



# The Mounted Eagles' Mane Tales



Therapeutic Horsemanship

Volume 10 ♦ Issue 4 ♦ October-December 2012

## Participant Horse Show

Congratulations to all of the riders who participated in the annual ME Participant Horse Show. The show was a culmination of two months of hard work practicing for the "run for their ribbons." Each rider chose one event in which to participate. Events included keyhole, pole bending, obstacle course and barrels. Each rider was timed by the show judge as they moved through their chosen event. All the practice paid off as many riders improved their steering skills resulting in tighter turns to increase their speed through the event. Others improved their balance in the saddle. When not competing, the participants enjoyed "horsey" games and cheered on their friends from the other end of the arena. Lots of good food was enjoyed by all. We certainly have some good cooks in our Mounted Eagles family! A big Thank You to all of our wonderful sponsors, donors and hardworking volunteers who made the event possible. Thank you to Hope's Braids, Garrison Animal Hospital, Spirit Horse Center, Sue Olson and especially to Susie Baillif and the Wolf Creek Riders 4-H Club for starting it all 14 years ago! You are all very special people.



Wishing everyone in the Mounted Eagles family a wonderful and safe Holiday season.

### ME COLLECTS CANS FOR CASH

Cans can be dropped at Jack's House and at Crow Wing Recycle.

Just mention Mounted Eagles.

### What is Your New Year's Resolution?

Are you thinking about what your New Year's Resolution should be? Mounted Eagles can help! Need to get more exercise? Have a desire to help individuals who are physically or mentally challenged? Does spending time with horses and some really good people sound fun? Then make your resolution to become a volunteer with the Mounted Eagles program. We are looking for some great volunteers to help us provide therapeutic horsemanship and equine assisted activities to individuals with special needs. We could really use YOU! We guarantee a rewarding adventure! Contact us for more information. 1.888.828.9920 218.454.3228



## Rider of the Quarter - Hank Mykkanen



Hank is easily recognized when he comes for his therapeutic horseback riding lesson with Mounted Eagles. He always has a big smile on his face and shares his positive enthusiasm with everyone around him. He has been a part of the Mounted Eagles family for several years and rides each Tuesday afternoon. Hank requires assistance from his volunteer coaches to get mounted from his wheelchair up onto the back of his four footed mount named *Wind Dancer*. After putting his foam leg protectors between Hank's legs and the saddle, he is ready to go. Hank loves horseback riding and works hard to keep balanced in the saddle as he steers *Wind Dancer* around the riding arena. It takes a lot of concentration to remember everything--sit up in the saddle, hold the reins correctly, give *Wind Dancer* the right signals to get him to go where you want him to go. With the support and direction from his riding coach and side walkers, it all seems to come together as Hank and *Wind Dancer* become

one as they move through their lesson. Riding a horse can also be relaxing when you can feel the horse's walking motion. The horse's walking motion helps to build core muscles in the rider and promotes improved balance. The improvements from horseback riding are extremely beneficial to riders like Hank, who must utilize a wheelchair.

Hank is a farmer who loves to spend as much time as he can up on his tractor. Rumor has it that Hank is looking for an even bigger tractor to do his farming chores. He is a resident of Pequot Lakes and also has a brother and sister-in-law living nearby. When he can't be up on his tractor, Hank can be found watching the RFD-TV channel. Hank certainly loves horses, but he also has a cat named Kitty and a dog named Bear to keep him company. He is also known to be quite the jokester. Hank has a contagious laugh and he enjoys making all of his Mounted Eagles friends laugh right along with him. With a cowboy hat on his head and a big grin on his face, yes Hank you are easily recognizable. Hank our smiling friend, we look forward to seeing you each week!

Congratulations on being selected as the Mounted Eagles Rider of the Quarter.

Mounted Eagles is a 501(c) non-profit group.

**Our Mission Statement:** Mounted Eagles enhances the lives of program participants, volunteers and the community by providing a safe and enjoyable environment where individuals with special needs benefit from therapeutic, developmental and educational equine-assisted activities.

10th Annual  
**Walk-N-Roll**  
So they can ride

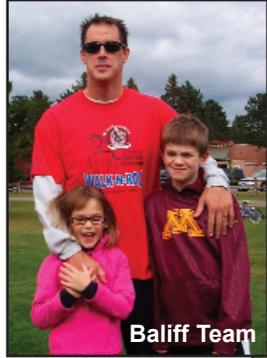
**Raised over  
\$17,000!**

**Hoofin' it for Mounted Eagles**  
Time to Hit the Trail

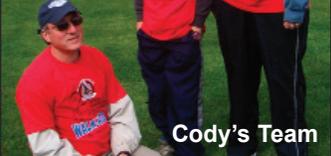
Thank you to everyone who made it happen. Thank you to our major sponsors: Thrivent Financial for Lutherans, Grand Casino, Brainerd Surgery Center, Crow Wing Recycling, NorthStar Kigers, Garrison VFW, Grattan Healthcare, Inc., Nisswa Square and Spirit Horse Center.



Ready to Start



Baliff Team



Cody's Team



Rachel's Team



Richard & George Langer Team



Shae's Team  
Grand Marshall



David Leek

**Welcome New  
Volunteers**  
Kate L, Sandy B &  
Becky E

The 5th Annual Hoofin It for Mounted Eagles event was once again a fun-filled and profitable occasion. Riders, campers, and those who came on Saturday for the entertainment and the meal enjoyed the fall beauty whether they were riding their horses or in the Hayride Wagon. Sitting around the campfire and enjoying the live music performed by Mark & Paula Sederquist kept the chill from the fall air away and warmed our hearts and bodies. Lynn, our Executive Director, played games with the kids which included hiding items in the leaves and making them take a dive to find them. Lynn got to take part in the Sunday morning ride this year, too.

Many thanks to all of the riders, campers, dinner attendees and donors who made the event successful financially. A great big THANK YOU to all of the volunteers who made the weekend happen. We couldn't have done it without any of you! Be sure to mark your calendars for next year's event on October 5-6, 2013, which we hope to make bigger and better than ever! Happy Trails to you until we see you again!

**Holiday Celebration Cookbook**

The latest ME cookbook is hot off the press! Get yours now! It's packed with delightful recipes to celebrate holidays throughout the year. The cookbooks make a wonderful gift and are only \$15 each or 2 for \$25.

Available at the barn.

**Save the Dates!**

January 28, 2013 Annual Rider Banquet & Potluck Dinner  
First Lutheran Church in Brainerd at 6 pm

February 19, 2013 Annual Volunteer Banquet  
First Lutheran Church in Brainerd at 6 pm

**2013 Calendar of Events**

January 8,9,10	Riding Season Begins
January 28	Rider Banquet
February 19	Volunteer Banquet
March TBD	A Night with the Stars
July 13	Kayak Race
September 7	Walk N Roll
October 5,6,7	Hoofin It Trail Ride

Watch [www.mountedeagles.org](http://www.mountedeagles.org) for updated calendar.

**Happy Birthday**

October		November		December		
Linda S	Sandy Z	Jessica L	Kelsey W	Brittney S	Ezra B	Alexa K
Erin S	Herschel T	Cody V	Bill S	Emily G	Debra S	Marcia M
Rebekah H	Tate B	Sandy B	Erica B	Alicea P	Debra G	Kristae L
Jean C		Sharon L	Jessica M	Kelly O	Kristi D	Kris O
		Makayla S	Aggie S	Trenton R	Tasha L	Patti J
				Victoria L	Sherry S	Kathy P

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