

HOOVES THAT HELP

Red River Riders provide
therapeutic horseback riding

PAGE C2

Jayce Steichen takes a turn at grooming Tony, one of the horses used during a class demonstration at the Red River Riders therapeutic horseback riding facility. Harry West, who has volunteered for the program for more than seven years, looks on. Jayce has taken part in three classes so far.

LYNN ZAFFRANN

Organization gives therapy through horses

Red River Riders gets help from benevolent groups in Shawano County, seeks volunteers

By **LYNN ZAFFRANN**
Correspondent

The Red River Riders recently held an open house at its facility on Cherry Road in the Town of Richmond that highlighted not only its impressive facilities and riding demonstrations by students, but also the many volunteers who make it a unique therapeutic horseback riding venue.

Open house attendees were treated to demonstrations by volunteers assisting students through the paces of a typical class.

"We work with them on exercise. We play games. We try a little trotting," said Chris Baldwin, executive director. "Classes are an hour long, and incorporate mounting the horses, doing some walking and limbering up."

Baldwin founded the program in 1985 after networking with similar organizations in Wisconsin.

"This is only our second open house," Baldwin said. "We had one in 2019, but with COVID, this is our first chance to do it again."

"We've been lucky to have great volunteers. We've had to cut back (on classes) because there are not enough volunteers. If we had more volunteers, we could expand to at least three days a week. Right now, we have four riders per class and have requests from more potential participants."

Explaining the requirements for volunteers, Baldwin said that most volunteers come without horse experience.

"The horses go through our rigorous screening," she said. "They are very calm and quiet, easy to manage, enjoy people and have a sixth sense about the people that are around. It's a good place for someone to learn about horses for themselves, but also to help other people."

Linda Grignon started as a volunteer about four years ago. She volunteers once a week, and one of things she enjoys is "getting out and smelling horses."

"I have a lot of friends who do therapeutic horse activities," Grignon said. "When I retired, I knew that I wanted to give that a shot, and I found Red River Riders. I called, and they were having a volunteer meeting that night, so I came over."

Kara Muthig is the mother of Gavin, 20, and Grant, 17, who are both students with Red River Riders.



Sherry Blohm stands ready with Zephyr, a horse used in one of the open house demonstrations for Red River Riders on July 30 at its facility outside of Red River. Blohm side-walks the horses during classes while the students are riding, as a way to keep the horses focused and the riders safe. "This year is my first year," she said. "I've known about Red River for quite a few years. I like the program here, and they do a good thing for a lot of kids."

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"Gavin has been doing this since he was about 7," Muthig said. "He loves it and looks forward to it. It's one of the most exciting parts of his week. My younger son, Grant, definitely likes the movement of the horses. He gets very relaxed when he's here. Both of my boys have autism. Grant used to need more side-walkers. Now he's become more independent with just one. You can just tell he's comfortable up there."

Being able to witness the students' improvements is mentioned frequently by the volunteers at Red River Riders.

Carrie Barribeau has volunteered

on and off since the start of Red River Riders, being at the Tuesday and Wednesday night classes and serving on the board for the program.

"Watching the students' progress — some start out pretty timid, then watching them gain confidence learning they can trust the horse and how it helps them physically," Barribeau said. "When they start out, there might be some stiffness, for example, depending on what their challenges may be. Then, after they ride, they are looser. They can move, and there's their interactions with what I call our equine therapists. Their interaction with the horses is what's



Chris Baldwin, executive director of Red River Riders, a therapeutic horseback riding organization located between Red River and Gresham, describes a typical class during a demonstration at an open house July 30. One of the program's students, Gavin Muthig, can be seen riding in the background.

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really important and a joy to see."

Debbie Towler has volunteered for about four years, starting out as a way to get involved in the community.

"I had a horse many years ago, and this was the best of both worlds for me," Towler said. "I usually lead a horse and occasionally side-walk. The horses are very well commanded verbally. I come out once a week and do two sessions. For me, the greatest pleasure is watching the development of a particular rider from one season to the next, or to the next year."

The only paid employee is Jennifer Keller, herd manager and head instructor, who started volunteering as a teenager. She went for certifications for being an instructor.

"It's very fulfilling work; it's fun. The riders come and get better," said Keller.

Baldwin said some students may only come for one six-week session, while others come for all three sessions. Even year to year, she and the other helpers see improvements.

"Balance, muscle strength, core strength, interactions between riders and volunteers, sitting up straight, learning to follow directions and think a problem through, there are so many aspects of it that are aiding and helping riders, and we make as many adaptations as we need in order for us to help each person get what they particularly need," Baldwin said.

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Bowhunters tune gear, shoot practice arrows

A little book called “Zen Bow, Zen Arrow” by John Stevens tells the story of Japanese master archer Awa Kenzo, arguably the greatest bow shot in his



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enlightenment.

“With each shot, see your nature,” Kenzo taught his many disciples. “Shoot with your character. To see your true nature in each shot is the Great Way of Peace. That is all you need.”

Kenzo often used unorthodox techniques and advice to help his students think beyond accurate shots, but for most of us, the goal is striking the center of the target or taking down a deer this fall.

Although I’m bucking the trend of technology this season by moving away from ultra-compact, high-speed compound bows and arrow-throwing machines called crossbows, the need for practice before the Sept. 17 archery-deer opener is a universal one.

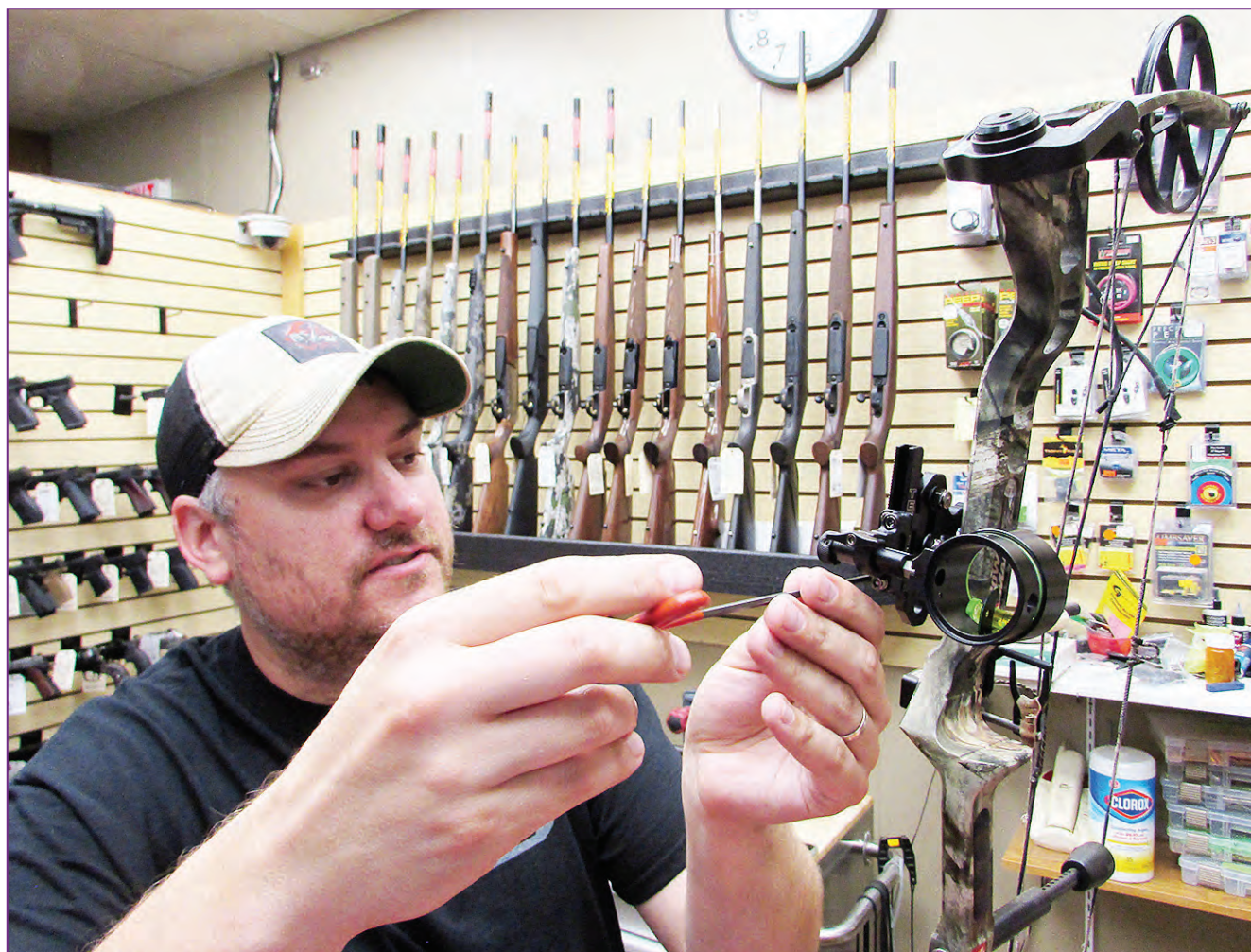
I checked in last week with one of our local experts, Justin Steinke, general manager at Butch’s Archery in rural Embarrass. He was just wrapping up a collection of about 40 customer bows and crossbows that needed new strings, cables, sights or other professional fixes.

His sparkling-clean indoor archery range was quiet, except for employee Brock Smejkal, who needed to fire a customer’s Ravin crossbow in order to release the trigger box mechanism from the cocking belt so that it could be worked on.

To say that today’s compound bows and crossbows are complex is like saying Kim Kardashian has too much body Bondo. Some of these devices cost \$1,000 (compounds) to \$4,000 (high-end crossbows) and can fling arrows at 400 to 500 feet per second. Compare that to a traditional longbow or recurve that shoots at 160 to 200 fps. Strings on the latter can be replaced in the field in seconds, without a mechanical bow press.

Steinke is surprised that more bowhunters don’t use his air-conditioned, bug-free range in the summer. Many outdoor 3-D archery shoots

country during the early 1900s. Kenzo used the bow to not only supply his family food and provide protection, but also to teach a martial arts form and even as a device leading to spirituality and



Justin Steinke, general manager at Butch’s Archery in rural Embarrass, installs a new sight on a customer’s compound bow in preparation for the Sept. 17 archery deer season opener. The demand for pro-shop bow and crossbow work is expected to increase at Butch’s and other area archery shops in coming weeks.

ROSS BIELEMA

are continuing this month at clubs in Shawano, Birnamwood and Clintonville (check their Facebook pages for details) to give bowhunters practice on foam game animals in a wooded setting to simulate actual bowhunting conditions (including bugs and heat).

As always, hunters often procrastinate when it comes to getting their weapons either fixed or equipped with new sights, arrow rests and other improvements.

“The crossbow shooters tend to wait till the last minute,” Steinke said. “Everyone needs to remember that Wisconsin isn’t the only state with an archery season, and western states start earlier.” The nationwide demand for bow and crossbow parts will be filled first in western states, meaning it’s typically a two-week minimum wait for parts here in Wisconsin.

Butch’s is a stocking dealer and repair center for most popular brands, including Bear, Mission, Diamond, Elite, Mathews, PSE, Bow Tech, Hoyt and Prime for bows and Excalibur, Wicked Ridge, Ten Point, Mission, Ravin and Centerpoint for crossbows.

If you buy the new sights, arrow rests and other goodies there, installation is normally free, but if you order online, expect to pay for installation.

Depending on how much you shoot your bow or crossbow, you should expect to replace your strings and cables every three to four years on a bow and about every three years on a crossbow (Ravin specs call for string/cable replacement every two years, but Steinke recommends every 18 months).

Bowhunters can help their gear last longer and perform better with a few inexpensive maintenance items and some common sense.

Keep those bow and crossbow strings waxed with rub-on tubes of bowstring wax. (Butch’s even has their own branded version at the front counter.) When your string starts looking fuzzy, it’s time to wax.

Crossbows need to use rail lube such as Rail Snot or Scorpion Venom every 10 to 12 shots. Butch’s has their own version of that at the front counter, too.

If you hunt in the rain or otherwise get your gear wet, be sure to dry off

your bows, crossbows and broadheads to avoid rust, which can damage bearings and bolts. Steinke likes to use an air compressor to blow the moisture away, even in those tiny nooks and crannies.

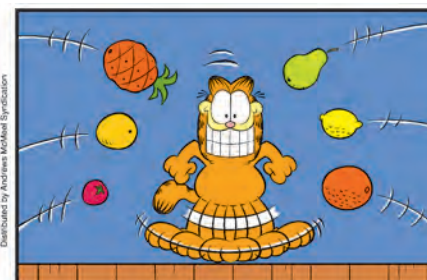
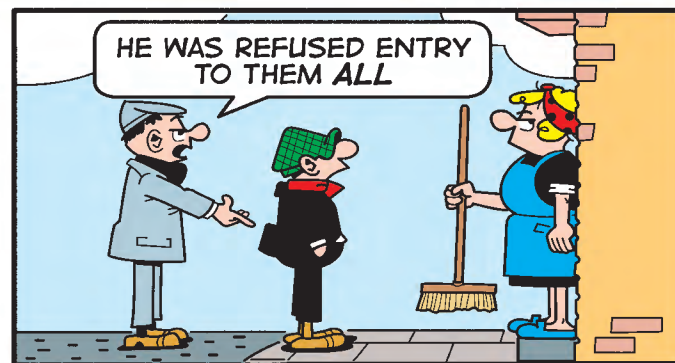
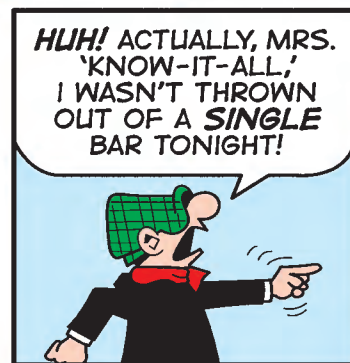
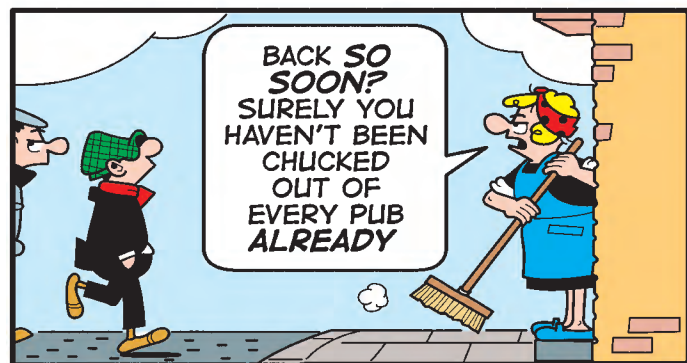
Be sure to check your sights and scopes to see they are dialed in for the various ranges you plan to shoot and also shoot a few broadheads, not just target points, especially if you shoot fixed-blade heads. Although expandable heads generally will fly similar to a target point, they don’t necessarily fly the same. I’ve not had good luck getting fixed-blade heads to fly straight with my recurve bows but am planning to try an expandable/fixed blade hybrid head I picked up at Butch’s.

Good luck can help us all this fall, but tuning your gear early and properly and practicing a few arrows a day till the opener will take most of the need for luck out of the successful hunting equation.

Ross Bielema is a freelance writer from New London and owner of Wolf River Concealed Carry LLC. Readers can contact him at Ross@wolfriverccw.com.

ANDY CAPP

by Smythe



Diamond Lil

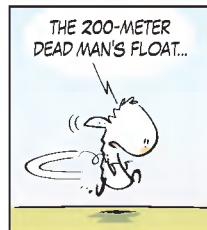
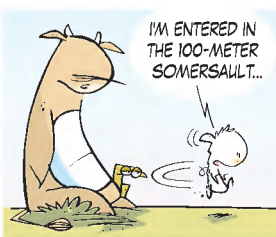
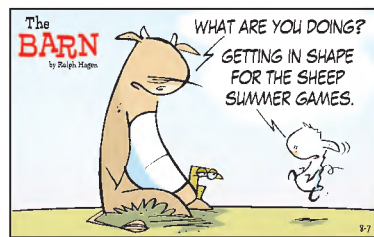
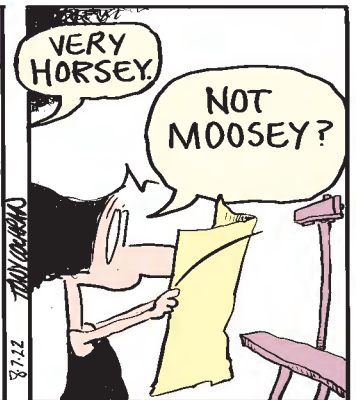
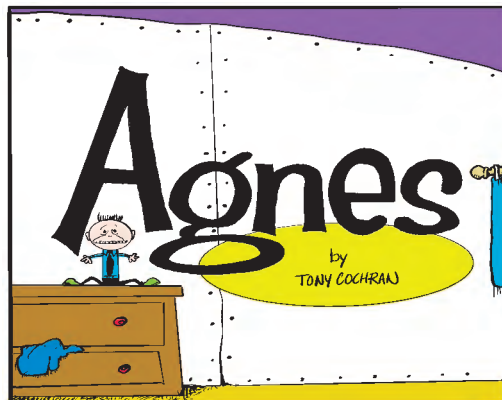
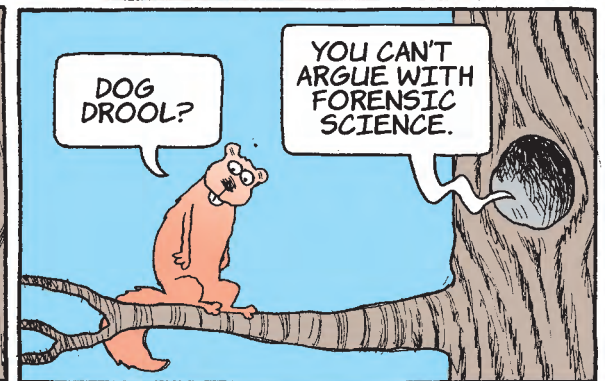
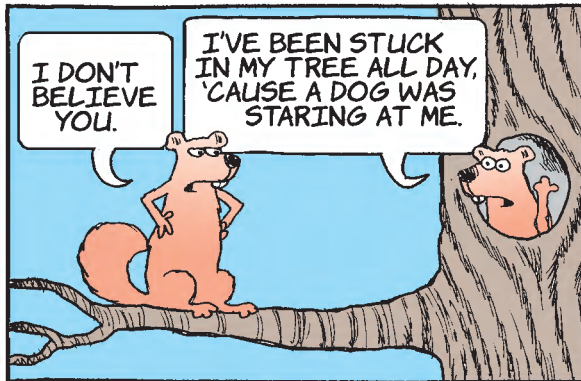
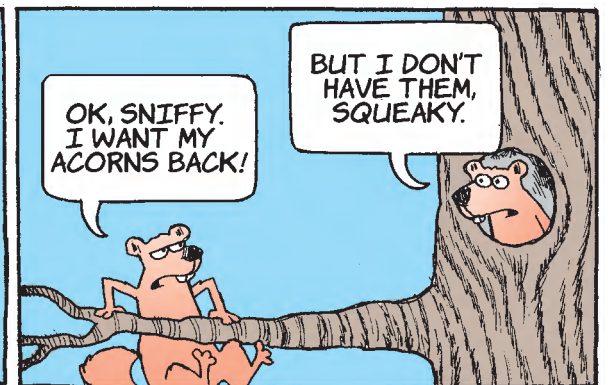
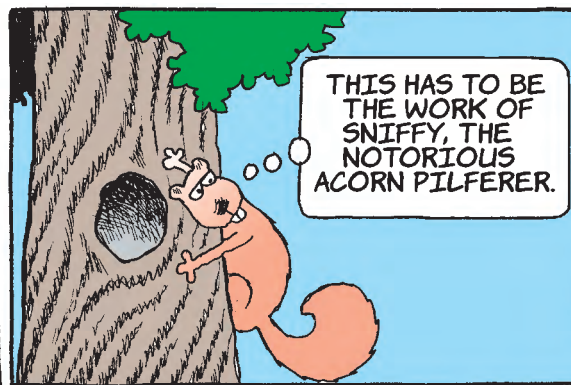
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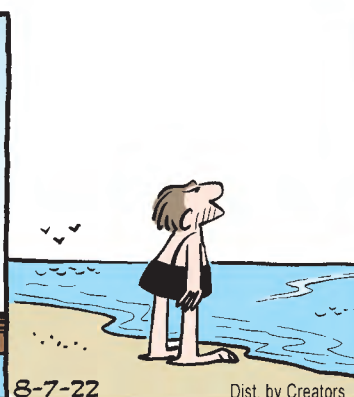
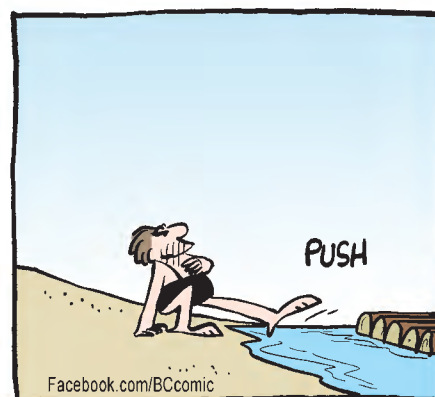
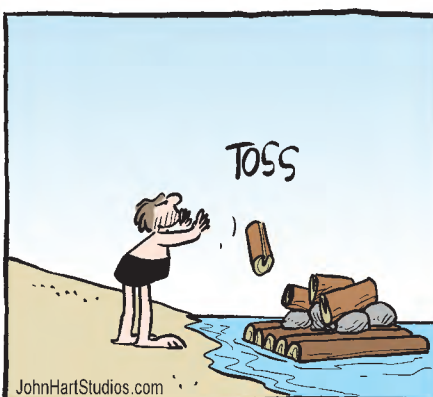
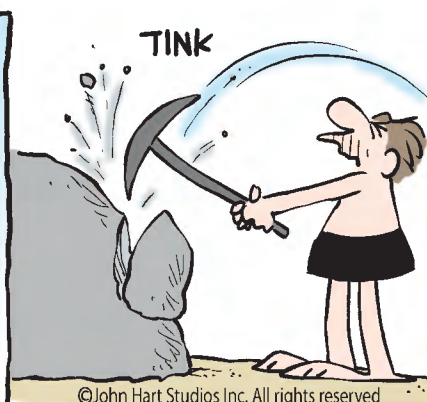
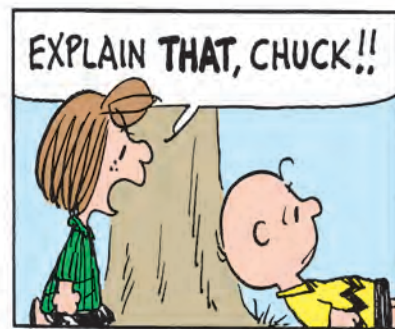
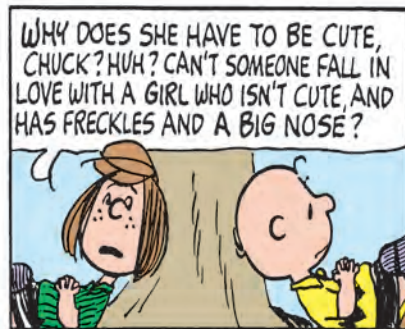
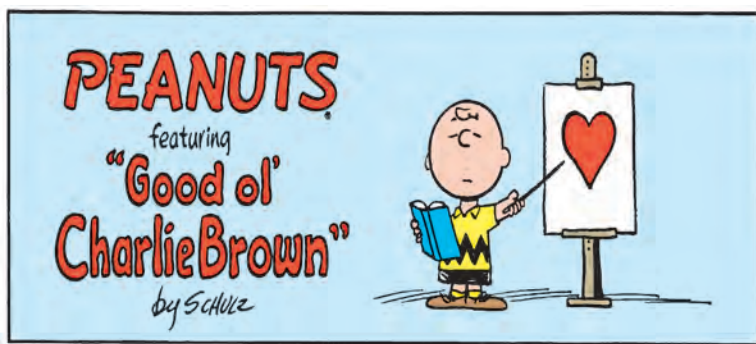


Puzzle Answers

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7	9	6	1	3	2	5	4	8
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9	7	8	5	2	4	6	3	1
4	6	3	8	9	1	2	5	7
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2	4	5	7	1	9	8	6	3
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New barn quilt where farm 'used to be'

Doug and Barbie (Walla) Omernik have sponsored Shawano County's 391st barn quilt that is on a shed on a 6-acre plot they purchased in 2019 from Ken and Maddy Holmes at W3476 Hofa Park Road, Pulaski.

The quilt pattern they selected is called "Carolina Lily."

"Since purchasing our home, we have enjoyed meeting people who tell us stories about our property and what 'used to be' there," Barbie said. "This is the favorite opening line by those who have shared the history of our homestead."

The Omerniks have heard often how what is now their wildflower field and was used by neighbors' honeybees and a multitude of wild-life "used to be" a cow pasture. The old well that was used daily to pump water has been capped and turned into a shrine with a statue of the Virgin Mary and an angel. The old hand pump is still next to the old well.

The hill in the back was used to drive a tractor into the hay mow (and which now has a wishing well

on top) is where the barn "used to be," according to the Omerniks. They said the round base of a silo that "used to be" there now displays an old combine and an old kitchen wood stove that serve as reminders of simpler times.

Other reminders of what "used to be" are spread among the wild vegetation along a walking trail — including an old plow, seeder and disk.

"We know there was a lumber mill on our property, too," Barbie said. "At one time, in the field, there was a large commercial fishing boat painted as Noah's Ark. It's no longer there, but is still fun to hear about, but maybe biblical times are too far back in history to talk about here.

"We are proud to be part of the Shawano County barn quilt trail with our beautiful quilt and are proud of our homestead history."

The barn quilt was painted by the Shawano County barn quilt committee and was put on display by LeRoy and Keenan Raddant, who work for Raddant Electric in Shawano.



Doug and Barbie (Walla) Omernik are shown with Shawano County's 391st barn quilt on their property at W3476 Hofa Park Road, Pulaski.

JIM LEUENBERGER

CLUB NOTES

Trout Unlimited

At its July meeting, the Oconto River Chapter of Trout Unlimited awarded the Don Wagner Memorial College Scholarship to Kayla Reed, of Sobieski. The \$500 scholarship is awarded to a student anticipating a career in a conservation-related field. Reed is majoring in aquatic science and fisheries and water resources at the University of Wisconsin-Stevens Point. She is a graduate of Pulaski High School.

Applicants are judged by their academic records, community involvement and commitment to a conservation related field of endeavor. Reed has received several academic honors and has worked in the field of her major. These work positions were provided through universities and the Wisconsin Department of Natural Resources. Chapter members congratulate Reed on her achievements and wish her the best of luck in her future conservation efforts.

Also reported at the July meeting was the successful stocking of approximately 1,150 rainbow and brown trout in the main Oconto River. A mix of keepable trout (10- to 14-inch) were placed into a stretch of the



KAYLA REED

Oconto that has less than ideal cold-water reproduction potential. A DNR fish stocking permit is required. Stocking locations were at public access landings at Suring, Hintz, Underhill and Pulcifer. The Suring High School Trout in the Classroom students were able to witness the stocking in the river at the Suring bridge.

The stocking was made possible by the chapter's Go Fund Trout program with a startup of \$1,000. The fund collected \$2,900 in donations from members and friends of trout fishing. The chapter would like to thank those clubs and individuals that contributed to this project. This is the chapter's eighth consecutive year of stocking trout, and it has been one of the most popular and appreciated programs of all the many in which the Oconto River Chapter participates.

For information about Trout Unlimited, go to ocontorivertu.com.

44th **Shawano Folk Music Festival**

Music

Under the Trees Again

Pat Wiley • Anne Hills • Andy Cohen • Wade Fernandez
 Art Stevenson & High Water • Bounding Main • Crystal River Trio
 Indigie Femme • Fox and Branch • Papa John Kolstad & Gary Schulte
 Jahmes Finlayson • Zander Raymakers • Cory Arndt

August 12-14, 2022

Mielke Park and Mielke Arts Center, Shawano WI
shawanofestival.org

AROUND THE COMMUNITY

Bike the Barn Quilts coming in September

Shawano Pathways is inviting bicyclists on a scenic fall ride for the 10th annual Bike the Barn Quilts on Sept. 24.

The event features non-competitive rides ranging from 17 to 70 miles showcasing many of Shawano County's almost 400 barn quilts. A 22-mile guided tour is also available.

Registration fee includes a continental breakfast, lunch, maps, signed routes and food/water stations. Entry is \$40 before Sept. 1, \$45 during September and \$50 for those who register the day of. There is an additional \$5 fee for the guided tour ride.

Those who pre-register will get a limited edition tie-dye T-shirt or long sleeve jersey. Registration information and access can be found at www.shawanopathways.org.

Proceeds from this event will help support the purchase of user-activated lights at the Main Street intersection of the Mountain Bay Trail in Shawano.

Prior to Bike the Barn Quilts, Pathways is also holding a Barbecue and Bluegrass event from 6-9:30 p.m. Sept. 23 at the Koeller Century Farm W7950 Oak Ave., Shawano. The barbecue goes from 6-8 p.m. Burnt Toast and Jam will be performing, and there will also be a cash bar, raffles and displays.

Tickets are \$15 in advance and \$20 the day of the event, \$10 for ages 6-12 and \$5 for ages 5 and under. Advanced purchase is recommended; tickets are available at Glas Coffeehouse or Coldwell Banker in Shawano. For information, contact Nancy Brown-Koeller at info@koellercountryevents.com.

Pathways will also be holding a quilt raffle at Bike the Barn Quilts. Details can be found on its website.

For information, contact Matty Mathison at 715-304-9796.

Play offers perspective on dementia

The play "In the Garden," which focuses on a family facing a crisis because of dementia, is part of a special resource fair and lunch scheduled for noon to 3 p.m. Aug. 15 at Oconto Falls Performing Arts Center, 210 N. Farm Road, Oconto Falls.

Another performance will take place at 5 p.m. the same day at Franklin Park, 235 S. Washington



Stan and Laurie Frey, of Oconomowoc, listen to instructions before they begin their journey on a double bike at the 2021 Bike the Barn Quilts event at Memorial Park. FILE | NEW MEDIA

St., Shawano.

The live performance may be meaningful to the families of individuals living with dementia, professionals and the general public in our community, who would like to learn more about dementia, caregiving and the family dynamics involved when caregiving, said Mary Jo Ruleau, dementia care specialist with the Aging and Disability Resource Center of the Wolf River Region.

The play, produced by The Remember Project from Minnesota, features a family — a recently deceased mother who was caring for her husband with apparent dementia and three adult children with varying personalities. Ruleau said the story is intended to garner conversation about how to support families, caregivers and individuals needing care so that the caregiving experience becomes a positive experience for all involved.

"Under normal circumstances, families do not often think to plan for the future of caregiving needs," Ruleau said. "We do not sit down

to Sunday dinner and discuss what happens if Mom or Dad develop dementia or other long-term illness which require support. We do not discuss who is going to carry out these caregiving duties or even how they will be paid for. Instead, we chat about the Packers or the Brewers and oftentimes, when someone needs care and support, there is no plan with adult children left wondering what to do next."

Doors open for a resource fair, lunch and registration at noon, with the play scheduled to begin at 1 p.m.

The free event is made possible by the funding from The Forget Me Not Fund, Shawano County Human Services, ADRC of the Wolf River Region and the Menominee Nation. A box lunch will be provided to all registered participants before the play, with a discussion, and questions answered following the performance.

Registration is available online through Event Brite at <https://wolfriver-garden2022.eventbrite.com> or by calling the ADRC of the Wolf River Region at 855-492-2372.

For more information, visit the website for The Remember Project at <https://rememberproject.org>.

Historical society to sponsor class reunion

The Suring Area Historical Society is sponsoring the annual all class reunion Sept. 4 at Romy's Holiday Inn at Kelly Lake, 9600 County Road G, Suring.

A sit-down dinner of chicken and tips will be served at 5 p.m. All interested are invited to join the society for an evening of socializing and good food. To register, send by Aug. 20 the registration fee of \$30 to SAHS, P.O. Box 85, Suring, WI 54174. The cost of the dinner is \$30 per person, tax and tip included.

For information, call Adelaide Boettcher at 920-842-2041 or Helen Heimerl at 920-842-2400.

The proceeds from the event will help sponsor the work that needs to be done at the Suring Museum. For those in town all weekend for the reunion, the museum will be open Sept. 3 from 10 a.m. to 4 p.m.

Puzzles

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THE NEWSDAY CROSSWORD

Edited by Stanley Newman (www.StanXwords.com)
CELEBRITY ROSTER: The ultimate Who's Who
 by S.N.

ACROSS

- 1 Bit of genetic engineering
 7 One who belittles
 13 Mineral in geodes
 18 Stir-fry staple
 19 Ebb, as the tide
 20 Legendary horsewoman
 22 Author of *The Natural*
 24 Worn away
 25 TiVo button
 26 Jeffersonian faith
 27 Airborne polar explorer
 29 Laudatory poems
 31 Concerning kidneys
 33 Emblem of approval
 34 Nonstandard plural pronoun
 35 Minimally
 36 Raised, as rabbits
 38 Per__ allowance
 40 __ favor (polite Spanish phrase)
 41 Silicon Valley pioneer
 46 Reservoir fillers
 49 Fun to be around
 50 Fiery stack
 52 Systematic study
 56 Latter-day Tony Bennett singing partner
 57 Comparable to a wet hen
 58 Web page input area
 59 "For example . . ."
 62 Great boldness
 64 Lively, on a mus. score
 66 Order for dinner
 67 Drink on draft
 68 *Cyrano de Bergerac* author
 73 European Union predecessor: Abbr.
 74 Branch of a beech
- 76 Free of clutter
 77 At the minimum setting
 78 Associates of MDs
 79 City near Seattle
 83 Of feathered friends
 85 Mosque leader
 87 Hanukkah centerpiece
 88 __ Fein (Irish political party)
 89 Overly ornate
 92 Spa treatments
 94 Viennese analyst
 98 L.A. campus
 101 Peruvian progenitor
 103 Dubbed group
 104 All-inclusive prefix
 105 Stacks
 108 Mia of soccer fame
 110 Film reviewer Roger
 113 Give an autograph
 114 Giant of silent-era comedy
 117 Triple-decker treats
 119 Birth name preceder
 120 Heaven on earth
 121 California university founder
 124 Lent a hand
 125 Did as told
 126 OK to ingest
 127 Beloved ones
 128 Elapse
 129 Caught sight of
- 9 Rent__ (airport service)
 10 Round of four
 11 Brought forth
 12 Carrot-top's trait
 13 Suffix for teen
 14 Motown Records founder
 15 Mexican marinade
 16 Clean house
 17 Very, very
 21 Venomous snake
 22 Wide-ranging
 23 CNN alternative
 28 Grp. with Orioles
 30 Run-in with a wasp
 32 Pounces
 37 Cocktails with not much vermouth
 39 Rat relatives
 42 Oscar actress Keaton
 43 Summoned via beeper
 44 Cause for fear
 45 Liquid-Plumr rival
 47 Turn down, so to speak
 48 Eve's third child
 51 One-time Tesla employer
 53 Hoops pro
 54 Bewitching bunch
 55 CFOs, for instance
 57 Trojan War hero
 59 Massachusetts city offering Haunted Happenings
 60 Full of energy
 61 Nation on the Red Sea
 63 Otto __ Bismarck
 65 K2, for example
 69 Oscar actress Viola
 70 Bring into harmony

DOWN

- 1 Boxer's training target
 2 Become aware of
 3 Linked-computers acronym
 4 Apple that's flat
 5 Pie maker's gadget
 6 Oscar actor Redmayne
 7 Food service giant
 8 __ Paese cheese

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8/7/22

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- 71 Wanderer
 72 Pluto's classification
 75 Forehead
 80 Age with a name
 81 Fleet vehicle
 82 Stanley Cup awardee
 84 What Germans call Merkel
 86 Some Prado paintings
 90 Group operating Florida casinos
 91 Yearned (for)
 93 One of the mollusks
 95 Victim in Clue
 96 Web surfers
 97 Supped in style
 98 "Yup"
 99 Off one's feet
 100 Singer/songwriter King
 102 Single-celled creature
 106 Family guy
 107 Less forthright
 109 Standish of the *Mayflower*
 111 Start over at golf
 112 Cousins of Kermit
 115 Family guys
 116 Much more than a moment
 118 Scissor sound
 122 Cornhusker St.
 123 CIA counterpart

THE ORION

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LIVE!

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LEANN RIMES

SEPTEMBER 10 • 8PM



BEER FEST
SEPTEMBER 17 • 1PM



CAR SHOW
9AM

OCTOBER 1



6PM



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