



Antelope Horn

Newsletter of the Kern-Antelope Historical Society, Inc.
Member of the Conference of California Historical Societies
May, 2023

Meetings:

Regular Meetings:

- 2nd Thursday of the month (except July, August); 5:30 pm.
- Rosamond Public Library -
3611 Rosamond Blvd, Rosamond, CA

Board Meetings:

- 4th Thursday of the month as needed; 4 pm.; all are welcome, email for directions to location.

Hello to all our Kern Antelope Historical Society Members and Friends.

- ❖ What: **April Regular Meeting**
- ❖ When: **Thursday, May 11** (2nd Thursday)
- ❖ Time: **5:30 pm**
- ❖ Where: **Rosamond Library, 3611 Rosamond Blvd**, Rosamond, CA
- ❖ Guest Speaker: **Lisa DeJaynes**, from **Saddle Up Therapeutic Riding Stables** in Palmdale.

Thank you for your continued interest in and support of KAHS.

WEBSITE: www.kahs1959.org **EMAIL:** info@kahs1959.org

FACEBOOK: www.facebook.com/KAHS1959/

In 2000 The **National Moment of Remembrance Act** - which created the White House Commission on the National Moment of Remembrance and **encourages all to pause at 3 p.m. local time on Memorial Day for a minute of silence** - was signed into law by Congress and the President.

Memorial Day - May 29, 2023



Remember -
our fallen heroes.
They are the reason
that we are free.

The Kern Antelope Historical Society is pleased to have **Lisa DeJaynes, a director at Saddle Up Therapeutic Riding Stables, as our guest speaker at the May meeting.** This will be interesting to those who love horses, to those interested in volunteer organizations, for those who are concerned about the rehabilitation of individuals with physical, psychological and learning disabilities, and those who just love to learn about such worthwhile programs.

"Founded in 1999, **Saddle Up Therapeutic Riding Stables** is a non-profit organization which provides a horseback riding program designed for physically and mentally challenged individuals. It is operated by trained and dedicated volunteer instructors and lay people. The executive directors are Lisa and Terry DeJaynes. Saddle Up received **PATH International Premiere Accreditation** in 2001, 2006 and 2012. Everyone involved with Saddle Up is exceptional. Our students, parents and volunteers are the strength and foundation for our accomplishments every day."

Make plans to come out **Thursday, May 11**, to hear from Lisa. Join us at the Rosamond Library, **starting at 5:30 pm.** The following article is from the Saddle Up website, which explains their purpose and how they have been accomplishing that for almost twenty-five years. For more information go to: <http://avsaddleup.org/>



Lisa & Terry DeJaynes, Executive Directors



Nick DeJaynes



Geoff DeJaynes & Bjorg



Jesse DeJaynes



Saddle DeJaynes



Please notice: if you are receiving a hardcopy (black and white copy) of this newsletter and would like to enjoy it in color, it is available at our website: www.kahs1959.org.

Our Mission Statement: to promote and support equine-facilitated activities for individuals with disabilities.

Purpose: We promote the rehabilitation of individuals with physical, psychological and learning disabilities through equine-facilitated activities; to help establish therapeutic riding centers; support related medical research; and train and certify therapeutic riding instructors.

Major Benefits of Therapeutic Riding: Some major benefits of therapeutic riding include improve muscular tone, balance, posture, coordination, motor development, emotional development and psychosocial well-being.

Meeting the Needs of Exceptional People:

We strive to improve a student's self-confidence, muscle relaxation, strength and flexibility, and enhance balance and coordination. We also hope to bring joy to our students and parents through various activities. The program's home is in Palmdale, California (North Los Angeles County). We serve a wide range of individuals living in the Antelope Valley area.

Our Students: Our students represent a range of medical disabilities, including: cerebral palsy, Down syndrome, autism, non-

verbal disorders, seizure disorders, visual and hearing impairment, developmental and learning disabilities, and many others. For anyone, mounting a horse can be a frightening prospect. But before long, all of our children are wearing heartwarming grins that lift your heart. The opportunity for them to leave behind the world of doctors, hospitals and medicine is often more therapy than the best medical minds can deliver.

Our Parents: It is the strength of our parents that inspires us. In a world filled with challenge, strife and frustration, Saddle Up strives to provide our parents with support, understanding and even a little relief. It's how we express appreciation to them for sharing the joy of their extraordinary children.

Our Volunteers: Saddle Up couldn't exist without the grassroots efforts of our volunteers. Volunteers are integrated into literally every part of our program. Indeed, volunteers are our instructors, sidewalkers, fundraising members, board members and more. Our volunteers usually start out working with us on a limited basis, only to soon find themselves at Saddle Up every chance they get. They often tell us that working with Saddle Up children is just the therapy they need.

More Than Just a Pony Ride: For our children, Saddle Up provides more than just a good time. Research shows that students who participate in therapeutic riding can experience physical, emotional and mental rewards. For individuals with impaired mobility, horseback riding gently and rhythmically moves their bodies in a manner similar to a human walking gait. The rider must continuously contract and relax muscles to re-balance, improving balance, strength and





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flexibility. Individuals with learning or mental disabilities are motivated by riding to increase concentration, patience and discipline. If a psychological or emotional disability is present, the unique relationship formed with a horse can help improve interpersonal relationships. And as is expected, all riders can benefit from increased self-esteem and coping skills. Saddle Up incorporates goals for educational, behavioral, social and emotional growth into each of the riding lessons.

Brief History: Lisa DeJaynes, with the invaluable assistance of her husband, Terry, and sons, Nick and Geoff, began this program because they believed there to be a need for it here in the Antelope Valley area. It seemed a natural thing to do considering their love for children and horses. They started out with one horse (Lucky) and two special needs children. Since then they have grown to 9 therapy horses and over 40 riders ranging in age from 3 years to young adulthood. The participants have a variety of diagnoses, including but not limited to: cerebral palsy, Down syndrome, autism, deafness, and intellectual disabilities. This program has touched many young lives and benefits special needs children and their families here in the Antelope Valley. With the help of our very special volunteers we hope to continue meeting the needs of as many people as possible.

A few thoughts from the mother of a Saddle Up student - Marti Lindsey shared this about Max's experience at Saddle Up.

Max started riding with Saddle up and Lisa the summer of 2013. We were initially skeptical because Max, then 8, would not put anything on his face or head. The helmet is non negotiable at Saddle Up.



"Little Max" in 2013

At first Max cried and refused to wear the helmet. But his curiosity and interest in Heidi, the Norwegian Fjord, won out and Max put on the helmet and never looked back. He rode Heidi (and at the end Danika) until Covid shut them down.

In those years Max gained confidence. The program has the kids working on therapy goals and Max's speech improved greatly. The kids are also working on riding skills that are showcased at the annual horse show. There Max practiced his public speaking by answering the judges questions along with showing off the hard won skills in the equestrian arena.

The bond with the horse brings out the best in all kids and we really noticed

it in Max. It was a preferred activity but he got so much more out of it. The joy in his face as a rider was heartwarming. Lisa is the heart and soul of the operation. Our family is eternally grateful to her for everything she has done through Saddle Up.

Max around 2019



"The Fjord Horse or Norwegian Fjord Horse (Norwegian: fjordhest) is a relatively small but very strong horse breed from the mountainous regions of western Norway. It is an agile breed of light draught horse build. All Fjord horses are dun in colour, with five variations in shade recognised in the breed standard. One of the world's oldest breeds, it has been used for hundreds of years as a farm horse in Norway, and in modern times is popular for its generally good temperament. It is used both as a harness horse and under saddle.



The Fjord horse is strong enough for heavy work, such as ploughing fields or hauling wood, yet light and agile enough to be a good riding and driving horse. It is also sure-footed in the mountains. It is common at Norwegian riding and therapeutic schools, as its generally mild temperament and small size make it suitable for children and disabled individuals. It is considered a good harness horse, and is commonly used in competition and in tourist transport." https://en.wikipedia.org/wiki/Fjord_horse

Danika, one of the Fjords at Saddle Up



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Firsthand Account from a Volunteer's Mother - Jayne Ridgway had this to share about Cory's involvement with Saddle Up.

My son, Cory Ridgway, started volunteering at Saddle Up when he was twelve or thirteen. He was invited by Sandy Pizinger to come and check out the facility to see if he would be interested in helping out with the lessons. I'm pretty sure Sandy knew he would love it. If I remember right, the first time he went he just observed what they did but we knew he would be signing up. The first thing Cory had to do was go through training with Grandpa Ray, another volunteer. Then he was able to start volunteering on his own.



Ray Shultis
"Grandpa Ray"

Cory told me his favorite horse was Sonny. He got to ride the horse when a student didn't come for the day, and that gave the horse exercise and kept to the same routine. Then they got a Fjord. (It's a relatively small, but very strong horse breed, from the mountain regions of western Norway). Well she was a little feisty so Grandpa Ray was riding her to 'get the kinks out' and she bucked him off. She was a sassy little thing. So they put Cory on her and he rode her around for awhile.



I know Cory loved volunteering at Saddle Up. He did that every week until he got a full time job. He has great memories with Lisa and the crew. A special thanks to Sandy for getting him started, and to Lisa and Grandpa Ray. These three are very special to Cory.



Cory, far right, on his favorite horse, Sonny (a retired rodeo horse) - even the volunteers get to participate in horse show activities and such - 2005.

"Sandy Pizinger: What a treat to be with friends (2 legged and 4 legged!) at Saddle Up Therapeutic Riding Stables. I was privileged to be a part of this program for 10 years. They do amazing work!" Saddle Up Facebook page.



How Saddle Up has helped a Veteran - Don Sladek - as shared by his wife Chavonne Sladek.

Don Sladek is a Vietnam-era veteran who developed a rare neurodegenerative disease called Corticobasal Syndrome. He was never a horse person, but he was suggested to try "horse therapy" to help maintain and improve his balance. Watching Lisa and the Saddle Up volunteers work with clients from very young to those in their late 60s has been awe-inspiring. Saddle Up uses "hippo" therapy which focuses on unique activities to help with balance, brain integration while walking, spatial awareness, eye-hand coordination, and more. Don has participated in activities where he uses his legs to guide the horse and his strength



to stand up in the stirrups. His body has learned to mimic the horse's manner of walking. He also has focused on balance by riding with his arms outstretched and closing his eyes while doing other exercises. Don leaves each lesson feeling like his body moves easier and his brain thinks better. At the end of each 10-week session, Saddle Up puts on a horse show where clients show off their skills and celebrate each person's achievements. This has been an amazing therapy that is not duplicated by typical physical therapy. Don has loved the experience!



Don riding at Saddle Up - his smile says it all!!!



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2023-24 Executive Board - The following officers and directors-at-large were elected at the April meeting: President - Gretchen Winfrey, Vice President - Delores Julian, Secretary - Janet Winters, Treasurer - Kelly Gonzalez, Directors At-Large: Terry Landsiedel, Judy O'Loughlin, Chavonne Sladek. Chavonne then presented each board member with a photo of a wildflower which exhibited characteristics to match each person's special traits or abilities. Thanks Chavonne!

Dues are Due: It's that time of year again. June begins a new fiscal year for KAHS and dues are now payable. Remember you can pay with Zelle or an old-fashioned check or cash, even. See the membership form on the following page for more information.



For your information - an updated list of KAHS Youtube videos. If you haven't checked them out, this might be a good time to look.

Table with 4 columns: Date If Available, Speaker/Interviewed Person/Topic, Interviewer, Youtube Link. Contains 20 rows of video information.

Visit the website for more information about Antelope Valley history. Copies of recent newsletters are available, as well as other information. Follow us on Facebook for reminders about meetings and other items of historical interest. You can always contact us by email. And check out the KAHS videos which are available on YouTube.

- ★ Website: www.kahs1959.org
★ Facebook: www.facebook.com/KAHS1959/
★ Email: info@kahs1959.org
★ KAHS YouTube Videos: http://kahs1959.org/Videos/videos.html





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The Kern Antelope Historical Society greatly appreciates its business members. We hope you will support them and say thanks when you see them.

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Kern Antelope Historical Society - Membership Application

Mail to: Kern Antelope Historical Society; PO Box 1255, Rosamond, CA 93560

	Type of Membership:	Dues:	Amount Paid:
Name _____	Student/Military	\$5	_____
Mail Address _____	Individual	\$15	_____
City, ST, Zip _____	Couple	\$20	_____
Phone _____	Family	\$30	_____
Email _____	Business	\$35	_____
Date _____			

Note: • Club Year is June 1st through May 31st of the following year; new members, paying after February 1st, pay only half.
 • Zelle: info@kahs1959.org You may now use the following cell number for Zelle payments, also: (661) 609-8757.

For Sale by KAHS

Books - \$10 (*\$8) Each:

Here Roamed the Antelope
Bears - Borax and Gold
Along the Rails from Lancaster to Mojave
The Antelopes Left and the Settle-ers Came
In Love with Life in Lancaster (Hard Times
1927-1932)
Antelope Valley Pioneers
Castles in the Valley - Shea's Castle
A Page in the History of Antelope Valley: the Arthur
Pickus Story: His Home for Seventy Five Years
Mojave, A Rich History of Rails, Mining and Flight
Gold-Fever - 40 Years Digging Antelope Valley
History
Antelope Valley News and Views During Part of the
Great Depression 1925-1935

Video DVD - \$15: Antelope Valley Yesteryears

Maps - \$4 (*\$3): Historic Settlers Circle Map

Online Book: *Glimpse of the Prehistory of Antelope Valley*

**Members' Discount Prices in Parentheses*

2022-2023 Executive Board

Officers:

President: Gretchen Winfrey winfrey3314@yahoo.com
Vice President: Delores Julian ddjulirosa@yahoo.com
Secretary: Janet Winters poppiesrme@gmail.com
Treasurer: Kelly Gonzalez gonzakel@sbcglobal.net

Directors At-Large:

Terry Landsiedel
Judy O'Loughlin
Chavonne Sladek

WEBSITE: www.kahs1959.org **EMAIL:** info@kahs1959.org

General Meetings:

Second Thursday of the Month, September through June
5:30 pm - 2584 Felsite Ave, Rosamond, CA
(Exceptions: June, September & December -
Location to be announced)

Memberships:

\$5 - Student & Military; \$15 - Individual; \$20 - Husband & Wife;
\$30 - Family; \$35 - Businesses

The Kern Antelope Historical Society was established in 1959 for the purpose of learning and preserving the history of California, especially the Antelope Valley, which includes parts of Los Angeles and Kern counties. Speakers are invited to talk at our monthly meetings about aspects of our various cultures. Subjects range from Indians of the past to the Space Age. The Society offers field trips for members to significant locations in and around the valley throughout the year. Come join us to learn more about the wonders of this area we live in and also meet some new people.

**KERN ANTELOPE HISTORICAL SOCIETY
P.O. BOX 1255
ROSAMOND, CA 93560**



Since 1959