Please help keep STARS shining by making a

donation toward the following:

\$731	Sponsorship of a riding student
	for one 6 wk. session

\$2924 Sponsorship of a riding class

for one 6 wk. session of

4 students

□ \$25-100 Program equipment

☐ Donate \$____

☐ Donate a Wish List Item

I would like to volunteer

Name _____Address

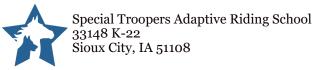
City _____State ____ Zip ___

Thone ____

If you would like more information contact STARS at:

Phone: 712.239.5042 Email: brooke@scstars.org





Return Service Requested

Non-Profit Org.

U.S. Postage

PAID

Permit No. 108

Sioux City, IA

Reaching Beyond the Ordinary Every Day!

www.scstars.org-Phone: 712.239.5042-Email: brooke@scstars.org



HOOFBEATS WELLS

-Spring 2017-

Sacred Mirror: Horses, Mindfulness & Metaphor to Heal

Thursday, April 27th, 2017

8:00 AM—5:00 PM Investment: \$150 Lunch Provided

Location: STARS Riding Center 33148 K-22. Sioux City, Iowa 51108



Training opportunity in Siouxland! 8 CEUs for Mental Health Professionals and an amazing experience working with Horses!

Join Jackie Paulson, Licensed Mental Health Counselor & Registered Yoga Teacher, alongside Julie Dorn from the STARS program on a collaborative journey into the intimate and transformative power of the HORSE-HUMAN CONNECTION.

This Full Day Training designed for both personal interest and professional inquiry will thread mindfulness and metaphor to express the transformative power of utilizing horses in the healing process. Research has shown that horses can enhance the relationship with oneself; resulting in a deeper connection with others and the world around us. Because horses are fully present and without an agenda or judgment, they invite us to be the same, and that is where the deepest and most effective work transpires. This is what motivates our interwoven experience for this training that will blend lecture, discussion and experiential work with the horses.

Among many other benefits for both personal healing and professional use in the helping fields, horses can significantly increase relationship building/therapeutic rapport, efficiency of learning and overall self insight of the self and client. Equine Assisted Programs offer a refreshing approach to healing and transformation. Now more than ever, mindfulness is taking the lead in the helping and healing field. Bring in the use of these beautiful animals to your personal journey and watch the dynamic process of change and growth exponentially deepen. For helping professionals, Increase client retention without burnout and experience a more meaningful journey of using horses as a tool for physical, emotional and spiritual growth.

Register at www.scstars.org or call STARS at 712-239-5042

2017 Riding Schedule

Session 1

January 30 to March 9 (6 weeks)

March 13 & 14 Rider Registration/ Parent Orientation at 6 PM

Session 2

April 10 to May 18 (6 weeks)

Session 3

June 5 to July 13 (6 weeks)

June 24 Roger Peters Memorial Horse Show

Session 4

September 11 to October 19 (6 weeks)

Session 5

November 6 to December 14 (6 weeks)

For more information, please call the STARS riding center at 712-239-5042 or visit our website at www.scstars.org

Another successful Denim and Dreams is in the books! Thank you again to all of our 2017 sponsors:

Wilson Trailers L. P. Gill, Inc. **Aalfs Manufacturing Inc. BPI Technology, Inc. Tyson Foods CF Industries Dismas Charities Country Vet Pet Food Scheels Cornhusker International** Trucking, Inc.



Volunteer Orientation! COMING UP IN APRIL!

Tuesday, April 25th, 2017 at 6:00pm at the STARS Riding Center.



This is a great opportunity for NEW volunteers to come learn about STARS



Purchase Your Raffle Tickets at STARS Riding Center!

Awesome Biker Nights will be held June 15th, 16th & 17th on 4th Street Downtown Sioux City!

2017 Horse Camp

July 24-28 and/or August 7-11

Time: 8:30-11:30 Cost: \$250 per week **Ages: 8-14** No horse experience necessary!

For more information, call us at 712-239-5042, or visit our website!

Join us at the STARS Riding Center July 19-24 for an EAGALA Part I and Part II training. This is NOT only for horse people. Contact us for more information and/or to sign up.



Equine Assisted Psychotherapy & Personal Development --





Kegan has been chosen as this newsletters Rider Spotlight. Kegan has been riding at STARS since he was 8 years old.

Kegan loves riding Montana. He has recently been working on riding off lead. He can walk, trot, stop, and steer his horse without the lead rope attached. It has been so great to be able to watch Kegan grow and develop into such a great rider these past few years.

Kegan always walks into class ready to ride with a big smile on his face. Most of the time, you can also count on him having a fun joke to tell the class as he's getting ready to get on his horse.

We cannot wait to watch Kegan continue to improve his horse riding abilities!





Check out our new and improved website

at www.scstars.org

MFP ink

· Copy Paper

 Halters & lead ropes

Wish List (Items needed at the Barn)

೦೫೦೧೪೨

- Bomgaars gift Postage stamps • card
- HPLaserJet Pro300 Color cartridges
- safe toilet paper

Septic system

• Safe Choice Senior Feed