

Kim Lindman is Volunteer of the Month



Kim started coming to the Grette ranch as a third grader. She began with riding lessons on Blakken, who still remains her favorite horse. Kim schools Blakken now as part of keeping him trained and ready for the riders with special needs. She volunteers long hours three times a week and rides once or twice a week as the lesson schedule permits. Kim's mother, Amy Lindman, was a founding board member of Alatheia.

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Contact Nancy at info@alatheiaridingcenter.com

Or phone Nancy at (509) 630-8710

In addition to volunteering to school Blakken, she has worked as a side walker and lead walker during lessons since 2013. Kim even shovels out the stalls when needed. She said she loves being at Alatheia no matter what she's doing. She's made friends among the other volunteers too.

Kim is a student at both Wenatchee High School and Wenatchee Valley College. In June she will get her high school diploma and an Associate of Arts Degree from the college. After that, she will head off to Europe, visiting both Spain and France, including three days in Paris. She's looking forward to her second trip to Europe where last time she saw Spain and Italy – a life changing experience for her. In the fall, she will go to Bozeman to attend Montana State University where she hopes to join the equestrian team while studying Cell Biology and Neuroscience. After that she's looking at a career in research.

When asked why she comes to Alatheia, Kim stated, "I keep coming to Alatheia because of the people. I love to see the kids being so thrilled to ride, and I love to see their family so proud of their riding. It makes me really happy to think that I get to help them do something they love. Coming to Alatheia really is the best part of my week. It really makes no difference if I'm just shoveling manure or if I'm helping out with lessons or riding. Just being there around all these positive, fun people is enough."

Dates to remember

May 23, 2014 is a day off, so that everyone can have a long Memorial Day weekend. Remember: No rides on Friday, the 23rd and Monday, the 26th.

Spring session ends on June 6, 2014. Alatheia will be closed June 7-15.

Summer session begins June 16th.

Wenatchee Wild 50/50 Raffle was a success for Alatheia



On March 29th Alatheia volunteers, staff and parents of riders sold raffle tickets as a fundraiser for Alatheia. It was the second year of participation and was successful again. This year the Wild invited our riders to take part in the Huck a Puck event and a video of Alatheia was shown, giving positive exposure to the program.

Amy Albright is instructing at Alatheia now

Amy comes to Alatheia with an extensive background in horsemanship. She attended a horsemanship school in Waverly West Virginia called Meredith Manor, and then got a four year degree in equestrian studies at Salem College in Salem, West Virginia. Amy was an instructor at camps in New York and California before settling at Miracle Ranch, a Christian camp, as horsemanship director. She trained horses and taught riding until recently, and she directed a mounted drill team for a while.

Two years ago Amy and her husband moved to Wenatchee and she met Nancy Grette, director of Alatheia. She recognized immediately that Nancy was a horse woman, and became acquainted with her. Amy began at Alatheia when Kamille Kay needed someone to sign off for her when she was meeting her qualifications for PATH, Int'l certification. In August of 2013, Amy began instructing at Alatheia while Kamille was gone for a week. This spring she became a regular instructor. Amy also works with the volunteer training and she has given riding lessons to some of the volunteers.



Amy's other interests include playing the hammered dulcimer (you may have heard her play at Pybus Public Market) and she is an artist, using pencils and pastels.

There is a horse show coming soon! It's for riders during the last week of spring session.

Thanks to a grant from the Wenatchee Central Lions Club, Kingston Memorial Fund, we have a lift!



Josh Hathaway was the first to use the new lift for mounting a horse. Here he is shown getting on Frid who stood patiently while Josh was lowered to the saddle. Josh is in a wheelchair, and has been hand lifted by Nancy in the past, but with the new lift, he and many others will be transferred to the horse by this method. The lift was installed earlier this month, and volunteers and staff

have been trained in its use. The Kingston Memorial Fund grant totaled \$8,000, and with the lift we can now serve riders who cannot mount a horse any other way. Staff, parents, and volunteers are grateful to the Wenatchee Lions Club for this generous donation.

Connor Calcut is Featured Rider

Connor has been riding for a year at Alatheia, starting last spring when he was only three years old. Connor wears braces on his legs due to Behavioral Toe Walking, tight heel cords, over developed calf muscles, and Sensory Processing Disorder. His physical therapist at Achieve Center recommended Alatheia to his parents. To make sure it would be a good fit for Connor, his parents talked to his doctor at Children's Hospital in Seattle, and were given the go-ahead.

Physical Therapy and Horse Therapy have helped Connor to walk flat on his feet, stretch the Achilles Tendons, improve his range of motion and have loosened the cords. Connor's mother, Melanie Calcut, said their goals for Connor at Alatheia are to continue stretching his leg and feet muscles and cords, build self confidence, improve listening skills, and build new relationships with both his volunteers and his horse. She said he uses different muscles when horseback riding and he must work to keep his toes up and his heels down when riding.

Connor rides with only a side walker beside him, but offering no support except when his horse trots. Connor enjoys trotting and sits up very straight when riding. He is learning to use the reins to turn.



When asked what he likes about riding at Alatheia, Connor said that he likes saying "Good boy" to his horse, Sindre, and he added, "I love my horse."

Melanie Calcut added, "Over the past year this has been such an amazing program for Connor. When we are out and about in town he often tells strangers, 'do you know I have a horse?' He has so much

love for his horse, Sindre. As a Mother I just feel so blessed to have this opportunity to watch my son up there with a smile from ear to ear while on 'his horse'."

Volunteers Help Out at Alatheia on Work Days

Recently there have been volunteers contributing hundreds of hours and several work days at the riding center. They have moved and added fencing, repaired irrigation lines, stained the rub boards in the new arena, painted the mounting decks, weeded, and much more. In addition to the Alatheia rider and volunteer family, those providing this much-needed help came from Sherwin-Williams Paint, Columbia Paint, Schoolhouse Rugby, Starbucks, Habitat for Humanity, Lande's Painting, Grace City Church, and Winnie's Hallmark. We are so grateful for your support and hard work!

Thank You!

Getting to Know the Horses: Frid

Frid is the most easily recognized horse at Alatheia Riding Center because of her braided forelock. Frid has such a long and full forelock (bangs) that it is braided to keep it out of her eyes. She was one of the first two horses to come to the Grette's place (before it was called Alatheia). She and Sindre were acquired at the same time from the Courtney Ranch at Stehekin, and were delivered on the same day. Since Sindre is her half-brother they were happy to be kept together. Frid was purchased for Mr. Glenn Grette as a riding horse, and he learned (at age 42) to ride on Frid. Frid was one of the first therapy horses at Alatheia and her gentle nature makes her perfect for the job. She is 19 years old, and has been at the Grette's for 14 years.

What sets her apart is her patience with every circumstance and individual that comes before her. She also has an incredible ability to read every therapy rider's needs and makes adjustments to her movement and responsiveness accordingly. We see her do this when she greets them (especially those in wheelchairs) each week as she gently drops her head into their arms and lap and softly nuzzles them. It is as if she is analyzing what is before her that particular day. Her eyes soften and disposition changes and it is a powerful thing to witness.

In this photo Frid takes a well-deserved rest.



Watch for news about our upcoming horse show during the last week of spring session!