

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
- ☐ Donate to the Horse Cents fund
- ☐ Please remove me from your mailing list.

Name _____

Address _____

City _____ State _____ Zip _____

If you would like more
information contact STARS at:
Phone: 712.239.5042
Email: brooke@scstars.org



Special Troopers Adaptive Riding School
33148 K-22
Sioux City, IA 51108

Electronic Return Service Requested

Reaching Beyond the Ordinary Every Day!

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

DENIM *and* Dreams

***Please join us for a fun filled
evening to raise support for STARS
animal assisted therapies.
The evening will include one of a kind
silent and live auction items as
well as a delicious meal
and entertainment.***

*Saturday, February 10,
2018
Doors open at 5:30 PM
Sioux City Country Club
4001 Jackson St.
Sioux City, Iowa*

**You can RSVP on our website at
scstars.org**

Please contact Brooke McBride with any questions.

brooke@scstars.org

HOOE BEATS & PAW PRINTS

STARS
-Since 1984-

Winter 2018

We would like to take a look back at what a great year 2017 was for STARS. In 2017 we saw a lot of change and growth as well as an overwhelming support from the community. Our program continues to operate and change lives daily with the help of all the great people we call the STARS family. With the help of our great list of volunteers, staff and donors, we continue to see the overwhelming impact in the lives of people we serve. With heartfelt appreciation we would like to say Thank You to everyone that made 2017 a great success.

Interbake Foods Fundraiser

We are very excited to share that Interbake Foods selected STARS to be the recipient of their yearly fundraiser! The official kick off to start the fundraiser was October 1st 2017. Employees participated in contests, games and even sold their PTO days to raise funds for STARS. Interbake Foods Corporate office, Weston Foods, matched the amount that the local Interbake plant raised. We received a check from Interbake Foods and Weston Foods in the amount of \$30,026.

These funds are specifically going to be used for the youth that participate in the STARS Program. This is huge and very exciting for our program! We strive to meet the needs of all youth riders regardless of financial status. Hundreds of clients have experienced the benefit of therapeutic riding and experienced significant physical, emotional and cognitive breakthroughs. With this donation we can continue to facilitate long-lasting and powerful change in our community!

Thank you Interbake Foods, Weston Foods, and all of the employees for this generous donation!



Plant Manager: John Sample

Back row: Greg Gass, Julie Dorn, Brooke McBride, Jose Hernandez

Front row: Jean Montagne, Kim Adamiak, Dora Hernandez

Not pictured: Vonnice Langel, Kim Larson, Maria Polanco

Board Update

New Member:
Taylor Keller



Taylor is originally from Sioux City and is currently working as a sales agent for IBC Insurance. She and her husband celebrated their one year anniversary last fall and enjoy being out in the community, watching movies and making sure their two cats get along.

As a new board member, it didn't take her long to see the importance of this organization and the impact it's had on so many lives. Her

goal is to help spread the word and to share that passion behind STARS with those she has met and those she will meet along the way.



New Member:
Jackie Paulson

Jackie Paulson is a Licensed Mental Health Counselor, Eagala Certified Facilitator and Registered 500Hour Yoga Instructor. She has 10+ years of experience in the helping field and offers holistic therapies that combine Mindfulness and other Evidenced Based Practices. Jackie specializes in working with adults who may be experiencing a wide array of concerns;

including, depression, anxiety, trauma, grief and loss, addiction, relationship concerns and life transitions. Her training in Equine Assisted Psychotherapy or bringing horses into the healing process is a primary tool that she offers, alongside of mindfulness based stress reduction, somatic work and existential theory and depth psychology.

The 2018 STARS Therapy Horse Calendar is still Available!

We still have our 2018 STARS Therapy Horse Calendars available!

We are currently having a contest to see who can sell the most calendars.

Winner for the Riders will receive a FREE 6 week session.

Volunteer winner will receive a FREE private riding lesson!

Contest will end January 31st so you still have time to participate!

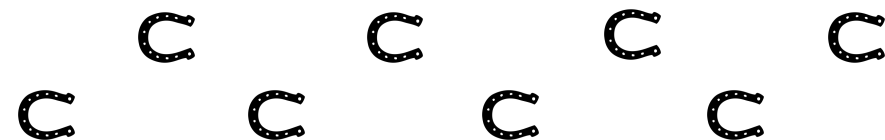
If your interested in purchasing a calendar please contact the riding center
Ph# 712-239-5042
(\$15 each)



As we move into 2018 we are cleaning up our mailing list.

If you would like to be removed from our mailing list please let us know by checking the box on the back of the newsletter and sending it back to us.

Thank You!



Horse Cents will be an annual donation drive used to purchase new horses, training for current horses, as well as training for the horse handlers on staff. This year the Horse Cents donation drive will be used to purchase new horses needed for the program!

Each person that donates \$20 or more will receive a THANK YOU gift from us!

This year the THANK YOU gift is a t-shirt with a special picture drawn by Jonny Binkard, in a choice of two colors!
(heather military green or antique heliocinia)

(Youth sizes also available in hot pink or kelly green)

Please contact the Riding Center at 712-239-5042 to make a donation today!



Volunteer

Orientation!

COMING UP IN

March!

**Tuesday, March 6th,
2018 at 6:00pm.
Orientation will be
held at the riding
center.**

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

**Please contact Volunteer
Coordinator Jerusha with
any questions.**

Ph# 712-239-5042

Or email

jerusha@scstars.org



2018 Riding Schedule

Session 1

January 29th to March 5th (6 weeks)

March 12th & 13th *Rider Registration/*

Parent Orientation at 6 PM

Session 2

March 26th to May 14th (8 weeks)

Session 3

June 4th to July 16th (6 weeks)

(No Class the week of July 4th)

June 24 *Roger Peters Memorial Horse Show*

Session 4

September 10th to October 15th (6 weeks)

Session 5

November 5th to December 10th (6 weeks)

No Class Wednesday and Thursday the week of Thanksgiving

For more information, please call the STARS riding center at 712-239-5042 or email Julie at julie@scstars.org

Wish List (Items needed at the Barn)

- Postage stamps
- Copy Paper
- Lysol spray, toilet bowl cleaner, cleaning supplies
- Horse Hay
- Septic system safe toilet paper
- Large Shop-Vac
- Bomgaars Gift Card



Wish List Link:

<http://a.co/5flpTm1>