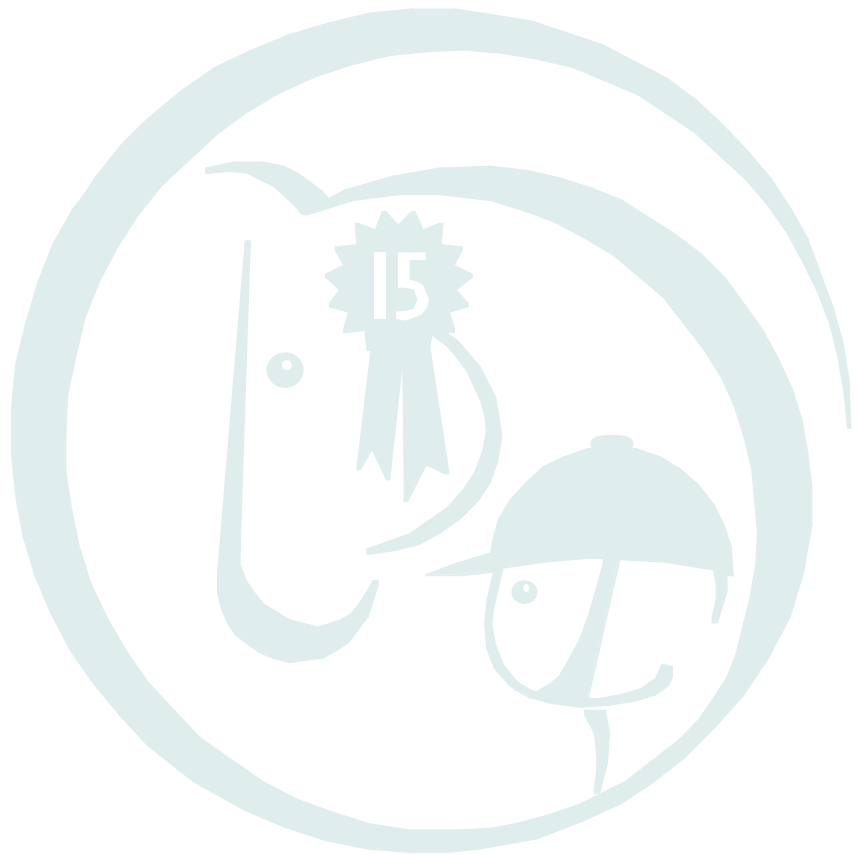




*15 Years of Dedication*

1549 Old Hillsboro Road  
Franklin, TN 37069-9136  
615-794-1150  
www.saddleupnashville.org



## *Calendar of Events*

### *September*

- 10 S.U.V. Orientation 9 - 11
- 14 Horse Handling Clinic 4 - 7
- 14 S.U.V. Orientation 5:30 - 7:30
- 17 Ride-A-Thon Fundraiser - Percy Warner Park
- 19 Horse Leader Clinic 5:30 - 7:30
- 19 Session IV Begins (7 weeks)
- 27 Board Meeting 6:30

### *October*

- 5 S.U.V. Orientation 5:30 - 7:30
- 8 S.U.V. Orientation 11 - 1
- 8 15th Anniversary & Awards Banquet 5 - 8
- 12 S.U.V. Orientation 5:30 - 7:30
- 14-17 S.U. Strategic Planning
- 15 Horse Handling Clinic 3 -6
- 24 Horse Leader Clinic 5:30 - 7:30
- 25 Board Meeting 6:30
- 29 Success Within Workshop 1-5

### *November*

- 2 S.U.V. Orientation 5:30 - 7:30
- 5 Session IV Ends
- 9-13 NARHA Annual Conference
- 14 Session V Begins (5 weeks)
- 19 Holiday with the Horses TBA
- 19 Orientation 10 - 12
- 19 Horse Handling Clinic 4 - 7
- 19 Horse Leader Clinic 2 - 4
- 24-27 Saddle Up! Closed
- 29 Board Meeting 6:30

\*S.U.V. (Saddle Up! Volunteer)

*Calendar of Events  
2005*



15 Years  
of Dedication

### Our Mission

to provide  
children & youth  
with disabilities  
the opportunity to  
grow & develop  
through recreational  
activities with horses

Program Director  
Terri Knauer

#### Executive Board

President  
Sarah Ingram

Vice President  
Donnie Daniel

Past President  
Cathy Brown

Secretary  
Gail Taylor

Treasurer  
Beverly Halfacre

Medical Advisor  
Mary Ellen Clinton, MD

#### Board Members at Large

Libby Bond

Teri Edmonson

Kay Francis

Joe Gallivan

Judy Griswold

Art Napolitano

Mike Shampain

Joni Werthan

# Saddle Up!

newsletter



fall 2005

## Jacob G. Schmidlapp Trusts, Fifth Third Bank, Trustee, Announces \$25,000 Grant to Saddle Up!

In honor of Jacob's legacy, Fifth Third is pleased to announce a \$25,000 grant to Saddle Up! to fund the expansion of their therapeutic riding program by employing lesson assistants. "This generous grant will allow us to expand the number of lessons we offer and take 30 to 40 special needs children off our waiting list." said Sarah Ingram, Board President of Saddle Up!. "Each additional child in our program will have the opportunity to achieve personal fulfillment, self-confidence and a sense of freedom through therapeutic riding."

Fifth Third Bank has managed private trusts and foundations for over 100 years and today, contributes to hundreds of charitable organizations throughout Tennessee, Kentucky, Ohio, Indiana, Michigan, Illinois, Florida and West Virginia.

Fifth Third uses the income from these foundations carefully and selects programs consistent with the intentions of each of the original benefactors. The Foundation Office is part of Fifth Third Bank Investment Advisors, the money management arm of Fifth Third Bank. With \$176 billion in assets under its care and \$34 billion actively managed, Fifth Third is one of the largest money managers in the country.

Investor information and press releases can be viewed at [www.53.com](http://www.53.com). Fifth Third's common stock is traded through the NASDAQ® National Market System under the symbol "FITB." Member FDIC.



Dan Hogan (CEO & President of Fifth Third Tennessee) & Pete Stringer (VP Public Funds) received a warm welcome at Saddle Up! from Board Members, riders and horses.

### Inside this Issue

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## Premier Orthopaedics & Sports Medicine, PLC

is this month's Saddle Up! Newsletter sponsor  
and technical support advisors.  
See page 4 for more information.

# What's Happening?

## September

### A Calendar of Events

#### Ride-A-Thon

Our 3rd Annual Ride-A-Thon will be held on Saturday, Sept. 17th, 10:00am – 3:00pm for our riders and 9:00am – 1:00pm for outside riders. To participate, you must obtain a minimum of \$100 in sponsorships which will entitle you to a tee shirt and a box lunch. The person who raises the most money will receive a SPECIAL PRIZE. Additional lunches may be purchased in advance for \$5.

## October

#### 15th Anniversary & Awards Banquet

Join us October 8 from 5-7pm for our special get together as we celebrate "15 Years of Dedication". We will be treated to a video presentation of Saddle Up! through the years where we'll see old friends, favorite horses, and past Saddle Up! barns. We will then honor our graduating seniors, Amy Flanagan, Jessica Messamore, Chrissy Statum, Rinetta Taylor, and Eric Wilson as they ride a "final lap" around the Lynne Evans Arena. Various awards will be presented during the potluck dinner. All volunteers, board members, instructors, students, and families are encouraged to attend. R.S.V.P. by September 30 to Tina Carpenter 794-1150 Ext. 3.

#### Success Within Workshop

Our own Lisa Wysocky will present a life-changing workshop based on her new book, *Success Within* on Saturday, October 29 from 1:00 - 5:00 p.m. Lisa will give seminar attendees immediate tools they can use for decision-making, goal-setting, and time-management strategies, plus exercises in giving and forgiving, laughter and change, listening and diversity, and much, much more. Cost of the seminar is \$49, with partial proceeds going to Saddle Up! Everyone is invited and each seminar attendee will receive a copy of her book. Refreshments will be provided. For more information, go to [www.lisawysocky.com](http://www.lisawysocky.com), or call Peggy Plunkett at Saddle Up! at 794-1150 Ext. 1



Instructor Katy and Tammy have fun with Ali riding Aladdin at camp

#### First Annual Summer Camp a Huge Hit

The time has come to put away the sunscreen and pack up the craft supplies from Saddle Up!'s first summer camp. Many of the campers, volunteers, horses, and instructors will be holding on to the fun memories we created over four one-week sessions this past June and July. There were 48 campers participating in three rotations: barn activities, riding, and creative time. Countless volunteers, junior volunteers, and amazing instructors dedicated their time to help lead each rotation.

During the barn activity campers would learn about various breeds of horses, go for a scavenger hunt, get to know our vet, help wash our herd, and learn about various feeds.

During creative time campers made picture frames, stick horses, decorated horse shoes, and made a scrapbook full of camp memories. Still, after so many activities, no one was tired! We ended each week with a SHOWDEO where the campers helped decorate the horses. Dancer (a white Arabian) was painted as a zebra, Skylar (a Palomino Quarter Horse) made a great Indian

horse with multi-colored hand prints, the thoroughbreds often found themselves coated in glitter glue with stickers on their hooves and flowers in their manes, while the ponies were preparing for their "Pony Parade". All in all it was a great summer. For those of you who joined us, you know we had fun even if it was too hot to be outside and we had to go indoors to the air conditioning and dance to country music. And for those of you who missed seeing us this summer, we missed you too! Hopefully, we will see you next summer!

- Katy Reed, Head Camp Counselor

# The Dedicated S.U.V.

## Wonderful Junior Volunteers

I would like to recognize our terrific "Junior Volunteers" as this edition's "Dedicated Saddle Up! Volunteer". This summer was quite a busy one with two large fundraisers and summer camps. We were so fortunate to have such a great group of kids willing to volunteer. I truly believe they were a huge factor in the success of our summer camps.

It was so much fun to watch the campers and the J.V.'s interact with each other. It was difficult to tell who was having the most fun. They put in long hours often arriving before camp began and leaving after the last camper departed. The funny thing is they still had lots of energy! Ah, the benefits of youth!

I would like to thank all of our wonderful "Junior Volunteers" and I hope they continue to share their energy and spirit with others. - Pam Cheek



Saddle Up!'s many "Happy Campers!"



Pam with Peach at Summer Camp

**See You Around, Pam**  
Good News, Bad News. Let's start with the bad news. Pam, our Volunteer Coordinator, has made the decision to resign from her position with us. Pam started as a volunteer in January 2004 and quickly became a valuable edition to the lesson teams. So valuable that we hired her! She has been a wonderful asset to our program and we're sad to see her go. Now, the good news. You'll still see Pam around because she still plans to volunteer. The children & volunteers at Saddle Up! have made a huge impact in Pam's life, not to mention the horses, like Folly.

So, we're not going to say goodbye, Pam, but see you around!

For More Information About  
S.U! Volunteer Opportunities

Lindsey Rizor  
Volunteer Coordinator  
615-794-1150 Ext. 2  
suvolcoord@bellsouth.net

[www.saddleupnashville.org](http://www.saddleupnashville.org)

## S.U.V. Wish List

### Ride-A-Thon

September 17

Volunteers for registration,  
leading, sidewalking,  
serving lunch, tacking horses,  
set up/clean up

### Session 3

Sept 19 - Nov 5

Volunteers needed for  
sidewalking and leading

Mon 3 - 8pm

Tues 4 - 8

Wed 2 - 8

Thurs 4:30 - 8:30

Fri 11 - 7

Sat 8 - 4

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For More Information  
About These Opportunities

Tina Carpenter, Ext. 3  
Development Coordinator  
sudevcoord@bellsouth.net

[www.saddleupnashville.org](http://www.saddleupnashville.org)

## Grants Received

- **Fifth Third Bank**
- **Frist Foundation**
- **Frist Technology**

Allyn Maix  
Saddle Up! Staff  
Nancy Swindell

Contributing Photographers

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# You Make this Possible

## Contributors Since Our Last Issue

Linda Albertalli  
Travis Anderson  
L.H. Armistead, III  
Ray Bell Construction  
Company  
Cathy & Martin Brown  
Billie Brownell  
David Butler  
Alice & Thomas Chapman  
Julia Clark  
Melinda & William Cohen  
Computer Professionals, Inc.  
Mr. & Mrs. John T. Crunk,  
The John & Peggy Crunk  
Advised Fund of The  
Community Foundation  
of Middle Tennessee  
Dorothy Davis  
Susan & John Dennis  
Nancy Dillon  
Doane Pet Care  
Gerald Dunn  
Virginia Gollnitz  
William & Carol Greer  
Dianne & Jerry Guinn  
Vicky & Danny Haber  
Jeannette Haislip  
Beverly Halfacre

Bart & Laura Harrison  
Stephen Heard  
Teri & Scott Hendricks  
Stetson & Chris Hoffman  
Mr. & Mrs. Frank Hooper  
Jenny & Gary Housley  
Judy Howell  
Sarah & David Ingram  
Mrs. Bronson Ingram  
Lee Ann & Orrin Ingram  
Stephanie & John Ingram  
Tina & Roger Jones  
Alison & Doug Kirk  
Martha Kirkpatrick  
Judy & Thomas Lewis  
Allyn Maix  
Miki Martin  
Mr. & Mrs. Jack Massey  
Molly McAllester  
Mary Carol McWhirt  
Julia & Paul Miller  
Juliana Miracle  
Cindy Natsch  
Nancy & Mike Nolan  
Thomas & Joyce Oglin  
Belinda & Aneel Pandey  
Paws & Claws Animal  
Hospital



Betty Phillippi  
Mr. & Mrs. Gregg Phillippi  
Robbie & Mike Pinter  
The Rich Foundation  
Dennis & Karen Rogers  
Donald T. Ruck  
Suzanne & John Scofield  
Percie & Mike Snider  
Virginia Stephens  
Nancy Swindell-Designancy  
Sherryl Wade  
Melissa Wert  
David S. Wheeler  
Gina & John Wilson  
Bet Wise  
Mr. & Mrs. Randy Wolcott  
Sheree & Pat Wright

PREMIER ORTHOPAEDICS & SPORTS MEDICINE, PLC

WE ARE PROUD TO SUPPORT  
"SADDLE UP!"

8 CONVENIENT LOCATIONS TO SERVE THE  
ORTHOPAEDIC NEEDS OF MIDDLE TENNESSEE

Centennial Cool Springs Harding Place  
Hendersonville Murfreesboro  
Skyline StoneCrest Summit



"Where All  
Children are Equal  
in the Saddle"



# You Can Make it Happen

## Avalon Wins Derby

### Second Place to be Determined by You!

The Horse Sponsorship Derby finishes with Thursday students and volunteers in the lead! Students and volunteers raised a total of \$1,833.50 towards the sponsorship of a dedicated Saddle Up! horse.

For the 2005 Derby, Avalon, the veteran amongst the Saddle Up! herd with 8+ years of dedicated service to the program, won first place with the highest amount of Derby Votes! Congratulations to Avalon and all his supporters! A name plate will be displayed under Avalon's picture in the barn to acknowledge the support of all the Saddle Up! students and volunteers who made this Derby a success.

We are just shy \$166.50 for a second place sponsorship. Right now, Relenka, Rosie & Azuri are neck-in-neck for second place. Your vote could push one of them to the front and win them second place! The little guys, King Bee and Vader, are close behind in third place ~ it will take a few extra votes, but they have the potential to take the second place ribbon!

If you would like to contribute to the final run for the finish line in our Saddle Up! Horse Sponsorship Derby you may send in a donation vote in the enclosed newsletter envelope. Be sure to note on the donation which horse you would like to help sponsor.

## United Way

The United Way offers help to many deserving agencies in the Middle Tennessee area. Saddle Up! receives funds from United Way through donations from individuals who use our designated United Way number. Please consider naming Saddle Up! as the beneficiary of your United Way donations. Our designated number is 7193.

*Did you know there are still other ways you can assist Saddle Up! without having to touch a horse? Please contact Peggy for details.*

Shopping at Kroger • Pennies for Ponies  
Newsletter Sponsorship

## Chukkers for Charity

a special thank you to everyone for your countless volunteer hours and contributions of self



Saddle Up! President  
Sarah Ingram shown with  
Event Co-Chairs  
Sylvia Roberts & Cathy Brown

Supportive Chukkers patrons  
enjoying a day with the ponies



For More Information  
About These Opportunities

Peggy Plunkett  
Program Administrator  
794-1150 Ext. 1  
suadmin@bellsouth.net  
www.saddleupnashville.org

## Wish List

14-14.3 hand narrow,  
sound pony under the age of 17  
Bottled water (small)  
6 42" industrial floor fans  
Heavy duty water hoses  
Desktop laminator  
Harrow to drag arena  
Horse vacuum  
Manure forks  
2 muck buckets  
37 cent stamps  
Laundry detergent

## Thank You

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to everone who donated  
items for summer camp

### Still Available:

Loveable horses and cats needing sponsorships. Did you know that the approximate annual cost of caring for our herd (including the cats) is \$65,000? To offset this amount, we are looking for sponsors for each of our unique equines and felines. For \$1,000, you can sponsor a horse for a year and for \$150, a cat for a year. Your name will be proudly displayed on a plaque under your animal's picture in the barn and you will receive special occasion cards and notes from the animal of your choice along with a color photo. Horses needing sponsors are Sabre, Dancer, Skylar, Maddie and Nelson; cats are Momma Cat, Sweetie and Katie. If you can help support one of these unique "therapists," please contact Tina Carpenter at 794-1150, Ex. 3.

### Staff Members:

Terri Knauer, Ext. 6  
Program Director  
sudirector@aol.com

Peggy Plunkett, Ext. 1  
Program Administrator  
suadmin@bellsouth.net

Tina Carpenter, Ext. 3  
Development Coordinator  
sudevcoord@bellsouth.net

Lindsey Rizor, Ext. 2  
Volunteer Coordinator  
suvolcoord@bellsouth.net

Bill Bills, Ext. 5  
Farm Manager

Vicky Haber, Ext. 4  
Equine Management Team (horse care)  
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Lisa Wysocky, Ext. 4  
Equine Management Team (training)  
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Nancy Oglin-Swindell / Designancy  
Newsletter Design / Editor  
dznancy@comcast.net

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### NARHA Instructors:

Linda Albertalli

Tina Carpenter

Kate Cole

Anne Craig

Lynne Evans

Judy Griswold

Terri Knauer

Kim Coleman Light

Jane Muir

Katy Reed

Lindsey Rizor

Michele Sandefur

Nancy Swindell

# Familiar Faces

## Meet the Saddle Up! Family

We would like to WELCOME some 'familiar' faces to the Saddle Up! family.



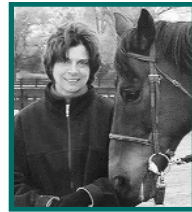
Sarah

In June, Sarah Ingram accepted the position of board President. Sarah has been a long-term dedicated volunteer and board member for 8 years. Sarah has participated in many levels of Saddle Up! from horse leader to special event chairperson and so much more. Earlier this summer Sarah chaired the Grand Prix Horse Show which was a huge success!

Lindsey Rizor, a current NARHA Instructor with Saddle Up!, became the new Volunteer Coordinator on September 5th. Lindsey graduated from MTSU this summer with a degree in Recreational Therapy. Her long-term interest is in therapeutic riding and we are thrilled that she has chosen to pursue her future with Saddle Up!.



Lindsey



Linda

Congratulations to Linda Albertalli and Katy Reed for successfully passing the NARHA Registered Instructor Certification process in August. Their hard work and dedication has been rewarded.

Linda has been a volunteer with Saddle Up! for about two years. In between working with her own horse, she has helped out with tons of lessons and in many of our horse shows and special events.

Katy, a Belmont student, has also been a volunteer for several years as well, in between her heavy class schedules and trips home to Oregon to visit her family. This past summer Katy was instrumental in the success of our camps as the Head Camp Counselor.



Katy

## Where Were They Then Back to the Future with Our Horse Heroes

One of our newest additions, Maddie, is a chestnut pony mare in her late teens and was generously donated by the Mark Miller family. In the past, Maddie taught the Miller children to ride. When they outgrew her, they wanted her to go to a home where she could help other children. She arrived at Saddle Up! in May and quickly accepted our therapeutic training methods.

Very sweet and patient, Maddie gets along well with her new horse and people friends. She is very willing to go through the obstacle course or stand quietly to be brushed. Loving all the attention, Maddie looks forward to meeting the children every day. In June, she proudly and quietly led the flag patrol on the field at the Chukkers for Charity polo match, and served as an excellent ambassador for Saddle Up!.

As a newcomer, Maddie is in need of a sponsor. If you are interested, please call the office at 794-1150 Ext. 3 or come out and meet our wonderful new girl.



Maddie, shown here being ridden by Will at Chukkers for Charity, has made herself right at home among our children.

# Family Ties

## A Parent's Perspective by Gina and John



Early Saddle Up! days for Eric

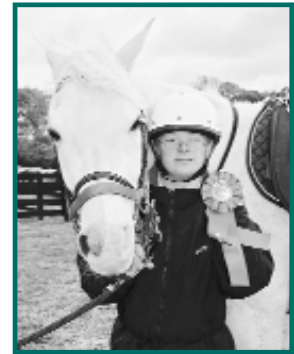
Eric has been with this wonderful program for ten blessed years. In 1994, our family of five moved to Franklin where we soon found Saddle Up! Eric was eight years old at the time and always on the move. He rarely slowed down for anything. Thanks to all the patient - oh, so patient - volunteers, he was able to focus and learn about his new found interest, horses.

It was not long before Eric was caring for them and riding. He would run into the barn like a tornado and calm down as soon as he could start working with the horses. It was mentioned to us early on that Eric had a "natural seat" and he quickly became successful at something he loved and that his siblings didn't do. He is now an accomplished rider and still enjoys showing off sometimes.

Our fondest memories here are the competitions. We never knew what to expect from Eric. Sometimes he would have the best show ever and other times would not cooperate at all. He loves receiving his award ribbons, except for the "pink" ones. Blue, of course, is his favorite color. Saddle Up! has taught him to win with style as well as support his friends when they win.

Eric will be turning 19 in January and will graduate from this incredible program. Not only has Eric grown up in this program, but so have the rest of us. We've made so many friends, people friends and horse friends. We were always sad at first when his instructors changed but the next one was always as awesome as the first.

Saddle Up! has given Eric a unique opportunity to excel at something he loves. You all have enriched his life, and his family's lives, in more ways than can be counted. We will miss you all but hope the younger one who fills his spot falls in love with this place like we have.



Eric and Dancer with their 2005 S.U.P.E.R. Show ribbon

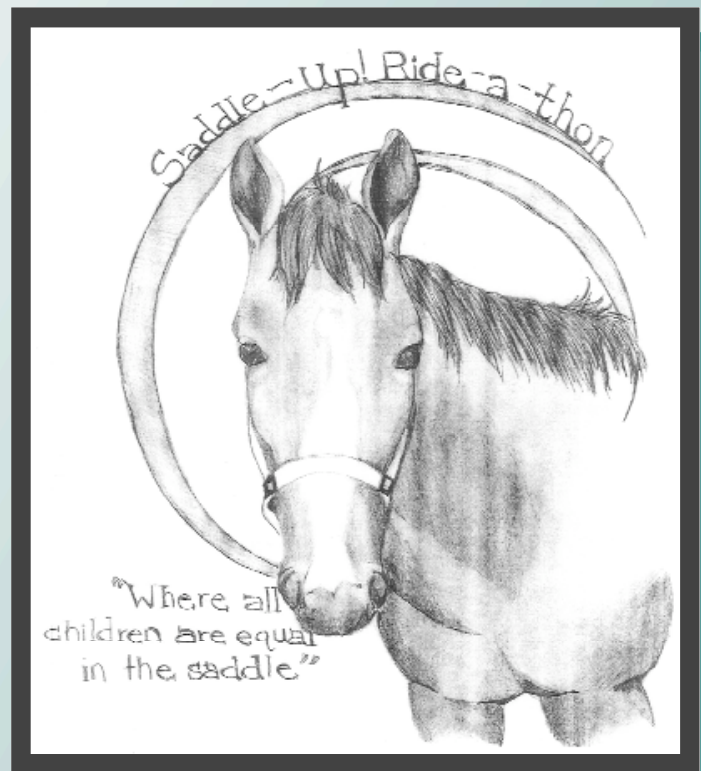
## Kid's Corner



Ella peeks around the corner at summer camp



Who's on top, brother Harry or Nick?



Winning Piece for the Ride-a-Thon Art Contest  
by Jessica, a Junior Volunteer