

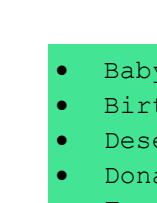


INSTRIDE NEWSLETTER UPDATE

HAPPY MOTHER'S DAY!

PUBLICATION 21

APRIL/MAY 2010



APRIL SHOWERS BRING MAY FLOWERS.



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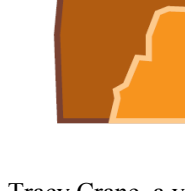
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BABY HORSE

We were sent the following e-mail and wanted to share it with you. There is nothing like Mom's lap no matter who you are. This is a newborn offspring of Taskin, a Gypsy Stallion owned by Villa Vanners of Oregon. These pictures were taken immediately after his birth on April 6. The mare laid down, and then the foal trotted around and crawled right up into her lap. Talk about true love!



BIRTHDAYS



Clients April: Matthew Baker, Olivia DiPierro, Gavin Grimaldi, Denise Keener, William Klick, Paxton Pope, Alexis Reynolds.

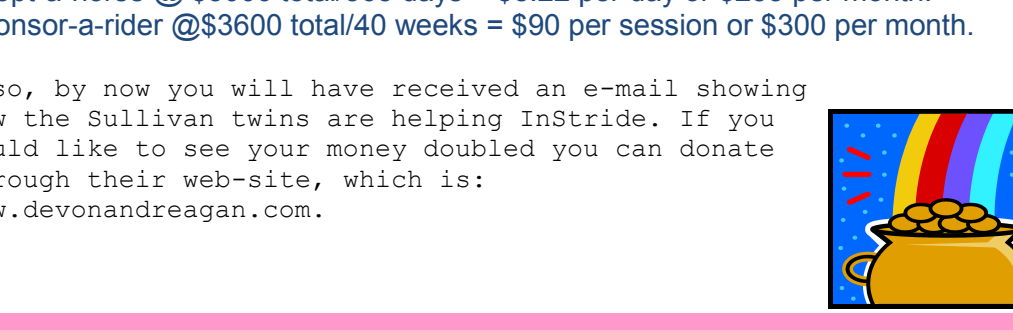
Volunteers April: Lisa Crowley, Barbara O'Neill, Marianne Satterley, Peyton Shell.

Clients May: Claire Bonacci, Antonio Delgado, Ian Hickey, Cole Laudenslager, Jermy Mills.

Volunteers May: Mary DiLallo, Helen Joduin, Heather Kopp, Kim Ramey, Jeannine Royer, Donald Schiavo.

DESERT CLIFFS

LONGTIME VOLUNTEER BEGINS NEW VENTURE



Tracy Crane, a volunteer at InStride for 10 years now, has recently entered into a partnership with Desert Cliffs Fitness Resort in St. George, Utah. Desert Cliffs is an affordable, yet lavish weight loss getaway destination focusing primarily on hiking and healthy eating as a way to promote healthy living. Whether you have a little or a lot of weight to lose, need a jumpstart to getting back in shape, are training for an upcoming event or just need a break from a stressful life, this unique fitness program is for you.

You will experience a structured weight-loss program that features guided hikes through breathtaking scenery, stimulating cardio and stretch classes in a world class fitness facility, relaxing Yoga classes, fresh appetizing cuisine, a series of lectures regarding health, fitness, cooking and more. And at the end of the day, enjoy one of several revitalizing spa treatments to help you relax. The program is specifically designed to accommodate small groups of 15 or less each week, so as to create a more personal experience for all. You will be staying in a luxurious villa in a gated community with access to two pools and the onsite fitness facility. Please visit www.desertcliffs.com for more information and to make a reservation. If you mention Tracy's name or InStride, you will receive a \$100 discount on the weekly rate or you can choose to have the discount amount donated to InStride.

DONATION OPPORTUNITIES

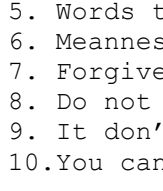
Are there times you would like to help InStride financially, but you're not sure how? Or do you wonder what it costs to keep a horse fed or to give a rider a chance to ride? Following is a breakdown on those questions. You can donate to this in any increment that fits your budget.

Adopt-a-horse @ \$3000 total/365 days = \$8.22 per day or \$255 per month.
Sponsor-a-rider @\$3600 total/40 weeks = \$90 per session or \$300 per month.

Also, by now you will have received an e-mail showing how the Sullivan twins are helping InStride. If you would like to see your money doubled you can donate through their web-site, which is: www.devonandreaegan.com.



FACILITY MAINTENANCE



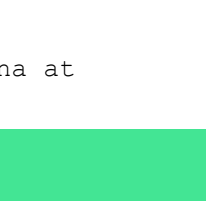
Every Friday we have a gentleman, Sean, who comes to InStride and does facility maintenance. If you feel that this is something that you would like to help with let us know. You can come every Friday, once every other week or even once a month. You can put in from two to three hours or longer if you would like. It is getting to be that time of year, when there will be lots of mowing, weed pulling and weed eating to be done along with general maintenance.

90/10 PRINCIPLE

What is this Principle? 10% of life is made up of what happens to you. 90% of life is decided by how you react. What does this mean? We really have NO control over 10% of what happens to us.

You CANNOT control a red light. You CAN control how you react.

Absolutely everything we say, give, do or even think, it's like a boomerang. It will come back to us... If we want to receive, we need to give first... Maybe we will end with our hands empty, but our heart will be filled with love... And those who love life, have that feeling marked in their hearts...



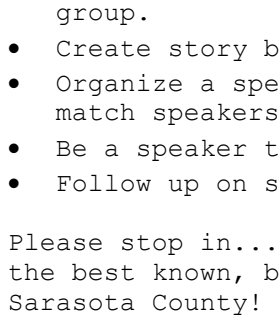
OAK PARK SUMMER CAMP

We will be taking three horses to Oak Park school for summer camp again this year. The dates are as follows: Monday-July 26, Friday-July 30, Monday-August 2 and Friday-August 6. The camp hours are 8:00 to 11:30. If you would like to help with one or all of these camps please let Cindy know. We need at least 6 more people each day to make this happen.



OLD FARMER'S ADVICE

1. Your fences need to be horse-high, pig-tight and bull-strong.
2. Keep skunks and bankers at a distance.
3. Life is simpler when you plow around the stump.
4. A bumble bee is considerably faster than a John Deere tractor.
5. Words that soak into your ears are whispered...not yelled.
6. Meanness don't jes' happen overnight.
7. Forgive your enemies; it messes up their heads.
8. Do not corner something that you know is meaner than you.
9. It don't take a very big person to carry a grudge.
10. You cannot unsay a cruel word.



PARELLI WORKSHOPS

Donna Blem- 2010 Workshops at InStride.

Parelli Natural Horsemanship teaches the essential skills and communication needed to work naturally with horses.



The workshops and levels are as follows:

Level 1-June 12, July 10 & August 7 all from 2:00 to 4:00

Level 1 Advanced-June 19 from 2:00 to 5:00

Advancing your Communication Workshops Level 2/3-all are 9:00 to 12:00.

June 13-Body language

July 11-Follow a feeling

August 8-Visualization

If you are interested in any of these please contact Donna at Donna@InStridetherapy.org.

SUMMER SESSION

Our summer session will be starting soon! School gets out on Friday, June 4th and we will have a break from Monday, June 7th through Saturday, June 12th. The summer session will then run through August 7th. If you find that you would like to volunteer a different day or possibly an additional day, please let Cindy in the office know.

Also, if you would like to help feed and turn out horses during the break your help is greatly appreciated! We bring in and feed at 8:30 in the mornings and around 2:30 in the afternoons during break. Again, let us know if you would like to help with this.

Thanks,
The InStride Staff



VOLUNTEER MILES

It is too late for this year's taxes, but did you know that you can write off the miles you drive to volunteer? Depending on how you file, you may be able to write off your mileage. Keep a log book in your car and keep track of all the miles you put on volunteering. The miles begin the moment you leave your driveway until you pull back in. (Of course if you run errands in between you must allow for them.) Just driving to our facility and back home qualifies. If you are someone that drives others to doctor's appointments, etc, the miles could add up quick!

Please be sure to check with your tax advisor on this.



VOLUNTEER OPPORTUNITIES

What organization is well known locally, highly respected and is also UNKNOWN by too many Sarasota groups, clubs, corporations and associations?

Answer...**InStride Therapy!** How can you help? We need your help with any one or all of the following:

- Create lists of local clubs, associations, corporations and other groups to contact.
- Introduce us to your club, association, corporation or other group.
- Create story boards, talking points, other speaker materials.
- Organize a speaker's bureau of volunteers, schedule talks and match speakers.
- Be a speaker to tell InStride's story to groups and corporations.
- Follow up on support opportunities generated from these contacts.

Please stop in...or give me a call! Together, we can make InStride the best known, best supported nonprofit organization in all of Sarasota County!

Mike

