

Miracles in Motion



Volume 15 Issue 1

Spring 2002

Welcome, New Board Members

Welcome new board members **Marilyn Shaffer**, **Kelly Stevenson**, and **Shawna Carolan**. Marilyn Shaffer is a long-time supporter of Miracles, and she and her husband have their own Tennessee Walking horses. Marilyn works for Fastek International as the Office Manager. Kelly Stevenson, Project Manager for Rinderknecht Associates is also a volunteer sidewalker. Kelly's daughter participates in the Miracles program. Shawna Carolan, our newest board member, is with Commercial Federal Bank in Cedar Rapids. Thanks Marilyn, Kelly and Shawna for sharing your talents with Miracles!

Goodbye Bill, Karla, Sue and Sue (a.k.a. the the two Sue's)

Bill Stone, Karla Sibert, Sue Deetz and Sue Korte, after years of service to Miracles in Motion, have stepped down from the Board. We are grateful to you all for the many contributions you have made to Miracles. THANK YOU!

-Gerry Friauf, MIM Board President



Volunteer Update

The annual volunteer appreciation party at the farm was held Saturday, October 27, 2001. It was a perfect evening for a bonfire. Director Sue "Chef Emeril" Bock grilled hamburgers and hot dogs to perfection (Yum!) Later, we roasted marshmallows over the bright red fire. Door prizes were awarded to those who attended. Those of us who were able to attend had a very enjoyable time. Food, beverage and company were great!!

The returning volunteer training will be held Thursday, April 4 at 6:30 p.m. If you are unable to attend this "refresher course" at the MIM Riding Center, please call me (Carol Heffernen) at 365-8240 or 857-4141. We look forward to seeing you, and will help arrange your return as a volunteer!

New volunteer training will be held Saturday, April 6 at 9:00 a.m. at the Swisher Bank. It is extremely difficult to find people who can volunteer during the daytime. If you know of someone who might be interested in volunteering, please have him or her contact us. We are always looking for new volunteers day or evening. Please encourage them to attend this training session.

This is my third year as volunteer coordinator. I think one of the biggest perks of the job is meeting all the great people who come to Miracles to volunteer, whether it is doing yard work, clean-up, working in the office, sidewalking or being a part of the horse committee. Last year, we logged in approximately 6700 hours!

THANK YOU SO MUCH, VOLUNTEERS!

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

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Program News

Program Schedule:

Spring Session (Session I) April 15th – May 18th

Spring Make Up Classes

Scheduled as needed during the weeks of May 20th – June 2nd

First Summer Session (Session II) June 3rd – July 13th

Break Week July 1st – July 6th

Second Summer Session (Session III) July 15th – August 17th

Summer Make Up Classes:

Scheduled as needed during the weeks of August 19th – September 7th

Fall Session (Session IV) September 9th – October 12th

Fall Make-Up Classes: Scheduled as needed after October 12th

Volunteers: We have a full schedule again this year. Please look at the calendar and note training and session dates. All returning volunteers must attend training and fill out forms (again!) If you cannot make it to the Returning Volunteer Training OR one of the New Volunteer Training/Hands-On Training, please call or e-mail the riding center. (We still need you and will make arrangements for training.) NOTE: Speed up the process by downloading the volunteer forms from www.miraclesinmotion.net. You can view, print and complete your forms ahead of time, so you're ready to go at the training session. Visit the website today for this time-saving convenience!

Students: Registration is done on a first come/first served basis—call early to get the class you want!

Student registration: Call or e-mail the riding center at mimotion@infi.net or 319-857-4141.

Student forms are available at our website: www.miraclesinmotion.net

- Sue Bock, Program Director

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



Our mission is to provide, through horseback riding, therapeutic, instructional and recreational benefits to persons with disabilities.

Program Expansion: Leg Up

Development of the **Leg Up Program** is underway. This program will serve area “at risk” youth aged 12-18. Students in this program will learn stable management, riding skills, and sportsmanship.

We will need Horse Committee volunteers (and may at first need sidewalkers) who will monitor, mentor and assist riding teams. The students will learn all aspects of horse care—so as the session progresses your help will be needed less and less and less.....That is the plan, anyway☺

If you would like more information or want to sign up to volunteer for this exciting new program, please contact Sue Bock, MIM Program Director at mimotion@infi.net or 319-857-4141.

Miracle Walk/Jog

This fall, on Saturday, September 7, Miracles in Motion will host our first ever “Miracle Walk/Jog” fundraiser. The Miracle Walk/Jog replaces the Ride-A-Thon this year. Squaw Creek Park (east of Cedar Rapids/Marion) is the place and although we are just getting started with all of the planning, it promises to be loads of fun!



The committee consists of some very enthusiastic and imaginative thinkers: **Elaine Mayer, Ken and Denise Welsch, Janet Johnson, Ruth Paarmann, J.P. Bickel, Erin Hazen, Joyce Snyder** and our infamous advisor - **Gerry Friauf**.

Please join us in our search for sponsors - from supplying bottled water to good ole fashioned dollars - we welcome any and all ideas and assistance! Contact Joyce Snyder (354-1698) or any of the committee members with your thoughts. Please help us continue to make Miracles happen!

Thanks to Horse Caregivers

It takes a lot of work to care for our herd of wonderful horses! Thanks to all of you who have contributed to their care this winter:

Thanks to our incredible Farrier, **Duke Snyder**. We keep adding horses, and Duke never complains—Duke provides routine hoof care every seven weeks and is always on call if one of our horses is in need. Thank you, Duke!

Veterinarian, **Jim McNutt**, maintains our healthy herd and keeps our boys happy and sound. Jim, too, is always on call, makes farm calls all hours of the day and night, and patiently placates our concerns and

worries. (With the world-class worriers at MIM, that is no small feat!) Thanks, Jim!

Thanks to all the members of the Horse Committee and Exercise Committee: **Susan Aukes, Erin Hazen, Joyce Snyder, Drea Milobar, Dena Dunkelberger, Ruth Coleman, Sarah Williams, Toni Sands, Colleen Brems, Heidi Sandersfeld, Karen Molacek, Doreen Van Nostrand, Susannah LaVon, Katie LaVon, Laura LaVon, Katie Stack, Elaine Mayer, and Gail Hockom**, who have dedicated many hours this fall and winter to grooming, riding, and training the horses. Your dedication to the horses is amazing! Thank you!

Horse Update- Meet Big Boy & Jasper

The Miracles horses are healthy and happy and enjoying our mild winter! The herd has grown once again with the addition of Big Boy and Jasper.

Phil & Melissa Tucker of Cedar Rapids generously donated **Big Boy**. He is an 18-year-old Quarter Horse who looks very similar to Sonny and Buddy. (Hint to Horse Committee: his tail reaches the ground). The instructors have been riding Big Boy this fall and winter and we all agree: “He’s a keeper—quiet, smooth, loves people, and is an all-around good guy.” He does not, however, like to be alone (even for a moment) and he does not care to spend much time in the stalls.

Jasper (formerly Iceman) was donated by **Dan & Cathy Mitchell** of Shueyville. He is a 12-year-old, large bay pony with a bald face and two white stockings. Jasper is settling in nicely and also has a wonderful personality. He, too, really likes people and is a perfect size for our program. He is about as tall as Nessie and Speckles, but he is much narrower and has a very nice way of moving.

Ride-A-Thon Results

Miracles in Motion students **Justin Novak** and **Cody Leeper** were the 2001 Ride-A-Thon top donors with donations of \$1500 each. Thanks to **Marsha Novak**, **Deb Leeper** and the employees of **Aegon** for helping Justin and Cody capture the top prizes! Justin and Cody chose the Best Buy gift certificate and the Holiday Weekend Getaway package.

The next highest donation of \$750 came from Miracles supporters, **Ron and Arlene Holden**. The Holdens received the Saddle and Leather gift certificate as their prize and immediately donated the gift certificate back to Miracles! (Thanks to the Holdens, we’ll be acquiring some much-needed “Rainbow Rein” replacements and several new bridles.)

Thanks Justin, Cody, Ron and Arlene for your hard work and dedication to Miracles in Motion.

Thanks for the Blankets

Miracles in Motion is pleased to see that all of the horses have new winter blankets. Although it has been a mild winter, the blankets have been used to keep the herd warm and happy. Thanks to everyone who generously donated money towards this specific need!

New Volunteer Opportunities

We have some wonderful new volunteer opportunities available this year. (In addition to our wonderful old volunteer opportunities!) If you (or someone you know) have an interest in the following areas or have expertise you would like to share, please call or e-mail. We will provide training, and you will receive valuable experience to put on your resume!

Fundraising Assistant: Help with Golf Outing & Miracle Walk/Run. Help needed in planning, preparation, publicity and the day of the event. This is a great way to make contacts with people and businesses in our community and hone your marketing skills. (This will look great on your resume!)

Office Assistant: Do you have a few hours a week to help in the Miracles office? Help with phones, mailings, forms processing, filing and organizing skills are needed! We will train you to use Microsoft Office software.

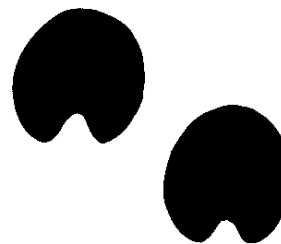
Volunteer Assistant: Are you a people person? This is the job for you! Assist the Volunteer Coordinator in recruiting, training, rewarding and retaining volunteers. This job is limited only by your creativity.

Photographer: Are you a shutterbug? Share your skills with Miracles! We need someone to take pictures during classes and special events—digital camera and computer capabilities preferred.

Assistant Grounds Keeper: Help with day-to-day upkeep of the farm and arena. Jobs include: dragging and watering the arenas, neatening arena lobby, weed whacking, and keeping our many plants, bushes and trees watered. If you like to putz around the farm, this is the job for you!

Horse Visitation Days

This winter, many of you have taken advantage of our horse visitation days. We still have one visitation day left on Tuesday, March 5th from 4:00-6:00 p.m. at MIM. We have had incredible luck with many wonderful weather days for our visits. The horses really enjoy the attention (and the apples and carrots!) and it's fun for the students, families and volunteers to see the horses in a setting other than the classes. Many of our visitors are surprised to see how much our horses play with each other and that they all have very distinct personalities. It has truly been a learning experience for many!



Volunteer Reflections by Katherine Hladky

My time with Miracles in Motion has been invaluable. The students have taught me the power of effort and hope, the boundless extent to which people may shine when given the opportunity, and of my love for helping others. Volunteering with the organization has allowed me to gain skills, particularly those involved with teamwork. As I spent more time with the program, I began to learn both the challenges and values of working as part of a team. Good communication is essential, as is constantly assessing and reacting to the situations at hand. As a team member at Miracles, it is necessary to pay attention to and respond to the unique cues from each student, from noticing a student's slight motion of the hands as their signal to ask their mount to walk, to praising goals such as riding an entire circuit without requiring physical support or teaching reminders.

Working as a group is not always easy, as personalities clash or communication is less than ideal. But while striving for a common goal as part of a Miracles team, helping the student, I learned to improve my communication skills and my ability to work with others. Discovering and emphasizing an individual's strengths, understanding the value of multiple people's input, and learning how to communicate and work effectively with others are just a few of the lessons working with Miracles has taught me.

Student Profile

*Editor's Note: This month's student profile is in the form of a letter from **Louise Aiken**.*

I grew up with horses. My favorites were two Appaloosas that I showed in the Stockman's class and Western Pleasure.

I began riding at Miracles in Motion in the fall of 1997. I appreciate all of the instructors and volunteers at MIM—they are caring, patient and encouraging as well as informative, helpful and open to suggestion.

I feel the MIM program is very well coordinated between staff, volunteers and students. Every student has different needs and abilities. This program helps me (and other students) to physically sharpen our coordination skills and strengthen muscles not ordinarily used. Mentally, riding gives me the feeling of being "FREE!" I look forward to, not only riding, but the warmth and friendship of fellow students, volunteers, and instructors.

My favorite horse at Miracles was Whitney. Not only was he tall and elegant, he was smooth-gaited, alert and responsive. Nessie has also won a place in my heart. He is so responsive and eager to please.

I enjoy spending time with my husband, Jim, in the unique home he created for us. Many hours are filled with 18 grand children, bible study, piano, Spanish, bird watching, and all the great times at Miracles in Motion!

Participating in Miracles is truly a satisfying experience. One little boy summed it up perfectly after trotting for the first time: "That was WAY fun!"

Plants Galore

The farm will definitely be more colorful this year thanks to the generosity of the good folks at **Frontier Garden Center** (on Blairs Ferry Rd., Cedar Rapids.) In October, they donated their entire plant and bulb inventory to Miracles in Motion!

Hundreds of bulbs, many bushes and several trees were picked up and delivered to the Miracles farm. **Joyce Snyder** (who jumps at any chance to drive her truck) delivered a load and our wonderful friends at **Rinderknecht's and Associates** in Cedar Rapids picked up and delivered the rest.



Sue Winegarden, our extraordinary volunteer landscape designer, spent several days sorting plants and finding just the right spot for each to live. (It is inspirational watching Sue at work—she really, really loves plants.) Then, the **entire Mount Mercy men's basketball team** came to the farm on a very lovely Saturday morning in October and planted every single bulb, bush and tree (in less than three hours!).

It was truly an amazing display of community support. Thanks to the **Frontier Garden Center**, **Sue Winegarden**, **Joyce Snyder**, our friends at **Rinderknechts**, and the great guys of the **Mount Mercy men's basketball team**. Great job!

Thanks to Miracles' Donors

Did you know that you may designate Miracles in Motion to receive your United Way donations? Ask your employer for a donor designation form.

We wish to thank the following donors: *Your support makes "Miracles" happen!*

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

Wal-Mart Foundation

Wal-Mart Store #2827 (Coralville)

Cambridge Careers, Inc.

Sunrise Optimist Club

Saint Pius X Parish

Olberg Family Charitable Trust

Church Secretaries of Cedar Rapids and Marion

Cargill Corn Milling

The Gazette Foundation

Linn County Board of Supervisors—Witwer Trust

Rinderknecht Associates, Inc.

Frontier Garden Center (Cedar Rapids)

Steere Pharmaceuticals

The Greater Cedar Rapids Community Foundation—CRST International Fund

Paulson Electric

McPherson Family Trust

Best Buy Floral Supply

Collins Employees United Fund

Fort Western Outpost

Nordstrom Oil Company

Northtowne Cycling and Fitness

Two Bee Racing Team

Cedar Rapids Mustangs Auto Club

Thanks!

Individual:

LuAnn Williams

Kathryn Ross

Linda Reichert

Kevin and Gina Kolsto

Henry & Cecilia Saltonstall

John Kennedy

Susan Aukes

Ruth Paarmann

Tim & Sue Winegarden

Jacquelyn Hess

Roger Holt

Larry and Marjorie Bushaw

Douglas Schumacher

Mrs. Raymond Wernimont

Virginia Pugh

Kate and Joe Hladky

Millicent & James Cozzie

Sue Bock

John and Francis Doyle

Sara and Sean Smith

Patricia Neville

Robert and Margaret O'Meara

Ron and Arlene Holden

Sara and James Sauter

Keith and Carol Johnk

Russell Collins III

Patrick Haney

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Gary and Bev Kotowske

Sharyn and John Reitz

Ronald and Joan Delagardelle

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Dr. Pat McGuire

Dolores Lane

David and Carolyn Oliver

Arlon Berkhof

Barrie Anderson

Terry McInroy

John Bickel

James Hayes

Conn Day

Deb Heath

Townsend M. Brown Estate

In the fall issue, some in-kind donors were inadvertently omitted from our thank you page. Below is that list in its entirety. Every donation (no matter the size or form) is appreciated by Miracles in Motion!

Thanks to:

Marcie Bergstrom, Darlene Olshansky, Leon Lyvers, Carol Daly, Susan Aukes, Frank Collings, Linda Allen, Dean Moore, Donna Cobley, 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 2002 Calendar

March

- 4 - Farrier at MIM—Horse Committee welcome, call 857-4141 for schedule
- 13 - Board Meeting, Grant Wood AEA in CR, Woods Room, 4:00-5:15 p.m.
- 23 - Workday at MIM, 9:00 a.m.-Noon

April

- 4 - Returning Volunteer Training 6:30 p.m. at MIM
- 6 - New Volunteer Training: 9:00 a.m., Swisher Bank (will move to MIM for hands-on)
9:00-11:00 a.m., Orientation & Sidewalker training (required for new volunteers)
11:30 a.m.-2:00 p.m.: Horse Committee Training
- 8 - Student/Volunteer/Family Potluck—Share a dish, visit the horses, and get reacquainted!
- 10 - Board Meeting, Grant Wood AEA in CR, 4-5:15 p.m.
- 13 - Work Day at MIM, 9:00 a.m.-Noon—ALL welcome!
- 15 - Spring Session (session I) begins
- 15 - Farrier at MIM—Horse Committee welcome

May

- 4 - Hands-on training at MIM, noon
- 8 - Board Meeting, Grant Wood AEA in CR, 4-5:15 p.m.
- 18 - Spring session (session I) ends
- 28 - Farrier at MIM—Horse Committee, call for schedule

June

- 1 - Hands-on training/HC certification at MIM, noon
- 3 - Summer session (session II) begins
- 12 - Board Meeting, Grant Wood AEA in CR, 4-5:15 p.m.
- 26 - Four-person Golf Tournament, 1:00 p.m., Hunters Ridge Golf Course
- 29 - Hands-on training/HC certification at MIM, noon

July

- 1-5 - Break week (4th of July week—No classes)
- 8 - Farrier at MIM—Horse Committee, call for schedule
- 10 - Board Meeting, Grant Wood AEA in CR, 4-5:15 p.m.
- 13 - Summer session (session II) ends
- 15 - Summer session (session III) begins

“Making Miracles Happen” Golf Outing

The Second Annual Miracles in Motion Golf Outing is scheduled for Wednesday, June 26, at Hunter’s Ridge Golf Course. It will once again be a 1:00 p.m. shot gun start, four-person best shot event. Challenge the golfers you know to participate! If you can help with event planning, call 857-4141. Watch the Miracles website for details about participation!

Check out our website at www.miraclesinmotion.net.
Get to know the program, sign up for classes and much more!



Miracles in Motion – Handicapped Horseman, Inc.
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