

Miracles in Motion



Volume 14 Issue 3

Fall 2001

THE RIDING CENTER HAS GROWN !

Thanks to the generosity of two loyal Miracles in Motion supporters, who wish to remain anonymous, our 10 acres have grown to be 76 acres!

We have purchased the 66 acres immediately East of the driveway, horse barn and indoor arena from Mr. and Ms. Ken Cuhel, who thought of Miracles in Motion first when they decided to sell this acreage. What a wonderful opportunity for Miracles to expand its program and services. After new fencing is installed next year, our horses will have lush pastures on which to graze all summer long, make our own hay for the winter and give our horses plenty of exercise.



A Land Utilization Committee has been established to determine how best to use our new land and develop a plan for orderly expansion. If you would like to serve on this committee, Please contact Sue Bock at 857-4141.

IT'S SO EXCITING!!! THANK YOU, THANK YOU, THANK YOU!

-Gerry Friauf, MIM Board President

Mercy Pediatric Rehabilitation Center Ride-A-Thon

INDEX

Board Notes	Cover
Program News	2
Volunteer Thanks	2
Instructor News	3
Property Report	3
Horse Committee	3
Golf Outing	3
Volunteer Spotlight ...	4
Horse Visits	4
Student Profile	5
Horse Show	5
Hats Off	6
MIM Fun Run	6
Horse Update	6
Sponsor Blankets	6
Wish List.....	6
Donor Thanks	7
Calendar	8
Bonfire Party	8
Addresses	8

The 11th Annual Mercy Pediatric Rehabilitation Center Miracles in Motion Ride-A-Thon was held on Saturday, September 8th at the Verne Upmier Farm located in Ely. Threatening weather caused attendance to be less than anticipated but did not dampen the spirits of the students, volunteers and other participants.

We want to thank the Mercy Pediatric Rehabilitation Center for again being the primary sponsor of this event as well as our other named sponsors; CEI Pacer, The Saddle and Leather Shop, The Gazette Foundation, Holiday Inn Amana and Rinderknecht Associates Inc.

Fast action by Sue Bock, instructors and volunteers in assembling a riding arena in a dry safe field saved the day for the game events. Rain the night before had rendered the Upmier arena unusable.

The event raised just over \$14,000 to date. If you still have money to turn in, please give it to Sue Bock or mail it to Art Schmidt at 2533 Falcon Dr. NE, Cedar Rapids, IA 52402.

Winners of the fund raising awards will be announced as soon as they can be determined. Thanks to everyone who supported this event!

- Gerry Friauf

Program News – NARHA Accredited!

We are very proud and pleased (and at least one of us is very relieved) to announce that Miracles in Motion has been granted accreditation by NARHA (North American Riding for the Handicapped Association) for another five years. On Saturday, September 22nd, two site visitors appointed by NARHA came to the Miracles riding center to check on our continuing compliance with all NARHA standards. They surveyed the facility, watched a class, and checked our records.



Miracles received an accreditation score of 100 percent (again.) The site visitors were very impressed with our volunteers, the facility, and the organization. This very much reinforces what we already know: Miracles is a great organization, with incredible volunteers and a very solid program! **Thanks to all of you!**

- Sue Bock, MIM Program Director

I am SO proud of our Miracles program and all the fabulous volunteers who make it happen.

I had the pleasure of taking part in our national five-year accreditation process. Sue Bock and the Miracles team had done the hard work months and weeks prior.

The farm was spotless. The tack was glistening. At 8 a.m., the horse committee brought in the horses for classes... so full of mud it was hard to tell what color they were. Within the hour, those horses were mud-free and shining. At 9 and 10, Sue taught her classes, and the horse leaders and sidewalkers were perfect! What a joy to watch. Every single soul did a perfect job. Sue taught a great class. The riders were happily unaware of the "testing" taking place.

All the while, I'm with Donn and Cecile from Heartland Center in Kansas. The compliments flowed out of their mouths! On everything -- tack room organization, extensive documentation of horses' care and health, extra volunteers in the barn getting ready for the 2nd class, board fencing, the clever way we're fenced so we can get a rider to the pasture without being "un-fenced," Sue's wonderful teaching, organization of the accreditation information, our mounting ramp, the lift, quality of volunteer training, attentiveness of sidewalkers, leading skills of horse committee... It went on and on.

*I just kept saying thank you, over and over. And now I say it one more time.... **To each and every one of you who is part of Miracleswe are an awesome team. Thank you for making Miracles happen!***

- Kate Hladky



Volunteer Thanks



What else can I say but thank you for all your time, efforts, and dedication this year! I would especially like to thank all those volunteers that helped with the horse show and Ride-A-Thon. You have been a wonderful group to work with.

ONGOING VOLUNTEERS: You have been a source of strength and support for Miracles. NEW VOLUNTEERS: I hope that this has been a positive experience for you and that you will consider volunteering next year. Please encourage friends, families and co-workers to volunteer. If you think of something that will improve your volunteer experience, please let me know.

Our volunteer needs are great and many. Most evenings and Saturdays we need at least 5-6 horse committee people and a minimum of 4-8 sidewalkers. If sidewalking and horse committee are not your "forte" we can always use volunteers for office work, property maintenance and fundraising.

Finally, to show our appreciation for all you do, please be our guest at the volunteer bonfire on Saturday, October 27, 4:00-7:00 p.m. at the riding center. Food and beverages will be provided. This is a good time to show your family and friends a little more about your volunteer time at Miracles.

- Carol Heffernen, Volunteer Coordinator • CarolHeffernen@msn.com

Instructor News

As we wrap up our 2001 program year, I'd like to thank our Miracles Instructors for the great work they did this year. Again, I had the privilege of working in quite a few classes. I continue to be amazed at the energy, enthusiasm and creativity that is demonstrated in just about every lesson. As an instructor, I am inspired. I hope as a volunteer, parent or student you are, too!

Thank you, Robin!!

Robin Ballantyne, longtime Miracles instructor and the owner of Greenbriar Riding Academy, has decided to take a hiatus from instructing. While we will miss Robin's presence in the center of the arena, we will still enjoy her company as a sidewalker. Robin has gained a new perspective, "Sidewalking is hard!" (and a new appreciation for our sidewalkers!)

Thanks to Robin for your years of wonderful instruction. You will always have a place in the center of the arena awaiting you!

"Making Miracles Happen" Golf Outing

The First Annual Miracles in Motion Golf Outing was held on Wednesday, June 27th, at Hunter's Ridge Golf Course. It was a "shot gun" start, "best ball" event. As a first year event, this was a successful fundraiser, netting \$8,842. We should be able to expand and grow this event next year.

Golfers, look for this event early next spring! It's a lovely course and a great time.

Property Report: Changing of the Guard

We knew it would happen eventually: **Tim and Erin Hazen** were so happy living on a farm in the country, they just had to buy their own farm in the country! We are sad to say good-bye, but wish them well in their new adventure.

Thanks so much to Tim and Erin for their years of service to Miracles. In countless ways, they made the farm a wonderful environment for our students, volunteers, and especially, our horses. Luckily, we will still see Erin as she will still volunteer and instruct. Note to Tim: We know how much you'll miss driving the MIM tractor and just want you to know you can come back and mow our pastures anytime!

We are very happy to announce that **Sarah Williams** has agreed to be our new property manager. Sarah is a longtime Miracles volunteer and has been the backup horse care person for years. Sarah will be assisted in her duties by Winston, a five-month-old Border Collie/Australian Shepherd cross and Corey, a mature Spitz cross.

Thank you, Sarah, for taking on this challenging job. We know you'll be great!



Winter Horse Committee

A reminder to horse committee volunteers: You are welcome to work with the horses all winter long. The horses would love the attention and are always in need of grooming and basic ground work. Please remember to follow all safety guidelines, have at least one other Horse Committee volunteer with you, and log all "work" in the horse's book.

Interested? Please contact Toni Sands or Sue Bock at 857-4141 or mimotion@infi.net.

Also, on cold, wet/snowy/windy nights, the horses are usually brought inside to the barn at night to stay warm. This translates to a tremendous amount of work for the caretaker, preparing all of the stalls with hay and water, and then cleaning them all the next morning. Some days, it feels like you just got done cleaning the stalls and it's time to bring the horses in again. If you have a few minutes, call or just stop by and see if there are stalls to be done. Even tackling just one or two stalls, or sweeping up a bit, will be a BIG help.

Volunteer Spotlight by Toni Sands

Sarah Williams recently assumed the duties of barn/property manager. This is a position that falls into Sarah's hands naturally as she grew up on a family hog and sheep farm in Ely. Sarah received her degree from the University of Iowa with a double major in Environmental Studies and psychology. She has volunteered for Miracles since 1997 as a sidewalker, horse committee and exercise committee volunteer. When asked who her favorite horse is, she hastily answers Chief. Sarah brings to the farm her two best companions, her dogs Cory and Winston. She has a really cool job as an AmeriCorp member at Trees Forever in Marion, where she educates elementary school children about the environment. (She has been known to hug a tree.) Aside from her love of horses, she enjoys biking, camping and is a self-professed "quote junkie." One of Sarah's favorites is, "It's the journey that counts, not the destination." Welcome Sarah, we appreciate your dedication to Miracles.



At 18, **Barb Johnson** is one of our younger volunteers and attends Prairie High School. She has been at Miracles for three years as a sidewalker and on the horse committee. Hailing from La Crosse, Wisconsin, Barb's journey to Miracles is unique. She originally came with a friend to volunteer. Her friend quit and she continued on her own. (That was a pretty mature thing to do at 15 years of age.) Barb loves the horses, but more than that, she enjoys working with populations with disabilities. Her own sister has Downs Syndrome, so she feels completely at home and feels she communicates well with any person with a disability. Barb not only attends school and volunteers her time at Miracles, but also works at the Subway in Coral Ridge Mall. For fun, Sarah likes to play her saxophone and sing and dance in show choir. I asked her if she had a motto, and after much thought she told me she reminds herself to "be yourself."

Chris Wardenburg is a quiet person who does her job in the barn very effectively. Once you strike up a conversation, she becomes more likeable by the minute. Chris rode in western pleasure before she could actually walk. Her horse, Jack, was 23 years old when he passed away two years ago, and that brought Chris to Miracles to get her "horse fix." She has found her time at Miracles fulfilling and rewarding. Chris, who was a native of Williamsburg, moved to Cedar Rapids. She now lives on a farm with her husband who farms hogs, corn, beans and grain. (He is a busy man) Chris works for Amana Appliances as a Concession Analyst. I asked her what that meant exactly and she said she works to reduce costs within the company. Chris also enjoys volleyball and remodeling her old farmhouse. Chris' motto is to "Live each day to the fullest."

Christine Benz is a student out at Kirkwood. She is studying Wildlife Biology with an emphasis in Parks and Natural Resources. (Hey! You and Sarah should talk!) Originally a Tipton native, Christine was involved in 4-H and FFA as she grew up. She is still a member of the Cedar County Saddle Club. Christine has been with Miracles for two years as a sidewalker and horse committee volunteer. Her favorite pet is her 15-year-old gelding, Dandy. She enjoys mostly trail riding and some western pleasure. Christine recalled to me something she thinks of often that her grandfather used to tell her to try to instill a good work ethic within her. It has become her motto. "Never expect grandma to give you a free lunch." (Grandfathers are just chock-full of wisdom!)

Thank you Sarah, Barb, Chris, and Christine for your persistence and dedication over years of service to help make Miracles happen.

Visit the Miracles Horses!

Students and families: If you miss seeing your Miracles horse during the winter, you can now visit. Visiting day is the first Tuesday (except Jan. 1) of each month from 4:00 p.m. to 6:00 p.m.

Visiting dates will be on these Tuesdays:

November 6 • December 4 • January 8 • February 5 • March 5 • April 2

The horses will be in the arenas to visit and pet over the fence. No riding – just hugs, apples and carrots. Donations of bags of carrots and apples will gladly be accepted at that time. Visitation will be cancelled if the wind chill is below 20 degrees.

Student Profile

Dan Harwood, 20 years old, began to ride with the Miracles in Motion program in its first year. This was in the fall of 1987. He has ridden every summer since then, in many different places, on many different horses but always with a smile. Dan has ridden at the Horseman's club, Vern's, Julie's, Dr. Winterrowd's, Mosica Stables (Wow! What a place!) and for the last nine years at the facility in Swisher.

He has watched the size of the program grow from the original five or six kids to the huge group it is today. He has also met many great people and made a lot of friendships over the years.

One of Dan's favorite activities has always been trotting, this is always good for an ear-to-ear smile. He also a lot fun playing the games, especially ones that involve water. (How does the water always end up on the volunteers when he plays?) Trail rides are another favorite for Dan, some of the most memorable were the ones in Vern's lower pasture – these were always an adventure.

Although Dan has always liked the many horses he has ridden, he has never said he had a favorite, he says he likes them all. The horse which recalls the strongest memories is "Bucky." Bucky was a pony loaned to the program in the early years, he was also very old, nearly thirty at the time. When Dan and Bucky would stop for more than a few minutes, Bucky would go to sleep...with Dan on his back!

Dan originally started into the program as way to improve his balance, and after fifteen years, he has certainly achieved that. But more important than this, he has had the opportunity to grow up with some of the best people in the world, the dedicated volunteers and great people of Miracles in Motion.

From Dan to Bill, Kate, Jackie and everyone else: Thanks.

MIM 3rd Annual Horse Show

Success on all levels! From the riders to the volunteers changing tack, everyone came in first.

It was a sunny, warm and beautiful day for our 40 riders, their families and our almost 40 volunteers! The grounds were lovely, freshly mowed lawns, colorful flower beds and not a cobweb in the arena. Tack was polished and the horses gleamed, although they had girlish ribbons in their manes and tails! The competition began with our instructors riding bareback, showing their expertise at holding a spoon with an egg in it. Winning this year with her typical grace and reserve, was Joyce Snyder riding Sonny.



Following that frivolity, Judge **Gerry Friauf** had his work cut out for him. The riders had been practicing, that was evident. In 14 classes, 40 riders from age 3 to ??? (we'll never tell, Louise) showed off their skills to a large audience. It was wonderful to see all the grandparents and friends. Worthy of note were the "shade-seeking" skills of all in attendance.

Again this year, **Dot and Gene Hinman** organized our lunch. It was provided by the generosity of many. Thanks go to: **Susie Moran** and all the cookie bakers, **Henry, Suzanne and Isaac Anderson, Tom Frimml** and **Hy-Vee, Joe Hladky** (and his brother, John, who came all the way from California again this year to help his little brother cook). A special thanks to all our generous MIM supporters – our donation basket was filled with just over \$500!

Our 10 horses worked tirelessly, giving a total of 76 rides throughout the day. Think of the tack changes! Kudos to our horse committee experts. Once tacked, the horses came to the mounting ramp where 6 instructors, 15 sidewalkers and organizer **Elaine Mayer** had the riders helmeted and ready to show. We had 11 siblings strut their stuff this year. Ribbons were generously donated by **Robin Ballantyne**.

What a fun show. A huge THANK YOU to all who made this day so special.

- Kate Hladky

Horse News

Due to a soundness problem we were unable to correct, our newest horse, Joe, was returned to his owner. Joe was a very sweet horse and will be missed. The rest of our Miracles herd is wonderfully healthy and sound. Thanks to Erin and Tim, our vet, Jim McNutt, and our farrier, Duke Snyder for taking such great care of the boys.

We wanted to let you know that Whitney, the grey TB/Connemara cross who has served so many MIM riders over the years, has officially retired. Whitney is one of those horses with a strong personality, the kind of horse who challenged the independent riders to do things right, but also took care of the riders who needed more assistance. He imagined himself to be the boss of the herd (when we all know Buddy is the real boss), and pranced around on crisp fall days like a yearling. Whitney brought a bit of elegance to the Miracles farm, and we all will miss him. He has found a retirement home with Erin and Tim Hazen at their acreage in Solon. Whitney also imagines himself the boss there, and Kip is too polite to tell him otherwise.

MIM Fun Run 2002

Miracles in Motion is going to give a 'fun run' a go as a fundraising event in the fall of 2002. This would be in place of our annual Ride-A-Thon. We are looking for a committee of folks – parents , volunteers, board member, students – you are all invited to be a part of the planning of this new adventure!

You don't have to have experience in planning a run to be on the committee, but if anyone out there does, we would sure appreciate the input and help! Interested? Maybe could be interested? Contact Joyce Snyder at 354-1698 or joycesnyder@earthlink.net.

Hats Off to Glenda Dixon!

A special thanks is long overdue to volunteer **Glenda Dixon**, who for about nine years served Miracles in Motion in many ways. Earlier this year, Glenda turned over the newsletter and website duties to me as she took on a heavy travel schedule as a project management trainer. She did a marvelous job explaining and walking me through the steps needed to publish the newsletter, and I fully appreciate all the hard work she put into it over the years!! Thanks, Glenda, for all you have done for Miracles.

- Ruth Paarmann, Communications Chair

Wish List

If you have a chance, pick up one or more of these items for the MIM riding center!

Flower bulbs
Birdbath
Hummingbird feeders & food
Four-wheel all-terrain vehicle
Light bulbs
Cat food
Snowblower
Apples and carrots for the horses
Toilet paper
Paper towels
Kleenex
Laundry soap
Bathroom cleaning supplies
Office Supplies: copy paper, printer cartridges for HP Deskjet 842C printer

SPONSOR A BLANKET: The Miracles in Motion horses need a few more new winter blankets. The old blankets do not fit well, and tend to rub, itch and slip. They are also not waterproof, which means we can't use them if rain or snow is expected. A new, well-fitted winter blanket will keep the horses dry and comfortable in the winter, helping them to keep good weight (cold horses get skinny very quickly) and get more exercise. Modern materials make the blankets lightweight and waterproof. Blanket sponsorship is \$100. Please send your sponsorship check to Miracles in Motion, P.O. Box 14, Cedar Rapids, IA 52406. Please note "blanket" on the check. Thanks to Saddle & Leather for the discount!

Thanks to Miracles' Donors

Thanks to the following businesses and organizations in the community for their support:

A'Hearn Plumbing Heating & Cooling
Aavin Capital Partners
Alburnett Diamond Club Benefit Bank Iowa
Benchmark
Bowker Mechanical Contractors, Inc.
Cargill Inc. - contributions
Cargill Inc. - Soybean Processing
CEI Pacer
Christ Episcopal Church
Climate Engineering
Conveyor Engineering Co.
Denny's Muffler Center

Design Engineers
Destinations Unlimited, Inc.
Ellen's Of Course
Evergreen Packaging
Fisher Group
Gee Grading & Excavating, Inc.
Genencor International
Handi-Mart
Highway Equipment Co.
Holley's
Hy-Vee Food Stores
Ilten's Inc.
Kings Materials Inc.
Kiracofe Oil Co.
Linn County Civitan Club
Lynch Dallas Smith & Harman, PC
M 2B Structural Engineers LLP

Mercy Medical Center
Nelson Electric Co.
Nelson Manufacturing Company
Optimist Club of North Liberty
David Hart P.C.I.
Peter Kolln P.C.I. Urology
Paulson Electric Co
Rinderknecht Associates, Inc.
Rockwell Collins
Russell's Printing & Publishing
Ryan Companies US Inc.
Saddle and Leather Shop
St. Luke's Hospital
Swisher Men's Club
The Gazette Foundation
Tom Riley Law Firm PLC
Wal-Mart Super Center
Wells Fargo

The following individuals deserve our thanks for their contributions and support:

James & Louise Aiken
Betty Altorfer
Donald Barrigar
Dennis Boatman
Larry & Sue Bock
Diane Boyd
Rebecca Brandt
Major General L.D. Burkhalter
Rocklon and Barbara Chapin
Judith Cullen
Josefina Durin
Gerald and Ann Friauf
Les and Katrina Garner
Neal and Stephanie Gilbertson

Harlan Graber
Mark Hanrahan
Erin Hazen
Kate and Joe Hladky
Ronald & Arlene Holden
Dan & Nancy Hudson
Mary Kelly
Dolores Lane
Ron Larson
Steve and Leah Malerich
Dr. L.A. McCray
Mark and Denise Mitchell
Frank and Cheryl Mitvalsky
Bob and Susan Moran
Pat Neville
Mr. & Mrs. Dieter Ochs
Bill and Jeannie Olinger

Ruth Paarmann
Nancy Pftzenteuter
Sandra Pickup
Howard and Charlotte Powers
Mr. & Mrs. Eugene C. Pugh
William R. Quarton
Jennifer Rinden
J.F. Roland
Ann and Henry Royer
Karla Sibert
Joyce Snyder
Bill Stone
Dr. Lyse Strnad
Carlton O. Tronvold, Tronvold Foundation
Tim and Sue Winegarden

Thanks to the following people and organizations for donating needed items to Miracles in Motion. Every donation (no matter the size or form) helps Miracles reach its goals!

Thanks to:

Marcie Bergstrom, Darlene Olshansky, Leon Lyvers, Carol Daly, Susan Aukes, Frank Collings, Linda Allen, Dean Moore, Donna Cobby, Subway Sandwich, WorldCom, NCS Pearson, A & W, Applebee's, Barnes & Noble, Bennigan's, Chili's, Cinnamonster, Coca Cola, Coral Ridge Theatres, Old Country Buffet, Fresh Food Concepts, Hy-Vee, Lucky's Awards, Perkins, Wholesale Tire, Synergy Health, Krob Elevators, Walgreens, Wildlife Habitat, The Saddle & Leather Shop, Valley Vet Supply, Andra Dill, Kim Brown and Joyce Snyder.

Miracles in Motion 2001-2002 Calendar

October

27 - Bonfire Party, 4:00-7:00 p.m., rain or shine
29-31- NARHA National Conference Pre-Conference Workshops, Tacoma, WA

November

1-3 -NARHA National Conference, Tacoma, WA
14 - Board Meeting, 4:00-6:00 p.m., Grant Wood AEA, Stone Room

December

1 - Instructors: NARHA Compliance Forms Due

January 2002

22 - Volunteer Party - 5:30-8:00 p.m., Friauf's

End-of-Season Bonfire Party

Bring your families to the riding center for an October celebration of yet another wonderful season! Roast hot dogs and marshmallows (not necessarily in that order) over a bonfire, enjoy a beverage and some music, and show your family the farm! Party is October 27 from 4:00-7:00 p.m., rain or shine.

Address Changes

Be sure to keep Miracles in Motion informed of any change in address – street and e-mail. Get your latest and greatest info to the office by calling 857-4141 or by e-mailing mimotion@infi.net.

Check out our website at www.miraclesinmotion.net.

Lots of useful features and info, as well as PHOTOS!



Miracles in Motion – Handicapped Horseman, Inc.
Miracles in Motion
P.O. Box 14
Cedar Rapids, IA 52406-0014

