

December 2009

Volume 3

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simple changes  
THERAPEUTIC RIDING CENTER

### *Mission Statement*

Our mission is to enrich the lives of individuals with disabilities, their families and community through exceptional programs, especially therapeutic horsemanship.



CVC: #8506



UW: #9465



Remember to purchase pictures of your loved one riding  
[snowhillclassics.com](http://snowhillclassics.com)

## Purpose. Joy.

Selflessness. Love. Life. The Simple Changes' family learned about all these things in 2009. Our instructors? Brian Powilatis and Calli.

Brian's son Benjamin was one of Simple Changes' first riders. Brian and Joyce, Ben's mom, worked and played tirelessly to raise money for Simple Changes so that Ben and 40 of his closest friends could learn, grow and celebrate life all from the back of a horse.

Brian left us suddenly and too soon in March of this year. He was a man of integrity, incredible kindness, strength and endless spirit. From him we learned to do for others and to rejoice in the doing.

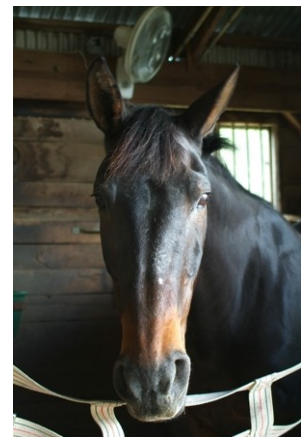
Calli, our beautiful, mahogany bay, gifted mare taught us about grace. She was filled with it. Calli made things doable. She taught volunteers to lead with poise, instructors to teach with purpose and students to enjoy the ride.

The world is a more gracious place because of Brian and Calli. How do we honor their lives? By continuing their good works. By living lives of purpose and joy, selflessness and love.

Your gift to Simple Changes will help us to enrich the lives of individuals with disabilities. You may use the enclosed envelope or donate online at [www.simplechanges.org](http://www.simplechanges.org). The riders, their families, the volunteers, horses and staff thank you for your generosity.



*Brian Powilatis (1969 – 2009)*



*Calli (1985 – 2009)*

# Cavalía

## A Dream of Freedom

"Cavalía is...

An ode to beauty

A freedom fantasy

A hymn to harmony

One step towards a new complicity"

*Normand Latourelle*

*President and Artistic Director of Cavalía*



Horses, freedom, rhythm, harmony – just a few of the things Simple Changes and Cavalía have in common.

Several Simple Changes riders were invited to go backstage at Cavalía in October and learn about the wonderful partnership between humans and horses. It is this partnership that Simple Changes celebrates every day.

We are grateful to the performers of Cavalía for sharing their joy and knowledge with us.

## Many Thanks to Diana York!

Every year Diana takes glorious photos of Simple Changes' riders and horses. You may purchase photos of your loved ones riding at [snowhillclassics.com](http://snowhillclassics.com). All proceeds from the purchase of photos go to Simple Changes.

The 2010 Simple Changes' calendar is filled with Diana's brilliant photos. Calendars are available for purchase at lessons.



## Fun Show

Riders, volunteers and staff from Simple Changes participated in The Stables at Meadowood's Fun Show in October. We had a terrific time competing in an obstacle course, equitation classes and games.

Intrepid volunteer, Lisa Bailey, decked out Yogi as his namesake, Yogi Bear, for the costume class.

Simple Changes loved being part of this happy and horsey day at the barn.

*Park Ranger Lisa and Yogi Bear*

## Simple Changes Board of Directors

Carol Corso, Chairman  
Marcia Nordgren, Vice-Chairman  
Joyce Stephansky, Treasurer  
Jenny Spain, Secretary  
Corliss Wallingford

## Simple Changes Staff

Corliss Wallingford -  
Executive Director/Instructor  
Jenny Spain -  
Program Director/Instructor  
Kerry Gross - Instructor

Jill Wagner - MS, PT  
Hippotherapy Consultant

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[www.simplechanges.org](http://www.simplechanges.org)  
703.402.3613

## The Spirit of Giving

Simple Changes' depends on the gracious generosity of our supporters. Lives are changed for the better because of your donations.

Special thanks in 2009 go to the **Pascal** family for hosting a cocktail party in October that raised over \$12,000! The Pascals were assisted by the **Corso/Winnard** family, the **Martin** family and the **York** family.

Horse sponsors provide stall fees, hay, grain, and daily care for our horses for \$5,000 a year. Their magnanimous gifts keep Simple Changes operating.

2009 horse sponsors are:

- Friends of Brian Powilatis
- Lindsay Kennedy
- The Keough Family
- The Martin Family
- The Payne Family
- Rutherford International



Please let us know if you would like information on becoming a horse sponsor.



## Simple Changes' Expands

Simple Changes opened a satellite operation in Catlett, Virginia in October 2009. Program Director, Jenny Spain, and Dr. Melinda Freckleton have opened their farm for one afternoon of lessons a week.

Seven new riders are participating at the Catlett location. Horses include Jenny and Melinda's Graystone and Bear as well as Maple and Who. Thanks to Sarah Weaver and Sue Tinsman for letting Simple Changes use Maple and Who.

Simple Changes is still going strong in Lorton, but is grateful for this opportunity to enrich the lives of more individuals with disabilities in Catlett!

## Thanks Anne!

Anne Fontanella, a student at St. Andrews Presbyterian College, interned at Simple Changes this summer. Simple Changes received lots of great teaching and barn help from Anne. In return Anne learned about managing a successful therapeutic riding center!



## 2009 At-a-Glance

- Simple Changes received a donation to begin our Horses for Heroes pilot program in 2010. This program will address the special rehabilitative needs of military personnel recovering from injuries sustained in the line of duty.
- Icy, a gray, Thoroughbred mare joined the Simple Changes' herd. Many thanks to Tracy Brown for sharing Icy with us.
- Simple Changes served up to 40 riders per week in our therapeutic riding program and 4 hippotherapy clients a week.
- Seven riders and 12 volunteers participated in our week-long summer camp session.
- Executive Director Corliss Wallingford was interviewed about Simple Changes for *Maturity*, a Comcast (Alexandria only) Cable show that will air January 5, 12, 19 and 26 at 6:30pm.
- Simple Changes held our annual Pony Ride fundraiser/Community outreach day in April.
- The Mason Neck Horse Coalition annual charity ride – held on behalf of Simple Changes – raised nearly \$5,000. Thanks to all who bravely rode through the downpour!

