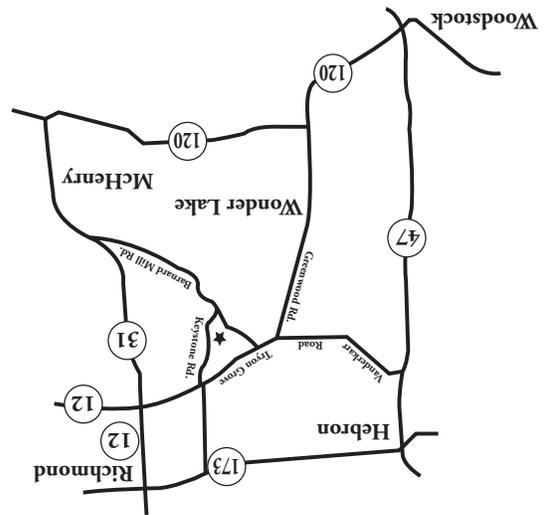


*Happy Holidays From Main Stay*



6919 Keystone Road • Richmond, Illinois 60071



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# Main Stay News

A Publication of Main Stay Therapeutic Riding Program, Inc.

A Very Joyous Holiday Season to All,

As we take time during this season to reflect on the past year, it is enough to make our heads spin! The calendar was packed from start to finish, and we all agree that the year 2000 has been a tremendous accomplishment. There are so many gifts to be thankful for. . . you are among those gifts.

Whether you shared your time, your talent, your energy, your thoughts or your dollars – you made a difference! Your contribution, whether it was large, small or somewhere in between – made a difference! Your desire to share something of yourself with Main Stay – made a difference!

The New Year is right around the corner. With it will come promises of hope, dreams and new possibilities. It is our hope that all of you are blessed with good health, much joy and a heart filled with love! Thank you for being a part of Main Stay. . . your support is what makes Main Stay a success. . . you are our special gifts!

Love and Good Wishes,

*Sara*

## ANGELS AMONG US

Main Stay celebrated National “*Make a Difference Day*” on October 28th. Twenty-six students, parents, program volunteers and community club members gathered at the farm to make a difference! Wheeling shovels, picks, rakes, hammers and paint brushes, they joined together to dig, plant, build and paint! A cold wind and overcast skies did not hamper the love and energy shared that day. Old and new friends gathered together to begin work on a very special project.

In October 1999, Jeremy Scholnick (a Main Stay student) and his brother Jon, lost their lives in a car

accident on their way home from school. In an effort to celebrate their lives a decision was made to plant two trees – from this tiny seed, a project grew. A memorial garden and play area will now benefit all of Main Stay’s students, families and volunteers. By the end of the day, volunteers had turned a barren area into something beautiful, and worthy not only of Jeremy and Jon, but also to all of those that have passed before them.

Keeping true to the philosophy that Main Stay only works because of each important member, the cornerstone of the garden will be a dedicated horseshoe-shaped bricked courtyard. Bricks imprinted with the names of students, volunteers, special donors, and horses that are no longer living will be placed within the horseshoe. Two flowering crab trees and two pear trees symbolize life – along with several other plants, shrubs and flowers. A fenced play area and accessible playhouse have also been incorporated into the site. This area will allow children to play safely away from the road and barn area, and also provide parents, volunteers, and guests a quiet place to reflect, re-group or relax.

Next spring when the flowers bloom and trees bud, there will be a sense of peace in remembering all of the “lives” that make Main Stay a place to feel at home.





And so it continues:

The generosity and love of the Scholnick family continued this fall when they made Main Stay a benefactor of their kindness. Ann Hsu, a friend of the family, offered to run the Chicago Marathon in memory of the boys. She collected pledges for each mile run and then she and the Scholnicks turned the pledges over to Main Stay. Ann did much more than complete a grueling marathon . . . she raised \$3000.00 for Main Stay! Ann's spirit and courage will encourage all of us to push on when we feel like quitting.

Thank you again to Ann Hsu and the Scholnick family for making something good come from something so sad . . . you have become special angels within the Main Stay family.

### “Family Angels”

by Anna Whitworth

Main Stay is thought of as an incredibly important program in the hearts of many people. It is tremendous to think that it runs on 95 volunteer effort!

Amazing groups of people are truly committed to Main Stay – and what a colorful cast of characters they include! The program is blessed with teachers, nurses, moms, dads, factory workers, domestic engineers, paramedics, veterinarians, accountants, physical and occupational therapists, bartenders, contractors and on and on and on...

From retirees to teens and every age in between, people join us throughout the year to make a difference in the lives of our students. Tasks include “but are not limited to” leading horses, side-walking, sweeping, cleaning, cooking, sitting in booths, building projects,

Try not to become a man of success but rather to become a man of value.  
Albert Einstein

rehabbing, fundraising, selling, bowling, brainstorming, sweating, freezing and being “bug bait” during the summer months!

The quality of people that walk through our doors is astounding! Attendance is required, but of course monetary pay is not included. However, our volunteers are the first to say that they reap different rewards...those that are found in the heart! Recently

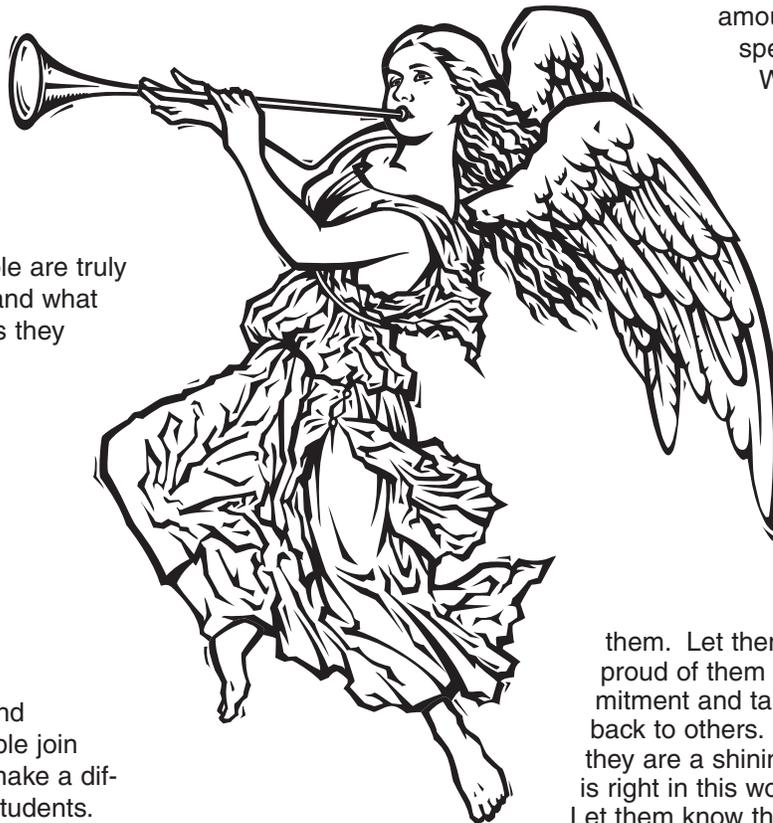
a volunteer was overheard to say – “You can’t possibly put a dollar amount on my time spent in the arena!”

We all take away something special from our time at Main Stay.

If and when you run into one of our volunteers, please take a minute to ask them what keeps them coming back...and then please take a

moment to thank them. Let them know that you are proud of them for making a commitment and taking time to give back to others. Let them know that they are a shining example of what is right in this world.

Let them know they are loved! We do! (If you are interested in sharing some time with us please call at (815) 653-9374 – you’ll be glad you did!)





# THANKS TO OUR DONORS

The last newsletter highlighted individuals and corporate donations that make Main Stay a success. This issue we would like to thank those that donated by October 2000 in the way of grants and community involvement.

Main Stay would truly struggle to survive without the support and generosity of all –

Thank You to everyone who makes a difference!

## Board of Directors

|                    |  |
|--------------------|--|
| President          | Tom Faber<br><i>Silver Lake, WI</i>            |
| Vice President     | Dr. Pattie Klein-Manke<br><i>Woodstock, IL</i> |
| Secretary          | Sandy Swank-Sunseri<br><i>McHenry, IL</i>      |
| Treasurer          | Diane Hesch<br><i>Crystal Lake, IL</i>         |
| Member             | Joan Rowe<br><i>Hebron, IL</i>                 |
| Member             | Ursula Foszcz<br><i>Spring Grove, IL</i>       |
| Member             | Leigh Hadick<br><i>McHenry, IL</i>             |
| Program Director   | Sara Foszcz<br><i>Richmond, IL</i>             |
| Volunteer Director | Anna Whitworth<br><i>McHenry, IL</i>           |
| Barn Manager       | Jayme Stevens<br><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.

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Sara Foszcz

**Contributing Editor**  
Rusty Foszcz

**Articles and Feature Stories Contributed by:**  
Sara Foszcz  
Guest Contributors

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



|                             |   |
|-----------------------------|---|
| <b>\$1 to \$499</b>         | Abbott Laboratories<br>Chain O'Lakes 4-H Club<br>Bull Valley Association<br>SEDOL Foundation  |
| <b>\$500 to \$999</b>       | Richmond Burton High School Honor Society<br>Woodstock Morning Rotary<br>Woodstock Noon Rotary<br>Walking Horses Overcoming Obstacles |
| <b>\$1000 to \$5000</b>     | McHenry Jaycees<br>Ladies Association of McHenry County Club  |
| <b>\$15,000 to \$20,000</b> | Mental Health Resource<br>League of McHenry County  |



of us is above another. We are all equals. We are all students. We are all teachers.

We hold admiration and open-mindedness to the possibilities that someone or something can bring into our lives – an acknowledgement that everything serves a purpose and is precious.

## Team Work

We are all working toward a common goal, and in that work we are responsible and accountable toward one another and toward Main Stay.

Our work ethic is that no job is too small – no person too big. We are hardworking, dedicated individuals who work together and are willing to go above and beyond when required.

We recognize that everyone has a gift to give; we rely on each other and can be relied upon at all times. We have the ability to, at times, compromise with others to achieve the common good.

## Accepting

We have the ability to accept others' ideas, solutions, creativity, and differences with an open

mind and heart; we suspend judgment, bias, and pre-conceived expectations in our dealings with our clients and with others.

We look for the ability in people, not the disability; celebrate differences and search for common ground.

## Caring

Caring means: Compassion, Accountability, Respect, Integrity, Nurturing and Giving.

When we care, we have a true concern for the health and well being of others and of all life; we see the world through eyes other than our own.

Our sensitivity to the needs of others results in active caring, in going outside ourselves and wearing "someone else's skin."

**The concern and love we have for people envelopes Main Stay and creates an environment that rejuvenates the souls of all who come here.**

## WISH LIST:

### Are You Out There?

Main Stay is looking to hire an Executive Director.

This job could be perfect for someone ready to step down from the "high stress" position of the huge corporate world. We are searching for someone who has great communication, management and leadership abilities, yet also has great empathy and love for all creatures.

You must be prepared to work in the details of office duties and be willing to share and support the vision and values of Main Stay. Fundraising and the ability to be a liaison from the Barn to the Board are a must.

This could be an ideal position for someone who is caring, responsible, self-motivated and able to work in a flexible environment. If you are interested please send a current resumé and salary requirement to:

Tom Faber  
Main Stay Therapeutic Riding  
6919 Keystone Road  
Richmond, IL 60071



## COMMUNITY ANGELS

Two civic groups adopted Main Stay this fall and helped us make the barn a little brighter and a little safer. McHenry County College sent several people out to the farm for an early "Make a Difference Day" project. Paint brushes and rollers in hand, the good folks from MCC first washed and then re-painted the entire stall and grooming area! The barn was gleaming when they finished leaving both volunteers and families to "ooh and ahh" over the difference a coat of paint can make! Rick Rodriguez spurred members of the Woodstock Morning

*A Thankful Message*

Rotary to join him in completing several projects from Main Stay's wish list.

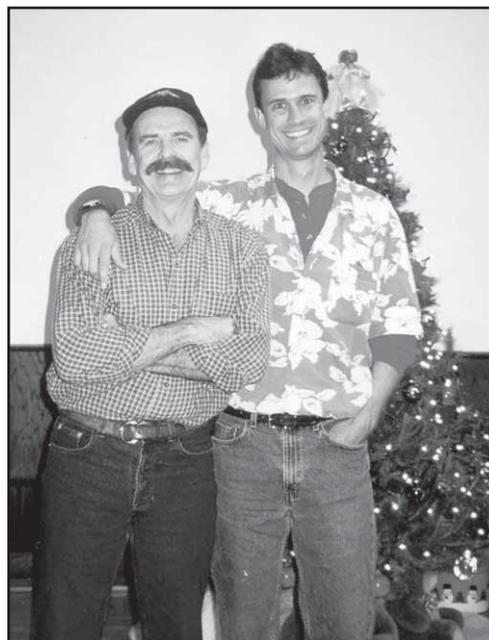
The Rotary donated material and labor for a set of doors to block the arena off from the barn, providing both safety and warmth. A newly installed light fixture now illuminates a locking medicine cabinet, donated by Rodriguez and Sons Woodworking. A set of jump standards and poles will be built to be used next spring; enabling instructors to decrease (or increase) the size of the outdoor arena, according to the students' needs. (Rick and his sons also joined us for the "Make a Difference Day" project by enlarging the playhouse door to make it fully accessible.)

Our hats are off to the staff from MCC and the Rotarians that gave so generously of their time and talents. The barn has never looked better, nor has it ever been safer! We are looking good thanks to you!

## ROLL THE TAPE

In between teaching, strategizing, fundraising, and all the "projects," many at Main Stay found time to be "in pictures". Under the guiding expertise of Bob Maraist (World View Productions, Ltd.) and Dean Rowe (Front Row Productions) riders, staff, volunteers and families joined together to produce our first professional video. Bob and Dean donated their time and talents to produce a beautiful, heart warming, 13-minute video.

Everyone who has viewed the tape is not only deeply touched, but also left with a very



**Dean and Bob**

good understanding of what Main Stay is truly all about.

A picture is clearly worth a thousand words... and this video tells the story – beautifully! If you can't find the time to get out and watch a class, perhaps you can find a few minutes to watch, see, hear and "feel" a small portion of the joys we share daily with our students.

Thank you – Thank You – THANK YOU – to Bob and Dean for their wonderful talents and generosity! Thanks to them – "WE LOOK MARVELOUS!"



## STUDENT HEROES

Throughout the year Main Stay students found success in accomplishments both large and small. Riders once again conquered fears, quieted doubts and found new ways to achieve success.

Riders beamed with pride as they increased communication skills. Sometimes a soft sound was uttered for the first time, while others were able to increase two-word requests to five-word requests! Students that learned that they could control the horse by making a *deliberate* choice to push the red or green button on the tape player broke out in smiles of delight! Sometimes simple eye contact grew into a major form of communication—with smiles coming in a close second.

Riders hampered by a not always cooperative body learned to overcome what they once felt to be impossible. One young girl gained the strength and balance to go from only being able to sit upright *one* time around the arena to *seven* times around!

Easter held a very special celebration for one student, as he was able to walk—for the first time—without the aid of his walker! He had resumed riding on April 1st . . . and riding was the only change to his therapy services!

Many students found that success was earned by learning to adapt to new horses, which meant new movement and possibly dizzying heights. What was once easy – again became difficult. Old accomplishments needed to be re-learned or coped with by developing new, more advanced skills. Riders displayed genuine pride knowing that they had earned the respect of both the horse and volunteers!

This fall a new student achieved a personal goal that had been five years in the making! After trying to ride a bike for five years, he succeeded after only five weeks of riding! Riding had improved his

confidence, strength and balance and a goal of five years was finally recognized! Everyone celebrated with him the moment he proudly rode his bike around the drive!

Fall brought out the goblins and monsters as students, volunteers, instructors and even the horses dressed in costume the week of Halloween! Slimy spaghetti, wet leaves and a decorated arena challenged all students, especially those that are sensory sensitive. The occasional “no” was persuaded to “okay”, as students were encouraged to join the fun. Giggles were heard even among the “protests” of being asked to “find the spider” hidden within the slimy “gopher guts” spaghetti! The barn is the perfect place to push the limits of our riders and everyone rose to the occasion!

Speaking of goblins... Monday riders even got to enjoy “Packer- backer” tailgate parties (WHO LET IN A PACKER FAN?)...while riding their favorite horses. How fun was that!



could have done that! you say.  
But you didn't, and that makes all  
the difference. Douglas Adams



# Value Statements

## I PLEDGE TO MAIN STAY

As you may remember from the last newsletter, our Board, staff and families have been working together on both a strategic plan and business plan to help us achieve our future goals. Our last newsletter debuted the revised Mission and Vision statements. Now it is time to share with you the set of value statements that really speak to the heart of the program. Since Main Stay's beginning, we have asked and expected, a very high quality of dedication and respect from anyone wishing to become a part of what we hold so dear. It was finally put into a formal statement. We believe it speaks well for our beliefs and our purpose...we hope you do too....

### Integrity

Our motivation to be part of Main Stay comes from a common mission, and so we act with honesty and sincerity in all our interactions within Main Stay.

With our focus always on our clients, we carefully protect individual and client confidentiality.

We maintain a belief that the program is bigger than any one of us, and we avoid conflicts of interest and any behavior that would come from selfish or ulterior motives.

### Quality

Our commitment to Main Stay is expressed in our standard of excellence in all we do. We strive to provide the best of everything—teachers, facilities, horses, equipment, volunteers, and staff.

Knowing we are never too good to try harder—learn more—open new doors—search for new answers, we are constantly seeking ways to improve ourselves and our program.

### Safety

The prevention of accidents and ensuring the security of persons, animals, and property is a priority for all who are associated with Main Stay. Everything is questioned; every detail is attended to; every person places safety first in all activities.

Main Stay provides a non-threatening environment where trust is of paramount importance.

Rules and guidelines for safety are followed at all times, checks and balances are in place, and safety education is continuously provided and expected of all staff and volunteers.

### Respect

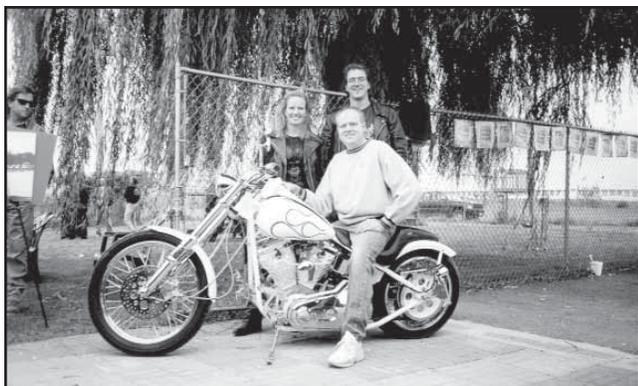
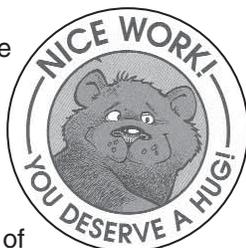
We show consideration and honor for persons, animals, and property, and do everything in our power to preserve the honor and integrity of the person, animal, and property.

All individuals who are affiliated with Main Stay will respect life, creatures, and the earth. None



## WINNERS – WE’VE GOT WINNERS!

Our fall was jam packed with fundraising events...we knew we were very busy this fall and after recapping the last few months, I’m sure you’ll see why! None of our success would have happened without the help of hundreds of people who chose to get involved this year! Thanks to the committees, the attendees and the donors that made it all possible! Main Stay appreciates each and every one of you – You’re the Best!



### Get Your Motor Running

by Dr. Patti Manke

After months of selling raffle tickets and keeping people in suspense over who would win the custom “chopper”, the lucky ticket was pulled September

24th! Several hundred motorcycle enthusiasts packed the Rushmore Inn of Woodstock, in hopes that they’d be the big winner. Luck being what it is, Main Stay’s lucky winner was at home in McHenry. Rich and Gina Libinski were shocked when they received the call asking them to come to Woodstock because they

held the winning ticket. They quickly arrived to receive the keys to their custom built 1999 chopper. Libinski purchased his winning ticket at Crystal Lake Chrysler-Kia and Mitsubishi, only with the thought of donating to “a good cause.”

The \$500.00 second prize went to Tom Whaples of McHenry, and the \$250.00 prizewinner was Jim Cavanaugh of Woodstock. Congratulations to all our winners!

2600 tickets were sold with the help and cooperation of several local businesses and a few dedicated individuals. Dr. Patti Manke, her husband Mike Manke and Bob Washnok, sold the bulk of the tickets. All three of these great people deserve a huge round of applause for their dedication and ambition!

Main Stay is also very grateful to Amcore Bank (Woodstock), Bohn’s Ace Hardware (Woodstock), Harris Bank (Woodstock and Cary), Hartland Veterinary Clinic (Woodstock), and the Rushmore Inn (Woodstock)! Without the help of these wonderful folks the raffle would not have been nearly as successful.

After expenses, we deposited just over \$10,000.00 – nearly doubling expectations! Main Stay thanks all of you who purchased or sold tickets and to those who participated in the event!

## STRIKE UP SUPPORT

Not to be out done, the 2000 Bowlathon proved to be the best in 13 years! Attendance was an all time high on October 8th, when over 85 bowlers packed the lanes at Duffy’s Palace Bowl in McHenry. A record breaking \$22,000.00 was raised because of the dedication of bowlers and generosity of outside sponsorships! The day was certainly an overwhelming success and everyone went home with a smile and sense of accomplishment!

Our top money raising individual bowlers were Kaleigh Foszcz, Rusty Foszcz, Maggie Grove, Jon Meyer and Justine Norys. The “Martin Woods Men” earned the title of most money earned by a team, raising \$1325.00. Civic teams and individual “friendly” teams crowded the alley this year and we are grateful to all that attended the event. McHenry Jaycees, Woodstock Rotary, and Woodwind Farms (McHenry) each sent two teams in support of Main Stay. Main Stay filled five lanes with bowlers of our own – another record smashed!





Many generous and caring people and businesses also gave generously in the area of donations and door prizes. Thanks to the following:

- Birds of Paradise
- Kelly Branch
- Campion, Curran, Rausch, Gummerson and Dunlop
- Duffy's Palace Bowl
- Elm Street Medical Center



### Woodstock Rotaries Bowl for Main Stay!

- Fast Eddie's Car Wash
- Ron & Trudie Gohl
- Leigh Haddick
- Halftimes Bar & Grill
- Diane Hesch
- Koehn's Country Market
- Intermatic, Inc.
- Lake Geneva Paint
- Lakeland Animal Hospital
- Lasch Land Improvements
- Sara Loszez
- Lutheran Brotherhood of McHenry County
- McHenry Jaycees
- Midwest Bank of McHenry County
- Richard Obenauf Stables
- R & W Pools
- Riverside Bake Shop
- Stan's Lumber

Thank you! Thank you! Thank you!

Main Stay salutes everyone who helped in making the 2000 Bowlathon a smashing success! Whether you bowled, pledged, donated cash or prizes – you made the day one to remember!

## RIDERS UP

A grey, wet, dismal morning greeted the riders who saddled up for Main Stay in conjunction with RIDE 2000, sponsored by the Illinois Quarter Horse Association. However, the weather couldn't dampen



the spirit of 60 dedicated horseman. Large groups ventured onto the trails throughout the morning. Riders enjoyed the scenery at Chain O'Lakes State Park, in spite of Mother Nature's attempts to hide her beauty in fog. Breakfast, a gourmet lunch, silent auction items and door prizes for everyone, kept spirits high and faces smiling. Thanks go to all the attendees, IQHA and their sponsors for making the day special for all involved. Although the results are still a surprise, Main Stay is very grateful for everyone's support and generosity!

## "HORSEPOWER OF A DIFFERENT COLOR

Thanks to the Woodstock Independent Riders of McHenry County for saddling up their motorcycles and raising \$300 for Main Stay! Harley riders throughout the county participated in a poker run and presented Main Stay with the proceeds. Phil Abraham and Bob Washnok helped coordinate the ride, along with Terry Hack (the president) of the Woodstock Independent Riders. Big Thanks to all who "saddled up" for Main Stay!