

# *Riverwood Rider*

March 2011

Volume No. 39

6825 Rollingview Drive Tobaccoville, North Carolina 27050 [www.riverwoodtrc.org](http://www.riverwoodtrc.org) (336) 922-6426

## Annual "Souper Bowl" Chili Fundraiser was SUPER!

The wet, chilly weather on February 5<sup>th</sup> must have driven everyone out this year to get their delicious quarts of chili from Salem Kitchen! Once again, we partnered with Salem Kitchen to offer meat, vegetarian and a new addition this year, white chicken chili to the community with proceeds benefitting the programs at Riverwood. This event is our first fundraiser of the year, and we are incredibly appreciative to everyone at Salem Kitchen for their kindness, generosity and assistance in making this a great success. We raised \$5,230! This money will go a long way in funding our programs and students and providing care for the horses. A big thank you to everyone who supported us and our wonderful volunteer chili scoopers, packers and helpers! Please be sure to visit Salem Kitchen, or check out their website [www.salemkitchen.com](http://www.salemkitchen.com) for their offerings. We hope you bought enough to freeze and enjoy; but if you're already out of chili, be sure to order more next year!

### Mental Health Program Updates:

The Equine Assisted Psychotherapy and Learning (EAP/EAL) program has really taken off and we are looking forward to a busy spring. In addition to our ongoing individual sessions that take place each week, we are excited to offer three events to the community that will take place in the upcoming months. Our third NW AHEC sponsored workshop for professionals, "The Power of Working with Horses for Health and Personal Growth: An Introductory Workshop on Equine Assisted Therapies for Professionals in Health Care



and Education" will take place on **Friday, April 15** from 12:00 - 3:15. This course offers 3 hours of credit; more information and registration can be found on the NW AHEC website [northwestahec.wfubmc.edu/](http://northwestahec.wfubmc.edu/)

**Saturday, April 16** we will offer an Equine Assisted Psychotherapy program for women who are currently in therapy. "Becoming the Lead Mare" is a program that gives women the opportunity to learn how to deal with difficult life events and emotions in a group setting while offering a safe and effective environment for change. For more information, please contact Dr. Doreen Hughes at [hughesequineenergy@earthlink.net](mailto:hughesequineenergy@earthlink.net) or 336-724-0101.

**Friday, May 6** is our first Open House to the mental health professional community. This is a chance for educators, doctors, therapists, social workers or folks who are just generally interested to visit the farm and see first hand what equine assisted therapies are all about! Please feel free to join us. For more info, please check the website.

### Chick-fil-A Spirit Nights

Riverwood is proud to announce a new partnership with Chick-fil-A of Hanes Mall Boulevard.

On four very special evenings in 2011, Chick-fil-A of Hanes Mall Blvd will donate 15% of your order to Riverwood! All you need to do is go to this Chick-fil-A location between 5 and 8 pm, let the person taking your order know that you are supporting Riverwood, and 15% will be donated!

Please put the following dates on your calendar, look for reminders, and visit our website and Facebook page for updates:

- Thursday, March 24th
- Friday, June 24th
- Thursday, September 8th
- Friday, December 9th

You **MUST** let them know at the time that you are supporting Riverwood, so don't forget to write down the dates and order an extra sandwich and milkshake!

## Calendar of Events:

Please go to [www.riverwoodtrc.org](http://www.riverwoodtrc.org) for more information.

- April 5: Tuesday-Friday morning classes begin  
(Children's Center and Special Children's School)
- April 15: Equine Assisted Psychotherapy and Learning for Professionals;  
NW AHEC sponsored workshop
- April 16: "Becoming the Lead Mare;"  
Equine Assisted Psychotherapy program
- April 30: Volunteer orientation 9:30-1:30 PM
- May 6: Open house at Riverwood for mental health professionals in  
the community 6:30-8:00 PM
- May 14: Riverwood Spring Horse Show
- June 10: Final day of classes
- June 16-19: NARHA Registered Instructor Workshop and Certification  
at Riverwood  
Monday morning and all after-school classes resume

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### Riverwood to Host NARHA Workshop and Certification

Have you ever thought about becoming a Riverwood instructor? Each of our teachers is a certified therapeutic riding instructor or instructor-in-training. We expect the best of our students, and we also expect the very best from our instructors! June 16 – 19, Riverwood will host a North American Riding for the Handicapped Association (NARHA) onsite workshop and certification course. This course will welcome instructors and instructors-in-training from across the country and will be lead by Mary Jo Beckman, NARHA Master Therapeutic Riding instructor, NARHA certified driving instructor, Registered level on-site workshop/certified faculty/evaluator Lead Accreditation visitor; and Pebbles Turbeville, NARHA Advance Therapeutic Riding instructor, NARHA Mentor Instructor, Registered level on-site workshop/certified faculty/evaluator Lead.

For anyone who would like to become a certified instructor, this is only one step in the process! Applicants must successfully complete the following to attain national certification:

- Apply for NARHA membership.
- Submit NARHA instructor certification application to the NARHA office.
- Complete two online courses and exams.
- Complete a Horsemanship Skills Checklist.
- Obtain current CPR and First Aid certification (online not accepted).
- Complete 25 hours teaching group lessons (two or more riders) with disabilities under the guidance or direct supervision of a NARHA Certified Instructor
- Attend and successfully complete an on-site workshop which includes two-and-a-half days of both classroom and hands-on learning.
- Attend and successfully complete an on-site certification in which candidates can complete their certification by demonstrating their riding ability and instruction to a class of at least two students with disabilities.



### Spring Horse Show

This May marks the 13<sup>th</sup> year that Riverwood will be hosting a spring horse show at the farm. We are excited to announce that we will be having some "outside" competitors from Bright Star Stables near Raleigh coming to join our riders. Many of our riders are busy preparing so they can give a great performance, and we'd love for all of our Riverwood fans to come to cheer on our riders!

The show will be held on Saturday May 14. It will start at 9:00 AM and we will probably wrap up around 2:00 PM. Lunch will be cooked and served by a local girl scout troop. Hot dogs and chips and lots of great desserts will be available. Stay tuned to the website for more details!

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### Riverwood Board News

Welcome new board members Lacy Azevedo, Candi Abramson, and Karen Nicolay. The Riverwood Board of Directors plays an important role in the governance of our organization and are an integral part of our fundraising efforts.

Thanks to Jennifer Barksdale and Nancy Hancock for six years of service to Riverwood's Board.

## Sharpe Images Sponsors Riverwood During the Month of May

Our community partners are very important to the continued success of our facility and our programs. During the month of May, Sharpe Images will donate 2% of all company revenue to Riverwood, with a goal of \$5,000 in donations. Long time Sharpe employee and Riverwood farm manager, Kyle Petty, helped plan and organize this promotion. Sharpe Images, located on 1020 Burke Street in Winston-Salem (with other locations in Charlotte, High Point and Raleigh), offers creative solutions for all kinds of printing needs as well as unmatched personal service. They provide brochures, sales and marketing materials, banners, signage, storefront solutions, high-impact displays, and much, much more for businesses and individuals. Please visit their website for more information: [www.sharpeimages.com](http://www.sharpeimages.com)

You can also visit the following website for more information on the promotion running the entire month of May: [www.sharpeimages.com/riverwood](http://www.sharpeimages.com/riverwood). Our sincere gratitude to Sharpe Images, Zach Sharpe and his staff.

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## Summer Programs 2011

The Summer Riding Program is only a few short months away and we are already filling up spaces!

Here's the information you'll need to plan ahead. For full details, please see our website for registration and forms.

Dates: June 20-August 5. Monday-Thursday mornings and evenings

**Who:** Classes available for kids 3 years of age and older and adults.

**When:** There are several class times for individuals with special needs and for typical riders.

**Cost:** \$190 for the session plus a \$15 registration fee if you are new to Riverwood.

**Extras:** Our popular teen internship program will take place on Tuesdays for kids 14 and older. Cost is \$315 for the session.

Also available are hippotherapy sessions with Kathylyn Barnhill, PT and psychotherapy sessions with Dr. Doreen Hughes.



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## Wish List

The horses have spoken and given us their list of items they'd like to have for themselves (and the folks who come to the farm) as we head into spring!

- Fly Masks with ears (horse size)
- All natural fly repellent
- Legends 11 Pelleted Feed
- bottled water
- tissue
- toilet paper
- paper towels
- copier/printer paper
- black ink and color ink cartridges for an HP 5780 printer/fax

## Volunteers Needed

Riverwood is always in need of leaders and sidewalkers to assist with both our therapeutic riding classes and Hippotherapy sessions. We are currently recruiting volunteers for our spring and summer sessions. No horse experience is necessary as we will provide all of the training needed. Please consider spending an hour or two a week with us and "experience the success".

We are now offering a once-a-month volunteer orientation on Saturdays. The initial training is a three hour period in which we teach volunteers about our policies, safety standards and how to be an effective and safe side walker for our riders. There is also an additional hour which teaches specifically how to be safe and effective with the horses so that folks can be trained as leaders for the classes. If you do not wish to lead the horses, you do not have to attend the final hour of the class.

We have encouraged all of our existing volunteers to attend the new format classes and have had an overwhelming response! New volunteers to Riverwood also attend these classes and are well prepared to help our riders.

Upcoming orientations are:

April 30 9:30-1:30

May 21 9:30-1:30

June 4 9:30-1:30

July 9 9:30-1:30

August 27 9:30-1:30

If you would like to learn more, please email or call the office.

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## Board Members

Candi Abramson - Lacy Azevedo

John Church - Linda Collins

Jenifer Fowler - Marcella Farmer

Susan Hubbard - Hilary Kosloske

Victoria E. Newell, DVM

Karen Nicolay - Ashley Vogel

# Riverwood Contributors

Since November 2010

Thank you all....We hope we haven't missed anyone. Your continued support is appreciated.

Troy Hendrick  
Elizabeth Fath  
Debra Owenby  
W. Frank Badgett  
Kim & William Mann  
Lee Beatty  
Pamela Hughes  
Farrell Cook –  
Cook's Heating and Cooling, Inc.  
Pam Boyle  
Kerri Crater  
Margaret Harper & Donald Lendle  
Sandra Koziara  
Ernestine & Coy Conrad  
Mr. & Mrs. W. McNair Tornow  
Virginia Luck  
Sue Nifong – Silverlin Farm  
James & Lois Williams  
Bronson Chiropractic & Acupuncture  
Clinic of the Triad, PLLC  
Ann & Dick Hensel  
Greg & Pollyann Holthusen  
Jimmy & Katie Lippard  
Mary Reardon & Jeff Harbinson –  
Harbinson & Assoc., Architects  
Rich & Joyce Griner  
Barbara Bell  
Kim and Chris Henson  
Linda Turner  
Carol Ford  
Butch & Lucinda Human  
Caroline and Matt Brown  
Pat Baker  
Patricia and David Colonna  
Kathryn Garner  
Timothy and Sandra Mann  
Jennifer and David Barksdale  
Robert & Montine Wilkinson  
Curtis & Ellen Montgomery  
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Beth Hano  
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Laura & Stan Dean  
Nancy & Jim Devenny  
Barbara Ford  
Linda Simmons Mansfield  
Lisa & Mitch Allen  
Stephen & Judith Pallavicini  
Mike & Lisa Barry  
JT Petty

Brenda & Edgar Welch  
Valerie & Larry Cobler  
Ken Steele  
Martha Key  
Chris & Laura Pallavicini  
Kim Simmons  
Betty Wobker  
Linda McGlothlin  
Vickie Newell –  
Greystone Veterinary Service  
Terry Bull  
Gretchen Hurd  
Rob & Rose Davis  
Gordon & Madeleine Sheeran  
Eula Harper Spease  
David & Lou Ann DiMarco  
Susan & Steve Hubbard  
Charlotte Alford  
Charles & Devon Baldwin IV  
Charles & Beth Baldwin III  
Bo & Kathy Brookby  
Roger & Elinor Call  
Doris Crumpler –  
Hermes Family Foundation  
Fleshman-Pratt Foundation  
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Alan & Beverly Moore  
Robert & Heather Nerhood  
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& Associates  
Darla Johnson

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C. Elliott & Company  
Debra Estby  
Ann & Russell Radford  
Alpha Delta Kappa Gamma Nu –  
Women Educators Sorority  
Flex Pay  
Norma Bowen  
James Gilbert, Jr.  
Winston-Salem Bourbon Club

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## In Memory Of

Sonny Epting  
by Laura and Chris Pallavicini  
Mariam Wright's horse Windsong's Oman  
by Vickie Newell  
Bob Key  
by Dr. Richard & Sheryl Forbis  
Leslee Hunt's Donkey by Ursula Young  
Trey Moore & Cotton Patch  
by Deborah White  
Desi by Margaret Nowell  
Brenda Gangwani  
by G.C. and Judith Petree  
Vickie Newell's horse Edith  
by Ann Radford  
Hugh Causey by Abbey Keener

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## Student Sponsors

Student sponsorships are \$1000 a year and supplement costs that are not covered by tuition, including scholarships.  
Chris and Danny Herko  
Teresa Dampier  
Nancy Smith

## Riverwood Rider

### In Honor Of

Robbie Mann by Sonja Mann  
Jennifer Barksdale  
by Bill & Caryl Cullom  
Linda Green  
by Nancy & Richard Fowler  
Janet Hano  
by Flowers and Friends Garden Club  
The Olinger Family  
by Laura and Chris Pallavicini  
Anne & Jack Geiss  
by Mrs. Alice Hinman  
Nell Barksdale by Mike and Lisa Barry  
Mr. & Mrs. Doug Sampson  
by Nell Barksdale  
Mr. & Mrs. Bob Wilson  
by Nell Barksdale  
Mr. & Mrs. Byron Burkhart  
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Mr. & Mrs. Ed Stewart  
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Mrs. Shirley Brewer by Nell Barksdale  
Mrs. Mark McBee by Nell Barksdale  
Mrs. Pat Adkins by Nell Barksdale  
Mr. & Mrs. Robert Pickett  
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Mr. & Mrs. John Callaway  
by Nell Barksdale  
Elaine Hamilton by Nell Barksdale  
Alice Giles by Nell Barksdale  
Jane Wray by Nell Barksdale  
Nancy White by Nell Barksdale  
Nancy Pendry by Nell Barksdale  
Jan Moffitt by Nell Barksdale  
Caryl & Bill Cullom by Nell Barksdale  
Liz Baldwin by Marie and Guy Arcuri  
The Riverwood Staff by Cindy Martin

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### Buddy Memorial Fund

Martha Key

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### Gifts in Kind

The Estate of Claire Boyce c/o Lynn Brennan – Riding Pants and Riding Boots  
Randy Rogers – Western Saddles, Pony Saddle, pad, saddle blankets, Asst'd halters, bridles, bits, hackamores, lead lines and tools.  
Jan Sawyer – Riding Pants  
Kelly Eubanks – Riding Boots

Anne, Dennis, Laura & Jim Steul  
by Bruce & Kathylyn Barnhill  
Jane Barnhill  
by Bruce & Kathylyn Barnhill  
Wyatt Nerhood by Jo Nerhood  
Michael Anne Haywood  
by Jocelyn Holthouser  
Becca Murray  
by Sonja & Craig Murray  
Kyle & Marie Petty  
by Bill & Martha Gribble  
David Petty by Bill & Martha Gribble  
Kathryn Petty by Bill & Martha Gribble  
Nell Barksdale by Bob & Nancy Wilson  
Ann Williams by Charles E. Williams, Jr.  
Anne & Greg Epting  
by Dr. Richard & Sheryl Forbis  
Doreen Hughes by Barbara Lankton  
Doreen Hughes  
by Susan & Steve Hubbard  
Liz Baldwin by Susan & Steve Hubbard  
Susan Hubbard by Bob and Sally Kenny  
Kathylyn Barnhill  
by Jimmy & Margaret Rakes  
Vickie Newell by Maryanne Post  
Donna Burke & Cashin Hunt  
by Doreen Hughes  
Vickie Newell by Lacey Ruffin  
Vickie Newell  
by Karen & Stephen Lineberger  
Bree Hendrick  
by Bruce and Melissa Stanley

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### Horse Sponsors

Horse sponsorships are \$1000 a year and help with their cost and care.  
Angel - The Piedmont Kiwanis Club  
Blaze - Kyle and Marie Petty  
Boomer - Doreen Hughes  
Boomer - Diane Behar  
Fits - Jane Marvin  
Flash - George & Eleanor Wilson  
Ibby - The Hines family  
King - David and Jennifer Barksdale  
Pet - The Beauchamp Family  
Pet - Lovell's Little Bits  
Sassy - William & Marie Davis  
Thomas - The Hubbard Family  
Tony - Courtney Czarnecki  
Tony - Alan & Susan Kirby  
*As the cost of keeping our horses increases, we hope to have at least two sponsors for each horse. Please consider sponsoring a horse.*

### LTD Donations

Tammy Poindexter  
Sarah Knott  
Janet Austin  
Katie Manning  
Walter Morgan  
Nancy Fowler  
Ransom & Sandra Averitt  
Walter Morgan  
Dave Lawson  
Susan Blevins  
Cooper Padgett  
Laura Pallavicini  
Mike Hunter  
Gina Calloway  
Alex Padgett  
Kerri Wilson  
Hebard Family  
Laura Ball  
Raynelle Coe  
Anne Kimel  
Joe & Eileen Wilhem – Pinnacle Paso Finos  
The George Family  
The Lowe Family  
Chris Lacy

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### Special Sidewalkers and Loyal Leaders

(new volunteers)

Amanda MacInnes  
Willie McCoy  
Cathie Reel  
Debbie Dillard  
Cyndi Briggs  
Morgan Lambert  
Cindy Caines  
Jacquelyn Mountcastle  
Jonathan Wilmoth  
Kate Williams  
Jessica Pendlebury  
Lauren Reavis  
Whitney Lynch  
Jennifer Marion  
McKenzie Bryant  
Marie Downs  
Ashley Price  
Ellen Brown  
Taylor Wilson  
Renae Reed  
Doreen Hughes

Dear Friends,


While March brings us the promise of spring and a new year I want to reflect on 2010 and thank you for your support last year. In spite of the downturns in the economy, businesses, individuals, church and community organizations have found a place in their hearts for the students and horses that Riverwood serves. We are extremely grateful that through your generosity we are able to continue to offer the many program for children and adults with special needs, offer scholarships to those in need as well as care for our 13 equine partners. This year is full of opportunity for community involvement through business partnerships, volunteer opportunities, horses and student sponsorships and event sponsorships.

The Centers for Exceptional Children will be returning this spring bringing 35-40 excited children ages 3-9. This is a great opportunity for them to experience the warmth and love of our horses, volunteers and staff as well as feel the therapeutic benefits of riding. Many children with special needs spend their days looking about at their peers and care givers. While mounted, these children not only have the experience of being eye level, they are able to feel the horses gait underneath of them, wrap their arms around their horses' necks, and travel through the woods to places their legs could not carry them. Riverwood has had a partnership with The Centers for Exceptional Children since 1999 and we are so proud to be able to continue that relationship in 2011.

We invite you to visit the farm and "Experience the Success" this spring.

Susan

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Riverwood Therapeutic Riding Center  
6825 Rollingview Drive  
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