

# Miracles in Motion



Volume 16 Issue 2

Summer 2003

## Miracles Wants You to Take the 5K Challenge!

Mercy Pediatric Rehabilitation Center

Miracles in Motion 5K Challenge

Calling all Miracles supporters: Miracles in Motion's second annual 5K Challenge is coming up on October 12. It will be fun for everyone – students, volunteers, families, friends, and donors. Even Cinnamon, our miniature horse, is planning to come so you can pet him.



### Do you have the guts to take the 5K Challenge?

Don't let the name scare you – this event is going to be a blast! If you didn't attend last year, we ask you to take the challenge. Walk, run or roll as you are able – assistance will be provided if you would like it. The most important thing is that you help us meet our goal of raising \$12,000 at this event. Here's how you can help us meet our goal:

- Participate. It's only \$15 to register before September 15. (See the enclosed brochure for details.)
- Tell everyone you know about the 5K and invite them to join us.
- Take the 5K Challenge. That means collecting pledges from the people you know. The best part is that you could win prizes for raising the most moola! (Again, see the Challenge form on the back of the brochure.)
- Join the event team. Plan and promote the event right now, or get hands-on at the event. Contact Elaine Mayer at [emayer37@mchsi.com](mailto:emayer37@mchsi.com) or 393-4062.

### Building on Our Success

In 2002, a tremendous outpouring of support helped us improve our pastures and property and upgrade some of our tack. This spring, Miracles added the Leg Up Program for teens with learning disabilities. This program gets the students excited about learning all about horses, horsemanship, and riding. The Leg Up Program extends our lessons by several months, which means we have the lights on and the heaters plugged in during late fall and early spring. This is just one extra operating expense where monetary donations can help Miracles build on a successful program.

### Opportunities to Sponsor the 5K

Sponsoring the 5K Challenge promotes your business while showing that you care about helping others. Starting with a Bronze Sponsorship of only \$250, your logo will appear on the T-shirt and any other materials we produce for the event. Please contact Ruth Paarmann at [ruth@paarlance.com](mailto:ruth@paarlance.com) or 362-0777 for more information about sponsorships or donations.



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We are honored that **Mercy Pediatric Rehabilitation Center** is the lead sponsor again this year, with **McNutt Equine Veterinary, Saddle & Leather Shop, Raining Rose, Inc., and CornerHouse Gallery & Frame** stepping up to support the event, as well.

**Start your individual challenge today by collecting pledges. Good luck, and we'll see you on October 12!**

- *The 5K Committee: Joyce Snyder, Ken Welsch, Denise Welsch, Elaine Mayer, Erin Hazen, Jennifer Rinden, J.P. Bickel, Ruth Paarmann*

**Miracles in Motion 5K Challenge**  
8:30 a.m.  
**Sunday, October 12, 2003**  
**Red Cedar Lodge - Squaw Creek Park**  
**\$15 to register now**

(form enclosed or at [www.miraclesinmotion.net](http://www.miraclesinmotion.net))

Walk, run or wheelchair!  
New, improved course  
Free T-shirts and Raining Rose lip balm  
Prizes for top fundraisers\*  
Many other free goodies and giveaways

\* Those of you who raise the most money for Miracles become eligible for great prizes. See the 5K Challenge form on the brochure!

## Program News

Class Schedule:

**Session III (Summer): July 14 – August 16**

**Session IV (Fall): September 8 – October 11**

Miracles' schedule is full this summer and fall with 13 to 16 classes per week, two groups of Leg Up students meeting four times a week, and three therapists providing hippotherapy.

This summer, therapist **Kristi Hyten** is completing her hippotherapy practicum. Kristi is a volunteer for Miracles and attended a hippotherapy workshop last fall. Good luck and thank you, Kristi!

Volunteer **Emily Wemmer** is well on her way to becoming a certified instructor. Emily student taught in the first two class sessions. She is currently completing NARHA requirements and we hope to have her certification process complete yet this year. Thank you, Emily, for taking on this challenge!!

We are very pleased to report that we are getting an **AmeriCorps crew** again this year! They will arrive July 17 and stay until October 16. This year, the crew will be sidewalkers; they'll also help with property chores and install fencing.

We are looking forward to another great experience and we are asking again that Miracles volunteers welcome the AmeriCorps group by hosting either a lunch or dinner. You can invite them to your home or bring your meal to the farm or to their campsite. If you would like to co-host a dinner or lunch, please let me know—I'll pair you up with another volunteer.

Last year, we were able to provide two to three meals per week. The AmeriCorps crew loved it and the volunteers all reported having a great time. Please consider hosting this year—you'll be glad you did!

### **Miracles in Motion Driving Program (in its infancy):**

We have begun driving Mr. Joe! We have a very long way to go—we need to get an instructor trained and certified to drive, and we need to figure out where we can drive and what we need to modify to drive safely. If any of you are interested in getting in on the ground level of our driving program, please contact Sue Bock at [mimotion@infionline.net](mailto:mimotion@infionline.net) or 857-4141.

-Sue Bock, Program Director  
857-4141

## My Experience with the Leg Up Program at Miracles in Motion

By Anthony, age 17

*Since last September, I have been a student with the Leg Up Program. I am proud of my work and feel I have gained many things. When I first started, I was afraid of horses. Now I have a lot more confidence and really like horses, especially Speckles.*

*Besides getting a lot of experience with horses and tack, my balance has improved, I have learned lots of new words, and I think I pay better attention.*

*My favorite things to do at Miracles are barrel racing and trail rides. Really the only thing I don't like is that sometimes it's too hot or cold.*

*I would recommend this program. You learn a lot, and the instructors and helpers are very good.*

## Horse News

The herd, which now numbers 16, enjoys the rotational pasture grazing program. As a result, they're healthy and eat very little hay. Our bay quarter horse, Duke, retired in June to live with our farrier, Duke.

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



## 5th Annual Student/Family Horse Show 10:00 a.m., Sunday, August 24, 2003

Don't miss this popular event! Show off your skills, and invite your parents and friends to cheer you on!

### **Classes and features include:**

Egg & spoon, bean bag balance, walk-trot, sibling class  
Miracles in Motion drill team exhibition  
Instructors' egg & spoon and bareback classes  
**Sign up with your instructor today!**

Contact Toni Sands for info  
about volunteering or participating, at 364-1973.

## Weatherman, Duffers Enjoy Golf Outing & Raise \$11,000+!

The third annual golf outing held on June 26 raised over \$11,000 for Miracles in Motion! Though the weather was on the windy side, the temps were pleasant as 88 golfers enjoyed the Hunter's Ridge golf course. We brought in over 30% more in donations than last year, and nearly doubled the number of golfers who participated.

Thank you to all our supporters and participants!

Course Sponsors: **Ryan Companies, Climate Engineers, and Junge Lincoln Mercury Isuzu**

Hole Sponsors: **ACME Electric, Animal Care Hospital, B.G. Brecke, Bank Iowa, Miracles in Motion Board of Directors, Cedar Rapids Janitorial Services, Inc., D&N Fence, Dale Lee Distributing, Evergreen, Feaker Painting, Hill, Heying, & Heying, Kings Materials, Nelson Manufacturing Co., Rinderknecht Associates, Inc., Ruffalo Cody, Shuttleworth & Ingersoll, The Mansion, Volunteers of Miracles In Motion, Wells Fargo.**

Other donors: **Frank S. Mitvalsky, Gierke-Robinson Company, Lee Clancey, Shive Hattery, Design Engineers, Natures Way Cleaners, Phil Peters.**

In-kind donors: **YMCA, Praxair, A.G. Edwards, Grainger, Amana Colonies Golf, Carroll Distributing, Kel-Welco, C.R. Bowling, Ilten's, Dewalt, Rinderknecht Associates, Inc., Junge Lincoln Mercury Isuzu, Tara Hills, Hank Schillinger, Dale Lee Distributing, Elmcrest Country Club, Gardner Golf, Gordon Photography, Playstation, Sparkling Image Car Wash, Merry Maids, Miracles In Motion Gift Pack, Star Equipment, Continental Safety, Stetson Building Products, Corner House Gallery, HILTI, Certified Laboratories, Fastenal, Rental Service Corp, Dwight Hughes, Pei's Mandarin Restaurant, Culver's Lawn and Landscaping.**

Participating companies or leaders: **ACME Electric, Bill Stone (Lynch Dallas PC), C.R. Bowling, Elizabeth Hladky, The Gazette (2 teams), Hank Schillinger, Hill, Heying & Heying (3 teams), J.P. Bickel, KCRG, Barb Pooley, Rinderknecht Associates, Inc. (2 teams), Schulte & Swan (KZIA-102.9), True North, Glenda Dixon, Karen Molacek, IBEW Local 405.**

Thank you to our Honorary Chair Person, Denny Frary. Also, thank you to everyone who participated in the event and golf committee of Kara Heying, Kate Hladky, Gerry Friauf, Gordon Parker, Don Barrigar, Susie Moran, and Hank Schillinger. Thank you to Tom Stravers and Bill Olinger for their efforts and to Alysia and Ellen Haman for volunteering. We hope to see you next year for the 4<sup>th</sup> annual event on June 22!

-Kelly Stevenson, Golf Committee Chair

P.S. If you like golf, join the committee! We'll start planning for next year on October 2, 2003 at Rinderknecht Associates, 9:30 a.m.



*Team Lynch Dallas PC enjoyed a great game and fun prizes at the golfouting.*

### **Volunteer Corner**

What an awesome group of volunteers we have at Miracles! By now, all of you know that time, energy, and dedication are required to volunteer for our organization. Thank you, "old" and "new" volunteers—we could not exist without you.

Sidewalkers, thank you for assisting our students and keeping them safe. A special thanks goes out to horse committee for their many hours spent in preparing the horses for each class. A horse committee person spends an average of 4-5 hours each time they volunteer—that's a huge time commitment on their part.

I would like to remind parents and students to please sign the absence sheets in the arena if you know ahead of time that you will not be at class, or at the last minute, a phone call works, too. It really saves us time and energy if we know a student is not coming.

Volunteers, you have been doing a great job of letting me know when you are going to be gone. As much notice as you can give me is appreciated, as unfortunately, I'm not a magician and I can't pull a substitute volunteer out of a hat at the last minute.

Thank you for making Miracles happen.

-Carol Heffemen, Volunteer Coordinator

## A Tribute to Our Volunteers

### Pegasus's Wings

From the book, *Chicken Soup for the Volunteer's Soul*

Each handicap is like a hurdle in a steeplechase, and when you ride up to it, if you throw your heart over, the horse will go along, too. -Lawrence Bixby

I've always loved horses, and for some time I'd been looking for a volunteer opportunity in my new community. The idea that I might be able to pursue both interests at once hadn't actually crossed my mind. So I couldn't get to the phone fast enough when I saw an ad in the paper about a search for volunteers at a therapeutic riding center for handicapped children.

"Yes, we're still looking for people," the woman told me. "We're having a training session for new volunteers this Saturday. You're welcome to come."

"Thanks," I answered, barely containing my enthusiasm. "I'll be there."

I joined a small group of new volunteers that day. We were perfect strangers with an instant connection, all drawn there by the same potent mix of heart and soul – a passion for helping, a passion for horses, and a simple knowing that we had come to the right place. By the end of the training session, we all knew we'd be back for the first of many weekly riding classes together.

That first Saturday, ten children between the ages of eight and twelve showed up. Ten struggling young bodies and ten eager, loving smiles greeted us. "This is Robbie," said the instructor, placing a gentle hand on each small shoulder as she conducted a round of introductions. "And this is Christine." We went around the circle of excited faces. All the children faced some level of physical or mental challenge – sometimes both. Jenny had multiple sclerosis, Kevin lived with cerebral palsy, Christine with Down's syndrome, and Robbie a spinal-cord injury. I marveled at these children, healthy souls and wholesome appetites for living shining through their bodily constraints.

The following Saturday, I arrived at the stables in time to groom my assigned horse before class, put on his tack and ensure that he was sound, calm and ready for his small rider. This week, I would be handling Stripe, a speckled-gray Appaloosa with comfortably rounded sides and an indulgent, ever-patient nature. Today, Stripe was the designated therapy horse for nine-year-old Katie, a victim of muscular dystrophy.

Curly auburn hair framing her delicate, pale face, Katie arrived at the stables in a wheelchair. The spokes glistened in the sun as her mother helped her up, steadied her and introduced us. My eyes met Katie's – an exchange full of shared excitement and anticipation. "Katie has been waiting impatiently for hours," her mother explained with a smile.

We set about preparing for the ride. I fitted and attached Katie's safety helmet and adjusted Stripe's specially adapted saddlery. I helped her mount and shared her triumphant grin

as she settled into the saddle, perched above and beyond her limitations. I led Stripe around the arena during the class, quietly coaching both horse and rider as the instructor led the group from the center of the ring. We walked, trotted and moved together for an hour. Katie's tortured body gradually relaxed into Stripe's fluid movements, becoming one with the animal.

In silent awe, I let the wordless, poignant communication between Katie and Stripe unfold. Acutely sensitive to her well-being, Stripe intuitively softened his gait at the slightest perception of Katie's imbalance or discomfort in the saddle. The tone of her voice induced the same effect, even through she was unable to use verbal commands that the horse was trained to recognize. Surprise, delight, hesitation, fear – Stripe understood and responded patiently, lovingly – like a great teacher.

At the end of the class, I helped Katie dismount. Color in her cheeks now, she smiled radiantly and arched her thin arms around Stripe's lowered neck. He kept his head down. Burying her face in his mane, Katie murmured softly, "I love you, Stripe." I stood motionless a few feet away, touched by a moment of uncommon beauty.

The magic drew me back each week. No two Saturdays were the same. Rotations of therapy horses and riders gave volunteers the opportunity to get to know each animal and child. Every Saturday offered a glimpse of an intensely intimate connection between equine and human spirit. Every Saturday revealed the power of this fabled four-legged creature to triumph over a child's physical and mental adversity. Every Saturday, a child held the reins of freedom and borrowed Pegasus's wings.

For me, volunteering was a personal journey into unexpected enrichment and inspiration. I helped small children revel in another realm of physical and spiritual being, a space only their horses could create for them. I saw these children empowered and renewed by their equine companions. I rediscovered my deep love for horses and drew lessons from their gentle ways. And last but not least, I learned that giving yields greater generosity than it asks.

Inspired by my experience, I picked up the phone one day and called my brother at the family farm where I had spent my teenage years. "How's Cowboy doing?" I asked of my own horse.

"He's just fine," my brother replied, "but I think he feels a bit forgotten."

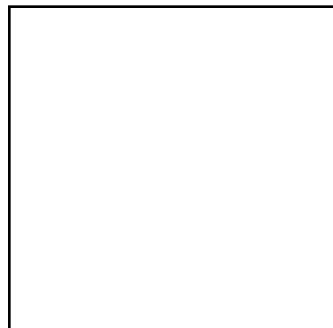
And that's why, a week later, Cowboy came out of semi-retirement and was transported to his new home hundreds of miles away – with me. Now Cowboy – my retired show horse with huge brown eyes, a stripe down his back and a penchant for pleasing people – volunteers, too.

*Pegasus's Wings*. Reprinted by permission of Vera Nicholas-Gervais. (C) 2000 Vera Nicholas-Gervais.

## Volunteer Spotlight by Toni Sands

**Willa and Cordy Cmiel** just began sidewalking at Miracles this summer. They come to us from Iowa

City, where they both attend City High. Willa being the older sister at 17 has to drive Cordy, 14, to and from school. Cordy reports this is a problem as she is always on time and Willa tends to be late.



Time frames aside, they are a close pair. They both share a passion for running, a younger brother named Noah, musical and past theatrical pursuits, and the program “Friends.” In fact, they own seasons two and three of the program on DVD. So if you are as hardcore a fan as they are, you are invited to their house.

Both report they enjoy volunteering. They came to Miracles through their mother, who found an advertisement for MIM in the paper and told her daughters about it. Willa and Cordy come from a learned set of parents. Their mother is an editor for a health science publication. Their father teaches history at The University of Iowa. His position involves a lot of travel, so the girls have been all over. Some of their excursions include Berkley, Amsterdam, Europe, and New York.

I asked the girls what was the catalyst in their lives that began this push toward volunteerism at such young ages. They both reported that many of their friends volunteered and it is just something that is done in the circles they travel in. Perhaps it began even earlier than that – Willa told me that their father engrained in his children to treat others how you would want to be treated.

**Deveri Johnson** comes to us from Hiawatha where she resides with her thirteen-year-old son, Eric. She works as an Administrative Assistant at the Institute for Social and Economic Development in Coralville. It isn't far into a conversation with Deveri that one would get a feel for her generosity and love for animals. She not only shares her house with a drum playing son, but also with a smooth fox terrier, two shelties, a sheltie border collie mix, a cat, a guinea pig,

parakeet and fish. She told me she used to compete her dogs in Flyball competition, which is, in a nutshell, a relay race for dogs. They set up a 115-foot track that has four jumps; each dog must complete a particular leg of the race.

Other past pursuits included competition of a horse she and her sister leased together. She competed in Dressage at training level. Deveri grew up with ponies, her first one being a Shetland named Jayjay. She used to scare the wits out of her mother by teaching the pony to rear. Not to worry, Deveri is a very talented rider with a balanced seat, light hands, and a confident feel for her mount. These are a few reasons why she has become a most welcome addition to the Exercise Committee. Deveri has volunteered on the Horse Committee and in the MIM office doing data entry for two years now.

Besides spending her time at Miracles, she also likes to cross stitch, roller blade with her son, and sew rag dolls. Her dolls are sent to less fortunate children (10 were sent to children of the 9/11 disaster). Deveri is very talented with her hands and does a fair amount of leatherwork. She says she does everything (including saddles) except boots.



Upon reflection of MIM over these past two years, Deveri said she “felt privileged to be able to be out at MIM” and that she got more out of it than she is ever able to give. She recalls the most rewarding moment she receives is when a rider turns to her after a class and says, “Thank You.”

We are very fortunate to have such conscientious people on the Miracles team and look forward to many inspired years with them.

## Resource News

Miracles in Motion is a 501(c)3 nonprofit organization. We receive our funding from three main areas: donations, fundraising, and grant writing.

### How can you help?

**Support our events and fundraising activities:** The golf outing is over until June 22, 2004, but you can still participate in the **Mercy Pediatric Rehabilitation Center Miracles in Motion 5K Challenge!** See the flyer in this newsletter, and tell your friends to get their forms online!

**Please support the P. Buckley Moss, Moss Reflections and Peppertree Studios Raffle!** The wonderful folks at Moss Reflections have joined forces with P. Buckley Moss and Peppertree Studios to offer a beautiful P. Buckley Moss print, *Unbridled Spirit*, as a raffle prize to benefit Miracles in Motion. The print is matted and framed and can be seen at Peppertree Studios (in downtown Cedar Rapids). We also have a poster at the farm. Tickets are only \$1 each or six for \$5. We are asking volunteers and students to promote the sales of tickets. Please contact Sue Bock for tickets. The drawing will be held in early September.

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**NEW EMAIL ADDRESS:** Miracles' e-mail address changed to **[mimotion@infionline.net](mailto:mimotion@infionline.net)** in May. Link to this address at **[www.miraclesinmotion.net](http://www.miraclesinmotion.net)**.

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### Board News

Our current board members are doing a wonderful job volunteering their time and talents to Miracles in Motion.

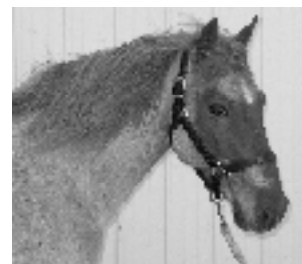
**J.P. Bickel**, President  
**Kelly Stevenson**, Vice President  
**Jennifer Rinden**, Secretary  
**Elizabeth Hladky**, Alternate Secretary  
**Art Schmidt**, Treasurer  
**Ellen & Alysia Haman**  
**Kara Heying**  
**Susie Moran**  
**Pat Neville**  
**Ruth Paarmann**  
**Barb Pooley**  
**Denise & Ken Welsch**

In the fall, we may have board positions that open up, so **please let one of us know if you are interested in a board position!**

**Do you belong to a service group?** Jackie Wallace, our wonderful Miracles presenter, will be glad to talk to your group. We love to promote Miracles throughout the community!

**Donate.** Even a little means a lot. Money is easy to send, but we also use basic items, like toilet paper and laundry soap. (See the wish list below for details.), and horse tack (what we don't use, we'll sell at Kalona). If you think we might need it—we probably do!

**Do you know of a community group or foundation that grants money to nonprofits?** Please convey contact information to Sue Bock at the Miracles office or better yet, send an application form to the office. We are always looking for new funding sources.



*Red is one of the newest steeds in our herd of 16 horses.*

### We Wish...

*Miracles needs a variety of supplies to stay well-stocked, and some other items would be a big plus! If you have a chance, pick up one of the items and bring it to us. Thanks!*

#### Tools, tools, tools:

Hammer, pliers, screwdrivers (assorted)  
Tool bucket liners  
Work gloves  
Reciprocating saw  
Hand drill(s)  
Chain saw

#### Treats:

Apples, carrots, store-bought treats for horses  
Cat food for cats  
M&M's for volunteers!  
Cookies for classes!

#### Property:

Light bulbs  
Laundry soap  
Trash bags  
All-purpose cleaner  
Dish soap  
Styrofoam cups, Dixie cups, plastic spoons  
ATV (4-wheeler with cart)  
Riding lawn mower  
Refrigerator

#### Class props:

Balls: all sizes & shapes!  
Music CD's: all kinds  
Cassette deck to hook into the sound system (not boom-box)

#### Garden:

Annual flower plants  
Perennial flowers & grasses  
Zinnia & sunflower seeds  
Garden stones  
Decorative rocks  
Patio table with umbrella & chairs  
Birdbath

## Donor Thanks

**Bridle Sponsors:**  
**Gina and Kevin Kolsto**  
**Elaine Mayer**

**In Kind Donors:**  
**Kelly Trier**  
**Sandy Pickup**  
**Jeannette Hart**  
**Adams Door, Inc.**  
**Elizabeth Hladky**  
**Ferguson Enterprises**  
**Professional Plumbing Service,**  
**Inc.**  
**Plumb Supply**  
**Loftus Distributing**  
**Fort Dodge Animal Health**

**Individual Donors:**  
**Carol and Mike Daly**  
**Elizabeth Hladky**  
**Lois Kelly**  
**Karen Klinzing**  
**Carrie Koppes**  
**Laurinda Kraft**  
**Marie Johnston**  
**David Haupt**  
**Erin Hazen**  
**Robert Ganfield**  
**Denise Ganpat**  
**Ron & Susan Haffner**  
**Kathleen Dontje**  
**Cindy Dougall**  
**Maria Dummermuth**  
**Elayne Miller Fisher**  
**Shawna Carolan**  
**Art & Cleo Schmidt**  
**Marilyn Shaffer**  
**Patricia Neville**  
**Diana Pesek**

**Arlene Madill**  
**Marcia Martin**  
**Elaine Mayer**  
**Jo Moucoulis**  
**Wendi Neckameyer**  
**Craig and Kathy Harwood**  
**Roxanne Nash**  
**Raymond and Donna Wolski**  
**John Bickel**

**Corporate Donors:**  
**CEI Equipment**  
**Rolling Hills Veterinary Services**  
**Cargill Inc.**  
**Dakota Red Corporation**  
**Benchmark, Inc.**  
**Denny's Muffler**  
**Iowa Veterinary Supply Com-**  
**pany**

**Community Donors:**  
**Two Bee Racing Team**  
**The Eastern Iowa Horseman's**  
**Association**  
**Swisher Men's Club**  
**Physical Therapy Student Orga-**  
**nization of the University of Iowa**  
**Quota International of Cedar**  
**Rapids**  
**Benchmark, Inc.**  
**Linn-Mar School Indian Creek**  
**Student Council**  
**Moss Country Friends**  
**St. Jude Church**  
**Saint Pius X Parish**  
**Kirkwood Community College**  
**Disability Services students**  
**Christ Episcopal Church**  
**Iron Pegasus Touring Club**

**Foundations:**  
**The Greater Cedar Rapids Com-**  
**munity Foundation: CRST Inter-**  
**national Fund, The Gazette Foun-**  
**dation Fund, the Katherine K.**  
**Hladky Fund and the Iowa Glass**  
**Fund**  
**Meredith Corporation Foundation**  
**General Mills Foundation**  
**Collins Employees United Fund**  
**Linn County Witwer Trust Fund**  
**The Air Warrior Courage Founda-**  
**tion**

**Memorial Donations:**  
 Thank you to the families and friends  
 who made memorial donations to  
 Miracles in Motion.  
**In memory of Emily Hyten: Kristi**  
**and Steven Hyten**  
**In memory of Mark Thiele: Rich-**  
**ard and Candace Thiele**  
**In memory of Heienrike "Rike"**  
**Rinderknecht: Art and Cleo**  
**Schmidt**  
**In memory of Jack Hatt: Art and**  
**Cleo Schmidt**  
**In memory of Mrs. Pat Stitzel:**  
**Betty Keller**  
**In memory of Mrs. Elizabeth**  
**Leone: Carol Daly, Suzanne**  
**Johannes, Kortney & Bruce Kaiser**  
**and Rosie Santoiemma**

### Stay in Step

Please let us know about any change in ad-  
 dresses and phone numbers, preferably before  
 you move. Call or e-mail us at 857-4141 or  
[mimotion@infionline.net](mailto:mimotion@infionline.net)

### Newsletter Notes

Thank you to Discovery Living centers for assembling this mailing!  
 Thank you to the Operations Committee for their contributions to  
 the newsletter: Carol Heffernen, Toni Sands, Sarah Williams, Kelly  
 Stevenson and Sue Bock. Your input is essential!  
 -Ruth Paarmann, Communications Chair

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## Miracles in Motion Calendar Summer/Fall 2003

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### August

- 13 - Board Meeting, Location TBA, 4-5:15 p.m.
- 15 - *Summer Leg Up Program ends*
- 16 - *Summer session (session III) ends*
- 23 - Work Day
- 24 - **5th Annual Miracles in Motion Student/Family Horse Show, 10:00 a.m.**

### September

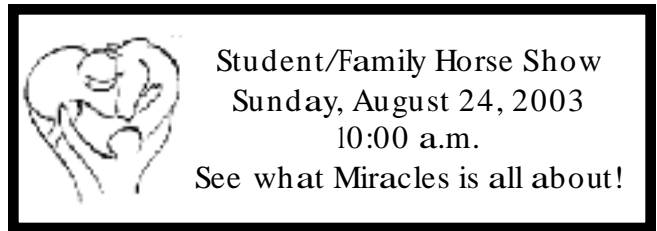
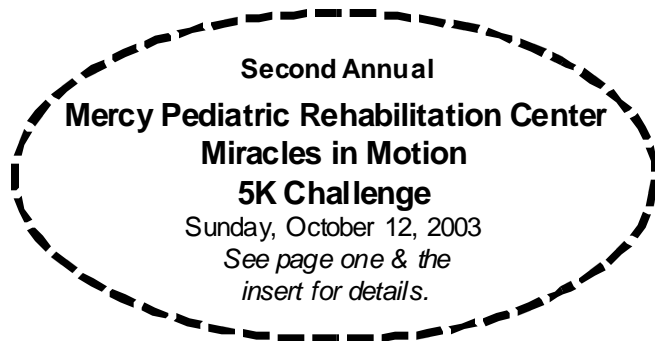
- 3 - Operations Committee Meeting, 5:30-7:30 p.m., TBA
- 6 - Hands On Training (Sidewalker & HC), Noon-4:30 p.m.
- 8 - *Fall Session (session IV) begins*
- 10 - Board Meeting, Grant Wood AEA in CR, 4:00-5:15 p.m.

### October

- 2 - Golf Event Planning, Rinderknecht Associates in CR, 9:30 a.m.
- 8 - Board Meeting, Grant Wood AEA in CR, 4-5:15 p.m.
- 11 - *Fall session (session IV) ends*
- 12 - **Miracles in Motion 5K Challenge**, Squaw Creek Park, Red Cedar Lodge, 8:30 a.m.
- 12 - **Volunteer Wrap-Up Party**, Squaw Creek Park, Red Cedar Lodge, **11:30 a.m.-2:00 p.m.**

### November

- 5 - Operations Committee Meeting, 5:30-7:30 p.m.
- 12 - Board Meeting, Grant Wood AEA in CR, 4:00-5:15 p.m.
- 17-22 - NARHA National Conference, Phoenix, AZ



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Visit [www.miraclesinmotion.net](http://www.miraclesinmotion.net) for the stuff you need:  
Volunteer & horse committee manuals, newsletters, 5K forms and more!

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Miracles in Motion – Handicapped Horseman, Inc.  
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