

The Rider's Post

Volume 1

Spring 2008

Greetings and warm wishes for 2008!

In January, at the Rider Recovery staff meeting, excitement filled the air as we reflected on the highlights from the past four years. The decision was made to put out a quarterly newsletter to our past participants and friends.

With so much to share, it is our hope that you find the Riders Post uplifting, enjoyable as well as educational and informative. If you have a story or would like to share your testimony to be printed in The Rider's Post, please send us an e-mail at info@RiderRecovery.com. The Rider Recovery team is dedicated to the success of our participants and their horses. Because each of you are important to us and we value your opinions we are always looking for ways to better serve you and your horses. This year we have added several new courses, please refer to our site for course descriptions, updates, and our special rates for clubs, off season and off day discounts. In addition, you will find a money saving coupon at the bottom of each newsletter.

Sincerely,

Boo and The Rider Recovery Team



Inside this issue:

The "Free Horse" 2
A Look at the Horse & Rider Program

Karin & Toby 3
A story from the Rider Recovery Program

Program Details 4

A Personal Invitation:

Join us at the Rider Recovery Horse Expo

September 27, 2008

JBARD Ranch, Smithton, IL

Call for Booth Information 618.372.8968

The “Free Horse”

Marc thought he had found Terry the perfect Christmas gift in 1998. Terry remembers her excitement that Christmas morning when Marc opened the garage door. That heavenly scent from childhood filled her lungs. There stood “Ranch” in a makeshift stall bearing a striking similarity to “Trigger”, the aged gelding she had as a child. Marc was pleased to reveal that Ranch was given to him at no charge with the promise that he was going to a good home. They even threw in all of the tack! Terry was relieved since she and Marc had made a pact earlier that year not to take on any more payments after the purchase of the twenty acre farm. Marc assured her that they could afford it. The grass in the pasture was free and he was sure that Ranch would be easier to care for than even a dog.

Because it was Christmas day, family commitments kept Terry from spending a lot of time with her new friend, but knowing she had the next week off, she planned to be with Ranch the whole time. The very next day, Terry bounded out of bed and headed straight to the garage.

Her excitement faltered, however, when Ranch began to unveil his true colors. When Terry tried to groom him, Ranch was fine on the right side, but when she went to the left side, he would flatten his ears and mash her against the wall. This made no sense to Terry but she was determined and continued to groom him. The session ended with two broken fingers for Terry. Marc was furious when he came home from work but Terry convinced him that it was only the first day and that Ranch would get better.

Terry decided Ranch might do better if he was able to run off some steam, so they turned him out in the pasture. Ranch began to run and run until he was in a giant lather. An hour passed but rather than calming him as

they had expected, he seemed to become more and more frantic. Finally, Marc thought he would put Ranch back in his makeshift stall. However, when Marc approached him with the halter, he would run off to the other end of the pasture. This game of tag went on for several minutes before Marc became angry and called it quits. Marc called the former owners but the all too friendly folks became defensive claiming Ranch had never done any of those things before. By the close of the conversation, things were quite heated. It was clear to Marc from the re-action of the phone call that this free horse was free for a reason and now they were stuck with him.

With nowhere else to turn, they started to call on people in the area who had horses. It seemed everyone had a different opinion and nothing they did seemed to help. They found a trainer and sent him off for 30 days with the hope that all would be resolved. The trainer, however, was a heavy-handed guy and even though he could ride Ranch; the horse returned with new problems. He could now be groomed but trembled the entire time unable to relax and with a wild-eyed look. Now when Ranch was in the pasture, he was even more difficult to catch. Once, when they tried to corner him, but he lunged forward into the wire fence and got tangled which resulted in a vet bill. Terry and Marc felt pretty defeated but also sorry for Ranch who was so scared and spooky. They decided not to sell Ranch as they figured they would not get back their “free” investment from the money they had already spent. They thought they would keep him for a companion when they could afford another horse. For the next year, Ranch lived in the pasture unwilling to bond with them and completely untouched. They would even joke about their free yet expensive yard ornament. Still, Terry remembered the friendship she had as a child with her other horse and

longed for the same bond with Ranch. The situation seemed impossible as Marc refused to spend more money towards training.

Terry never gave up and in September of 2001, she came across a flier about a series of clinics that met once a month at a farm near them. The course was called “The Horse and Rider Program” and stated that there was hope for the hopeless horse. She took the flier home but Marc did not warm up to the idea immediately. They finally decided to try just that first weekend of the clinic. Within minutes of the first session, Ranch began to relax. Terry and Marc were instructed on how to have Ranch follow them rather than run away. Ranch was so different after that first weekend that they could hardly wait to do their homework for the month. By the second session, they were taught how to read the horse’s language and listen to the horse and its point of view. Session three was even better as they were able to ride Ranch and given instruction to become better and informed riders. They also learned that the saddle that came with Ranch did not fit properly but they were able to sell it and replace it with one that did fit. By the end of the Horse and Rider program in May, they knew enough to purchase a horse suitable for Marc and Ranch no longer seemed like a bottomless money pit. They found friends to ride with and Ranch can now be handled by anyone with his distrust of people gone. Terry has recaptured her dream and they ride almost every weekend. Thanks to the Horse and Rider Program, Terry and Ranch with Marc and Sassy can enjoy the rest of their lives.



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Karin & Toby

Everyone says “just get rid of him”, but I can't. They tell me to send him to a trainer so I did, but that did not help! I've ridden other horses, and had other people ride him and nothing works!!! I feel alienated from my friends, and now my husband and I fight about him.

Toby was my best friend for 13 years. Now when I get near him, my heart races, I can't breathe, my legs shake and Toby does not act the same around me. With her tears, Karin told us she managed to keep Toby through her divorce, the loss of her mother and even the loss of her job. Karin thought that the bond she had with Toby could never be destroyed. Karin and Toby spent countless hours together and had started endurance racing two and a half years before.

Endurance racing is where Karin met her current husband and spent time with all of her friends. All of that was snatched away about 10 months ago. It was a beautiful fall day when Karin and Toby were making great time. Karin remembered that united feeling she felt as they headed down the trail, and the moment it was snatched away from her.

There was no wind even though a broken limb fell from a tree smacking Toby across his backside. The series of events

that followed this surprise ended with the need for Karin to be airlifted to a local hospital and leaving both horse and rider in a state of disrepair. The fall shattered Karin's femur, requiring pins and nine months of physical therapy before Karin was released to ride. When Karin returned to the barn, she found that Toby had become a very different horse. He was very insecure and called frantically to his stable mates when he was being groomed and warmed up. Toby was restless when he was saddled and would strike the ground when he was tied. Karin sent him for training but his manners didn't improve much and when he was ridden, he refused to take his left lead and would buck. He nervously chewed on his bit. Karin asked herself how this friendship could come apart.

The Rider Recovery Team listened and assured Karin that her friends and her husband wanted what was best for her. Friends with no reference to what she was going through actually thought their comments were helping. Karin along with the other participants went to the ring and the staff asked Toby what he had to say. After careful evaluation, it was determined that the tree limb had thrown Toby's back out of alignment which was the reason he wouldn't pick up the lead and wanted to buck. Carefully his back was

manipulated. Then Karin and the team began to deal with Toby's emotional trauma. Toby and Karin were able to establish a method that would mend the broken trust. They were able to stop the anxiety that both of them felt when they were in the ring together. Both horse and rider were able to use a new approach custom made for them to rebuild the confidence they lost during the incident and to keep them from feeling negative emotions when they were together. As in all of our Rider Recovery classes, the other participants began to join in and over the course of the next four days, new levels of trust were given back to the horses and their riders. Today because of the skills they learned in Rider Recovery, Karin and Toby are riding with friends and competing again in endurance races.

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Tip!

Avoid Founder:

Gradually increase grazing time by 15 minutes every five days until the horse can graze up to two hours.

Coupon

20% off any
Rider Recovery
Course in
April

Call for availability and pricing

Resources

Local

D&D Sales
Tack & Equipment
618.278.4624

Dog Obedience
Dan Titchenal
618.462.5410

Jones Farrier Service
618.942.3781

Brighton Tax Svc
618.372.3789

Nationwide

Madison Co AG Auction
Hay Sales
618.462.5556

Zen & the Horse
Tom Nagel
www.zenandthehorse.com

Equine Massage
Christine Hollenbeck
chrish1961@yahoo.com
Web Services
Get Webbed.net

The Rider Recovery Program, LLC.

After many years of teaching the Horse and Rider Program, in November of 2003, it hit me when I was going over notes with my scribe. All of the participants enrolled in the program at that time were afraid of their horses, regardless of the skill level or the amount of experience the rider had. I began to think about some of the situations I had been in during my lifetime with horses and some of the measures I had to take to work through my own fear. God spoke the words Rider Recovery and I was able to write the entire program down that day. In January of 2004, I ran a pilot which was an overwhelming success. A few months later, I was asked to perform a clinic in Canada. It became more and more obvious to me that while there were many programs to de-spook the horse, there was nothing to help the people. As time went by, I found the need for team members to assist me. Team members are people who were participants in the program with the compassions and skills needed to assist the riders and their horses.

The Rider Recovery Program is a Christian-based program, although we accept people from all faiths. Our staff regularly meets to stay informed for clinics and work on our own skills. Each member of the team is a dedicated professional and is important to our program. Each quarter we will profile one of our staff as well as two of our participants that have had success in our program. The Rider Recovery Program is a limited liability corporation and we do our very best to empower both horse and rider, while supplying the resources needed to best fit the needs of the individual.

About the Horse and Rider Program:

The Horse and Rider Program was developed by Patricia "Boo" Titchenal nearly two decades ago driven by her passion for people and overall concern for the horses. The Horse and Rider Program provides a foundation which leads to an unbreakable bond between the horse and the rider. The simple, easy to follow horsemanship skills, make horses safer, more enjoyable and less disposable. The Horse and Rider Program is what led to the development of The Rider Recovery Program.

Special Thanks:

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Rider Recovery Team Members



Illustrations by Holly Staten