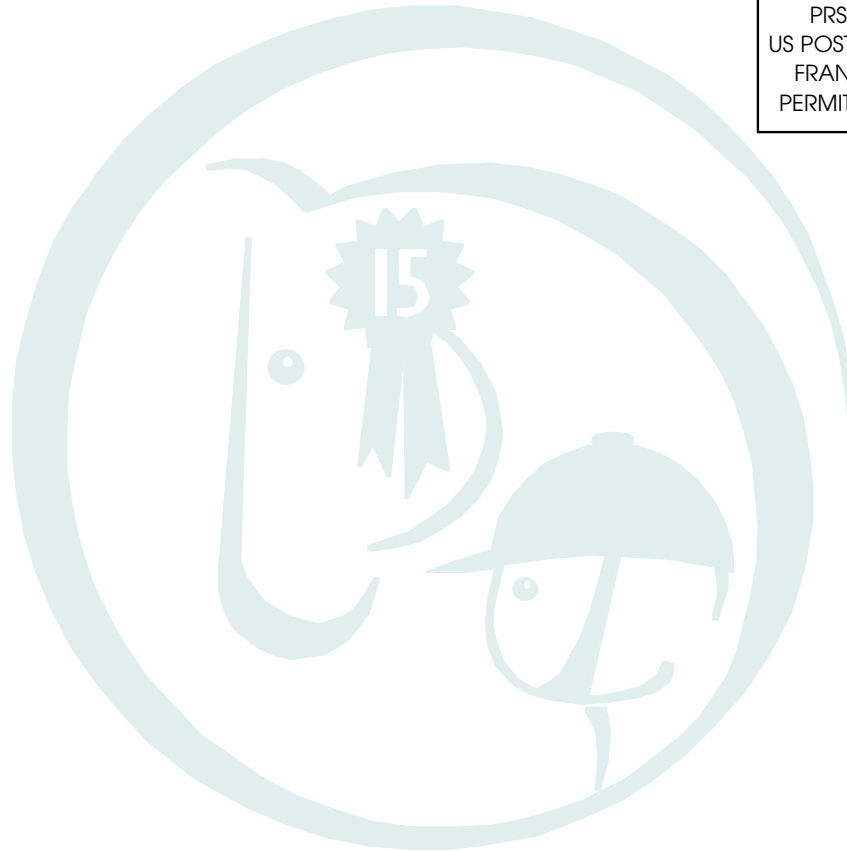




15 Years of Dedication

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

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You have been selected to receive these materials because we believe you have expressed an interest in helping our programs and services. If you would prefer not to receive our communications, please let us know.

Calendar of Events

March

- 11 Orientation 10am
- 15 Orientation 5:30pm
- 16 Orientation 5:30pm
- 18 No Lessons (Saturday only)
- 18 NARHA TN State Meeting - MTSU
- 23 Media Ride-A-Long
- 25 Horse Handling Clinic 1:30pm
- 27 Leader Clinic 6pm

April

- 5 Hoofing Society Celebration 6:30pm
- 6 Art Show Fundraiser 5-8:30pm
- 7 Art Show Fundraiser 1-7pm
- 8 Orientation 4pm
- 12 Orientation 5:30pm
- 20 Orientation 5:30pm
- 22 Horse Handling Clinic 2pm
- 23-29 Volunteer Appreciation Week
- 13-19 SU! Spring Break - No Lessons

May

- Orientation & SUV Training - check website
- 6 S.U.P.E.R. Show All Day
- 5-6 No Lessons - Horse Show
- 22-26 Last Week of Weekday Lessons
- 27 No Lessons - Holiday

June

- Orientation & SUV Training - check website
- 3 Last Saturday Lesson
- 4 Grand Prix Fundraiser 10-4pm
- 5 Camp I Begins
- 12 Camp II Begins
- 24 Chukkers for Charity Fundraiser 3-8pm
- 26 Camp III Begins

*Calendar of Events
2006*



15 Years
of Dedication

Our Mission

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

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Terri Knauer

Executive Board

President
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Past President
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Art Napolitano

Robbie Pinter

Mike Shampain

James Stadler, Jr.

Joni Werthan

Saddle Up!

newsletter

Spring 2006



We're Only as Good as Our Horses!



Equine Medical Associates has a long history of serving the horse population in the Franklin Community area. The practice began in 1984 with a single ambulatory veterinarian and has grown into a full service hospital with four doctors on staff. The practice focuses on preventative medicine, sports medicine and reproductive care of the horse. Equine Medical Associates is proud to be a part of the Saddle Up! team.

Since Saddle Up! began owning our horses, Equine Medical Associates has been a part of our support team. For the majority of our years Dr. Monty McInturff graciously cared for our horse partners. Most recently, for the past two years, since joining the Equine Medical Associates team, Dr. Tammy Perkins has become our primary equine veterinarian.

Both Dr. Monty and Dr. Tammy are a pleasure to work with and each of them is very gracious about sharing their knowledge. We often have a list of questions for them each visit and they are very patient and willing to explain anything we need to know about our horses. They are also incredibly responsive to us every time we call - they are right out here to assist in any way they can.

Since moving to our final home on Old Hillsboro Road we have increased the herd from an average of 10 horses to 22 horse and ponies. We have been working closely with Dr. Monty and Dr. Tammy over the past three years to coordinate the best feeding and conditioning programs for each individual horse so they can remain healthy and happy while servicing the Saddle Up! children. As we've steadily grown in herd size, Equine Medical Associates has also grown in their support. They have remained incredibly generous in their donation of time and services as we have continued to grow as a program.

The Saddle Up! staff, board, children and volunteers are very grateful for the long time relationship we have shared with Equine Medical Associates ~ we can't thank them enough for the daily support they provide to our Equine Management Team and each of our 22 horses and ponies. Saddle Up! would not have the wonderful, healthy horses that we have if it were not for the dedication of the doctors and staff at Equine Medical Associates ~ thanks so much!!



L-R: Dr. Monty McInturff, Dr. Tammy Perkins, Dr. Bob McCullough; Inset: Dr. Matt Povlovich

Below: All the behind-the-scenes smiling faces of Equine Medical Associates



Inside this Issue

What's Happening?	2
The Dedicated S.U.V.	3
You Make This Possible	4
A Word about Our Sponsor	4
You Can Make it Happen	5
Familiar Faces	6
Where Were They Then	6
Family Ties	7
Kid's Corner	7

What's Happening?

March

A Calendar of Events

Volunteer Horse Fair

March 17, 18, 19 at Miller Coliseum in Murfreesboro. This is a trade show event for horses and people. The NARHA Region 5 State meeting will be held in conjunction with the Fair with some hands-on instructor training offered through Professor Bill Day of MTSU's Horse Science Center. There will be a NARHA booth which will be manned by volunteers and instructors from Saddle Up!, STAR and other NARHA programs in the area. Saddle Up! riders and horses will perform in the opening ceremony flag presentation on Saturday plus additional staff, riders and horses will also participate in a 30 minute segment at the Fair later in the day. Come out to see us and enjoy the Fair!

April

Annual Art Show

An opening reception will kick off the Art Show to benefit Saddle Up! on April 6th from 5:00p.m. until 8:30p.m. The show will continue on April 7th from 1p.m. until 7:00p.m. Over twenty regional artists from the Associated Nashville Artists, Tennessee Art League, Nashville Artists Guild, Tennessee Watercolor Society and Art Seen will be exhibiting and selling art. Thirty percent of all proceeds will be donated to Saddle Up! Admission is free. For information on exhibiting, please call Carol Wiel at 615-443-1952 or 615-347-5499.

Ride-A-Thon Annual Art Contest - Attention Students, Volunteers, Parents

2 Saddle Up! is hosting the 4th Annual Ride-A-Thon and we want **YOU** to create the artwork for the printed T-shirts! We are seeking original art designed by Saddle Up! participants, whether a student, volunteer or parent. Draw a picture of anything relating to Saddle Up! and submit it to the office. Your art work can be a favorite horse, activity or anything you like that takes place at Saddle Up! **Deadline is April 15th!**

Guidelines and rules may be obtained from Tina or at the front desk. We will have a committee who will judge the pictures and choose one for use on the 2006 t-shirts. The Ride-A-Thon shirts will be given to all participating riders at the event. Winners will be announced at the SUPER Show on May 6th.

Last year's winner was Jessica Caldwell, one of our Junior Volunteers!

June

Saddle Up! for Summer Camp

Saddle Up! for the Summer is once again fast approaching. We have seven weeks of fun planned. This year each week of camp is geared toward a specific level of rider and the activities will differ depending on the week. Since there is always work to do around the farm, our riders will be helping this summer with barn chores, bath time for the equines, arts and crafts, and of course strengthening friendships with the furry herd. Bring your lesson buddies, sunscreen, and cowboy hats, we can hardly wait for the lazy days of summer when we get to be with all of our friends. Look for your brochures and applications in the mail soon!



15 Year Saddle Up! Veteran,
Founder and NARHA
Instructor Lynne Evans



10 yrs. of Service
Volunteer Rachel Brenner
NARHA Instructor Nancy Swindell
NARHA Instructor Judy Griswold

The Dedicated S.U.V.

Meet Andrea Frank

Andrea is a nursing student at Vanderbilt University. Her love for children and life is a wonderful asset to our program. She originally came to Tennessee from Oregon to attend Vanderbilt University and in the midst of her study she came upon Saddle Up! She has been a volunteer for over two years and she is active in every aspect of Saddle Up!. Andrea has a love for a chestnut, Quarter Horse named Nelson; she is his Pony Pal and best friend. Andrea will always bring a smile with her to Saddle Up! and she is a great friend and role model for the other volunteers at Saddle Up! Thank you Andrea for all the time and energy that you put into the Saddle Up! program.



Andrea assisting Barrett at the 2005 Ride-A-Thon

2005 Awards Dinner and Banquet

Saddle Up! rewarded those individuals and families for many hard-earned service hours and recognized several students at our annual Awards and Dinner Banquet last October. The love and dedication to this program overflows from the children, volunteers and staff. We like to recognize those special individuals not only at this ceremony but each day you give of yourself. Thank you!

- Pony Pal of the Year - Michelle Beaty-Eakin
- Sportsmanship Award - Nicholas
- Companionship Award - Ella
- Jr. Vol of the Year - Tory
- Family Vols of Year - The Batsons & Spenglers Families
- Adult Vol of the Year - Rachel Brenner
- Ride-A-Thon Most Funds Raised - Connor
- Pennies for Ponies - Anthony
- Parent of Year - Belinda Pandey
- Graduate Awards - Amy, Jessica, Chrissy, Rinetta, Eric
- Service Awards:
 - 15 yrs. - Lynne Evans
 - 10 yrs. - Rachel Brenner, Judy Griswold, Nancy Swindell



Jr. Volunteer of the Year Tory with NARHA Instructor Katy



The 2005 Graduating Riders - Rinetta, Jessica, Eric, Amy, Chrissy

For More Information About SU! Volunteer Opportunities

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

S.U.V. Wish List

Media Ride-A-Long

March 23

1:15pm - 2:45pm

10-12 volunteers to lead and sidewalk in mock lessons

S.U.P.E.R Show

May 6

Many volunteers needed for setup, horse prep, leading, sidewalking, registration, parking

3

Orientation Assistant

1-3 times each month

2-3 volunteers with good knowledge of SU! interested in assisting with New Volunteer Orientations

Bits & Pieces

Other ways to say "Good Job"

- That's right • Terrific
- That's the best you've ever done
- I knew you could do it
- That's quite an improvement
 - You did it that time
- One more time and you'll have it
 - You make it look easy

For More Information
About These Opportunities

Tina Carpenter, Ext. 3
Development Coordinator
794-1150 Ext. 3
sudevcoord@bellsouth.net
www.saddleupnashville.org

Grants Received

- CBRL Foundation
- The Community Foundation
- The Craig Family Foundation
- Junior League of Nashville
- The Memorial Foundation
- Paul Newman

4

Bill Kenner
Tony Phipps
Saddle Up! Staff
Nancy Swindell

Contributing Photographers

You Make this Possible

Contributors Since Our Last Issue

Due to the overwhelming contributions from September through the end of 2005, we are enclosing a separate insert so that we may acknowledge each party for their generosity. It is through these generous donors that Saddle Up! continues to thrive. We are grateful to each person, organization and business that played a part in this list. Thank you!



Little Girl, Big Heart

I recently received a call from a parent saying her daughter was having a birthday party and would be collecting donations for Saddle Up! I thought, "what a nice idea" hung up the phone and went about my daily tasks. A few weeks later the same parent called back to say the birthday party had

been held and that she and her daughter would like to come out to give us the check and could they please take a picture with one of our horses.

The WHOLE family arrived, with Dad and camera in tow. Hannah was very excited to see Saddle Up! so we all took a tour. Alyska and Nicole were being readied for a lesson and were chosen for the photo session. As Hannah and I were posing with Alyska, her mother kept saying, "tell her how much the check is for." Hannah turned a bright little face to me and nonchalantly said, "\$500." I almost fainted. To think a **child age 9** would forego presents in exchange for donations to our program was totally amazing. What a lovely, unselfish way to share with others. Obviously, Hannah has learned by example from her family. It is never too early to start being philanthropic! Thank you to **Hannah Shaw and her family** for this kind donation.

- Tina Carpenter, Development Coordinator

Yes! I would like to make a donation to the Saddle Up! program with my contribution of:

\$2,000 \$1,000 \$500 \$200 \$100 \$50 \$25 other

Please make checks payable to Saddle Up! or charge my Visa/Mastercard

#: _____ Card Expires: _____

Print Name on Card: _____ Signature: _____

Donor's Name: _____

Address: _____ City: _____

State: _____ Zip: _____ Email: _____

You may direct your donation through United Way. Our United Way Number is 7193.

Your gift may be doubled if your employer has a matching gift program.

Please see your Personnel Department today!

I would like more information about becoming a volunteer!

Saddle Up! is a nonprofit Section 501(c)(3) organization whose mission is to help children and youth with disabilities grow and develop through recreational activities with horses. Your donation is deductible to the full extent of the law.

You Can Make it Happen

Time to Stock Up! the Library

The staff, instructors, associate instructors, and volunteers are continually expanding their knowledge to better serve the children and this program. We have recently moved our small selection of books to a larger shelving section and are in need of several books to bring the collection up to a more resourceful level. We would appreciate your donation of any of the following books OR sending a book store or Amazon.com gift card to the program to make the purchases.

Books can be donated in "honor" or "memory" of a child, an instructor, your favorite pet, or a relative and will be displayed on the inside front cover of each book along with the donator's name.

Available at: the NARHA website (www.narha.org):

NARHA Instructor Educational Guide (5 copies)

Available at: Certified Horsemanship Association (CHA) (www.cha-ahse.org)

Aspects and Answers (4 copies); Composite Horsemanship Manual (wirebound-6 copies)

Individual Level Manuals - LEVELS 1, 2, 3, and 4 (2 copies of each)

CHA Standards for Group Riding Programs (1 copy)

by: Barbara T. Engel

Therapeutic Riding I Strategies for Instruction - 2 volume set (5 sets)

Therapeutic Riding II Strategies for Rehabilitation (5 copies)

Available on Amazon.com and in some bookstores:

Any factual books related to a specific disability

Specific books that tell a story about a person with a disability

by: Danielle Steel *His Bright Light, the Story of Nick Traina*

by: Brad Cohen & Lisa Wysocky

Front of the Class: How Tourette Syndrome Made Me The Teacher I Never Had

by: Gene Stallings, Sally Cook *Another Season: A Coach's Story of Raising an Exceptional Son*

by: Temple Grandin *Thinking In Pictures; Emergence: Labeled Autistic and Chantal Sicile-Kira*

Autism Spectrum Disorders: Current Physician's Desk Reference

by: Susan E. Harris *Horse Gaits, Balance and Movement* (2 copies);

USPC Manual of Horsemanship: Basics for Beginners/D Level (3 copies)

USPC Manual of Horsemanship: Intermediate/C Level (2 copies)

USPC Manual of Horsemanship: Advanced/B, HA, A Levels (2 copies)

by: Barbara T. Engel

The Horse, The Handicapped, and the Riding Team In A Therapeutic Riding Program (2 copies)

by: Sally Swift *Centered Riding* (2 copies); *Centered Riding 2* (1 copy)

by: Mark L. Batshaw, M.D. *Children with Disabilities* (1 copy)

by: Martha E. Snell *Instruction of Students with Severe Disabilities* (6th ed.) (2 copies)

by: Sharon Z. Sacks, Ph.D *Educating Students who Have*

Visual Impairments with Other Disabilities

by: Beverly Rainforth

Collaborative Teams for Students with Severe Disabilities: Integrating Therapy and Educational Services

by: Marilyn P. Dornbush, PhD *Teaching the Tiger*

Available at: (www.storey.com)

by: Cherry Hill *Becoming an Effective Rider* (2 copies);

Horse Handling and Grooming (2 copies)

Horse Health Care (2 copies); *Intermediate English Exercises* (1 copy)

by: Betty Bennett Talbot & Steve Bennett *Games on Horseback* (1 copy)

by: Jec Aristotle Ballou *101 Dressage Exercises* (2 copies)

by: Jan Dawson *Teaching Safe Horsemanship* (2 copies)

For More Information
About These Opportunities

Peggy Plunkett
Program Administrator

794-1150 Ext. 1

suadmin@bellsouth.net

www.saddleupnashville.org

Wish List

As Always,

Donations are Tax Deductible

10 "Elite" dark green mailboxes

Large size colored chalk

Gallon sizes of OUTDOOR Paint
in red, green, blue, yellow,
orange, and purple

48" and smaller child's
stirrup leathers

Dressage girths sizes - 22", 26",
30", 32", 34", 36"

Projector to use with PowerPoint

Digital camera (5.0 or higher)

Bottled water • Stamps

6' x 8' projection screen

Heavy duty laminator

5

Thank you,
Tractor Supply!

Saddle Up! riders and sisters,
Payton and Sally show off the
new halters and lead ropes on
King Bee and Aladdin,
generously donated by
Tractor Supply!



Staff Members:

Terri Knauer, Ext. 6
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sudirector@aol.com

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Vicky Haber, Ext. 4
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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

6

NARHA Registered Instructors:

Linda Albertalli

Tina Carpenter

Kate Cole

Anne Craig

Lynne Evans

Judy Griswold

Terri Knauer

Kim Coleman Light

Jane Muir

Katy Reed

Lindsey Rizer

Michele Sandefur

Nancy Swindell

Familiar Faces

Meet the Saddle Up! Family



One of the many lifeblood members of the Saddle Up! family is **Tina Carpenter**. Tina began volunteering at Saddle Up! in 1994 as an instructor after relocating to Nashville from Virginia where she worked with several therapeutic riding programs there. Her background includes attending L.S.U. where she majored in speech pathology, a passion for Tennessee Walking Horses and her grandchildren!

From 1995-2000, Tina served on the Saddle Up! Board, Fund Raising Committee and wrote grants while she continued instructing. As if she didn't have enough on her plate, she served as Interim Executive Director from March through October 2000 while she went through the process of becoming a NARHA certified instructor. In October 2004 Saddle Up! hired Tina as a full-time Development Coordinator.

11 years later and still with Saddle Up!, Tina has earned a certificate in Fund Development through the Center for Nonprofit Management, is a member of the North American Riding for the Handicapped Association, the Tennessee Walking Horse Breeders and Exhibitors Association, and the Walking Horse Owners' Association.

Tina has done a great job in her first year as our part-time Development Coordinator. Throughout her first year, in addition to helping with special events, and instructing, Tina wrote 51 grants for which Saddle Up! received approximately \$72,000!

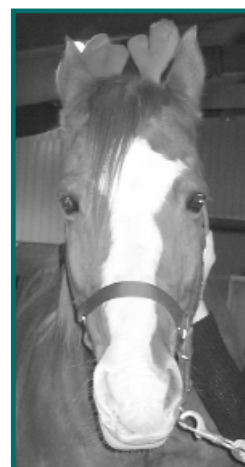
Where Were They Then

Back to the Future with Our Horse Heroes

Nelson is a tall, bright chestnut Quarter Horse who was donated to Saddle Up! by Janice Gill, a member of the musical duo Sweethearts of the Rodeo. Nelson arrived at Saddle Up! in July and was an immediate hit with staff, instructors, volunteers and participants. He is a former western pleasure show horse and his laid-back attitude means that nothing bothers him. In fact, he is so quiet that if you hear snores coming from the riding area, it is probably Nelson taking a little snooze. Nelson has grown to love our kids very much, recently giving one young gentleman a huge lick on the face as a welcome! He loves to be groomed and might even groan if you find just the right spot on his chest.

If you are interested in donating a massage or veterinary care for Nelson or any of our other horses, please call Peggy Plunkett or Tina Carpenter the Saddle Up! office.

If you would like to donate horse equipment, please contact Vicky Haber or Lisa Wysocky. They can all be reached at the Saddle Up! office at 794-1150 Ext. 4.





Ella receives her award from Volunteer Vicky for the Companion Award

Family Ties

Perspective from the Saddle Up! Staff

This space is usually filled with a letter from parents and their perspective on what Saddle Up! has meant to them and their children. This time we would like to spotlight one of our younger riders and share with you what these children mean to us.

Meet Ella. She is six years old and came to Saddle Up! when she was four. Ella has participated in just about every activity one can participate in at Saddle Up! She has ridden in the annual Ride-A-Thon, served as a flag bearer at our one of our fundraisers, Chukkers for Charity, and participated in the first summer camp in 2005. It is not uncommon to see Ella head to ballet after her lesson at Saddle Up! in her tutu and cowboy boots!

Ella is excited to see Connor and Grace, her riding buddies, each week. Miss Michele has been Ella's instructor from the beginning. Miss Vicky began working with Ella as a volunteer. Vicky now takes care of the horses at Saddle Up!, but always takes time to come help in Ella's lesson. Once Miss Michele had to tell everyone to stop talking so they could hear the directions she was about to give. When everyone was quiet, Michele began giving her directions and Ella put her finger to her mouth and reminded Michele, "Shhhhhh, no talking."

Last year Ella was the recipient of the Companionship Award which is given to a participant who has developed a special bond with their horse (or pony). Ella absolutely loves King Bee, our 30-something Shetland Pony. Ella will get a tissue for King Bee's nose if it looks like it might be a little runny. Once, she thought he might have had a boo-boo on his hoof, so she and Miss Vicky put a band-aid on it. As Ella was leaving summer camp, she saw a portrait of King Bee hanging in our director's office and she stopped, kissed the picture, patted his head and said, "I miss you, King Bee!"

These are the experiences we have daily with the Saddle Up! participants. We would like to thank the Saddle Up! families for sharing their children with us. The staff and volunteers feel truly blessed to work with them. We could not do our work without the dedication of the volunteers who give their time each week, but we'll let you in on a secret, sometimes, we think the staff and volunteers are the ones who receive the greatest benefit.

Kid's Corner

Saddle Up! Horse Names Word Search

- | | | |
|---------|---------|-----------|
| Ace | Dancer | NoMo |
| Aladdin | Folly | Relenka |
| Alyska | KingBee | Rosie |
| Avalon | Lady | Saffron |
| Azuri | Maddie | Samoens |
| Buddy | Nacho | Vader |
| Cali | Nelson | Valentino |

*There is one famous horse's name hidden in the mix that is not on the list! Can you identify him?

Hint:
He has a statue at the Kentucky Horse Park!

Art Contest

See Page 2 for details!

W U I O Q L T N J T I K E V C
 O H V G I O H E S Y T E E A W
 O P H P M O X Q X U D M B L B
 I S J W T C R Q B M U T C E X
 H Y D S H A A B U U D Z N N O
 P D E M K K V K X T D O I T M
 V F B K H L A H P J M D K I L
 T C O N G T D S M O D H Y N Q
 B K H L W R E C N A D S R O D
 S E C A L I R E L E N K A R F
 M B A K S Y I A X P O O U F S
 O J N O E S D U S V L M W F K
 Q X R P O Y E I D D A M A A I
 X X K N N I P S Z T V T C S R
 U P U T Q L I R U Z A N Y D W

You Make This Possible, Thank You!

A-I Contributors September through December 31, 2005



Conner receives his award for most funds raised for the 2005 Ride-a-Thon

Mr. & Mrs. Thomas Adair
Dr. & Mrs. Mark C. Adams
Ms. Linda Albertalli
Ms. Kathy Amidon
Mr. & Mrs. Richard Ammons
AmSouth Bank
Ms. Linda J. Anders
Mr. & Mrs. Adam Anderson
Ms. Hilary Anderson
Mr. & Mrs. William F. Andrews
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Mr. Randolph Blake
Mr. Thomas Blaton
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Miss Amy Bonau
Dr. & Mrs. Roger A. Bonau
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Mrs. Letha Botts
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Burnie Buckalew
Ms. Kathy Budstick
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You Make This Possible, Thank You!

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