

2020



A NEW YEAR & NEW START TO LIFE

Who is Osborne Stables Equine Rescue, Inc?

OSER Stops Animal Cruelty Before it Begins through Education While Helping Youth/Families and Adults.

The facility provides rehabilitation, non-abusive training, and ongoing care for the rescued horses. The resident horses assist in providing community education for all ages.

We offer classes in Horse Safety, New Owners Clinics, Horse Care Clinics, Horse Day Camps, and Connection by OSER (Equine Assisted Learning) Life Skill Development, conducted by certified Facilitators. We are providing tools for self-discovery, self-esteem, problem-solving, team working skills, and more, which are essential to our communities.

January is gone now, and we have had this past month to plan, make resolutions, and set new goals.

How is that going for you?

All of us get stuck and fall back into our same old routine.

What if there is a way for you to see things that you did not know were there? What if opening up new ways of thinking would give you a way forward? We have a program that you can experience, not just hear or read, but unforgettable learning. A program that moves you forward. The "Connection" programs are Building Blocks Programs that build life skills that lead to self-discovery, leadership, communication, and more.

WHAT'S NEW AT THE HORSE RESCUE?

Osborne Stables Equine Rescue, Inc. #54-2137205 is a 501 c 3 Non-Profit Horse Rescue/Refuge and Education Center.

Connection programs are open for enrollment, weekly session, bi-weekly, eight and twelve week program series for youth, individuals, businesses, corporations and team building.

Discover your authentic self while achieving new goals, dreams.

CALL: 210-827-3136

DISCLOSURE: Claudette Osborne and Renee Pena are EAL Certified Facilitators. We are **not** licensed professional counselors.

Life Skills, Leadership and Communication through Horses

What can a 1200 pound (Rescued Horse) that we call, “teacher/team member/partnership” do for our kids and the entire family?

The value of working with horses in a teaching/partnership roll, assist learning new skills. The outcome is proven time and time again. Horse assisted learning programs are a unique way to help anyone. Is OSER Connection the Right Program for You?

- “RELATIONSHIPS” BOTH SOCIAL & FAMILY
- PHYSICAL HEALTH, RECREATION & LEISURE
- EMOTIONAL & INNER WELLBEING
- LIFE’S ROUTIEN/DAILY RESPONSIBILITIES
- EDUCATION GOALS
- FUTURE PLANS
- GIVING BACK TO SOCIETY & CONRUBUTION

Equine Assisted Learning acts as an important educational tool to help to develop empathy and kindness as well as combat:

- Behavioral disorders
- Low self-esteem
- Bullying
- Drug abuse
- Emotional issues
- Poor communication skills
- Inability to work with others

Bringing awareness of self and behaviors while bringing attention to what is projected and then perceived by others.

Remember Horses Don’t Lie.



Local area participants in a demonstration program.

WHAT CAN A 1,200 POUND HORSE DO FOR YOU?

WHY HORSES and what we learn

Cats, Dogs, Horses... What's the difference?

There is nothing like a 1,200-pound Teacher (HORSE) who is a partner on your team. By their intuitive nature and innate sensitivity, horses can provide a certified Facilitator/Coach with insight into the participant's personality. As a prey animal, they are sensitive to the stimulus of each participant. They react to the stimulus through body language and participants must adjust their feelings and behaviors to work successfully with the horses. While working with the horse we help the horse through developing better communication, and connection skills while we learn more about ourselves.

Let's start with a few examples:

- Horses consistently model assertiveness and teach us how.
- Horses can't lie or over



think a participants motive.

- Horses feedback is honest and instant
- Nature provides horses with instincts and senses

that are very astute and keep them safe.

- Help to instill empathy and kindness in the participants.
- Horses have natural "herd behaviors" that require trust, respect, and teamwork from all members of the team.
- Horses automatically respond to confusion and frustration as these feelings can put the herd at risk.
- They lead through assuredness - not brute force.
- Horses have distinct personalities and through this, they all have different methods of teaching

DEFINITION OF A FACILITATOR

A facilitator certified person to guide you through a journey, which inspires one to step out of his/her comfort zone and take steps towards discovering who he/she is as a person while learning what they want and being who they want to be.

Critical skills development builds new pathways in the brain, which enable the thinking and reasoning process to be able to occur. We work in today and not in the past. The program is objective-driven with obstacle challenges that cause thought and reflection, create growth, and positive change.

A coach/facilitator helps guide through this journey.

Thank you for allowing the Rescued Horses at Osborne Stables Equine Rescue, Inc and our Certified Equine Connection Facilitators, Horse Assisted Learning Specialist to be part of your learning and growth process. We call this program Connection @ OSER.

Claudette Osborne

Co/Founder Osborne Stables Equine Rescue, Inc. President

EAL Certified Facilitator and Program Director

Renee Pena / Co-Facilitator of the Building Blocks Method of Horse Assisted Learning

"There is something you must always remember. You are braver than you believe, stronger than you seem, and smarter than you think." - **Winnie The Pooh**

We specialize in Skills Development for Youth, At-Risk Youth, Women, Team and Re-Entry into the workforce and life. Find the best YOU! Ages 8 – Senior Citizens

Spotlight Calendar of Events

WWW.OSBORNESTABLESEQUINERESCUE.ORG

FOR UPDATES

FEBRUARY:

- February 15-16: Two Day Couples Communication. TWO FOR THE PRICE ON ONE. **VALENTINES SPECIAL.** Call 210-827-3136 for more information.

Dates are available for:

FAMILY BONDING PROGRAMS

- Get to know your teen or tween
- Father/Daughter and Mother/Son

Call for more information. Groups of two to four people per family. Maximum number of participants is twelve per program

MARCH: FUNDRAISER BEING PLANNED Date to be announced.

- **Horse evaluation and emergency situation care for horses CLINIC. Date to be announced.**

REMINDER - MARCH 8th DAY LIGHT SAVINGS

SPRING BREAK HORSE POWER CAMP

Maximum number of participants is twelve per week.

La Vernia and Stockdale Spring Break Dates:

- Skills Development along with arts and crafts
March 9-13 from 9:00 – 4:00 Monday – Thursday. Friday from 9:00-1:00
Bring a lunch M-Th. Lunch provided on Friday.

Floresville Spring Break Dates:

- Skills Development along with arts and crafts
March 16-20 from 9:00 – 4:00 Monday – Thursday. Friday from 9:00-1:00
Bring a lunch M-Th. Lunch provided on Friday.

APRIL - MAY

Book your Eight or Twelve week Series of Connection Life Skills and Leadership programs.

JUNE

- **Summer HORSE CAMP**
June 8-12, 15-19 and 20-26th Registration forms will be available soon.

EQUINE MEDICAL DISEASES:

TOPIC FOR THIS QUARTER IS CUSHING'S DISEASE. PPID

Resources:

AAEP

<https://aaep.org/horse-health/equine-endocrinology-cushings-disease-and-metabolic-syndrome>

EQUUS Magazine
Joanne Meszoly
Mar 10, 2017

https://equusmagazine.com/diseases/managing_cushings_disease_042709

Kentucky Equine Research

<https://ker.com/equine/ws/equine-cushings-disease-back-basics/>

Horse and Hound:

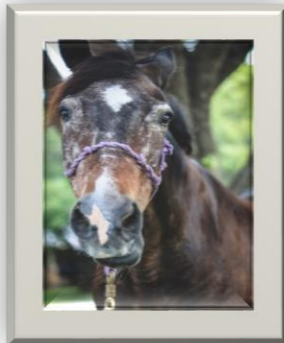
<https://www.horseandhound.co.uk/features/cushings-disease-12-ways-manage-diet-427240>

**I found the above
articles to have easy
to understand
information on PPID.**

**Always work with your
Veterinarian on health
management.**

PLEASE, ALWAYS CONSULT YOUR VETERINARIAN WHEN
DEALING WITH MEDICAL ISSUES.

LINKS FOR EASY READING.



Photos by Little Pig Photography

Luke and Sunshine both suffer from Cushing's Disease or PPID. Both horses have always been easy keepers and sported a thick winter coat. Luke is fondly known as Lukie Bear. As both horses have aged, the symptoms are much harder to manage. PPID can lead to lameness (laminitis) is hard on the horses. The heat in the hooves causes the lamina to separate from the hoof capsule creating pain and possible rotation of the coffin bone. The horse's weight must be kept under control with low carbohydrate hay and feed if necessary. I encourage you to clip the hair coat off during the warm months to keep the horses from overheating in the warm weather.

Medication for PPID is available, Pergolide, along with a good deworming program, expert care from a farrier, and follow-up care with your Veterinarian can help reduce laminitis and bacterial infections.

Feeding: Low sugar/carb Timothy hay is more suitable for forage. The feeds must have no grains or molasses.

Triple Crown Senior Low Starch, if fed in small amounts, is a non-grain high fat feed that does well. Safe Starch Hay, chopped Timothy, is fortified and an excellent choice. I can be a stand-alone feed. Soaking of Coastal grass hay may not reduce the carbohydrates enough. Consider the above choices.

I like Horse and Hound's article on ways to manage diet.

Do your homework and work with your Veterinarian to get the best possible results for your horse is diagnosed with Cushing's Disease (PPID). Your horses' life depends on your choices.

02-02-2020 Commentary by: *Claudette Osborne*

THE OFFICERS OF OSBORNE STABLES EQUINE RESCUE, INC. WOULD LIKE TO **THANK YOU**, DONORS/SUPPORTERS AND VOLUNTEERS. THIS REFUGE/RESCUE FACILITIE CAN NOT OPERATE WITHOUT YOUR HELP AND PARTICIPATION.

THANK YOU!

OFFICERS:

PRESIDENT
CLAUDETTE OSBORNE COO
SR EQUINE CONNECTION
FACILITATOR
HORSE ASSISTED LEARNING

VICE-PRESIDENT
KELSEY V NICOLES

SECERTARY-TRESURES
BILL OSBORNE

ADVISORY COMMITTEE

RETAMA EQUINE HOSPITAL

MEGAN WENZEL
CONSULTANT LVT

BROOKE HILDRETH
SAN ANTONIO FIRE CHIEF

RENEE PENA
CO/FACILITATOR EQUINE
CONNECTION HORSE ASSISTED
LEARNING

Basic Expenses and Prices

The refuge is currently a permanent home to 27 horses and six donkeys.

- Purina Hay Stretcher \$14 * 7 bags a day.
- Purina Equine Senior \$20.50 *1 bag a day
- Triple Crown Senior Low Starch \$26.99 *1 bag a week
- Triple Crown Safe Choice Forage \$21.99* 4 bags a week
- Timothy compressed hay bales \$20.99 *4 bags a week
- Coastal Square Bales Hay \$9.50 *6 bales a day
- Absorbine Bute-Less 5 pound \$49.99 * 2 weeks for 2 horses
- Pelleted Horse Bedding \$5.99 per bag *5 bags per stall
- Farrier \$25 to \$30 per horse
- Retama Equine Hospital donated last year's vaccines. Due in March for vaccines
- Horse wormer \$10 to \$15 per horse
- Necessary on hand medications – Banamine, Bute, and Veterinarian dispensed sedation, syringes, needles, bandaging wraps.
- Miscellaneous injuries and illnesses that require Veterinary care.
- Euthanasia when necessary. Due to the injuries and maladies in rescued horses, the pain issues catch up with them, we must give them a peaceful and humane departure. In 2019 the decision had to be made to assist four of these beloved horses to a peaceful passing. The most ever in one year.

Ways to Help

- Adopt a Stall Program – Always wanted a horse without all the worry?
- Host a fundraiser
- www.iGive.com/OSERHorses
- Amazon Smile and have your purchases give back, <https://smile.amazon.com/ch/54-2137205>
- Donations can be made on our website or on the Facebook page. [Facebook.com/HandsHeartsandHorses/](https://www.facebook.com/HandsHeartsandHorses/)
- See more www.sobornestablesequinerescue.org



Support a Herd Member

The Osborne Stables Equine Rescue Adopt a Horse program is a way to express your appreciation for one or more special members of our herd. You can find information about the horses on our website. Maybe you already have a favorite or two in mind to adopt. Your donation helps pay for hay, feed, hoof trims, supplements and veterinary care.

Take care of a horse at the Rescue/Refuge without the traditional cost of owning a horse.

The Perfect Gift for horse lovers! Especially those who have always wanted a horse, but didn't have the money, time, or property! Our Adopt-A-Horse Program gives the recipient the means to have the fun visiting and grooming a horse without the expense and stress of looking after the horse! Cheaper than leasing a horse and less expensive than boarding a horse! No out of pocket expenses for medical care! How much more affordable can it get!

\$100/monthly

What will I receive? A personalized certificate and the opportunity to visit and love the horse or horses you sponsor.

What you get:

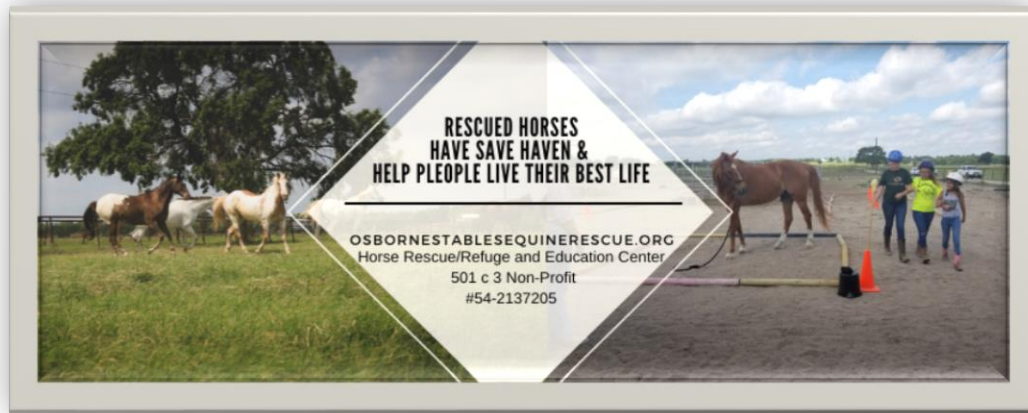
- certificate
- horses information
- visiting information
- acknowledgment on our website as your horse's adoptive "parent."
- four, one hour scheduled visits a month to love, and groom your resident horse.
- adoptive horse parents get early bird notice on camps/clinics and events held at the facility

Adopt a Horse and make a new friend today!

- *riding is only available through paid lessons on a reliable horse
- *horses do not leave the facility
- *approved treats may be brought for the horsemanship helmets will be required if under the age of eighteen, preferred for all participants (available to use at no extra cost)
- *Scheduled visits only. Please call ahead.

Disclosure: There are horses at the Refuge that are not able to be handled by non-experienced persons. These horses need you also. Consider sponsorship for these horses.

See the website for Sponsorship Forms.



Website: www.osbornestablesequinerescue.org

Facebook: <https://www.facebook.com/HandsHeartsandHorses/>

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