

# CORRAL

connection

SUMMER  
2018

## Derby Dinner 2018: CORRAL Girls Take the Stage



Innovation and tradition came together beautifully at the 7th Annual CORRAL Derby Dinner! Building upon the inspiring moment of graduates Misty and Rachel speaking in 2017, we decided to take it up a notch by having a Q&A session led by Emcee Tyler Jones\*. Former graduates Erendira "Edi" Ramirez, Christina Lashley, Misty Pond and 2018 graduate Annalisa Fiorentino held the full attention of the crowd as they shared precious CORRAL memories.

Graduates Christina and Edi were given "free rein" to own the podium, and did a phenomenal job sharing their perspective on the CORRAL experience with the crowd

of almost 300! Never one to shy away from our core value of "Innovation & grit," Joy Currey also took it up a notch this year with a courageously personal keynote.

The return of HobNob Occasions made for a beautiful space, and the newcomer Spark Photo Booth added a splash of fun. Most importantly, champions like you responded! We raised **\$203,505** with the help of our \$100K match, securing a place for 20 girls at the farm in the fall. *Thank you so much, and we hope to see you at Derby Dinner 2019!*

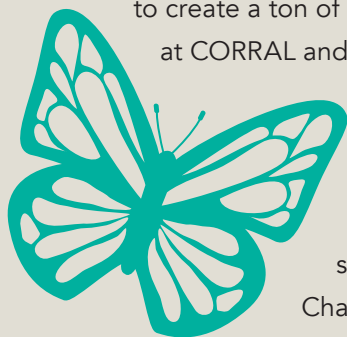
\*(Board Member and Pastor of Vintage Church)

## 2018 Butterfly Award Winner

Each year the CORRAL staff chooses a "Butterfly Award" winner, someone they feel has worked very hard all year to create a ton of positive change for themselves at CORRAL and at home. What is notable about

this year's recipient, Jane, is that she was also recognized by her fellow CORRAL girls, who voted for her to receive the superlative "Biggest and Best Changes!" When she came to us,

Jane was angry and very isolated. Without the ability to identify her own self-worth she struggled to form positive relationships with anyone in her life. During her time at CORRAL she has come to better understand her own self-worth. She has also found a sense of belonging, making several friends both at CORRAL and school. She now has the ability to control her emotions in a way that seemed impossible to her before. Her life has been changed because of the hours of work she put in here at CORRAL. Congratulations, Jane! *We are so proud of you!*



## Crucial Conversations

By Patterson, Grenny, McMillan, Switzler

First published in 2002, the authors argue that “the root cause of many — if not most — human problems lies in how people behave when others disagree with them about high stakes, emotional issues.” This research-backed book on organizational communication can also have impact on personal relationships. No matter where tough conversations take place, they can have a profound impact on your career, your happiness, and your future. “Crucial Conversations”

is written to give readers the tools to step up to life's most difficult and important conversations, say what's on their minds, and achieve a positive resolution.

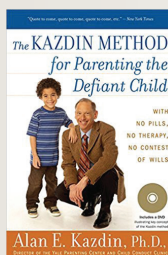


## SUMMER BEACH Reads

### *The Kazdin Method for Parenting the Defiant Child*

By Alan E. Kazdin

A lifesaving handbook for parents of children who are occasionally, or too often, “out of control”. *The Kazdin Method for Parenting the Defiant Child* makes available to parents for the first time Dr. Kazdin’s proven program — one backed up by some of the most long-term and respected research devoted to any therapy for children. Kazdin shatters decades-worth of accumulated myths about tantrums, time-outs, punishments fitting the crime, and much more. With the practicality of Ferber and the warmth of Brazelton, Kazdin leads parents through every step of the Kazdin Method in action — how to use tone of voice, when and how to touch, how to lead your child in a “practice: session, how to adjust your approach for different-age children, how to involve siblings, and more. The program is temporary, but the results are permanent — for very young children, adolescents, and even beyond.



### CORRAL CLASS OF 2018:

Jamie



#### Enrolled:

Wake Technical Community College

After two years with us, Jamie is finishing her CORRAL journey with a bang! She has been taking honors courses and ended her senior year with an acceptance letter from WTCC! Jamie hopes to transfer after earning her Associates degree and study psychology. Her goal: become a therapist, so she can help others. 'Atta girl, Jamie! We couldn't be more proud!

### CORRAL CLASS OF 2018:

Annalisa



#### Enrolled:

Wake Technical Community College

After 5 years, this is a tough goodbye. But we are not surprised to see Annalisa eyeing the career track of Veterinary Technician! Like Jamie, she plans to transfer after earning her Associates degree and hopes to enter the NCSU College of Veterinary Medicine. Go for it, Annalisa! We know you'll go far!



# Blue Cross NC Foundation's Nonprofit Leadership Academy — *closing in on the horizon*

We last updated you in March about our involvement in the Blue Cross NC Foundation's Nonprofit Leadership Academy for the 17-18 fiscal year. I'm here with an update! [Get excited!!]

As a refresher: This Academy is "an intensive 11-month learning lab to help nonprofits develop the leadership, culture and strategy to be more adaptive organizations with stronger board and staff partnerships doing the right work that matters most for delivering impact in a changing context."

And over the last year we have dedicated staff and board time to develop and implement an action plan to address CORRAL's [first] "big question":

## What is the road map to expansion?

Since our March update and after almost a year of time and effort was put in, we have decided that the best way to expand is to 'plant' our next CORRAL in a new location to support a whole new community of girls who need CORRAL's unique approach to transformational change in their lives. In this, we will utilize our proven model and tailor it to the specific needs of the community as need-be. And we have a goal to launch this plant by fall 2019. Yep, fall 2019 — just a little over 1 year from now. You haven't known CORRAL to NOT be ambitious, right?

We attended our second residential retreat in early May. While others wanted to celebrate how far they've come (as they should and as we should!), we still wanted [ok, demanded] to keep tackling the next steps. Our 10 year vision is to increase the number of youths served in multiple locations. In 10 years, we want to serve at least 80 youths per year



in the Riding Academy. We're so excited to see CORRAL impact more girls in more communities; you just can't hold us back from dreaming! And dreaming we did [in the form of drafting a bit of a business plan — ah!].

- We created draft organizational charts
- We created a sample timeline/milestone map to chart out what our next two years could actually look like
- We put together job descriptions
- We put together a list of traits of ideal candidates to plant our next site
- We put together a list of trainings the plant candidate might expect to see in their training year
- And, budgets...it takes a lot to run CORRAL, but we are always so energized by our champions who continue to give (and give) until it hurts. The concept of transformational giving is in everything we do, monetarily and otherwise.

And I'm proud to say we've now 'graduated' from the BCBS Academy and are moving on to our next "big question":

## How do we expand using a plant-type model and create a task force to implement it?

Maybe it was meant to be, but our Derby Dinner on May 3 happened to occur right before our second retreat. The whole time our team was at the retreat, we reflected on the moving speeches given at the dinner; how impactful CORRAL has been on the girl's lives to date and what they will carry with them the rest of their lives.

The tag line for the dinner was 'The finish line is just the beginning'.

## Whoa.

## Think about that.

In the same way we just finished our BCBS Academy journey, this is just the beginning. We can just make out the horizon in the distance. What's to come. The possibilities of impacting hundreds more. Breaking generational curses and pivoting 180 degrees in the other direction.

This is just the beginning for CORRAL. 10 year's in. Please join me in prayer for each next step. Please consider how you can join in this journey too. We're going to need a lot of support, help getting the word out to the new community we will plant in, help on a new farm, but never forgetting where we found the 'finish', first.



## COMMUNITY PARTNERSHIP: *Barn Office Renovation*

One of CORRAL's summer goals is to work on improvements to the barn office and the wonderful folks at BB&T have stepped up to help us with the first step of this process! They will designing and building custom cubbies, updating the kitchen AND cleaning and sealing the beautiful hardwood floors. We are so excited and grateful for the work they will be doing at the end of the month! The second step will be completed by DPR Construction this summer. This amazing company will replace the existing windows, add some new windows, add two new doors for better access and build a new porch for a warm welcome for all! These two companies have really stepped up to support the girls! If you are interested in learning how you can get involved, email [Lauren@corralriding.org](mailto:Lauren@corralriding.org).

# CORRAL's Contribution to EAP Research

By Leanne Nieforth, CORRAL Equine Manager

How are you going to change the world?" Although this question may be overwhelming to an individual, it is inspiration for all of us at CORRAL. We are changing the world, one life at a time and loving every minute of it. Everything we do is based upon the concept of "Relationship First and Community" (arguably the most important core value pairing here on the farm). The staff, volunteers and participants in the program are constantly striving to maintain healthy, mutually beneficial relationships with themselves, the horses, their peers and people within the CORRAL network. It is this network of relationships that makes the farm such a special place to be. In my 5 years at CORRAL, I have been lucky enough to fill multiple roles within this complex network: volunteer, staff member and researcher. In each of these roles I have experienced the farm in a unique way, this article will illustrate the marriage of two of them: my life as a staff member and as a researcher in the field of Equine Assisted Psychotherapy (EAP).

Four years ago, on my way home to NJ for summer vacation, I received a phone call from Joy saying something along the lines of, "Hi Leanne, I am not sure what you are up to, but a researcher from NC State is coming to meet me at my house to talk about research at CORRAL. I think you should meet her..." Needless to say, I looked at my mom and said that we were taking a detour and that I was going to the meeting.

Little did I know, but that meeting would change quite a few aspects of my life. I met my mentor (Dr. Elizabeth Craig), ended up changing career paths and began research that would soon be on the forefront of a new field. That meeting was the birth of a research team that would bring EAP research to a whole new discipline, Communication.

Since that meeting, Dr. Craig and I have been researching the efficacy of EAP and the communicative processes that define it. We have a published book chapter, have an article under review in a peer reviewed journal, have been to Germany for a conference, and have been involved in the planning of the Southeast Equine

Research and Education Partnership. This year, I was invited to speak at conference in Sweden and have published another book chapter. To say that life can be unpredictable is an understatement.

CORRAL has had a huge role in making this research possible. Community and relationships have been at the core of this work. Being on the forefront of a new discipline (Human-Animal Communication) is not easy but with the support Dr. Craig and I have received, we have been able to develop new theory, to connect what happens during EAP to existing theories in Communication, and to network with people doing EAP all over the world. This research has enabled me to take what I have learned at CORRAL to programs all over the world, impacting more lives than we could impact in one program and has allowed me to take what I have learned from the world back to CORRAL in my everyday work with the girls and the horses.

At CORRAL, we are constantly striving to offer the best services we possibly can to our girls. We aim to change lives and we are doing so successfully. My dual role as researcher and staff member has enabled CORRAL to be on the forefront of the research in

EAP, always staying on top of current literature, learning from our mistakes and conversing with our communities (locally, nationally and internationally) to be the best we can be.

In a world that can be very isolating, I challenge you to consider our core value of "Relationship First and Community."

We may not be able to

change the world as individuals but as a network of relationships, we are sure to change it, one life at a time.

For further reading: "The Bonds That Heal: Studying Human-Animal Interactions" (Dunn, 2016). This article on Dr. Craig and Leanne's original research can be found in the online NCSU publication *Humanities and Social Sciences News*. <http://news.chass.ncsu.edu/2016/05/16/the-bonds-that-heal-studying-human-animal-interactions>



# Volunteer Needs

## WANT TO VOLUNTEER? JOIN A CORRAL TEAM!

We have 6 teams of incredible people who help us keep CORRAL functioning at its best. Even more fun: there are roles to match any skill set! Teams are the best way to get involved at CORRAL. Each team meets monthly in the evenings and there are many different volunteer roles to choose from! The time investment ranges from 1 hour per month to 3 hours per week. Where do you see yourself best fitting in? Email [volunteer@corralriding.org](mailto:volunteer@corralriding.org) for more information!

### INFORMATION TECHNOLOGY:

Are you an IT guru? We need you! We're currently seeking volunteers to build out an IT committee.



### EDUCATION TEAM

Comprised of CORRAL's tutors & vocational leaders, this group provides much-needed — and appreciated! — support to the academic component of CORRAL programming. Training is provided for tutors; vocationals help the girls achieve basic life skills, and cover a wide range of topics.



### MARKETING & DESIGN TEAM

This cohort of skilled editors, graphic designers and other marketing field professionals help to execute effective campaigns that would make any company proud. We certainly are!



**BOARD GOVERNANCE** These team is made up of Board members and CORRAL volunteers. They are knowledgeable in organizational design and work together to think strategically on how to execute the CORRAL vision.



### EVENT TEAM

This creative yet highly organized group of "party people" plan and organize CORRAL's fundraising events and other events on the farm throughout the year.



### HORSE & FARM TEAM

Comprised of CORRAL's feeders, horse assistants, equine specialists, CORRAL cowboys and gardeners, this amazing group of outdoor-types keeps our horses and property in top-top shape!



### DEVELOPMENT TEAM

The development team ensures the organization reaches our fundraising goals, offering crucial support to our Marketing Manager. This savvy, creative group loves to brainstorm ideas and helps execute campaigns. We couldn't function without them!



### PUBLIC ENGAGEMENT TEAM

This group of friendly, engaging CORRAL ambassadors presents CORRAL to various groups in the community through booths and public speaking engagements.

## MEET MAYA & IZZIE

On April 17th, CORRAL welcomed 2 new horses in the herd! Izzie and Maya came to us from Helping Equines Regain Dignity (HERD), a 501c3 rescue based in Tryon, NC. Izzie is a 3 year old palomino filly that was pulled from the Kaufman kill pen in Pennsylvania and Maya is a 10 year old paint mare that was pulled from the Bastrop kill pen in Louisiana. Both mares are doing very well in training! Maya had her first session in the Riding Academy on 5/12 and was a superstar for one of our seniors. Izzie is learning to be haltered and is doing amazingly well with her liberty work. We are so excited to see them grow and develop at CORRAL!





# CORRAL

## RIDING ACADEMY

3620 Kildaire Farm Road, Cary, NC 27518

### *Upcoming Events*

#### Mark Your Calendars!



#### FARM DAY

Saturday, August 18

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](http://corralriding.org).**



#### FIRST DAY OF PROGRAMMING

Saturday, August 25

*Follow us:*



**CORRALRIDING.ORG**

**WHAT'S INSIDE:** Derby Dinner Re-cap • Summer Reads • Our 2018 Graduates • BCBSNC Leadership Academy • CORRAL & EAP Research



Photo by Jordan Zemonek Photography

### — END OF YEAR —

## *Celebration*

### — RECAP —

The End of Year Celebration was awesome! The girls and parents shared potluck breakfast before getting their horses all clean and shiny for the day. The girls rode in groups demonstrations throughout the day and they did a phenomenal job with their horses! Each girl demonstrated the skills she and her horse learned throughout the year, then took the microphone to share some amazing reflections with the crowd. In addition to CORRAL Awards given by staff to volunteers and girls were the "Superlative Awards" — those the girls vote on for each other. Finally, we celebrated this year's graduates — Jaime and Annalisa. Each of them received traditional CORRAL class rings and a special quilt wall hanging made by Kelly Wyatt and her quilting bee from Apex, NC. Thank you to everyone who helped make 2017-2018 a great year for our girls! See you at volunteer kickoff in August!