



# Three Gaits, Inc.

Three Gaits of a horse for the freedom of movement to explore new worlds

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Spring 2009

## **Tough Economy for Construction Industry Doesn't Hinder This Horse Sponsorship in Honor of Two Very Special People** by Lynn Hanus

For Don Cosgrove, the summer of 2006 will always be remembered as a very rough time in his life. He gets choked up, and rightly so, when he talks about it. Don's father, Jim, passed away in June 2006. In July 2006 his mother, Lorraine, was diagnosed with pancreatic cancer and she passed away just two months later in September. Besides the terrible heartbreak of losing both parents so suddenly, Don's business, Cosgrove Construction, was beginning to see a slowdown in August 2006, and he was feeling the early effects of an economic decline, which we all know now as a recession.

Despite the tough situation, charitable giving remained important for Don. At the time of his father's death, Don and his mother discussed how they might make some memorial donations. Those donations were soon to be made in honor of both Jim and Lorraine Cosgrove.

Word-of-mouth, as it so often does, brought another donor to Three Gaits. Steve Morricks, an associate in the construction industry, told Don that Three Gaits would be a good cause, and it seemed to Don to be a good fit.

Don grew up on a farm near Richland Center, where his family kept horses. His dad had horses nearly all his life, even up to his late 70s, and he enjoyed riding—he also loved kids.

In the spring of 2007 Don and his girlfriend visited Three Gaits and got to meet some of the riders, parents, volunteers, staff, and horses, too. The visit made a very favorable impression. Don then made his first memorial donations to Three Gaits. In 2008 he sponsored Dusty in memory of his parents and has renewed his sponsorship in 2009—even though business has been “horrible” through the recession.

“My dad was so fond of kids and horses and the memorial gifts to Three Gaits and the horse sponsorship really tie into what he loved and our family's farm background. I thought Three Gaits was a very good program for helping people that have disabilities. From what I've seen I would say it's very beneficial to folks that participate.”

Don is working hard to find some creative ways of getting his business going again. Cosgrove Construction operates mainly in Dane County but also in about five other counties in the area. His mainstay is residential construction: houses, condominiums, and duplexes. Don has avoided layoffs of his employees so far because he wants to retain his good, skilled employees out of both a sense of appreciation and a desire to be ready to hit the ground running again when better times arrive and construction work picks up.

We wish Don and Cosgrove Construction all the best and are thankful for the contributions of all our donors—especially when economic times are tough and everyone, Three Gaits included, is watching every dollar.

## **Chair Affair** by Cindy Frank

Take a few old chairs collecting dust or destined for the trash, embellish with paint and decorations and what do you get? Original works of art created by some very talented people. This was the basic concept behind Three Gaits 1st “Chair Affair”. Back in 2001, this new fundraiser proved to be an evening packed full of creativity and fun.

We are busy planning for our 8th annual event! This year, the “Chair Affair & Art Auction” will be held on Thursday May 7th at the Sheraton Hotel in Madison from 5:30-8:30 pm. We are very pleased to have Christine Bellport as emcee. You may recognize Christine's name as the morning show co-host on NBC15.

Each year we enhance the event based on your feedback. Our goal is host an event that appeals to many, attract new attendees to raise awareness about Three Gaits and most importantly, to make it a successful financial fundraiser to support Three Gaits mission. Three years ago we expanded the event to include art items as well as chairs in response to your requests.

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**Visit us on the Web at**  
**www.3gaits.org**

**Three Gaits Mission:**

Three Gaits, Inc., is a nonprofit, tax-exempt organization whose mission is to provide a safe and effective therapeutic horsemanship program for children, youth, and adults with disabilities and special needs. Therapeutic horsemanship uses equine-oriented activities to promote and enhance the development of each participant's cognitive, physical, and communicative abilities, and positive self-esteem.

Three Gaits strives to serve interested individuals within Dane County and the surrounding area. It is the policy of Three Gaits, Inc., to promote equal service and employment opportunities for employees, clients, board members, and applicants to the agency. Equal service and employment opportunities means the treatment of those categories of people mentioned above without regard to their age, race, sex, creed or religion, marital status, sexual orientation, national origin, color, disability, ancestry or political affiliation.

**Board members:**

President: Andrea Strayer  
Treasurer: Rob Gooze  
Secretary: Mary Ann Zwaska  
Directors: Deb Gunderson, Jay Gunderson, Steve Link, Ann Lovegrove, and Pam Moen

**Staff:**

Program director: Dena Duncan  
Facility and animal caretaker:  
Kameron Kennedy  
Office administrator: Melissa Lawrence  
Instructors: Sandra Faust, Angela Frank, Betsy Kelley, Rudi Meyer and Heather Hasenstein  
Occupational therapists: Stephanie Bruschi and Karen Diegel

## Letter from the Program Director

Many of you have asked how Three Gaits is fairing in our current economy. I wanted to take this opportunity to share my response. First and foremost, thank you for asking. Your consideration for Three Gaits' well being is recognized and appreciated.

We have seen a downward trend in some areas of donations, and are feeling the impact of the times. Several local foundations have made changes to their charitable giving for the coming year. With their principles down, they have reduced funding available for the many worthwhile agencies. We have some donations of absolutely amazing original works of art for the upcoming 8th Annual Chair Affair and Art Auction, but corporate support of this event has reduced. Individual donations have remained consistent with several of our loyal friends providing significant support.

As most of you are aware, Three Gaits is a non-profit that relies on donations to offset 2/3 of our operating costs. Donations are a necessary part of operations at Three Gaits—and every donation is a contribution toward Three Gaits riders' and participants' success.

With these trends, we are responding with a few promises to each of you:

**We will continue to work hard to maximize the impact that every dollar donated to Three Gaits will have.** Last summer Three Gaits board of directors made several decisions that reduced operational costs and made Three Gaits run more efficiently. All operating expenses were evaluated and areas where changes could be made to reduce spending were implemented in the 2009 budget.

**We will be excellent stewards of your donations.** Gifts shared with Three Gaits will be acknowledged promptly. Donations will be used in the manner in which they were intended to be used—toward the support of an exemplary program that provides safe, effective, challenging and rewarding equine assisted activities.

**We will continue to offer the best programs we can put forth.** We offer programs such as hippotherapy, where professional therapists work with specially trained horses and clients one-to-one to maximize the physical and emotional benefits of equines and their movement. Our therapeutic riding lessons, where certified instructors and dedicated volunteers spend time ensuring that individuals with disabilities experience the physical challenges and emotional joy of learning to ride a horse.

**Three Gaits will remain true to our mission.** We will continue to learn and grow, challenging ourselves to be better and searching for ways to expand on the opportunities we provide. Offering the driving program will allow current riders to experience a new facet of spending time with our amazing therapy partners—and will offer an experience to other people who aren't able to sit astride a horse.

These promises reflect Three Gaits' desire to use every dollar received in a way that has the strongest impact on our riders and the services they receive participating at Three Gaits. Remaining true to our mission to provide the best possible services for our riders and participants will remain our primary focus. Knowing this, and ensuring that we are good stewards of your donations, will encourage each of you to consider supporting Three Gaits and allow us to continue to work to improve the lives of the people we're here to serve.

*Dena Duncan*

Program Director, Three Gaits, Inc.

## 25th Anniversary Celebration

by Diane King

Three Gaits 25th Anniversary year culminated on Sunday, September 14th with a special evening at Stoughton Country Club.

The celebration showcased the accomplishments of the Three Gaits program over the past 25 years and featured a silent auction.

At the event, the following people were honored for their contributions to Three Gaits: Armstrong Family, Phyllis Buzogany, Country View Veterinary Service, Cindy Frank and MG&E Employee Volunteers.



*Celebrating 25 years as a Wisconsin leader in equine assisted activities*

Christine Bellport, NBC15 Morning Show Anchor, was the evening's emcee and entertainment was provided by Irish band Rising Gael.

We are grateful to our sponsors and donors, and everyone who attended the event to make it a success!



*Above: Program Director Dena Duncan with Phyllis Buzogany (right). Phyllis, a long-time board member and president, is one of five honorees recognized at the 25th Anniversary Celebration.*

### **Chair Affair** *continued from page 1*

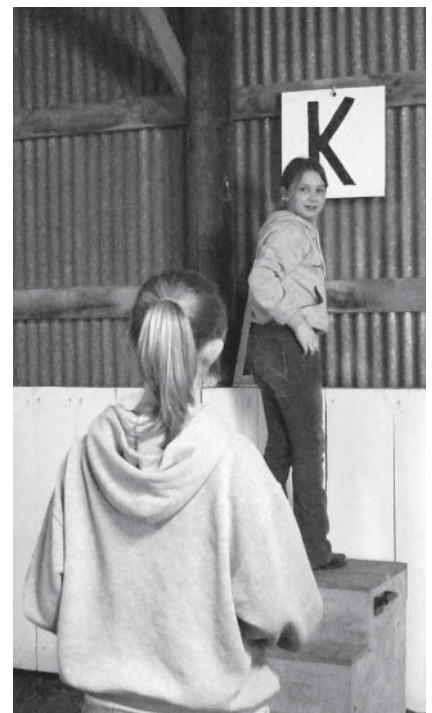
In addition to recreational artists, we have professional pieces contributed by Jayne Reid Jackson, Peter Dooley, Ellis Nelson, Dick Cooley, Rowena Koschkee, Short Horse by Audrey Christe, Paul Briskey, and Silver Leaf Gallery just to name a few.

Most of the chairs and art will be sold in a silent auction. However, select pieces will be auctioned live by Virgil Westphal. And as in years past, all art will be available for viewing on our website and at Hilldale Mall after April 20th.

Plan on joining us at this unique event to support Three Gaits. Tickets are \$20 in advance at \$25 at the door.

## Youth Volunteer Work Day

*Article on page 7*



*To all those who helped out Three Gaits by donating their time & energy:*

**Thank You!**

**Volunteers Help Make It Great!**

## For This Fabulous Kindergartener, Three Gaits Provides High-Quality Therapy “Right in Our Own Backyard”

by Lynn Hanus

“Fabulous” is a favorite word in Elizabeth Fasick’s vocabulary—she thinks it’s fabulous that she has learned to read and write. She is a happy child with a sunny disposition who loves her American Girl doll and her books—especially Fancy Nancy. Elizabeth has also seen a variety of therapists since birth and one of them, whose opinion her parents, Bob and Sally, particularly value, recommended Three Gaits and hippotherapy.

The Fasicks were open to exploring new things to help their daughter, who has mild cerebral palsy—a group of chronic conditions affecting motor function and muscle coordination caused by the brain’s inability to control movement. Elizabeth also has osteogenesis imperfecta, a genetic disorder characterized by fragile or brittle bones. Elizabeth needed to strengthen her trunk and improve her balance and coordination because of the high risk of breaking bones. She started coming to Three Gaits at age three, about the same time she started walking; she is now six. The family knew little about hippotherapy or that it was available so nearby. “We were surprised to find such a high-quality program right in our own backyard!” says Sally.

Hippotherapy literally means “treatment with the help of the horse” (from the Greek word “hippos” meaning horse). The client is positioned on the horse and actively responds to movement. The therapist analyzes the client’s responses and adjusts the treatment as needed. The therapy aims to achieve functional outcomes such as improving muscle tone, balance, posture, coordination, and emotional well-being. At Three Gaits, trained volunteers provide assistance and support during hippotherapy and are essential to the program.

“We can’t say enough good things about the staff and volunteers at Three Gaits,” says Sally. (Collectively, to Elizabeth, these folks are “the horse ladies.”) The Fasicks enjoy working with occupational therapist Stephanie Bruschi. “She’s so knowledgeable and open to getting our feedback and giving us hers,” says Sally. “Stephanie is concerned not just about how things go for Elizabeth during her session, but how the therapy can transfer to other settings. We’ve seen such improvement in Elizabeth’s strength and are very pleased with her progress.” Elizabeth also benefits from the additional sensory input. She loves the feel of the horse and also trotting, which gives her more internal feedback. Though trotting tires her physically, it is also calming and helps her feel very settled afterward.

“It’s really amazing,” says Sally, “when you think about the whole process of hippotherapy and how wonderful the horses are at playing their part.” Elizabeth feels compassionate toward animals and has a special affinity for the horses at Three Gaits. She likes going back to the barn with her horse and learning about how the horses are cared for, the equipment, and the whole riding environment.

Elizabeth attends Leopold Elementary in Madison. She likes playing with her two brothers, ages four and eight. The family spends time at their cabin “up north” where they enjoy kayaking and swimming. Her time spent at Three Gaits means a lot to Elizabeth because her condition prevents her from participating in soccer and other sports that are popular with many kids her age. “This is her thing,” says Sally. “It’s something special that we hope she will do for years to come.” And we think that would be fabulous!

*Below: Elizabeth Fasick enjoys a ride outside on Nora, with therapist Stephanie Bruschi by her side.*



### Three Gaits Welcomes New Instructor

Heather Hasenstein is Three Gaits’ newest apprentice instructor. Heather has been riding all her life and was active in 4H and open shows when she was growing up near Racine. She’s planning to move her mostly-retired horse Bonnie to 3gaits this spring so she can spend more time with her—and with Three Gaits! Among Heather’s hidden talents are her skills with power tools and art supplies. Heather says she’s looking forward to helping riders develop both riding skills, and life skills, from their time at Three Gaits.

## Sponsoring a Horse at Three Gaits

Without our special equine therapists, the remarkable accomplishments of our clients would not be possible. Most people may not realize that it costs thousands of dollars each year for the care and maintenance of each of our program horses (including essentials such as feed, veterinary care, farrier services, and shoes).

Providing our horses with high-quality care is a top priority at Three Gaits. Sponsorships can help us keep a horse healthy and happy all year. Sponsors contribute \$1,200 toward the cost of “their” horse. In return, they receive a receipt for their tax-deductible donation, a photo of the horse, personalized certificate of appreciation, and recognition at special events and on Three Gaits’ website.

We are grateful to have sponsors for the following horses:

- Beau—Diane King
- Champ—Cindy and Angela Frank
- Cody—Deb and Jay Gunderson

- Dillon—Country View Veterinary Service
- Dusty—Don Cosgrove in Memory of Jim and Lorraine Cosgrove
- Emma—pending
- Fiona—Fiona’s Fan Club (a large network of people who have made donations in honor of other people and in remembrance of holidays/birthdays)
- Gola—Wisconsin State Horse Council & Angelo’s Restaurant in Monona
- KB—Anonymous
- Maggie—The Turski Family
- Mercedes—The Silly Yak Bakery & Bread Barn
- Nora—Leah Sinclair
- Snowcap—Local 311 Charities

We are currently seeking a sponsor for Duan, a handsome Clydesdale/Thoroughbred cross who has been with our program for almost three years. If you’re interested in supporting Duan, please contact Three Gaits at 608-877-9086 or [dena@3gaits.org](mailto:dena@3gaits.org).

## Three Gaits Open Show: July 4th and 5th, 2009—*Save the Date!*

No one associated with Three Gaits ever has to question what they are doing on the 4th of July...as the answer would be “volunteering at Three Gaits horse show.” For more than 20 years the show has gone on, with horses and riders coming from all over Wisconsin and Northern Illinois to participate in English and western riding, halter and showmanship classes, as well as driving classes.

### We Are Hosting Again In 2009!



*Above: Volunteer Diane King driving Nora through a cones course at the Three Gaits Open Show with Instructor Sandra Faust riding in the cart.*

Plans are already underway for the weekend of Saturday, July 4 and Sunday, July 5, 2009. Volunteer assistance is needed prior to the show in preparing the farm, and working with sponsors and vendors. On the day(s) of the show, many hands are needed to check in horses, oversee the two show rings, assist the judges, register riders, and keep everything running smoothly. If you are able to assist with this fun event, please contact the Three Gaits office. Mark your calendars and plan to attend!

Last year, Three Gaits Annual Independence Day Open Shows on July 4 & 5, 2008 included several driving classes that provided a unique opportunity for Nora, Three Gaits’ Fjord pony (as well as Instructor Sandra Faust and driving volunteer Diane King). One of the goals for Nora, in addition to exposure to new things, is learning to respond and listen to other people when she is driven.

Sandra and Diane took turns driving Nora through obstacle courses (with and without the cart), a relay race and some cones courses. Sandra also drove Nora in Open Pleasure and Reinsmanship classes.

Overall, Nora proved herself to be a dependable driving pony. She stood still for long periods of time, the obstacles and excitement of the show didn’t faze her, and she performed her job enthusiastically. Great job Nora!

## Top 10 Simple Ways You Can Help Three Gaits *TODAY!*

### 10) Shop at Roundys stores like Pick-n-Save or Copps.

If you haven't already done so, register Three Gaits (#833975) as your charity of choice and help Three Gaits while buying your groceries. To date Three Gaits has received more than \$1,200 through Roundy's "We Care" Program!

### 9) Shop at Bill's in Oregon.

When checking out at Bill's grocery store in Oregon, ask to have an orange stamp put on your receipt. Accumulate your receipts and then drop them off at Three Gaits office. Bill's will donate a portion of the amount spent back to the organization that you share your receipts with.

### 8) Shop online at [www.Horse.com](http://www.Horse.com).

If you order supplies for yourself or your horses online from Country Supply or Horse.com be sure to enter "3gaits" as your country care code when you check out. When you do so, 5% of your purchase will be donated back to Three Gaits (excludes de-wormer and shipping/handling fees).

### 7) Use [www.goodsearch.com](http://www.goodsearch.com) to search the Internet.

Bookmark this site and designate Three Gaits (Oregon, WI) as your selected Charity. Every time you use good search, Three Gaits will receive a donation. Last quarter, we received \$28.00.

### 6) Check your employer's charitable giving program.

If you contribute to United Way through your employer, please consider designating Three Gaits as a donor agency. Many businesses have programs that match donations or provide support to programs that their employees volunteer with. Ask your employer what their charitable giving policy is and share this information with us. Three Gaits recently received matching funds from Alliant Energy. Every dollar counts at Three Gaits—and in this case every dollar counted as two!

### 5) Visit Three Gaits website regularly.

We work very hard at keeping information up to date and "fresh" on our website. Regularly visiting Three Gaits website helps reduce the cost of mailing information and is a great way for you to see if there are upcoming projects you are able to assist with. You will also find Three Gaits wish list located on the website – check that out! You never know what it is we're looking for that you may have sitting around or that you are willing to pick up and donate. As always, donations to Three Gaits are tax-deductible and receipts available.

### 4) Volunteer your time.

Without the support of volunteers, many tasks would not be possible. Last year, over 240 volunteers shared

over 10,540 hours of their time! With Three Gaits continuous focus on keeping costs down we have need for volunteers now more than ever. We will train you in areas you are interested in. Volunteers are currently needed for:

- Day time programs such as hippotherapy and summer day camps
- Special events – NARHA workshop (June 4-8), Open horse show (July 4-5), Student horse show "Riders, Ribbons & Horseplay" (Aug 16)
- Daily and weekly chores (unloading hay, cleaning stalls, feeding horses)
- Lessons (Mon/Tues/Wed/Thurs evenings and Saturday mornings)
- On-going office duties
- Public relations, publicity, press releases (articles for the newsletter!)
- Help around the facility with gardening & mowing
- Committee work (fund raisers, facility, event planning)

### 3) Donate to Three Gaits scholarship fund.

If you want to know that your charitable dollars will have a positive impact on a person's life, consider a donation directly to Three Gaits scholarship fund. There are families and individuals who desperately want to ride but can't afford to due to limited income. Last year Three Gaits awarded more than \$10,000 in scholarship funding. Unfortunately this year Three Gaits has only \$3,000 available. Please help us continue to make therapeutic horsemanship available to people in need.

### 2) Support the businesses that support Three Gaits.

Become familiar with the businesses that support our program by reading our newsletters or visiting [www.3gaits.org](http://www.3gaits.org). Three Gaits has to raise funds to cover approximately 2/3 of the costs of program operations – without the support of local businesses and individuals Three Gaits could not operate. Show your support and enthusiasm by shopping at the stores and using the services of the people that support us.

### And, the # 1 way you can help Three Gaits—Talk with other people about your experiences at Three Gaits.

The volunteers and riders (that's you!) who participate in activities are our best ambassadors and spokespeople for Three Gaits. You experience first hand the program and see the benefits we provide for people with disabilities in our community, so talk us up! Invite a friend out to volunteer or to an event. Pretty soon they'll be hooked as well.

## Spotlight On...Instructor Sandra Faust

If you're out at Three Gaits on a Monday or Tuesday night, you'll find Sandra Faust either teaching or assisting with classes. Sandra has been an Instructor at Three Gaits for 12 years.

For more than three years, Sandra has also become immersed in carriage driving. She has been faithfully working with Nora, Three Gaits' Fjord pony, and volunteers, teaching them to drive in preparation for the new therapeutic driving program.

Sandra received her NARHA Driving Instructor Certification in August 2008. The new driving program at Three Gaits is expected to start small, but will expand as the program develops. During the Fall 2008 session, Sandra worked with two driving students.

"I'm very excited about the possibilities of a driving program and what it means to our students," states Faust.

**Q:** What is your personal philosophy on therapeutic riding?

**A:** My philosophy is to offer opportunities to everyone based on their own abilities and to allow riders and drivers to be as independent and successful as possible. When I started teaching, I didn't realize how much I would continue to learn about myself from horses, and how much fun it would be. I would like to pass that experience on to my students.

**Q:** What are the similarities and differences between therapeutic riding and driving?

**A:** There are many similarities between riding and driving as both challenge balance, eye/hand coordination and spatial awareness. One of the biggest differences is that students who may have difficulty mounting and dismounting a horse have an alternative way to be involved with horses. Although I do not believe that driving should only be offered to people who would have trouble with mounts and dismounts, driving is fun for anyone just interested in learning more about horses.

**Q:** How did you get involved in instruction?

**A:** I became involved in teaching after seeing the rewards this program offered my family member. I always loved horses so it felt like a natural fit.

**Q:** What's your favorite pastime?

**A:** Outside of riding and driving, I love to read, mostly fiction and mysteries.

**Q:** How long have you been riding horses?

**A:** I took a few riding lessons as a teenager, but didn't become serious about riding until I was in my early 30's. I've been riding about 20 years...my that went fast!



*Above: Sandra Faust with riders Ron Gausman (left) and Tony Freiberg (right) displaying their first place ribbons at the 2008 Student Show.*

*(Photo courtesy of ShortHorse Studios)*

*Below: Sandra Faust with driving student Chris during a driving session in November 2008.*



### *Youth Volunteer Work Day (photos on page 3)*

Years ago, the Junior Volunteer idea was started by Angela Frank as part of United Way's *By Youth, For Youth* program. That project evolved into our Youth Volunteer Day Camp, now led by Rudi Meyer. But this spring we thought, what about the kids who might not want to do a full week of camp but who could help for, say, a Sunday afternoon?

On March 22, 20 girls from 6 middle schools spent a sunny springlike afternoon helping with spring cleaning in the barn

and arena, adding numbers to the helmet cubbies, painting and putting up new arena letters, and shedding out some shaggy school horses. The project billed as "paintbrushes and power tools" got rave reviews, and as expected, the barn projects were most popular. Everybody had fun, got dirty, giggled, and met some other horsey (or not so horsey!) girls from other schools. Betsy, Rudi and Heather led the projects and agreed this was an excellent group. Watch the 3gaits website for other Jr. Volunteer Work Days, including one on Sunday, April 26 from 1-4, one for 5th graders and one that will include the boys.



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P.O. Box 153  
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**Non-Profit Organization**  
**U.S. Postage PAID**  
**Stoughton, WI 53589**  
**Permit No. 3**

Address Service Requested

Help Three Gaits by detaching this donation slip and sending it with your donation in the enclosed envelope.



*Yes!* I want to support **Three Gaits Therapeutic Horsemanship Center** so that it may remain a vital community resource!

*Enclosed is my gift of* \_\_\_ \$25 \_\_\_ \$50 \_\_\_ \$100 \_\_\_ \$250 \_\_\_ \$500 Other \$ \_\_\_

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

E-mail: \_\_\_\_\_

This is a gift in honor / in memory of: \_\_\_\_\_

*Please include honoree's contact information* \_\_\_\_\_

My employer will match this gift *(include your company's matching gift form with this card)*

Charge my credit card (Visa/MC) Credit Card number \_\_\_\_\_

expiration date \_\_\_\_\_ Signature \_\_\_\_\_

Please contact me about volunteer opportunities at Three Gaits



**NARHA**  
North American Riding for the  
Handicapped Association, Inc.  
**PREMIER ACCREDITED CENTER**



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All gifts to Three Gaits, Inc. are tax-deductible to the extent provided by law. You will receive an acknowledgement letter. Thank you.