



Make A Difference At Main Stay *October 28*

On National "Make a Difference Day" (October 28), you will have the chance to join us in making a difference right in our own backyard! We will be joining together to help build both a memorial area and play area for our students, volunteers and families. We can use your help in making our project a success!

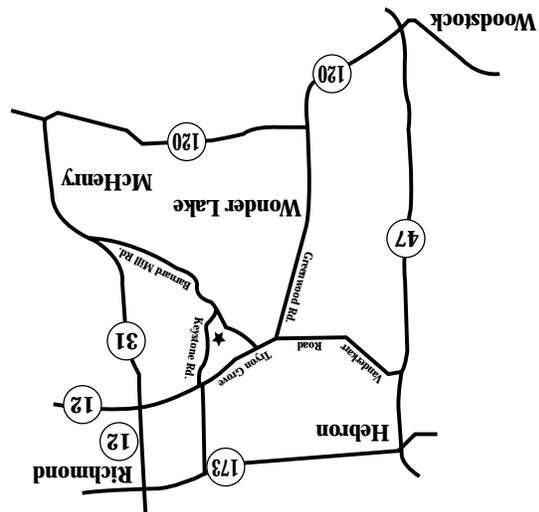
Lend us your heart and hands for a day and become a part of something very special! Anyone is capable of helping – and we need your help! Please call the farm for more information (815) 653-9374. See you there!

Listed below are some of the projects we will be tackling:

- Painting a playhouse
- Installing windows
- Installing brick courtyard
- Laying and leveling topsoil in yard
- Installing play equipment
- Installing fence
- Planting Trees
- Installing garden



***"There is no better way to end a day."
-Happy Trails!***



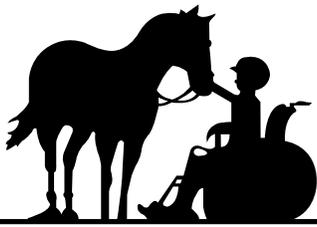
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**Main Stay
Therapeutic Riding
Program, Inc.**





Main Stay *News*

A Publication of Main Stay Therapeutic Riding Program, Inc.

We're on a "Mission" . . .

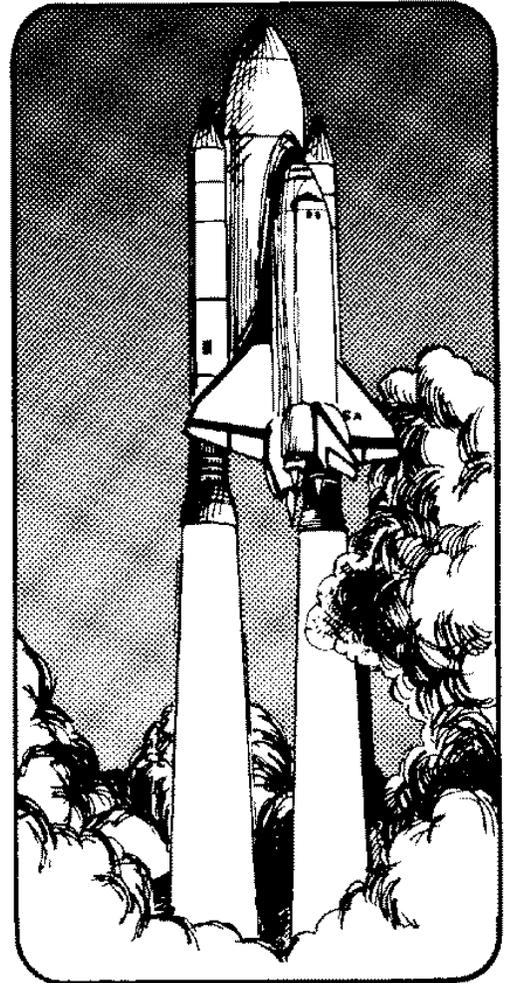
Mission Statement

It is the mission of **Main Stay Therapeutic Riding Program** to provide individualized equine related therapeutic activities to people with physical, developmental, social, and emotional disabilities in McHenry and surrounding counties. Main Stay Therapeutic Riding Program enriches the lives of our clients in a caring, safe, and challenging environment that will enable them to reach their highest potential.

Did you know that since February of this year, the Main Stay Board of Directors (in conjunction with consultant Margaret Schulte from Chicago) have been diligently working on a strategic plan? During this process they are also reworking Main Stay's Business Plan. The groundwork is in place and the Board is nearing the final stages and subsequent adoption of the plans. Although the Board and Staff have always had long-term plans, the pieces were not in place to fully accomplish their dreams. The Strategic Planning cycle is Main Stay's first step towards a new *beginning* in the new millennium!

From the early strategic planning discussions, the Board has very carefully re-designed Main Stay's mission statement. They have also designed a new vision statement and a set of values. These statements, however brief, capture the vision that Sara Foszcz and Sandy Barcus had when Main Stay was formed 13 years ago.

Professional consultant Margaret Schulte has been instrumental in energizing the Board and helping them see that "anything is possible". Margaret originally agreed to offer her consulting expertise for a fraction of her "normal consulting fees". However, at the June strategic planning meeting, she shocked Board members by announcing that she would provide all her consulting services for free! The Board is indebted to Margaret for the leadership role she's taken. The Strategic Plan is the first step of many as Main Stay enters the 21st century!



Vision Statement

Main Stay Therapeutic Riding Program is a place where, through the therapeutic bonding of horse and rider, all individuals with disabilities reach their highest potential thus making a difference in their lives and in the lives of others.

Look for this column to continue as we feature the Value Statements in the next edition of the Main Stay News...



Celebrating on the Farm with Magic **Spring Fling . . .**



Over 65 students, volunteers, staff and family members joined together on June 3rd at the farm to **PARTY!** It was a pure celebration of spring and being alive. The weather cooperated fully by providing sunshine, warmth and a soft breeze. Kite building, "pin the tail on Shasta", dancing and a magnificent magician kept us going for hours.

The "Magic of Jesse Reign", along with his wife and daughter, held everyone in awe as he performed slight of hand tricks and rope tricks. Jesse finished the act by making his wife disappear as he reappeared in her spot. It was really quite amazing as we were all standing just a few feet away and still believed it was "magic"! Jesse and his family stayed after their act and partied with us 'til the end. Main Stay student, Sean Gohl, was completely "taken" with a particular coin trick and tried to have everyone make his coin disappear. Somehow the trick only worked when Jesse's daughter and the *magic cloth* assisted Thanks again to Jesse and his family for their talents, tricks and kindness in donating it all!

Dancing was the big event of the day and all got into the swing of things. Everyone Hokey-Poked, Bunny-Hopped and Square Danced 'til exhausted. Main Stay students Erin Tunison and Jessica Walkup "Hokey Poked" until they could (*literally*) no longer lift their heads! Watching Jessica and Erin feel so comfortable among the noise and



Square dancing with Erin and Jessica.

confusion was a welcomed sight. Those in the crowd that knew these girls well, remembered a time (not so long ago) when neither of them would have enjoyed such mayhem. Both girls would have clapped their hands over their ears – totally overwhelmed with the stimulation – and would have retreated into either silence or screams. This year they were the leaders and partied harder than anyone else Hurray!



Hokey Pokey Fun!

Sandy Swank-Sunseri and Joan Rowe headed up the *Team* effort that hosted a wonderful day. Thanks to the entire *Team* that helped pull it all together! The memories of the Hokey Pokey will last a lifetime!



From the Program Director's Desk . . .

From my perspective the world is looking mighty good! It is amazing to me, (and others) to reflect on the path we have traveled at Main Stay. What once began as a simple idea hatched around a kitchen table has grown into a strong community based organization. It has been an ever-changing process (at times a little scary), but for the most part it has been an exciting and deeply rewarding journey. With the strategic and business plans in place (see "We're on a Mission"), we are ready to take the next step in our journey.

Moving towards the future is always an adventure and I am extremely grateful to be taking the plunge with so many wonderful friends and colleagues. Many of us that sat at that kitchen table 16 years ago are still here and still working together – trying to stretch, to grow and improve. Many new friends, with fresh ideas and energy, have joined us along the way to help in our efforts and challenges.

Walking through the process of the strategic planning and developing our value statements was an invigorating 6-month exercise! It deeply strengthened the bonds that keep us working together on a common mission. It also helped re-enforce the value of Main Stay and its' role in the lives of many, many people. Students, volunteers, board and family members . . . all of us take something away from our time spent together. My favorite line in our value statements... "All of us are students, all of us are teachers..." could not ring more true.

As you go through your busy day, keep your eyes open for that special someone who may not *appear* to be able to teach you something. If you stop to listen, you may just discover they have the world to give!

Count Your Blessings,

Sara

Board of Directors

President	Tom Faber <i>Silver Lake, WI</i>
Vice President	Dr. Pattie Klein-Manke <i>Woodstock, IL</i>
Secretary	Sandy Swank-Sunseri <i>McHenry, IL</i>
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Member	Ursula Foszcz <i>Spring Grove, IL</i>
Member	Leigh Hadick <i>McHenry, IL</i>
Program Director	Sara Foszcz <i>Richmond, IL</i>
Volunteer Director	Anna Whitworth <i>McHenry, IL</i>
Barn Manager	Jay'me Stevens <i>Richmond, IL</i>

The Main Stay News is a periodical publication of the Main Stay Therapeutic Riding Program. Permission is granted to reprint articles and features provided proper credit is given.

Newsletter Coordinator

Sara Foszcz
Anna Whitworth

Contributing Editor

Rusty Foszcz

Articles and Feature Stories

Contributed by:

Sara Foszcz
Guest Contributors

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If you require additional copies of the newsletter, please contact:

Main Stay Therapeutic Program, Inc.
6919 Keystone Road
Richmond, Illinois 60071
(815) 653-9374
www.mstrp.org



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Therapeutic Riding
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Name: _____

Address: _____

Contributions – _____

\$ 50 ____ \$ 100 ____ \$ 250 ____ \$ 500 ____ \$ 1,000 ____ Other ____

All contributions are tax deductible to the fullest extent of the law. Thank you very much for your support.

Check here to be removed from the Main Stay Mailing List.

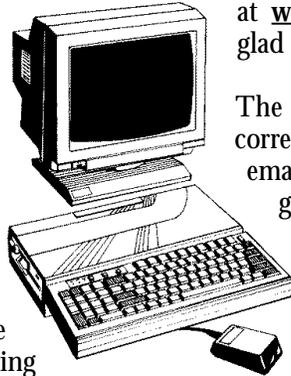
Thank you for making Main Stay your choice for a tax deductible charity.



www.upandrinning.org . . .

Main Stay is excited to announce that it now has a web site up and running! The web address for the site is: www.mstrp.org. The site provides information about the history of Main Stay, the Board and Staff, the benefits of therapeutic riding and Main Stay events among other things.

Jennifer Walkup (parent of Main Stay student, Jessica Walkup) maintains Main Stay's site and acts as its Webmaster. Jennifer has done an outstanding job at getting the site ready for publication as well as offering fabulous insights into the design of the site. We are extremely fortunate to have Jennifer on our "cyber-team".



(Aren't you just sick of that Internet lingo?)

Please visit the site and drop Jennifer a note at webmaster@mstrp.org. She'll be glad to hear from you.

The web site may be used for correspondence and information. An email address has been set up for general information. Please send a note to info@mstrp.org if you wish to get information via the web site. Please don't forget to visit the [Contacts](#) link for access to Main Stay's Program Director, Farm Manager, Executive Director, Volunteer Coordinator and of course, Sara herself!

Take a look and let us know what you think!



Donor List – July 1, 1999 through June 30, 2000

- | | | |
|------------------------------------|------------------------------------|--------------------------------------|
| Over \$10,000 | Twin Oaks Farm, Hogan Families | Microsoft, Inc. (via matching grant) |
| Sturm, John | Walking Horses Overcoming | Mirus, Mary & Thaddeus |
| Foszcz, Sara & Rusty | Obstacles | O'Connor, Tim |
| \$5,000 to \$10,000 | Woodstock Morning Rotary | Olson Home Improvements |
| Anonymous donor | \$100 to \$499 | Rainbow Lake Manor |
| Brodie, Kent | Abbott Laboratories | Richard Obenauf Stable |
| \$1,000 to \$4,999 | Behan, Cody | Rosater, James & Jean |
| Equine Data Management Software | CDW Computer Centers | Sperandio, Augie & Alice |
| Genge, Dr. Jerome and Wanieta | Charoenying, Boon MD SC | Swank-Sunseri, Sandy and Gary Sturm |
| Hesch, Diane & Chris | Colors For Plastics Inc. | Thorp, Charles & Heidi |
| Ladies Assoc McHenry Country Club | Eichler, Robert | Woodstock Veterinary Clinic, LTD |
| Liebman, Elizabeth & Thomas | Elgin Large Animal Clinic | Under \$100 |
| Liebman, Mary | Fabbri, Frank & Patricia | Algonquin Chiropractic Center |
| Klein Manke, Dr. Patti and Mike | Feen, Stuart & Sonnenschein, Carol | Algonquin Foot & Ankle Institute |
| \$500 to \$999 | Frasier, Maxine | Babraj, Frances |
| Barton, Dr. John | Holcomb, Bruce & Donna | Babraj, Patricia |
| Bull Valley Association | Intermatic, Inc | Birr, James & Nancy |
| Richmond Burton H.S. Honor Society | Kryca, Lisa & James | Bro, Tom and Susan |
| Roberts, Raymond & Elyse | Luther C. McKinney FBO | Camarena, Paula |
| Rowe, Joanne | McHenry Chiropractic Center | Carter, Terry & Pat |

A special thank you to all who participated in our 1999 Bowlathon event and to those who have donated office and barn supplies throughout the year! Without your dedication and support, we could not continue to provide the quality instruction and therapy that we are proud of!



So Many Ways to Give . . .

Personal donations:

Your donation helps defray operating costs at Main Stay. It's said that there are two things horses really do well – eat and poop. Unfortunately, both of these cost \$\$\$.

Appreciated property:

Donations of stock certificates, real estate, art work, life insurance benefactors, estate planning, etc. allow Main Stay to “*plan for the future*”. These types of gifts can be held for a period of time while they appreciate in value and sold when necessary.

Matching gifts:

Many businesses and corporations offer “matching gifts” campaigns. Your donation \$\$\$'s double just by taking the time to fill out a short form. Please check with the Human Resources department at your place of employment to inquire about matching gifts.

Memorial gifts:

Main Stay has been the benefactor of many memorial services. This is a nice way to express your sympathy while helping Main Stay.

Service donations:

Main Stay often needs trade skills (carpenters, plumbers, etc.), grant writing skills, clerical skills, etc. If you have a service or skill that Main Stay needs, won't you consider offering your time?

Student sponsorships:

Student sponsorship allows Main Stay to keep students in our program, that would otherwise be unable to afford weekly lesson fees.



Volunteers:

Just a few special hours given to the students means so much more than the time – it means love and attention given from the heart.

Cumberland Corporation	In Memory of Jeremy Scholnick	Crystal Lake Concrete
Curtis, Todd A., DDS MS	AFGE EEOC, Local 3504	Schiller Glass
Dahl Construction	Byrd, Chloe	Scott, Sharon
Forest Vue Lane, Inc.	Brentz, Charles	Stan's Lumber
Gohl, Ron & Trudie	Castro, Robert and Lynn	Thelan Sand and Gravel
Impressive Images	EEOC	Pro bono work...
Karl, Zachary	Foszcz, Rusty and Sara	Foszcz, Jeff
Kohr, Alice	Peters, Emele	Foszcz, Russell
Krisik, Dennis & Pamela	Sandburg, Tisha (and Sam Hyatt)	Foszcz, Sara
Miller, Jeffrey & Sandra	Svoboda, Carol	Freund, Kathryn
Morton Adhesives & Chemical	Tillman, John and Margaret	Hesch, Diane
Rupley School, Elk Grove Village (Students of Joanne Rowe)	In Memory of Colleen (Kelly) Walsh	Huckstorf Excavation
Rohner, Dr. Bruce	Manke, Patti Klein	McClusky, Noreen
Scott, Sharon & Toby	In Memory of "Maggie"	Miller, Jamie
Spengel, Virginia & Theodore	Hesch, Diane	Reign and Family, Jesse
Svoboda, Frank and Carol	In Memory of Mr. and Mrs. Bill	Rizza Concrete
Thiele, Paul & Carol	Bladow	Terra Cotta Trucking
VanZummeren, Beth	Klein, JoAnne	Thomas Faber Construction
Wittenbrink, B & Ellen	In-Kind Gifts...	Tonyan Bros.
	Clay Products	

Main Stay Therapeutic Riding Program is extremely grateful to all its donors during the past year. If you have noticed any errors or we have omitted your name by mistake, please call the program at 815-653-9374 to update our records. Thank you for your kindness and patience.



13 Years and Still Going Strong!

Sunday, October 8, Main Stay Therapeutic Riding Program will be hosting its 13th Annual Bowlathon at Palace Bowl in McHenry! The Bowlathon Fundraiser has proven to be Main Stay's most profitable fundraising event. Bowlathon flyers were mailed to the entire mailing list in mid-August. If you have not received your flyer (or would like another), please contact the farm at 815-653-9374. We'd be happy to send one to you.

Last year, this event alone raised over \$20,000! Main Stay would like to "top" that amount this year, but we need your help to succeed. Won't you please consider joining us on October 8? Even if you aren't a bowler (and believe me, most of us aren't), this is a day full of fun, good food and relaxation. All we ask is that you raise a minimum of \$100 in pledges to join in the fun. Pledges can be solicited "per game", "per pin" or as a "flat donation". Prizes are awarded for most money earned in pledges, high game and high series. Of course, there's also our infamous "Gutter Ball" traveling trophy awarded to that special person with the ability to roll the most gutter balls for the day!



Catch the Spirit!

Main Stay promises each participant a "keepsake" for the day, free food and pop, various door prizes and plenty of laughs. You are free to bowl as an individual or enter as a team (minimum of 4 bowlers on a team). Corporate sponsorships of bowling teams are available for a minimum donation of \$400 per 4-person team. Corporate sponsors are also acknowledged at the event.

A list of bowlers is needed before the event, so please RSVP to Main Stay ASAP (You can still come without a RSVP – it just helps us be prepared!)

Can't join us? You can still help us reach our goal by sending a donation or pledge in honor of the bowlathon! The more pledges sent, the more successful we will be!



STRIKE!



A Different Way of "Giving" . . .

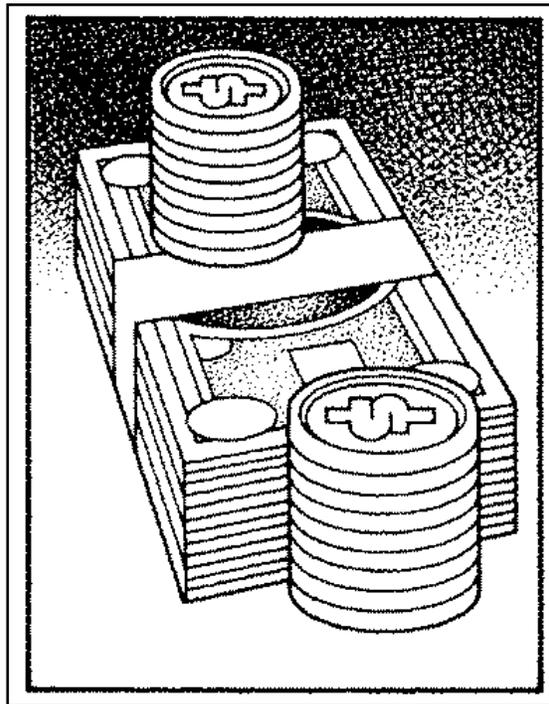
As a non-profit organization, one of the most unpleasant tasks that Main Stay has is raising the dollars necessary for continuing its work. Main Stay has always tried to keep lesson costs as low as possible in order to take the financial burden off of students and their parents or guardians. Because of this, Main Stay is proud to say that less than 20% of the operating budget comes from lesson fees! The remaining amounts come from grants, private and corporate donations, and a myriad of fundraising events that the Board works so hard to attain. But did you know that there are other "ways" to give to Main Stay?

In July, Main Stay received an anonymous donation that was a little out of the ordinary. The donation consisted of 250 shares of Cisco, Inc. stock! Cisco is an industry leader in networking and Internet technologies. Because of its importance in the Internet arena, Cisco stock has the potential to appreciate quickly! Giving a gift of "appreciated property" (like shares of stock) is a very different and satisfying way to give to Main Stay. With the explosion of dot.com Internet industries and a very favorable economy comes an unusual by-product – people with a whole lot of money! It's been estimated that over 10,000 people have been made millionaires by Microsoft alone! In the Seattle area, there are over 34,000 millionaires! Most of these people are millionaires because companies offer employees stock options as incentives. With a strong economy and an exploding stock market, people are finding themselves with a unique problem – too much money.

Best of all, IRS tax laws currently allow you to deduct the market value of the stock rather than its cost. That means if you bought 100 shares of Microsoft stock for \$1400 two years ago and these shares are

now worth \$8900 – you would be able to claim an \$8900 tax deduction!

(Of course, you should contact your accountant or tax advisor for complete IRS regulations.)



If you are an accountant, financial planner or advisor, or a lawyer, you are in a unique position to help Main Stay. Why not make your clients aware of this opportunity for a tax write-off? Mentioning Main Stay and other non-profit organizations will benefit you, your clientele, and organizations like Main Stay that desperately need that financial help.

As you consider your gift giving this year, please keep in mind that there are

many ways to "give to Main Stay".

(See page 5 "So Many Ways to Give . . ." in this issue.)

