

# Miracles in Motion



Volume 15 Issue 3

Fall 2002



## First 5K Meets the Challenge

**Mercy Pediatric Rehabilitation Center  
Miracles in Motion 5K Challenge**

About 70 people participated in the first-ever **Mercy Pediatric Rehabilitation Center** Miracles in Motion 5K Challenge on September 7, 2002! This replacement of the Ride-A-Thon proved very welcoming to our own students, volunteers and even brought out some new Miracles supporters. We brought in \$11,312 in cash, exceeding our expectations for this first-time event!

We would like to recognize our generous event sponsors, including **Mercy Pediatric Rehabilitation Center, Rinderknecht Associates, Saddle & Leather Shop, CornerHouse Gallery & Frame, McNutt Equine Veterinary, Genecor International, Inc.** and **The Tronvold Foundation**.

Our in-kind donors also deserve our deepest gratitude, including **Raining Rose, Inc.** (customized lip balm), **Beltone** (full page **Gazette** Partners in Charity Ad), **Coca-Cola** (Dasani bottled water), **Pepsi Co** (sport drink), **Hawkeye Food Systems** (apples), **KHAK, KDAT & KRNA** (Cumulus Broadcasting), **Quaker Oats** (granola bars), **Nash Finch** and **Econofoods** (apples, bananas and granola bars). Prizes were donated by: **Cedar Rapids Symphony, Cedar Rapids Museum of Art, Panera Bread Bakery-Cafes, Olive Garden, and Coral Ridge Mall.**



Our helpers were essential to the smooth operation of the event. Thanks to **Janelle Reske, Dot Hinman, Katie Stack, Elizabeth Hladky, Kristi Hyten, Sue Bock, Slugger** (our mascot) and several members of the AmeriCorps crew. In addition, the **Squaw Creek Park/Linn County Conservation** crew and **Cedar Valley Running Association** offered gracious guidance to the 5K committee. Thank you all!

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The 5K Challenge participants raised extra funds for Miracles in Motion, over and above the entry fee, and most were able to make it to the event. **Keefer and Keegan Brown** raised around \$700 and **Tara Dollinger** raised over \$210; both won Coral Ridge Mall gift certificates for their efforts. Others were **Joyce Snyder, Elaine Mayer, CJ Strauser, Colleen Brems, Katelyn Dasse, Rachel Baker, Sue Bock, Marilyn Cannady, Carol Daly, Andra Dill, Tara Dollinger, Alysia Haman, Ellen Haman, Michael Heffernen, Elizabeth Hladky, James and Natalie Julson, Robert Julson, Brita Loynachan, Rita Minch, Arthur Schmidt, Natasha Wendt.**

To the many other 5K individual participants, we thank you for showing up and sweating it out on that big hill! And lastly, congratulations to the day's many "winners" -- as far as we're concerned, all participants are BIG winners to us.

Next year's event promises to be bigger and better, so plan to attend and be sure to tell your family and friends about the Miracles in Motion 5K!

*- The 5K Committee: Joyce Snyder, JP Bickel, Erin Hazen, Ken & Denise Welsch, Elaine Mayer, Ruth Paarmann*

## Program News

What an exciting year it has been for Miracles in Motion! We have seen our new farmland transformed into gorgeous Kentucky-horse-farm-like pastures, we have a new and thriving program in the Leg Up Equine Activities Camp, and the therapists who provide hippotherapy have kept us busy seeing a record number of clients at the Miracles farm. In short, it has been a busy year!

The gains we have made this year are a direct result of the dedication of the volunteers and staff at Miracles in Motion. This year, we provided an unprecedented 61



classes (not counting hippotherapy sessions) for our students. This program expansion took place during daytime hours (mornings and afternoons) during the weekday—and our wonderful Volunteer Coordinator, **Carol Heffernan**, took on the seemingly impossible task of filling these volunteer slots. Due to

Carol's creative efforts, we had all classes fully staffed and never once had to cancel due to a shortage of helpers. **Thank you, Carol, for all you do for Miracles!**

Thanks also to our Committee Chairs who work so hard behind the scenes and to our gifted Miracles instructors. We are so fortunate to have a wonderful mix of very talented instructors. Each class is a reflection of the care, creativity and dedication of these individuals. **Thank you,**

**Erin Hazen, Joyce Snyder, Toni Sands, Elizabeth Hladky and Kate Hladky** for sharing your many talents with Miracles.

There are two Miracles in Motion volunteers who put in many hours outside of classes helping to make "Miracles" happen. They are **Ruth Paarmann**, our Communications Chair, and **Jackie Wallace**, our Miracles Presenter. Ruth spends many hours keeping our website up-to-date and editing and producing the newsletter. Thank you, Ruth—you do such great work! Jackie Wallace is the person who, at a moments notice, dons her "Miracles green" blazer and travels all over our community giving the Miracles talk to various groups. Jackie has a wonderful gift of gab and, lucky for us, she really loves talking about Miracles. Thank you, Jackie!

### Ride to the River

September 14th was the date of the Ride to the River motorcycle ride to benefit Miracles in Motion and Hasty Hearts therapeutic riding centers. A dedicated group braved the rain and participated in a 100-mile ride through eastern Iowa.

A dance, dinner and auction followed the ride, and at the end of the evening a new Harley Davidson was given to a lucky raffle ticket holder from the Dubuque/Bellevue area. Thanks to **Steve Leytem** and **Gary Fredericks** for running this event and choosing Miracles as a proceeds recipient.

- Sue Bock, Program Director

## Third Annual Horse Show

The third annual Miracles in Motion horse show went off without incident this year. We had an excellent turnout, including 40 students and 120 family members. With the excellent turnout, Miracles raised approximately \$921. Thank you for your donations!

Events like this don't just organize and run themselves. Though it was my primary responsibility to organize this event, I had so much assistance that it must be said it was truly a team effort. So without further ado, I would like to thank:

\* **Dot & Gene Hinman** and **Kate & Joe Hladky** for donating food. Also to all those parents and volunteers who baked treats. They were yummy.

\* **Kaitlan Sheehan** for giving of her time to judge our show this year.

\* **Joe & John Hladky** for cooking the hamburgers and hot dogs.

\* **Elizabeth Hladky** for keeping the students coordinated for each class.

\* **Joyce Snyder** and **Sue Bock** for being ring stewards.

\* **Robin Ballantyne** for the donation of the ribbons.

\* The **AmeriCorps** volunteers for helping out and lightening the load for the rest of us.

A special thanks to all of the other 40 or so nameless faces who gave their efforts to help make such an event possible.

The canopy over the parking lot this year was a much-needed improvement, and many compliments were received. So, a canopy to be used as a permanent feature each horse show is now on the Miracles wish list!

As a side note, I would like to express a sincere appreciation to all of our equine friends who gave such patient efforts all day. Miracles are just not possible without them.

- Toni Sands



## Property Notes

In August and September, the AmeriCorps crew did their part in maintaining the Miracles riding center while completing the fencing project. They painted the front porch on the house, helped with a lot of the weed whacking and mowing, and prepared the grounds for the Horse Show. They are also the ones who cut down the fallen oak tree.

Thanks to the outstanding efforts of many, many people, the new fencing project at Miracles in Motion is complete. With 7060 feet of fencing, we added four new pastures and a fenced-in riding trail for our students and volunteers.

This project truly was a community effort with funding coming from many area groups. Thanks to **The Greater Cedar Rapids Foundation, The Witwer Trust of Linn County, the Collins Employees United Fund, Variety Club and Palas Custom Fencing** for supporting this project.

Thanks to the Property Development Committee: **Erin Hazen, Toni Sands, Elizabeth Hladky, Marcie Bergstrom, Joyce Snyder and Sarah Williams** for planning our new pastures and riding trails.

Thanks to **David and Theresa Palas** and their incredibly efficient crew from **Palas Custom Fencing** for doing such a wonderfully professional job and working with us to save costs.

Thanks to **Jim and Erick from Rinderknecht Associates** who provided chain saws, training and clean up help.

### SPONSOR A GIRTH

Miracles in Motion owns many older Wintec girths that have buckles in contact with the horse's skin. They are narrower and many are fairly worn. The horses would love it if we could replace them with new Wintec Elastic Girths, featuring anti-galling material and padded buckles.

Saddle and Leather agreed to discount a bulk order, and we hope to purchase 10 girths. (Thank you, Saddle and Leather!) If you would like to sponsor a girth, send a check to Miracles in Motion for \$45. Please note "Girth Sponsor" and mail to us at P.O. Box 14, Cedar Rapids, IA 52406

## Student Profile by Kim Brown

*Editor's Note: **Keefer and Keegan Brown** were our 5K Challenge winners, raising \$710 for Miracles in Motion! We are tickled to feature them as this month's student highlight. Thanks, too, to their mom, Kim Brown, who is clearly one of Miracles most enthusiastic supporters!*

**Keefer** is 4 years old and has been a student with Miracles since 2001. Keefer has Cerebral Palsy and has been working with Rosie, Carol and Kris from St Luke's Children's Therapy Center in the Hippotherapy program. Keefer rides either Slugger Bugger or Shamrock, and loves both very much. His favorite activity during his lesson is playing catch while riding backwards and entertaining his sidewalkers, of course!

**Keegan** is 9 years old and began riding with Miracles in 2002. After watching his younger brother ride, Keegan was glad to get his chance to ride too. Keegan has Touretts Syndrome and has ridden many different horses at Miracles, but Duke is by far his favorite. They have great fun trotting and working over the cavaletti poles.

Miracles in Motion is such a wonderful program! The boys have gained physical strength, self confidence and much, much more, all while having fun and not really knowing how hard they are working. Going to Miracles is the highlight of the week for our house. We would like to thank all of the volunteers you are all so wonderful to help out — the Miracles could not happen without you!!!

## Horse News

The boys are all looking great and are ready for the cooler fall days. All of our horses were vaccinated for the West Nile virus before it even broke out, so we have not been affected by it. They were very happy to get out onto the new pasture and begin the rotational grazing program.

Plea for winter help: The winter can be a tough time on the horses, meaning that they need a little extra TLC to keep them healthy. This includes blanketing and bringing them in stalls when the weather gets really bad (very windy, freezing rain, low wind chills). *I would greatly appreciate any help you could provide*, especially with stall cleaning. If you would be interested in helping out this winter I will put you on a mass e-mail list and notify you on the nights that I bring them in. If you don't have e-mail, I can also call you. Just drop me a note ([sarahwillm@hotmail.com](mailto:sarahwillm@hotmail.com)) or leave a message at the farm and let me know if you want to help!

Big thanks to Jane Bourgeois (a.k.a. Barn Goddess) for all her help last year!

-Sarah Williams

## Volunteer Corner

Old and “new” volunteers, thank you for all the time and effort you devoted to Miracles this past year. It certainly was a busy year with new programs added and of course a need for more volunteers. Over the winter, I would like to encourage parents and siblings of students to think about becoming volunteers. There is no better way to say “thank you” to Miracles.

Volunteering for Miracles is a good way to meet people and form friendships. If you are not a “horse” person and do not want to sidewalk, there are other ways you can volunteer. You can do clerical work, assist with landscaping or help with fundraising. Training will be provided, so it’s a great way to learn new skills!

### Teenage Volunteers

A very important but busy group of volunteers are the teenage volunteers at Miracles. As most of us know, teenagers are busy with sports and homework, and many of them have jobs. It’s pretty terrific when they take time out from their busy schedules to volunteer. I would like to take this opportunity to talk about three of them from Jefferson High School in Cedar Rapids.



Last spring, the SAFE Coalition in Cedar Rapids awarded ten Terrific Teen Awards. I am very pleased to say that two of the awards were won by MIM volunteers.

Miracles In Motion nominated **Katie Stack**, a junior volunteer, for the award. We nominated her because of the outstanding job she has done as a volunteer. Horses and horse-back riding led Katie to Miracles in the summer of 1999. Since Katie was only 11 years of age, she was not allowed to lead in class or sidewalk but helped Miracles in a variety of other ways. Katie has been a barn assistant where she assumed the responsibilities of cleaning the tack, sweeping,

grooming the horses and setting up tack. I learned through Katie’s parents, Jerome and Susan Stack, that Katie’s “helping hands” reach beyond Miracles. She also assists with children’s liturgy at church, tutors students in math at Coolidge Elementary School and helped physically and mentally challenged students in PE class at Taft Middle School. Katie is currently a freshman at Jefferson High School. Oh, by the way, on August 19, Katie turned 14 and is now able to lead in class!

When **Kira Kaltenbach** received her Terrific Teen Award, she was not yet a volunteer for Miracles. Linda Patterson, a teacher at Jefferson High School in the Severe Disabilities room, nominated Kira for the award. Kira is active in St. Jude’s Youth Group and has also volunteered for Special Olympics Unified Sports. She is a member of the honor society and has been involved in the Jefferson Student Council. Kira was recently a homecoming queen candidate. She is a very busy teenager, and I am amazed at the time she has been able to give to Miracles since becoming a volunteer.

My third Jefferson High School teenage volunteer is **Dayna Kriz**. Dayna’s parents are Vicki & Steven Kriz. Dayna went through horse committee training this summer. Dayna has been involved in Concert Choir and SADD during her years at Jefferson. She was also a homecoming queen candidate and is a member of the honor society. Dayna plays on the Jefferson volleyball team and felt she could not commit to a certain time and day this fall for Miracles, but she generously volunteered to try to help out whenever she could.

I would like to thank ALL of the Miracles in Motion teenage volunteers. You are a very important part of Miracles! Thank you for making miracles happen.  
Carol Heffernen, Volunteer Coordinator

-Carol Heffernen, Volunteer Coordinator  
365-8240 or 857-4141

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### A Tribute to Sue Bock’s Teaching Talent, by Elaine Mayer

*As a horse committee volunteer, I was privileged to watch Sue teach the pilot Leg Up program to seven students. Her teaching abilities are awesome. From the very beginning, she held the students’ attention, creating an environment that produced intense interest and desire to learn, no discipline problems, and an entirely enjoyable learning experience for all (including me). Her knowledge of horse behavior, management and riding is remarkable. She has unique abilities to provide positive reinforcement, and diplomatically but effectively corrects mistakes. Her attention to safety issues is constant.*

*Sue does such a great job of everything she is responsible for at Miracles that we may overlook her innate teaching talent. I thoroughly enjoyed watching Sue teach this course and wanted to share my admiration for her abilities.*



Sue Bock

## Volunteer Spotlight by Toni Sands

Miracles recently acquired some students from the University of Iowa as horse committee members. They are both members of the Iowa Horse Enthusiasts Club started at the University this past August. It currently has about 20 members who are all interested in furthering their horsemanship and riding skills. Currently, they gather once a week at Cedar Valley Stables to work and ride; but are looking for a barn for the winter where they can take lessons.

**Emily Wemmer** hails from Cornwall, New York. She has ridden English style for the past ten years; five of which she has also taught at a summer camp near Buffalo. She stated that her students did include special populations. When asked if she would like to become a MIM instructor, she stated that she is definitely interested in the possibility.

Emily is studying English and Political Science at the U of I and has aspirations of becoming a speechwriter for the president or a non-profit organization. (Hey we'll take her.) Aside from her studies, she works at the Ronald McDonald house in Iowa City. When asked what she liked to do with her free time she stated, "ride horses, and sleep."

She admits that she has a soft spot for Speckles. She told me that she has really enjoyed watching the progress of the riders, and particularly enjoys watching the independent riders shine in class.



*One of our riders enters the arena at the 2002 Miracles in Motion Horse Show.*

One of Emily's mottos is: "He who hesitates is lost." She says it keeps her going forward.

**Jess (Jessica) Middlemis-Brown** comes to us from West Branch, Iowa. She has ridden Western style since the age of 6, and has had her own mare, which came to her green-broke four years ago. Jess has also taught, although she states on a less formal level as a camp counselor at the Cedar Valley camp.

Jess is studying Biology/ Psychology at the U of I. She also works at a Psychology lab there where she says she studies baby rats. Her interest is in animal behavior. (She's hoping to get to work with something a little more interesting than rats in the future.)

scan photo here

I asked Jess what she liked to do with her free time. She laughed and replied, "What free time?" (Say no more.)

Although Jess could not pinpoint a favorite horse, she too stated that she was really impressed with watching the students make as much progress as they do in such a short amount of time. (We must have excellent instructors.) It also gave her great pleasure to observe the interaction between the students and the horses. (That must be the animal behavioralist coming out in her.)

Many thanks to all of the efforts these two have put forth in only one session. MIM is lucky to get such competent horse people come their way.

### Winter Exercise Committee

The Adopt-a-horse program for members of the exercise committee and winter trail rides are about to be underway again. Both programs begin on October 19th and run as weather permits throughout the winter. As always, exercise riders need to make sure they ride with another member of the exercise committee at all times. Persons trail riding will need to be at the barn Saturdays no later than 10 a.m. Please be sure to phone the MIM office ahead of time in case of poor weather conditions. Any cancellations of Saturday trail rides will be posted no later than 9 a.m. that morning.

In order to ride the MIM horses, one must pass a riding test, have volunteered as a horse committee member for at least one session, and remain in a volunteer status. For more information or to set up a time to test, please contact Toni at 319-362-1973 or [tonisands@hotmail.com](mailto:tonisands@hotmail.com).

## AmeriCorps Volunteers—they came, they saw(ed), they nailed

Perhaps the most wonderful outcome of the fencing project (besides the gorgeous new fencing) was the opportunity to work with the group of young adults from the **AmeriCorps National Civilian Community Corps**.

The eleven AmeriCorps volunteers, who came from all over the United States, not only put up 7060 feet of fencing, but also completed a myriad of projects in their five-week stay. They weed-whacked, cleaned, mowed, cut and stacked wood, and painted. In addition to the property work, they also sidewalked in classes and the horse show and helped with the 5K Challenge. I honestly don't know how we would have gotten through the summer without them!

On September 10th, we celebrated the completion of the fencing project with a ribbon cutting ceremony officially opening the new pastures. The horses showed their appreciation and joy by performing a spectacular "airs above ground" for the audience of students, volunteers and donors. It was truly a "Miracles" moment!

The AmeriCorps volunteers were touched and at times amazed by the generosity and friendliness of our volunteers. (On previous projects, they had never been invited home for a meal.) At Miracles, they received at least two dinner invitations a week! Thanks to all of you who provided food and, more importantly, a lasting impression, for the AmeriCorps volunteers.

And finally, thanks to **Janet Lewis of the Department of Natural Resources** and the wonderful people at **Sugar Bottom Campground** who welcomed the AmeriCorps volunteers and provided them a place to stay (at a reduced rate.) The AmeriCorps volunteers were very happy with the accommodations and enjoyed their time in Iowa.

**Instructor Reminder:  
Your NARHA compliance  
forms are due in  
December. Please  
remember to complete  
and send them in.**



### Board News

As another Miracles season comes to a close, so do the terms of several Miracles in Motion board members. Rebecca Brandt, Gerry Friauf, Kate Hladky and Joyce Snyder rotate off of the board effective in November, and Ruth Paarmann and Elizabeth Hladky step up to fill the Operations Committee slots left vacant by Kate and Joyce. The November meeting serves as the annual meeting when the board will vote in new members and elect a president and vice president to replace Gerry and Kate.

Please note that all Miracles board meetings are open to anyone. Keep an eye out for the upcoming board meeting dates, which will be posted on [www.miraclesinmotion.net](http://www.miraclesinmotion.net). Or, Sue Bock will know when they will occur.

At his new home in Florida, Gerry Friauf received a horse statue as a token of appreciation for his dozen years of service to Miracles. Thank you, Gerry, for your many years of involvement!

### Wish List

*If you have a chance, pick up one of the items on the Miracles wish list, and bring it on out to the riding center. Your donation will be welcome!!*

- 4-wheel ATV with cart
- Large canopy/tent (call for details)
- Toilet paper
- Paper towels
- Paper plates
- Wet Ones
- Paper cups
- Cat food
- Light bulbs
- Cleaning supplies
- Laundry soap
- Hay cart
- Weed whacker string
- Gasoline gift certificates
- Garbage bags
- Salt blocks
- Kleenex
- M&M's
- Office supplies
- Horse tack
- Music on CD (children's, classical, marching, etc.)



## Donor Thanks

Thanks to the following people, businesses and organizations for supporting Miracles in Motion!

Individual donors:

**Robert Grosshandler**  
**Kate Hladky**  
**Bernice Priebe**  
**Sandy Pickup**  
**Kenneth Hochstetler**  
**Gerald & Carol Nordquist**  
**Geraldine Shepard**  
**Stephen & Janet Dunn**  
**Maryann Filosa**  
**Robert & Margaret O'Meara**  
**Ronald & Arlene Holden**  
**William Moran**  
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**Penelope & Dana Conklin**  
**Conn Day**  
**Ruth Paarmann**  
**Kim Brown**  
**Karen Molacek**

Corporate & community donors:

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**Swisher Men's Club**  
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**Bearly Cherished Friends**  
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**The Alburnet Diamond Club**  
**Kiracofe Oil**  
**House Call Veterinary Care**  
**Geospace**  
**The American Quarter Horse Association**  
**Bonanza Restaurant**  
**Polehna's Meat Market**  
**Two Bee Racing Team**

Memorial Donations:

Thank you to the families and friends who made memorial donations to Miracles in Motion.

**In memory of Lynn Brady Neuhaus: Karen & Harry McNeal**  
**In memory of Spunky: Lyse & Tom Strnad**

Foundations:

**The Greater Cedar Rapids Community Foundation**  
**Variety Club**  
**The Katz Foundation**

*Visit the Miracles Horses!*

Students, families and volunteers: If you miss seeing your favorite Miracle horse during the winter, you can visit him! Visiting day is the second Tuesday of each month from 4:00 to 6:00 p.m.

Dates are: November 12, December 10, January 14, February 11 and March 11.

The horses will be in the arena to pet over the fence. No riding—just hugs, apples and carrots. Donations of bags of carrots, apples or horse treats will gladly be accepted at any time. Visits are cancelled if the wind chill is 20 degrees or below.

### Let Us Know Your Contact Info

Miracles in Motion can keep you informed if you keep us informed! Simply let us know about any change in address and phone. Before you move, contact the office by calling 857-4141 or by e-mailing [mimotion@infi.net](mailto:mimotion@infi.net).

Miracles in Motion is accredited by the North American Riding for the Handicapped Association (NARHA), [www.narha.org](http://www.narha.org).



### Editor's Thanks

As always, I am grateful to the Operations Committee for their contributions to the newsletter. Thanks to Carol Heffernen, Toni Sands, Sarah Williams, Kate Hladky, Elaine Mayer and Sue Bock for some great writeups in this issue.

Thanks also to my husband, Bill Paarmann, for loaning the technology to get the newsletter done! Hooray for the Macintosh!

Also doing a great job issue after issue is Randy Noble and the Gazette Communications printing team. They print it and deliver to Linda Patterson's Jefferson High School Special Education class, who completes the labeling and preparation process. You all do a great job and play very important roles! On behalf of Miracles in Motion, THANK YOU!

-Ruth Paarmann, Communications Chair

*Give the Gift that Keeps Miracles in Motion, Year After Year!*



*Your tax deductible donation in your loved one's name shows that you care! Your gift will reach many persons with disabilities who are enjoying riding lessons at Miracles in Motion. Any amount — \$10, \$20, \$50, \$100 or more — makes an ideal holiday gift for those hard-to-buy-for types.*



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*Send a greeting to your loved one, letting them know that the gift helps make Miracles happen!*

Honoree's Name \_\_\_\_\_

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City/State/ZIP \_\_\_\_\_

Include this greeting from me: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

*Please mail your completed form with check payable to Miracles in Motion, P.O. Box 14, Cedar Rapids, IA 52406.*

*Thank You!*

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**Visit [www.miraclesinmotion.net](http://www.miraclesinmotion.net) for important Miracles in Motion dates.**

**Save time with student and volunteer forms and enjoy photos!**

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