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*Program Director*

**Brad S. Doweidt**  
*Head Instructor*

**Michele Le Claire, AA**  
*Instructor*

**Dessy Iovtcheva, MBA**  
*Office Assistant*

**Ramon Huertas**  
*Barn Assistant*

**Walk On 2011 Events**

**February 13:** Lasso A Lane Bowling Fundraiser

**March 25, 26, 27:** Centered Riding Clinic with Peggy Brown. For information: 847-381-4231.

**April 4:** Spring classes begin.

**April 1- May 22:** Walk On "Spring Fling Cash Raffle"

**April 16:** Special Voices Outing Day at Walk On.

**May 21:** Walk On table at "Leave No Child Inside Family Nature Fest" @ Citizen's Park 11AM-1PM.

**May 22,** Recognition Day, Barrington Park District, 2-4PM.

**July 4th Brat Tent:** Walk On staff and volunteers support community event.

**October 28:** Walk On themed gala event, 7-11 PM, Biltmore Country Club.

**December 4:** Demo-Day for Program Participants.

**A Note from Walk On President...**

Five years ago Walk On became the dream of six ladies involved with equine activities for people with disabilities. Fortunately, that dream became a reality when Walk On was born at Cuba and Hart Roads in Barrington. Since that time, hundreds of equine experiences for children, adults and senior citizens have taken place at this prestigious address. Barrington and the surrounding communities have supported this program with volunteers and financial support. This support allowed

Walk On to maintain and expand its quality program that its founders envisioned. Recently, the students at Barrington High School selected Walk On to be the recipient of the IT program, dedicating the monies raised to our program. Some of these high school students also spend time in our barn assisting Walk On participants. Walk On appreciates all the love, dedication and support it has received. Please feel free to visit us and see the miracles happen.

Marion L. May, President  
Board of Directors

**IT: Barrington High School Partners  
with Walk On**

This year Walk On is very excited to announce it has been chosen as the not for profit organization of the year for the Barrington High School *IT Campaign*. It has become a tradition at the high school to conduct an all-school fundraiser for the charity of their choice. The idea is to pass "it" forward. They want to pass forward the value of giving to others. This year Barrington High School students and staff will be holding several fundraising events including a bowling party, dodge ball tournament, scooter races, a

coffee house, Pitchburst dunk tank, and musical performances. All proceeds will go to benefit Walk On. The Walk On board, participants and volunteers are proud that this caring and generous organization is the recipient of this year's *It Campaign* fundraising efforts. We are grateful to serve and be a part of the Barrington community. The funds we receive will all go towards the support of our equine assisted therapy program.

By Juliet Eilks



*Walk On participant is all smiles during her lesson on our beloved Foxy.*



## The Benefits of Therapeutic Horseback Riding

“There is something about the outside of a horse that is good for the inside of a man.” Winston Churchill

Those of us who love horses understand exactly what Mr. Churchill is saying. But what happens when we combine a horse with a person with a disability? Well, amazing things happen. Many people with disabilities benefit from riding a horse. Riding a horse in the therapeutic setting results in physical, cognitive and psychological/social benefits. The three-dimensional, symmetrical, rhythmical movement of the horses walk impacts the brain. The horse’s walk moves a rider up and down, side to side and back and forth. By changing a horse’s speed and direction

of movement, great things happen. Some physical benefits include improvements in physical strength, coordination, balance, flexibility, range of motion, muscle tone, circulation, spatial relations and visual perception. Cognitive benefits include regulation of alertness level, problem solving, communication, verbalization and attention span. And finally, psychological/social benefits include functional independence, socialization and self esteem. But most of all it’s **FUN!**

By Mary Illing



Head Instructor, Brad, with a Walk On participant during a driving lesson with our horse, Thomas, pulling the carriage.

## Walk On Spring Fling Cash Raffle April 1- May 22, 2011

**\$10 each!** Raffle tickets with a **1<sup>st</sup> Prize of \$1000.00** and **2<sup>nd</sup> Prize of \$500.00.**

Funds will be used to pay for program support. (Budget info available by request).

Winning tickets will be drawn on Recognition Day, May 22, 2011, Barrington Park District, Lions Drive, Barrington Room, 2-4 PM.

### Donations

Walk On gratefully accepts and acknowledges all donations to help improve the quality of life for our participants. For information, visit our website at

[www.walkonfarm.org](http://www.walkonfarm.org)  
501(c)(3) Not-for-Profit Organization



Our beautiful Thomas enjoying a beautiful day At Walk On.

### Walk On Family

The word “family” conjures up thoughts of people working together to achieve success through great care, concern, respect and support. We consider all members of our Walk On community to be “family.” Our family consists of staff, volunteers, horses, participants, a board of directors and benefactors. Our professional staff members have developed a highly effective equine assisted therapy program. Staff and trained volunteers work with participants of all ages with various physical, cognitive and emotional needs. Our kind, gentle and

sensitive horses come to work every day knowing they have an important job to do. The board of directors oversees the business operations and fundraising. Walk On benefactors provide the necessary funding to keep our program operating. Each member of the Walk On family is a valued contributor to the success of our program. Walk On is a very special place where our close knit “family” comes together everyday to improve the quality of life for those in need.

By Juliet Eilks



Walk On volunteers leading Taco, the NAHRA Region 7 Horse of the Year, during a lesson.