

October 7, 2021



STIRRUP COURAGE

Equestrian Learning Center

www.stirrupcourage.org

Fall sessions are underway, and our season of BIG FUNDRAISING is about to begin! Join us in kicking off our Barn Raising Capital Campaign and help keep sweet moments like this happening!



FALL session and our first RIDING lessons!!!

We are already halfway through the 4-week fall session for our three classes of new and returning students! Starting in September we added one evening class of brand new participants to go through our Horse CARE curriculum learning basic grooming and leading skills. On two other days of the week we have three returning students who graduated from the intro session this summer and are able to begin our Stir-UP!—Level 1 Riding Class!



In this level of riding we are focusing completely on developing a confident and independent seat and balance in the saddle, so no bridles or reins to start! Our volunteers walk the horses on a lead with spotters available to walk alongside the rider. Every lesson we practice safe mounting and dismounting steps, and focus on exercises that promote proper posture, strengthening core muscles, and balancing without feeling the need to hold on to the saddle. We perform a variety of stretches and reaching exercises in the saddle while maintaining balance, explore how our legs and body talk to our horse and how to use those signals to communicate clearly, and play games that encourage the movements they are learning.



I am still so impressed by the AMAZING team of volunteers I have to help with these fall lessons, including some superstar returning volunteers from the summer team, and two new volunteers who joined this fall! I couldn't make all of this happen without them!



#COURAGEWEARSPINK!!!



Check out how those pink shirts are brightening up our fall sessions already on our stylin' volunteer models! THANK YOU SO MUCH to everyone who ordered a pink Stirrup Courage shirt to wear for Breast Cancer Awareness Month in memory of my mom! We sold more than 50 shirts and raised over \$450 through this campaign, and will be making a donation to provide a free mammogram to a woman in need! 🍷

Follow our Facebook Page for more pictures! www.facebook.com/stirrupcourage

Stop in on the Wayne County Farm Tour!

Don't have plans yet for your weekend yet? WE'VE got your plan! Come on out to the Wayne County Farm Tour and stop by Venture Heritage Farm, a 112 acre organic family farm located at 13777 Arnold Rd. Dalton, OH 44618, which is listed as stop #6 on the tour! VHF exists to grow healthy and wholesome food, provide a place of community and connection, and serve as a grounds for research and development in sustainable agriculture. The organizers of the Venture Heritage Farm stop offered to make the food items sold at their stop a FUNDRAISER FOR STIRRUP COURAGE!!!



If you come tour the farm, you can buy homemade ice cream, fry pies, and organic puffed grains to snack on, and your SNACKING will benefit our program and upcoming Barn Raising Capital Campaign!!! How easy is that?!? The tour is open from 12-5pm on Saturday and Sunday, October 9 & 10. I will be there with a Stirrup Courage information booth, our beautiful new brochures, pens, and a game with freebies for the kids!



Info at: <https://ofbf.org/2021/09/08/2021-wayne-county-farm-tour/>

Capital Campaign Phase 1: Project FLUSH IT!

As we get nearer to the time when we will see the shell of our barn going up on the building site, it's time to start thinking about our Capital Campaign and the funds we will need to raise to finish out all the parts of our facility that will make Stirrup Courage a safe and comfortable home base for our horses, our students, and their families! To kick that off, the board and fundraising team have chosen to start with one of the most basic comfort needs—bathrooms!

In order to plan for two comfortable, handicap accessible restrooms for our families and volunteers to use in our future finished space, we first need to install a septic system on the property to handle the number of people we will have using them. We are projecting \$25,000 to cover the septic installation costs, and have launched a fundraising campaign on the online giving platform "GiveButter" which allows donors to give in the way most convenient to them (PayPal, Venmo, card, check...), and will track our progress toward our goal!

To be a part of helping us launch this campaign, go to <https://givebutter.com/OKgZHx>

And thank you for all the ways you are already such an important part of our support team!

Tara Steiner

Executive Director

stirrupcourage@gmail.com

