



# Xenophon Newsletter

## Xenophon's Annual Gala Raises Over \$100,000!

This year's annual gala, "*An Enchanted Emerald Eve*", was enchanted indeed. Those in attendance would have to agree that it was one of the most memorable galas ever, and certainly the most successful. A big thank you goes out to our sponsors. We could not have done this without you. We would also like to thank all those attended, those who could not attend but donated, those who purchased items through the live and silent auction, and those who gave so generously through the "Fund-A-Need". The success of this year's gala allows us to move forward confidently into our year-round operation. The enchantment began the minute guests walked in the door, with the twinkling lights and gorgeous decorations set off by the lovely venue of Roundhill Country Club.



The silent auction this year was not only packed with fantastic items but packed with people as well, who's friendly competition made that portion of the evening a huge success. Guests were then welcomed into the ballroom where the evening truly began. This year, we honored our Founder, Judy Lazarus. It was a fitting and moving ceremony to an amazing woman. Judy has spent countless hours and immeasurable energy building a program that has impacted the lives of children. Our four guest speakers; Alva Gardner, Genna Legallet, Nattie Roden and Melyssa Snyder, did a fantastic job in communicating what Xenophon has meant to them and sharing the impact the program has had on their lives. A slide show took us through the history of Xenophon. It highlighted Judy's accomplishments over 18 years in bringing a vision and a grass-covered field, and building them into a premiere center with a covered arena and winter quarters for the program horses. We dedicated the new arena in Judy's name. Our evening ended with an exciting live auction. All in all, it was beautiful, fun and successful evening. Thank you to all of you who contributed to that success: our sponsors, attendees, donors, auction donors, board of directors, and committee members.

### Schedule of Events

- **Session 4:** (7 weeks)

August 13th — September 29th

Week of October 1st off

- **Session 5:** (6 weeks)

October 8th — November 17th

### Xenophon is closed from:

November 17th, 2012 through

February 18th, 2013

### 2013 Schedule:

- **Session 1:** (7 weeks)

February 19th — April 6th

Week of April 8th off

Save the Date:  
March 9th, 2013

Xenophon's Annual Gala

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Janet Alexander

Jan Bindas

Laura Fend

Tineke Jacobsen, P.T.

Myke Judd

Heidi Koch

Melissa Maker

Wanda Sayuk

**Horses**

Cocoa

Go-Go

Dandelion

Kiwanis

Starlight

Ozzie

**Volunteer Training**

In preparation for the transition to a year-round program, Xenophon held its first Volunteer Training Session of the year on February 4, 2012. More than 50 volunteers turned out for an informative and interesting day. The format of the training was different this year. It was geared towards returning volunteers in order to give them a more in-depth understanding of therapeutic riding and what happens in and out of the arena. Volunteers transitioned through 4 workshops "Toys and Tack", taught by Jan Bindas, Wanda Sayuk and Heidi Koch, gave people an understanding of the different toys and manipulatives we use and why. In the tack section, Heidi showed the different types of tack and explained why an instructor would choose to use each piece based on the child's needs. Tineke Jacobsen and Melissa Maker helped volunteers understand basic body mechanics and how holds we perform as sidewalkers can have both positive and negative impacts. In addition, they covered body mechanics that are helpful in preventing sidewalkers from repetitive stress on their

own joints. Myke Judd and Janet Alexander used their expertise to talk about some of the lesser known disabilities, what physical and cognitive challenges go along with these, and how teaching approaches must differ for each disability. In the "Horse and People Herd Dynamics," taught by Mari Parino and Shelly Guthrie, volunteers had a deeper insight into horse communication and how this and herd dynamics affects the horse's relationship to people. It was demonstrated how this relationship is to key to the horse's performance in lessons in the arena. Even our most experienced volunteers came away having learned something new.



**Meet An Instructor: Melissa Maker**



Melissa Maker started as a volunteer 17 years ago when Xenophon moved out to its Orinda location. Besides volunteering at Xenophon, Melissa also taught able-bodied riders through Pony Club. When she was 22 years old, and had volunteered at Xenophon for five years, Melissa became a certified therapeutic riding instructor. Melissa's favorite part about teaching at Xenophon is that it feels like a family. She loves helping the rider and the horse click in order to get the best results from both. Besides teaching at Xenophon on Tuesday afternoons and Saturday mornings, Melissa works full-time at a physical therapy clinic. When she is not working she enjoys walking her dog, Murphy, and riding her horse, Rip. Melissa enjoys riding dressage and doing 3-day eventing. Whenever she is not riding in the arena, she loves riding out on the trail. Xenophon is fortunate to have Melissa as an instructor.

**Xenophon is Going Green**

You may have noticed the cinder-block and wood bins that have been built at the base of the outdoor arena. It is all part of Xenophon's effort to go green and recycle. They were built by Jacob Phillips, for his Eagle Scout project. A second Eagle Scout, Sam Phillips, will be installing an active aeration system in the bins. We are now composting all of our horse manure. If you need great organic compost for your garden, please let us know and tell your friends!



## Jean Johnstone Awarded The Jean Schaffner Volunteer of the Year Award

The Jean Schaffner Volunteer of the Year Award is given every year to recognize a volunteer who has gone above and beyond in their commitment to Xenophon. This can be a volunteer who works in lessons or who gives of his or her time in other ways, such as fundraising or serving on the board. Jean Johnstone deservedly received this recognition for the countless hours she has given to the program. Jean volunteers one, often two days a week, and is willing to come in on a

moment's notice. She has been willing to learn more advanced techniques in order to help instructors with mounts, has acted as interim Program Director, and has contributed her knowledge and expertise to developing our board of directors. In addition to all that, she has worked on committees and helped with fundraisers. Congratulations, Jean, and thank you for all you do for Xenophon.



### Board of Directors

Chris Legallet- President

Mark Caron- Vice President

Kris Holst- Treasurer

Ellen Marienthal- Secretary

Janet Alexander

Leslie de Boer

Judy Lazarus

Trudy Presser

## A Tribute to Alyson Sayuk Rodrigues

It was with great sadness that Xenophon lost one of its long-time volunteers this past year. Alyson Sayuk-Rodriguez lost a battle to cancer on December 3, 2011. Alyson was 32 years old. Alyson was involved with Xenophon for many years as a sidewalker, horse handler, and exercise rider. Alyson is the daughter of our instructor, Wanda Sayuk. Her family said Xenophon held a very special place in her heart. A memorial fund was set up in Alyson's name. Those funds will be used for scholarships for our students. Our sensory trail has been dedicated in memory of Alyson.



## Welcome Christine!



By now you may have noticed a recent addition to Xenophon's staff - Christine Raddeck.

Christine began with us in the Fall of 2011 as a volunteer sidewalker while attending San Francisco State University (SFSU) as a

Therapeutic Recreation student. She was looking to volunteer with a therapeutic riding program and came across Xenophon. Christine enjoyed her time as a volunteer so much that in February of

2012 she came on as a full-time intern for the last semester of her senior year. Christine was extremely instrumental in updating our Volunteer Handbook and helping us with the 2012 Gala as well as assisting in our preparation for the PATH Accreditation. In June, Christine graduated from SFSU and began with us as part-time administrative assistant. With her computer skills, creativity and willingness to learn all aspects of our program, including the horses (she has become quite the horsewoman), she is now involved in all aspects of day to day activities from horses to administrative tasks. We are very fortunate to have her on our team!!!

## Horse Fair—Walnut Creek



Xenophon was present again this year at the 2nd annual Heather Farms Horse Fair. Held at Heather Farms in Walnut Creek, this was a day dedicated to the horse. There were vendor booths, miniature horses, wonderful music and food, and of course, a myriad of demonstrations. The event definitely grew this year, with many more breeds and clinicians present, demonstrating all aspects of equine sports; from drill teams, to color guards, to reiners, to dressage. One of our Wednesday riders, Fiona Fahey, and Wimbledon did a wonderful riding demonstration. Fiona showed her flawless posture and wonderful trot work. Both of them looked the part of experienced horse

show participants, and relished in the applause and attention. Thank you to Heidi, Fiona's instructor, for all her preparation work. Thank you also to all the volunteers who helped with the demonstration and manned our booth. Xenophon proudly represented the therapeutic riding community.



## Boy Scouts Help Spruce Up Our Site

On Saturday, April 28, 2012 Boy Scout Troop 237 came to Xenophon to do a service project. Ten wonderful boys, from middle school and high school, donned paint brushes and rollers and gave a face lift to our hay shed and tool shed. For some boys it was hard to tell if more paint ended up on them or the buildings, but they did a great job and met the strict expectations of their troop leader. Thank you Troop 237 for your help. Our center looks wonderful.



## Rotary Club Transforms Our Pipe Corrals

A big thank you goes out to the Danville Rotary Club for putting the final paint touches on our paddocks. The drab grey primer turned to Xenophon's signature green in no time at all with so many helping hands. They were a wonderful group and the neatest painters we have ever had. Not a brush or paint pan had a speck of paint left on it by the time they finished up. We all enjoyed a wonderful lunch together and the group was able to watch our Saturday students show off their riding. Thank you, Danville Rotary, for your wonderful work and contributing in such a big way to the center.



## Golden Gate Fields Fundraiser

Xenophon once again was able to participate in a Golden Gate Fields Fundraiser. A fun time was had by all as volunteers served beer, sodas and hotdogs for Dollar Days at the racetrack. The volunteers were not kept too busy to enjoy themselves. While no one found a thoroughbred to ride, Ann Welch managed a ride on a Golden Gate Pony and a few bets were placed as well.



### New Additions to Xenophon

Many of you at the center may have thought you were seeing double lately. Our new horse, Starlight, who arrived a little over two months ago, looks just like Cocoa. Starlight is a 19 year-old Morgan mare. She came to us thanks to the wonderful generosity of Jo and Brent Johnson of JaF Morgans in Sanger, CA. Starlight has been an all-around riding horse, has packed in the Sierra Nevada Mountains, has worked cows, and has had a number of beautiful foals. Starlight took quickly to her new job and passed all her training with flying colors. She began working in lessons quite quickly and walks as if to say, "I was meant to do this". Thank you, Jo and Brent, for

donating this wonderful mare to our program.



Welcome, welcome to yet another lovely Arabian mare named Glory Dance, affectionately known as Go-Go. Although only seven years old, she is willing and eager to please. Go-Go just completed her 30-day trial period, excelling at all stages of the training. Her previous experience as a trail horse will make her a sure favorite on the Xenophon sensory trail. Thank you to Lori Trenbath for the use of this lovely mare.



### Retiring Echo

In early 2009, a handsome Arab gelding named Echo came to us and became part of our therapy herd. He was featured in a segment on channel 2 concerning the benefits of therapeutic riding for children with autism. After three years of service with us it became apparent that he was no longer enjoying his job. In April of 2012, Echo was returned to his owner, Mo Livermore, where he enjoyed a 19-acre pasture full of grass and other four-legged friends. He has since gone to a wonderful young woman who is enjoying lots of pleasure riding with him.



### Tribute to Cocoa

Cocoa has been an integral part of the Xenophon program for over 10 years. She has worked tirelessly over these years, with never a complaint, serving her students with dignity and care. During our annual horse show, we honored this special mare. Cocoa was purchased for Xenophon in 2001, at the age of 15. She took to her job quickly and wasn't long in the program before we were putting our more challenging riders on her. Cocoa always seemed to know when she had someone with special needs on board. She never cared how many helpers crowded around her or who was leaning on her or how unbalanced her riders were. This was always amazing to the staff and her exercise riders, as she could be quite the challenging ride for able-bodied riders. In 2008 Cocoa was

honored by the national governing body of therapeutic riding, PATH International, as Therapy Horse of the Year. She truly deserved the honor. Cocoa has been suffering from severe arthritis and is finding it harder and harder to get around. We have had to cut back significantly on her workload, even though she thinks she should still be working. Cocoa is still helping her students when she can through allowing them to lead and groom her. She is not ready to retire yet!



"Our other huge accomplishment this year was passing our accreditation, yet again, with a score of 100%."

### From the Executive Director—Mari Parino

As we pass the halfway mark of our 2012 season, it is exciting and rewarding to look at Xenophon's accomplishments for the year. We made the successful transition to a year-round program, having already operated three 7-week sessions. Thank you to our amazing staff and therapy horses who have worked so hard already this year. Through this transition, we are striving to provide a more consistent, high quality therapy program to our participants.

Our next big accomplishment of the year was our fabulous gala. We were able to honor our founder, Judy Lazarus, in manner fitting to the lady who has given immeasurable time and effort to build Xenophon into the program it is today. We also saw our most successful fundraising effort in the history of the program, setting us on the path to fund our year-round operation. This involved so many people; sponsors, board members, our gala committee, donors, volunteers, and attendees.

Our other huge accomplishment this year was passing our accreditation, yet again, with a score of 100%. For those of you who are not

familiar with this process, Xenophon is a premier accredited therapeutic riding center with PATH International. PATH stands for the Professional Association of Therapeutic Horsemanship. It is the governing body for therapeutic horse activities in the United States. To achieve this accreditation, Xenophon is evaluated on over 100 standards that include our facility, our lessons, our safety, and our administration. This year, for the first time, Xenophon was seeking accreditation for our Hippotherapy program. We achieved this with a score of 100% as well. This score and our resulting premier accreditation status are a testament to the talent and commitment of everyone involved with this program. Our auditors commented that we were, "an exemplary program". Thank you to all of our instructors who teach each and every day in a manner that is consistent with these high standards. Thank you also to all of our staff who work so hard to make Xenophon a shoe-in for this distinction.

### From the Program Director—Danielle Coburn

Dear Friends & Families of Xenophon~

2012 has been a year of exciting changes—beginning with our new, beautiful covered arena which allows us to operate 10 months a year—rain or shine! Our first 3 sessions have been wonderful! The additions to our herd of horses, Starlight & Go-Go, have been fitting right in with our program—they both have fun personalities and have enjoyed learning the ropes at Xenophon. Our "retired" Cocoa, has had occasional ground lessons to which she looks forward. This time of the year is also bittersweet as we say good-bye (for now) to our college bound volunteers. We wish them all well and want them to each know how much we appreciate their dedication to Xenophon during their high school years. We look forward to them returning over the summers- if their schedules allow!

This time of year also brings in a new crop of volunteers—all of whom are eager to learn about the tremendous benefits that therapeutic riding offers and to serve their community through volunteering at Xenophon. We welcome them!

### Xenophon would like to thank the following Foundations and Clubs who have provided grant support to our program

The Thomas Long Foundation  
The TCF Foundation  
The Orinda Women's Club  
The Kiwanis Club of Moraga Valley  
The Myrtle Atkinson Foundation

The Leshner Foundation  
The JEC Foundation  
The Orinda Foundation  
The Lion's Club of Walnut Creek  
St. Stephen's Episcopal Church



## Xenophon's Annual Horse Show— Ali-Taylor Lange



Saturday June 2, 2012 dawned cool and breezy, the grounds painted and cleaned, the horses braided and washed; it was the perfect setting for Xenophon's Annual Horse Show. Over 35 students participated in the day-long festivities, riding for trophies in eight different classes. We are happy to say the day was a success. Not only did the horse show give students the opportunity to show off their hard work and progress made this year, but it provided additional community and support to the families and friends of our Xenophon riders. There was a sizeable crowd gathered for much of the day, and the students performed their very best riding for their fans. Mari Parino, Executive Director, manned the microphone all day, introducing students,

staff, and horses. Even volunteers found themselves learning from her wisdom. In a tearful presentation Xenophon staff gathered to honor the retirement of Cocoa, who has been with the program since 2001, and is the heart of the stable. "Cocoa has such great spirit," Mari says. "I truly think she loved what she did." Though retired, Cocoa will remain at Xenophon, overseeing her students from her paddock. In addition to the trail, games, and walk-trot classes, this year's show also featured a dressage presentation by Fiona Fahey who rode Wimbledon to a choreographed test to music. Thirty-five volunteers were on hand to work with the riders and horses, set up the arena, and ensure everyone stayed on time and had a good time.

Judging from the smiles and laughter of the day, they succeeded.



### PLATINUM PONY GALA EVENT SPONSORS - \$5000



### GOLDEN GATE SPONSORS - \$2500

John Vogelstein  
The Shroeder Family Trust

### SILVER SADDLE SPONSORS - \$1250



Western Saddlery Inc.



### TABLE SPONSORS - \$1000

Marie and Chris Legallet  
Nalco Chemical Company  
Kate Schaffner

### ADDITIONAL SPONSORS - \$500

Lisa and Pete Engstrom, Judy and Ted Lazarus, Ransome Company, Pacific States Environmental Contractors, Ross Stores



## Xenophon's Wish List

Saddle for Ozzie  
2 new Bridles  
Tractor  
Blue Rhino Skeetervac SV5100 Mosquito Eliminator  
Logan Coach Horse Trailer Warmblood Edition  
Repel X Fly Spray  
Fly Traps  
White and Green Outdoor Plastic Chairs  
Green Outdoor Umbrella  
Coffee Table  
Grooming Supplies (Curry Brush, Soft Brush, Body Brush)

*“The air of heaven is that  
which blows between a  
horse's ears.”*

*Arabian Proverb*

### 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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