



Sunshine and Smiles Abound at Our October 4 Farmwarming Celebration

Several hundred friends of Pegasus gathered on a lovely fall day to formally celebrate all the great changes we've made since moving to Pegasus Farm two years ago. From the horse apple-bobbing contest to the Pegasus Parade, it was a day filled with family fun and laughter. To view a slide show of more than 200 photos of our rider families, staff, volunteers, horses, and friends, visit pegasustr.org/farmwarming.



Clockwise from top left:

*Riders and friends assemble outside the arena for the start of the Pegasus Parade.**

Volunteer Rachel Ehrman works her face-painting magic with rider Elizabeth.

*An energetic young guest jumps for joy on the Horseless Horse Show course.***

*Volunteer Kimberly Walker leads Edgar Allan Pony in the Pegasus Parade.**

*Grand Marshals Jamie Prusak (board member and Farmwarming Chairperson) and Patti Coyle (Executive Director) lead the volunteer corps in the Pegasus Parade.**

**photo by Hildi Todrin **photo by Tanya Nadas*



Good News Shared at October 4 Annual Meeting



Prior to the Farmwarming, Pegasus held our Annual Meeting to review the past year and share our plans for the future. The meeting included a financial report by Board Treasurer Susan Kozera, a vote to approve Joseph Cusato as a new board member, and a slide show highlighting the many amazing moments of 2008-2009. Board President Sue McGraw closed the meeting by thanking departing board members Betty Foulk and Peter Streinger for their years of dedicated service, and Farmwarming Chairperson Jamie Prusak for all her hard work organizing the event. Guests were also treated to a therapeutic riding demonstration by Pegasus rider Ari, assisted by instructors Suzy Angier, Betsy Stein Medinger and Rachel Keller, volunteers Charlotte Cavanaugh and Sue Brubaker, and therapy horse Hobbs. Pictured here with Ari are (l. to r.) Charlotte, Rachel, Betsy and Sue. For a full annual meeting recap, visit pegasustr.org/latestnews.

Program Highlights



As the sun begins to set at Pegasus Farm, instructor Laura Corsun and her dedicated crew of volunteers begin their class with hellos and high-fives for riders (l. to r.) Erik, Michael, Kevin and Zayas.

Program continues to thrive at our six chapters:

- We increased the number of riders in our spring 2009 session by **25%**.
- The total number of rider spots in 2008-2009 was **396**, up 15% from 2007-2008. This represents over **225** individual riders.
- The total rides/sessions in 2008-2009 was **2,713**, up 23% from 2007-2008.
- For the first time ever, a class of **independent riders** rode at the Annual Pegasus Horse Show.
- With the addition of our new covered outdoor arena, our former fair-weather program at Pegasus Farm went from a **30% cancellation rate in 2007-2008** to canceling just **one half-day in 2008-2009**.

For more program details, check out the annual meeting recap at pegasustr.org/latestnews.



Stepping It Up With Our New Mounting Block

Thanks to many hours of design and carpentry wizardry by talented volunteers Chris Coyle and Carolyn Jagielski, Pegasus Farm's covered outdoor arena has a new mounting block that has really helped our riders, staff and volunteers get their lessons off to a great start this fall. In the photo above, Chris gives staff and volunteers a tutorial on the mounting block's many useful features.

3rd Annual Pumpkin Carving Party



It was a dark and stormy night. Giant pumpkins loomed in the distance, but they were no match for (l. to r.) volunteer Taylor Batista, staff member Danielle Yacko and volunteer Amanda Costello at the 3rd Annual Pumpkin Carving Party on October 24. For more photos, check out our slide show at pegasustr.org/latestnews.

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How Do Equine-Assisted Activities Benefit Riders With Physical Challenges?

In part one of a series, we asked Pegasus physical therapist and therapeutic riding instructor Lois Brockmann to explain how equine-assisted activities benefit riders who have physical challenges.

Lois began by discussing why pairing people with horses can be especially beneficial. "The motion of a horse's gait resembles a human's natural walking movement in a 3-D manner that other exercise equipment cannot replicate. This allows riders with physical challenges to work on improving their strength, flexibility and balance simultaneously. Trunk stability and core strength are very important for good posture as well as body control. Riding is an excellent activity for addressing these objectives."

"In addition to more traditional physical benefits," added Lois, "participants can work on coordination, motor planning, and fine motor and communication activities during mounted or ground program sessions." Lois also noted that Equine Assisted Activities and Therapies provide a broad range of experiences that can be tailored to meet a variety of participant needs.

Finally, for people with physical challenges, riding can help them gain confidence, greater independence and an unforgettable feeling of partnering with our best teachers—our therapy horses!

Congratulations and best wishes to New Canaan Mounted Troop on the opening of their beautiful new indoor arena and barn!

Meet Our Newest Staff Members



A lifelong equestrian, **Carey Fleming** also has an accomplished background in corporate sales, development, non-profit management and volunteerism. As Development Officer, Carey will help develop, implement and manage fundraising and marketing initiatives.

Rachel Keller joins us as an instructor and our new Special Programs Coordinator. After earning a B.A. in psychology with a minor in sociology from Concordia University in Ann Arbor, Michigan, Rachel worked as an intern at Green Chimneys while obtaining her NARHA Instructor certification.



What Is a NARHA-certified Instructor?

We often say that all of our Pegasus instructors are “NARHA-certified,” but what does that really mean?

NARHA is the organization that sets the industry standards for therapeutic riding centers in the U.S. and Canada. As a NARHA Premier Accredited Center, we require our therapists and instructors to achieve their NARHA certification prior to employment here.

To do so, they must demonstrate knowledge and skills in the areas of horsemanship, stable management, horse care, and disabilities as they relate to specific criteria. This is accomplished through written exams and practicum testing. In addition, every Pegasus instructor and therapist must be at least 21, a member of NARHA, and certified in CPR and first aid.

The NARHA Approved Instructor Training Course includes the study of cognitive, physical, sensory, psychological and behavioral disabilities, as well as coursework in anatomy, kinesiology, physiology and psychology. Information about therapeutic riding center operations and management is also available. The written test and practicum at the end of the training incorporate knowledge learned through coursework and practicum experience. Once our therapists and instructors are NARHA-certified, they must maintain their certification with 20 hours of continuing education per year.

In other words, our instructors and therapists have worked *incredibly* hard to obtain their NARHA certification, and we are very proud to have them here with us at Pegasus!

Enterprising Rider Raises Donations for Pegasus, One Bauble at a Time

During her summer vacation, Pegasus rider Justine had an idea.

Knowing firsthand how important therapeutic lessons are to our riders, she decided to find her own unique way to raise donations in support of our programs.

Justine asked her friends and family members to give her all their unused jewelry so that she could sell it to benefit Pegasus as part of her Bat Mitzvah community project.

We think even Justine was surprised by the amazing results. To date (and she’s not done yet), Justine has raised about \$800 in jewelry sale donations! The helper pictured above with Justine is her sister, Julia, also a Pegasus rider.

Many thanks, Justine and Julia—great job!



Par for Pegasus

Pegasus is organizing a series of golf outings for spring and summer 2010 to support our Pegasus scholarship and rider assistance programs.

Anyone interested in joining our Golf Committee or playing at an outing may contact Todd Gibbs at (845) 669-8235 x102 or tgibbs@pegasustr.org.

? ? ? ? ? Did You Know... ? ? ? ? ?

...that the first Pegasus session in 1975 was a pilot program with six students at Ox Ridge Hunt Club? The 10-week program, which was nicknamed “An Idea That Took Wings,” consisted of one class of three adults and one class of three children.

Remembering Our Friend Sherrell



Sherrell's sister, Becky Hoffman; niece, Lezlee Peterzell Bellanich; and grand-niece, Skye; attended the dedication.

On September 29, friends and family gathered at Pegasus Farm for the dedication of two benches placed near our arena in memory of longtime instructor Sherrell Grean, who passed away in October 2008.

Many thanks to Lily Reich, Priscilla Lucas, Stephanie Antoszewski and Melissa Merendino, whose special efforts helped make the dedication very meaningful.

Calling All Volunteers!

Our amazing volunteers are the backbone of our work at Pegasus, and we deeply appreciate the time and passion they give to our programs. As we gear up for another successful year, we are asking for a few additional minutes of our volunteers' time to help us take full advantage of any community and corporate funding opportunities that can keep Pegasus going strong for our riders.

Pegasus relies on grants to help subsidize the portion of our annual operating budget not funded by individual donations. Since many organizations only donate to nonprofits that their employees or members support through volunteerism, **if you are involved with a community organization that offers grants, or if you work for a company that makes charitable gifts, please let us know.**

Please contact Development Officer Carey Fleming at (845) 669-8235 x104 or cfleming@pegasustr.org to discuss how your employer or organization may be able to help us fund our programs.

Do We Have Your Current Email Address?

To conserve resources, we are sending a lot of our program information by email now, as well as updates on all the great things going on at Pegasus. If you are not currently receiving emails from Pegasus, you can sign up via the **Join Our Mailing List** link at pegasustr.org to make sure you get all the latest news and information.

? ? ? ? ? **Did You Know...** ? ? ? ? ?

...that our volunteers donated

more than **11,500**

total service hours this past year?

THANK YOU, VOLUNTEERS!

Volunteer Training at Pegasus



With the help of "rider" Adam Smith, Instructor/Volunteer Coordinator Bill Prout uses Peggy the Teaching Horse to review sidewalking techniques with volunteers.

Whether they are helping with program, Horse Show, or the many other daily responsibilities we have at Pegasus, *all* of our volunteers have very important jobs. For anyone volunteering as a sidewalker or horse leader, it's essential that we provide them with the training they need to keep our riders, instructors, horses and, of course, themselves safe at all times. To help ensure the safest environment possible, Instructor/Volunteer Coordinator Bill Prout holds periodic training sessions for new and returning volunteers. Training topics include proper holds for sidewalkers, best practices when working with horses, and working with riders with special needs.

UPCOMING PEGASUS EVENTS

Volunteer Pancake Breakfast 12/5/09

29th Annual Pegasus Horse Show ... 5/23/10

Pegasus Golf Outings.. Spring/Summer 2010

Pegasus Fun on the Farm Day Fall 2010

Pegasus Therapeutic Riding

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is proud
to be a



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