



# Xenophon Newsletter

Winter 2010

## Happy Trails for Bandit

We have great news! Bandit, our recently retired Therapy Horse of 9 years, has found a wonderful new home! His new owner is a dedicated Xenophon volunteer Horse Handler of 4 years - Kelly Pire and her husband Jim (who is our very talented web master and photographer extraordinaire). This is the first horse for Kelly and she is very excited to call Bandit her own after



working with and getting to know him so well at Xenophon. Kelly plans to do a lot of trail riding on Bandit, and work on her horsemanship skills. Bandit is enjoying his new home at Skyline Ranch where he mingles with Cocoa (who is

boarding there for the winter) and another retired Xenophon therapy horse, Pooh. Kelly shared that Bandit is feeling so good that he sometimes can be mistaken for a rodeo horse during turn outs, entertaining the passerby's. Sounds like you are having lots of fun together. Congratulations Kelly & Jim—we are so happy for all of you!

## Save The Date!

Saturday, 6pm

March 5<sup>th</sup>, 2011

**"A Night  
on the  
Silver Seas"  
Gala**

at the  
Orinda Country Club

## Thank you to our 2010 Board of Directors!

Chris Legallet- President

Mark Caron- Vice President

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**"When the sun is in the right place, and your mood is right,  
you run like the wind.**

**Your grace and beauty will always be remembered.**

**Good luck wherever you go Bandit."**

- Poem by Kaitlin Styczinski, volunteer side walker

## Time to Horse Around

The "Xennies" made their move to their winter homes without a hitch. Echo, Kiwi & Pal are enjoying their spacious pastures at the beautiful ranch of Mo and Norri Livermore. All of us at Xenophon thank you both for housing our horses once again for a few months of relaxation

and change of pace. We also would like to thank Robin Rhoda for all of her assistance in helping care for our horses as well - we greatly appreciate you Robin!

Through the tunnel, Cocoa has settled in nicely to her stall and paddock, enjoying

watching the activity and whinnying at her retired Xenophon friends, Bandit and Pooh, who call Skyline home too. Cocoa is being specially cared for & exercised by our wonderful Barn Manager, Hannah and a dedicated team of Xenophon volunteers.

## Wish List

Below is a list of items that we are in need of to assist us in the care and maintenance of our horses and the program. Please contact us with any questions:

Cordless Clippers  
Riding Helmets (with adjust dial)  
Cross Ties (5)  
EZ Up Canopy (2),  
Soft ,flexible green lead lines  
Logan Coach Horse Trailer (7'+), 3 Horse Slant Load Bumper Pull

Postage Stamps  
Hay  
Equine Senior Supplements  
California Trace Minerals  
Ford F-350 Super Duty Diesel Truck

Dressage Saddle  
Fly Spray  
Stall Mats

**Xenophon Therapeutic  
Riding Center  
P.O Box 16  
Orinda, CA 94563**

Phone- (925)377-0871  
Fax- (925)377-0871  
Email- [info@xenophontrc.org](mailto:info@xenophontrc.org)  
Website- [www.xenophontrc.org](http://www.xenophontrc.org)

### Staff

**Executive Director**  
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**Program Director**  
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**Barn Manager**  
Hannah Haynie  
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### Instructors

Jan Bindas  
Janet Alexander  
Myke Judd  
Melissa Maker  
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Tineke Jacobsen  
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Wanda Sayuk  
Laura Fend

**THANK YOU TO ALL  
OF OUR AMAZING  
2010 VOLUNTEERS  
You are priceless to  
Xenophon and to the  
children we serve!**

## Volunteer Profile, Sam Griebstein

Our 2010 Patience Honorary Teen Award Recipient. This was Sam Griebstein's first volunteer season with us at Xenophon and did he impress us! Sam volunteered weekly as a calm and steady side walker all summer, and into the fall. Although this was his first season as a volunteer, Sam is not new to Xenophon. His younger sister Jane is a student and Sam became interested in wanting to volunteer after watching her experiences riding at Xenophon for four seasons. Sam lights up when his students arrive for their lessons and chats so comfortably with them as he assists them with their hel-

met and walks them up the ramp. It is obvious that the students feel so comfortable in his presence and look forward to having him by their side to encourage and support them. The instructors as well always enjoy Sam assisting their students and look forward to having him be a part of their lesson. His "can do" attitude and willingness to do whatever is needed to ensure that the student is safe is greatly appreciated. Sam is a sophomore attending Acalanes where he plays the violin in the Orchestra, and is on the cross country and track teams. He also plays in the Rossmoor Big Band, enjoys playing the

guitar, being a Scout and would like to increase his skills to become a horse handler at Xenophon. When asked why he enjoys volunteering with us, he replied, "Because we have a lot of fun together with the kids and I enjoy interacting with the community." Thank you Sam, Congratulations!



## Words from a Xenophon Parent

by Gloria & Paul, parents of Tatiana



Tatiana has grown and developed in countless ways since beginning at Xenophon. Perhaps most importantly, she has something she looks forward to with passion. At least once per day, Tatiana gives the sign for "horse" and says "Kiwi". When asked if she wants to ride Kiwi, she immediately and proudly

proclaims "YES". Her posture has improved considerably over the past couple of years since beginning at Xenophon. Not only does she know she must sit up straight for Kiwi, but she must also do it at the dinner table. And it's not just Kiwi and the other horses that she looks forward to seeing, it's also the great volunteers at Xenophon. Tatiana frequently tells us of "horse with Heidi"....she simply loves the volunteers as much as the horses. Control of her trunk has been a challenge for Tatiana for years....we've found that control has improved immensely. Additionally, for a girl who is relatively small in stature to ride and control such a beautiful and

### Also...

Congratulations to our long time volunteer of 9 years, Julie Taylor, who was nominated for the Culture to Culture Foundation's Senior Award for her outstanding dedication as a Xenophon volunteer! Thank you Julie!

big creature gives special pleasure to Tatiana. So much is done for her, yet this is something she completes and enjoys on her own. To be taller than everyone and be able to control the horse with her love and passion very much shows in her face. Tatiana displays an immense sense of pride when riding....and also after riding and in the days leading up to riding. Her sense of self confidence has blossomed and we feel strongly that a lot of that is due to her riding sessions at Xenophon.

## FUN TIMES HAD BY ALL AT THE 2010 Xenophon Horse Show! Thank You Everyone!



### COVERED ARENA UPDATE by: Mari Parino



After a long and arduous process, we finally received our approval letter from PG&E and our permit from the city of Orinda to begin construction of the new covered arena. While we had hoped to begin construction in 2010, we were unable to get our permit prior to the mandated grading deadline. As a result, construction will begin after April 15, 2011, as soon as the area is dry enough for tractors. The entire process should take 5-6 weeks and hopefully will not significantly delay the start of our 2011 season.

### WEEK OF CARING by: Mari Parino

Week of Caring is a Contra Costa County project in which businesses release their employees from a half-day of work in order to volunteer at local non-profit organizations. Xenophon participated again this year and was fortunate to have 4 groups come and volunteer at our center. We had 2 groups from Chevron, one group from ATT and another from Wells Fargo.

All worked to winterize our barn. It was a dusty and dirty job as interior walls were moved, insulation installed, new wiring put in, and windows and doors framed. A big thank you goes out to all these groups who gave of their time to help us, especially to Paul Shankwiler who gave so many extra hours and was our job foreman.

**A BIG Thank You to "Women With Strings Attached"** for their generous donation of time and talent at our concert fundraiser on October 23rd! Thanks to them and all those who attended that evening, \$1,800 was raised for Xenophon! Thank you to Cherie Garcia-Day and all of the many volunteers who made this evening a success!



## Easy Ways You Can Help Support Xenophon!

- Many companies have matching gift funds in which they will match your giving to non-profits - please check with your company's Gift Giving and let them know about Xenophon!



- Did you know Xenophon is listed as a charity for donations through the United Way? - please consider selecting Xenophon and make a difference!

- Good Search - visit [GoodSearch.com](http://GoodSearch.com) on the web and select Xenophon as your non-profit of choice and every time you use Good Search as your search engine, Xenophon will benefit!



- eScrip - visit [eScrip.com](http://eScrip.com) and select Xenophon. Simply register your debit, credit and grocery loyalty cards for use in the program. Use your cards at participating merchants and they will make contributions to Xenophon!

# THANK YOU TO ALL OF OUR XENOPHON 2010 DONORS

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The Leshar Foundation  
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**We sincerely regret if we have failed to mention anyone. Xenophon is extremely grateful to all of our donors.**

## Words from our Founder– Judy Lazarus – Interviewed by Danielle

### Now that you have “retired” from Xenophon as Executive Director, what activities have been filling your time?

Traveling—went to Idaho to visit my son (who is a chef) for Thanksgiving and enjoyed delicious food and wine. I like to read, would like to do volunteer work, and go back to school to learn photography. I’ve been consulting with Mari, visiting Xenophon and hosting many Xenophon meetings at my house—which works out well because I can see everyone. **What would you like the community to know most about Xenophon?** Their children are served well—physically and socially. We give the children the feeling of power in their lives, which most don’t have. The student must give their horse the commands, and

are treated like any other child. Most children don’t have the opportunity to ride a horse and those that do feel “free”. Xenophon is also a place where the parents can talk to other parents and share resources. Being a part of Xenophon creates camaraderie and offers support to parents, caregivers and staff. Xenophon has made a difference in many of our teen volunteers by providing a safe place where they feel comfortable and on the same plane as adults, and a few have gone on to become PT’s and OT’s. People feel good because the atmosphere is good.

**Why horses?** Once we find the right horse (which is very difficult as the therapy horse is asked to mount from above, stand still for long periods etc.), they become wonderful role models, they accept you for who you are. They are also great motivators and enhance what the kids can do. Through the horse, the children also learn manners, letters and balance. Horses help children walk better by loosening their hips. One story I recall was of a young boy who felt he could not do anything but yet felt so empowered after riding a horse and was so proud when he told his mother what he achieved.

### How can Xenophon use help?

Since we operate out of a barn, there is always ranch maintenance to be done & fundraising needed!

### Goals for Xenophon’s future?

With the staff we have now, we have a wonderful opportunity to take Xenophon into the future. Maintaining the family feel and not growing too quickly is very important (advice I received early on) - a firm foundation is crucial. Expansion of Hippo therapy and implementing a Driving Program, for children that cannot ride in the saddle. Goals in my personal life are to read more, eat & drink wine- like it’s Thanksgiving everyday!

Thank you Judy for your time, dedication and insight—we all appreciate you and all that you do for Xenophon!

## Comments from the Corner Stall– Mari Parino, Executive Director

Dear Xenophon Family,

I cannot tell you what a pleasure it is to be back at Xenophon. I felt so welcomed by the heartwarming greetings and sentiments of parents, students, volunteers and staff. I felt like I had never been gone, except that most of the students had grown about a foot and gangly 8 year-olds are now teenagers.

Looking back at this past season with Xenophon, despite the uncertainty of construction commence-

ment, we pulled off four successful sessions and saw our students make great strides. We had a wonderful horse show in October that showcased our students’ accomplishments. On the fundraising front, we participated for the first time this year in Macy’s “Shop For A Cause” fundraiser, which spurred some friendly ticket sale competition between lesson day volunteers. We were

fortunate to be the beneficiary of a fabulous concert by a trio band, called “Women With Strings Attached”. For the first time, we hosted the Del Rey neighborhood BBQ, and some of our staff, students and volunteers put on a wonderful demonstration for them.

Our 2011 season will be a very exciting time for Xenophon as we look forward to building our covered arena

and deciding how our new facilities will allow us to enhance our program and continue to offer the quality services we do. There are challenges that come with the excitement; putting up with construction hassles and delays, dealing with change, and keeping the integrity of a fabulous program are just a few. I feel confident that with our dedicated staff, a dynamic board, and our wonderful volunteers, that we will meet any and all challenges. I look forward to being part of this great program with all of you.

## Introducing.....Danielle Coburn, Program Director

2010 was a year of changes at Xenophon, Thank You for your patience as I learned my way around (Thank you Janet & Mari as well as all of the staff! Your assistance was and is greatly appreciated!) I am so excited to be a part of this wonderful organization, filled with such dedicated parents, students, staff, volunteers and horses. I have had the privilege to meet and get to know many of you, and I look forward to meeting those who I haven’t yet!

Horses and working with children have been a part of my life for three decades - I am hooked. I began riding a Shetland Pony Named Dolly, on my best friend’s Alamo ranch when I was 6.

Shortly after I began taking Hunter Jumper lessons in Danville, went to Kennolyn Equestrian summer camps, leased a horse and then my dream to own a horse came true when I was 12. I competed some over the years during high school while I attended The Athenian School, but found my real joy in just “being around” my horse, Black Jack. While in college at Pepperdine University, I continued to ride.

In my spare time, I enjoy playing with my dog Layla spending time with family and friends, volunteering as a wish grantor for Male A Wish,

and being a volunteer mentor for SonRise Equestrian Foundation.

As many of us know, horses are amazing animals with so much beauty, strength, grace and kindness inside and out; I am always in awe. Watching them at work here at Xenophon as gentle therapy horses really impresses me.

My horse has since passed, but I am very fortunate to have many horses in my life that I can spend time with, namely the “Xennies”.

Looking ahead for Xenophon, in 2011, spring is full of exciting events—our annual Gala is on March 5th

and then construction of our new covered arena will begin on April 15<sup>th</sup>. Our riding sessions will begin following it’s completion.



Wishing you and your family a very Happy & Healthy Holiday Season & All of the Best in the New Year!

**SPECIAL THANK YOU TO THESE INDIVIDUALS  
WHO DONATED THEIR SERVICES in 2010:**

|                      |                     |                  |
|----------------------|---------------------|------------------|
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| Mo & Norri Livermore | Rachel Rezos        | Sean Welch       |

**Thank You WIMB for your kind and gentle spirit! We all  
loved having you in our herd for Session 3 and  
hope that you will visit us again!**



**From all of us at Xenophon, we wish you and  
your families a wonderful  
Holiday Season and a Happy New Year!**



### **Xenophon's Mission**

Xenophon Therapeutic Riding Center is a non-profit organization dedicated to enriching the lives of disabled children by providing a high-quality program of therapeutic horseback riding and related activities.



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