

A CHRONOLOGY OF THE 2018 FALL SESSION AT EAGLES' WINGS STABLE

Monday – Class 1

Monday, September 17th:

The class began in the indoor arena which during our downtime in between classes had benefited from a thorough cleaning and redding up as we used to say in Pittsburgh. Thanks to Ann, Natalee, Alicia, and Gail for this effort. The class started at a new time – 6:00 p.m. instead of 6:45 p.m. to accommodate our rider's early bedtimes. We had one brand new rider who is two years old. One returning rider from



our summer 2018 session, and one returning rider from our spring 2018 session. We also had a new volunteer – Sharon Lemmon who had previous volunteer experience at the Therapeutic Riding Institute in Springboro, OH.

After the students donned their helmets and groomed their horses – Rerun, Tommie, and Winnie, they mounted them and the class began. To me the first class is a time of getting used to riding – either again or for the first time. Getting used to your horse, the instructor, and your side walkers. After many trips around the arena

following Gail's instruction to perform certain tasks, I am sure the riders in this session left being tired and ready for bed. I think our newest and youngest rider enjoyed the experience of his first time on a real horse. Don't know if he had ever been on the one penny horse in Meijer's, but if he had, I am sure this topped that experience.



Monday, September 24th: Ever heard of fishing from a horse? Well that is exactly what Gail's students did in this class. There were three barrels in the arena and on top of each barrel was a bucket half full of water. Down on the bottom of the water were magnetic fish just waiting to be caught. It took a little while for the students to catch on – I suspect most had never been fishing, but they soon caught on and began catching fish. They began to use small motor skills as they reeled in their catch. All this from

the back of a horse – the warmth, stretch and motion of the horse has an amazing ability to simultaneously relax and stimulate muscles, thereby increasing tone and strength. It was very clear that these students were having fun.



Monday, October 1st: Most of the time our students feel more relaxed with each follow-on class; however, this is not always so. Our newest and youngest rider was not very happy being back in the arena. He cried and cried and cried. This is not the first time this has happened at Eagles' Wings – but things do get better with time. However, on some days even chicken puppets and imitations of elephants by Gail fail to bring a smile.

Monday, October 8th: A new day at Eagles' Wings for our youngest rider – after some initial anxiety, he once again was transformed into a more relaxed rider who was enjoying himself again. His parents had informed Gail that he liked shakers or rattles that made noise – Tommie Girl, his horse, did not mind them and our rider was calmed by them. As we know more about our riders, we make the changes necessary to make their experience more fun and more fruitful.