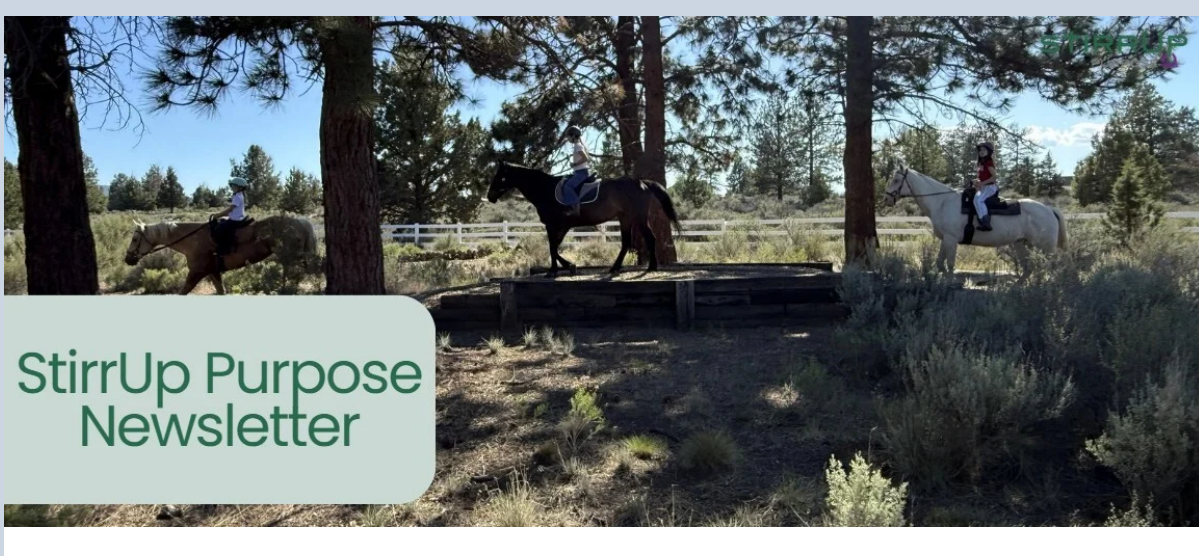




## StirrUp Purpose Newsletter

### It's been quite the summer at StirrUp Purpose!

As we enjoy these remaining warm weather days, we reflect on the adventures had and the milestones reached this summer. We hosted four back-country veterans retreats, two weeks of cowboy fun at our summer horse camp and proudly represented StirrUp Purpose in the community at Munch and Music. We also welcomed new team and herd members and a record number of 58 weekly horsemanship students and 38 hippotherapy participants in July. As the schoolyear kicks off, we can't wait to hear from our students about their first few weeks back in the classroom!

### Welcoming new team members

We hope you'll join us in extending a warm welcome to our newest team members: Elese Stone and Karli Barton. In addition to being seasoned horsewomen, Elese and Karli bring a depth of experience as instructors in the equine-assisted services space. Their expertise, compassion and joy of teaching natural horsemanship will be a tremendous asset to our therapeutic horsemanship program.

Additionally, we have gained two new herd members: Mike and Paisley. Mike is a 26-year-old Morgan who despite his age, brings ample athleticism, personality and affection making him a fun partner for our therapeutic horsemanship and hippotherapy participants. Paisley, a five-year-old Quarter Horse-Gypsy Vanner cross, is an equally endearing addition to our herd. She will serve as a trusted partner to our teenage and adult hippotherapy riders and to veterans and first responders embarking on our summer retreats. We encourage you to come say hi to Mike and Paisley! Both of these special horses are still in need of sponsors to support their care.

[Sponsor a Horse](#)

### Recognizing those who make our work possible

Behind every milestone at StirrUp Purpose is a community of generous volunteers and donors who make our work possible. We are deeply grateful to Claudia Nix who has generously agreed to sponsor Te'amo. In addition to being a horse sponsor, Claudia is an incredibly dedicated volunteer. She contributes all of her time each Monday to supporting our hippotherapy participants and she has also singlehandedly launched a wonderful trail naming project where all of our participants have a part in naming our various sensory trails. It is the support of volunteers and donors like Claudia that makes our work possible. Horse sponsorships allow us to provide excellent care to our herd while keeping program services affordable and accessible to those who need them most. Dedicated volunteers ensure our ability to safely provide our services to participants.



If you know of anyone interested in volunteering at StirrUp Purpose, please encourage them to apply. Volunteers are a critical part of what we do and our work wouldn't be possible without them!

[Become a Volunteer](#)

### A very special thank you

We want to extend big thank yous to two beloved members of our herd who recently retired to their new loving homes - Sage and Willow. Almost every participant at StirrUp Purpose has been impacted positively in some way by Sage. For the past two and a half years, he has been a guiding member of our hippotherapy team and fan favorite among many of our participants and volunteers due to his loving nature. Willow with her impressive career as an elite sport horse served as a tremendous partner to many of our adult and child riders who were looking to test their skills and work their way toward more advanced riding. Both will be greatly missed, but we are glad that after devoting so many years to helping riders thrive, both can enjoy their time as retired horses.



### Meet Maddie!

Maddie is a participant in our therapeutic horsemanship program and she has long been a part of the StirrUp Purpose family. Maddie is a talented rider who absolutely loves being around horses, especially her new partner Poker. Recently, Maddie has experienced increasing mobility issues stemming from her cerebral palsy. Despite these frustrating challenges, Maddie shows up enthusiastically for her lessons, ready to ride. Some days things that were once easy in the saddle are more challenging. Nevertheless, Maddie powers through, with continuous optimism, always embracing the small and large wins. It is an absolute joy to watch Maddie trot around our sensory trail and help other students find confidence in the saddle. As Maddie puts it: "in the saddle I've got my wings back! The best way I can describe it is I am free!"



### Pedal, Trot, Hike for a Purpose

As a reminder, we have a week left until the conclusion of our hike/ride-a-thon: Pedal, Trot, Hike for a Purpose. So far we have raised \$1,070 which we hope to double before the campaign's conclusion. It's not too late to join this initiative to support StirrUp Purpose and its programs. If you'd like to hike/ride or simply make a donation, please follow this [link](#).

### A fun, new way to support StirrUp Purpose!

September 18-20, StirrUp Purpose will host Ride with a Purpose, a backcountry horse camping experience in the Deschutes National Forest open to members of the community aged 12+. During this weekend retreat, participants will explore the backcountry on horseback, sharpen their horsemanship skills, fish and hike, enjoy wonderful meals and a comfortable, well-equipped horse camp.

The cost to participate is \$1,100 per person. Only six spots are being offered for this retreat, so we encourage you to reach out soon if interested.

All proceeds from this retreat will support our veteran and first responder programming. Each summer, StirrUp Purpose hosts four-day horse retreats (similar to this experience) with the intention of creating spaces of respite, connection and belonging for veterans and first responders carrying the lasting physical and emotional impacts of service. These retreats help veterans and first responders take meaningful steps toward healing and foster a support network that extends well beyond the trail. By participating in Ride with a Purpose, you will step into the meaningful experience we create for veterans and first responders while also making our lifechanging retreats possible.

Visit [www.stirrappurpose.org/ride-with-a-purpose](http://www.stirrappurpose.org/ride-with-a-purpose) to learn more or call **541-410-0164** to sign up.

### Upcoming events

#### Sept. 18-20: Ride with a Purpose Retreat

Offered to members of the community aged 12+. This horse camping fundraiser allows participants to step into the meaningful experience we create for veterans and first responders where horses, adventure, connection and time in the outdoors come together. Interested in joining this retreat? Call 541-410-0164 to sign up.

#### Sept. 24-27: Central Oregon Peer Services (CO-PS) Retreat

Offered to the men of CO-PS, this Retreat provides meaningful time with horses, shared camaraderie, camp-cooked meals and space to relax and reconnect with nature. Interested in sponsoring this retreat? We'd love your support and encourage you to learn more [here](#).

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