

# Alatheia Pony Express



The monthly newsletter of Alatheia Riding Center

October 2013

## How Did Alatheia Riding Center Begin?

Glenn and Nancy Grette created Alatheia Riding Center in February of 2011 offering their first therapeutic rides in June of that year. The inspiration for the riding center came much earlier in the summer of 2010 when a friend asked them to provide a 5th birthday ride for their daughter with special needs. Glenn and Nancy say they will never forget what happened when that little girl got on to ride. She was transformed by the empowerment and joy of moving on a horse rather than being carried by someone or using her walker to get around. They also noticed an incredible connection between their horse, Frid, and this little girl. Something very special was happening and they wanted more. Nancy began volunteering for a similar facility in Ellensburg and was deeply moved by what she experienced there. Next came a decision for Nancy to pursue certification as an instructor and gain Member Center status for Alatheia Riding Center with the Professional Association of Therapeutic Horsemanship

International followed by a 3 month internship at a large center in western Washington. Nancy was certified in May, 2012 and currently volunteers full time at Alatheia as Director of Services and Lead Instructor. Glenn has devoted his expertise as a businessman, ranch hand, arena designer, facility manager, and he also volunteers as Alatheia's Executive Director and Chairman of the Board of Directors. Their ten year vision for Alatheia is that it will be a community supported, sustainable and highly respected service to the community of special needs individuals in the greater Wenatchee Valley.



Nancy Grette on one of the Fjords

## Volunteer Party scheduled for November

Volunteers, mark your calendars for November 23 for the Volunteer Appreciation Party! The event will be held at the Confluence Technology Center. More details to follow.

## Alatheia Receives Grant

Great News! Alatheia Riding Center has been selected as a recipient of The Community Foundation's Regional Impact Grant in the amount of \$2500 for general operations. The fact that we have been awarded this grant places the Community Foundation's stamp of approval on our program and recognizes the good work our organization, board, staff, and volunteers do on a regular basis. Alatheia is honored and grateful!

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## Rider of the Month is Grace

Our featured rider for October is Grace, a sweet 7 year old with low tone who has been riding at Alatheia for 3 years. Her



mom says they sought out therapeutic horse back riding at

Alatheia because it is a wonderful therapy for her. Also, horseback riding gives Grace the freedom of movement that she doesn't have on her own.

When asked why they have continued therapy for Grace her mom said, "Because of Nancy! What an incredible woman! Her heart is in this riding center and I can feel that every time we arrive for lessons. Her dedication and love for this project radiates and I can't wait to pay it forward, someday. She just makes me want to do that."

Regarding results Grace's mom says, "She has a definite 'I'm so proud of myself' face. She wears it proudly very often when riding. That is when we know Grace feels she has accomplished something. With her disabilities, a sense of accomplishment is a rare occasion and I know weekly, Grace is proud of herself. During daily life, we create stories to remind Grace of her horseback riding and you can see that 'proud' face sneak in as she remembers. We have also seen Grace's ability to sit up by herself improve this year and I'm sure it can be attributed in part to the continuous therapeutic horseback riding she receives at Alatheia Riding Center."

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## Alatheia Wins Patriot Plumbing Contest

Many thanks to Patriot Plumbing, Heating & Cooling in Wenatchee, WA who recently named Alatheia Riding Center the September recipient of the "Patriot Cares" contest supporting local

non-profits. Their generous donation of \$250 will benefit our riders who depend upon our scholarship program to continue their weekly therapy.

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## Alatheia Currently Has Eleven Board Members

Eleven people make up the Board of Directors of Alatheia Riding Center. 2013 Board members are Clark Hanson, Landon Michaelson, Barbara Burke Dietzman, Colleen Kimble-Cornelius, Susan Martin, Joyce Neville, Sue Parker, Patricia Fitzgerald, Stacy Fowler, and Glenn and Nancy Grette.

## Margo Smith is Volunteer of the Month for October

Alatheia Riding Center could not exist without the help of volunteers and each one contributes immeasurably. We want to introduce Margo Smith as our featured October volunteer. Margo is a kindergarten teacher in the Eastmont District where she also taught Life Skills, a program for students with multiple disabilities. She brings that background experience to Alatheia every Friday afternoon when she works with children.

Margo grew up in Mansfield where horses were a big part of her childhood. Because of her love of horses and children, she was drawn to Alatheia, a place that brings both together. She's been volunteering for a year and a half with duties that include side walking,

lead walking, and tacking up.



A background with children with disabilities gives her an understanding and appreciation of their different abilities. "Each small success is a big thing," Margo said.

## Name the Newsletter Winner

Mary Tolbert won the contest to name the newsletter! She suggested Alatheia Pony Express, and of the 17 entries in the contest, hers was chosen as winner. Mary will get to bring a friend and have a riding experience at Alatheia. She is the mother of Josh, one of our riders.

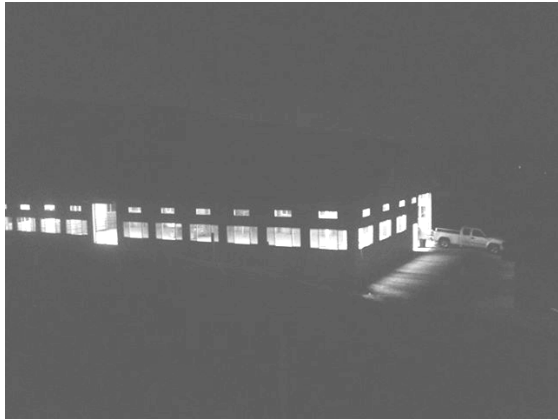


## Do you have questions, comments, or Letters to the Editor?

You may send comments, story ideas, letters, etc. to [ppfitz@aol.com](mailto:ppfitz@aol.com)

## Lights and Heat Come to the New Arena!

We have lights and we have heaters in the new arena now, thanks to a big volunteer effort.



On a recent night, the indoor arena was a beacon on the hill and promised many late afternoons of bright rides even with darkness coming sooner.

## Barbara Burke Dietzman is Featured Board Member

Barbara is grateful to Nancy for helping her overcome some fears she had developed around horses, even after a childhood as a “horse girl”. Barbara made a connection with Frid, and Nancy rode with her in the hills to bring back her confidence in riding. For that, Barbara said it was “important to give back to Nancy for what she had given me – the ability to enjoy riding again.”

She gives back by being a very active board member. Barbara has gone to

businesses to get donations of materials, developed an app that will help with communications, wrote two grants that brought in approximately \$7,000, is arranging the Volunteer Appreciation Dinner, chaired the Fundraising Event, managed the Drive to Ride Fundraiser, and even helps out as a volunteer in the arena when she can.



Before being a stay at home mom, Barbara was a surgeon practicing in Keene, NH and then in

Wenatchee. She also volunteers with the Community Foundation of North Central Washington and the Washington School PTSA.



**Frid is getting ready for Costume Week**

Frid has several costumes to wear next week for Costume Week at Alatheia. Be sure to wear one, too, if you'd like. Frid's are simple, but she knows they make her beautiful. 😊



# Kamille Gets Certification

Alatheia Riding Center now has two PATH International Certified Instructors as Kamille Cummings received her certification this month. PATH (Professional Association of Therapeutic Horsemanship) certifies in several areas, including Instructor.



Kamille began with Alatheia as a volunteer after being inspired by the connection between an autistic boy she knows and his horse.

As a volunteer, she became interested in becoming certified, so Nancy (a Certified PATH International Instructor herself) mentored Kamille until she was ready to go for an intensive 5 day training session near Houston, Texas that included riding, classroom work,

teaching a lesson to children, and then being tested. Kamille was the youngest in the class and one of 6 who became certified after the session.

Kamille is currently taking online classes through Eastern Washington University where she is working toward a degree in Children's Studies. About the certification process, Kamille stated, "I'm thankful for the support of people here and for the opportunity to do this."

Asked about future plans, Kamille said she will continue working at Alatheia as it is "the best job ever!"

## The Tres Amigos and their horses are ready for Costume week!



*HARNESSING THE  
HEALING POWER  
OF HORSES*

# Help from a Generous Donor is Important to Alatheia

All financial donations to Alatheia are important in building the resources we need to continue providing therapy to our riders with special needs. What we find especially moving is that these gifts come from a variety of people, in different amounts and are a meaningful expression of their appreciation for Alatheia. Nancy fondly remembers one grandmother who would come weekly to watch her granddaughter ride. Many times this grandmother would pull an assortment of worn bills out of her purse and give them to Nancy telling her it was a tithe of the money she earned weekly on the cherry line in a packing house! That gift and those like it are incredibly meaningful and remind us of the kindness and generosity of so many people!

In each issue of The Alatheia Pony Express we will feature one of our donors. Our featured donor this issue happens to be a man who has consistently given large sums since Alatheia began three years ago. Large donations allow us to make decisions on critical capital equipment and staffing needs that allow us to continue to grow and expand. It strengthens our confidence that Alatheia will become a self-sustaining and community supported service for many years to

come. We are so grateful for every gift, no matter the size.

Our featured donor this month is Jay Giesa. Jay was born in Spokane, Washington where he attended Lewis & Clark High School. He also attended WSU where he received a degree In Speech. He spent 4 years in the Navy broadcasting from Hollywood for Armed Forces Radio. He continued in broadcasting both on the air and in management at KOMO Radio & TV until his retirement in 1993.

Jay & his wife Nancy were married seven years ago after both had lost their spouses. Together they have 8 children. One of these is Nancy's daughter – also named Nancy (Nancy Grette) who shared with them her dreams for Alatheia. Jay and Nancy have watched the joy that horses & therapeutic riding give to so many children & adults with disabilities. Jay is one of Alatheia's greatest boosters.

Jay's support has made many things possible at Alatheia Riding Center, and his generosity is much appreciated.



Jay and Nancy Giesa

