



Shangri-La Therapeutic Academy of Riding

Our mission: To foster personal achievement by providing challenging, therapeutic experiences using horse related activities for persons with disabilities or other special challenges.

Newsletter

STAR is a 501(c)(3) non profit organization

Winter 2011

HOOFING & HIKING



Hoofing & Hiking was held September 25 at **Paul & Pat Green's** farm in Loudon Co. The weather was great on the farm and spirits were up when we announced an all time high of over \$20,000 raised!! A special thanks to our event sponsors **Xinergy Corp., Dry Ridge Farm, Cedar Bluff Animal Clinic, Associated Refuse, Inc., Jupiter Entertainment, Lange's Liquor Store, PetSafe Village, Stephen & April Harris and Richard Taylor.** Participants hoofed and hiked around the 3+ mile trail and at the finish they were greeted with the savory aroma of barbeque ribs and chicken. This was no ordinary meal either, this was the best barbeque most of us had ever tasted. A special thanks to **David & Denise B.** and their crew for donating the fabulous meal. Participants ate, shopped the silent auction and enjoyed a performance by the STAR Drill Team. Our top fundraiser for 2010 was **Michelle B** with an all time high of over \$5,000! Our top fundraising team was **Curves of Lenoir City**, led by **Joe Stokes** bringing in over \$650! Keep your eyes and ears peeled as we are upgrading our 2011 event from Hoofing & Hiking to **Hoof It!** Not only will we offer a trail for our riders and hikers, but we will also host a 5k and 10k cross country run! The event will be October 1, 2011 at Dry Ridge Farm, so mark it on your calendar now! Come hungry as our favorite barbequers will be there again serving up their mouthwatering food!



National Award Recipient

At the NARHA National Conference back in November, Executive Director, **Lynn K. Petr** received the Volunteer Leadership Recognition Award: Education! As stated by NARHA, "**Lynn's** commitment and success in meeting challenges is well suited to her latest volunteer incarnation as chair of the Education Oversight Committee. Previously, educational content has been developed within the program or certification committee. However, as chair, she will oversee a long range plan for refining and enhancing educational content." **Lynn** continues to shine as she is such an amazing force within our community. Those of us who get to work with her are extremely fortunate to have such an outstanding mentor to learn from. Way to go **Lynn!**

Board of Directors

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STAR Staff

Lynn Petr - *Executive Director/Instructor**

Kristen Sanders - *Dir. of Admin./Instructor**

Shara Cross - *Development Director*

Sara Crum - *Instructor/Changing Strides*

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John DeVault - *Facility Caretaker*

Jennifer Howard - *Equine Manager*

Steph Clifton - *Equine Assistant Manager*

Robin Bowen - *Instructor*

Marilyn Cianciolo - *Instructor*

Claire Dickenson - *Instructor/Minis/Vaulting*

Catherine Jennings - *Instructor*

Jenn Gerard, *Instructor*

Betsey Knight - *Instructor*

Lynn Lambert - *Instructor*

Jan McElroy - *Instructor**

Randi Roddy - *Instructor*

Kyle Johnston - *Stable Hand*

* *Advanced Instructor*

STAR

11800 Hwy 11E

Lenoir City, TN 37772

Phone: 865.988.4711

star@rideatstar.org

www.rideatstar.org

Hakuna Matata...Welcome Timone!!



Eric and Mechelle Barton, owners of LexLin Gypsy Ranch in Rockwood, TN officially presented STAR with **Timone**, a Gypsy Vanner Gelding on October 9, 2010. **Timone** was introduced to the program during the summer and is currently in training to become a therapeutic riding horse. He is adapting well to his new environment and we anticipate he will be a great asset to STAR. As stated by **Eric Barton**, "Gypsy Horses are in their element when working with people who need an understanding and calm but capable horse that thinks through situations before responding rather than reacting too quickly to unexpected events." "**Timone** is our first exposure to this breed and we are very impressed by his quiet, friendly demeanor. We are excited to have him as part of our team," claims **Lynn Petr**, Executive Director of STAR. Petr adds, "He will especially be good for adult and heavier riders who require lots of assistance as he is not too tall, yet very strong. This combination allows our side walkers to reach the rider with ease. **Timone** will be perfect for our Horses for Heroes program which is designed to assist disabled Veterans.



**The Month of March is STAR
Month at Jersey Mikes!**



Be on the lookout for special's at Jersey Mikes to benefit STAR. The local store at 150 Lovell Rd. in Knoxville has chosen to support STAR during the entire month of March! Check our website for more information and plan to dine out at Jersey Mikes for lunch or dinner anytime...especially in March!

Congratulations Volunteers of the Year!



Kandy - Horse of the Year

The annual Barn Party was held, November 12, and boy was it an event! We had over 300 volunteers, riders and family members in attendance. Attendees participated in barn games, wheel barrow races, face painting, food and fun. A Special thanks to **Donna Funk** and **Tina Oliver** of **New Horizon Wellness Centers** as they gave everyone a little pampering by offering complimentary chair massages. Thanks again to STAR's stellar Board of Directors for providing their home cooked chili, hot dogs and smores. The evening included a tribute to our Volunteers of the Year as Volunteer Coordinator, **Melissa Suadi** read stories about each recipient and then presented them with a bag of goodies. The night was certainly memorable for everyone who joined in the fun.



*Jenn Gerard
Lesson Volunteer of
the Year*

*Sarah Taylor
Rookie Volunteer of
the Year*

*Natalie Sellars
Junior Volunteer of
the Year*

**Sharon Weaver
2010
STAR Volunteer of
the Year**

*John DeVault
Facility Volunteer
of the Year*

*Olivia Knight
Equine Volunteer of
the Year*

*Jane Terry, Sarah &
Anna Johnson Family
Volunteers of the Year*

STAR Riders Shined at the Saddle Up! Show

What a wonderful show we had at **Saddle Up!** Our riders really stepped up and gave it all. **Katie C.** rode **Roxy** beautifully in her dressage test; they made a lovely pair in the outdoor arena at Saddle Up, capturing a second place ribbon.. **Michelle L.** took two blue ribbons, and finished right behind **Katie** in dressage. **Coulter E.** brought his whole family, who saw him take two third place ribbons and the blue ribbon in obstacle; This was **Cara H.**'s first horse show, as she is quite new to STAR. She overcame pre-show jitters and won both her classes, riding **Justin**. **Jakob C.** took second in equitation, and had a perfect score in obstacle making him the high-point in obstacle for the show. We brought a championship ribbon home with us! Going to horse shows is not only fun but enables our riders to generalize the skills learned at STAR.

Special thanks to **Cocoa**, **Justin**, and **Roxy** for carrying our riders to victory. Also, thanks to STAR instructors **Marilyn Cianciolo** and **Randi Roddy** for accompanying our riders to the show!



Cara H.



Jakob C.



Katie C..



Michelle L.



Coulter E..

Heartfelt Thanks to STAR CONTRIBUTORS September 1, 2010-January 7, 2011

Individuals

Darwin & Michael Anderson
 Anonymous
 Ron Appuhn
 Lori Asbury
 Bob Baldani
 Kellie Baldwin
 Roy Barnaby
 Harold & Tracy Barnes
 Cheryl Baxter
 Tom Benson
 Mary & James Bonomo
 Bob & Robin Bowen
 Bennie Bramblett
 Sue Brown
 Jane Burkhalter
 Angela Burns
 Martha Butera
 Bill Chafin
 Campus Chest
 Nicole Chmiel
 H.E. Christenberry
 Vince & Maureen Cianciolo
 John & Phyllis Cole
 Combined Federal Campaign
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 Robert & Joleen Dewald
 Cathy Dolson & Jude DeJean
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 Kenneth & Kay Dutton
 Janet Elliot
 Karen Everett
 David & Margaret Everhart
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 Jennifer Gerard
 Fred Gibson
 Robin Gold
 Paul & Pat Green
 Nancy Hardin
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 Ricky & Judy Haynes
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 Jeffrey & Andrea Roesch
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 David & Kristen Sanders
 Ann Schraw
 Megan Scott
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 Greg & Susan Sinatra
 M. Frances Smith
 Karen Smitherman
 John & Kathy Snyder
 Megan Stansbury
 Laura Stephenson
 Rob & Leigh Stivers
 Duffy & Suzanne Stowers
 Robert & Melissa Suadi
 Jennifer Swindle
 Beverly Swift
 Gina Tate
 Forrest Tompkins
 John & Tamara Trawick
 Lorena Truett
 Stacey & Travis Turley
 Laurie Valiga
 Pat Weaver
 Catherine Webb
 Patricia West
 Jim White
 Carol Williams
 Holly Williams
 Kelly & Karen Wright
 Harvey & Namuni Young

In Memory of . . .

Rich Brown
 Deanna & Gerry Bushyeager

Scott Brown
 Deanna & Gerry Bushyeager

Linda Eubanks
 Ben Boring

Eddie Giffin
 Amy Giffin

Bill Good & Kimberly Mitchell
 Ellen Mitchell

Jay Golden
 Alice Golden

Barbara Hendrix
 Fred & Edie Klimas

Sam Isbell
 Susan Howell

Carlton & Norma Johnson
 Linda Crofford

Robert Kilduffe
 Kathleen Kilduffe
 Foster & Tami Mixon

Ruth Klimas
 Irvin Klimas

Joanna McCall
 Donna Quillen

Meetrah, Abdul and P.J.
 Teresa Horst

Laurette Moran
 Kerry Bailey
 Don & Helen Den Uyl
 Jennifer Goswitz
 Elaine Grove
 M.E. Horn
 Elizabeth Henderson
 Brenda Mentzer
 Chester Milligan
 Dianne Scaff

Ed Petr
 Jeanne Petr
 John Petr
 Eileen & Bernhard Schneider

Harry & Marge Sartelle
 Fred & Edie Klimas

Sharon Skubiak
 John & Marilyn Skubiak

Bill Smith
 Andrew & Deborah Agnew
 Bobby Bilbo
 Ben Boring
 Carolyn Broady
 Joann Bush
 Archie & Bonnie Carpenter
 Sue Conley
 Fellowship Class of Concord
 UMC
 Wilma Hart
 Vivian Henderlight
 Gilford & Marsha Martin
 Shelby Merriman
 Robert Nelson
 James & Donna Quillen
 Jack & Margaret Roth
 Norman & Sherry Sanders
 Vivian Smith
 Terry Taylor
 Carl VanHoozier
 Mr. & Mrs. Robert Watt

Sugar Boy
 Bonnie Dodge
 Rachel Hallam

Zelma Duncan Tipton
 Fred & Edie Klimas

James K. Turner
 Ron & Jennifer Brenner

Alice Wittmer
 Fred & Edie Klimas
 Larry & Lynn Petr

In Honor of . . .

Sue Brown
 Anonymous
 Kari Brown
 Mike Brown

Mr. and Mrs. Dillen Bursleson
 Sue Brown

Stephanie Bursleson
 Sue Brown

Mr. and Mrs. Gerry Bushyeager
 Sue Brown

Cathy DeBoer's Birthday
 Harold & Sandra Page

STAR CONTRIBUTORS *continued...*

David & Cynthia Dodson

Alice Golden

Karen Douglass

Andrew & Veronica Douglass

Becky Getty

Barbara Levin

Paul & Pat Green

Deborah Connell

Teenie Hayworth

Tom & Laura Benton

Liz Johnson

Paul & Carol Smith

Fred, Irvin & Harry Klimas

Al Klimas

Mr. and Mrs. Howard Ledbetter

Sue Brown

Jan McElroy's Birthday

Barbara Oldham

Mark McKinnon

Mark & Joanne Hazelwood

Elayne, Sammy & Roch Monnig

Diane Montgomery

George Morgan

Keith & Kathryn Cole
Nathan & Heather Morgan
Samuel & Carey Morgan

Olivia & Jimmy Mund

Duncan & Jennifer Bennett

My Family

Lois Sheffler

Bob & Judy Ort

S.W. McFadden

The David Phillips Family

Barbara Oldham

Ruth Phillips

Sue Brown

Pless Rizzie

Nancy Stanley

Chuck & Penny Shoop

Sue Brown

Blake Stevens

Ricky Greene

The instructors, staff, vols & horses that keep STAR rolling

Laura Johnson

The Trawick Family

James Keiffer

Holly Williams

Addicks CPA Firm

Cortner Wilson

Jo Lay

Civic Groups

Farragut Ruritan Club
Fox Den Women's Club
GFWC Suburbia Women's Club
Lenoir City Civitan Club
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The Haslam Family Foundation
Lura-Lee & William Lange Foundation
Melrose Foundation
Gene & Florence Monday Foundation

Horse Sponsors

Alyx – Alece Ellis
Bandy – Chris & Julie Ramsey in honor of Megan Ramsey
Cocoa – Scott & Mary Zimand
Freckles - Knoxville Pediatric Assoc.
Peabody – Ellen “Sis” Mitchell
Roxy – Pless Rizzie
Sky – Pam Craig & Cynthia McLean

Virgil - Kiwanis Foundation of Tellico Village
Zipper – Byron & Kitty Collier

Cat Sponsor

Dublin – Jeannine Mitchell

In Kind Donations

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Robin Bowen
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Leah Brown
Tempe Brown
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Sandra Waldrip
Willie Bakery
Lea Wright

GOOD SAMARITANS

"Compassionate people who unselfishly help others"



Julia Rabensteine, Natalie Hermes, Emily Pabst, Colleen O'Brien, Stevie Turski, Katelyn Cooley and Lexi Turner

STAR thrives because of the generosity of community members. Girl Scout Troop #641 from **St. John Neumann Catholic School** did a beautiful job reworking our STAR garden. The **Kiwanis Club of Tellico Village** presented STAR with a check to sponsor our horse Virgil. Thanks to **Blalock Construction**, STAR has a new farm truck to use to haul shavings, hay and to help maintain our 63-acre farm. No good deed would be complete without the hard work of our dedicated **Scripps Networks** volunteers. They came out to STAR in full force to landscape, paint, clean the barn and learn more about our program. Thanks to all of our good samaritans who make life at STAR even brighter!



Shara Cross, Melissa Suadi, Ray Scott, Virgil, Sara Crum, Lynn Petr and Fred Kyle



David Brown, Harvey Young, Board Member and Jim Blalock



Employees of Scripps Network

STAR Board of Directors

As we say goodbye to Board members **Mary Johnson, Sue Brown, Paul Green, Laurie Macnair, Kelly Miller, Kathy Seagrist, Noah Myers and Erika Nadaud**, we welcome new members of the STAR Board of Directors, **John Trawick, Lori Asbury, Bonnie Strider, Jennifer Swindle, Cheryl Baxter, Brian Welch and Krissy DeAlejandro**.



Mary Johnson, Sue Brown, Paul Green and Erika Nadaud

Many thanks for the talent and years of hard work from our outgoing Board members. We know this is not goodbye, but rather see you later as we are certain they will be around for many years to come. We are very excited to have an equally talented group of new board members step up to begin their term in 2011.



The New Guys!

John Trawick, Lori Asbury, Bonnie Strider, Jennifer Swindle, Cheryl Baxter and Bryan Welch

not pictured: Krissy DeAlejandro



Appreciating the power of the horse to change lives®



THIS 'N THAT



I Now Pronounce

Congratulations **Jennifer Burkhardt**, STAR's **Equine Manager** and **Robert Howard** who were married, October 9, 2010. STAR wishes **Mr. & Mrs. Howard** a life full of happiness!

OUCH!

Back in November, **Betsey Knight**, STAR Instructor, was participating in an endurance ride when she fell off her horse just a few miles shy of the finish line shattering her hip.

Just a week after **Betsey's** accident, **Kristen Sanders**, Director of Administration/Instructor was teaching her class when the horse she was working with swung into her causing her leg to break. She has had a long recovery but is now able to come to work part time. Both have received lots of support from friends, family and the STAR team. We are hopeful that both **Betsey** and **Kristen** will be back in the saddle soon.

WIVK Christmas Parade

STAR Volunteers were bundled up and ready to go for the Knoxville Christmas Parade, December 3. STAR was represented well in the parade this year with all those smiling faces on board the float. A special thanks to **Tom Christman** for steering the float through the crowd of people anxiously waiting for Santa Claus to make his appearance. Thanks to everyone who participated.

'Tis the Season

Now that the Christmas season is over, we would like to thank **EquiKnox**, **Horse Emporium**, **LC Feeds** and **Tractor Supply** for generously displaying our Christmas Trees during the holiday season. We place these trees around town every year and we are very grateful to have so many wonderful people who bought items off our trees. We received several bags of feed, vet supplies, cat food and much more! Our furry friends are very happy to have gotten so many gifts!

We Will Miss Stazzi



Stazzi, one of our horses, had to be euthanized on January 28 after an episode of colic.

Stazzi was at STAR for almost four years and was 21 years old. She was a wonderful therapeutic riding horse and had such a gentle disposition. She certainly loved

people and provided many of us with comforting "whinnies" and snuggles. We are very thankful to **Sommerville Harris** for loaning her to us so that we had the opportunity to enjoy her as part of our STAR herd!

Chris Irwin Clinic

Chris Irwin held a clinic at STAR on the weekend of October 23rd. Horse owners were able to attend together with their horses in private and semi-private lessons. Spectators were welcome and observing



the sessions was enlightening and certainly entertaining. Chris explains his teachings in colorful metaphors. He compares the horse's language to martial arts where push, block and draw are the basic concepts: A slight bend in your body position can draw the horse towards you while a stuck out hip or shoulder pushes it away.

STAR has adopted Chris Irwin teachings in our efforts to work as effectively as possible with our equine partners. It becomes more difficult with the large number of horse handlers we have at STAR but it is well worth the effort.

Stay tuned as Chris Irwin will be returning to STAR for a horsemanship clinic October 24-26, 2011.



Shangri-La Therapeutic Academy of Riding
 11800 Hwy 11E, Lenoir City TN 37772
 E-mail:star@rideatstar.org- 865-988-4711
 website www.rideatstar.org

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| Gift Card - Wal Mart | Trash Bags Gift |
| Card - Tractor Supply | (13, 33 & 50 gallon) |
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STAR CALENDAR

- | | |
|-----------|--------------------------|
| Feb. 26 | Volunteer Training 9-1 |
| Feb. 27 | Winter Session Ends |
| Feb. 28 | Junior Vol. Training 5-7 |
| Mar. 5-11 | Orientation Week |
| Mar. 12 | Spring Session Begins |
| Mar. 25 | Tack Swap |
| Mar 28 | Jersey Mikes Special! |
| Mar. 30 | Open House 4:30-6:30 |
| April 16 | UT Vet School Open House |
| Apr. 30 | Bridles & Blue Jeans |
| May 7 | Cleveland Horse Show |
| May 9 | Open House 5-7 |
| May 15-21 | Rider's Ride-A-Thon |

SAVE THE DATE

March 25 from 4-8pm is the new date/time for the Annual Tack Swap. STAR has taken over this event and moved it to spring when everyone is gearing up for riding. So clean out your barn and closets and join us in selling/swapping and catching up with your horse friends. Set up a table for a \$15 donation to STAR. Check our website, www.rideatstar.org for more information.

On the Lookout



We are searching for a 14.3 to 16 hh Western Pleasure Horse to join our herd. Must be sound and trained to neck rein.