



The Mounted Eagles' Mane Tales



Therapeutic Horsemanship

Volume 8 ♦ Issue 2 ♦ April - June 2010

Congratulations to Sarah Fairbanks - Kids With Heart Winner!



Our own Sarah Fairbanks was the 2010 Kids with Heart top winner. Kids With Heart recognizes children and young adults in your community for the acts of kindness and generosity they perform. All applicants are under the age of 18 and are nominated

by their peers or by someone with whom they work in a volunteer situation. Sarah received a \$500 check for the charity of her choice, which, of course, was Mounted Eagles! Sarah is a unique 16 year old young lady who goes above and beyond in many ways to do good for other people in our communities. She is an active member of the Black Bear 4-H Club, volunteers with Mounted Eagles therapeutic horsemanship program, was voted as Brainerd Area Youth Volunteer of the Year in 2009, is very active in her church and is involved in other community based organizations. On top of all this, she is active in Cross Country Running, Nordic Skiing, Soccer and Track--and also maintains a high grade point average.

Sarah has a brother who faces physical & mental challenges and she includes him in most everything she does. She is proud of him and shares the spotlight with him quite often when receiving 4-H awards, acting in church plays and other public activities. You almost never see Sarah when she is not with her brother. Sarah has been involved with Mounted Eagles for 11 years--when her brother started riding in the program. Before she became old enough to be a registered volunteer, she would sweep the barn aisle, clean tack, set up obstacle courses and help with grooming the horses. She has developed several fund raising ideas for the Mounted Eagles and spearheaded the events herself. She also helped with the annual horse shows and many fund raisers such as the Applebee's Pancake Breakfast, Walk N Roll--the program's largest fundraiser, and the Hoofin It Trail Ride. Sarah now serves as a sidewalker and horse leader during lessons at the barn. Sarah has a very good rapport especially with younger riders. She gets them involved with their lesson and helps keep them focused by engaging them in fun activities and conversations. She also works very well with the program's smaller horses. Sarah shows them respect for the work they are doing. She also made a series of games called "Giddy Up Games" as a 4-H Leadership project and

donated them to be used by the Mounted Eagles riders in their lessons. These games are designed to be played while either on horseback or on the ground and work great for enhancing gross motor skills. She wrote and received a grant from YAR for funding for of this project. She created the Loose Change Roundup which netted over \$2,200 in funds for M.E. At the Hoofin It Trail Ride. Sarah assisted in "Kids Korral" giving children too young to go on the trail ride something to do while their parents were riding. Sarah engaged the kids in making rockets and launching them, painting rocks, making a stick pony and going on their own trail ride. She also uses her photography skills to photograph the riders during the horse show and at different fund raising events. She has created a "Wall of Fame" for the horses who work in the program where their photos and biographies are displayed at the barn. She is organizing a 5K run as a benefit for Mounted Eagles which will be held this summer. We are very proud of you Sarah!



Mounted Eagles Special Olympics Equestrian Team

Have you heard the news? Mounted Eagles has formed a Special Olympics Equestrian Team! Special Olympics provides competitive experiences for persons with intellectual challenges from age 8 and above including adults. A delegation has been formed within Mounted Eagles and training was held on June 7 where our Special Olympic volunteers/instructors became certified coaches. We also held an informational meeting for participants which included a pizza party on June 8. About eight riders have expressed interest in the competition which will be held on Friday, August 20 in North Branch. We are very excited about this program. We will establish our team and begin practicing when we return to riding from our current break. Any questions, please contact Lynn Fairbanks (218) 963-3936.

Rider of the Fourth Quarter - Lydia Putnam

Picture the most wonderful little "deer fly" flitting from one place to another and lighting for a brief moment at any one place, that would be our little Lydia Putnam. She is 7 years old and has Coffin-Siris Syndrome which affects her IQ with a mild to moderate mental disability, with Autism and ADHD in the mix. Lydia is just like other little girls in first grade except at times she experiences her world through the cognitive level of a 3-4 year old. She must be under supervision at all times as she is prone to take off running and just wants to keep on going. It is a full time job to get her focused enough to do anything. Lydia spends a lot of time in therapy where she is receiving help with integrating into community activities. She also spends time each school day with her speech therapist. Lydia moves fast and thinks fast. She loves to dance to music and swing, and to eat her favorite foods--spaghetti and mashed potatoes with gravy. Lydia loves to go for visits at grandma and papa's house. She loves classical music and birthday parties. In fact, sometimes Lydia and her mom have pretend birthday parties just for the fun of it! Going to hunting camp brings her great joy. It is located in a big field and Lydia is free to run all she wants! In the field Lydia can be seen from a long way off so it is a safe place for her to run free. Lydia loves to horseback ride and attends the Mounted Eagles Therapeutic Horseback Riding Program every week. She sits on the arena bleachers for just a few moments until she spots one of the cats. Then she is up and off to catch it. When it is time for Lydia to ride, the challenge of the moment is to get her to take her attention off of the cat, and focus on the topic at hand

which is mounting her horse. She approaches her horse Butter with anticipation and then with a big "Hi" to Jessie, her friend and volunteer riding coach, she eagerly mounts. The challenge at hand for Jessie is to help Lydia to focus and listen to directions. Then they can begin working on their goal of getting from Point A to Point B. Slowly but surely Lydia gains her focus. Then Jessie, keeping Lydia's horse on a loose lead rope, requests that Lydia please "halt" and then "steer your horse through the cones." Then "look over there and ride to that letter E." While this sounds simple enough, it can be a challenge for our little "deer fly." Patiently working as a team, Lydia, Jessie and Butter accomplish the tasks. Then it's back to the mounting block for her dismount. As Lydia's feet hit the wooden mounting block, she turns to run but is momentarily corralled so she turns and hugs Butter's head and gives her horse a kiss on the nose. Then with a quick "Bye" to Jessie she is already off to be with her brother and best friend Layton and their puppy named Max. Lydia, your world is a fast moving one and we love you. Congratulations on receiving "Mounted Eagles Rider of the Quarter."



Welcome New Board Members!



Sandy Strom

Sandy Strom has been volunteering at Mounted Eagles since November of 2007. After retiring from a 24 year military career with the Air Force, she now resides in Nisswa. Sandy came to Mounted Eagles by way of the Crow Wing County Fair where she happened to stop by the ME booth and picked up an application. She loves the program and thought she could contribute even more by becoming a member of the Mounted Eagles Board of Directors. You can find Sandy volunteering at the barn on Tuesday afternoons.

Welcome Sandy!



Lise Lunde

Lise Lunde has been a volunteer at Mounted Eagles since January of 2008. She is a resident of Brainerd and an avid horse lover. It's the love of riding horses that brought her to Mounted Eagles, but working with the riders is what she finds the most rewarding. When she is not riding her horses or volunteering, she works as a Nurse Practitioner for the Minneapolis Heart Institute and covers the cities of Brainerd, Crosby and Aitkin. You can find Lise at the barn on Thursday nights. Lise decided to join the Mounted Eagles Board of Directors to become more involved with the program. We are glad she did.

Welcome Lise!

A Special Thank You to Our Exiting Board Members!

Although you will continue to support us in other ways, we would like to thank you for your many years of service as a member of the Mounted Eagles Board of Directors.

Theresa Grow
Board member since April 2007

Marcia Mehr
Board member since April 2007

Join us for Breakfast!

Bring family, friends and anyone else you can pick up along the way to



15240 Dellwood Drive in Baxter

Saturday, July 17
8:00 am - 10:00 am

This is a benefit for Mounted Eagles where you will get to meet our volunteers and riders who will be taking orders and serving:

All You Can Eat Pancakes
Juice & Coffee
Cost: \$5.00 per plate

Proceeds will help us continue and expand the service we provide to special people living in our communities.

Tickets can be purchased at the door or in advance from Aggie Stroot, 218.568.3968.

Starting group - Grand Marshal of the 2009 walk - Rachel Triplett



2010 Walk-N-Roll Is Coming Soon! September 11

Mark your calendars and plan to join us for Walk-N-Roll So They Can Ride on September 11, 2010. It's time to start planning to collect pledges and sponsors. Please consider becoming a sponsor for this event, T-shirt Sponsors, Mile Marker and Starting Line Sponsors are needed.

2010 Calendar of Events

- July 17 Applebee's Pancake Breakfast
- Aug. 3-7 Crow Wing County Fair
- Aug. 10 Volunteer Training
- Aug. 20 Special Olympics
- Sept. 11 Walk N Roll So They Can Ride
- Oct. 1-3 Hoofin' It For Mounted Eagles

Watch www.mountedeagles.org for updated 2010 Calendar of Events



Happy Birthday

April			May		June	
Eric L	Mitchell R	Susie B	Mary D	Nancy R	Nancy L	Wendy W
Jake T	Nakota P	Theresa G	Rachel T	Preston N	Barb H	Ronda R
Kelsey O	Shirley A	Amanda G	Melodie S	Alicia J	Weezie T	Zoe S
James S	Katie V	Austin N	Courtney G	Greg D	Mya H	Daniel B
Lydia P	Dylan B	Bruce G	Renee D	Natasha S	Gavin P	Brittany E
			Austin H	Jenny W		

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Aggie Stroot, Executive Director; Susie Baillif, Sr. Instructor; Shirly Adolphson and Toni Wasilensky, Volunteer Directors

Board of Directors: Jan Moran, Chairperson; Kris Olson, Vice Chairperson; Cheryl Triplett, Secretary

Mary Hammer, Lynn Fairbanks, Colleen Langren, Lise Lunde, and Sandy Strom

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