



# Main Stay News

Serving Local Communities since 1987

## Main Stay Therapeutic Riding Program, Inc

6919 Keystone Road, Richmond, IL 60071

### Forever in Blue Jeans

The fifth annual summer gala at Main Stay was a record breaking event both in attendance and money raised! From the committee, to the volunteers, donors and attendees, everyone deserves a huge thank for making this an evening to remember.

As people strolled into the party, our *Black Tie & Blue Jean* theme seemed to add an extra flare to the event right from the start. Looking into the crowd you could find top hat and tails, beautiful dresses, blue jeans, boots and everything in between! When a stretch limo showed up and the doors opened to a *table of eight* already in song, we knew it was going to be an exceptional evening!



What a better way to spend an evening with friends!

Over 160 people joined us under the beautifully decorated tents. Huge baskets overflowing with silent auction items filled six tables. Sports tickets, doggy baskets, cigars, pampering baskets, lessons from yoga to cooking – almost every desire could be found somewhere on the tables. People stalked their favorite items like hawks and the winners cheered as the final seconds ticked away.

Denny Sevahla (a.k.a. Denny Diamond) and Bart Alonzo kept the crowd singing, dancing and enjoying their music throughout the evening. Both men shared the stages with their sons, bringing a second generation of music to Main Stay. The talent shared among them was remarkable and we applaud them for encouraging their boys to give as freely of their time and talents as their parents – truly two class acts!



After a delicious dinner, twenty year-old Desi Craig spoke to the crowd about what makes Main Stay special. Tears rolled from several cheeks as Desi bravely rose above her anxiety, drove back her own fears and told the story of her 15 years with “her Main Stay family”. Everyone rose to their feet and gave her a standing ovation when she finished. The audience confirmed what we know well...Main Stay is honored and blessed to do what we do for such amazing people. Desi and all the other students at Main Stay are incredible teachers of grace, humor and courage.

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### Meet our Stars

One of the many wonderful aspects of working at Main Stay is interacting with all the different riders and their families. We'd like you to meet two of our riders who make us smile each week. Sara and Brian have been a part of the Main Stay family for a very long time. Sara started coming to the farm with her class from school when she was eleven years old and now she's almost thirty-two! She loves riding, especially trotting! Her mom, Sally, knows how special riding is to Sara because going to the barn is one of the few requests Sara will verbally express. Sara verbally talks only a few times a week due to her disability. But when she does it's because she has something important to say. The barn is one of those important topics to Sara and she will ask, “Where's the horse? Where's the barn?” while at home. During her lesson, Sara doesn't talk as much as she used to, but she communi-



*Continued on page 2*

## Meet our stars continued...

know what she likes (*and more importantly, what she doesn't like!*) Brian also came to Main Stay through the school system. He has gone from a little boy to a tall young man over the years. The very essence of therapeutic riding – using the movement of the horse to help facilitate balance, range of motion and strength – is clearly seen during Brian's lesson. His riding time may not include a lot of fancy games or intricate riding patterns, but it has the most valuable piece – the horse's movement giving him the stimulus he needs. His mom believes that riding has helped Brian maintain his physical ability especially after he graduated from school and no longer received therapy on a regular basis. Brian has significant sensory issues and the barn provides a perfect opportunity for him to work on experiencing different textures and trying to touch and hold objects such as reins and rings. The horse really helps Brian in a way that would be nearly impossible to duplicate in a clinic

setting. Both families feel the barn is a terrific experience for their kids. Main Stay offers so much on so many different levels – interacting with others, being with the animals, and a rich sensory experience with the different sights, smells, and movement of the horse. It's a special place for them to use the skills they have. Main Stay is more than a place where kids come once per week to ride – it's a family affair. Sara's mom, Sally, is currently serving on Main Stay's Board of Directors helping to achieve our mission and goals. Brian's dad, Kevin, has hosted fundraisers for Main Stay as a member of the Jaycee's. He's also been involved with committees and task forces. Pat, Brian's mom, was a ring volunteer for many years. She also donated her time and energy to help schedule ring volunteers. Main Stay is thankful to have these special people in our lives for so long. We look forward to sharing many more years together at the farm.

## Straight from the Horse's Mouth

Hi, I'm Bandit – a handsome, (*if I do say so myself*), pinto gelding. I am one of Main Stay's proud equine staff. At age 25, I can say I am one of the senior staff who keeps the younger boys in line.



I came to Main Stay five years ago as a donation. My past family used to ride me both English and western. Why they even took me to some shows to jump over a fence or two. My favorite rider in the family was the middle daughter who has developmental delays. I used to love to take care of her in the arena, over a fence, or on the trail. I was a good babysitter to the youngest while challenging the oldest.

My old job gave me the patience and experience needed for my job at Main Stay. My first day on the job, the student I was carrying had a seizure in class. I remember being told to stay still to help him through the seizure. Students and staff members compliment me for my ability to help riders be independent. I've got a bouncy trot, but it's been known to help students learn to post or stand up in the stirrups. I have also been told that I am a great babysitter

for the younger riders and know how to appropriately challenge my more experienced riders. I have a slimmer build which helps the riders who cannot stretch across a big horse.

Rumor has it that I have become an important part of the staff here at Main Stay. That makes me smile and nicker. You know, I've even been called "priceless" by some. Well, I gotta get back to work. My job is important here, taking care of some very special riders! Feel free to come out and visit me and all my friends. Hope to meet you soon!

### Board of Directors:

#### President

Sara Foszcz

#### Vice President

Joan Rowe

#### Treasurer

Dave Wymer

#### Members

Sally Beake

Loriann Dowell

Leo Zimmerman

### Advisory Council:

Patti Klein Manke, DVM

Tim O'Connor

Margaret Schulte

### Staff:

#### Program Coordinator

Kristi Stern

#### Head Instructor

Jean Maraist, O.T.

#### Volunteer Coordinator

Cindy Johnston

#### Farm Managers

Barb & Jim Sulis

#### Instructors

Lori Cohen

Roxie Elliott

Sara Foszcz

Patti Lessard

Jean Maraist

Articles and feature articles by  
Roxie Elliott, Sara Foszcz,  
Jean Maraist, and Kristi Stern

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Main Stay Therapeutic Riding  
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6919 Keystone Road  
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## Forever in Blue Jeans Continued.....

Desi set the tone for the live auction and the crowd opened both their hearts and wallets to bring the evening to a big finish. **When all was said and done the event raised just under \$29,000.00! That is a record breaker – and we couldn't have done it without everyone's help.**

From the staff and volunteers who worked so hard to transform the property, the vendors who reduced their fees, to the donors of auction items and the people who bought them – everyone played a role. Even the good people who could not attend but sent back raffle tickets, cash donations or helped us by contributing to the silent auction baskets – we thank you all for helping us make the night so very successful. You are all winners in our eyes!



Denny "Diamond" Sevhlha and Sons playing at the event.

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## Volunteer Spotlight

Janelle Foszcz has been with Main Stay for quite some time– even beyond her 6 years as a volunteer. Her aunt (Sara Foszcz) started the program and Janelle has shown a passion for therapeutic riding from an early age. Janelle started out as a groomer, moved to a sidewalking position, and finally advanced to one of Main Stay's finest horse leaders. Her smile and caring attitude helps student to succeed. Janelle is always willing to learn more about the horses and the students she works with. She is a dedicated, responsible teen. Janelle's energy goes beyond the ring. She has been a steady advocate and fundraiser for Main Stay. She seems to be the "go to girl" for extra help when parties and fundraisers come around. We will miss Janelle as she goes off to Columbia College. Thank you Janelle for giving so much more to Main Stay than your time. We are grateful for your belief in Main Stay's mission!



Danielle Elliot wears many "hats" at Main Stay. Danielle has been with Main Stay for over 5 years now. "Dani" (*her nickname at the barn*) decided to volunteer when her mom (Roxie Elliott) was hired as an instructor. Dani grooms horses, sidewalks, leads horses, and even fills in when the barn managers take a day off! Her experience and horse knowledge has come in handy when a lesson horse needs riding or a new horse needs work. One of Dani's many strengths is that she can work with any student– helping them to be successful. That student connection has given our kids confidence in their own abilities and in Dani's skills as a volunteer. Danielle's volunteering has become her passion and now it seems,

her career. Dani is currently attending school with her eye on becoming a special education teacher– and hopefully one of Main Stay's future instructors! Good luck Danielle! Main Stay appreciates the time and energy you share with us!



Emily Biagi is also a strong Main Stay advocate and fundraiser. Emily has been with Main Stay for over 5 years as a groomer, sidewalker and trusted horse leader. Emily's sense of responsibility and knowledge has been a great asset to Main Stay. Emily always seems to come to the barn with a smile and a never-ending readiness to work! Her quiet demeanor and caring nature has helped the students she works with and the horses she leads. We wish Emily well as she goes off to Marquette College to study physical therapy. Her time, positive energy and commitment will never be forgotten! Thank you Emily and good luck!

Volunteer Spotlight Continued on Page 4

## Volunteer Spotlight continued...

As you can, Main Stay's volunteers are dedicated, caring individuals. These three young ladies are just a small example of people of all ages making a difference in people's lives. These ladies are living their dreams—while being fantastic role models for our students and the community. They are a big part of Main Stay's family. Thanks for making us proud!



In April 2006, SEDOM located in Woodstock, presented a check to Main Stay, as they held their 2nd annual Piggy Bank Challenge. All proceeds went to Main Stay, raising \$1000.00! Wow! **Thank you SEDOM!!**

## Sharing the Blue or Should We Say Green?!



Main Stay salutes Stacy and David Bell from St. Charles, IL for their continued efforts to raise awareness and funds for therapeutic riding programs in Illinois. Stacy founded *Sharing the Blue*, a non-profit organization that encourages people in the horse-show world to

donate cash or a portion of their winnings to the fund. These funds along with those raised at special events for *Sharing the Blue* are distributed annually to therapeutic riding programs.

Main Stay had been involved with and benefited from *Sharing the Blue* for several years. Our students, staff and volunteers have all trekked down to St. Charles every August for the past five years and put on a demo for the riders at the .....Show held at Lamplight Farms.

This year Stacy and David brought six friends who help with *Sharing the Blue* out to our *Black Tie & Blue Jeans* event. At the end of the evening they surprised (shocked!) us by presenting Main Stay with a check for an incredible \$10,000.00! Thank you, thank you, thank you! What a wonderful way to wrap up an already wonderful evening!

## What's (Who's) New at Main Stay?

# WELCOME BARB, JIM! & PATTI



**Welcome Our Newest Instructor**  
We have a few new faces at Main Stay! Patti Lessard is one of our newest Instructors. Patti has been a certified instructor for 6 years at another NARHA center in Florida. She and her family moved here this past winter and started here in April. Patti lives in Wonder Lake with her daughters and husband Jim.

**Welcome Our New Barn Managers**  
Barb and Jim joined our Main Stay Family this Spring. Barb and Jim owned Oakwood Farm for 12 years, and have over 20 years experience with horses. We are SO lucky to have Barb and Jim apart of our Main Stay family. Please stop by and make sure you say hello to them.



*To all our wonderful donors, we will be recognizing you in an upcoming issue/annual report. Thank you all for making this important work possible!*



*Our High Money Winners*

*Front row: Norm Young, Rusty Foszcz, Kathy Haupt & Amanda Zurek  
Back row: Mike Lawler, Troy Rothschild, Mike Tetreault & Pat Welter*

## ***Bowled Over With Success!***

Seventy-eight bowling maniacs helped smash the previous records at this years 19<sup>th</sup> Annual Bowlathon, held October 1<sup>st</sup> at Palace Bowl in McHenry. Main Stay filled every lane creating a loud, fun, action packed day. Over \$25,000 was raised during the event with money being pledged by flat donations, per pin, per strike, per spare *and* matching funds for \$\$\$ raised by Main Stay *people*. After the event a very generous donor offered to match the event with a \$10,000 gift – bringing the total to right around **\$35,000.00!**

Several of our bowlers went above and beyond this year raising huge sums as individuals. Here are the amounts for Most Money Earned:

Man: *Norman Young* - **\$3751.70!** (*This is the guy who shaved his head on Main Stay's behalf last year – certainly a hero in our eyes!*)

Woman: *Kathy Campo-Haupt* - **\$625.00** (*Kathy also brought 10 friends along to fill two alleys*)

Main Stay Board/Staff Member: *Rusty Foszcz* - **\$1051.80** (*He earns this every year – he needs a challenger!*)

Main Stay Student: *Troy Rothschild* - **\$3500.00!** *With Troy winning this category by a landslide, we thought it wise to bring in a runner- up...this year it was Amanda Zureck - \$325.00!*

Winning Team: *The Knuckleheads* - Rusty Foszcz (\$1051.80), Mike Tetreault (\$682.20), Norman Young (\$3751.70) and Pat Welter (\$1195.20). Together they raised **\$6,680.90!!!!**

Representing last year's winners of the Traveling Team Trophy, Mark Rothschild passed the trophy to the Knuckleheads and graciously remarked that they hope a *brand new team* wins it next year with *even bigger numbers!* ***The challenge is on!***

Bowling with us again this year were two teams from the wonderful McHenry Jaycees, 5 teams from the Woodwind Farm Showstoppers (a youth group of horse enthusiasts), the Campo-Haupt Teams, plus many, many lanes filled with Main Stay families, volunteers and friends.

With friends like ours, Main Stay has one incredible winning team! Thanks to everyone who did their part to make this event a huge success!

## ***In Her Own Words - Rider Update!***

I trust many of you will remember Gloria our adult rider (who lives with quadriplegia) mentioned in the annual appeal letter last fall. She was an experienced rider prior to her accident and had missed riding terribly before beginning again at Main Stay. She has had a wonderful season this year and made some dramatic breakthroughs. Here in her own words is what has taken place in the past few weeks...



*Gloria & instructor Roxie Elliott-Crandall*

### ***Chance of Rein***

*By Gloria Kraft*

The reins. They are as important to horse-rider communication as a telephone is for person-to-person communication. The rider uses reins to direct a horse to stop, start, turn and change gait. The horse can read a rider's confidence and fear through reins. Recently, at Main Stay, I learned that I can finally talk to my mount using these important lines of communication.

I was more than willing to try the new adaptive reins that Roxie, my team leader, had ordered. They gave me a chance to help direct Bailey. As the sidewalkers put the reins in my hands, I noticed that the leather stayed in my fingers. As a quadraplege, this is no easy feat for me. We walked on and I asked Bailey to stop, then walk and turn. Bailey was responding to my directions. I was ecstatic! I had not controlled a horse in this manner in over six years. The reins also allowed me to improve more than my communication with Bailey.

Oddly enough, use of the reins while riding has also improved my posture, leg movement and balance. It was as if something clicked subconsciously. Once the reins were in my hands, my shoulders and back straightened. When we walked, my legs moved to gently "push" Bailey toward the rail or around a barrel. Balance was no longer the issue it had been during previous lessons. I felt as if I had stepped back in time, back to when I could ride on trails and in arenas.

The addition of reins for me seems to have brought together the components that make riding what it is: communication between horse and rider. I never would have guessed that using reins would produce such a dramatic change in my riding. Main Stay and its' wonderful staff have given me the chance of a lifetime.

*Note: Gloria described what she felt when using the reins was as if a switch had been flipped in her brain and a circuit re-connected. Her body seemed to be on autopilot – an amazing connection to say the least*

# Closing Thoughts.....

Dear Friends,

As so it goes – another newsletter issue, another summer session finished, another fundraiser put to bed...the cycle continues. Sometimes it seems as if there is never an end – how can there be? Unless we are to shut our doors, the cycle needs to continue.

Staying fresh, being renewed, finding new visions in old themes – that is the challenge. As in your life too I imagine. I thank you for staying in the game and I hope that includes staying with Main Stay. As I review the volunteer names, donor names, student names and board and staff names – there is a wonderful pattern...longevity.

Many of you have been on this road with us for the entire trip – you are old, fast friends. A larger portion have been along for the ride for well over a decade – incredible! In the last several years we have welcomed many new faces and we hope that you stay with us well into the next decade.

Within this industry I see people start, struggle and then get out more often than I'd like to admit. It is a career filled with passionate people that want to change the world...but it is also a career filled with sleepless nights. How do you keep your students safe, but challenged? How do we find, train and keep enough qualified volunteers? Where will the next good horse come from? Where is the next qualified, talented, compassionate instructor? What about the next fundraiser? What if the tractor breaks? What about new office space (how high can you stack things in a bathtub?)? How do we keep the doors open? *How do we stay the best we can be?*

Those are the questions asked every day, every year and sometimes it seems even every minute. Luckily we seem to be meeting those questions head-on with your support, ideas, energy and dedication. There a lot of balls in the air at any given time – and as we grow that means an even more proactive and complex balancing act. We can do it!

I thank you and am proud of our longevity together. I am proud of each of you that shares Main Stay with the world. Old friends, constantly bring new friends and new opportunities – thank you! Thank you for making the journey with Main Stay and continuing to be in our corner – we need you! It is only together that we succeed – *you are simply the best!*

*Love and Thanks,  
Sara*

\_\_\_\_ Yes! I want to help support equine-related therapy at Main Stay.

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ E-Mail \_\_\_\_\_

Gift amount \_\_\_\_ \$50 \_\_\_\_ \$75 \_\_\_\_ \$100 \_\_\_\_ \$250 Other \$ \_\_\_\_

Please designate my gift to the area of greatest need.

I would like to support a horse through a monthly gift of \$50 to the Stable Angel Club.

I would like to support a rider through a monthly gift of \$50 to the Therapy Angel Club.

I would like information on providing a Bequest to Main Stay.

Please take me off your mailing list

\_\_\_\_ VISA \_\_\_\_ MC \_\_\_\_ Discover

Acct. no. \_\_\_\_\_ Exp. Date \_\_\_\_\_

Signature \_\_\_\_\_

Annual Gift Clubs	
Leg-Up Club...	\$1-\$99
Bronze Stirrup Club...	\$100-\$249
Silver Stirrup Club...	\$250-\$499
Gold Stirrup Club ...	\$500-\$999
Platinum Stirrup Club ...	\$1,000-\$4,999



Please return to:

MSTRP

6919 Keystone Rd  
Richmond, IL 60071

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## 2006 CALENDAR OF EVENTS

Friday, November 3 ~ Last Day of Classes

Saturday, December 2 ~ Student Awards & Volunteer Recognition Party

*McHenry County College, Crystal Lake*

SAVE THE DATE!

SAVE THE DATE!

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