



The Riding Centre News

THE RIDING CENTRE • 1117 E. HYDE RD., YELLOW SPRINGS, OH 45387 • WWW.RIDINGCENTRE.ORG • SPRING 2014

In Memory of Jeri Weikle (1953–2013)



Jeri Weikle, in 2002, left her disability behind during therapeutic riding lessons on Freckles, accompanied by Vikki Hazelbaker, left, and Carolyn Bailey.

By Carolyn Bailey

Jeri Weikle came into my life about 15 years ago when her doctor recommended she try horseback riding to help maintain her core strength and flexibility after being diagnosed with multiple sclerosis. She soon became a wonderful friend to me and to the Riding Centre.

Over the years, we shared life's experiences, both good and not so good: graduations, weddings, grandchildren, losing loved ones (both human and equine), and the natural progression of her disease. Jeri never once complained about her situation. About the weather? Yes, and often! But never about the hand she had been dealt. She was a true inspiration to me and her Riding Centre family, who also grew to respect her pleasant outlook and

steady resolve when riding one of her favorite horses.

We lost Jeri this past fall, and our hearts will always be a little heavier without her beautiful smile and quiet strength. We at the Riding Centre want to thank the many people who loved Jeri as we did and showed this love by contributing to our therapeutic riding program in her memory.

AFLCMC (c-13oj)	Jane & Tim Borchers
Carolyn Bailey	Nick Borchers
Meg & Ric Bertolotti	Renee & Charlie Borchers
Ryan Black	Cynthia & Stephen Brock
Julia & Matthew Blackwood and Family	Dick Clawson
Ed Borchers	Ted Crawley
Christie & Jake Borchers	Natalie Decker
	Joan & Tom Doss

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Trail Maintenance

By Jyl Snyder

There are many reasons to have nice trails. It makes for a nice ride any time of year, but the major reasons for trail maintenance are land management and rider safety. Dangers to riders include broken branches hanging by vines or shreds of bark above the rider. The higher branches can fall on riders. Lower branches can catch in the holes of the helmet and pull the rider off the horse. Another danger is honeysuckle that is "arborizing over," which can knock riders off horses or poke horses and riders, causing abrasions and punctures. Trail riders and trail maintainers can report erosion problems and downed trees and/or downed or hanging branches to the Riding Centre.

Most obstacles can be removed by using simple and inexpensive equipment. Long handled loppers, folding saws, hand held nippers, and a good pair of gloves may be all that are needed. For example, one person using just the tools shown cleared a section of trails in about 40 minutes. The crowbar and wood block are used to help pop out larger honeysuckle plants. These plants are an invasive species and are crowding out native species. During the wet winter and spring, the plants, with shallow roots, are easy to pop out with the crowbar or, if young, pull out by hand. An old metal fence post substitutes for the crow bar in most situations.

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One person using just the tools shown above can clear a section of trail in about 40 minutes.

Yes, We Can—And Did!

2013 was a year marked with tremendous challenges for the Riding Centre staff, board members and volunteers. With an immense amount of effort on everyone's part, each challenge was met and conquered. A huge thank you goes out to all involved! Proof positive of what a great organization the Riding Centre truly is.

In the midst of it all, we managed another successful year of fundraising. In addition to our regulars (the dressage and hunter shows, the Centered Riding clinics, the Ride-a-Thon, and the tack sale), David Williamson produced another spectacular Operacadabra, and Zoey McKinley put together a beautiful Riding Centre calendar as her senior project. It was such a hit that people were clamoring to buy them long after we ran out. Definitely have to make this a yearly event!

Karleigh Spahr and Carisa Holmes-Peters entered the Riding Centre in the Holmes Gives Back charity contest. People were asked to vote on-line for their favorite local charity, and we WON!

Cindy Minton-Piatt wrote and received grants from the Springfield Foundation and the Greene County Community Foundation. Vikki Hazelbaker continued her success with the Della Selsor Trust and the Springfield Rotary Club. We also received a check from the United Way through the Yellow Springs Community Council.

Here's to 2014!

Clearing Trails

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The cleared trails make it easier for the Riding Centre to mow the trails, which helps keep down bugs and ticks for the riders and horses and allows the trails to dry out more quickly after rain storms.

Everyone can help maintain trails by periodically walking the trails, tossing off sticks and dragging light tree limbs off the trails. These simple acts help keep the trails open, which cuts down on "work-around trails" that sometimes appear around downed objects and cause extra erosion to a fragile area.

Removing honeysuckle is also preferable to cutting it low to the ground, as the root knobs left will regenerate, and the remaining hard root can affect horses that might walk on the root knobs and cause injury. An appropriate minimum distance from the trail on either side is approximately four feet (where possible), and the honeysuckle roots should be removed in the four foot buffer zone. This buffer also allows for a safe, root-free mowing path.

Remember, when possible, move obstacles off the trails and report ones that need special attention to the Riding Centre, annotating where the obstacle is so the crew can easily find the damage site. Together we can all have a great trail system for now and the future. 🌱

Jeri Weikle

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Sara Drexler	Brenda & Mark Schmid
Mary Lou Eilerman	Sherry Shaefer
Jill Garman	Nancy Shene
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Judy & Pfister	Judith & Dale Wittman
Jill & Eric Rhodes	Lucy & Tom Wolfe
Lynn Russell	
Cindy & John Scheu	

Ride-A-Thon Replenishes Fund

Thanks to our wonderful Riding Centre families and students for making the 2013 Ride-A-Thon a big success! After awarding more scholarships than ever before,

the proceeds from this annual fundraiser went to replenish the Mary Ann Alexander Scholarship Fund. A big "thank you" to the following students for participating:

Elizabeth Baader
Kasey Baugh
Lily Bonvillain
Sophia Bottelier
Emily & Julia Bradley
Spencer Christie
Kiersten Compton
Abby Graver
Audrey Hallmark
Kira & Molly
Hendrickson
Karlee Homer
Leah Hoyle
MaKenna Jones

Alex Kearns
Hannah, Jen &
Sophia Lawson
Ellie & Olivia Ling
Terry Luzader
Evan Martin
Ally McCue
Arden McHugh-
Braham
Harper Mesure
Rachel Meyer & Sara
Zenlovitz
Talia Potter
Trinity Raber

Cierra Richeson
Ava Schell
Emma Schutte
Maritza Slattery
Elizabeth Stoermer
Ella Taylor
Amy Tressler
Beck Wagner
Stephanie Welch
Bridget Williams
Anna Williamson
Ben, Joy & Mathew Wood
Josephine Zinger
Raven Zurbuchen

The Riding Centre

STAFF MEMBERS: Carolyn Bailey, *Manager and Head Instructor*;
Carly Bailey, Regina Brecha, Marsha Casdorff, Greg Fry, Yana Garing, Jody Garrett, Ona Harshaw, Adriene Kramer, Janetta Lewis, Grace McCoskey, Zoey McKinley, and Anna Williamson.

BOARD OF DIRECTORS:
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Charlene Carlson, Sylvia Ellison,
and Alma Shipley

NEWSLETTER:
Editor: Jim Nealon
Contributors: Carolyn Bailey, Janetta Lewis, Adriene Kramer, Alma Shipley, Jyl Snyder
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Road Trip to Asheville

By Adriene Kramer

Carolyn and I had quite an adventure last fall. Early, early in the morning on November 1, we drove the seven hours to Asheville, NC, for a week long immersion in Centered Riding, starting with Centered Riding's 19th Annual International Symposium, hosted at the Biltmore Estate. We were treated to a complimentary pass to tour the Estate, which we were able to do on the beautiful, warm Friday afternoon we arrived.

Saturday started promptly at 9 AM with a lecture on Endurance Riding, followed by a lecture on the Alexander Technique. After a delicious lunch there were demonstrations at the Equestrian Center that corresponded to the morning lectures.

Sunday began with a delightful breakfast bar and lectures on Riding More Effectively, Equine Anatomy, and a very popular talk about the new and exciting sport of Equine Agility. In the afternoon, we had more demos, with the speakers elaborating on their lecture topic with horses and riders in the arena. We were also treated to a Jumping Demo by the Keynote Speaker, Susan Harris, who gave a clinic at the Riding Centre in 2012. I got to participate as a horse handler in the Equine Agility Demo, which was a lot of fun!

On Monday, after the information-filled weekend, we began a four-day Centered Riding Instructors Update Clinic. Mornings were spent in a classroom-style lecture and unmounted instruction. In the

afternoons, I got to ride in a lesson and teach lessons, and Carolyn got to ride in lessons taught by other updating instructors. We both got to ride the wonderful school horse, Dollar, who made everyone who rode him look good. We also got the opportunity to take a trail ride with one of the other participants of the clinic on her endurance horses. I rode Sunny B, who luckily didn't "bounce" me off, and Carolyn rode Snort, who tried to be the perfect gentleman he was.

In the evenings, we had time to sample some of the excellent restaurants Asheville is well known for, often running into other participants from the Centered Riding activities. We also got to meet up with some old friends and make new ones to keep in contact with. After a very full week, we piled back into the car for the drive home and got to stroll along the Appalachian Trail for a leg stretch before we left the mountains. It was a very beautiful and educational trip! 🐾

Did You Re-Member?

Have you renewed your membership for 2014? For insurance purposes, no one outside the lesson program is allowed to ride on Riding Centre property unless they are a current member. This includes guests. A guest membership can be purchased for \$10 a day.

Riding Centre property includes the McCally Barn and arena, the hunt field, the woods beside the hunt field, and the commons area. **A helmet must be worn at all times while mounted on Riding Centre property.**

Our List of Contributors...

...and how you can join it!

Adopt a Horse (yearly)	\$1,200
Adopt a Dog (yearly)	\$50
Adopt a Cat (yearly)	\$35

Donate towards:

Endowment, Buildings,	
Special Projects,	
General Fund.....(Any amount)	

Become a Member

Lifetime	\$500
Corporate (yearly)	\$1,000
Blue Ribbon (yearly)	\$100
Supporting (yearly)	\$25

Riding:

Family (yearly)	\$100
Individual (yearly)	\$75

Special thanks to: Dr. Brad Luckenbill, Dr. Brett Ellis, Kenny Hoyle, Gary Holland, and Allen Metz who keep our horses up and running. Also, Cedarville University for providing volunteers for our therapeutic program. Without these folks we could not do such wonderful work.

THANK YOU TO OUR MEMBERS:

Lifetime Members:

Andi Adkins
Mary Agna
Jessica L. Andrews
Carly Bailey
Carolyn & Chris Bailey
Rosemary & Jim Bailey
Myra & DJ Banion
Mr. Birtle
Adrian & Joysan
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Sara Garing
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Vikki & Dale
Hazelbaker
Adriene Kramer
Nina Myatt
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Jean McCally-Tebay
Timothy Toothman

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Ruka & Raymond Ruka
Sandy Love & Sam Young

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Nora & Patty Erhardt
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Pam & Malte von
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Lynn Caldwell
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Jody Garrett
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Laurie Miller
Cindy Minton-Piatt
Lynn Mishler
Brandee Naff
Jim Nealon
Susie Nickels
Jill O'Banion
Hillary Quast
Celeste Robinson
Jocelyn Robinson
Molly Rosati
Alma Shipley
Jyl Snyder
Lizzie Stoermer
Carol Van Ausdal
Diane Wilson

THANK YOU TO OUR CONTRIBUTORS:

Businesses

AC Service
Adriene Kramer
The Antioch School
Ball Corporation
Beaver Creek Pediatric
Dentistry
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Cedarville Seeder, LLC
Cooper Security
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Clinic
Rural King
Nick Shannon DDS
Moya Shea
The Tacky Horse
Tecumseh Land Trust
Trinity Riding Inst., LLC

LIST CONTINUES ON PAGE FOUR

Chi Boosting for Healthy Horses— Equine Acupressure at the RC

By Alma Shipley

In June, several RC members got a “hands on” lesson in stimulating their horses’ immune systems with acupressure points. Participating horses cooperated willingly and expressed interest in future clinics.

Miami Valley Equine Acupressure (MVEA) practitioners Lynn Caldwell and Diane Wilson facilitated the clinic to share some basic concepts of Traditional Chinese Medicine (TCM). Along with TCM theory, riders were shown how to find and “work” acupressure points (on their horses) known to stimulate and strengthen the body’s own pathogen fighting mechanism.

“Acupressure is simply acupuncture without the needles,” explains Lynn, Certified Equine Acupressure Practitioner. “The meridian and organ systems are targeted in the same way, with acupoints easily accessible on the body. Our goal is to keep the animal’s Chi balanced for op-

timal health. It works. And, anyone who’s interested can learn how to do it.”

The Riding Centre was hit last year by an infectious disease known as strangles, which is highly contagious. They effectively put into place protocols for containing the disease and preventing its spread. The timing of this clinic was aimed to help horse owners keep their horses healthy. “A healthy animal with strong internal defenses is the best barrier to disease and its spread,” stressed Diane, Certified Equine and Small Animal Acupressure Practitioner.

Clinic participants included Yana Garing, Jody Garrett, Cindy Minton-Piatt, Annette Biehler, Jill O’Banion, and Carolyn Bailey.

It’s rumored Riding Centre horses are looking forward to more of these hands-on clinics, with such topics as “Points Every Rider Should Know,” “Calming Performance Anxiety in the Horse and Rider,” and “Easing the Signs of Aging.” 🐾

MARK YOUR CALENDAR

March 30	*Adriene Kramer Clinic
May 4	*Adriene Kramer Clinic
May 31	Dressage Show
June 1	Hunter Show
September 13	Dressage Show
September 21	*Adriene Kramer Clinic
October 25–26	Centered Riding® Clinic
November 17	*Adriene Kramer Clinic
December 1	Riding Centre Association Members’ Meeting & Potluck

*Adriene Kramer’s clinics will be held on Sundays, starting at 9 a.m. with a discussion on the theme of the clinic and unmounted exercises to help develop feel for the horse. For more information, please email Adriene at adrienekramer@gmail.com.

For Dayton Local Show Circuit dates, call the Riding Centre at (937) 767-9087

THE RIDING CENTRE GRATEFULLY ACKNOWLEDGES THE SUPPORT OF THE FOLLOWING FOUNDATIONS AND INSTITUTIONS:

Yellow Springs Community Council, United Way, Springfield Foundation, Morgan Family Foundation, Springfield Rotary Club, Della Selsor Trust, Greene County Community Foundation, Glen Helen Ecology Institute, and Antioch College.



OUR CONTRIBUTORS (From Page Three)

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