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VOLUME I, ISSUE 3

From the Rail

Although this newsletter was

compiled at the end of 2013,

by the time you receive it we

year. I hope that 2014 brings

good things for you and your

loved ones. I know that Mane

Stream will continue to do

the good work that you will

What I hope is that 2014 will

that we can not only provide

equine assisted therapy and

adaptive riding but that we

expand to offer programs for

children fighting cancer and

that everything including

funding will come together

for us to offer a program for

returning veterans. As I am

hear thanking for and justify-

ing your support, I thought I

would let Mane Stream mom

Kim Bush who writes about

the voice that you usually

read about in these pages.

see a growth in support so

will have welcomed a new

#### By Nichola Redmond

JANUARY 2014

her sons Luc and Dax in this newsletter tell you how she feels about supporting Mane Stream:

I know that riding is super

*I* know that riding is super expensive, but I did not fully understand how much subsidizing goes into prepping and providing for the program at Mane Stream until I got involved as a parent of participants. I never discard the Mane Stream solicitations for help. Mane Stream is different from other charitable programs and serves not just the participant, but the family and caregivers behind each participant. It is a program for family values, a small noncompetitive oasis in a very complex world of competition and nerve-wracking child rearing that can overtake a family. Everyone benefits: parents, siblings, participants, volunteers, animals, staff and supporters.
Perhaps my thoughts here are idealistic, but Mane Stream really is more than



Nichola Redmond, Executive Director

just a participant riding a horse...it is a model for cooperative value benefitting all who dare to think differently, break away from convention and get involved.

As always, we welcome your visit, comments and involvement. Please call me and I'd be happy to talk about the world of Mane Stream. Thank you for making it possible.

# Mane Stream: A Family Affair

Here, Kimberly Bush shares her story about her two sons, Dax and Luc, and their experiences at Mane Stream. Both boys, though not biologically related, were adopted from Uralsk Kazakhstan, Dax at ten months of age and Luc at 9 months of age. The boys were born in April 2005 and May 2005 respectively and are

both eight and half years old.

We learned about adaptive horseback riding from a caregiver that we hired to look after Dax and Luc in June of 2012. Both Dax and Luc had been doing occupational therapy, which was great, but the effects of a single OT session did not

By Kimberly Bush

last. Dax and Luc had progressed out (skill wise) of individual OT sessions and were in social learning groups. The problem with these groups was that other children's negative habits often had a detrimental effect on the positive progress that Dax & Luc were making. Basically Dax & cont. on page 6

# Mother + Daughter = Quality Time for Mane Stream

As a non-profit organization, Mane Stream relies heavily on volunteers to do a variety of jobs. With only a small

paid staff, volunteers are a vital part of the team that makes Mane Stream's programs so successful. They help run day-to-day programming, make up Mane Stream's Board of

day programming make up Mane Stream's Board of Directors and assist with fundraising and special events. Without the 315 active volunteers who give of

All of Mane Stream's volunteers mean so much to this organization, and quite often

their time and energy on a

regular basis, Mane Stream

would not exist.

they have wonderful stories behind their commitment to Mane Stream. Mother/ daughter team, Kathy and Carly Snyder, are two such volunteers. In the spring of 2007 Carly Snyder was in search of some kind of community service that would fulfill her high school's requirement. Carly and her mother Kathy often drove by the Mane Stream farm in Oldwick and saw that volunteers were needed. Kathy thought it would be a perfect place for Carly to get her hours as Carly had been riding horses since she was five years old. She had been training and showing for several years with Dana Hart Callanan at Hart Farm in Lebanon, NJ. Kathy, who is also an avid rider, always

wanted to volunteer with Mane Stream and Carly's need for volunteer hours gave her a good excuse to work with her daughter. "Once we started volunteering at Mane Stream, we couldn't leave," said Carly, "We got attached," added Kathy. A school requirement blossomed into an incredibly special relationship between Mane Stream and the Snyders.

Kathy is one of Mane Stream's most reliable and enthusiastic volunteers. She still volunteers on a weekly basis with Occupational Therapy (OT) and often comes in to substitute with different therapy sessions and group lessons. Carly, now a senior at the College cont. on page 4

"Once we started volunteering at Mane Stream, we couldn't leave," said Carly.

# Ask the Expert: What are Equine Asissted Activities?

Mane Stream staff member Gina Taylor, who is Director of Therapy Services, staff Occupational Therapist, Hippotherapy Clinical Specialist and PATH Int'l. advanced instructor responds:

Mane Stream gives participants a chance to interact with horses in ways that allow them to be successful and maximize their individual abilities. Mane Stream's equine assisted activities focus on:

1. Providing an opportunity to develop recreation that is

meaningful to the person.

- 2. Developing horsemanship skills and a connection with the Mane Stream horses.
- 3. Fostering social interactions between participants, between participants and volunteers, between participants and staff and between families and the community.

The equine assisted activities at Mane Stream are adaptive riding lessons, carriage driving and interactive vaulting. This diversity in programs allows Mane Stream to accommodate

people with a wide range of abilities and interests.

Adaptive riding teaches each rider skills towards independent riding. Each step of learning to ride and direct the horse is broken into instructions that the student can understand and master, both cognitively and physically. The instructor is focused on giving the student a positive experience while creating a challenging lesson. Adaptive riding encourages the student to learn empacont. on page 7

Mane Streams' focus on meaningful recreation, horsemanship skills and positive social interactions provide the gifts of health, well-being and improved quality of life.

VOLUME I, ISSUE 3 PAGE 3

### A Passion for Mane Stream

It is a rare and special thing to find a person who is so wholly dedicated to a specific cause or organization. Here at Mane Stream we are blessed to have many passionate supporters who give of their time and resources to help make what we do here possible. But there is truly no individual

Mane Stream Volunteers!!! Mane Stream than



more devoted to
Mane Stream than
volunteer, board
member, committee member and
financial donor,
Karen MikitaKaufhold.

Karen first started volunteering with Mane Stream more than thirteen years ago after hearing about the organi-

zation at a business gathering with her husband's company. An associate's wife mentioned Mane Steam (at the time Somerset Hills Handicapped Riding Center) to Karen and it immediately sparked her interest. Karen had recently left her accounting job with Inserra Supermarkets in Mahwah, NJ and was looking for something to do with her newly acquired free time. She decided to give volunteering a try.

Some time after volunteering with Mane Stream, Karen was asked to be on Mane Stream's Equus Gala committee. A few years later she was approached to join the Board of Directors. Karen has been a board member for the last six years and currently holds the position of Secretary of the Board, "The job of Secretary is time consuming, but because I don't work

outside the home and have a little extra time, I'm happy to do it," said Karen. She continues to be on the Equus Committee every year and still volunteers with Mane Stream's programs weekly. In addition to the large amount of time Karen devotes to Mane Stream she and her husband Steve also regularly give significant financial donations. When Karen was asked what role at Mane Stream gives her the most satisfaction she replied, "It really takes all of them (program volunteering, volunteering on the board, financial donations) to make it work. Before becoming a board member I didn't understand how everything tied together to make Mane Stream's programs possible, but now I am able to see the bigger picture. All the different components are equally important, but volunteering with the therapy and group lessons is probably the most rewarding part because you can see the progress individuals are making first-hand."

When Karen first began volunteering she worked mostly with Adaptive Group Lessons but a few years ago she began volunteering with Mane Stream's therapies. Karen volunteered for a while with Speech Therapy and spoke about a young girl she worked with. "This child could not speak at all when I started volunteering with her. She had a button that she pressed that said "walk-on" so when Angela (Mane Stream's Speech Therapist) asked her to tell her horse

ByTori Dietz

to "walk-on" she would just press that button. I eventually changed the day that I volunteered so I no longer worked with this girl, but one day about a year or so later I was substi-



Karen Kaufhold, Board of Directors

tuting with Speech Therapy and this child had a session with Angela that day. We were starting the session and clear as a bell I heard her say "walk-on" and tears came to my eyes. I realized then that amazing things really do happen at Mane Stream," recounted Karen. Karen went on to talk about the changes she has seen at Mane Stream over the years. She spoke about the different programs now offered. "There are so many more people out there who could benefit from Mane Stream's services if they were just given the opportunity." She also spoke very highly of all of the other board members. "Everyone on the board is so committed to the organization. When something needs to be done people don't hesitate to step up. Our board members come from many different walks of life; some are not even "horse people". But we complement each other extremely well and I have never known a more passionate group of individuals."

But there is really no one more dedicated to Mane Stream than cont. on page 6

I taught a young boy with autism . . . He not only learned basic riding, he also learned to speak and make eye contact with me.

### Mane Stream's Hotmail Connection

Catherine Haddad Staller trains and competes at the Grand Prix level in dressage both nationally and internationally throughout Europe and the United States. She was born in Michigan where she began riding at age six. In 1987 Catherine graduated with Honors from Michigan State University and James Madison College with a Bachelor of Arts in International Relations. She used this degree to develop an international training business in dressage. In 1993 she moved to Germany where she trained with dressage master, Willi Schultheis. Catherine returned to the US in 2012 after many successes in Germany in International Dressage. She closed her training center in Vechta, Germany and opened a new training center at Casa Lusitana in Loxahatchee, Florida. Today Catherine splits her time between the training center in Florida and her New Jersey training center at Mary Beth Hamorski's Pinnacle Farm in Califon, NI.

Catherine always wanted to find a way to give back through her equestrian successes and passion for the sport and Mane Stream proved to be a perfect way for her to do just that. Below Catherine speaks about her new connection to Mane Stream.

How did you become involved with Mane Stream and what inspired you to lend your support to our work?

My husband, Dr. Gregory Staller, and I attended Mane Stream's annual fundraiser, Equus, in 2012. His clinic, Running S Equine, does most of the veterinary work on Mane Stream horses and Greg wanted me to get acquainted with the organization. I had worked with a child with autism in the early eighties without any formal training in adaptive riding or equine assisted therapy, but with astounding results. So I was already aware of the powerful effect

horses could have on individuals with physical and mental challenges and I was fascinated by it. When I arrived at the Mane Stream fundraiser that evening, 30 years after my initial interest was piqued, and heard about the scientific findings that really proved that "the outside of a horse is good for the inside of a man" (DH Lawrence and many others have been attributed with this quote), I knew that I had to somehow take part. Let's put it this way, it came as no surprise to me that the learning centers of the cerebellum are stimulated by the motion of sitting on a moving horse, since I have had some of my most profound revelations while riding my horses. I spoke with the President of the Board of Directors, Linda Dietz, on that very evening and told her that even though I may never be able to make significant financial contributions to the Mane Stream mission, I was

# Mother + Daughter, continued

When asked what keeps . . . them coming back year after year, Carly and Kathy simultaneously answered, "the people."

of Charleston, South Carolina, comes back as often as possible to volunteer as well. She made time for Mane Stream over her short Thanksgiving break and came in to volunteer alongside her mom with OT. Interestingly, at the College of Charleston, Carly is studying Special Education. She credits her time at Mane Stream with her decision to pursue this degree. Carly is in the

process of taking her Praxis exams and will be certified to teach Special Education in May of 2014. She plans to come back to NJ after she graduates and everyone at Mane Stream is looking forward to having her back in the area.

When asked what keeps the two of them coming back year after year, Carly and Kathy simultaneously answered, "the people."

"Everyone at Mane Stream: volunteers, instructors, therapists, and staff, all do what they do because they really care," said Kathy, "And seeing the progress the riders and clients make throughout the sessions is just amazing! It's so humbling to be a part of it all." "We love it here, you all are stuck with us!" said Carly. We feel very fortunate to be "stuck" with Carly and Kathy.

#### Mane Stream's Hotmail Connection, continued

determined to find a way that I could help.

How does naming your horse "Mane Stream" support the Mane Stream mission? How did you decide on which horse to add to the Mane Stream team?

After a few conversations with Linda, we both agreed that officially changing the name of my top dressage horse from his show name, Hotmail, to Mane Stream Hotmail, could significantly increase awareness of Mane Stream's programs. Dressage is an increasingly popular sport in the USA and the top performing horses get a lot of press. I knew that adding "Mane Stream" to my top horse's name would draw some attention to our cause.

Every time Hotmail competes, Mane Stream is mentioned. And every time he places in the top three at an international competition, I get to talk about why I support Mane Stream. I hope that I am able to raise awareness within the equestrian sports as well as within the general public. I have also pledged to donate a portion of Hotmail's winnings to Mane Stream each year.

Do you have any personal experience with equine assisted therapy or adaptive riding?

As aforementioned, I taught a young boy with autism to ride in the early eighties. He not only learned basic riding, he also learned to speak and make eye contact with me. He learned to differentiate between emotions when they were clearly shown by the horses. Ears pinned = angry. Ears forward = happy. And he became more accepting of physical touch. I learned from this early experience what great communicators and teachers horses can be, not only in the able bodied world of dressage sport, but also in para dressage and equine assisted therapy and adaptive riding. I am thrilled to support an organization that honors the horse in his role as teacher, communicator and healer.

#### Crave the Wave

Waverly or "The Wave" as he is often called around the barn, came to Mane Stream from Dana Hart Callanan of Hart Farm. Waverly had only

Waverly

been here for a few days when he went right into his new job at the 2012 Mane Stream horse show. He allowed one of our independent riders to show off her cantering skills at the horse

show. Waverly's rider went on to win the Abby Clay Rutgers Memorial Award that year, which is given to the high point independent rider. She also won both her walk/trot equitation class and her walk/trot obstacle class riding Waverly.

Prior to receiving Waverly, Mane Stream did not have a horse that would canter as easily and smoothly. He is the perfect horse in so many ways. Wave is a great lesson horse. An instructor can stand in the middle of the ring and say "whoa" and Waverly will stop. It is very comforting as an instructor to have complete trust in your horse. Whether he is being used to teach someone to ride independently for the first time or to help a rider perfect their canter, he is consistently the best.

When one of our adult riders, Victoria, first came to Mane Stream she was a little timid about riding, especially when she saw the size of the horse she would be on. However Waverly was a perfect match for Victoria. She said, "Waverly has become my

#### by Jen Dermody

favorite horse at Mane Stream. We won a first place ribbon for the obstacle course and a third place ribbon in the walk/trot at last year's horse show. As a stroke survivor, I never would have thought I could achieve something like that. Along with my hard work, I also have Waverly's great sense of cooperation with me and his even temperament to thank. I recently became an independent rider, and again I attribute much of this accomplishment to the fact that I ride the best horse at Mane Stream." Waverly gives back to so many people at Mane Stream; not only the riders but the staff and volunteers as well. He is a favorite among everyone.

Coincidentally, Dana Hart Callanan is Carly's trainer (see Mother + Daughter, pg 2) at Hart Farm where she used Waverly as a lesson horse before donating him to Mane Stream. While at Hart Farm Waverly was a very successful show horse. Carly rode him many times before he came to Mane Stream and she still favors him today, "Waverly is such a patient and kind horse. At Hart Farm we called him "Crave the Wave" because once you rode him you couldn't wait to ride him again," shared Carly.

# Mane Stream: A Family Affair, continued

Luc were coming back from OT sessions worse off than when they went.

I had heard that horses and people with special needs were a perfect fit for one another but I didn't fully understand the hows or whys of

that relationship. I was accustomed to micromanaging Dax & Luc's special needs. It was time for me to let that go. After meeting Kathy, Mane Stream's Program Director, and seeing the barn and horses, I knew that I was in the right place for my boys.

While both Dax & Luc have special needs, Luc's challenges are more pervasive. In June of 2012, Luc had just been diagnosed at age 7 with atypical PDD-NOS (Pervasive Developmental Disorder - Not Otherwise Specified). He had a tumultuous year in Kindergarten, had changed schools mid-

year, was battling himself and making no progress. His overall quality of life was suffering severely. Luc's PDD-NOS manifested itself in the form of severe temper tantrums that were just getting worse and worse. He has a central auditory processing disorder that makes communication difficult. Luc is more of a visual thinker, and is a sensitive somatic child. He responds to feelings before he can communicate using speech and words. It is visceral and reactive and it is not often apparent to those who don't understand this type of "auditory defensiveness." Luc's reactions to events make living in our sound based world very challenging for him.

I learned that Mane Stream had a summer camp, Camp Cold Brook, and I signed Luc up immediately for it in the summer of 2012. He was terrified at first but that only lasted about 2 hours. Once he was on a horse, he was a natural. He could communicate with the horse on a level that he could not express in words. When Luc was around the horses and in the daily routine of the barn, he was calm, steady, responsive, and alert. He could go from task to task easily, and the volunteers and program lead-cont. on back page



Dax and Luc at Camp Cold Brook with volunteer, Alec.

Luc on Lily

# Local Business Supports Mane Stream

Their generosity and support made Mane Stream the lucky winner of the night!

On June, 14 2013 TEST Sports Clubs in Martinsville New Jersey hosted a Casino Night to support Mane Stream. The TEST facility was turned into an exciting Las Vegas Casino atmosphere that allowed beginner gamblers to try out new games and experienced players to show off their gaming skills. Proceeds from the evening, which amounted to \$ 6500.00,

were generously donated to Mane Stream. Thank you TEST Sports Club and a special thanks to Owner and CEO, Kevin Dunn, and TEST employees Lauren Thatcher and Lynda McHugh. Their generosity and support made Mane Stream the lucky winner of the night!

### A Passion, continued

Karen herself. Karen throws herself into every fundraiser and event large or small and her love of the organization comes across so clearly whenever she speaks about it. "There are still many people who really don't understand what we do at Mane Stream and I love getting out there and telling people about the remarkable things that happen here. I really believe that people are interested in hearing about it, we just need to make the extra effort to spread the word!" exclaimed Karen.

# Ask the Expert, continued

thy toward the horse and how to communicate in the horses' language. The rider must master their own body and body language while learning to read the horses' body language to become more advanced in their riding skills. The horses give each student an opportunity to challenge themselves, move outside their comfort zones and master a skill to be proud of. Often, riders' biggest moment is the first time they ride "off-lead" or are in control of the horse by themselves. It is important for the instructor, volunteers and horses to give riders this opportunity to move towards independence.

Carriage driving is another equestrian discipline that students can learn at Mane Stream. Carriage driving may seem like an antiquated method of travel, but when turned into an adaptive lesson plan students can experience horses in ways that would not be possible with adaptive

riding. Carriage driving gives students that may not be able to ride for physical reasons, medical challenges or fear a chance to interact with and learn about horses. Students learning to drive learn about the harness the horses wear, how to groom and prepare the horse for driving and the skills to direct the horse and carriage. Mane Stream utilizes ponies and miniature horses for driving, giving students a chance to work with some of the smallest Mane Stream herd members.

Interactive vaulting is like gymnastics on horseback and involves a thorough physical warm-up, teamwork skills and care for the vaulting horse that works with the vaulting team. Interactive vaulting focuses on interactions between vaulters, the vaulters and the instructor and between the vaulters and the horse. Each interaction is an opportunity to build confidence, social skills,

cooperation and problem solving. During vaulting each person is given special time alone with the vaulting horse, since there is only one horse and several vaulters. This focus on developing a relationship between the vaulter and the horse is important for developing the trust the vaulter will need to learn moves such as laying upside down or standing on the horses' back. Vaulting gives people a chance to learn individual moves in a team environment.

Equine assisted activities at Mane Stream offer diverse options for people with differing ability levels. Each program gives the participant a chance to select an activity that appeals to them and interact with horses in a supportive and positive environment. Mane Streams' focus on meaningful recreation, horsemanship skills and positive social interactions provide the gifts of health, well being and improved quality of life.

#### by Nichola Redmond

# **Driving for Surviving**

Many of you have read either in a communication from Mane Stream or in newspaper articles that the SharingVillage Driving for Surviving program was going to operate as one of our programs. Driving for Surviving is a carriage driving program for children with life-threatening illnesses like cancer. The program affords the children a positive and beneficial peer-centered recreational opportunity. Driving for Surviving utilizes ponies and miniature horses and participants learn how to harness, hitch and drive them in an enjoyable, social and supportive environment. We hope to begin offering the program in June. One of the goals we must reach before then is

to raise \$35,000 to fund the program for a year. We have raised \$8,500 to date and are very grateful to those who contributed. While we have a long way to go, I am confident that we will accomplish this. In addition to needing funding, we have considerations related to running a driving program under the Professional Association of Therapeutic Horsemanship International (PATH) standards that govern our Premier Center accreditation. PATH standards are developed to ensure that Premier Accredited Centers like Mane Stream adhere to industry best practices for safety, program excellence, equine welfare and organization administration. As a PATH Premier Accredited Center, Mane Stream must abide by

all the standards, confirm that fact annually through a self-evaluation and disclosure and submit to an inspection every 5 years. We will be enlisting a couple of the Mane Stream ponies in addition to the miniature ponies that worked in the Driving for Surviving program and will need to purchase some additional equipment.

We will need help getting Driving for Surviving up and running and would very much appreciate active participation from all who are interested. Please contact me, Nichola Redmond, if you are interested in the program or are aware of potential funding sources.

### Mane Stream: A Family Affair, continued

ers spoke highly of his ability to listen and follow directions. I had never heard this before from any teacher of Luc's. We were shocked! I did not expect to see such a dramatic turnaround in Luc's behavior and capabilities. The gentle guided responsibility that Mane Stream provides each participant really is a boost to the participants' selfesteem. While at riding, Luc felt like he belonged and was in a safe place. He came home exhausted from each day of riding, and ready for bed and more riding the next day. Luc was so confident at the end of each session and I began to see the possibilities of what he could achieve. These improvements motivated me to continue as a mom to find what he needed educationally for the following school year, because I could see the potential in him that riding brought out. Riding at Mane Stream literally helped us move forward through a period of severe regression in academic and communicative skills.

In the fall, we enrolled Luc in Occupational Therapy (OT) at Mane Stream. He worked with Gina, Mane Stream's Occupational Therapist, on tasks that were challenging for him mentally and physically. OT focuses on specific skills and Luc was challenged with goals and objectives that were developed individually for Luc by Gina. Luc progressed rapidly in OT and soon we learned that Luc could move on to group lessons. It was not long after that switch that we decided to enroll Dax in camp and lessons as well.

In the summer of 2013, both Dax and Luc participated in Camp Cold Brook, and Luc had the wonderful opportunity of "teaching" Dax the rules at the barn. Dax liked preparing the horses to ride, and brushing them down afterward, as well as cleaning up the tack and barn when they were done riding for the day. Dax's special needs as an adopted child show at the emotional level, so it was amazing to hear that he got excited about taking care of something! Luc really enjoys being

up on the horse and working on his skills which was no surprise as he is an action kid, and enjoys movement at all levels.

We enrolled both boys for lessons in the fall and having them take lessons together has been a wonderful thing for our family. Until about 3 years ago, Dax and Luc were accustomed to doing everything together, and in the past 3 years, have been separated by their differences in both school and in after school activities and therapies. Inevitably, we need to give each child what they need individually, and that means different activities for different skills and levels. But riding is the one thing that they can do together, and the one thing that they look forward to eagerly on Saturday afternoons. Having both boys take lessons at Mane Stream has been wonderful for so many reasons. The boys are each challenged individually in a non-competitive atmosphere.



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