Horses in the 2017 Rehoming 4 Life Challenge and Adoption!

Letter from our new President, Kerul Kassel

It is with honor and humility that I step into the role of President of the Board of Directors of the Parelli Foundation. Our greatly esteemed past president, Lori Northrup, set a very high bar with immense heart and outstanding performance, a standard that will be hard to match. The Board and the Foundation are indebted to her for her five-and-a-half years of excellent leadership, unwavering vision, peerless acumen, and profound dedication.

The Parelli Foundation's mission of helping create a better world for horses and humans through natural horsemanship education has influenced my own personal growth and vision since I learned about natural horsemanship over a dozen years ago. The Foundation's programs of educational assistance to those focused on youth horsemanship, therapeutic horsemanship, horse welfare, and scholarships for the talented and the career minded are an embodiment of my
own strongly held values, and I know that we all share them. As a volunteer myself and more recently as a board member, I've witnessed those values in action through your generosity. You've gifted us with your committed volunteer efforts and services, your financial and in-kind donations and pledges, and your moral support.

As we head into the shortest days of the year, weeks of both solemnity and celebration, I ask first for your thoughts and prayers for our former Executive Director, Theresa Fincher, in her journey toward a return to full health. **Secondly, I ask for your recognition of the Parelli Foundation's accomplishments this past year, as described in this year-end newsletter.**

My last request is for your ongoing support both for the Foundation's continuing work in 2017, and in helping me get my footing in filling Lori's huge shoes. **The Foundation needs your support more than ever to continue our work, work that I know is close to your hearts.**

Warmest wishes always,

Kerul

"Helping create a better world for horses and humans through natural horsemanship education"

**Horse Welfare**

Rehoming 4 Life
By Kim Meagher

We are thrilled to present our inaugural **Rehoming 4 Life Challenge and Adoption** event in Hamilton, Texas on May 5-7, 2017! We've partnered 9 rescued horses and a mule with our Licensed Parelli Professionals. These rescued equines will be developed with natural horsemanship principles for approximately 15 months to help them reach their full potential.

**Why are we doing this?** Every year, over 10,000 US equines end up unwanted or homeless. Eighty percent of first-time horse owners give up their horse within the first five years!

**Here are the "Ps"** : We hope to solve the puzzle for horse owners who are in a predicament with their horse and think the only solution is to pull out, by providing them with the proper preparation and playful language with Parelli Natural Horsemanship, so they can gain a real partnership with
their horse and start living their dream!

Our Rehoming for Life Challenge will showcase the amazing connection you can have with your horse, regardless of his or her past. Please help us make this mission possible for every rescued horse. You can be part of this incredible journey: we have 10 equines in the 2017 Rehoming 4 Life Challenge and would like to raise $6,500 per rescued equine to support their development. Saving one horse may not change the world, but it will change the world for that one horse...and maybe that one person. And the publicity will help humans begin to think that when they want a horse, to adopt a rescue.

Ashley Dudas and Romeo. Photo by Barbara Fagan

Therapeutic Horsemanship
By Marilee Donovan

The Foundation helps horses help humans. We help therapeutic horsemanship programs learn how to treat their horses with the same care and respect with which they treat their clients. Scholarships support Parelli Professionals teaching natural horsemanship to the staff and volunteers at therapeutic centers, so that the therapy horses are safer and more effective.

In July, the board, staff, and volunteers of the Parelli Foundation met at Courage Reins Therapeutic Horsemanship Center in Utah, where 3-Star Licensed Parelli Professional Lillian Roquet has been teaching natural horsemanship to staff, volunteers, and horses. Vickie Armstrong, the Executive Director, suggested that the next step needed to be the development of "best practices" for the care and development of therapy horses. At the same time in Hawaii, Cryshtal Avera, a former Parelli Professional, completed a survey of therapeutic horsemanship professionals about the causes and prevention of burnout in therapy horses.
Cryshtal reports that the key reasons for burnout in therapy horses are: 1) there is inconsistency in handling practices among staff and volunteers; and 2) the practitioners and leadership are very busy and do not have time for ongoing education. Cryshtal leading a project to develop best practices. She is working with the equine leaders at the therapeutic horsemanship centers funded by the Parelli Foundation and additional leaders in therapeutic horsemanship throughout the country.

![Image]( Courage Reins July 2016. Volunteer, Angie Moody (Equine Development Specialist), Marilee Donovan (Parelli Foundation Program Director), and Vickie Armstrong (Executive Director). Photo by Lori Northrup.)

In future newsletters, we will keep you updated on the progress of the Best Practices project.

**Youth Horsemanship**

By Jill Holmes

The Future of Horsemanship program's first module helps qualified youth achieve Level 4 in On Line, FreeStyle and Liberty. The Foundation believes that by allowing youth the chance to learn the value of putting the relationship first at an early age, achieving foundation before specialization, and identifying the merit of never-ending self-improvement, they will become well-rounded, respectful leaders with the capability to not only connect with horses on a deeper level, but also be better equipped to become solid members of the community and future leaders. Last year, we introduced you to Anna in California, our very first scholarship recipient. Anna has had the good fortune to study with a variety of Parelli
Professionals: Sandi Parker, Dave and Jody Ellis, Lauren Barwick, Kathy Baar, and Erin Fowle. This fall, like many of us, Anna and Dazzle got stuck on some tasks. With regular video coaching, Erin Fowle is helping them find their way through Level 4.

The family and friends of Mrs. Susan Carr Hanson, who was a staunch supporter of Parelli Natural Horsemanship and of youth, established the Susan Carr Hanson Youth Memorial Fund to memorialize Susan's energy, passion, generosity, and kindness in a way that would transcend her time on this earth. The first grateful awardee of the Susan Carr Hanson Youth Memorial Fund Scholarship was Avery in Wisconsin. Avery said, "I hope to follow in Susan's footsteps by sharing Parelli with others and by cherishing the Parelli community, just like she did." Avery is currently studying Level 3-4 with 2-Star Parelli Professional Gretchen Arndt and her colleagues at The Horse First Farm.

Our first international Future of Horsemanship Scholarship was awarded to Ada in Canada. Ada studies with 3-Star Parelli Professional Farrah Green in Wyoming. Even though she has a fairly small window of acceptable horse-playing weather outdoors, Ada's dedication to her own and Kai's development has resulted in her passing Level 4 On Line and FreeStyle. She has planned a winter trip to Farrah's indoor barn in Wyoming to advance her skills in Level 4 Liberty.

Our fourth Future of Horsemanship scholarship was awarded to Mickey from Texas during the Savvy Summit in September. 2-Star Parelli Professional Debbie Adcock is guiding Mickey with regular lessons and advanced study in conjunction with several Parelli Professionals offering clinics in her area. Mickey's scholarship is partially funded in memory of Debbie's mother, Marceline "Joy" Simnitt.

We are only able to grant scholarships when we receive funding for this program. Our goal is to increase the number of scholarships awarded each year; to accomplish this, we will need many sponsors. To learn more about how you may donate to further our mission of assisting youth in their quest to become horsemen and horsewomen, that they may actively participate in making this world a better place for horses and humans, go to

http://www.parellifoundation.org/youth-horsemanship/#sponsorship
It's all about the relationship:
Anna and Dazzle, Ada and Kai,
Mickey and Rockie, Avery and McCarty

Career Scholarships
By Marilee Donovan
The Foundation awards many different kinds of scholarships. Career Scholarships help those preparing for or advancing their professional careers in natural horsemanship as instructors, therapeutic horsemanship specialists, horse development specialists, or competitors. We currently focus on helping those in financial need complete their program of study or seek advanced study. As the Foundation scholarship fund grows, we will be able to help students earlier in their professional journey.

All students who receive a Foundation scholarship commit to Paying-It-Forward by volunteering an amount of time (based on the amount of their scholarship) to youth, therapeutic horsemanship, or horse rescue programs. In a future newsletter, we will be sharing with you how these scholarship recipients are changing the world with their volunteer activities as well as their professional careers. Studying with Pat Parelli is the dream of all Parelli Professionals and those seeking to become Parelli Professionals. Many cannot afford the cost associated with the course, the travel for the human and the horse, and the care of both human and horse in Colorado or Florida for many weeks. The Elias Burr Memorial Scholarship was established to help: Elias went to Jesse Peters' home every day to help on the farm in exchange for horsemanship and life lessons. His long-term dreams included being a well-respected and talented horseman in his own right, and becoming a Parelli Professional and Horse Development Specialist. His life ended tragically in a car accident on August 2, 2016. His
family set up the Elias Burr Memorial Scholarship to support his dream for another deserving young adult to attend the Mastery program.

To support this fund or our general scholarship fund, visit: parellifoundation.org/memorial-funds/#elias-burr-memorial-fund

Events and Activities
By Debbie Adcock

2016 has been another year filled with incredible events and fundraising activities, and here are a few highlights.

Road to the Summit

For the third year in a row, Atwood Ranch Naturally has donated long yearlings to the Parelli Foundation for development and sale. In the past, the Atwood horses have been developed and sold as two-year-olds. This time around, the horses will be developed and sold as three year olds.

These four excellent horses are descendants of Doc Bar, First Down Dash, Peppy San Badger, and High Brow Cat, and are being started under saddle by Parelli Professionals. Tad and Axle have already been purchased by new partners; Surprise and Holly are still available. These horses will not go home with their new owners until the Road to the Summit Finale on May 7th, 2017 at Festival Magnifico. The Finale will be judged by the master horsemen of our time.

Check out Festival Magnifico to learn more!

We are extremely excited about the 2016-17 Road to the Summit season: it is a WIN for the HORSE; a WIN for the new owner; a WIN for these Professionals; and it is a WIN for potential youth, therapeutic, horse welfare, and advanced scholarship recipients. For more information, visit:

http://parellifoundation.org/rtts-2016-17
The Parelli Savvy Summit is a very exciting time at the Pagosa campus, especially for the Parelli Foundation - it's when we have the Annual Gala Party, which is always a highlight for everyone that attends.

This year's theme was "Be Your Own Rock Star." Thanks to the work of many volunteers, the decorations were even more impressive than in years past. The costume contest generated some amazing costumes, especially from two people that I'm sure everyone knows - Carol Coppinger as Cher and Tina Giordano as Elvis. They were a sight to see!

Everyone enjoyed delicious food catered by Chavolos. Beer and wine were also plentiful and supplied by Pagosa Brewing. We were entertained by the band "Broke with Expensive Taste," playing great rock music from the past few decades. Then the music changed to a very beautiful Hawaiian song; the crowd was treated to a Hawaiian dance performed by well-known Parelli Professionals Ryan Pfouts, Jake Biernbaum, and colleagues in hula skirts. As in years past, this surprise entertainment raised additional money for the Foundation.

Then it came down to the serious business of fund-raising. The Foundation couldn't do all the wonderful things it does without our donors. The live auction raised a total of $57,200, $20,000 of this for two days with Pat and Linda; the Gala raised a total of $77,557...another huge success for the Foundation. Many thanks to Theresa Fincher and all those who helped make this happen.
By Lori Northrup

It was such an honor when my sister-in-law, Dr. Christiane Northrup, agreed to be the featured speaker at our Parelli Foundation "Living Your Purpose" event this past May. Theresa Fincher and her team of amazing volunteers found a lovely old hotel in Hopewell Junction, just outside of New York City, to host the event. It was a magical setting, first for the VIP cocktail reception, and then for the delicious dinner buffet under sparkling lights, featured presentations, and silent-auction festivities.

One of the highlights for me included getting to meet the ladies from ACTT Naturally Thoroughbred Rescue and hearing their founder, Valerie Buck, tell us about her lifetime experiences at the track exercise-riding Thoroughbreds (what a man's world!), and now pouring her heart and soul into rescuing and rehoming these magnificent horses.

Next we introduced Christiane Northrup, M.D., the visionary pioneer in women's health. Chris is a dynamic speaker who had the audience learning, sharing, laughing, asking questions, and loving every minute of it. She is well-known as the host of eight successful public television specials, the keynote speaker on TV features with Oprah Winfrey, the Today Show, Good Morning America, Dr. Oz, and as a 3-time New York Times bestselling author. Reader's Digest named Dr. Northrup one of the "100 Most Trusted People in America." From our preparation for this big night, I knew that Linda Parelli was heartsick that her travel schedule didn't allow her to join us for this special evening with Chris, but she sent her best wishes after watching Chris on a Super Soul Sunday with Oprah.

Chris spoke with energy, humor, and verve, and proceeded to share with us her "10 Simple Steps to Make Your Life Work."

1. Get at least 30 minutes of sun exposure outside every day, and watch the sunset build trust.
2. Touch the earth, literally, with your bare feet. Twenty minutes barefoot on the earth overcomes jet lag and reduces inflammation. An alternate is to hug a tree!
3. Stretch - stretch your midline, stand and sit slowly so the very action is a stretch, bend sideways to both sides, and then rotate your hips.
4. Gaze at the moon for at least five minutes - it is calming.
5. Supplements that you should take include magnesium (800-1,000mg/day) and iodine (3-12 mg/day unless you are in an area with high iodine). Consume more fat and less sugar.
6. Allow your soul to become active and begin to direct your life...this often builds in one's 40s. And realize that negative emotions indicate an unmet need; figure out what that need is, and meet it.
7. Develop and enjoy rituals of pleasure: examples can be through exercise, meditation, and sex.
8. Avoid unnecessary drugs in your body; she suggests reading Dr. Sinatra's work at www.drsinatra.com.
9. Breathe properly through your nose. While exerting yourself, if you need to breathe through your mouth, you are pushing yourself too hard.
10. And, most importantly, rely on the goddess within. Every morning, start your day with: "OK, Goddess, be my guide today, and work through me." Then pay attention to what the divine says to you throughout the day.

She referenced www.worldserviceinstitute.org/index.html for further readings. And, of course, Chris' own books are wonderful references.

Lori Northrup, Dr. Christiane Northrup, Theresa Fincher

This event left everyone radiant from their special time with Dr. Christiane Northrup, the supportive and interested audience, and this chance to support the good works of the Parelli Foundation. I was the lucky high bidder on an
incredible "Ride the Beach at Cape May, NJ" outing donated by Linda Steinberg at her brand new pristine horse facility. Linda offered to donate this again for another special fund-raiser in the coming year! Thank you, Linda.

Opportunities for Giving

By Janet Johns

Everyone has an opportunity to help make the world a better place for horses and humans with the Parelli Foundation's wide variety of giving options. You can support Parelli Foundation activities with our flexible giving plans, donate non-cash assets, or direct charitable donations from other sources such as Amazon and Office Depot.

Giving Plans

Open donations can be made at any time, or you can set up a regular giving plan. To find out what it takes to become a Walk, Trot, Canter, or Gallop partner, go to:

ParelliFoundation.org/giving

Rehoming 4 Life Challenge

Too many horses only have a past. Help us give them a future. For 2016-2017, we have paired nine rescue horses and a mule with our Licensed Parelli Professionals to be developed to their full potential with natural horsemanship principles. These deserving equines will take part in an adoption process to match them with the best forever partner. Come and see these equines and their trainers at Festival Magnifico in May 2017. Contribute to our crowdfunding to
help a specific equine in our Rehoming 4 Life Challenge, or donate to the general fund to ensure the future of the program at:

ParelliFoundation.org/rflcsponsorship

Pegasus Circle
The Parelli Pegasus Circle recognizes very special people who have made a legacy gift to the Foundation. You can designate a legacy gift through your will, trust, or retirement plan to benefit the Foundation. More information here:

ParelliFoundation.org/planned-giving/

Endowment Fund
The Parelli Foundation Endowment Fund was established by the Board of Directors in July 2015. It is a permanent fund designed to ensure the mission of the Parelli Foundation: to help create a better world for horses and humans through natural horsemanship education. The Board of Directors decided that donations to the endowment fund will not be used by the Foundation until the principal in the fund reaches one million dollars. When this principal anchor amount is reached, the board will use conservative spending rules with the goal of maintaining or growing the principal. More information here:

ParelliFoundation.org/endowment/

Memorial Funds
Several loving families have generously set up memorial funds to benefit Foundation activities and scholarship recipients. Visit ParelliFoundation.org/memorial-funds for more information.

Enjoy shopping at Amazon, and Amazon will donate to the Parelli Foundation. It's easy and free to participate. Go to www.smile.amazon.com from the web browser on your computer or mobile device and select "Parelli Foundation" as the nonprofit that will benefit from your purchases. From then on, your eligible purchases (which are clearly marked as being part of the Amazon Smile program) will result in .05% of the purchase price being donated to the Foundation.
Lovingly Used Equipment

Donate your lovingly used Parelli equipment and we will match it with the needs of a non-profit horse rescue, equine therapeutic center, or youth club to make sure they have natural horsemanship tools: ParelliFoundation.org/lovingly-used-equipment-needed

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REHOMING 4 LIFE PARTNERS
Participating Parelli Professionals who have donated their time
to developing these equines to their fullest potential:

Meggie Andrews
Jake Biernbaum
Jerilyn Caldwell
Mattie Cowherd
Ashley Dudas
Rhett Fincher
Erin Fowle
Robert Goodland
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RETIRED BOARD MEMBER
Lori Northrup
Volunteers keep the Foundation running!
By Seth Burgess

The Parelli Foundation is run by a small staff and a large group of dedicated volunteers who subscribe to the Parelli Natural Horsemanship core values, including everything from "putting the relationship first" to "getting it done with a little fun." There is always a job for you if you want to join our team and share your gifts. Just fill out our volunteer application at ParelliFoundation.org/volunteer

Be sure to Follow us on Facebook

- Looking forward to 2017 -

Thank you Theresa Fincher. Theresa came on board as the Foundation Executive Director in late 2014. As many of you know, Theresa is battling breast cancer and has decided to step down from her position. Foundation Director of Operations, Seth Burgess, said of Theresa, "She has more gifts than the law allows." Former Director of Programs, Marilee Donovan, said, "She built a level 5 team which is as good as it gets ."

During her time with the Foundation, Theresa provided non-stop innovation in programs, fundraising, and administration. With the team, she developed the partnership giving program, expanded giving options to include crowd funding, developed the Rehoming 4 Life program, enhanced the Road to the Summit initiative, implemented the Future of Horsemanship program for youth, added excitement to the Gala at Savvy Summit, started scholarships for therapeutic centers, implemented numerous administrative efficiencies, and topped it all off with her signature achievement, Festival Magnifico, bringing together some of the best master horsemen of our time in one spectacular event planned for May 5-7, 2017.

Theresa will be missed by our team, our donors, our sponsors, and anyone who has ever been drawn to her positive visionary style. She truly embodies the core values of the Foundation as she puts relationships first and always does things with a little fun. Theresa... we wish you the best of healing and the brightest future. Thank you for your time as our Executive Director.
Thank you Lori Northrup. The Parelli Foundation would not exist if it were not for Lori Northrup. Pat Parelli and Lori worked together to develop Pat’s vision and dream for the Parelli Education Institute which evolved into the Parelli Foundation: helping create a better world for horses and humans through natural horsemanship education. Lori has led the charge as the Foundation’s first Executive Director and as President of the Board in bringing on volunteers, board members, sponsors, and overseeing operations of the Foundation as it has developed over more than four years. We are so grateful to her for her dedication and tremendous attention and effort. Late in 2016, with other personal and professional obligations in need of her attention, the board reluctantly agreed to let her step down. We will miss you, Lori!

Thank you to Marilee Donovan for her tireless years of service to the Foundation. Marilee joined us as a volunteer when the Foundation was brand new and has served as both Team Coordinator and Director of Programs. She has never failed to take on any task that needed to be done and has exceeded expectations at every turn. We will miss her attention to detail which was always moderated by what she called her "simple hat." Thanks Marilee!

Parelli Foundation

[www.parellifoundation.org](http://www.parellifoundation.org)
[www.festivalmagnifico.org](http://www.festivalmagnifico.org)

Here’s to a happy and healthy 2017!

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Helping to create a better world for horses and humans through natural horsemanship education