

CORRAL

connection

FALL 2017



Photo by Misi Schlax

Christmas Shopping is Just Around the Corner!



DID YOU KNOW many CORRAL champions will support the girls this year just by doing their Christmas shopping on Amazon — how easy is that?! When you log in at smile.amazon.com and select Corral Riding Academy as your chosen cause, Amazon sends us a donation. We also have an Amazon wishlist, with gifts large and small for the girls, the horses and the farm. Christmas shopping and donating to CORRAL — what a great way to celebrate the season!

amazonsmile

Upcoming Events

Mark Your Calendars!



**CORRAL
CLASSIC**
October 21st

Come join us for an open house and a fun fall afternoon watching the girls show off their horse-woman-ship skills.



**BREAKFAST
ON THE FARM**
November 18th

A crisp, cool fall morning at the Farm with a cup of coffee is the best way to learn more about CORRAL and a great way to start your weekend! Bring a friend to learn about CORRAL!



FARM DAY
December 16th

Programming has Started!

The new programming year is off to a great start! We welcomed eighteen girls back to the farm for another exciting year of Riding Academy on August 26th. Fifteen girls are returning from last year and three girls just joined us from Join the Herd. The girls had a day full of setting group norms and discussing each of their individual goals for the upcoming semester. Parents were also on the farm for intake, parent EAP (Equine Assisted Psychotherapy) and a parenting seminar. It was a fabulous day of dreaming big goals and being immersed back into the CORRAL culture.

If you are interested in helping with programming this year, please email prisca@corralriding.org.



Photo by Rebecca Mill

Our next farm day is December 16th. You are invited to join us for a farm tour and an opportunity to get your hands a little dirty with the work of the farm. This is an ideal way to invite new champions to the farm. Families are welcome. Sign up at corralriding.org.

Alexa's Summer on the Farm



Photo by Sandra L. Gall and
Geneva Hawthorne Photography

You've heard a lot about what CORRAL does during the year... but did you know that every summer we offer one-on-one therapy to some of our participants who need it most? This past summer, a lot of our sessions focused on Rhythmic Riding. Rhythmic Riding is a modality taught by Natural Lifemanship™ that promotes emotional regulation. When riding a horse, the bilateral rhythmic movements of the horse helps to reorganize the traumatized brain. According to naturallifemanship.com, "Horseback riding provides the rhythmic, patterned, repetitive movement needed to reorganize and heal the brain on a cellular level, to help clients learn to self-regulate, and to allow them to further recognize relationship patterns and deepen intimacy."

Rhythmic Riding sessions at CORRAL often take place outside of the arena. In the summer we walk the horses around the pastures and green space on the farm, under the trees. Sessions take place

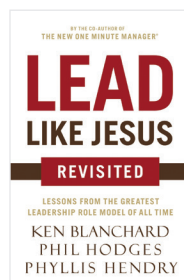
in the morning when it's cool and quiet. Sessions have 4 attendants: an Equine Specialist who leads and maintains safety for the horse, a mental health professional who helps the client process any emotions that come up, the client themselves, and the horse, of course!

It was these Rhythmic Riding sessions that allowed Alexa, a CORRAL participant, to begin regulating her extreme anxiety. With the movement of the horse and the tranquility of the farm we were able to create a space where Alexa was able to be mindful of the present moment, without worrying about things that had passed or things to come. This state of mind helps participants break patterns. It increases body awareness and self-regulation and also allows for sharper focus. Eventually our girls will take these learned skills and be able to apply them to other situations. Ultimately Rhythmic Riding is creating building blocks that will lead our girls to a healthy, happy life.

WHAT WE'RE *Reading*

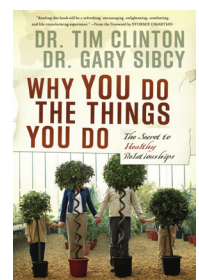
Lead Like Jesus:

Over the summer, our staff completed a book study on *Lead Like Jesus: Revisited* by Ken Blanchard, Phil Hodges and Phyllis Hendry (2016). In this updated version of the original *Lead Like Jesus* (2008), the authors help readers reflect on their leadership through the lens of Christ's example. Meant as a counterbalance to the cultural tendency to focus on external tactics and strategy, the book problematizes our tendency to neglect "the most important part of leadership — the leaders themselves" (p. xi). Relying on key insights from scripture, each chapter illuminates a different aspect of looking to Christ as a leadership mentor. We gleaned valuable insight on how to prevent getting so caught up in the "busy-ness" of running a non-profit causing us to disengage from our core value of faith. We highly recommend it!



Why You Do the Things You Do:

In *Why You Do the Things You Do* (2006), authors Dr. Tim Clinton and Dr. Gary Sibcy use ground-breaking research to show why we love, think and feel the way that we do. By showing four patterns of relating to each other, the authors give readers the tools to cultivate more satisfying relationships. By highlighting four people throughout as an example of each different relationship style, the authors first help readers understand which style best applies to them (Part I). In Part II, they explain the spiritual implications for each style and the potential impacts on the reader's relationship with God. A comprehensive breakdown of healthy relationships written in a very relatable, storytelling style — two thumbs up!





REI
racialequityinstitute, llc

WHAT WE'RE LEARNING

IMAGINE you are the owner of a lake, which has become so deeply contaminated that the water has sickened nearly all of the fish population. How would you solve this issue? One option would be to treat the health of the fish. You go through with this option, just to find that the illness in the fish is persistent. Your next idea is to clean the lake. This method seems to prove successful, until you return days later to find the lake water dirty and the fish sick yet again. While your first two attempts were seemingly effective, these steps were merely temporary. It is only when you examine and tackle the source of the pollution that you start to see the cycle of contamination be stopped.

CORRAL STAFF attended an intensive two-day *Racial Equity*

Institute training in June 2017, on a generous grant from the Juvenile Crime Prevention Council. The metaphor of sick fish in a polluted lake was an insightful analogy used during the training, providing insight into the life experiences of some of our CORRAL participants. This helped us better understand the root of cultural obstacles that impact how many of our girls navigate the world.

WE ARE ALWAYS SEEKING

ways to learn how to best serve our diverse population of girls and now realize that the work of empowering them is bigger than healing fish and cleaning the lake. In order to provide a program that results in real transformative life change, we have to get proximate to the source of issues that are impacting them. The insight

into sources of systemic obstacles that impact how our girls navigate their present and their future was eye-opening. CORRAL recommends this training experience!

For more information on any of the upcoming trainings offered by the Racial Equity Institute, visit **racialequityinstitute.org**.

If you or someone you know wants to become educated on how to effectively fight for social justice and racial equity in our country, CORRAL highly recommends attending any of the trainings offered by the Racial Equity Institute.

By: Eryn Feeney

What Safety means to me...

One of our core values here at CORRAL is Safety. We work to create a safe place physically, emotionally and spiritually for every individual that steps foot on our farm. For our girls this means they come to a place where they feel safe to be themselves, safe to take risks, and safe to fail. Recently, one of our Riding Academy participants reflected on what CORRAL's core value of safety means to her.



"CORRAL means to me a safe place that I can come and hang out with other girls that are going through some of the same stuff as me. It's what I look forward to during the week and it's one of the only places where I really fit in and I'm not afraid to explain my feelings. I come on Wednesdays and Saturdays and I work with Bob, Noel, and Alchemy. Bob has taught me to work hard and never give up, Noel has taught me boundaries and perseverance, finally Alchemy has taught me that even when I fell down everything will be alright."

Thank you for helping us create a safe space where CORRAL girls feel free to be themselves!



This year for National Day of Service and Remembrance, Mr. Handyman of Western Wake County chose to partner with CORRAL to build a new Run-In Shed for the horses. We are so grateful for Bruce and his team who volunteered their time and materials to benefit the CORRAL farm. We remember all the civilians, first responders, and families that were affected by 9/11, and we are thankful to those who spent their day in service as a tribute to the 9/11 victims, survivors, and emergency personnel who responded to the attacks.





Volunteer Needs

WHERE DO YOU SEE
YOURSELF BEST FITTING IN?



EVENT COMMITTEE

The event committee plans and organizes CORRAL's fundraising events and other events on the farm throughout the year.



DEVELOPMENT COMMITTEE

The development committee ensures the organization reaches our fundraising goals, an essential element for the program to continue.



PUBLIC ENGAGEMENT COMMITTEE

This group presents CORRAL to various groups in the community through booths and public speaking engagements.



ADMINISTRATIVE TEAM

This team helps with the important behind the scenes work of CORRAL to keep the organization running smoothly and ensure our volunteers and donors feel happy and appreciated.



HORSE & FARM COMMITTEE

The horse and farm committee manages the care of the horses and farm. It is comprised of CORRAL's feeders, horse assistants, equine specialists, CORRAL Cowboys and gardeners.



GRANTS COMMITTEE

Do you have a desire to help to fund the girls at CORRAL? If yes, we need you as a grant writer! Each year we apply for around 25–30 grants to fund the girls. We are currently looking for volunteers to join this team.



IT COMMITTEE

Are you an IT guru? We need you! We're currently seeking volunteers to build out an IT committee. Hardware or software — we need you!



GARDENING COMMITTEE

This committee is responsible for the care of our beautiful garden! They work hard to grow delicious herbs and veggies that our girls can enjoy.



BOARD GOVERNANCE

These folks are knowledgeable in organizational design and know how to think strategically.



MARKETING COMMITTEE

This committee helps us to execute effective campaigns and fulfill our marketing needs.



EDUCATION COMMITTEE

The education committee provides oversight for the tutoring program, including but not limited to: professional development opportunities for tutors, developing and implementing CORRAL's college preparatory program, strengthening community among tutors, etc. This group is comprised of CORRAL's tutors & vocational leaders.

Currently, we have a great need for tutors able to assist the girls with middle and high school level math

Email
volunteer@corralriding.org
for more information.

Committees are the best way to get involved at CORRAL. We have eleven major committees that help to keep CORRAL functioning. Committees meet monthly in the evenings.

Some of the girls are in need of new clothes and are not able to afford to purchase them. We are collecting gift cards to Walmart, Target, TJ Maxx and Catherine's Plus Sizes so that one of our staff members can take them to purchase some new clothes. Please mail the gift cards (3620 Kildaire Farm Rd. Cary, NC) or drop them off in the office.

Thank you!

CORRAL

RIDING ACADEMY

3620 Kildaire Farm Road, Cary, NC 27518

October 21, 2017

Come join us for an open house and a fun fall afternoon watching the girls show off their horse-woman-ship skills. **Drop by anytime between 11 am and 2:30 pm** to catch a glimpse of the action. If it is your first time on the farm, be sure to join us for the **Farm Tour at 10:15 am** to learn how to get

involved! Register for the CORRAL Classic 2017 on our website:

corralriding.org/event/corral-classic-2017



Follow us:



CORRALRIDING.ORG

What's Inside

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Update**

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**Alexa's Summer
on the Farm**

At long last — we have a fabulous sign at the entrance to the farm! Many thanks to SignCraft Solutions of Wake Forest for creating such a beautiful way for people to find us!

A large, dark brown wooden sign with white text. The word "CORRAL" is in large, bold, sans-serif capital letters. Below it, the tagline "For a leg up in life." is written in a smaller, white, sans-serif font. The sign is mounted on two wooden posts and sits on a bed of dark mulch. In the background, there are green trees and a blue sky with some clouds.

CORRAL
For a leg up in life.