



Xenophon News

Volume 3

Spring 2008

2008 Calendar

May

- 17 Barn Clean up
- 18 Volunteer Orientation

June

- 2 Session One begins
- 22 Open House

July

- 14-26 Two week break
- 26 Battle of the Barns
- 28 Session Two begins

August

- TBD Family Picnic

September

- 8-12 One week break
- 13 Session Three begins

October

- 25 Horse show
- 25 Volunteer Appreciation Lunch

Thank you to Penny & Dan Dennenberg who gave the horses a home for the winter!

And, another great big thank you to Dr. Mike O'Brien and all those at Diablo Horse Clinic for taking such good care of our herd.



New faces around the barn

Welcome Karen Bottiani—Barn Manager

I grew up on a small ranch in Goleta, CA where I was introduced to a lifelong love of horses. As a child and teenager my grandfather taught me about horse care and an aunt made sure I got riding lessons so that I wasn't just galloping around bareback. Learning about horse care and riding are still very high priorities for me.

Except for college and a couple of years after that, there have always been horses in my life. I have two horses of my own, Blues and Piper. They live at Moraga Horsemen's Pasture. Blues is my endurance partner. Piper is a pleasure horse that sometimes goes to endurance rides. During the years I have been involved in endurance I have been lucky enough to participate in a number of events that are really special, including the Tevis Cup 100 mile Ride and the 2003 Pan American Endurance Championship.

In my brief time with Xenophon I have grown very attached to the horses and I am committed to their health and happiness.

The newest Xenophon horse is a pony!

Pal is a 13 hand chestnut pony gelding with minimal white markings. He is in his mid-teens (no papers, so no way to know for sure). Pal's personality is gentle and affectionate. He will always nicker when a person visits his stall. Pal loves people and attention, and he also gets along well with the other horses. Under saddle Pal is a bit lazy, but he has three good gaits and is steady and not spooky at all. Out on the trail he is quite fun to ride, interested in everything and not worried by dogs, bikes or traffic. Pal will be a great addition to the Xenophon family of horses.



Volunteers on view!

Leah's Letter

Dear Xenophon,

In support of your annual fundraising dinner I would like to support you in all your efforts with a donation of \$850 to this wonderful organization which brings so much to the community. These funds are coming from my bat mitzvah. I chose to donate this money to an organization because I wanted to make a difference and help someone else in doing something that changes the lives of so many people including myself. I chose Xenophon because I love horses and kids. Every time I came to Xenophon I felt my heart growing. It was so touching to see the wonderful kids work really hard and trying the best they could to ride such wonderful horses. It amazes me how intelligent, and loving the kids are. These kids are some of the nicest ones that I got the privilege to know. I think that Xenophon is such a wonderful organization and if only there were more like it. I so enjoyed getting to know the kids and watch them improve from their first lesson, with their fears of getting on the horse, to the last lesson, their face glowing, their love for the horses. I can only imagine the looks on their faces when they received their trophies at the horse show!

I learned so many things at Xenophon. I learned that no matter how disabled someone is they can still succeed and blow people's minds away with their knowledge. I learned that there is so much that one can do to help people in the world. I learned that by doing one good deed you help so many, by volunteering at Xenophon I helped kids build their confidence. I helped myself by helping others which made me feel great. Everyone at Xenophon is so helpful to others, everyone is always happy and you don't let anything stand in your way from helping someone else. Thank you so much for teaching me so much, doing such wonderful things for these kids, and you can count on seeing me next year!

Leah attends Piedmont Middle School & loves horses; they have been a part of her life since kindergarten. She sponsors two horses & competes on both horses in dressage and show jumping. She just started volunteering for Xenophon in 2007 & plans on returning this summer.

Thank you Leah!



Question: How do you catch a loose horse?

Answer: Make a noise like a carrot!



Volunteers ARE needed for our upcoming season! We are always looking for good volunteers so please spread the word and invite anyone you know that might be interested to our Volunteer Orientation on Sunday, May 18th at 10:00 a.m. Volunteers must be over the age of 14 and no horse experience is necessary. Please have them contact Zette Thierry at zthierry@xenophontrc.org for more information.

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PARENTS PERSPECTIVES

By Laura Snyder

When we came to Xenophon, I had no expectations for my daughter. I just know that she loves animals and horses are on the top of her list. My daughter, Melyssa, has Achondroplasia, the most common type of dwarfism. Many sports are not safe for kids that have issues with their spines or extra fluid on their brains. Her short limbs and curved spine made it impossible to enroll her in much that would get her out of doors and moving. So, we were so pleased to find Xenophon. Within the first five lessons, I noticed her sitting up much straighter and it wasn't just to please her teacher - it was all the time, at her desk, at the dinner table, in the car, everywhere! Most people with dwarfism have shortened rib cages and some never fully expand their lungs, as a result asthma can be a life threatening event. As Melyssa rode more at Xenophon, her posture improved and so did her breathing. Over the course of the summer her balance improved and her self confidence has come along way too. I cannot thank all of the people at Xenophon enough for all the work they have done with Melyssa. Her intake of asthma medication has been cut in half because she is able to stand up straight and expand her lungs. And, since her balance has improved she does not fall down as much as she used to. She has confidence in herself to go out and try new things. All this would not have been possible without Xenophon. As we came there not knowing what to expect, all of these things were great surprises and blessings. Thank you to all that volunteer their time, we will always be so grateful to you.

ED's Editorial

Judy Lazarus, Executive Director

Here we are at year sixteen. Where does the time go? We are starting with a new expanded arena and refurbished paddock and a new pony. I think we are in for a great year at Xenophon. The Center looks just wonderful and we are ready to roll.

We had a fabulous Gala in March this year at the Orinda Country Club. Everyone came for a little "Horsin Around" with a marvelous dinner and dancing afterward. We had a very successful auction, both live and silent. We had a balloon pop this year, which was lucrative and festive. It was fun to see so many people walking around tied to a balloon.

Our student, Anthony Fusaro, was awarded the first annual Jean Schaffner Spirit Award, instituted by her daughter, Kate Schaffner. This award is given to a student, volunteer, or friend of Xenophon who has been an inspiration and outstanding in the work done for our Center. Anthony certainly fills the bill.

Thank you to all who have tirelessly been there to help make Xenophon the wonderful place it has become.





Dear Xenophon families,

The simplest way to donate to Xenophon is to renew your eScrip commitment to Safeway, Vons, Macy's Visa, and Credit & Debit cards to continue earning for Xenophon Therapeutic Riding Center.

Did you know that you can split your eScrip donation to support more than one group at a time! That means you can support your school & Xenophon at the same time!

On behalf of our students and horses we thank you!



Macy's



eScrip VISA



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Xenophon's Mission

Xenophon's mission is to provide a high quality program of therapeutic horseback riding and related activities to disabled children. By providing a safe and stimulating environment, Xenophon seeks to enrich the lives of our students by improving their physical and mental ability, increasing their confidence, and enhancing their self esteem.



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www.XenophonTRC.org