

# Centaur Stride Therapeutic Riding Center

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# Newsletter

Fall 2004



Therapeutic Riding Center  
Westfield NY.

## ***Centaur Stride Inc Board of Directors***

***Claudia Monroe***  
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Director

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***Paul F. Mazzone***  
Interim Exec. Director

Welcome to the first edition of the Centaur Stride Newsletter. It is our hope that we can bring you the latest information on what's happening at the riding center, as well as other information that may be of interest.

Remember, this is your newsletter. If you have any ideas for improving the content & quality, please feel free to make suggestions.

So far it has been suggested that each edition has:

- An article featuring one horse, with info on the great animals that do such a super job
- An article written by one of the riders, volunteers, or staff.
- A "wish list" comprised of items and equipment that are needed for the operation of the center, or things that might make things better. (tack, horse treats, printer ink cartridges, copy paper, etc)
- Rider Spotlight: an article written about one of our special riders
- Special achievement reports about our riders, staff and volunteers.

Contact Paul Mazzone, Connie Wojcinski, or Doug McCullor for details on submitting written articles, photos, and other items. A large envelope will be placed on the new bulletin board located to the right of the wheelchair lift. Please feel free to drop in any submissions for consideration in future editions.



Our New  
Interim Executive Director  
Paul Mazzone

Paul has assumed the duties of Interim Executive Director of Centaur Stride Inc. Future editions of our newsletter will often include a report - "Paul's Page" - where he will give you his thoughts and visions for the future of this organization. Thanks Paul!

### Joy's Carrot Soup

1 small onion finely chopped  
3 C. carrots peeled and coarsely chopped  
4-6 T. butter  
3 C. chicken stock  
1 1/2 C. heavy cream or milk  
2 t. curry powder  
salt and pepper to taste

Melt butter in large saucepan. Saute onions 5 minutes until transparent, then add the carrots. Cook for 5 more minutes and add stock. Cook another 20 minutes or until carrots are tender. Puree in the blender or if you want a velvety texture, put through a strainer. Return the soup to the pan and whisk in milk or cream. Add seasonings and taste. Garnish with creme fraiche and chopped parsley.

Submitted by  
Joy M. Kurtz

## A Special Note of Thanks For Your Donations!

Mike Mitchell – *miscellaneous tack*  
Home Depot – *stain & brushes*  
Bonnie Lancaster – *helmet, tack, and a horse blanket*  
Connie Wojcinski – *Display materials, receipt books, computer*  
Dianne Brown – *printer & computer equipment*  
Russell Spinaugle - *\$100 donation*  
Laurie Mabee-Fuchs – *Chief (horse)*  
Mitchell Dudley – *hay*  
Chaut. Region Comm. Foundation – *\$740 to fix drainage in arena*  
Northern Chaut. Comm. Foundation *\$3500 Spring training grant, CPR/First Aid, Instructor Certification*  
Maurice Alday – *ditch grate*  
Penny Nixon – *3 yr trial/lease of new pony "May" (same home as Tina)*

### \*\*\* Volunteers Needed \*\*\*

If you have a few hours each week or each month that you would like to donate, your help would certainly be appreciated. Things like: side walkers and leaders, painting, cleaning, mowing grass, doing public speaking, and assisting in other ways. Let Claudia know ASAP.

### Rider Spotlight



**Derek McCullor**

**Derek**, the rider selected for our first newsletter, is a 23 year old rider who currently has the distinction of being the rider with the most seniority at Centaur Stride. He started riding at the facility shortly after it opened in 1994. Because of his Cerebral Palsy, his days are usually spent in a wheelchair. Horseback riding gives him the opportunity to get out of the chair & enjoy interaction between horse & rider. The games, trail rides, and other activities provide him with a fun, yet beneficial form of exercise.

Derek resides in the City of Dunkirk at the Otter St. IRA. He is involved in many activities, but riding Coco is one of his favorites. Over the past 10 years he has traveled from Jamestown & now Dunkirk, twice a week, year 'round, only missing occasionally due to extreme winter weather.

### Horse Spotlight



**Coco** is a 22 year old white mixed breed gelding, donated by Olive Becker in November of 1993. Over the years he has logged many miles helping his young passengers accomplish their goals. Sometimes he seems to know which pole is “the blue one” or the “red one” and appears to have the uncanny ability to tell time. He often seems to know when the rider’s time is up & heads for the exit. Maybe it’s the occasional treats he gets at the end of the lesson? Along with the rest of his stable mates, Coco is a special horse helping special riders.

### Bulletin Board

Thanks to Lamae & Connie for setting up our new bulletin board. It’s located in the entry-way just outside the therapy room. Take a few minutes to check it out for the latest information each time you visit.

# Claudia's Corner

Isn't this great! I'm so amazed at what can be accomplished when a group of dedicated people get together to make something good happen. Special thanks to Doug & Lamae McCullor, Diana & Richard Paul, Connie Wojcinski, Joy & Jim Kurtz, and Paul Mazzone for getting this newsletter moving forward.

This is the year to spread our news and let people know we're here and need help in so many ways. We have to raise needed funds, recruit & train volunteers, and keep our facility and horses in great shape.

The Northern Chautauqua United Way got us off to a good start during the "Week of Caring", on August 12. We started staining the barn with four volunteers and three hours. It's a big barn so there's still more to stain, but we have the stain, donated by Home Depot. We just need more volunteers and more sunshine. With all the rain, the trails didn't get groomed well this year. We can only hope for better weather next summer. Getting enough hay in was no small task for Harry & Ben. We lost 4 fields to rain.

We'll have a full barn this winter with 18 horses.

Ponies: Tina, Eli, Maple, Molly, May, and Dyeak

Horses: Coco, Janisula, Nikki, Chief, Seralyn, Kasie, Raven, Merri Sue Majestic, Whiskey, Kimosabi, and Taxi.

*(Claudia's Corner Cont.)*

Fund raising & publicity are moving forward. Please let us know if you can help in any way. We are so lucky to have such a great place like Centaur Stride. Its taken lots of people who care to keep a place like this.

Many thanks to all who care,

*Claudia*

## Name Our Newsletter

Any ideas for a unique or special name for our newsletter? Drop them off in the newsletter envelope on the bulletin board. We *probably* won't be able to offer any prizes for the winning entry, but you certainly will be given full credit in the next edition

## **\*\*\*Donations & Support Needed\*\*\***

If you work for a business or belong to a club or other organization that would be interested in "adopting" a horse, conducting a fund raiser, or supporting Centaur Stride in other ways, please contact any of the board members.

## **Reminder**

This is your newsletter. Written articles from riders, volunteers, parents, board members and anyone else involved, are encouraged. Space limitations and timeliness may affect how quickly the article is published. Please leave all submissions in the envelope provided on the bulletin board.