



Winter/Spring 2009

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Mission Statement:

Walk On provides equine assisted activities to people with physical, cognitive, social and emotional disabilities.

Walk On is organized for charitable and educational purposes to inspire people to advance to their highest potential.



Hearts, Hands & Hooves News Report

Welcome to the first issue of "Hearts, Hands & Hooves News Report." Walk On was the dream of several people dedicated to providing horseback riding for people with disabilities. Two years ago that dream became a reality when a special facility designed specifically for our program became available for use. Thanks to two prominent Barrington Hills residents Walk On Farm was created from the ground up.

Established in 2006, the Not-for-Profit Walk On program was named after the command, "Walk On". This term is used by the participant to have the horse move forward in a therapeutic riding lesson. Currently our program provides services to 40 participants representing a variety of disabilities. Each week participants experience the magic of the horse while they laugh, have fun and develop balance, feel natural body movements on a three dimensional plane and form an emotional bond to a large animal. Where else can one experience such magic? Developing strength, coordination, visual motor integration, and normalization of muscle tone while improving communication skills, attention span, self image and the ability to follow directions. WOW!

All of us at Walk On are blessed to have the opportunity to bring this program to people with disabilities in the Barrington area. Thanks to everyone who has offered their generous support to Walk On so this magical program can reach out to many more participants.

Marion L. May, President
Board of Directors



Walk On Farm
26665 W. Cuba Road
Barrington, Illinois

Learn more about Walk On in the January/February 2009 edition of Barrington Quintessential Magazine pp.70-73



Marion L. May, President

Many people have questioned how I personally became involved in equine assisted activities as I am not an equestrian. Professionally, I am an Occupational Therapist and worked in various venues with children with disabilities. During the time I lived in Kalamazoo, Michigan, I was introduced to Lyda Mc Cowan who was starting a therapeutic horseback riding program and looking for students to participate. This was in 1969, I worked at a school for children with disabilities and this was a perfect match for a therapist interested in sensory-motor activities.

From that start I have continued to be involved in several programs after I moved to Chicago,

both as an active board member and by involving the students I worked with at the Illinois Center for Rehabilitation & Education. In about 1990 I became active in NARHA (North American Riding for the Handicapped Association) as a member of the Board of Directors and as president of the board for two years. Ten or so years ago I became the chair of the Accreditation Committee and I have continued as an advisor to the Accreditation Committee and an Accreditation Lead Site Visitor.

The members of the Board of Directors of Walk On, Equine Assisted Activities wish to thank Marion May for sharing her extraordinary knowledge, dedication and leadership skills used in the formation of this organization, 2005-2009.

Mary's Herd Tails

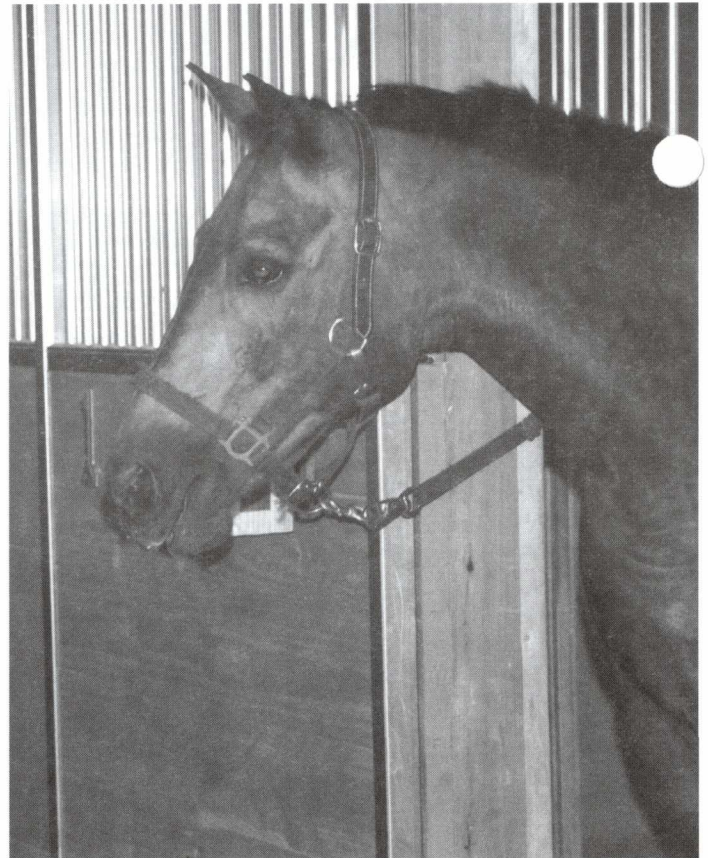
COCOA

Cocoa is a Buckskin Quarter Horse gelding. He was the first horse purchased for the Walk On program at a western lesson barn. His story follows:

"I went to see Cocoa at a barn in Bull Valley, Illinois I arrived ahead of the scheduled appointment on purpose and was therefore able to observe a group of horses outside in a dry paddock area. I was attracted to a 14.2 hand dark quarter horse resting in the field. He had a kind eye and a gentle look on his face. Of course, that horse was COCOA. I watched Cocoa in a lesson with a 9 year old girl. He was kind and took excellent care of her; walking, trotting and cantering on command. To show off his temperament, the instructor threw a beach ball at him, played a radio, and then jumped up and down yelling and screaming. She also had a rider carry a large flag from his back. While cantering with the flag, the flag wrapped around Cocoa's head. He calmly halted and waited to be rescued. I knew for certain then, that he would be great for the Walk On program.

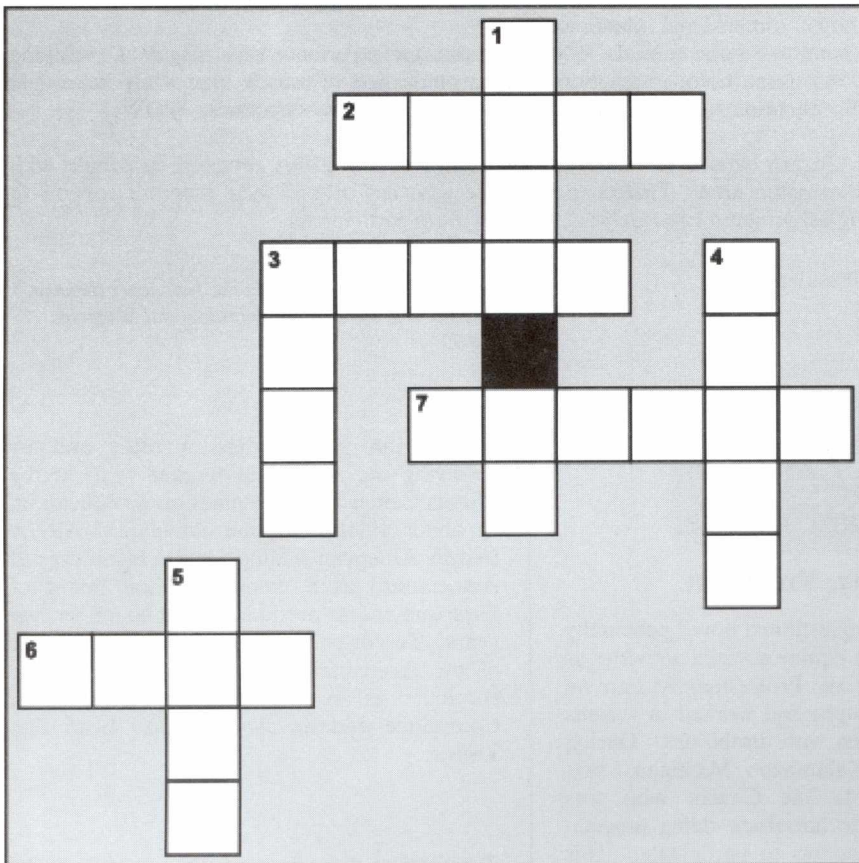
Cocoa is indeed a kind and gentle participant in our program. Because of his trustworthy nature, he is usually the first horse that participants ride when they come to Walk On. Each day he helps children to sit up tall, guide through obstacles, ride without help, and learn to trot and canter. Each day as I watch Cocoa work, I am grateful that Cocoa works for us."

- Mary Illing, Program Director



Biographical Information:

Registered Name: Hinas Poco Start
Breed: Quarter Horse
Sex: Gelding
Birthday: May 1, 1987
Size: 14.2 Hands
Color: Buckskin
Favorite Treat: Carrots and Apples
Best Horse Friend: Jack

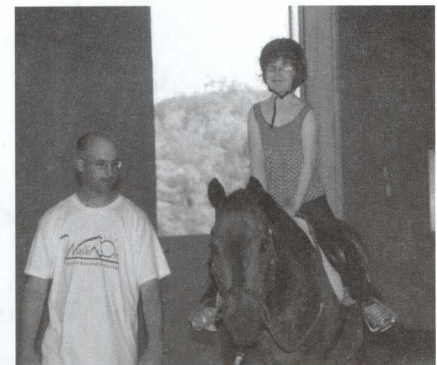


ACROSS

- 2 Path to ride on outside
- 3 One of the instructors
- 6 One of the instructors
- 7 Four legged animals

DOWN

- 1 Therapeutic Horseback Riding Program
- 3 One of the instructors
- 4 Indoor place to ride
- 5 Place where horses live

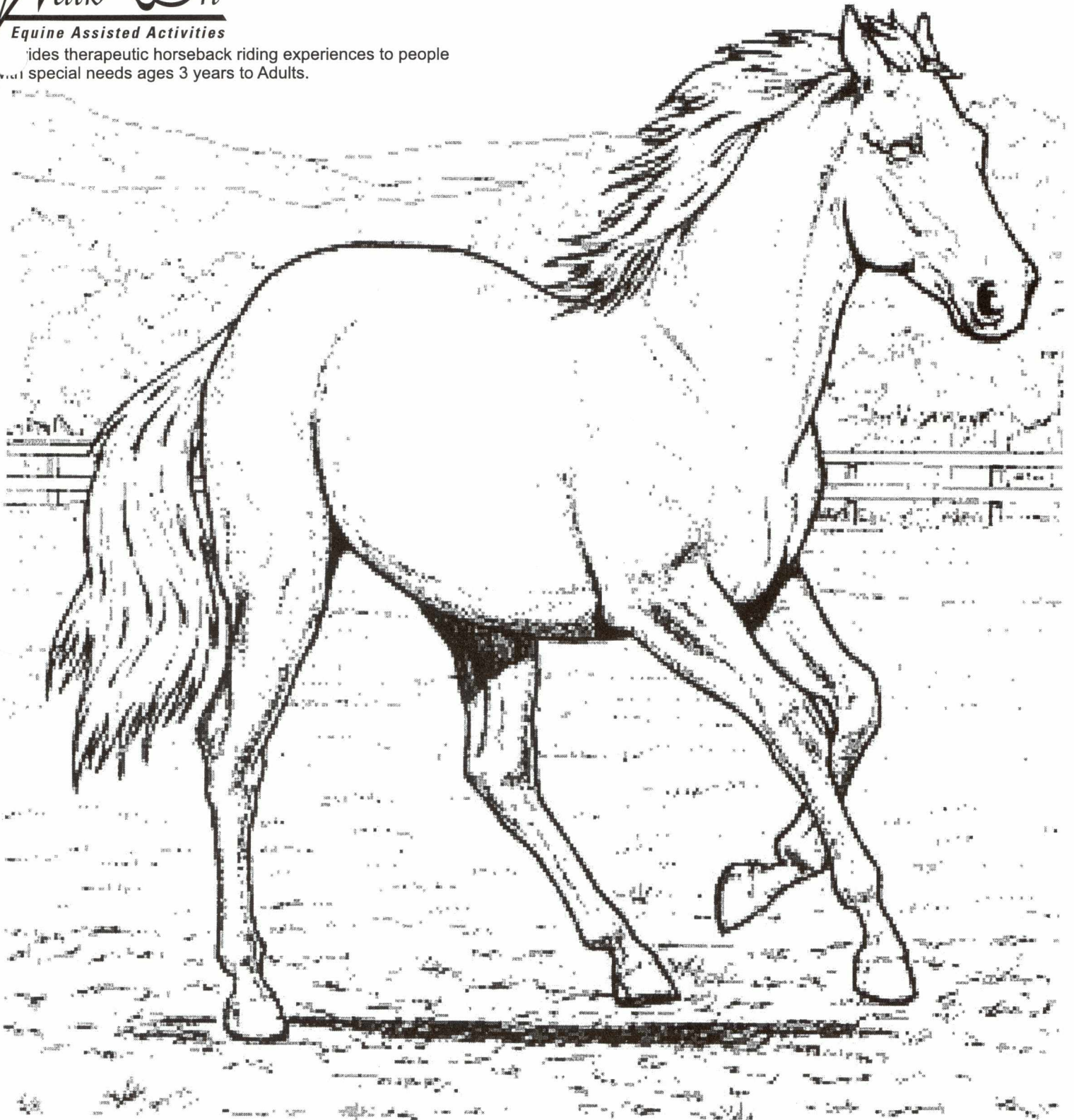


Answers: 1 Walk On 2 Trail 3 Mikki 4 Arena 5 Barn 6 Brad 7 Horses



Coloring Contest 2009*

Walk On Equine Assisted Activities provides therapeutic horseback riding experiences to people with special needs ages 3 years to Adults.



Submitted by: Name: _____ Age: _____

Address: _____ City: _____

Phone: _____ Email: _____

Rules:

Age Categories: 5-8 yrs. / 9-12 yrs. / Teens & Older
Return to Walk On 26665 W. Cuba Rd., Barrington, IL 60010
Entries will not be returned - become property of Walk On. Decisions of judges are final. Winner to be notified after 5/31/09. One entry per person.

**A personal creative horse drawing is also acceptable for entry.*

3 Winners
\$100.00 Savings Bond
1 Winner in each Age Category

Program Participant Profile



Gabriel riding Tomas

Gabriel

"Our son, Gabriel has shown tremendous gains from his weekly riding at Walk On Farm. His fitness, coordination and self confidence have improved. He really enjoys his lesson, and looks forward to it each week. He sleeps better after his lesson because of the fresh air and exercise. One week, on the day after his lesson, he received 96% of his possible points at school plus eleven bonus points. He loves the attention from the instructors and volunteers who work so well with him. He gets the benefit of peer/social interaction without the stress of typical peer group interaction. The interaction with the horses is also beneficial. Because of his coordination and social issues, he no longer wants to participate in team sports, so at Walk On, he is able to participate in a physical/sporting activity.

His communication skills are improving. He is very proud of feeding, grooming and walking the horses and shares stories with us. His self confidence is increasing from being able to help, care, work, and ride the horses when in many parts of his life, things like handwriting, organizing his written and spoken thoughts, and social interaction are so difficult for him to accomplish."

Thank you! Marie, Walk On Mom

A Volunteer's Memory

On October 19, 2008 Walk On conducted the 2nd Annual Ride-A-Thon in support of our Program at the Spring Creek Forest in Barrington Hills, Illinois. Riders paid a fee to help cover expenses of the event. Many of the Program Participants also collected donations with pledges from friends and families. Some visitors who came to watch and enjoy a light lunch with their Walk On Riders and Volunteers, also made contributions. All proceeds from this event and all fundraisers for Walk On are designated for program support. The staff organized the Ride-A-Thon and report a profit of: \$1,900.00

We plan to confirm October 18, 2009 for the 3rd Annual "Ride On for Walk On" and hope for increased interest and attendance then.

New Volunteer Orientations take place on a bi-weekly basis. Call 847-381-4231 to register.

"The Gift"

I knew it was going to be a special day from the start. First, it was a perfect Autumn day-clear, crisp and colorful. Second, my daughter, Jessica (a busy teen) was joining me to help at the Walk On Ride-A-Thon. Third, I had an opportunity to contribute to Walk On and to ride. Up until Sunday, I had not ridden a horse in a long time, (something I used to live for).

The morning began with a nice ride on Roper. As I looked out over the stunning Barrington Hills countryside, I remarked to Mary on what a wonderful moment that was for me. It had been too long since I had been on a horse, let alone in such beautiful surroundings. Truly a gift I greatly appreciate.

Thank you Mary and Brad for giving me the opportunity not only to ride, but to help some very special people every week. And thanks Roper, the ride was great (extra grooming for you)!

Juliette, Walk On Volunteer



2nd Annual Ride-A-Thon



2nd Annual Ride-A-Thon

Announcements

"World Famous" Lipizzaner Stallions

The Lipizzaner Stallion has boldly galloped throughout 425 years of history and is now preserved as an equestrian work of art, an equine ballet not to be rivaled. Harkening back to a time when the horse was a symbol of grace and majesty, the Lipizzaner Stallions are truly a great experience to be enjoyed by the entire family.

SPECIAL OFFER FOR WALK ON FARM

**\$5.00 DISCOUNT OFF TICKET PRICES OF \$37.00 & \$27.00
SATURDAY, FEBRUARY 14 AT 2 PM**



TO PURCHASE TICKETS CALL:

Tony Infusino @ 847-649-2225 or via e-mail at Tony.Infusino@SearsCentre.com

Make sure to mention Walk on Farm to get this offer

ATTENTION!

All Walk On Participants, Volunteers, Donors, Staff, their families and friends of Walk On: Please come to Citizen's Park, Barrington, Illinois on Sunday, May 31, 2009 for a Volunteer and Participant Recognition Day Celebration 1-5 P.M. @ The Pavilion from 1-3 and The Amphitheatre for awards at 3 P.M. followed by entertainment until 5 P.M. Citizen's Park is located at Route 14 and Lake Zurich Road in Barrington, Illinois. Parking and space is plentiful and don't miss the totally accessible tree house for a unique experience. More details will follow.

Thank you to all past, present and future donors.

Walk On, Equine Assisted Activities gratefully accepts and acknowledges all donations:

Walk On

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Barrington, Illinois 60011-0376

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