid McBride
Jan McKissick
Arthor Pollock
Tony Koester
Lyn Dorenzo

ADVISORY BOARD

Tom Nagos
Denny & Patricia Stevens

Rider Spotlight: Cheyanne Mesa

Riding at Handi-Riders is exciting and fun. I ride Western, off lead, with split-reins and a big heart. What I like most about riding is that horse and rider work as one creature, instead of two. It's like Beau (the horse I ride) can read my mind.

The obstacle course and relay races that we do in the arena really help me with my balance, steering my horse, and looking ahead instead of at the ground. Trotting is also fun, but bouncy. When I'm trotting, I have to hold the reins in one hand, and hold the saddle horn with the other, to



Cheyanne rides her new horse Chexers, after Beau's retirement.



keep from falling off. I'm just happy to have side-walkers there for me if I start to fall.

What I like to do most though, is go trail riding. It's so peaceful to ride out in the open orchard and around the lake, out of ranch fences that pen us in. I also like it because it gives you a chance to test your skills in a wide-open space, to see if you can control your horse; at least that is how I look at it. The other nice thing about riding on the trails is the passing scenery.

That's the best part of Handi-Riders, but it's also great to give them a treat and rub them down afterwards. Sometimes I give Beau an extra treat, since he is so good.

Cheyanne Mesa

Keeping Our Readers Informed: Changes in NARHA

Excerpts from NARHA News, by Teresa Morris, NARHA President & Carol Nickell, NARHA CEO

NARHA is excited to announce evolution of its name...North American Riding for the Handicapped Association is now simply "NARHA." The NARHA logo will remain the same, sans fully spelled out words.

NARHA started in 1969 as the North American Riding for the Handicapped Association, headquartered in Denver, CO. Today NARHA is a professional memberships association for individuals in the field of equine-assisted

activities and therapies (EAAT) – who inspire and enrich the human spirit for individuals with special needs.

The full, original name has become outdated and inaccurate. NARHA emphasizes growth, strength and ability.

The word "handicapped" simply does not convey the spectacular achievements of NARHA members and participants.

Also, the word "riding" is limited. Since NARHA's initial creation, member centers have developed a vast range of spectacularly beneficial equine-assisted activities and therapies.

Finally, NARHA is no longer limited

to North America. Membership now extends all over the globe and reflects the international scope of EAAT. On every continent, NARHA is a global authority, resource and advocate for appreciating the power of the horse to change lives.

Handi-Riders is proud to be a NARHA Premier Accredited Center. We strive to offer our very special students the best in EAAT.

Anthony T. Holochwost Jr.
Executive Director



Our Equine Heroes: What it takes to be a Handi-Riders herd-member

"Our horses are our heroes." We cannot say enough about our equine friends here at Handi-Riders. Most of our horses are older and need one last job in their lifetime of dedication.

How are we blessed with such heroes? Our horses are generally donated to our program by local horse owners. Special attachments occur when one owns a horse; they become more than a mode of transportation, but also a friend, confidant and partner in life's adventures. Many horse owners are reluctant to lose contact with their beloved horse, when finding a new home for them.

Here at Handi-Riders, we encourage owners to visit our program, meet the staff and other horses to increase confidence that their horse will be taken care of. Previous horse owners often become volunteers which is extremely helpful in becoming familiar with our new horse.

Each new horse has a 90 day trial period, during which time we decide if the horse will be able to fit safely into the program. A new horse must stand quietly between a large ramp and block while students carefully mount. A new horse in training must learn to accept beanbags and balls flung about their heads, lots of arm and body movement and of course the noise of the train. Handi-Riders' horses must be calm, kind, tolerant and patient while their often fearful riders find the confidence to trust their steady equine friend. It takes a very special horse to become a member of our Handi-Riders herd. We think we have some of the best heroes out there!

Chris Latouche, Horse Manager



Annual Golf Tournament to Benefit Handi-Riders: Join Us!

Handi-Riders of Northern California, a local non-profit organization, provides therapeutic horse-back riding for the physically, mentally and emotionally challenged populations of Butte, Glenn and Tehama counties. Handi-Riders is hosting its 4th annual golf tournament June 6th, 2009 at the Table Mountain Golf Course in Oroville. We hope to attract many sponsors and golfers from our surrounding counties.



The purpose of this event is to support development of our new indoor arena, which will enable us to meet our goal of providing year-round services to our riders.

Registration fees are \$80.00 per person. To sponsor a hole, donate an item for our raffle, or for more information, contact Yves Latouche at (530) 533-5333.

Thanks to Our Volunteers

A warm thanks to all our volunteers who are offering their time to make our Spring Session possible. We were pleased to have more than 52 new volunteers attend our New Volunteer Orientation and welcomed back many familiar faces. Also, a special thanks to Don Saul, Sue Scott and our lead volunteers for their help in the orientation process.

Despite this great turn out, Handi-Riders is continuously looking for more volunteers. We offer classes six days a week, with the majority of classes in the afternoon, though we do have three morning classes per week.

If you are interested in becoming a volunteer or a substitute volunteer, it's not too late! Please contact our new volunteer coordinator Suzanne Bernard at 533-5333 or 877-2749.

"We make a living by what we get; we make a life by what we give."

— Winston Churchill

Farewell to Our Friend Shake



We recently said farewell to our awesome friend Shake. During his four years in the program, Shake faithfully took care of any rider assigned to his watch. His Curious George personality, continuous patience and tolerance made him a great mount

for any rider, even those riders with "electric butts" and active legs. Despite his absence, his memory will live on here at Handi-Riders.

Save The Date

April 2009 — September 2009

◆ **APRIL 2009**

Sunday, April 19th

Fundraiser: BBQ in the Park

Sunday, April 26th

Gold Nugget Days

◆ **MAY 2009**

Saturday, May 16th

Spring Session Ends

◆ **JUNE 2009**

Saturday, June 6th

Benefit Golf Tournament

Monday, June 15th

Summer Session Starts

◆ **JULY 2009**

Summer Session Continues

◆ **AUGUST 2009**

◆ **SEPTEMBER 2009**

Saturday, September 12th

New Volunteer Orientation

Monday, September 14th

Fall Session Starts

If you wish to be taken off our mailing list, please contact us at unsubscribe@handi-riders.org